United States Department of Agriculture

Human Nutrition Information Service

Agriculture Handbook Number 8-18

Composition of Foods:

Baked Products

- Raw
- Processed
- Prepared

By the Nutrition Monitoring Division

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Revised August 1992

Preface

Revising the major nutrient tables issued by the U.S. Department of Agriculture (USDA) is necessary to provide current nutrient information on foods. This revision of the 1963 edition of Agriculture Handbook No. 8 is issued in sections to expedite the release of data to the public. Each section contains a table of nutrient data for a major food group. The entire series covers a wide range of food products.

To facilitate continuous, rapid updating, each section of the handbook is prepared in looseleaf form. Each page in the table contains the nutrient profile of a single food item given on the basis of 100 grams of food, in two common measures, and in the edible portion of 1 pound (453.6 grams) as purchased. This format permits a concise presentation of the data and a comparison of values from one unit of measure to another.

The scope of the nutrient listing has been enlarged. Values are provided for refuse, food energy, proximate composition (water, protein, fat, carbohydrate, and ash); nine mineral elements (calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, and manganese); nine vitamins (ascorbic acid, thiamin, riboflavin, niacin, pantothenic acid, vitamin B-6, folate, vitamin B-12, and vitamin A); individual fatty acids; total saturated, monounsaturated, and polyunsaturated fatty acids; cholesterol; total phytosterols; and 18 amino acids.

The nutritive values contained in the handbook reflect the increasing information available on nutrients and food products. Our goal is for the revised and enlarged compilation of data to meet the requirements for reliable food composition values, which are basic to nutritional and dietary evaluation.

Acknowledgments

The principal investigators gratefully acknowledge the contributions of the following staff members of the Human Nutrition Information Service: Catherine McQuilkin Tarone and Ruth H. Matthews for conducting the initial work on this project; I. Margaret Hoke for amino acid data; John L. Weihrauch for fatty acid data; David B. Haytowitz and Kristin Koegel Marcoe for assistance with Nutrient Data Bank operations; Pamela R. Pehrsson for reviewing dietary fiber data and for preparing the appendix table; Ruth S. Vettel for assistance on product weight and measure information; and Linda Lemar for assistance during the conclusion of this project. Susan Gebhardt provided expertise in the development of food composition handbooks. Johna L. Pierce and Gerald Smith gave editorial guidance. Joanne Rosenthal Levine provided design and production assistance. Alice M. Moscatelli and Joyce Cox prepared camera copy.

Special recognition is given to Yu Fan, Kay Sandow, Guen M. Wajsgras, Lauren Rosen, Alice Henry, Mary Kalscheur, Martha Stubbs Erickson, Katy Macnabb, Mary Flynn, Daniel Frasier, and other students of the University of Maryland who provided technical assistance.

Gratitude is also expressed to the individuals in government agencies, academic institutions, and private industry who supplied data and information used in this study.

Foreword

Agriculture Handbook No. 8 represents a traditional function of the U.S. Department of Agriculture (USDA). The development of the basic food composition tables used in the United States began nearly a century ago. Data on the nutritive value of foods were first compiled and evaluated in the Department by W.O. Atwater in the 1890's. This nutrition pioneer organized and became the first director of the Office of Experiment Stations in USDA. In 1896, USDA published the classic Bulletin No. 28, "The Chemical Composition of American Food Materials" by W.O. Atwater and C.D. Woods. This document was the first in a long series of food composition tables that have been issued by the Department.

The scope of succeeding tables has been expanded with the discovery of the presence and role of vitamins, minerals, and other dietary essentials in foods. Values from these tables have been used in many other compilations, both in this country and abroad. Nutritionists and scientists working in health-related fields depend on these composition data. Increasing emphasis on food and nutrition in national policies and programs has accelerated the need for comprehensive, up-to-date tabulations of the nutrient content of foods. USDA is continuing to expand and improve these food data.

This publication is part of a major revision of the 1963 edition of USDA Agriculture Handbook No. 8, "Composition of Foods...Raw, Processed, Prepared," a basic source of food composition data in this country. Dr. Atwater stated in Bulletin No. 28, "This table is intended to replace previous ones and to serve as a standard reference until it shall in its turn be replaced by a larger and more complete compilation." This revision of Agriculture Handbook No. 8 will, in its turn, also be replaced. The task of deriving representative nutrient values of foods is a historical responsibility of USDA. The task is never-ending and is essential in providing more complete knowledge so that we can use our food resources wisely.

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Composition of Foods:

Baked Products

- Raw
- Processed
- Prepared

This is number 18 in the series of 21 publications designed to revise and expand the food composition tables published in the 1963 edition of Agriculture Handbook No. 8, "Composition of Foods...Raw, Processed, Prepared" (34) [1]. This section was prepared to serve as a basic reference for data on the nutrient content of baked products. The table was prepared with computer assistance, using the facilities of the Nutrient Data Bank (NDB) (4).

Nutrient data are presented for 405 baked products and home-use leavening agents, expanded from 135 comparable items in the 1963 edition of this handbook.

Nutrient values presented in this revision supersede values for those foods given in previous publications of the U.S. Department of Agriculture (USDA).

Sources of Data

Data on baked products were compiled from published and unpublished sources. Sources of unpublished data include industry, government agencies, and research conducted under contract for the Human Nutrition Information Service (HNIS) (7). Published sources consist of the scientific and technical literature.

Explanation of Table

Format

Baked products are arranged alphabetically by categories or as separate items. Leavening agents for home use appear at the end of the table. A guide containing the item name, corresponding item number(s) in the 1963 edition, NDB number, and page number precedes the table. Cross-references are provided in the guide to baked products to facilitate rapid location of items.

The five-digit NDB number in the lower right-hand corner of each page is used for computer access to the data in the Nutrient Data Bank and also refers to the food item on machine-readable data tapes. The NDB numbers are not necessarily consecutive. The first two digits designate the section or major food group, and the last three digits indicate the specific food. Each page in the table includes the year of preparation. When the table is updated or expanded, new pages will be issued with instructions for replacement.

Weights and Measures

Data in column B are the sample means per 100 grams (g). Values in column C are the sample standard errors, given to three decimal places. Column D contains the number of samples on which the values in columns B and C are based. If the number of samples from any data source used in the mean was one, a standard error could not be given. For items processed through the NDB recipe program and for certain nutrients of commercial products, only mean values are given without the standard error and the number of samples. These values were calculated from a recipe, a commercial formulation, a similar food, another form of the food, or were taken from company label information or previous USDA publications (13, 34).

Amounts in two common measures or market units are given in columns E and F. The amount in 1 pound (453.6 g) of food as purchased is given in column G. Values in columns E, F, and G were calculated from the data in column B on the 100-gram basis given to three decimal places. Weights used to calculate the nutrient values in columns E and F appear at the head of the columns. For consistency, the lighter item weight is given in column E; the heavier weight is given in column F. All items reported in this table have refuse values of zero.

Many of the baked products were weighed to obtain representative weights for common measures. Some weights of products prepared from mixes and recipes were calculated from ingredient weights, with moisture losses and fat gains accounted for. Moisture losses and fat gains are reported in the appendix for recipe items; moisture losses for prepared mixes are given in footnotes.

Other sources of information about weights and common measures of baked products and leavening agents were U.S. Department of Agriculture Handbook No. 456 (1), individual and household food composition survey code books (28), industry, and unpublished data. Footnotes include additional weight and measurement information.

For dry mixes, 1 ounce (28.35 g) and one representative commercial package weight were selected as column E and F common weights. Package weights vary among brands; therefore, 1 ounce is the standard weight for dry mixes in this publication rather than a fraction of the package weight.

[1] Underlined numbers in parentheses refer to Literature Cited, pp. 8-9.

The number of decimal places shown is based on the number of places used in the bulk of the analytical data collected. The same number of decimal places for data on the 100-gram basis was carried for data given in other units of measure. The number of decimal places does not necessarily reflect the accuracy of the data. Because of rounding, a nutrient value may appear as a zero in some columns even though a greater value appears in other columns. Nutrient data for some products were unavailable or incomplete.

Abbreviations used in the tables are defined in the appendix. Metric system equivalents for units of measure are also included in the appendix.

Nutrients

Proximate components.—Proximate components include moisture (water), food energy (calories), protein, fat, carbohydrate, and ash. Food energy is expressed in both kilocalories (kcal) and kilojoules (kJ): 1 kcal equals 4.184 kJ. The data are for physiological energy values, which is the energy value remaining after the losses in digestion and metabolism have been deducted from the gross energy. Calorie factors are based on the Atwater system for determining energy values. Details of the derivation of the Atwater calorie factors are outlined in Agriculture Handbook No. 74 (10). Calorie factors for fructose and sorbitol were not available in the Atwater system; they were derived from Livesey (6). Specific calorie factors used for commercial baked products, doughs, and mixes are given in the appendix, listed numerically by NDB number.

Calorie factors for commercial baked products containing more than one ingredient source of calories were derived by using estimates of ingredient proportions and the appropriate energy factors. These derived factors were rounded to one decimal place. There are no calorie factors for prepared items generated from the NDB system recipe program. These items are toasted breads, products prepared from commercial doughs or mixes, and products prepared from recipes. The caloric content for these items is the sum of the calories contributed by each ingredient.

For nutrition labeling, the U.S. Food and Drug Administration (FDA) allows caloric content to be calculated by either the Atwater method or a procedure using 4, 4, and 9 calories per gram of protein, carbohydrate, and fat, respectively, with the total dietary fiber content subtracted from the total carbohydrate content before calories are calculated. For nutrition labeling, caloric content of high-fiber products, such as reduced-calorie breads, is most often calculated by the latter procedure. Therefore, the total carbohydrate and resulting food energy values listed in the table for reduced-calorie breads are higher than calorie values reported on the nutrition labels of these products. Food energy values calculated by procedures used for nutrition labeling are footnoted for reduced-calorie breads and toasts.

Values for protein were calculated from determinations of the content of total nitrogen (N) in the food; conversion factors recommended by Jones (5) were used. The specific factor applied to each commercial product is shown in the stub of the table of nutrient data following "Protein." However, as with calorie factors, no nitrogen-to-protein conversion factors are given for prepared items generated from the NDB system recipe program.

Nitrogen-to-protein conversion factors for commercial baked products, doughs, and mixes containing more than one source of protein were derived by estimating ingredient proportions and weighting factors for ingredients by the amount of protein contributed by each ingredient. These derived factors were rounded to one decimal place.

Chocolate, cocoa products, and yeast contain appreciable amounts of nonprotein nitrogenous material. Approximately 15 percent of the total nitrogen in chocolate and cocoa and 20 percent of the nitrogen in yeast is nonprotein nitrogen. When chocolate, cocoa products, or yeast were ingredients, only protein nitrogen was used to determine their contribution to the protein and amino acid content of the product. To avoid overestimating the carbohydrate content, total nitrogen converted to protein was used to calculate carbohydrate by difference for these foods. Total nitrogen converted to protein was also used to determine food energy.

The carbohydrate value is the difference between 100 and the sum of the percentages of water, protein based on total nitrogen, fat, and ash. The value for carbohydrate includes both total dietary fiber and crude fiber. Values for crude fiber, if available, are given in the table. Values for total dietary fiber appear in the appendix. Total dietary fiber values were taken from the Provisional Table on the Dietary Fiber Content of Selected Foods (25) or were updated with newer NDB data.

Minerals.—Data on the content of nine mineral elements are included in the table. Zinc, copper, and manganese have been added to the minerals reported in 1963. Minerals were determined by Association of Official Analytical Chemists (AOAC) methods (2). Analytical mineral values represent the total amount present in the food, including any added to the product in preparation for the retail market. For example, iron values reflect enrichment levels unless otherwise noted. The values do not necessarily represent the amounts of the mineral elements available to the body.

Vitamins.—The table includes data on the content of nine vitamins.

Ascorbic acid is present in very small amounts in most baked products, although a few values have been reported. When analytical values were not available, the ascorbic acid content was assumed to be zero.

Thiamin was determined chemically by the thiochrome procedure or by microbiological procedures.

Fluorometric and microbiological methods were used to measure riboflavin.

Niacin values were obtained both chemically and microbiologically. The values for niacin do not include the niacin that could be derived from tryptophan, a niacin precursor. The sum of the preformed niacin and the amount that could be derived from tryptophan is called the "niacin equivalent." In estimating the amount of niacin available from foods, a mean value of 60 milligrams (mg) of tryptophan is considered equivalent to 1 mg of niacin (12).

Thiamin, riboflavin, and niacin values reflect enrichment levels unless otherwise noted.

Pantothenic acid and vitamin B-6 were determined microbiologically.

Folate values represent total folate activity, in which bound folate is released by enzymatic treatment. Most analytical values shown for folate were determined by the use of conjugase and *Lactobacillus casei*.

Vitamin B-12 is present in baked products only when an animal product (such as eggs or milk) has been added. Vitamin B-12 values for baked products containing no dairy or egg products are assumed to be zero.

The data for vitamin A include chemically determined preformed vitamin A (retinol) and provitamin-A carotenoids from plant products. Vitamin A activity is expressed both as international units (IU) and as retinol equivalents (RE). One IU is equivalent to 0.3 microgram (mcg) of retinol or 0.6 mcg of beta-carotene; one RE is equivalent to 1 mcg of retinol or 6 mcg of beta-carotene. One RE is equal to 3.33 IU of retinol or 10 IU of beta-carotene.

Lipids.—Baked products may contain one or a combination of added animal fats, vegetable oils, shortenings, or margarines. In this publication, representative fat ingredients were selected for commercial products containing an added fat source based on prevalent industry usage. The fatty acid values were then developed from fat contributed by all ingredients as was done with products without added fat. The representative added fat ingredients are identified in footnotes. The particular fat ingredient used for prepared-from-recipe items are listed in the recipe appendix.

While certain choices were made in order to present the representative fatty acid profiles in the table, any number of fat ingredient combinations can be used to achieve the same product characteristics, all resulting in varying fatty acid compositions. In addition, products on the market that contain the same fat ingredient identified as hydrogenated or partially hydrogenated may have different fatty acid profiles due to different degrees of hydrogenation. Therefore, variability in fatty acid profiles can range widely.

Trivial or scientific names for the fatty acids have not been used because the values for the unsaturated acids include positional and geometric isomers. In the list of fatty acids, the first number is the number of carbon atoms and the second is the number of double bonds in the chain. The values shown are for the actual quantity of each fatty acid and do not represent fatty acid triglycerides.

The fatty acid values and fatty acid conversion factors for baked products were calculated from the proportion of fat contributed by the ingredients. The fatty acid conversion factor is defined as the weight of the fatty acids in 1 g of fat. Details of the lipid conversion factors have been published (35). Fatty acid conversion factors are listed by NDB number in the appendix for commercial baked products, doughs, and mixes.

In rare cases, the sum of the individual fatty acids may exceed the value given for the total saturated, monounsaturated, and polyunsaturated fatty acids. This difference is caused by rounding. Zero values for individual fatty acids should be understood to mean trace amounts of the individual fatty acid may be present. When grams of fatty acids per 100 g of total lipid were converted to grams of fatty acids per 100 g of food, converted values of less than 0.0005 were rounded to zero.

Baked products contain cholesterol only if they are made with ingredients of animal origin. The cholesterol values in the table are either calculated from the amounts of animal product ingredients or are means of data obtained by gas-liquid chromatographic procedures. For baked products that contain only plant products, the value for cholesterol is assumed to be zero.

Amino acids.—Amino acid patterns on a per-gram-of-nitrogen basis were developed by calculation. That is, amino acids in each protein-containing ingredient were multiplied by their proportion of the total nitrogen in a food item. The amino acids in 100 g of each baked product were then obtained by multiplying the sum of the amino acids for each protein-containing ingredient by the protein content divided by its nitrogen factor.

Amino acid values were not available for some spices; therefore, these spices could not be included in the amino acid profiles. Their total protein contribution amounted to less than 1 percent in these food items.

Notes on Baked Products

The baked products section comprises yeast breads and rolls, quick breads (such as biscuits, fruit breads, and muffins), cakes, cookies, crackers, doughnuts and other

sweet goods, pancakes, pies, and waffles. Leavening agents for home use are also included.

Since the 1963 edition of this handbook, the number of new commercial baked products has increased markedly. Different market forms of items that were in the 1963 edition have proliferated. Additionally, many traditional baked products have been reformulated, incorporating such changes as lower sodium levels, increased fiber content, and replacement of the more highly saturated animal fats and tropical vegetable oils with less saturated vegetable shortenings and oils. This latter change affects a wide spectrum of baked products as shown by the fatty acid data presented for commercial items. A footnote identifies the fat source used to develop the fatty acid profile for each commercial product containing added fat. If applicable, fat source footnotes are repeated for toasted breads, products baked from dough, and prepared-from-mix items with only water added.

Baked products in this revision are enriched commercial types unless otherwise specified. Thiamin, niacin, riboflavin, and iron values are footnoted in unenriched products.

Analytical data have been summarized for three kinds of commercial products: commercially prepared (ready-to-serve), dry mixes, and frozen or refrigerated doughs. Products prepared from these mixes and doughs as well as products prepared from representative home recipes are also included.

Values for toasted commercial breads and products prepared from commercial doughs and mixes were generated from the NDB system recipe program using appropriate nutrient retention factors (21) and moisture loss percentages. Footnotes list ingredients and amounts added to prepared-from-mix items.

A number of products developed for special diets, including cakes, cookies, and pancakes, are presented in the table. Footnotes further describe the "special dietary" designation. For example, the special dietary chocolate cake is fructose-sweetened and low-sodium.

Recipes for home use were selected from a variety of sources to represent those in current use. Enriched all-purpose flour was used for all recipes because of its wide consumption and its suitability for a range of baked products. Also, lowfat (2-percent) milk was selected for all recipes. This choice was based on 1988 milk consumption figures in Statistical Bulletin No. 804 (15), which show that the consumption of lowfat and skim milks has been steadily increasing and now exceeds the consumption of whole milk. All-purpose cooking and salad oil (soybean oil) was the vegetable oil used for applicable recipe items and prepared-from-mix items. Vegetable shortening (hydrogenated soybean and cottonseed oils) and regular stick margarine (primarily partially hydrogenated soybean oil) were selected for the recipe items.

For comparison, two versions of some recipes were prepared: one with 2-percent milk and another with whole milk. The main nutritional differences between these recipes were in food energy, total lipid, vitamin A, and cholesterol content. Similarly, other recipes were prepared with two types of fat, such as butter and margarine, with differences mainly noted in the amount of cholesterol present and in the fatty acid profiles.

The appendix table on page 25 presents information on the 91 recipe items. Items are arranged in the same order as in the guide. The NDB number of the recipe and its description are given, followed by the ingredients listed in order of predominance. The NDB numbers associated with the ingredients and the percentage of each ingredient by weight are given.

Percentages were calculated from the weight of the total recipe before moisture losses in baking. The percentage of moisture loss is reported with each recipe.

The percentages by weight of fat absorbed during frying are given in the appendix for french toast and hush puppies. Values for water were used for vanilla, lemon, and almond extracts because nutrient values were not available.

To organize and present the various forms of baked products reported in this handbook, the following sequence is used in the guide and the table of nutrient data:

- commercially prepared or baked
- dry mix
- prepared from mix
- frozen or refrigerated dough
- prepared from dough
- prepared from recipe

In addition, if data are presented for two or more types or flavors of a product, the plain or regular version is listed first. For example, plain muffins are followed by blueberry and corn muffins. Nutrient data for different types or flavors of a commercial product were not necessarily obtained from the same source.

The term "chocolate" includes products described as devil's food, fudge, cocoa, and dutch chocolate. These baked products contain baking chocolate, semisweet chocolate, cocoa, or a combination of these ingredients.

"Chocolate-covered" is used generically in the table even though the coating used for the products in this publication is actually cocoa-based rather than baking-chocolate-based. Cocoa-based coatings contain partially hydrogenated vegetable oil (such as soybean or cottonseed) instead of cocoa butter. They are also more shelf-stable and economical than pure chocolate coatings. Chocolate coatings must contain baking chocolate and cocoa butter. Because this coating is not stable in warm weather, its use is limited.

The chocolate chips in both commercial and prepared-from-recipe cookies are standard semisweet chocolate chips that contain chocolate rather than cocoa. Cookies made with nonstandard chocolate chips are not included in the table.

Breads and rolls comprise the largest category of commercial baked products. Federal Definitions and Standards of Identity have been promulgated by the U.S. Food and Drug Administration (FDA) for the following types of breads and rolls: enriched white, egg, raisin, and whole-wheat (32). These standards, which define the ingredients and amounts allowed, are:

1) Enriched white bread and rolls must contain specific levels of thiamin, riboflavin, niacin, and iron. Addition of calcium is optional, but if added, it must meet specified levels. The current Federal Enrichment Standards for wheat (white all-purpose) flour, cornmeal, and white bread and rolls are given in the appendix (32, 33).

2) Egg bread must contain no less than 2.56 percent by weight of whole egg solids.

3) Raisin bread must contain no less than 50 parts by weight raisins per 100 parts by weight of flour.

4) Whole-wheat bread must be made with 100 percent whole-wheat flour.

Wheat bread is sometimes incorrectly assumed to be synonymous with whole-wheat bread. Ingredient labeling on bread packages may contribute to the confusion between the terms "wheat" and "whole-wheat." In the United States, "flour" and "wheat flour" are synonymous with refined, white flour. As defined, commercial whole-wheat bread must contain 100 percent whole-wheat flour. However, since a Federal Standard of Identity does not exist for wheat bread, any percentage of wheat (white) flour, whole-wheat flour, or other wheat products (such as wheat bran, wheat germ, or cracked wheat) may be used in the formulation. Therefore, the resulting wheat bread may resemble either white bread or whole-wheat bread. Federal standards do not apply to breads made at home. Most recipes for home-prepared whole-wheat bread contain some white flour for better texture.

All regulations established by the FDA apply to products shipped in interstate commerce. Most states also have laws similar to, or patterned after, the federal regulations. For all practical purposes, federal regulations apply to all baked products manufactured by the wholesale baking industry (11).

FDA also regulates the terms that are used for dietary claims on commercial package labels. The following are specific definitions that apply to some of the baked products in this handbook section (29, 30):

1) *Low-calorie*—Less than 40 calories per serving and no more than 0.4 calories per gram.

2) *Reduced-calorie*—At least one-third fewer calories than the regular product it replaces. Market terms "light" and "lite" are often used synonymously with low calorie or reduced-calorie breads.

3) *Sodium-free*—Less than 5 mg sodium per serving.

4) *Very low sodium*—35 mg sodium or less per serving.

5) *Reduced-sodium*—At least 75 percent less sodium than the regular product it replaces.

6) *Low-sodium*—140 mg sodium or less per serving. The market term "low-salt" is often used for crackers.

7) *No salt added or salt-free*—No salt (sodium chloride) has been added during processing. However, the product could have sodium from other sources, such as preservatives.

8) *Special dietary*—One or more ingredients (usually sodium or sugar) has been changed, substituted, or restricted. Not necessarily low- or reduced-calorie.

9) *Sucrose-free or fructose-sweetened*—Contains no sucrose (table sugar), but might contain fructose, sorbitol, or other sweetener. Not necessarily low-calorie or reduced-calorie.

Breads.—There are two major categories of commercial yeast breads: white pan bread and all other types, collectively called variety bread. Variety bread is further divided into two subgroups: pan bread and hearth bread. Popular examples of white hearth bread include french, italian, and vienna bread. Technically there are small formulation differences among these three types; french may contain a small amount of sugar or malt, italian has no sugar or malt, and vienna may contain eggs. However, few U.S. bakers observe these more European distinctions and thus make different kinds of hearth breads from a common dough (11).

The calcium content in commercial bread is variable, depending on the number of calcium-containing ingredients. If bread is calcium-enriched, calcium sulfate is generally used. Calcium sulfate also functions as a dough conditioner. Other additives also supply calcium, but their primary function is not enrichment; thus, calcium contributions are minimal at the levels used. These additives include calcium carbonate (a buffer), monocalcium phosphate (an acidifying agent), calcium peroxide (an oxidant), and calcium propionate (a preservative) (9).

Special dietary breads presented in the table include protein; special formula, high-calcium; and reduced-calorie breads. Protein bread contains up to 16 percent (based on flour) protein-rich ingredients such as soy flour and gluten flour. While federal standards do not regulate the level of

supplementation, the upper limit is usually determined by the supplement's effect on final product quality (14).

Enriched special formula breads are not limited by constraints of federal standards (30). High-calcium bread is usually marketed to qualify as a significant source of calcium: one 18-gram slice provides at least 100 mg of calcium.

Reduced-calorie breads, also known in the marketplace as "light" or "lite," have become an established commercial bread category. These breads average 40 calories per 23-g slice and contain 5 to 10 percent added dietary fiber sources such as alpha-cellulose, soy or pea flour, and wheat or oat bran. Although thin-sliced regular formula breads average only 45 calories per 18-g slice, they are not truly reduced-calorie and may not be labeled as such.

Weights of commercial bread slices vary from about 18-g (very thin-sliced) to about 35-g (thick, homestyle-sliced). To facilitate calculation of nutrient values for different slice weights, one of the common measures given for bread is 1 ounce (28.35 g).

Bagels have a characteristic shape and a moderately tough and dense texture. The shiny surface is a result of their unusual method of preparation. Bagels are made from high-gluten bread flour, water, sugar, vegetable oil, yeast, and salt. The dough is allowed to rise once, is shaped into rings, and is then dropped into boiling water. When the bagels rise to the surface, they are drained, then baked.

Pita bread originated in the Middle East and is also known as arabic, syrian, and pocket bread. In the United States, a typical formula for this bread is very basic, consisting of flour, water, yeast, salt, malted barley, and a small amount of ascorbic acid. There is no added fat. The distinctive two-layered structure of the bread is derived from the leavening action of steam (11).

Quick breads are made from chemically leavened doughs and batters and are not usually sweetened to the extent necessary to qualify them as dessert items.

Baking powder biscuits, once primarily popular in the southern states, are now a nationwide favorite through their sales in fast food establishments. Biscuits from refrigerated doughs have two nutrient profiles in this handbook section: a higher fat item with 11 to 26 percent fat and a lower fat item with 2 to 10 percent fat.

Indian fry bread, also called navajo fry bread, is an Albuquerque-Santa Fe specialty popular in the Southwest. Fry bread is made of wheat flour, water, baking powder, shortening, and salt. The dough is rolled and shaped like flour tortillas and is deep-fat fried. Fry bread may be eaten plain, sugared, or topped with various savory fillings (3).

Consumers generally expect muffins to resemble cupcakes in size and shape, but to be less sweet. In the past few years, muffins have been introduced that are considerably larger, some weighing 6 to 8 ounces. More recently, miniature or "mini" muffins have also become popular. The 1 ounce (28.35 g) common weight column for muffins in the table will be useful in calculating the nutrient content of various size muffins.

Cakes.—Some of the layer cakes prepared from mixes and from recipes are presented in the table without frosting. A footnote refers the reader to one of the 16 prepared frostings from Agriculture Handbook No. 8-19, "Composition of Foods: Snacks and Sweets...Raw, Processed, Prepared" (AH 8-19) (27). Common measure columns E and F have been matched in both handbook sections. Column E in the baked products section gives the weight of 1/12 cake, and in AH-8-19 column E gives 1/12 of a recipe or can of ready-to-spread frosting; column F in AH-8-18 gives the weight of a 2-layer cake and in AH-8-19 the weight of one recipe or can of frosting. Nutrient values for a frosted cake can be obtained by combining nutrient values from appropriate E or F columns in AH-8-18 and AH-8-19. See NDB No. 18113, german chocolate cake prepared from pudding-type mix with coconut-nut frosting. NDB No. 18112, german chocolate cake mix, pudding-type, and added ingredients were "baked" by calculation in the NDB system recipe program. The baked cake was then combined with AH-8-19 NDB No. 19227, ready-to-eat coconut-nut frosting.

Data are presented for both regular and pudding-type cake mixes and their prepared versions. The table presents pudding-type cakes prepared by the original recipe on the package. These are higher in fat than cakes made from regular mixes because of the addition of vegetable oil. Recently, manufacturers have included recipes for "lite" and "no-cholesterol" versions of pudding-type cakes. The "lite" recipe omits the vegetable oil and reduces the number of eggs added to the mix. The "no-cholesterol" recipe uses egg whites instead of whole eggs.

Cookies and Crackers.—The cookie category includes two sweet cracker items: animal crackers and graham crackers. Cross references in the cracker section refer to the cookie section.

Commercial soft-and-chewy cookies, popular in recent years, owe their special texture to high-fructose corn syrup. Since soft-type cookies have a higher moisture content than their regular counterparts, nutrient data are presented separately for them.

Commercial chocolate chip cookies and vanilla wafers are presented with higher fat and lower fat nutrient profiles because of the wide variation in fat content among manufacturers. Footnotes specify the fat content range for lower fat and higher fat versions of these cookies.

For labeling purposes, the baking industry uses 1 ounce (28.35 g) as the standard serving weight for cookies and 1/2 ounce (14.175 g) as the standard portion weight for

crackers. These weights are used as one of the common measures for cookies and crackers. The other common measure is a representative weight for one cookie or cracker.

Many cracker manufacturers have low-sodium (low-salt, no salt added, or unsalted top) versions of their most popular crackers. Since the nutrient composition is otherwise the same as regular crackers, sodium values for low-sodium versions are footnoted. If applicable, potassium values are also footnoted.

Pies.—The commercial pies included in this publication are fruit and pecan pies (ready-to-serve and baked from frozen), creme and meringue pies purchased frozen and thawed before serving, and no-bake pies made with gelatin and served chilled. The no-bake pies are prepared from mixes. Values for the no-bake pies reflect the addition of butter and whole milk to the mix according to the manufacturer's directions.

Fried pies are distinguished from conventional pies by being fried, like doughnuts, rather than oven-baked. The weight of the filling usually exceeds that of the crust, with an average ratio of 3 ounces of filling to 2 ounces of crust (8).

Ready-to-use canned apple and cherry pie fillings are reported in AH-8-19. These products may be matched with pie crusts using columns E and F in the same manner as was explained previously for cakes and frostings. Column E in each section gives the values for 1/8 can of pie filling or 1/8 of a 9-inch crust. Column F gives the values for one can of pie filling or a 9-inch pie crust.

Tortillas.—Corn and wheat flour tortillas are now widely consumed by Americans because of the popularity of tortilla-based foods. Corn tortillas are indigenous to North American countries, and particularly to Mexico. The production of corn tortillas in the U.S. is mainly based on the use of masa flour (lime-treated corn flour). Corn tortillas are made of masa flour and water only. In contrast, wheat flour tortillas contain high-protein flour and water, with varying amounts of vegetable shortening or lard, salt, soy flour, baking powder, dough conditioners, and other flavorings (14).

Leavening Agents.—Three baking powder products for home use, representing those most available on today's market, are reported. Chemical leavening systems include a source of gas, usually sodium bicarbonate (baking soda), and an acid-reacting substance. The acid-reacting substances are included to neutralize the alkalinity of the soda and to generate the maximum amount of carbon dioxide (9). Baking powders are named for the acid-reacting compound present. Sodium aluminum sulfate (SAS) baking powder and straight phosphate (containing calcium acid phosphate as the acid-reactor) are both termed double-acting. Carbon dioxide is first released when a liquid ingredient is added and again when heat is applied during baking. Low-sodium baking powder is formulated with potassium bicarbonate instead of sodium bicarbonate. This type of baking powder is not double-acting. Compositional differences among baking powders are directly related to their formulations.

Data are presented on the active dry and compressed forms of baker's yeast. Active dry yeast is dehydrated at low temperatures until it reaches a moisture content of 7.5 to 8.5 percent. Active dry yeast must be rehydrated at a temperature between 105°F and 110°F to attain maximum activity. Compressed yeast contains about 70 percent moisture. It can be stored in frozen form for up to three months without losing much activity. Stored in the refrigerator at about 42°F, compressed yeast may lose about 10 percent of its activity in 1 month. On a dry weight basis, the only nutritional difference between active dry and compressed yeasts is that the former has slightly less protein (9).

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Appendix

List of Abbreviations

approx	approximately
c	cup
diam	diameter
g	gram
in.	inch
IU	International units
kcal	kilocalories
kJ	kilojoules
lb	pound
lg	large
mcg	micrograms
med	medium
mg	milligrams
mini	miniature
N	nitrogen
NDB	Nutrient Data Bank
No.	number
oz	ounce
pkg	package
qt	quart
RE	retinol equivalents
reg	regular
sl	slice
sm	small
tbsp	tablespoonful
tsp	teaspoonful

Metric System Equivalents for Units of Measure

Units of Measure	Metric system equivalents
Length:	
1 inch	2.54 centimeters, 25.4 millimeters
Volume:	
1 teaspoonful	5 milliliters
1 tablespoonful	15 milliliters
1 fluid ounce	29.57 milliliters
1 cup	237 milliliters
Weight:	
1 ounce	28.35 grams
1 pound	453.6 grams

Standards For Enrichment[1]

Item	Thiamin	Riboflavin	Niacin	Iron	Calcium
	Milligrams per pound of product				
Enriched flour	2.9	1.8	24	20	960 [2]
Enriched self-rising flour	2.9	1.8	24	20	960
Enriched cornmeal	2.0-3.0	1.2-1.8	16-24	13-26	500-750 [2]
Enriched self-rising cornmeal	2.0-3.0	1.2-1.8	16-24	13-26	500-1,750 [2]
Enriched bread, rolls and buns, white	1.8	1.1	15	12.5	600 [2]

[1] A range of figures are minimum and maximum levels. A single figure is the minimum level, with overages left to good manufacturing practice.

[2] Calcium enrichment is optional for these products.

Specific Factors Used for Calculating Energy Values

NDB No.	Carbohydrate	Protein	Fat
	----------kcal/g----------		
18001	4. 100	4. 000	8. 400
18003	4. 100	4. 000	8. 600
18005	4. 000	3. 900	8. 400
18007	3. 900	3. 500	8. 400
18009	4. 000	4. 100	8. 800
18010	4. 100	4. 100	8. 800
18012	4. 000	4. 000	8. 800
18014	4. 000	4. 000	8. 800
18017	4. 000	3. 900	8. 800
18021	3. 800	3. 500	8. 400
18022	4. 100	3. 800	8. 800
18025	3. 900	3. 800	8. 800
18029	4. 100	4. 000	8. 700
18033	4. 100	4. 000	8. 700
18035	3. 900	3. 700	8. 600
18037	4. 000	3. 700	8. 700
18039	4. 100	3. 800	8. 600
18041	4. 100	4. 000	8. 400
18042	3. 800	3. 600	8. 400
18043	4. 100	3. 900	8. 400
18044	4. 000	3. 700	8. 700
18047	3. 900	3. 900	8. 800
18049	3. 500	3. 600	8. 600
18051	3. 500	3. 900	8. 400
18053	3. 500	4. 000	8. 600
18055	3. 300	3. 900	8. 400
18057	3. 400	4. 000	8. 700
18059	3. 900	3. 700	8. 700
18060	4. 100	3. 700	8. 600
18062	4. 000	3. 800	8. 400
18064	4. 000	3. 800	8. 700
18066	3. 900	3. 700	8. 700
18068	4. 100	3. 900	8. 700
18069	4. 100	3. 900	8. 700
18075	3. 800	3. 600	8. 600
18079	4. 100	4. 000	8. 800
18080	4. 100	4. 000	8. 800
18081	4. 100	4. 000	8. 800
18084	4. 100	3. 800	8. 700
18086	3. 900	4. 300	8. 400
18087	3. 900	4. 300	8. 400
18090	3. 900	4. 000	8. 800
18092	3. 900	3. 900	8. 800
18095	3. 800	3. 900	8. 800
18096	3. 800	3. 500	8. 800
18097	3. 800	3. 300	8. 700
18099	3. 700	3. 200	8. 800
18103	4. 000	4. 000	8. 800
18104	4. 000	3. 900	8. 800
18105	4. 000	3. 900	8. 800
18106	3. 900	3. 900	8. 800
18107	4. 000	4. 000	8. 800
18110	3. 800	3. 800	8. 600

Continued

Specific Factors Used for Calculating Energy Values, Con.

NDB No.	Carbohydrate	Protein	Fat
	kcal/g		
18112	3. 800	3. 200	8. 700
18114	4. 000	3. 900	8. 800
18117	3. 800	3. 300	8. 800
18120	3. 900	4. 200	8. 800
18121	4. 000	4. 200	8. 800
18127	3. 900	3. 700	8. 800
18128	3. 900	4. 100	8. 900
18129	3. 700	3. 300	8. 700
18131	3. 900	4. 000	8. 800
18135	4. 000	4. 100	8. 800
18137	4. 000	4. 100	8. 800
18140	3. 800	3. 800	8. 800
18141	3. 900	4. 200	8. 900
18142	4. 000	4. 100	8. 800
18144	4. 000	4. 100	8. 800
18147	3. 900	4. 200	8. 800
18148	3. 900	4. 200	8. 800
18150	4. 000	4. 100	8. 800
18151	3. 800	3. 900	8. 800
18152	3. 800	3. 000	8. 700
18155	4. 000	4. 200	8. 800
18156	3. 800	3. 600	8. 700
18157	3. 900	3. 500	8. 900
18158	4. 000	4. 000	8. 800
18159	3. 900	3. 900	8. 800
18160	3. 900	3. 800	8. 800
18161	3. 900	4. 000	8. 800
18163	4. 000	4. 100	8. 800
18166	3. 900	3. 500	8. 800
18167	3. 600	2. 700	8. 800
18168	3. 900	3. 600	8. 800
18170	3. 800	3. 800	8. 800
18171	4. 000	4. 100	8. 800
18172	4. 000	4. 000	8. 800
18173	4. 000	3. 900	8. 800
18174	3. 900	3. 800	8. 700
18176	3. 800	3. 600	8. 800
18177	4. 000	4. 000	8. 800
18178	3. 900	3. 700	8. 800
18179	3. 900	3. 800	8. 800
18180	4. 000	3. 700	8. 800
18182	4. 000	3. 800	8. 800
18185	4. 000	3. 700	8. 700
18186	3. 900	3. 700	8. 700
18187	4. 000	3. 800	8. 700
18190	4. 000	3. 800	8. 600
18191	3. 900	4. 000	8. 800
18192	4. 100	4. 100	8. 800
18193	4. 100	4. 000	8. 700
18196	3. 800	3. 600	8. 800
18198	3. 900	4. 000	8. 800
18199	3. 700	3. 300	8. 800

Continued

Specific Factors Used for Calculating Energy Values, Con.

NDB No.	Carbohydrate	Protein	Fat
	----------*kcal/g*----------		
18200	3. 900	3. 700	8. 800
18201	4. 000	3. 600	8. 700
18202	4. 000	4. 000	8. 800
18203	3. 900	4. 000	8. 800
18204	4. 000	4. 200	8. 800
18205	4. 000	4. 100	8. 800
18209	4. 000	4. 000	8. 800
18210	4. 000	4. 000	8. 800
18212	3. 900	4. 100	8. 800
18213	4. 000	4. 100	8. 800
18214	4. 100	4. 100	8. 800
18215	4. 100	3. 800	8. 600
18216	4. 000	3. 200	8. 400
18217	4. 100	4. 000	8. 400
18218	4. 100	4. 100	8. 800
18219	3. 700	3. 500	8. 400
18220	4. 100	4. 000	8. 600
18221	4. 100	3. 700	8. 600
18222	4. 000	3. 800	8. 600
18223	4. 100	4. 000	8. 800
18224	4. 000	3. 900	8. 900
18225	4. 100	3. 900	8. 800
18226	3. 700	3. 000	8. 400
18227	3. 700	3. 000	8. 800
18228	4. 100	4. 000	8. 800
18229	4. 100	4. 000	8. 800
18230	4. 100	4. 100	8. 800
18231	4. 100	3. 800	8. 600
18232	4. 000	3. 800	8. 800
18233	4. 100	4. 000	8. 800
18234	4. 000	3. 700	8. 600
18235	3. 800	3. 600	8. 800
18236	4. 100	4. 000	8. 400
18239	4. 100	4. 000	8. 800
18240	4. 000	4. 000	8. 800
18241	4. 100	4. 000	8. 800
18242	4. 100	4. 000	8. 800
18243	4. 100	4. 000	8. 800
18244	4. 000	4. 000	8. 800
18245	4. 000	4. 100	8. 800
18246	3. 900	4. 100	8. 800
18247	4. 000	3. 900	8. 700
18248	4. 000	4. 100	8. 800
18249	3. 800	3. 700	8. 800
18250	4. 000	4. 200	8. 800
18251	3. 900	3. 900	8. 800
18252	3. 900	3. 900	8. 800
18253	4. 000	4. 000	8. 800
18254	4. 000	3. 900	8. 800
18255	4. 000	3. 900	8. 800
18256	3. 900	3. 900	8. 800
18258	4. 100	3. 900	8. 600
18260	4. 000	3. 700	8. 500

Continued

Specific Factors Used for Calculating Energy Values, Con.

NDB No.	Carbohydrate	Protein	Fat
	----------kcal/g----------		
18262	3. 900	3. 800	8. 700
18264	3. 900	3. 700	8. 400
18266	3. 800	3. 500	8. 500
18268	4. 000	4. 100	8. 900
18271	4. 100	4. 000	8. 800
18272	4. 000	4. 000	8. 800
18274	4. 100	4. 100	8. 800
18275	4. 100	4. 000	8. 800
18277	4. 000	3. 600	8. 800
18279	4. 100	3. 800	8. 800
18281	3. 900	4. 000	8. 800
18283	3. 800	3. 200	8. 700
18284	3. 700	2. 900	8. 800
18286	3. 800	3. 600	8. 800
18288	4. 100	4. 100	8. 800
18289	4. 100	4. 000	8. 800
18291	4. 100	3. 900	8. 400
18295	3. 900	3. 600	8. 400
18297	4. 100	3. 800	8. 400
18299	4. 000	3. 700	8. 400
18301	3. 900	4. 000	8. 800
18303	3. 900	4. 000	8. 800
18305	3. 900	4. 000	8. 800
18308	3. 900	4. 000	8. 800
18310	3. 700	3. 300	8. 800
18312	3. 800	3. 700	8. 700
18313	3. 900	4. 000	8. 700
18314	3. 900	4. 100	8. 700
18316	4. 000	4. 100	8. 700
18317	4. 000	4. 300	8. 900
18319	3. 800	4. 000	8. 800
18320	3. 900	4. 200	8. 900
18323	3. 900	3. 900	8. 800
18324	3. 900	4. 000	8. 700
18326	4. 000	4. 200	8. 800
18332	4. 100	4. 000	8. 800
18334	4. 100	4. 100	8. 900
18339	4. 100	4. 100	8. 700
18342	4. 000	4. 000	8. 800
18344	4. 100	3. 900	8. 800
18345	4. 000	3. 700	8. 700
18346	4. 100	3. 700	8. 700
18347	4. 000	3. 900	8. 800
18349	4. 100	3. 900	8. 700
18350	4. 100	4. 000	8. 800
18351	3. 900	3. 800	8. 800
18352	3. 500	3. 900	8. 500
18353	4. 100	4. 000	8. 600
18354	3. 900	4. 200	8. 900
18355	3. 900	4. 000	8. 800
18356	4. 000	3. 900	8. 800
18357	4. 000	4. 000	8. 800
18360	4. 000	2. 700	8. 800

Continued

Specific Factors Used for Calculating Energy Values, Con.

NDB No.	Carbohydrate	Protein	Fat
	kcal/g		
18361	3. 900	4. 100	8. 800
18362	4. 000	4. 000	8. 800
18363	4. 000	2. 700	8. 400
18364	4. 100	4. 000	8. 800
18365	4. 100	4. 100	8. 800
18369	1. 900	1. 500	8. 400
18370	2. 100	1. 800	8. 400
18371	2. 000	2. 700	8. 400
18373	4. 200	3. 500	8. 400
18374	3. 400	3. 000	8. 400
18375	3. 400	3. 000	8. 400
18376	4. 100	4. 000	8. 400
18400	4. 100	4. 100	8. 700
18404	3. 800	3. 600	8. 400

Total Dietary Fiber (TDF) Content of Selected Baked Products

[Values from 1988 Provisional Table on the Dietary Fiber Content of Selected Foods (25), except those marked as updated. Commercially prepared unless otherwise stated.]

Food item	NDB No.	TDF (AOAC)
		g/100 g
Bagels, plain	18001	2. 1
Biscuits, plain or buttermilk:		
Dry mix[1]	18010	2. 3
Prepared[1]	18011	1. 8
Refrigerated dough, higher fat, baked	18015	1. 5
Bread:		
Boston brown, canned	18021	4. 7
Cornbread, dry mix[1]	18022	6. 4
Prepared[1]	18023	2. 4
Cracked-wheat	18025	5. 3
French or vienna[1]	18029	2. 7
Italian[1]	18033	3. 1
Mixed-grain[1]	18035	7. 1
Oat bran[1]	18037	4. 5
Oatmeal	18039	3. 9
Pita:		
White	18041	1. 6
Whole-wheat[1]	18042	7. 5
Pumpernickel	18044	5. 9
Reduced-calorie:		
Wheat	18055	11. 3
White[1]	18057	9. 3
Rye	18060	6. 2
Special formula, high-calcium:		
Dark[1]	18404	7. 5
Light[1]	18062	4. 9
Wheat[1]	18064	4. 3
Wheat bran	18066	8. 5
White[1]	18069	2. 3
Whole-wheat[1]	18075	6. 9
Bread crumbs, dry, grated, plain	18079	4. 2
Bread stuffing, dry mix, prepared	18082	2. 9
Cake[1]:		
Angelfood	18086	1. 5
Boston cream pie	18090	1. 3
Chocolate, with chocolate frosting	18096	2. 8
Fruitcake	18110	3. 5
Gingerbread, dry mix, prepared	18115	3. 2
Pound, other than all butter	18121	1. 0
Yellow, with chocolate frosting	18140	1. 8
Cheesecake:		
Plain	18147	2. 1
Prepared from mix, no-bake type	18148	1. 9
Coffee cake:		
Cheese[1]	18103	1. 2
Cinnamon with crumb topping	18104	3. 3
Creme-filled with chocolate icing[1]	18105	2. 0
Fruit	18106	2. 5

Continued

Total Dietary Fiber (TDF) Content of Selected Baked Products, Con.
[Values from 1988 Provisional Table on the Dietary Fiber Content of Selected Foods (25), except those marked as updated. Commercially prepared unless otherwise stated.]

Food item	NDB No.	TDF (AOAC)
		g/100 g
Cookies:		
Brownies[1]	18151	2. 4
Butter	18155	2. 4
Chocolate chip[1]:		
Regular, higher fat	18159	2. 5
Soft-type	18160	3. 2
Chocolate sandwich, with creme filling[1]	18166	3. 0
Fig bars	18170	4. 6
Fortune	18171	1. 6
Graham crackers, plain or honey[1]	18173	2. 7
Oatmeal:		
Regular[1]	18178	3. 1
Soft-type	18179	2. 7
Peanut butter, soft-type[1]	18186	1. 7
Shortbread, pecan	18193	1. 8
Vanilla sandwich with creme filling	18210	1. 5
Crackers:		
Cheese, sandwich-type with peanut butter filling	18215	1. 1
Crispbread, rye	18216	16. 2
Matzo:		
Plain[1]	18217	3. 0
Egg and onion	18400	5. 0
Whole-wheat[1]	18219	11. 6
Melba toast:		
Plain[1]	18220	6. 5
Rye[1]	18221	8. 0
Wheat	18222	7. 4
Saltines[1]	18228	2. 7
Standard snack-type[1]	18229	2. 0
Wheat:		
Regular	18232	5. 5
Whole-wheat	18235	10. 4
Croissants[1]:		
Butter	18239	2. 8
Apple	18240	2. 5
Cheese	18241	3. 8
Croutons[1]:		
Plain	18242	5. 1
Seasoned	18243	5. 0
Danish pastry:		
Cinnamon[1]	18244	1. 2
Fruit	18246	1. 9
Nut[1]	18247	2. 3

Continued

Total Dietary Fiber (TDF) Content of Selected Baked Products, Con.
[Values from 1988 Provisional Table on the Dietary Fiber Content of Selected Foods (25), except those marked as updated. Commercially prepared unless otherwise stated.]

Food item	NDB No.	TDF (AOAC)
		g/100 g
Doughnuts[1]		
Cake-type:		
Plain	18248	1. 7
Chocolate-coated or frosted	18249	2. 0
Chocolate, sugared or glazed	18251	2. 2
Yeast-leavened, glazed	18255	2. 1
English muffins, whole-wheat[1]	18266	6. 3
French toast, frozen, ready-to-heat[1]	18268	2. 8
Hush puppies, prepared from recipe[1]	18270	2. 8
Ice cream cones:		
Cake or wafer-type	18271	4. 1
Sugar, rolled-type	18272	4. 6
Muffins:		
Blueberry	18274	3. 6
Oat bran	18283	7. 5
Pancakes:		
Plain, dry mix, complete	18289	2. 7
Prepared[1]	18290	1. 3
Buckwheat, dry mix, incomplete	18295	2. 3
Pie:		
Apple[1]	18301	1. 7
Cherry	18308	0. 8
Chocolate creme	18310	2. 0
Egg custard[1]	18317	1. 2
Fried pies, fruit[1]	18319	2. 6
Lemon meringue	18320	1. 2
Pecan	18324	3. 5
Pumpkin	18326	2. 7
Rolls:		
Dinner:		
Egg	18344	3. 8
Oat bran[1]	18345	4. 1
Hamburger or hotdog[1] :		
Mixed-grain	18351	4. 3
Reduced-calorie	18352	6. 2
Strudel, apple[1]	18354	2. 2
Sweet rolls, cinnamon, with raisins[1]	18356	1. 3
Taco shells, baked[1]	18360	8. 1
Tortillas, ready-to-bake or -fry:		
Corn	18363	5. 2
Flour[1]	18364	3. 1
Waffles:		
Frozen, ready-to-heat	18365	2. 4
Prepared from complete-type dry mix[1]	18366	1. 4
Yeast[1]:		
Active dry	18375	27. 7
Compressed	18374	9. 3

[1]Updated.

Conversion Factors for Fatty Acids of Baked Products

NDB No.	Conversion Factor
18001	0.655
18003	0.719
18005	0.652
18007	0.786
18009	0.946
18010	0.942
18012	0.929
18014	0.944
18017	0.928
18021	0.733
18022	0.919
18025	0.903
18029	0.849
18033	0.861
18035	0.870
18037	0.904
18039	0.900
18041	0.648
18042	0.709
18043	0.684
18044	0.841
18047	0.919
18049	0.882
18051	0.794
18053	0.626
18055	0.684
18057	0.859
18059	0.898
18060	0.836
18062	0.869
18064	0.863
18066	0.903
18068	0.892
18069	0.871
18075	0.855
18079	0.907
18080	0.920
18081	0.892
18084	0.865
18086	0.670
18087	0.674
18090	0.935
18092	0.934
18095	0.931
18096	0.946
18097	0.943
18099	0.946
18103	0.933
18104	0.936

Continued

Conversion Factors for Fatty Acids of Baked Products, Con.

NDB No.	Conversion Factor
18105	0.936
18106	0.939
18107	0.942
18110	0.935
18112	0.943
18114	0.946
18117	0.946
18120	0.894
18121	0.941
18127	0.880
18128	0.937
18129	0.943
18131	0.941
18135	0.944
18137	0.944
18140	0.945
18141	0.938
18142	0.944
18144	0.945
18147	0.917
18148	0.910
18150	0.944
18151	0.940
18152	0.949
18155	0.897
18156	0.926
18157	0.923
18158	0.926
18159	0.950
18160	0.951
18161	0.951
18163	0.943
18166	0.924
18167	0.954
18168	0.926
18170	0.914
18171	0.902
18172	0.917
18173	0.908
18174	0.933
18176	0.952
18177	0.919
18178	0.927
18179	0.921
18180	0.955
18182	0.953
18185	0.943
18186	0.943
18187	0.931

Continued

Conversion Factors for Fatty Acids of Baked Products, Con.

NDB No.	Conversion Factor
18190	0.930
18191	0.937
18192	0.944
18193	0.949
18196	0.947
18198	0.928
18199	0.925
18200	0.926
18201	0.929
18202	0.924
18203	0.919
18204	0.943
18205	0.946
18209	0.924
18210	0.925
18212	0.873
18213	0.950
18214	0.919
18215	0.932
18216	0.700
18217	0.670
18218	0.774
18219	0.718
18220	0.794
18221	0.808
18222	0.793
18223	0.910
18224	0.881
18225	0.930
18226	0.742
18227	0.895
18228	0.905
18229	0.948
18230	0.940
18231	0.931
18232	0.915
18233	0.942
18234	0.931
18235	0.908
18236	0.670
18239	0.890
18240	0.871
18241	0.904
18242	0.913
18243	0.930
18244	0.942
18245	0.933
18246	0.941
18247	0.944

Continued

Conversion Factors for Fatty Acids of Baked Products, Con.

NDB No.	Conversion Factor
18248	0.938
18249	0.944
18250	0.869
18251	0.943
18252	0.935
18253	0.950
18254	0.946
18255	0.947
18256	0.947
18258	0.790
18260	0.904
18262	0.847
18264	0.721
18266	0.790
18268	0.858
18271	0.916
18272	0.917
18274	0.876
18275	0.940
18277	0.931
18279	0.913
18281	0.926
18283	0.926
18284	0.938
18286	0.924
18288	0.884
18289	0.872
18291	0.755
18295	0.771
18297	0.770
18299	0.771
18301	0.925
18303	0.912
18305	0.928
18308	0.931
18310	0.953
18312	0.917
18313	0.949
18314	0.916
18316	0.946
18317	0.930
18319	0.949
18320	0.926
18323	0.933
18324	0.944
18326	0.919
18332	0.950
18334	0.929
18339	0.887

Continued

Conversion Factors for Fatty Acids of Baked Products, Con.

NDB No.	Conversion Factor
18342	0.910
18344	0.884
18345	0.797
18346	0.755
18347	0.917
18349	0.880
18350	0.900
18351	0.921
18352	0.819
18353	0.807
18354	0.935
18355	0.933
18356	0.939
18357	0.946
18360	0.947
18361	0.946
18362	0.931
18363	0.856
18364	0.949
18365	0.908
18374	0.695
18375	0.695
18376	0.904
18400	0.756
18404	0.871

NDB No.	Ingredient	Percent by weight
18016,	Biscuits, plain	
20081	all-purpose flour	48. 27
01079	lowfat (2%) milk	35. 34
04031	vegetable shortening	13. 19
18369	baking powder	2. 66
23630	salt	0. 54
	Moisture loss: 12%	
18019,	Bread, banana, made with margarine	
19335	sugar	28. 34
20081	all-purpose flour	23. 62
09040	bananas	21. 54
04132	margarine	10. 71
01123	eggs	9. 45
01079	lowfat (2%) milk	5. 76
18372	baking soda	0. 44
23630	salt	0. 13
	Moisture loss: 5%	
18020,	Bread, banana, made with vegetable shortening	
19335	sugar	28. 64
20081	all-purpose flour	23. 87
09040	bananas	21. 77
04031	vegetable shortening	9. 78
01123	eggs	9. 55
01079	lowfat (2%) milk	5. 82
18372	baking soda	0. 44
23630	salt	0. 13
	Moisture loss: 5%	
18024,	Bread, cornbread, made with lowfat (2%) milk	
01079	lowfat (2%) milk	38. 32
20022	yellow cornmeal	32. 51
20081	all-purpose flour	9. 74
01123	eggs	7. 85
04044	vegetable oil	4. 27
19335	sugar	3. 77
18369	baking powder	2. 89
23630	salt	0. 66
	Moisture loss: 10%	
18379,	Bread, cornbread, made with whole milk	
01077	whole milk	38. 32
20022	yellow cornmeal	32. 51
20081	all-purpose flour	9. 74
01123	eggs	7. 85
04044	vegetable oil	4. 27
19335	sugar	3. 77
18369	baking powder	2. 89
23630	salt	0. 66
	Moisture loss: 10%	

Continued

NDB No.	Ingredient	Percent by weight
18032.	Bread, irish soda	
20081	all-purpose flour	38. 42
01088	buttermilk	25. 10
09298	raisins	22. 28
04132	margarine	4. 36
01123	eggs	3. 84
19335	sugar	3. 84
02005	caraway seeds	1. 03
23630	salt	0. 42
18369	baking powder	0. 35
18372	baking soda	0. 35
	Moisture loss: 6%	
18046.	Bread, pumpkin	
19335	sugar	28. 22
11424	pumpkin	23. 04
20081	all-purpose flour	20. 58
04044	vegetable oil	10. 25
01123	eggs	9. 41
14429	water	7. 43
18372	baking soda	0. 43
23630	salt	0. 39
02010	cinnamon	0. 11
02025	nutmeg	0. 10
02021	ginger	0. 04
	Moisture loss: 10%	
18073.	Bread, white, made with lowfat (2%) milk	
20081	all-purpose flour	55. 91
01079	lowfat (2%) milk	36. 38
04044	vegetable oil	4. 06
19335	sugar	1. 79
18375	active dry yeast	1. 04
23630	salt	0. 82
	Moisture loss: 6%	
18074.	Bread, white, made with lowfat (2%) milk, toasted	
18073	bread, white, made with lowfat (2%) milk	100.00
	Moisture loss: 9%	
18071.	Bread, white, made with nonfat dry milk	
20081	all-purpose flour	58. 39
14429	water	35. 58
04044	vegetable oil	1. 71
19335	sugar	1. 60
01092	nonfat dry milk	1. 52
23630	salt	0. 73
18375	active dry yeast	0. 47
	Moisture loss: 12%	

Continued

NDB No.	Ingredient	Percent by weight
18072,	Bread, white, made with nonfat dry milk, toasted	
18071	bread, white, made with nonfat dry milk	100. 00
	Moisture loss: 9%	
18397,	Bread, white, made with whole milk	
20081	all-purpose flour	55. 87
01077	whole milk	36. 35
04044	vegetable oil	4. 06
19335	sugar	1. 86
18375	active dry yeast	1. 04
23630	salt	0. 82
	Moisture loss: 6%	
18380,	Bread, white, made with whole milk, toasted	
18397	bread, white, made with whole milk	100. 00
	Moisture loss: 9%	
18077,	Bread, whole-wheat	
20080	whole-wheat flour	37. 88
14429	water	33. 25
20081	all-purpose flour	17. 54
19304	molasses	5. 72
04044	vegetable oil	3. 82
18375	active dry yeast	0. 98
23630	salt	0. 77
	Moisture loss: 12%	
18078,	Bread, whole-wheat, toasted	
18077	bread, whole-wheat	100. 00
	Moisture loss: 9%	
18083,	Bread stuffing, plain	
18069	soft bread crumbs	40. 46
14429	water	26. 63
11143	celery	21. 58
04132	margarine	6. 80
11282	onion	3. 60
23630	salt	0. 38
02034	poultry seasoning	0. 27
11029	parsley	0. 12
02030	pepper	0. 09
02038	sage	0. 09
	Moisture loss: 3%	

Continued

NDB No.	Ingredient	Percent by weight
18089,	Cake, angelfood	
01124	egg whites	47. 09
19335	sugar	38. 76
20081	all-purpose flour	12. 12
14429	vanilla*	0. 96
18373	cream of tartar	0. 59
14429	almond extract*	0. 31
23630	salt	0. 18
	Moisture loss: 18%	
18091,	Cake, boston cream pie (63.7% cake, 24.8% filling, 11.5% glaze)	
	yellow cake:	
20081	all-purpose flour	27. 85
19335	sugar	26. 74
01079	lowfat (2%) milk	21. 75
04031	vegetable shortening	12. 18
01123	eggs	8. 91
18369	baking powder	1. 20
14429	vanilla*	0. 87
23630	salt	0. 50
	filling:	
01079	lowfat (2%) milk	61. 82
19335	sugar	16. 90
01123	eggs	12. 67
20027	cornstarch	4. 05
04132	margarine	3. 60
14429	vanilla*	0. 61
23630	salt	0. 36
	glaze:	
14429	water	43. 24
19335	sugar	27. 37
19078	baking chocolate	15. 54
01001	butter	7. 77
20027	cornstarch	4. 37
14429	vanilla*	1. 32
23630	salt	0. 38
	Moisture loss: cake 9%, filling 10%, glaze 18%	

*Values for water used for vanilla, lemon, and almond extracts.

Continued

NDB No.	Ingredient	Percent by weight
18094,	Cake, carrot, with cream cheese frosting (82% cake, 18% frosting)	
	cake:	
19335	sugar	25. 60
04044	vegetable oil	20. 93
20081	all-purpose flour	17. 99
11124	carrots	14. 08
01123	eggs	12. 80
12155	walnuts	7. 68
18372	baking soda	0. 59
23630	salt	0. 18
02010	cinnamon	0. 15
	frosting:	
19336	powdered sugar	58. 06
01017	cream cheese	36. 58
04132	margarine	4. 58
14429	vanilla*	0. 79
	Moisture loss: cake 5%, frosting 0%	
18101,	Cake, chocolate, without frosting	
19335	sugar	31. 32
01079	lowfat (2%) milk	23. 88
20081	all-purpose flour	17. 13
01123	eggs	11. 74
04031	vegetable shortening	8. 02
19078	baking chocolate	6. 58
18372	baking soda	0. 54
14429	vanilla*	0. 38
23630	salt	0. 22
18369	baking powder	0. 18
	Moisture loss: 11%	

*Values for water used for vanilla, lemon, and almond extracts.

Continued

Percent Ingredients for Prepared-From-Recipe Items, Con.

NDB No.	Ingredient	Percent by weight
18111,	Cake, fruitcake	
09329	candied citron	14. 28
09298	raisins	14. 28
19334	brown sugar	12. 12
20081	all-purpose flour	11. 81
09206	orange juice	7. 81
09330	candied cherries	7. 14
09087	dates	7. 14
12142	pecans	7. 14
01123	eggs	6. 30
04044	vegetable oil	5. 15
09331	candied pineapple	3. 57
19304	molasses	2. 58
18369	baking powder	0. 29
23630	salt	0. 17
02010	cinnamon	0. 14
02025	nutmeg	0. 04
02001	allspice	0. 03
	Moisture loss: 5%	
18116,	Cake, gingerbread	
20081	all-purpose flour	26. 56
19304	molasses	23. 29
14429	water	16. 83
04031	vegetable shortening	14. 56
19334	brown sugar	10. 41
01123	eggs	7. 10
18372	baking soda	0. 49
23630	salt	0. 40
02010	cinnamon	0. 23
02021	ginger	0. 13
	Moisture loss: 5%	
18119,	Cake, pineapple upside-down	
20081	all-purpose flour	20. 08
19335	sugar	18. 36
01079	lowfat (2%) milk	16. 80
09268	canned pineapple	14. 14
19334	brown sugar	10. 10
04031	vegetable shortening	6. 27
04132	margarine	5. 20
01123	eggs	4. 59
09328	maraschino cherries	2. 50
18369	baking powder	1. 27
14429	vanilla*	0. 45
23630	salt	0. 26
	Moisture loss: 5%	

*Values for water used for vanilla, lemon, and almond extracts.

Continued

NDB No.	Ingredient	Percent by weight
18122,	Cake, pound, modified, made with butter	
20081	all-purpose flour	25. 65
19335	sugar	25. 65
01079	lowfat (2%) milk	16. 69
01001	butter	15. 51
01123	eggs	15. 39
14429	vanilla*	0. 50
18369	baking powder	0. 47
23630	salt	0. 14
	Moisture loss: 12%	
18123,	Cake, pound, modified, made with margarine	
20081	all-purpose flour	25. 65
19335	sugar	25. 65
01079	lowfat (2%) milk	16. 69
04132	margarine	15. 51
01123	eggs	15. 39
14429	vanilla*	0. 50
18369	baking powder	0. 47
23630	salt	0. 14
	Moisture loss: 12%	
18124,	Cake, pound, old-fashioned, made with butter	
20081	all-purpose flour	24. 91
01001	butter	24. 91
01123	eggs	24. 91
19335	sugar	24. 91
14429	vanilla*	0. 27
23630	salt	0. 08
02025	nutmeg	0. 02
	Moisture loss: 7%	
18125,	Cake, pound, old-fashioned, made with margarine	
20081	all-purpose flour	24. 91
01123	eggs	24. 91
04132	margarine	24. 91
19335	sugar	24. 91
14429	vanilla*	0. 27
23630	salt	0. 08
02025	nutmeg	0. 02
	Moisture loss: 7%	
18126,	Cake, shortcake, biscuit-type	
20081	all-purpose flour	44. 02
01079	lowfat(2%) milk	32. 22
04031	vegetable shortening	12. 03
19335	sugar	8. 80
18369	baking powder	2. 43
23630	salt	0. 49
	Moisture loss: 8%	

*Values for water used for vanilla, lemon, and almond extracts.

Continued

NDB No.	Ingredient	Percent by weight
18134,	Cake, sponge	
19335	sugar	35. 55
01124	egg whites	23. 75
20081	all-purpose flour	19. 76
01125	egg yolks	11. 80
14429	water	7. 02
14429	lemon extract*	1. 16
18373	cream of tartar	0. 36
23630	salt	0. 33
18369	baking powder	0. 27
	Moisture loss: 11%	
18139,	Cake, white, without frosting	
19335	sugar	28. 40
20081	all-purpose flour	23. 66
01079	lowfat (2%) milk	23. 10
01124	egg whites	12. 65
04031	vegetable shortening	9. 70
18369	baking powder	1. 30
14429	vanilla*	0. 93
23630	salt	0. 26
	Moisture loss: 16%	
18102,	Cake, white, with coconut frosting (68% cake, 32% frosting)	
	white cake:	
19335	sugar	28. 40
20081	all-purpose flour	23. 66
01079	lowfat (2%) milk	23. 10
01124	egg whites	12. 65
04031	vegetable shortening	9. 70
18369	baking powder	1. 30
14429	vanilla*	0. 93
23630	salt	0. 26
	coconut frosting:	
19335	sugar	54. 39
12109	coconut	15. 41
14429	water	14. 32
01124	egg whites	12. 11
19350	corn syrup, light	2. 48
14429	vanilla*	0. 89
23630	salt	0. 25
18373	cream of tartar	0. 14
	Moisture loss: cake 16%, frosting 16%	

*Values for water used for vanilla, lemon, and almond extracts.

Continued

NDB No.	Ingredient	Percent by weight
18146,	Cake, yellow, without frosting	
19335	sugar	26. 62
01079	lowfat (2%) milk	25. 98
20081	all-purpose flour	23. 29
04031	vegetable shortening	10. 91
01123	eggs	10. 65
18369	baking powder	1. 47
14429	vanilla*	0. 79
23630	salt	0. 30
	Moisture loss: 13%	
18149,	Cheesecake, plain	
01017	cream cheese	57. 84
19335	sugar	15. 94
01123	eggs	12. 75
18173	graham cracker crumbs	8. 73
04132	margarine	3. 62
09152	fresh lemon juice	0. 97
14429	vanilla*	0. 15
	Moisture loss: 3%	
18382,	Cheesecake, with cherry topping (70% cake, 30% topping)	
	cake: see previous recipe, NDB No. 18149	
	topping:	
09064	canned sour cherries	75. 59
19335	sugar	20. 83
20081	all-purpose flour	2. 40
04132	margarine	1. 18
	Moisture loss: topping 0%	
18109,	Coffee cake, cinnamon with crumb topping	
19335	brown sugar	27. 84
20081	all-purpose flour	15. 82
01088	buttermilk	15. 50
04132	margarine	14. 35
01123	eggs	12. 65
12155	walnuts	7. 59
08120	rolled oats	5. 12
18369	baking powder	0. 58
23630	salt	0. 18
02010	cinnamon	0. 15
18372	baking soda	0. 15
02025	nutmeg	0. 08
	Moisture loss: 10%	

*Values for water used for vanilla, lemon, and almond extracts.

Continued

NDB No.	Ingredient	Percent by weight
18154,	Cookies, brownies	
19335	sugar	32. 19
04132	margarine	18. 25
01123	eggs	16. 10
20081	all-purpose flour	13. 41
12155	walnuts	9. 66
19078	baking chocolate	9. 01
14429	vanilla*	0. 79
18369	baking powder	0. 37
23630	salt	0. 22
	Moisture loss: 6%	
18378,	Cookies, chocolate chip, made with butter	
19080	chocolate chips	24. 37
20081	all-purpose flour	20. 14
01001	butter	16. 26
19334	brown sugar	11. 83
19335	sugar	10. 75
12155	walnuts	8. 60
01123	eggs	7. 17
14429	vanilla*	0. 35
18372	baking soda	0. 33
23630	salt	0. 20
	Moisture loss: 6%	
18165,	Cookies, chocolate chip, made with margarine	
19080	chocolate chips	24. 37
20081	all-purpose flour	20. 14
04132	margarine	16. 26
19334	brown sugar	11. 83
19335	sugar	10. 75
12155	walnuts	8. 60
01123	eggs	7. 17
14429	vanilla*	0. 35
18372	baking soda	0. 33
23630	salt	0. 20
	Moisture loss: 6%	

*Values for water used for vanilla, lemon, and almond extracts.

Continued

NDB No.	Ingredient	Percent by weight
18169,	Cookies, coconut macaroons	
19335	sugar	45. 80
12109	coconut	33. 89
01124	egg whites	18. 56
14429	vanilla*	1. 50
23630	salt	0. 24
	Moisture loss: 14%	
18377,	Cookies, oatmeal, without raisins	
20081	all-purpose flour	19. 59
08120	rolled oats	19. 04
04132	margarine	17. 78
19334	brown sugar	17. 24
19335	sugar	15. 68
01123	eggs	7. 84
18369	baking powder	0. 90
14429	vanilla*	0. 58
02010	cinnamon	0. 55
23630	salt	0. 44
18372	baking soda	0. 36
	Moisture loss: 8%	
18184,	Cookies, oatmeal, with raisins	
20081	all-purpose flour	17. 59
08120	rolled oats	17. 10
04132	margarine	15. 96
19334	brown sugar	15. 48
19335	sugar	14. 08
09298	raisins	10. 20
01123	eggs	7. 04
18369	baking powder	0. 81
14429	vanilla*	0. 52
02010	cinnamon	0. 49
23630	salt	0. 39
18372	baking soda	0. 32
	Moisture loss: 8%	

*Values for water used for vanilla, lemon, and almond extracts.

Continued

NDB No.	Ingredient	Percent by weight
18189,	Cookies, peanut butter	
20081	all-purpose flour	28. 64
16397	peanut butter	16. 88
04132	margarine	14. 84
19334	brown sugar	14. 40
19335	sugar	13. 09
01123	eggs	6. 55
01079	lowfat (2%) milk	3. 99
14429	vanilla*	0. 64
18372	baking soda	0. 60
23630	salt	0. 37
	Moisture loss: 10%	
18194,	Cookies, shortbread, made with butter	
20081	all-purpose flour	49. 84
01001	butter	36. 86
19336	powdered sugar	13. 00
23630	salt	0. 30
	Moisture loss: 9%	
18195,	Cookies, shortbread, made with margarine	
20081	all-purpose flour	49. 84
04132	margarine	36. 86
19336	powdered sugar	13. 00
23630	salt	0. 30
	Moisture loss: 9%	
18207,	Cookies, sugar, made with butter	
20081	all-purpose flour	41. 11
01001	butter	24. 86
19335	sugar	21. 92
01123	eggs	5. 48
01079	lowfat (2%) milk	5. 02
18369	baking powder	0. 76
14429	vanilla*	0. 54
23630	salt	0. 31
	Moisture loss: 10%	
18208,	Cookies, sugar, made with margarine	
20081	all-purpose flour	41. 11
04132	margarine	24. 86
19335	sugar	21. 92
01123	eggs	5. 48
01079	lowfat (2%) milk	5. 02
18369	baking powder	0. 76
14429	vanilla*	0. 54
23630	salt	0. 31
	Moisture loss: 10%	

*Values for water used for vanilla, lemon, and almond extracts.

Continued

NDB No.	Ingredient	Percent by weight
18237,	Cream puffs, shell	
14429	water	34. 95
01123	eggs	29. 49
20081	all-purpose flour	18. 43
04132	margarine	16. 72
23630	salt	0. 41
	Moisture loss: 36%	
18238,	Cream puffs, shell, with custard filling (51% shell, 49% filling)	
	shell: see previous recipe, NDB No. 18237	
	filling:	
01079	lowfat (2%) milk	65. 96
01123	eggs	13. 52
19335	sugar	13. 52
20027	cornstarch	4. 32
04132	margarine	1. 92
14429	vanilla*	0. 66
23630	salt	0. 10
	Moisture loss: filling 10%	
18257,	Eclairs, custard-filled with chocolate glaze: (48% shell, 46% filling, 6% glaze)	
	shell: see previous recipe, NDB No. 18237	
	filling: see previous recipe, NDB No. 18238	
	glaze:	
14429	water	43. 34
19335	sugar	27. 43
19078	baking chocolate	15. 36
01001	butter	7. 79
20027	cornstarch	4. 39
14429	vanilla*	1. 21
23630	salt	0. 38
	Moisture loss: glaze 18%	

*Values for water used for vanilla, lemon, and almond extracts.

Continued

NDB No.	Ingredient	Percent by weight
18269,	French toast, made with lowfat (2%) milk	
18069	white bread	36. 20
01079	lowfat (2%) milk	29. 44
01123	eggs	24. 13
04132	margarine (for frying)	6. 85
19335	sugar	2. 90
23630	salt	0. 34
02010	cinnamon	0. 15
	Moisture loss: 9%	
18381,	French toast, made with whole milk	
18069	white bread	36. 20
01077	whole milk	29. 44
01123	eggs	24. 13
04132	margarine (for frying)	6. 85
19335	sugar	2. 90
23630	salt	0. 34
02010	cinnamon	0. 15
	Moisture loss: 9%	
18270,	Hush puppies	
14429	water	25. 80
20022	white cornmeal	25. 14
20081	all-purpose flour	23. 28
04044	vegetable oil (for frying)	10. 07
01123	eggs	9. 11
18369	baking powder	3. 35
01092	nonfat dry milk	2. 75
23630	salt	0. 50
	Moisture loss: 15%	
18273,	Muffins, plain, made with lowfat (2%) milk	
20081	all-purpose flour	38. 40
01079	lowfat (2%) milk	37. 48
04044	vegetable oil	8. 37
01123	eggs	7. 68
19335	sugar	5. 53
18369	baking powder	2. 12
23630	salt	0. 43
	Moisture loss: 10%	
18389,	Muffins, plain, made with whole milk	
20081	all-purpose flour	38. 40
01077	whole milk	37. 48
04044	vegetable oil	8. 37
01123	eggs	7. 68
19335	sugar	5. 53
18369	baking powder	2. 12
23630	salt	0. 43
	Moisture loss: 10%	

Continued

NDB No.	Ingredient	Percent by weight
18278,	Muffins, blueberry, made with lowfat (2%) milk	
20081	all-purpose flour	34. 55
01079	lowfat (2%) milk	33. 72
09050	fresh blueberries	10. 02
04044	vegetable oil	7. 53
01123	eggs	6. 91
19335	sugar	4. 98
18369	baking powder	1. 91
23630	salt	0. 39
	Moisture loss: 14%	
18391,	Muffins, blueberry, made with whole milk	
20081	all-purpose flour	34. 55
01077	whole milk	33. 72
09050	fresh blueberries	10. 02
04044	vegetable oil	7. 53
01123	eggs	6. 91
19335	sugar	4. 98
18369	baking powder	1. 91
23630	salt	0. 39
	Moisture loss: 14%	
18282,	Muffins, corn, made with lowfat (2%) milk	
01079	lowfat (2%) milk	37. 16
20022	yellow cornmeal	21. 01
20081	all-purpose flour	19. 04
04044	vegetable oil	8. 30
01123	eggs	7. 62
19335	sugar	3. 66
18369	baking powder	2. 80
23630	salt	0. 43
	Moisture loss: 16%	
18393,	Muffins, corn, made with whole milk	
01077	whole milk	37. 16
20022	yellow cornmeal	21. 01
20081	all-purpose flour	19. 04
04044	vegetable oil	8. 30
01123	eggs	7. 62
19335	sugar	3. 66
18369	baking powder	2. 80
23630	salt	0. 43
	Moisture loss: 16%	

Continued

NDB No.	Ingredient	Percent by weight
18287,	Muffins, wheat bran, made with lowfat (2%) milk	
01079	lowfat (2%) milk	38. 39
20081	all-purpose flour	19. 64
08001	bran (100%) cereal	16. 05
04044	vegetable oil	9. 15
19335	sugar	8. 40
01123	eggs	6. 29
18369	baking powder	1. 74
23630	salt	0. 35
	Moisture loss: 10%	
18394,	Muffins, wheat bran, made with whole milk	
01077	whole milk	38. 39
20081	all-purpose flour	19. 64
08001	bran (100%) cereal	16. 05
04044	vegetable oil	9. 15
19335	sugar	8. 40
01123	eggs	6. 29
18369	baking powder	1. 74
23630	salt	0. 35
	Moisture loss: 10%	
18293,	Pancakes, plain	
01079	lowfat (2%) milk	50. 50
20081	all-purpose flour	25. 88
01123	eggs	11. 83
04044	vegetable oil	6. 45
19335	sugar	2. 84
18369	baking powder	2. 18
23630	salt	0. 33
	Moisture loss: 9%	
18294,	Pancakes, blueberry	
01079	lowfat (2%) milk	43. 11
20081	all-purpose flour	22. 09
09050	fresh blueberries	14. 64
01123	eggs	10. 10
04044	vegetable oil	5. 50
19335	sugar	2. 42
19369	baking powder	1. 86
23630	salt	0. 28
	Moisture loss: 17%	
18390,	Pancakes, buttermilk	
01088	buttermilk	54. 21
20081	all-purpose flour	24. 21
01123	eggs	11. 06
04044	vegetable oil	6. 03
19335	sugar	2. 66
18369	baking soda	1. 53
23630	salt	0. 31
	Moisture loss: 16%	

Continued

Percent Ingredients for Prepared-From-Recipe Items, Con.

NDB No.	Ingredient	Percent by weight
18302,	Pie, apple (65% filling, 35% crust)	
	filling:	
09004	raw, peeled apples	77. 64
19335	sugar	17. 64
20081	all-purpose flour	2. 75
04132	margarine	1. 67
02010	cinnamon	0. 14
23630	salt	0. 08
02025	nutmeg	0. 07
18402	unbaked double crust:	
20081	all-purpose flour	55. 38
04031	vegetable shortening	30. 26
14429	water	13. 12
23630	salt	1. 24
	Combined moisture loss: 5% (filling and crust)	
18304,	Pie, banana cream (72% filling, 28% crust)	
	filling:	
01079	lowfat (2%) milk	59. 44
09040	bananas	18. 52
19335	sugar	12. 18
01125	egg yolks	4. 04
20027	cornstarch	2. 60
04132	margarine	2. 31
14429	vanilla*	0. 80
23630	salt	0. 11
18336	baked single crust:	
20081	all-purpose flour	55. 38
04031	vegetable shortening	30. 26
14429	water	13. 12
23630	salt	1. 24
	Moisture loss: filling 20%, crust 11%	

*Values for water used for vanilla, lemon, and almond extracts.

Continued

NDB No.	Ingredient	Percent by weight
18306,	Pie, blueberry (67% filling, 33% crust)	
	filling:	
09052	canned blueberries, heavy syrup pack	99. 12
20027	cornstarch	0. 88
18402	unbaked double crust:	
20081	all-purpose flour	55. 38
04031	vegetable shortening	30. 26
14429	water	13. 12
23630	salt	1. 24
	Combined moisture loss: 13% (filling and crust)	
18307,	Pie, butterscotch (72% filling, 28% crust)	
	filling:	
01079	lowfat (2%) milk	71. 88
19334	brown sugar	16. 20
01125	egg yolks	4. 89
20027	cornstarch	3. 14
04132	margarine	2. 79
14429	vanilla*	0. 96
23630	salt	0. 14
18336	baked single crust:	
20081	all-purpose flour	55. 38
04031	vegetable shortening	30. 26
14429	water	13. 12
23630	salt	1. 24
	Moisture loss: filling 20%, crust 11%	
18309,	Pie, cherry (68% filling, 32% crust)	
	filling:	
09064	canned sour cherries	75. 59
19335	sugar	20. 83
20081	all-purpose flour	2. 40
04132	margarine	1. 18
18402	unbaked double crust:	
20081	all-purpose flour	55. 38
04031	vegetable shortening	30. 26
14429	water	13. 12
23630	salt	1. 24
	Combined moisture loss: 13% (filling and crust)	

*Values for water used for vanilla, lemon, and almond extracts.

Continued

NDB No.	Ingredient	Percent by weight
18311,	Pie, chocolate cream (72% filling, 28% crust)	
	filling:	
01079	lowfat (2%) milk	69. 10
19335	sugar	14. 16
19078	baking chocolate	5. 29
01125	egg yolks	4. 70
20027	cornstarch	3. 02
04132	margarine	2. 68
14429	vanilla*	0. 92
23630	salt	0. 13
18336	baked single crust:	
20081	all-purpose flour	55. 38
04031	vegetable shortening	30. 26
14429	water	13. 12
23630	salt	1. 24
	Moisture loss: filling 12%, crust 11%	
18315	Pie, coconut cream (72% filling, 28% crust)	
	filling:	
01079	lowfat (2%) milk	67. 94
19335	sugar	13. 92
12109	coconut	6. 87
01125	egg yolks	4. 62
20027	cornstarch	2. 97
04132	margarine	2. 64
14429	vanilla*	0. 91
23630	salt	0. 13
18336	baked single crust:	
20081	all-purpose flour	55. 38
04031	vegetable shortening	30. 26
14429	water	13. 12
23630	salt	1. 24
	Moisture loss: filling 20%, crust 11%	

*Values for water used for vanilla, lemon, and almond extracts.

Continued

NDB No.	Ingredient	Percent by weight
18318,	Pie, egg custard (82% filling, 18% crust)	
	filling:	
01079	lowfat (2%) milk	66. 53
01123	eggs	16. 36
19335	sugar	16. 36
14429	vanilla*	0. 53
23630	salt	0. 15
02025	nutmeg	0. 06
18402	unbaked single crust:	
20081	all-purpose flour	55. 38
04031	vegetable shortening	30. 26
14429	water	13. 12
23630	salt	1. 24
	Combined moisture loss: 11% (filling and crust)	
18321,	Pie, lemon meringue (58% filling, 28% crust, 14% topping)	
	filling:	
14429	water	49. 96
19335	sugar	25. 29
09152	fresh lemon juice	10. 26
01125	egg yolks	6. 30
20027	cornstarch	4. 05
04132	margarine	3. 59
09156	lemon peel	0. 38
23630	salt	0. 18
18336	baked single crust:	
20081	all-purpose flour	55. 38
04031	vegetable shortening	30. 26
14429	water	13. 12
23630	salt	1. 24
	meringue topping:	
01124	egg whites	66. 36
19335	sugar	33. 11
18373	cream of tartar	0. 53
	Moisture loss: filling 12%, crust 11%, topping 21%	

*Values for water used for vanilla, lemon, and almond extracts.

Continued

NDB No.	Ingredient	Percent by weight
18322,	Pie, mince (68% filling, 32% crust)	
	filling:	
09004	raw, peeled apples	34. 06
09298	raisins	22. 45
19334	brown sugar	11. 35
19335	sugar	10. 32
14429	water	8. 15
09206	orange juice	6. 40
09152	fresh lemon juice	6. 28
09216	orange peel	0. 41
23630	salt	0. 29
02010	cinnamon	0. 21
02011	cloves	0. 05
02021	ginger	0. 04
18402	unbaked double crust:	
20081	all-purpose flour	55. 38
04031	vegetable shortening	30. 26
14429	water	13. 12
23630	salt	1. 24
	Combined moisture loss: 7% (filling and crust)	
18325,	Pie, pecan (79% filling, 21% crust)	
	filling:	
19349	dark corn syrup	47. 18
01123	eggs	23. 02
12142	pecans	13. 69
19334	brown sugar	8. 44
04132	margarine	6. 52
14429	vanilla*	0. 70
20081	all-purpose flour	0. 45
18402	unbaked single crust:	
20081	all-purpose flour	55. 38
04031	vegetable shortening	30. 26
14429	water	13. 12
23630	salt	1. 24
	Combined moisture loss: 11% (filling and crust)	

*Values for water used for vanilla, lemon, and almond extracts.

Continued

Percent Ingredients for Prepared-From-Recipe Items, Con.

NDB No.	Ingredient	Percent by weight
18327.	Pie, pumpkin (81% filling, 19% crust)	
	filling:	
11424	canned pumpkin	42. 05
01096	evaporated whole milk	34. 17
19335	sugar	13. 91
01123	eggs	9. 27
23630	salt	0. 26
02010	cinnamon	0. 21
02021	ginger	0. 08
02011	cloves	0. 05
18402	unbaked single crust:	
20081	all-purpose flour	55. 38
04031	vegetable shortening	30. 26
14429	water	13. 12
23630	salt	1. 24
	Combined moisture loss: 5% (filling and crust)	
18328.	Pie, vanilla cream (72% filling, 28% crust)	
	filling:	
01079	lowfat (2%) milk	72. 95
19335	sugar	14. 95
01125	egg yolks	4. 96
20027	cornstarch	3. 19
04132	margarine	2. 83
14429	vanilla*	0. 98
23630	salt	0. 14
18336	baked single crust:	
20081	all-purpose flour	55. 38
04031	vegetable shortening	30. 26
14429	water	13. 12
23630	salt	1. 24
	Moisture loss: filling 20%, crust 11%	
18398.	Pie crust, cookie-type, chocolate wafer, chilled	
18157	chocolate wafers	74. 62
04132	margarine	25. 38
	Moisture loss: 0%	
18329.	Pie crust, cookie-type, chocolate wafer, baked	
18398	pie crust, cookie-type, chocolate wafer	100. 00
	Moisture loss: 2%	

*Values for water used for vanilla, lemon, and almond extracts.

Continued

NDB No.	Ingredient	Percent by weight
18399,	Pie crust cookie-type, graham cracker, chilled	
18173	graham cracker crumbs	56. 22
04132	margarine	23. 27
19336	powdered sugar	20. 52
	Moisture loss: 0%	
18330,	Pie crust, cookie-type, graham cracker, baked	
18399	pie crust, cookie-type, graham cracker	100. 00
	Moisture loss: 2%	
18401,	Pie crust, cookie-type, vanilla wafer, chilled	
18212	vanilla wafers	67. 80
04132	margarine	32. 20
	Moisture loss: 0%	
18331,	Pie crust, cookie-type, vanilla wafer, baked	
18401	pie crust, cookie-type, vanilla wafer	100. 00
	Moisture loss: 2%	
18402,	Pie crust, standard-type, unbaked	
20081	all-purpose flour	55. 38
04031	vegetable shortening	30. 26
14429	water	13. 12
23630	salt	1. 24
	Moisture loss: 0%	
18336,	Pie crust, standard-type, baked	
18402	pie crust, standard-type	100. 00
	Moisture loss: 11%	
18341,	Popovers, made with lowfat (2%) milk	
01079	lowfat (2%) milk	50. 41
20081	all-purpose flour	25. 83
01123	eggs	20. 66
04044	vegetable oil	2. 81
23630	salt	0. 29
	Moisture loss: 20%	
18395,	Popovers, made with whole milk	
01077	whole milk	50. 41
20081	all-purpose flour	25. 83
01123	eggs	20. 66
04044	vegetable oil	2. 81
23630	salt	0. 29
	Moisture loss: 20%	

Continued

NDB No.	Ingredient	Percent by weight
18396,	Rolls, dinner, plain, made with lowfat (2%) milk	
20081	all-purpose flour	48. 45
01079	lowfat (2%) milk	31. 52
01123	eggs	6. 46
19335	sugar	6. 46
04132	margarine	5. 49
18375	active dry yeast	0. 90
23630	salt	0. 71
	Moisture loss: 15%	
18343,	Rolls, dinner, plain, made with whole milk	
20081	all-purpose flour	48. 45
01077	whole milk	31. 52
01123	eggs	6. 46
19335	sugar	6. 46
04132	margarine	5. 49
18375	active dry yeast	0. 90
23630	salt	0. 71
	Moisture loss: 15%	
18359,	Sweet rolls, cinnamon, with raisins and nuts	
20081	all-purpose flour	34. 79
01079	lowfat (2%) milk	22. 64
19334	brown sugar	10. 21
04132	margarine	9. 20
09298	raisins	6. 73
12155	walnuts	5. 57
01123	eggs	4. 64
19335	sugar	4. 64
18375	active dry yeast	0. 65
23630	salt	0. 51
02010	cinnamon	0. 43
	Moisture loss: 5%	
18367,	Waffles, plain	
01079	lowfat (2%) milk	52. 63
20081	all-purpose flour	26. 96
01123	eggs	10. 78
04044	vegetable oil	7. 84
18369	baking powder	0. 99
18372	baking soda	0. 50
23630	salt	0. 30
	Moisture loss: 24%	
18392,	Waffles, buttermilk	
01088	buttermilk	52. 73
20081	all-purpose flour	26. 90
01123	eggs	10. 76
04044	vegetable oil	7. 82
18369	baking powder	0. 99
18372	baking soda	0. 50
23630	salt	0. 30
	Moisture loss: 29%	

	AH-8 item (1963)	AH-8-18 NDB No.	AH-8-18 Page
Bagels:			
Plain		18001	63
Toasted		18002	64
Cinnamon-raisin		18005	65
Toasted		18006	66
Egg		18003	67
Toasted		18004	68
Oat bran		18007	69
Toasted		18008	70
Biscuits:			
Plain or buttermilk:			
Commercially baked		18009	71
Dry mix	415	18010	72
Prepared	416	18011	73
Refrigerated dough:			
Higher fat		18014	74
Baked		18015	75
Lower fat	413	18012	76
Baked		18013	77
Prepared from recipe	410	18016	78
Fast food [See Agriculture Handbook No. 8-21]			
Mixed-grain, refrigerated dough		18017	79
Baked		18018	80
Bread:			
Banana, prepared from recipe:			
Made with margarine		18019	81
Made with vegetable shortening		18020	82
Boston brown, canned	433	18021	83
Bran [See Bread, oat bran, rice bran, or wheat bran]			
Challah [See Bread, egg]			
Cinnamon-raisin [See Bread, raisin]			
Cornbread:			
Dry mix	881,1349	18022	84
Prepared	882	18023	85
Prepared from recipe:			
Made with lowfat (2%) milk	878	18024	86
Made with whole milk	878	18379	87
Cracked-wheat	444	18025	88
Toasted	445	18026	89
Crispbread [See Crackers, crispbread, rye]			
Diet [See Bread, reduced-calorie]			
Egg		18027	90
Toasted		18028	91
Flatbread [See Crackers, crispbread, rye]			
French or vienna	446	18029	92
Toasted	447	18030	93
Fry bread [See Bread, indian (navajo) fry]			
Gingerbread [See Cake, gingerbread]			
Gluten [See Bread, protein]			
High-protein [See Bread, protein]			
Hollywood [See Bread, special formula]			
Indian (navajo) fry		18031	94
Irish soda, prepared from recipe		18032	95
Italian	450	18033	96
Toasted		18034	97
Light [See Bread, reduced-calorie]			

	AH-8 item (1963)	AH-8-18 NDB No.	AH-8-18 Page
Bread, Con.:			
Lite [See Bread, reduced-calorie]			
Low-calorie [See Bread, reduced-calorie]			
Low-sodium [See Bread, white]			
Melba toast [See Crackers, melba toast]			
Mixed-grain		18035	98
Toasted		18036	99
Multigrain [See Bread, mixed-grain]			
Navajo fry bread [See Bread, indian (navajo) fry]			
Oat bran		18037	100
Toasted		18038	101
Oatmeal		18039	102
Toasted		18040	103
Pita:			
White		18041	104
Whole-wheat		18042	105
Pocket [See Bread, pita]			
Protein		18043	106
Toasted		18383	107
Pumpernickel	456	18044	108
Toasted		18045	109
Pumpkin, prepared from recipe		18046	110
Raisin	452	18047	111
Toasted	453	18048	112
Reduced-calorie:			
Oat bran		18049	113
Toasted		18050	114
Oatmeal		18051	115
Toasted		18052	116
Rye		18053	117
Toasted		18054	118
Wheat		18055	119
Toasted		18056	120
White		18057	121
Toasted		18058	122
Rice bran		18059	123
Toasted		18384	124
Rye	454	18060	125
Toasted	455	18061	126
Sourdough [See Bread, french or vienna]			
Special formula, high-calcium:			
Dark		18404	127
Toasted		18405	128
Light		18062	129
Toasted		18063	130
Vienna [See Bread, french or vienna]			
Wheat		18064	131
Toasted		18065	132
Wheat berry [See Bread, wheat]			
Wheat bran		18066	133
Toasted		18067	134
Wheat germ		18068	135
Toasted		18385	136
White:			
Commercially prepared		18069	137
Toasted		18070	138

	AH-8 item (1963)	AH-8-18 NDB No.	Page
Bread, white, Con.:			
Prepared from recipe:			
Made with lowfat (2%) milk		18073	139
Toasted		18074	140
Made with nonfat dry milk		18071	141
Toasted		18072	142
Made with whole milk		18397	143
Toasted		18380	144
Whole-wheat:			
Commercially prepared	473	18075	145
Toasted	474	18076	146
Prepared from recipe		18077	147
Toasted		18078	148
Bread crumbs:			
Dry, grated:			
Plain	475	18079	149
Seasoned		18376	150
Soft [See Bread, white, commercially prepared]			
Breadsticks, plain		18080	151
Bread stuffing:			
Plain:			
Dry mix	477	18081	152
Prepared	478, 479	18082	153
Prepared from recipe		18083	154
Cornbread:			
Dry mix		18084	155
Prepared		18085	156
Brownies [See Cookies, brownies]			
Buns, hamburger or hotdog [See Rolls, hamburger or hotdog]			
Buns, sweet [See Sweet rolls]			
Cake:			
Angelfood:			
Commercially prepared		18086	157
Dry mix	549	18087	158
Prepared	550	18088	159
Prepared from recipe	521	18089	160
Black forest [See Cake, cherry fudge]			
Boston cream pie:			
Commercially prepared		18090	161
Prepared from recipe	522	18091	162
Carrot:			
Dry mix, pudding-type		18092	163
Prepared without frosting		18093	164
Prepared from recipe with cream cheese frosting		18094	165
Cheesecake [See Cheesecake]			
Cherry fudge with chocolate frosting		18095	166
Chocolate:			
Commercially prepared with chocolate frosting		18096	167
Dry mix:			
Pudding-type		18097	168
Prepared without frosting		18098	169
Regular	558	18099	170
Prepared without frosting		18100	171
Special dietary		18129	172
Prepared without frosting		18130	173
German chocolate [See Cake, german chocolate]			

	AH-8 item (1963)	AH-8-18 NDB No.	AH-8-18 Page
Cake, chocolate, Con.:			
Prepared from recipe without frosting	525	18101	174
Snack cake [See Cake, snack cakes, chocolate]			
Coconut, [See Cake, white, prepared from recipe, with coconut frosting]			
Coffee cake [See Coffee cake]			
Devil's food [See Cake, chocolate]			
Fruitcake:			
Commercially prepared		18110	175
Prepared from recipe	531	18111	176
German chocolate:			
Dry mix, pudding-type		18112	177
Prepared with coconut-nut frosting		18113	178
Gingerbread:			
Dry mix	560	18114	179
Prepared	561	18115	180
Prepared from recipe	533	18116	181
Marble:			
Dry mix, pudding-type		18117	182
Prepared without frosting		18118	183
Microwave [See Cake, chocolate, dry mix, pudding-type; german chocolate, dry mix, pudding-type; yellow, dry mix, pudding-type]			
Pineapple upside-down, prepared from recipe		18119	184
Pound:			
Commercially prepared:			
Butter		18120	185
Other than all butter		18121	186
Prepared from recipe:			
Modified:			
Made with butter	539	18122	187
Made with margarine	539	18123	188
Old-fashioned:			
Made with butter	538	18124	189
Made with margarine	538	18125	190
Shortcake:			
Biscuit-type, prepared from recipe		18126	191
Sponge-type [See Cake, sponge]			
Snack cakes:			
Creme-filled:			
Chocolate with frosting		18127	192
Sponge		18128	193
Other than creme-filled [See Cake, pound, commercially prepared; Cheesecake, plain, commercially prepared; Coffee cake, cinnamon with crumb topping, commercially prepared]			
Spice [See Cake, yellow]			
Sponge:			
Commercially prepared		18133	194
Snack cake [See Cake, snack cakes, creme-filled, sponge]			
Prepared from recipe	540	18134	195
White:			
Dry mix:			
Pudding-type		18135	196
Prepared without frosting		18136	197
Regular	566	18137	198
Prepared without frosting		18138	199
Special dietary		18131	200
Prepared without frosting		18132	201

	AH-8 item (1963)	AH-8-18 NDB No.	AH-8-18 Page
Cake, white, Con.:			
Prepared from recipe:			
Without frosting	541	18139	202
With coconut frosting	542	18102	203
Yellow:			
Commercially prepared:			
With chocolate frosting		18140	204
With vanilla frosting		18141	205
Dry mix:			
Pudding-type		18142	206
Prepared without frosting		18143	207
Regular	568	18144	208
Prepared without frosting		18145	209
Streusel-type [See Cake, yellow, dry mix, pudding-type]			
Prepared from recipe without frosting	544	18146	210
Cake frostings [See Agriculture Handbook No. 8-19]			
Cheesecake:			
Commercially prepared		18147	211
Prepared from mix, no-bake type		18148	212
Prepared from recipe		18149	213
With cherry topping		18382	214
Coffee cake:			
Cheese		18103	215
Cinnamon with crumb topping:			
Commercially prepared		18104	216
Dry mix	553	18107	217
Prepared	554	18108	218
Prepared from recipe		18109	219
Creme-filled with chocolate frosting		18105	220
Fruit		18106	221
Cones [See Ice cream cones]			
Cookies:			
Animal crackers	910	18150	222
Arrowroot biscuits [See Cookies, animal crackers]			
Brownies:			
Commercially prepared	814	18151	223
Dry mix:			
Regular	836	18152	224
Prepared	837	18153	225
Special dietary		18196	226
Prepared		18197	227
Prepared from recipe	813	18154	228
Butter:			
Commercially prepared	815	18155	229
Prepared from recipe [See Cookies, sugar, prepared from recipe, made with butter]			
Chocolate chip:			
Commercially prepared:			
Regular:			
Higher fat	818	18159	230
Lower fat		18158	231
Soft-type		18160	232
Special dietary		18198	233
Dry mix		18161	234
Prepared		18162	235
Refrigerated dough		18163	236
Baked		18164	237

	AH-8 item (1963)	AH-8-18 NDB No.	AH-8-18 Page
Cookies, chocolate chip, Con.:			
Prepared from recipe:			
Made with butter	817	18378	238
Made with margarine	817	18165	239
Chocolate sandwich:			
With creme filling:			
Regular	829	18166	240
Chocolate-coated		18167	241
Special dietary		18199	242
With extra creme filling		18168	243
Chocolate wafers	816	18157	244
Coconut macaroons, prepared from recipe	823	18169	245
Fast food; animal crackers, brownies [See Agriculture Handbook No. 8-21]			
Fig bars	820	18170	246
Fortune		18171	247
Fudge, cake-type		18156	248
Gingersnaps	821	18172	249
Graham crackers:			
Plain or honey	914, 915	18173	250
Chocolate-coated	913	18174	251
Cinnamon [See Cookies, graham crackers, plain or honey]			
Graham cracker crumbs [See Cookies, graham crackers, plain or honey]			
Ladyfingers	822	18175	252
Macaroons [See Cookies, coconut macaroons]			
Marshmallow, chocolate-coated	824	18176	253
Marshmallow pies [See Cookies, marshmallow, chocolate-coated]			
Molasses	825	18177	254
Oatmeal:			
Commercially prepared:			
Regular	826	18178	255
Soft-type		18179	256
Special dietary		18200	257
Dry mix		18180	258
Prepared		18181	259
Refrigerated dough		18182	260
Baked		18183	261
Prepared from recipe:			
Without raisins		18377	262
With raisins		18184	263
Peanut butter:			
Commercially prepared:			
Regular	827	18185	264
Soft-type		18186	265
Refrigerated dough		18187	266
Baked		18188	267
Prepared from recipe		18189	268
Peanut butter sandwich:			
Regular		18190	269
Special dietary		18201	270
Pie crust crumbs [See Cookies, chocolate wafers; graham crackers, plain or honey; vanilla wafers, lower fat]			
Raisin, soft-type		18191	271
Shortbread:			
Commercially prepared:			
Plain	830	18192	272
Pecan		18193	273

	AH-8 item (1963)	AH-8-18 NDB No.	AH-8-18 Page
Cookies, shortbread, Con.:			
Prepared from recipe:			
Made with butter		18194	274
Made with margarine		18195	275
Soft cookies [See Cookies, chocolate chip, soft-type; oatmeal, soft-type; peanut butter, soft-type; raisin, soft-type]			
Sugar:			
Commercially prepared:			
Regular		18204	276
Special dietary		18203	277
Refrigerated dough	841	18205	278
Baked	842	18206	279
Prepared from recipe:			
Made with butter	831	18207	280
Made with margarine	831	18208	281
Sugar wafers with creme filling:			
Regular	832	18209	282
Special dietary		18202	283
Tea biscuits [See Cookies, animal crackers]			
Trolley cakes [See Cookies, fudge, cake-type]			
Vanilla sandwich with creme filling	829	18210	284
Vanilla wafers:			
Higher fat		18213	285
Lower fat	833	18212	286
Crackers:			
Animal [See Cookies, animal crackers]			
Butter [See Crackers, standard snack-type]			
Cheese:			
Regular	912	18214	287
Sandwich-type with peanut butter filling	917	18215	288
Crispbread, rye		18216	289
Flatbread, norwegian [See Crackers, crispbread, rye]			
Graham [See Cookies, graham crackers]			
Matzo:			
Plain		18217	290
Egg		18218	291
Egg and onion		18400	292
Whole-wheat		18219	293
Melba toast:			
Plain		18220	294
Pumpernickel [See Crackers, melba toast, rye]			
Rye		18221	295
Wheat		18222	296
Milk		18223	297
Oyster and soup [See Crackers, saltines]			
Rusk toast	1918	18224	298
Rye:			
Sandwich-type with cheese filling		18225	299
Wafers:			
Plain	1925	18226	300
Seasoned		18227	301
Saltines	916	18228	302
Soda [See Crackers, saltines]			
Standard snack-type:			
Regular	911	18229	303

	AH-8 item (1963)	AH-8-18 NDB No.	AH-8-18 Page
Crackers, standard snack-type, Con.:			
Sandwich:			
With cheese filling		18230	304
With peanut butter filling		18231	305
Wheat:			
Regular		18232	306
Sandwich:			
With cheese filling		18233	307
With peanut butter filling		18234	308
Whole-wheat	919	18235	309
Zwieback [See Agriculture Handbook No. 8-3]			
Cracker meal	918	18236	310
Cream puffs, prepared from recipe:			
Shell		18237	311
With custard filling	934	18238	312
Croissants:			
Butter		18239	313
Apple		18240	314
Cheese		18241	315
Croutons:			
Plain		18242	316
Seasoned		18243	317
Crullers [See Doughnuts, french crullers]			
Danish pastry:			
Cheese		18245	318
Cinnamon	1899	18244	319
Fast food; cheese, cinnamon, fruit [See Agriculture Handbook No. 8-21]			
Fruit		18246	320
Nut		18247	321
Doughnuts:			
Cake-type:			
Plain	957	18248	322
Chocolate-coated or frosted		18249	323
Sugared or glazed		18250	324
Chocolate, sugared or glazed		18251	325
Old-fashioned [See Doughnuts, cake-type, plain]			
Wheat, sugared or glazed		18252	326
French crullers, glazed		18253	327
Yeast-leavened:			
Glazed	958	18255	328
Honey buns [See Doughnuts, yeast leavened, glazed]			
With creme filling		18254	329
With jelly filling		18256	330
Eclairs, custard-filled with chocolate glaze, prepared from recipe	965	18257	331
Egg roll wrappers [See Wonton wrappers]			
English muffins:			
Plain		18258	332
Toasted		18259	333
Granola [See English muffins, mixed-grain]			
Mixed-grain		18260	334
Toasted		18261	335
Raisin-cinnamon		18262	336
Toasted		18263	337
Sourdough [See English muffins, plain]			

	AH-8 item (1963)	AH-8-18 NDB No.	AH-8-18 Page
English muffins, Con.:			
Wheat		18264	338
Toasted		18265	339
Whole-wheat		18266	340
Toasted		18267	341
French toast:			
Frozen, ready-to-heat		18268	342
Prepared from recipe:			
Made with lowfat (2%) milk		18269	343
Made with whole milk		18381	344
Fried pies [See Pie, fried pies, fruit]			
Frostings [See Agriculture Handbook No. 8-19]			
Fry bread [See Bread, indian (navajo) fry]			
Gingerbread [See Cake, gingerbread]			
Honey buns [See Doughnuts, yeast leavened, glazed]			
Hush puppies, prepared from recipe		18270	345
Ice cream cones:			
Cake or wafer-type	1142	18271	346
Sugar, rolled-type		18272	347
Matzo [See Crackers, matzo]			
Melba toast [See Crackers, melba toast]			
Muffins:			
Plain, prepared from recipe:			
Made with lowfat (2%) milk	1343	18273	348
Made with whole milk	1343	18389	349
Blueberry:			
Commercially prepared		18274	350
Dry mix		18275	351
Prepared		18276	352
Toaster-type		18277	353
Toasted		18386	354
Prepared from recipe:			
Made with lowfat (2%) milk	1345	18278	355
Made with whole milk	1345	18391	356
Bran [See Muffins, oat bran or wheat bran]			
Corn:			
Commercially prepared		18279	357
Dry mix [See Breads, cornbread, dry mix]			
Prepared	1350	18280	358
Toaster-type		18281	359
Toasted		18387	360
Prepared from recipe:			
Made with lowfat (2%) milk	1347	18282	361
Made with whole milk	1347	18393	362
English [See English muffins]			
Oat bran		18283	363
Wheat bran:			
Dry mix		18284	364
Prepared		18285	365
Toaster-type with raisins		18286	366
Toasted		18388	367
Prepared from recipe:			
Made with lowfat (2%) milk	1346	18287	368
Made with whole milk	1346	18394	369

	AH-8 item (1963)	AH-8-18 NDB No.	AH-8-18 Page
Pancakes:			
Plain:			
Dry mix:			
Complete		18289	370
Prepared		18290	371
Incomplete	1455	18291	372
Prepared	1457	18292	373
Frozen, ready-to-heat		18288	374
Prepared from recipe	1453	18293	375
Blueberry, prepared from recipe		18294	376
Buckwheat:			
Dry mix, incomplete	1461	18295	377
Prepared	1462	18296	378
Buttermilk, prepared from recipe		18390	379
Special dietary:			
Dry mix		18297	380
Prepared		18298	381
Whole-wheat:			
Dry mix, incomplete		18299	382
Prepared		18300	383
Patty shells [See Puff pastry]			
Phyllo dough		18338	384
Pie:			
Apple:			
Commercially prepared	1590	18301	385
Prepared from recipe	1566	18302	386
Banana cream:			
Prepared from mix, no-bake type		18303	387
Prepared from recipe	1567	18304	388
Blueberry:			
Commercially prepared		18305	389
Prepared from recipe	1569	18306	390
Boston cream pie [See Cake, Boston cream pie]			
Butterscotch, pudding-type, prepared from recipe	1570	18307	391
Cherry:			
Commercially prepared	1592	18308	392
Prepared from recipe	1571	18309	393
Chocolate:			
Creme, commercially prepared		18310	394
Cream, prepared from recipe	1573	18311	395
Mousse, prepared from mix, no-bake type		18312	396
Coconut:			
Creme, commercially prepared		18313	397
Cream:			
Prepared from mix, no-bake type		18314	398
Prepared from recipe	1574	18315	399
Custard, commercially prepared	1594	18316	400
Egg custard:			
Commercially prepared		18317	401
Prepared from recipe	1575	18318	402
Fried pies, fruit		18319	403
Lemon meringue:			
Commercially prepared		18320	404
Prepared from recipe	1577	18321	405
Mince, prepared from recipe	1578	18322	406
Peach		18323	407

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Pie, Con.:			
Pecan:			
Commercially prepared		18324	408
Prepared from recipe	1580	18325	409
Pumpkin:			
Commercially prepared		18326	410
Prepared from recipe	1584	18327	411
Snack [See Pie, fried pies, fruit]			
Vanilla cream, prepared from recipe		18328	412
Pie crust:			
Cookie-type, prepared from recipe:			
Chocolate wafer:			
Chilled (unbaked)		18398	413
Baked		18329	414
Graham cracker:			
Chilled (unbaked)		18399	415
Baked		18330	416
Vanilla wafer:			
Chilled (unbaked)		18401	417
Baked		18331	418
Standard-type:			
Dry mix	1601	18332	419
Prepared, baked	1602	18333	420
Frozen, ready-to-bake		18334	421
Baked		18335	422
Prepared from recipe:			
Unbaked	1597	18402	423
Baked	1598	18336	424
Pie fillings, commercial [See Agriculture Handbook No. 8-19]			
Popovers:			
Dry mix		18339	425
Prepared		18340	426
Prepared from recipe:			
Made with lowfat (2%) milk	1657	18341	427
Made with whole milk	1657	18395	428
Puff pastry, frozen, ready-to-bake		18337	429
Baked		18211	430
Rolls:			
Crescent [See Biscuits, plain or buttermilk, refrigerated dough, higher fat]			
Dinner:			
Plain:			
Commercially prepared	1902, 1908	18342	431
Prepared from recipe:			
Made with lowfat (2%) milk	1898	18396	432
Made with whole milk	1898	18343	433
Egg		18344	434
Oat bran		18345	435
Rye		18346	436
Wheat		18347	437
Whole-wheat	1906	18348	438
French		18349	439
Hamburger or hotdog:			
Plain	1902	18350	440
Mixed-grain		18351	441
Reduced-calorie		18352	442
Hard	1900	18353	443

	AH-8 item (1963)	AH-8-18 NDB No.	AH-8-18 Page
Rolls, Con.:			
Hotdog [See Rolls, hamburger or hotdog]			
Kaiser [See Rolls, hard]			
Pan [See Rolls, dinner]			
Sweet [See Sweet rolls]			
Snack cakes [See Cake, snack cakes]			
Snack pies [See Pie, fried pies, fruit]			
Strudel, apple		18354	444
Stuffing [See Bread stuffing]			
Sweet rolls:			
Cheese		18355	445
Cinnamon:			
Commercially prepared with raisins	1904, 1905	18356	447
Refrigerated dough with frosting		18357	446
Baked		18358	447
Prepared from recipe with raisins and nuts		18359	448
Taco shells, baked		18360	450
Toaster muffins [See Muffins, blueberry, corn, or wheat bran, toaster-type]			
Toaster pastries:			
Brown-sugar-cinnamon		18361	451
Fruit		18362	452
Tortillas, ready-to-bake or -fry:			
Corn		18363	453
Flour		18364	454
Tostados [See Taco shells, baked]			
Waffles:			
Plain:			
Dry mix [See Pancakes, plain, dry mix, complete or incomplete]			
Prepared from complete-type	2413	18366	455
Frozen, ready-to-heat	2411	18365	456
Toasted		18403	457
Prepared from recipe	2409	18367	458
Buttermilk, prepared from recipe		18392	459
Wonton wrappers		18368	460
Zwieback [See Agriculture Handbook No. 8-3]			
Leavening agents:			
Baking powder:			
Double-acting:			
Sodium aluminum sulfate	132	18369	461
Straight phosphate	133	18370	462
Low-sodium	135	18371	463
Baking soda		18372	464
Bicarbonate of soda [See Leavening agents, baking soda]			
Cream of tartar		18373	465
Sodium bicarbonate [See Leavening agents, baking soda]			
Yeast, baker's:			
Active dry	2477	18375	466
Compressed	2476	18374	467

Table of Nutrient Data

[Blank spaces indicate a lack of data.]

BAGELS
Plain
(includes onion, poppy seed, sesame seed)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	3-1/2 in. bagel = 71 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	32.6	0.572	23	9.3	23.2	148.1
Food energy	kcal	275			78	195	1,246
	kJ	1,150			326	816	5,215
Protein (N x 5.70)	g	10.5	0.180	21	3.0	7.5	47.7
Total lipid (fat)	g	1.6	0.089	21	0.5	1.1	7.2
Carbohydrate, total	g	53.4			15.2	37.9	242.4
Crude fiber	g	0.1	0.017	11	0.0	0.1	0.7
Ash	g	1.8	0.042	17	0.5	1.3	8.1
Minerals:							
Calcium[2]	mg	74	5.938	8	21	53	337
Iron[3]	mg	3.56	0.174	22	1.01	2.53	16.13
Magnesium	mg	29	1.378	17	8	21	132
Phosphorus	mg	96	3.526	17	27	68	434
Potassium	mg	101	2.267	18	29	72	460
Sodium	mg	534	17.593	22	151	379	2,421
Zinc	mg	0.88	0.025	18	0.25	0.62	3.98
Copper	mg	0.163	0.009	17	0.046	0.115	0.738
Manganese	mg	0.540	0.020	17	0.153	0.384	2.450
Vitamins:							
Ascorbic acid	mg	0	0.000	3	0	0	0
Thiamin[3]	mg	0.538	0.032	18	0.152	0.382	2.439
Riboflavin[3]	mg	0.315	0.023	18	0.089	0.224	1.430
Niacin[3]	mg	4.562	0.293	18	1.293	3.239	20.693
Pantothenic acid	mg	0.363	0.020	13	0.103	0.258	1.648
Vitamin B-6	mg	0.051	0.004	12	0.014	0.036	0.231
Folate	mcg	22	1.946	11	6	16	101
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0	0.000	3	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.220			0.062	0.156	0.996
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000			0.000	0.000	0.001
14:0	g						
16:0	g	0.207			0.059	0.147	0.938
18:0	g	0.012			0.004	0.009	0.056
Monounsaturated, total	g	0.131			0.037	0.093	0.593
16:1	g	0.014			0.004	0.010	0.064
18:1	g	0.117			0.033	0.083	0.529
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.696			0.197	0.494	3.156
18:2	g	0.660			0.187	0.468	2.992
18:3	g	0.036			0.010	0.026	0.164
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0	0.000	4	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.124			0.035	0.088	0.561
Threonine	g	0.301			0.085	0.214	1.365
Isoleucine	g	0.404			0.115	0.287	1.834
Leucine	g	0.735			0.208	0.522	3.333
Lysine	g	0.251			0.071	0.178	1.139
Methionine	g	0.188			0.053	0.134	0.854
Cystine	g	0.225			0.064	0.160	1.022
Phenylalanine	g	0.519			0.147	0.368	2.353
Tyrosine	g	0.301			0.085	0.214	1.365
Valine	g	0.456			0.129	0.324	2.068
Arginine	g	0.384			0.109	0.273	1.742
Histidine	g	0.227			0.064	0.161	1.030
Alanine	g	0.347			0.098	0.246	1.574
Aspartic acid	g	0.478			0.136	0.339	2.169
Glutamic acid	g	3.504			0.993	2.488	15.893
Glycine	g	0.373			0.106	0.265	1.691
Proline	g	1.180			0.334	0.838	5.351
Serine	g	0.508			0.144	0.360	2.303

[1] 2-1/2 in. mini bagel = 26 g. 3 in. bagel = 57 g. 4 in. bagel = 89 g.
[2] Value for product made with calcium propionate. Product made without calcium propionate contains 18 mg calcium per 100 g.
[3] Values for enriched product. Unenriched product contains 1.36 mg iron, 0.163 mg thiamin, 0.052 mg riboflavin, and 1.758 mg niacin per 100 g.

BAGELS
Plain, toasted
(includes onion, poppy seed, sesame seed)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	3-1/2 in. bagel = 66 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	27.6			7.8	18.2	125.1
Food energy	kcal	295			84	195	1,340
	kJ	1,236			350	816	5,607
Protein	g	11.3			3.2	7.5	51.3
Total lipid (fat)	g	1.7			0.5	1.1	7.8
Carbohydrate, total	g	57.5			16.3	37.9	260.7
Crude fiber	g	0.2			0.0	0.1	0.7
Ash	g	1.9			0.5	1.3	8.7
Minerals:							
Calcium[2]	mg	80			23	53	363
Iron[3]	mg	3.82			1.08	2.52	17.35
Magnesium	mg	31			9	21	142
Phosphorus	mg	103			29	68	467
Potassium	mg	109			31	72	494
Sodium	mg	574			163	379	2,603
Zinc	mg	0.94			0.27	0.62	4.28
Copper	mg	0.175			0.050	0.115	0.793
Manganese	mg	0.581			0.165	0.383	2.635
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin[3]	mg	0.463			0.131	0.305	2.098
Riboflavin[3]	mg	0.305			0.086	0.201	1.384
Niacin[3]	mg	4.415			1.252	2.914	20.026
Pantothenic acid	mg	0.254			0.072	0.168	1.152
Vitamin B-6	mg	0.049			0.014	0.033	0.224
Folate	mcg	17			5	11	76
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.236			0.067	0.156	1.071
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000			0.000	0.000	0.001
14:0	g						
16:0	g	0.222			0.063	0.147	1.009
18:0	g	0.013			0.004	0.009	0.060
Monounsaturated, total	g	0.140			0.040	0.093	0.637
16:1	g	0.015			0.004	0.010	0.068
18:1	g	0.125			0.036	0.083	0.569
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.748			0.212	0.494	3.393
18:2	g	0.709			0.201	0.468	3.217
18:3	g	0.039			0.011	0.026	0.176
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.133			0.038	0.088	0.603
Threonine	g	0.324			0.092	0.214	1.468
Isoleucine	g	0.435			0.123	0.287	1.972
Leucine	g	0.790			0.224	0.521	3.584
Lysine	g	0.270			0.077	0.178	1.225
Methionine	g	0.202			0.057	0.134	0.918
Cystine	g	0.242			0.069	0.160	1.098
Phenylalanine	g	0.558			0.158	0.368	2.530
Tyrosine	g	0.324			0.092	0.214	1.468
Valine	g	0.490			0.139	0.324	2.224
Arginine	g	0.413			0.117	0.273	1.873
Histidine	g	0.244			0.069	0.161	1.107
Alanine	g	0.373			0.106	0.246	1.693
Aspartic acid	g	0.514			0.146	0.339	2.332
Glutamic acid	g	3.768			1.068	2.487	17.090
Glycine	g	0.401			0.114	0.265	1.819
Proline	g	1.268			0.360	0.837	5.754
Serine	g	0.546			0.155	0.360	2.476

[1] 2-1/2 in. mini bagel = 24 g. 3 in. bagel = 53 g. 4 in. bagel = 83 g.
[2] Value for product made with calcium propionate. Product made without calcium propionate contains 19 mg calcium per 100 g.
[3] Values for enriched product. Unenriched product contains 1.46 mg iron, 0.175 mg thiamin, 0.056 mg riboflavin, and 1.890 mg niacin per 100 g.

BAGELS
Cinnamon-raisin

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	3-1/2 in. bagel = 71 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	32. 0		1	9. 1	22. 7	145. 1
Food energy	kcal	274			78	194	1,241
	kJ	1,145			325	813	5,194
Protein (N x 5.70)	g	9. 8		1	2. 8	7. 0	44. 6
Total lipid (fat)	g	1. 7		1	0. 5	1. 2	7. 8
Carbohydrate, total	g	55. 2			15. 6	39. 2	250. 3
Crude fiber	g						
Ash	g	1. 3		1	0. 4	0. 9	5. 8
Minerals:							
Calcium	mg	19		1	5	13	86
Iron	mg	3. 80		1	1. 08	2. 70	17. 24
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	322		1	91	229	1,461
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0. 7		1	0. 2	0. 5	3. 3
Thiamin	mg	0. 384		1	0. 109	0. 273	1. 742
Riboflavin	mg	0. 277		1	0. 079	0. 197	1. 256
Niacin	mg	3. 080		1	0. 873	2. 187	13. 971
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	8			2	6	36
	IU	73		1	21	52	331
Lipids:							
Fatty acids:							
Saturated, total	g	0. 274			0. 078	0. 195	1. 245
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 001			0. 000	0. 000	0. 003
14:0	g	0. 003			0. 001	0. 002	0. 013
16:0	g	0. 251			0. 071	0. 178	1. 137
18:0	g	0. 020			0. 006	0. 014	0. 092
Monounsaturated, total	g	0. 175			0. 050	0. 124	0. 795
16:1	g	0. 014			0. 004	0. 010	0. 065
18:1	g	0. 161			0. 046	0. 114	0. 729
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 671			0. 190	0. 477	3. 044
18:2	g	0. 632			0. 179	0. 449	2. 868
18:3	g	0. 039			0. 011	0. 028	0. 177
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		1	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 114			0. 032	0. 081	0. 516
Threonine	g	0. 285			0. 081	0. 202	1. 291
Isoleucine	g	0. 367			0. 104	0. 261	1. 666
Leucine	g	0. 671			0. 190	0. 476	3. 043
Lysine	g	0. 238			0. 067	0. 169	1. 080
Methionine	g	0. 179			0. 051	0. 127	0. 814
Cystine	g	0. 210			0. 060	0. 149	0. 954
Phenylalanine	g	0. 474			0. 134	0. 337	2. 151
Tyrosine	g	0. 272			0. 077	0. 193	1. 236
Valine	g	0. 424			0. 120	0. 301	1. 924
Arginine	g	0. 378			0. 107	0. 268	1. 713
Histidine	g	0. 217			0. 062	0. 154	0. 986
Alanine	g	0. 333			0. 094	0. 236	1. 510
Aspartic acid	g	0. 479			0. 136	0. 340	2. 175
Glutamic acid	g	3. 240			0. 919	2. 301	14. 699
Glycine	g	0. 343			0. 097	0. 244	1. 557
Proline	g	1. 080			0. 306	0. 766	4. 897
Serine	g	0. 481			0. 136	0. 342	2. 183

[1] 2-1/2 in. mini bagel = 26 g. 3 in. bagel = 57 g. 4 in. bagel = 89 g.

BAGELS
Cinnamon-raisin, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	3-1/2 in. bagel = 66 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	26. 9			7. 6	17. 7	121. 8
Food energy	kcal	294			83	194	1,334
	kJ	1,231			349	813	5,585
Protein	g	10. 6			3. 0	7. 0	47. 9
Total lipid (fat)	g	1. 8			0. 5	1. 2	8. 4
Carbohydrate, total	g	59. 3			16. 8	39. 2	269. 2
Crude fiber	g						
Ash	g	1. 4			0. 4	0. 9	6. 2
Minerals:							
Calcium	mg	20			6	13	93
Iron	mg	4. 09			1. 16	2. 70	18. 53
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	346			98	229	1,571
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0. 6			0. 2	0. 4	2. 8
Thiamin	mg	0. 330			0. 094	0. 218	1. 498
Riboflavin	mg	0. 268			0. 076	0. 177	1. 216
Niacin	mg	2. 981			0. 845	1. 967	13. 520
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	8			2	5	35
	IU	71			20	47	320
Lipids:							
Fatty acids:							
Saturated, total	g	0. 295			0. 084	0. 195	1. 339
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 001			0. 000	0. 000	0. 003
14:0	g	0. 003			0. 001	0. 002	0. 014
16:0	g	0. 270			0. 076	0. 178	1. 223
18:0	g	0. 022			0. 006	0. 014	0. 099
Monounsaturated, total	g	0. 188			0. 053	0. 124	0. 854
16:1	g	0. 015			0. 004	0. 010	0. 070
18:1	g	0. 173			0. 049	0. 114	0. 784
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 722			0. 205	0. 476	3. 274
18:2	g	0. 680			0. 193	0. 449	3. 083
18:3	g	0. 042			0. 012	0. 028	0. 190
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 122			0. 035	0. 081	0. 555
Threonine	g	0. 306			0. 087	0. 202	1. 388
Isoleucine	g	0. 395			0. 112	0. 261	1. 792
Leucine	g	0. 721			0. 205	0. 476	3. 272
Lysine	g	0. 256			0. 073	0. 169	1. 161
Methionine	g	0. 193			0. 055	0. 127	0. 875
Cystine	g	0. 226			0. 064	0. 149	1. 026
Phenylalanine	g	0. 510			0. 145	0. 337	2. 313
Tyrosine	g	0. 293			0. 083	0. 193	1. 329
Valine	g	0. 456			0. 129	0. 301	2. 069
Arginine	g	0. 406			0. 115	0. 268	1. 842
Histidine	g	0. 234			0. 066	0. 154	1. 060
Alanine	g	0. 358			0. 101	0. 236	1. 623
Aspartic acid	g	0. 516			0. 146	0. 340	2. 338
Glutamic acid	g	3. 484			0. 988	2. 300	15. 805
Glycine	g	0. 369			0. 105	0. 244	1. 674
Proline	g	1. 161			0. 329	0. 766	5. 266
Serine	g	0. 517			0. 147	0. 341	2. 347

[1] 2-1/2 in. mini bagel = 24 g. 3 in. bagel = 53 g. 4 in. bagel = 83 g.

BAGELS
Egg

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	3-1/2 in. bagel = 71 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	32.7	0.572	3	9.3	23.2	148.5
Food energy	kcal	278			79	197	1,259
	kJ	1,162			329	825	5,272
Protein (N x 5.70)	g	10.6		1	3.0	7.6	48.3
Total lipid (fat)	g	2.1	0.067	4	0.6	1.5	9.4
Carbohydrate, total	g	53.0			15.0	37.6	240.5
Crude fiber	g						
Ash	g	1.6	0.034	3	0.4	1.1	7.1
Minerals:							
Calcium	mg	13	1.601	3	4	9	59
Iron	mg	3.98	0.276	3	1.13	2.83	18.05
Magnesium	mg	25	2.051	2	7	18	115
Phosphorus	mg	84	7.863	2	24	59	380
Potassium	mg	68	7.226	2	19	48	309
Sodium	mg	505	28.087	3	143	359	2,290
Zinc	mg	0.77	0.099	2	0.22	0.55	3.49
Copper	mg	0.090	0.007	2	0.026	0.064	0.408
Manganese	mg	0.410	0.028	2	0.116	0.291	1.860
Vitamins:							
Ascorbic acid	mg	0.6		1	0.2	0.4	2.9
Thiamin	mg	0.536	0.020	10	0.152	0.380	2.429
Riboflavin	mg	0.235	0.009	10	0.067	0.167	1.066
Niacin	mg	3.443	0.137	10	0.976	2.444	15.616
Pantothenic acid	mg	0.671	0.015	9	0.190	0.476	3.044
Vitamin B-6	mg	0.087	0.012	9	0.025	0.062	0.394
Folate	mcg	22	0.474	8	6	16	100
Vitamin B-12	mcg	0.16	0.011	8	0.05	0.11	0.73
Vitamin A	RE	33			9	23	149
	IU	109		1	31	77	494
Lipids:							
Fatty acids:							
Saturated, total	g	0.421			0.119	0.299	1.908
4:0	g						
6:0	g						
8:0	g	0.000			0.000	0.000	0.001
10:0	g	0.000			0.000	0.000	0.001
12:0	g	0.000			0.000	0.000	0.002
14:0	g	0.003			0.001	0.002	0.013
16:0	g	0.341			0.097	0.242	1.548
18:0	g	0.076			0.021	0.054	0.343
Monounsaturated, total	g	0.420			0.119	0.298	1.905
16:1	g	0.035			0.010	0.025	0.159
18:1	g	0.382			0.108	0.271	1.734
20:1	g	0.002			0.001	0.002	0.011
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	0.642			0.182	0.456	2.912
18:2	g	0.600			0.170	0.426	2.722
18:3	g	0.026			0.007	0.019	0.120
18:4	g						
20:4	g	0.012			0.003	0.009	0.055
20:5	g	0.000			0.000	0.000	0.002
22:5	g						
22:6	g	0.003			0.001	0.002	0.014
Cholesterol	mg	24		1	7	17	111
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.125			0.035	0.089	0.567
Threonine	g	0.306			0.087	0.217	1.388
Isoleucine	g	0.411			0.116	0.292	1.862
Leucine	g	0.748			0.212	0.531	3.395
Lysine	g	0.261			0.074	0.186	1.185
Methionine	g	0.190			0.054	0.135	0.863
Cystine	g	0.231			0.066	0.164	1.050
Phenylalanine	g	0.523			0.148	0.371	2.370
Tyrosine	g	0.308			0.087	0.219	1.397
Valine	g	0.461			0.131	0.327	2.091
Arginine	g	0.394			0.112	0.280	1.786
Histidine	g	0.231			0.066	0.164	1.050
Alanine	g	0.353			0.100	0.250	1.600
Aspartic acid	g	0.481			0.137	0.342	2.184
Glutamic acid	g	3.548			1.006	2.519	16.093
Glycine	g	0.370			0.105	0.262	1.676
Proline	g	1.189			0.337	0.844	5.392
Serine	g	0.528			0.150	0.375	2.396

[1] 2-1/2 in. mini bagel = 26 g. 3 in. bagel = 57 g. 4 in. bagel = 89 g.

BAGELS
Egg, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	3-1/2 in. bagel = 66 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	27. 7			7. 8	18. 3	125. 5
Food energy	*kcal*	299			85	197	1,354
	kJ	1,250			354	825	5,668
Protein	*g*	11. 4			3. 2	7. 5	51. 9
Total lipid (fat)	*g*	2. 2			0. 6	1. 5	10. 1
Carbohydrate, total	*g*	57. 0			16. 2	37. 6	258. 6
Crude fiber	*g*						
Ash	*g*	1. 7			0. 5	1. 1	7. 6
Minerals:							
Calcium	*mg*	14			4	9	63
Iron	*mg*	4. 28			1. 21	2. 82	19. 41
Magnesium	*mg*	27			8	18	124
Phosphorus	*mg*	90			26	59	409
Potassium	*mg*	73			21	48	332
Sodium	*mg*	543			154	358	2,463
Zinc	*mg*	0. 83			0. 23	0. 55	3. 76
Copper	*mg*	0. 097			0. 027	0. 064	0. 439
Manganese	*mg*	0. 441			0. 125	0. 291	2. 000
Vitamins:							
Ascorbic acid	*mg*	0. 5			0. 2	0. 4	2. 5
Thiamin	*mg*	0. 461			0. 131	0. 304	2. 090
Riboflavin	*mg*	0. 227			0. 064	0. 150	1. 032
Niacin	*mg*	3. 332			0. 945	2. 199	15. 112
Pantothenic acid	*mg*	0. 469			0. 133	0. 310	2. 127
Vitamin B-6	*mg*	0. 084			0. 024	0. 055	0. 381
Folate	*mcg*	17			5	11	75
Vitamin B-12	*mcg*	0. 17			0. 05	0. 11	0. 78
Vitamin A	*RE*	32			9	21	144
	IU	105			30	70	478
Lipids:							
Fatty acids:							
Saturated, total	*g*	0. 452			0. 128	0. 298	2. 051
4:0	*g*						
6:0	*g*						
8:0	*g*	0. 000			0. 000	0. 000	0. 001
10:0	*g*	0. 000			0. 000	0. 000	0. 001
12:0	*g*	0. 001			0. 000	0. 000	0. 002
14:0	*g*	0. 003			0. 001	0. 002	0. 014
16:0	*g*	0. 367			0. 104	0. 242	1. 664
18:0	*g*	0. 081			0. 023	0. 054	0. 368
Monounsaturated, total	*g*	0. 451			0. 128	0. 298	2. 048
16:1	*g*	0. 038			0. 011	0. 025	0. 171
18:1	*g*	0. 411			0. 117	0. 271	1. 864
20:1	*g*	0. 003			0. 001	0. 002	0. 012
22:1	*g*	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	*g*	0. 690			0. 196	0. 456	3. 131
18:2	*g*	0. 645			0. 183	0. 426	2. 927
18:3	*g*	0. 028			0. 008	0. 019	0. 129
18:4	*g*						
20:4	*g*	0. 013			0. 004	0. 009	0. 059
20:5	*g*	0. 000			0. 000	0. 000	0. 002
22:5	*g*						
22:6	*g*	0. 003			0. 001	0. 002	0. 015
Cholesterol	*mg*	26			7	17	119
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 134			0. 038	0. 089	0. 610
Threonine	*g*	0. 329			0. 093	0. 217	1. 493
Isoleucine	*g*	0. 441			0. 125	0. 291	2. 003
Leucine	*g*	0. 805			0. 228	0. 531	3. 650
Lysine	*g*	0. 281			0. 080	0. 185	1. 274
Methionine	*g*	0. 205			0. 058	0. 135	0. 928
Cystine	*g*	0. 249			0. 071	0. 164	1. 129
Phenylalanine	*g*	0. 562			0. 159	0. 371	2. 549
Tyrosine	*g*	0. 331			0. 094	0. 219	1. 502
Valine	*g*	0. 496			0. 141	0. 327	2. 248
Arginine	*g*	0. 423			0. 120	0. 279	1. 921
Histidine	*g*	0. 249			0. 071	0. 164	1. 129
Alanine	*g*	0. 379			0. 108	0. 250	1. 720
Aspartic acid	*g*	0. 518			0. 147	0. 342	2. 348
Glutamic acid	*g*	3. 815			1. 081	2. 518	17. 304
Glycine	*g*	0. 397			0. 113	0. 262	1. 802
Proline	*g*	1. 278			0. 362	0. 844	5. 798
Serine	*g*	0. 568			0. 161	0. 375	2. 576

[1] 2-1/2 in. mini bagel = 24 g. 3 in. bagel = 53 g. 4 in. bagel = 83 g.

BAGELS
Oat bran

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	3-1/2 in. bagel = 71 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	32. 9		1	9. 3	23. 4	149. 3
Food energy	kcal	255			72	181	1,157
	kJ	1,068			303	758	4,843
Protein (N x 5.80)	g	10. 7		1	3. 0	7. 6	48. 6
Total lipid (fat)	g	1. 2		1	0. 3	0. 8	5. 4
Carbohydrate, total	g	53. 3			15. 1	37. 8	241. 5
Crude fiber	g						
Ash	g	1. 9		1	0. 5	1. 4	8. 8
Minerals:							
Calcium	mg	12		1	3	9	56
Iron	mg	3. 08		1	0. 87	2. 19	13. 97
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	507		1	144	360	2,300
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0. 2		1	0. 0	0. 1	0. 7
Thiamin	mg	0. 331		1	0. 094	0. 235	1. 501
Riboflavin	mg	0. 338		1	0. 096	0. 240	1. 533
Niacin	mg	2. 960		1	0. 839	2. 102	13. 427
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	2
	IU	4		1	1	3	18
Lipids:							
Fatty acids:							
Saturated, total	g	0. 191			0. 054	0. 136	0. 866
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 002			0. 001	0. 002	0. 010
14:0	g	0. 001			0. 000	0. 001	0. 007
16:0	g	0. 170			0. 048	0. 120	0. 769
18:0	g	0. 010			0. 003	0. 007	0. 047
Monounsaturated, total	g	0. 249			0. 071	0. 177	1. 131
16:1	g	0. 007			0. 002	0. 005	0. 032
18:1	g	0. 242			0. 069	0. 172	1. 099
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 486			0. 138	0. 345	2. 206
18:2	g	0. 465			0. 132	0. 330	2. 108
18:3	g	0. 022			0. 006	0. 015	0. 098
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		1	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 138			0. 039	0. 098	0. 628
Threonine	g	0. 301			0. 085	0. 214	1. 365
Isoleucine	g	0. 406			0. 115	0. 288	1. 843
Leucine	g	0. 757			0. 215	0. 538	3. 434
Lysine	g	0. 288			0. 082	0. 205	1. 307
Methionine	g	0. 188			0. 053	0. 134	0. 854
Cystine	g	0. 253			0. 072	0. 180	1. 148
Phenylalanine	g	0. 526			0. 149	0. 374	2. 387
Tyrosine	g	0. 321			0. 091	0. 228	1. 457
Valine	g	0. 482			0. 137	0. 342	2. 186
Arginine	g	0. 460			0. 130	0. 326	2. 086
Histidine	g	0. 233			0. 066	0. 165	1. 055
Alanine	g	0. 382			0. 108	0. 271	1. 734
Aspartic acid	g	0. 561			0. 159	0. 399	2. 546
Glutamic acid	g	3. 318			0. 941	2. 356	15. 052
Glycine	g	0. 410			0. 116	0. 291	1. 859
Proline	g	1. 082			0. 307	0. 768	4. 908
Serine	g	0. 517			0. 147	0. 367	2. 345

[1] 2-1/2 in. mini bagel = 26 g. 3 in. bagel = 57 g. 4 in. bagel = 89 g.

BAGELS
Oat bran, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	3-1/2 in. bagel = 66 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	27. 9			7. 9	18. 4	126. 4
Food energy	kcal	274			78	181	1,244
	kJ	1,148			325	758	5,208
Protein	g	11. 5			3. 3	7. 6	52. 2
Total lipid (fat)	g	1. 3			0. 4	0. 8	5. 8
Carbohydrate, total	g	57. 3			16. 2	37. 8	259. 7
Crude fiber	g						
Ash	g	2. 1			0. 6	1. 4	9. 5
Minerals:							
Calcium	mg	13			4	9	60
Iron	mg	3. 31			0. 94	2. 19	15. 02
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	545			155	360	2,473
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0. 1			0. 0	0. 1	0. 6
Thiamin	mg	0. 285			0. 081	0. 188	1. 292
Riboflavin	mg	0. 327			0. 093	0. 216	1. 484
Niacin	mg	2. 865			0. 812	1. 891	12. 993
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	2
	IU	4			1	3	18
Lipids:							
Fatty acids:							
Saturated, total	g	0. 205			0. 058	0. 136	0. 932
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 002			0. 001	0. 002	0. 011
14:0	g	0. 002			0. 000	0. 001	0. 007
16:0	g	0. 182			0. 052	0. 120	0. 827
18:0	g	0. 011			0. 003	0. 007	0. 051
Monounsaturated, total	g	0. 268			0. 076	0. 177	1. 216
16:1	g	0. 008			0. 002	0. 005	0. 034
18:1	g	0. 261			0. 074	0. 172	1. 182
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 523			0. 148	0. 345	2. 372
18:2	g	0. 500			0. 142	0. 330	2. 267
18:3	g	0. 023			0. 007	0. 015	0. 105
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 149			0. 042	0. 098	0. 675
Threonine	g	0. 324			0. 092	0. 214	1. 468
Isoleucine	g	0. 437			0. 124	0. 288	1. 981
Leucine	g	0. 814			0. 231	0. 537	3. 693
Lysine	g	0. 310			0. 088	0. 204	1. 405
Methionine	g	0. 203			0. 057	0. 134	0. 919
Cystine	g	0. 272			0. 077	0. 180	1. 234
Phenylalanine	g	0. 566			0. 160	0. 373	2. 567
Tyrosine	g	0. 345			0. 098	0. 228	1. 567
Valine	g	0. 518			0. 147	0. 342	2. 351
Arginine	g	0. 494			0. 140	0. 326	2. 243
Histidine	g	0. 250			0. 071	0. 165	1. 135
Alanine	g	0. 411			0. 117	0. 271	1. 864
Aspartic acid	g	0. 604			0. 171	0. 398	2. 738
Glutamic acid	g	3. 568			1. 012	2. 355	16. 184
Glycine	g	0. 441			0. 125	0. 291	1. 999
Proline	g	1. 164			0. 330	0. 768	5. 278
Serine	g	0. 556			0. 158	0. 367	2. 522

[1] 2-1/2 in. mini bagel = 24 g. 3 in. bagel = 53 g. 4 in. bagel = 83 g.

BISCUITS
Plain or buttermilk, commercially baked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 biscuit = 35 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	26.7	1.152	6	7.6	9.4	121.2
Food energy	*kcal*	364			103	127	1,652
	kJ	1,525			432	534	6,915
Protein (N x 5.80)	*g*	6.2	0.396	6	1.8	2.2	28.0
Total lipid (fat)	*g*	16.5	2.166	6	4.7	5.8	74.7
Carbohydrate, total	*g*	48.5			13.7	17.0	219.9
Crude fiber	*g*	0.3	0.096	3	0.1	0.1	1.3
Ash	*g*	2.2	0.338	7	0.6	0.8	9.8
Minerals:							
Calcium[2]	*mg*	49	6.829	23	14	17	223
Iron	*mg*	3.30	0.234	21	0.93	1.15	14.95
Magnesium	*mg*	17	0.693	20	5	6	79
Phosphorus	*mg*	430	35.462	20	122	151	1,952
Potassium	*mg*	224	24.306	20	64	78	1,017
Sodium	*mg*	1,052	14.968	21	298	368	4,770
Zinc	*mg*	0.48	0.018	19	0.14	0.17	2.17
Copper	*mg*	0.083	0.006	19	0.024	0.029	0.377
Manganese	*mg*	0.392	0.014	15	0.111	0.137	1.779
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.427	0.029	8	0.121	0.149	1.936
Riboflavin	*mg*	0.292	0.017	8	0.083	0.102	1.325
Niacin	*mg*	3.352	0.222	5	0.950	1.173	15.205
Pantothenic acid	*mg*	0.300		1	0.085	0.105	1.361
Vitamin B-6	*mg*	0.047	0.011	4	0.013	0.016	0.213
Folate	*mcg*	7	1.100	2	2	3	34
Vitamin B-12	*mcg*	0.14	0.002	2	0.04	0.05	0.62
Vitamin A	*RE*						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	2.492			0.707	0.872	11.305
4:0	*g*	0.002			0.001	0.001	0.010
6:0	*g*	0.001			0.000	0.000	0.006
8:0	*g*	0.001			0.000	0.000	0.003
10:0	*g*	0.002			0.000	0.001	0.007
12:0	*g*	0.002			0.001	0.001	0.008
14:0	*g*	0.023			0.006	0.008	0.102
16:0	*g*	1.653			0.469	0.579	7.499
18:0	*g*	0.809			0.229	0.283	3.669
Monounsaturated, total	*g*	6.905			1.958	2.417	31.320
16:1	*g*	0.065			0.019	0.023	0.296
18:1	*g*	6.840			1.939	2.394	31.024
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	6.188			1.754	2.166	28.068
18:2	*g*	5.761			1.633	2.016	26.133
18:3	*g*	0.427			0.121	0.149	1.935
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.076			0.021	0.026	0.343
Threonine	*g*	0.177			0.050	0.062	0.801
Isoleucine	*g*	0.226			0.064	0.079	1.024
Leucine	*g*	0.436			0.124	0.153	1.980
Lysine	*g*	0.167			0.047	0.058	0.758
Methionine	*g*	0.112			0.032	0.039	0.507
Cystine	*g*	0.123			0.035	0.043	0.560
Phenylalanine	*g*	0.308			0.087	0.108	1.395
Tyrosine	*g*	0.192			0.054	0.067	0.869
Valine	*g*	0.262			0.074	0.092	1.188
Arginine	*g*	0.245			0.069	0.086	1.110
Histidine	*g*	0.139			0.040	0.049	0.633
Alanine	*g*	0.197			0.056	0.069	0.893
Aspartic acid	*g*	0.277			0.078	0.097	1.255
Glutamic acid	*g*	1.979			0.561	0.693	8.976
Glycine	*g*	0.211			0.060	0.074	0.956
Proline	*g*	0.698			0.198	0.244	3.167
Serine	*g*	0.307			0.087	0.107	1.391

[1] 2-1/2 in. diam. x 1 in.
[2] Values range from 23 to 124 mg calcium per 100 g. The higher value reflects a greater percentage of calcium-containing ingredients.
[3] Values based on product containing partially hydrogenated soybean oil.

BISCUITS
Plain or buttermilk, dry mix

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 c spooned = 120 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	9. 2	0. 168	7	2. 6	11. 1	41. 9
Food energy	*kcal*	428			121	514	1,941
	kJ	1,792			508	2,150	8,126
Protein (N x 5.80)	*g*	8. 0	0. 132	4	2. 3	9. 6	36. 3
Total lipid (fat)	*g*	15. 4	1. 345	3	4. 4	18. 5	69. 9
Carbohydrate, total	*g*	63. 3			18. 0	76. 0	287. 2
Crude fiber	*g*						
Ash	*g*	4. 0	0. 098	14	1. 1	4. 8	18. 3
Minerals:							
Calcium[2]	*mg*	179	17. 041	4	51	215	811
Iron	*mg*	2. 77	0. 030	3	0. 79	3. 33	12. 58
Magnesium	*mg*	25	0. 401	12	7	30	115
Phosphorus	*mg*	585	45. 721	4	166	701	2,651
Potassium	*mg*	163	22. 648	4	46	195	738
Sodium	*mg*	1,276	74. 831	4	362	1,531	5,788
Zinc	*mg*	0. 60	0. 014	12	0. 17	0. 72	2. 74
Copper	*mg*	0. 154	0. 007	12	0. 044	0. 185	0. 699
Manganese	*mg*	0. 340	0. 010	12	0. 096	0. 408	1. 540
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 575	0. 084	4	0. 163	0. 690	2. 608
Riboflavin	*mg*	0. 437	0. 005	4	0. 124	0. 524	1. 982
Niacin	*mg*	4. 542	0. 136	3	1. 288	5. 450	20. 601
Pantothenic acid	*mg*	0. 884	0. 175	4	0. 251	1. 061	4. 010
Vitamin B-6	*mg*	0. 076	0. 009	2	0. 022	0. 091	0. 345
Folate	*mcg*	8	0. 562	3	2	9	35
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	3. 086			0. 875	3. 703	13. 998
4:0	*g*	0. 003			0. 001	0. 004	0. 013
6:0	*g*	0. 002			0. 000	0. 002	0. 008
8:0	*g*	0. 001			0. 000	0. 001	0. 005
10:0	*g*	0. 002			0. 001	0. 003	0. 010
12:0	*g*	0. 003			0. 001	0. 003	0. 012
14:0	*g*	0. 009			0. 003	0. 011	0. 042
16:0	*g*	1. 542			0. 437	1. 850	6. 995
18:0	*g*	1. 524			0. 432	1. 829	6. 913
Monounsaturated, total	*g*	5. 422			1. 537	6. 506	24. 594
16:1	*g*	0. 002			0. 001	0. 002	0. 009
18:1	*g*	5. 420			1. 537	6. 504	24. 585
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	5. 847			1. 658	7. 017	26. 523
18:2	*g*	5. 509			1. 562	6. 610	24. 987
18:3	*g*	0. 339			0. 096	0. 406	1. 536
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 098			0. 028	0. 118	0. 444
Threonine	*g*	0. 233			0. 066	0. 280	1. 058
Isoleucine	*g*	0. 288			0. 082	0. 346	1. 308
Leucine	*g*	0. 562			0. 159	0. 674	2. 548
Lysine	*g*	0. 213			0. 060	0. 255	0. 964
Methionine	*g*	0. 142			0. 040	0. 171	0. 645
Cystine	*g*	0. 164			0. 047	0. 197	0. 745
Phenylalanine	*g*	0. 392			0. 111	0. 470	1. 778
Tyrosine	*g*	0. 242			0. 068	0. 290	1. 096
Valine	*g*	0. 334			0. 095	0. 401	1. 515
Arginine	*g*	0. 315			0. 089	0. 378	1. 427
Histidine	*g*	0. 177			0. 050	0. 212	0. 801
Alanine	*g*	0. 261			0. 074	0. 313	1. 183
Aspartic acid	*g*	0. 364			0. 103	0. 437	1. 653
Glutamic acid	*g*	2. 567			0. 728	3. 080	11. 644
Glycine	*g*	0. 276			0. 078	0. 331	1. 252
Proline	*g*	0. 896			0. 254	1. 075	4. 063
Serine	*g*	0. 393			0. 112	0. 472	1. 784

[1] 1 c poured = 128 g.
[2] Values range from 151 to 221 mg calcium per 100 g. The higher value reflects a greater percentage of calcium-containing ingredients.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean oil.

BISCUITS
Plain or buttermilk, dry mix, prepared[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 biscuit = 57 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	28.9			8.2	16.5	130.9
Food energy	kcal	335			95	191	1,519
	kJ	1,402			397	799	6,359
Protein	g	7.3			2.1	4.2	33.3
Total lipid (fat)	g	12.1			3.4	6.9	54.9
Carbohydrate, total	g	48.4			13.7	27.6	219.6
Crude fiber	g						
Ash	g	3.3			0.9	1.9	14.9
Minerals:							
Calcium	mg	185			52	105	839
Iron	mg	2.05			0.58	1.17	9.29
Magnesium	mg	25			7	14	111
Phosphorus	mg	470			133	268	2,130
Potassium	mg	188			53	107	852
Sodium	mg	955			271	544	4,330
Zinc	mg	0.61			0.17	0.35	2.79
Copper	mg	0.116			0.033	0.066	0.527
Manganese	mg	0.249			0.071	0.142	1.130
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.350			0.099	0.200	1.588
Riboflavin	mg	0.357			0.101	0.204	1.621
Niacin	mg	3.021			0.857	1.722	13.705
Pantothenic acid	mg	0.548			0.155	0.313	2.487
Vitamin B-6	mg	0.068			0.019	0.039	0.309
Folate	mcg	6			2	3	26
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	2.789			0.791	1.590	12.652
4:0	g	0.031			0.009	0.018	0.139
6:0	g	0.018			0.005	0.010	0.083
8:0	g	0.010			0.003	0.006	0.047
10:0	g	0.024			0.007	0.014	0.108
12:0	g	0.027			0.008	0.015	0.122
14:0	g	0.096			0.027	0.055	0.434
16:0	g	1.360			0.385	0.775	6.167
18:0	g	1.221			0.346	0.696	5.539
Monounsaturated, total	g	4.206			1.192	2.398	19.080
16:1	g	0.021			0.006	0.012	0.097
18:1	g	4.183			1.186	2.384	18.975
20:1	g						
22:1	g						
Polyunsaturated, total	g	4.305			1.221	2.454	19.529
18:2	g	4.045			1.147	2.306	18.348
18:3	g	0.260			0.074	0.148	1.181
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.091			0.026	0.052	0.414
Threonine	g	0.234			0.066	0.133	1.062
Isoleucine	g	0.296			0.084	0.169	1.344
Leucine	g	0.549			0.156	0.313	2.490
Lysine	g	0.267			0.076	0.152	1.213
Methionine	g	0.139			0.039	0.079	0.632
Cystine	g	0.133			0.038	0.076	0.603
Phenylalanine	g	0.355			0.101	0.202	1.608
Tyrosine	g	0.245			0.069	0.139	1.110
Valine	g	0.339			0.096	0.193	1.537
Arginine	g	0.281			0.080	0.160	1.275
Histidine	g	0.167			0.047	0.095	0.760
Alanine	g	0.239			0.068	0.136	1.085
Aspartic acid	g	0.373			0.106	0.213	1.694
Glutamic acid	g	2.172			0.616	1.238	9.851
Glycine	g	0.232			0.066	0.132	1.051
Proline	g	0.791			0.224	0.451	3.589
Serine	g	0.364			0.103	0.208	1.652

[1] 1 c mix prepared with 1/3 c lowfat (2%) milk. Moisture loss: 15%.
[2] 3 in. diam. x 1-1/2 in.

BISCUITS

Plain or buttermilk, refrigerated dough, higher fat[1]

(includes crescent rolls)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 biscuit = 30 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	33. 6	0. 268	65	9. 5	10. 1	152. 2
Food energy	kcal	318			90	96	1,444
	kJ	1,333			378	400	6,047
Protein (N x 5.70)	g	6. 2	0. 080	64	1. 8	1. 9	28. 2
Total lipid (fat)	g	13. 5	0. 390	57	3. 8	4. 1	61. 3
Carbohydrate, total	g	43. 7			12. 4	13. 1	198. 1
Crude fiber	g	0. 1	0. 005	10	0. 0	0. 0	0. 6
Ash	g	3. 0	0. 055	63	0. 9	0. 9	13. 8
Minerals:							
Calcium	mg	19	0. 931	78	5	6	85
Iron	mg	2. 38	0. 073	27	0. 68	0. 72	10. 81
Magnesium	mg	13	0. 205	75	4	4	58
Phosphorus	mg	354	7. 309	75	100	106	1,606
Potassium	mg	145	15. 728	33	41	43	657
Sodium	mg	1,106	16. 399	64	313	332	5,015
Zinc	mg	0. 35	0. 008	73	0. 10	0. 11	1. 60
Copper	mg	0. 068	0. 001	82	0. 019	0. 020	0. 307
Manganese	mg	0. 233	0. 013	2	0. 066	0. 070	1. 057
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 399	0. 009	37	0. 113	0. 120	1. 811
Riboflavin	mg	0. 224	0. 006	36	0. 063	0. 067	1. 015
Niacin	mg	3. 135	0. 125	32	0. 889	0. 940	14. 218
Pantothenic acid	mg	0. 505	0. 097	3	0. 143	0. 151	2. 291
Vitamin B-6	mg	0. 046	0. 001	2	0. 013	0. 014	0. 211
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[3]							
Fatty acids:							
Saturated, total	g	3. 406			0. 966	1. 022	15. 450
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 065			0. 018	0. 019	0. 294
16:0	g	1. 769			0. 502	0. 531	8. 025
18:0	g	1. 571			0. 445	0. 471	7. 125
Monounsaturated, total	g	7. 560			2. 143	2. 268	34. 293
16:1	g						
18:1	g	7. 560			2. 143	2. 268	34. 293
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 794			0. 509	0. 538	8. 138
18:2	g	1. 703			0. 483	0. 511	7. 727
18:3	g	0. 091			0. 026	0. 027	0. 411
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0	0. 000	3	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 073			0. 021	0. 022	0. 331
Threonine	g	0. 163			0. 046	0. 049	0. 741
Isoleucine	g	0. 218			0. 062	0. 065	0. 988
Leucine	g	0. 426			0. 121	0. 128	1. 932
Lysine	g	0. 124			0. 035	0. 037	0. 563
Methionine	g	0. 105			0. 030	0. 031	0. 474
Cystine	g	0. 132			0. 037	0. 040	0. 598
Phenylalanine	g	0. 318			0. 090	0. 095	1. 443
Tyrosine	g	0. 191			0. 054	0. 057	0. 865
Valine	g	0. 243			0. 069	0. 073	1. 102
Arginine	g	0. 237			0. 067	0. 071	1. 077
Histidine	g	0. 134			0. 038	0. 040	0. 608
Alanine	g	0. 183			0. 052	0. 055	0. 830
Aspartic acid	g	0. 239			0. 068	0. 072	1. 082
Glutamic acid	g	2. 143			0. 608	0. 643	9. 723
Glycine	g	0. 213			0. 061	0. 064	0. 968
Proline	g	0. 757			0. 215	0. 227	3. 434
Serine	g	0. 307			0. 087	0. 092	1. 393

[1] 11 to 26% fat content.
[2] 2-1/2 in. diam. x 3/4 in.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BISCUITS

Plain or buttermilk, refrigerated dough, higher fat, baked[1]

(includes crescent rolls)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 biscuit = 27 g[2]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	27. 8			7. 5	7. 9	126. 0
Food energy	*kcal*	346			93	98	1,570
	kJ	1,449			391	411	6,572
Protein	*g*	6. 7			1. 8	1. 9	30. 6
Total lipid (fat)	*g*	14. 7			4. 0	4. 2	66. 6
Carbohydrate, total	*g*	47. 5			12. 8	13. 5	215. 3
Crude fiber	*g*	0. 1			0. 0	0. 0	0. 6
Ash	*g*	3. 3			0. 9	0. 9	15. 0
Minerals:							
Calcium	*mg*	20			5	6	92
Iron	*mg*	2. 59			0. 70	0. 73	11. 75
Magnesium	*mg*	14			4	4	63
Phosphorus	*mg*	385			104	109	1,746
Potassium	*mg*	157			42	45	714
Sodium	*mg*	1,202			324	341	5,452
Zinc	*mg*	0. 38			0. 10	0. 11	1. 73
Copper	*mg*	0. 074			0. 020	0. 021	0. 334
Manganese	*mg*	0. 253			0. 068	0. 072	1. 149
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 347			0. 094	0. 098	1. 575
Riboflavin	*mg*	0. 219			0. 059	0. 062	0. 993
Niacin	*mg*	3. 066			0. 828	0. 869	13. 909
Pantothenic acid	*mg*	0. 357			0. 096	0. 101	1. 618
Vitamin B-6	*mg*	0. 045			0. 012	0. 013	0. 206
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	3. 702			1. 000	1. 050	16. 794
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 070			0. 019	0. 020	0. 319
16:0	*g*	1. 923			0. 519	0. 545	8. 723
18:0	*g*	1. 707			0. 461	0. 484	7. 744
Monounsaturated, total	*g*	8. 218			2. 219	2. 330	37. 275
16:1	*g*						
18:1	*g*	8. 218			2. 219	2. 330	37. 275
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 950			0. 527	0. 553	8. 846
18:2	*g*	1. 852			0. 500	0. 525	8. 399
18:3	*g*	0. 099			0. 027	0. 028	0. 447
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 079			0. 021	0. 022	0. 360
Threonine	*g*	0. 178			0. 048	0. 050	0. 806
Isoleucine	*g*	0. 237			0. 064	0. 067	1. 074
Leucine	*g*	0. 463			0. 125	0. 131	2. 100
Lysine	*g*	0. 135			0. 036	0. 038	0. 612
Methionine	*g*	0. 114			0. 031	0. 032	0. 516
Cystine	*g*	0. 143			0. 039	0. 041	0. 650
Phenylalanine	*g*	0. 346			0. 093	0. 098	1. 568
Tyrosine	*g*	0. 207			0. 056	0. 059	0. 940
Valine	*g*	0. 264			0. 071	0. 075	1. 198
Arginine	*g*	0. 258			0. 070	0. 073	1. 171
Histidine	*g*	0. 146			0. 039	0. 041	0. 661
Alanine	*g*	0. 199			0. 054	0. 056	0. 902
Aspartic acid	*g*	0. 259			0. 070	0. 074	1. 176
Glutamic acid	*g*	2. 330			0. 629	0. 661	10. 568
Glycine	*g*	0. 232			0. 063	0. 066	1. 053
Proline	*g*	0. 823			0. 222	0. 233	3. 732
Serine	*g*	0. 334			0. 090	0. 095	1. 514

[1] 12 to 28% fat content.
[2] 2-1/2 in. diam. x 1 in.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BISCUITS
Plain or buttermilk, refrigerated dough, lower fat[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 biscuit = 23 g[2]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	37. 9	0. 370	29	8. 7	10. 7	171. 7
Food energy	*kcal*	257			59	73	1,166
	kJ	1,076			247	305	4,879
Protein (N x 5.70)	*g*	6. 7	0. 064	29	1. 5	1. 9	30. 3
Total lipid (fat)	*g*	4. 5	0. 345	29	1. 0	1. 3	20. 5
Carbohydrate, total	*g*	47. 6			11. 0	13. 5	216. 1
Crude fiber	*g*	0. 1	0. 030	2	0. 0	0. 0	0. 5
Ash	*g*	3. 3	0. 020	29	0. 8	0. 9	15. 0
Minerals:							
Calcium	*mg*	17	0. 716	23	4	5	75
Iron	*mg*	2. 66	0. 129	14	0. 61	0. 75	12. 05
Magnesium	*mg*	15	0. 512	23	3	4	68
Phosphorus	*mg*	400	14. 152	23	92	113	1,813
Potassium[3]	*mg*	159	32. 660	19	37	45	720
Sodium	*mg*	1,248	44. 035	27	287	354	5,660
Zinc	*mg*	0. 39	0. 018	23	0. 09	0. 11	1. 79
Copper	*mg*	0. 079	0. 005	23	0. 018	0. 022	0. 358
Manganese	*mg*	0. 301		1	0. 069	0. 085	1. 365
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 448	0. 021	9	0. 103	0. 127	2. 031
Riboflavin	*mg*	0. 222	0. 009	15	0. 051	0. 063	1. 007
Niacin	*mg*	3. 295	0. 119	13	0. 758	0. 934	14. 946
Pantothenic acid	*mg*	0. 367		1	0. 084	0. 104	1. 665
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:[4]							
Fatty acids:							
Saturated, total	*g*	1. 113			0. 256	0. 315	5. 047
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 020			0. 005	0. 006	0. 092
16:0	*g*	0. 596			0. 137	0. 169	2. 702
18:0	*g*	0. 497			0. 114	0. 141	2. 253
Monounsaturated, total	*g*	2. 405			0. 553	0. 682	10. 910
16:1	*g*						
18:1	*g*	2. 405			0. 553	0. 682	10. 910
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 671			0. 154	0. 190	3. 043
18:2	*g*	0. 637			0. 146	0. 180	2. 888
18:3	*g*	0. 034			0. 008	0. 010	0. 155
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 082			0. 019	0. 023	0. 372
Threonine	*g*	0. 182			0. 042	0. 052	0. 825
Isoleucine	*g*	0. 231			0. 053	0. 066	1. 048
Leucine	*g*	0. 461			0. 106	0. 131	2. 091
Lysine	*g*	0. 148			0. 034	0. 042	0. 670
Methionine	*g*	0. 118			0. 027	0. 034	0. 537
Cystine	*g*	0. 142			0. 033	0. 040	0. 644
Phenylalanine	*g*	0. 337			0. 077	0. 095	1. 527
Tyrosine	*g*	0. 202			0. 046	0. 057	0. 915
Valine	*g*	0. 269			0. 062	0. 076	1. 219
Arginine	*g*	0. 270			0. 062	0. 076	1. 224
Histidine	*g*	0. 149			0. 034	0. 042	0. 676
Alanine	*g*	0. 215			0. 049	0. 061	0. 974
Aspartic acid	*g*	0. 282			0. 065	0. 080	1. 277
Glutamic acid	*g*	2. 251			0. 518	0. 638	10. 211
Glycine	*g*	0. 240			0. 055	0. 068	1. 091
Proline	*g*	0. 775			0. 178	0. 220	3. 517
Serine	*g*	0. 333			0. 077	0. 094	1. 511

[1] 2 to 10% fat content.
[2] 2 in. diam. x 1/2 in.
[3] Values range from 58 to 478 mg potassium per 100 g. The higher value reflects a greater percentage of potassium-containing ingredients.
[4] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BISCUITS
Plain or buttermilk, refrigerated dough, lower fat, baked[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 biscuit = 21 g[2]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	27. 7			5. 8	7. 9	125. 9
Food energy	kcal	299			63	85	1,355
	kJ	1,251			263	355	5,674
Protein	g	7. 8			1. 6	2. 2	35. 3
Total lipid (fat)	g	5. 2			1. 1	1. 5	23. 8
Carbohydrate, total	g	55. 4			11. 6	15. 7	251. 3
Crude fiber	g	0. 1			0. 0	0. 0	0. 6
Ash	g	3. 8			0. 8	1. 1	17. 4
Minerals:							
Calcium	mg	19			4	5	87
Iron	mg	3. 09			0. 65	0. 88	14. 01
Magnesium	mg	17			4	5	79
Phosphorus	mg	465			98	132	2,108
Potassium[3]	mg	185			39	52	838
Sodium	mg	1,451			305	411	6,581
Zinc	mg	0. 46			0. 10	0. 13	2. 08
Copper	mg	0. 092			0. 019	0. 026	0. 416
Manganese	mg	0. 350			0. 073	0. 099	1. 588
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 417			0. 087	0. 118	1. 889
Riboflavin	mg	0. 232			0. 049	0. 066	1. 054
Niacin	mg	3. 448			0. 724	0. 978	15. 642
Pantothenic acid	mg	0. 277			0. 058	0. 079	1. 258
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[4]							
Fatty acids:							
Saturated, total	g	1. 294			0. 272	0. 367	5. 869
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 024			0. 005	0. 007	0. 108
16:0	g	0. 693			0. 145	0. 196	3. 141
18:0	g	0. 578			0. 121	0. 164	2. 620
Monounsaturated, total	g	2. 797			0. 587	0. 793	12. 686
16:1	g						
18:1	g	2. 797			0. 587	0. 793	12. 686
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 780			0. 164	0. 221	3. 538
18:2	g	0. 740			0. 155	0. 210	3. 358
18:3	g	0. 040			0. 008	0. 011	0. 180
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 095			0. 020	0. 027	0. 433
Threonine	g	0. 211			0. 044	0. 060	0. 959
Isoleucine	g	0. 269			0. 056	0. 076	1. 219
Leucine	g	0. 536			0. 113	0. 152	2. 432
Lysine	g	0. 172			0. 036	0. 049	0. 780
Methionine	g	0. 138			0. 029	0. 039	0. 625
Cystine	g	0. 165			0. 035	0. 047	0. 749
Phenylalanine	g	0. 391			0. 082	0. 111	1. 776
Tyrosine	g	0. 235			0. 049	0. 067	1. 064
Valine	g	0. 312			0. 066	0. 089	1. 417
Arginine	g	0. 314			0. 066	0. 089	1. 423
Histidine	g	0. 173			0. 036	0. 049	0. 786
Alanine	g	0. 250			0. 052	0. 071	1. 132
Aspartic acid	g	0. 327			0. 069	0. 093	1. 485
Glutamic acid	g	2. 618			0. 550	0. 742	11. 874
Glycine	g	0. 280			0. 059	0. 079	1. 268
Proline	g	0. 902			0. 189	0. 256	4. 090
Serine	g	0. 387			0. 081	0. 110	1. 757

[1] 2 to 12% fat content.
[2] 2-1/4 in. diam. x 1 in.
[3] Values range from 67 to 556 mg potassium per 100 g. The higher value reflects a greater percentage of potassium-containing ingredients.
[4] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BISCUITS
Plain or buttermilk, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 biscuit = 60 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	28. 9			8. 2	17. 3	131. 0
Food energy	kcal	354			100	212	1,605
	kJ	1,481			420	889	6,720
Protein	g	7. 0			2. 0	4. 2	31. 8
Total lipid (fat)	g	16. 3			4. 6	9. 8	73. 9
Carbohydrate, total	g	44. 6			12. 7	26. 8	202. 4
Crude fiber	g	0. 1			0. 0	0. 1	0. 6
Ash	g	3. 2			0. 9	1. 9	14. 5
Minerals:							
Calcium	mg	235			67	141	1,066
Iron	mg	2. 90			0. 82	1. 74	13. 16
Magnesium	mg	18			5	11	83
Phosphorus	mg	164			46	98	743
Potassium	mg	121			34	73	550
Sodium	mg	580			164	348	2,632
Zinc	mg	0. 54			0. 15	0. 33	2. 47
Copper	mg	0. 082			0. 023	0. 049	0. 374
Manganese	mg	0. 378			0. 107	0. 227	1. 713
Vitamins:							
Ascorbic acid	mg	0. 2			0. 1	0. 1	1. 1
Thiamin	mg	0. 356			0. 101	0. 214	1. 615
Riboflavin	mg	0. 310			0. 088	0. 186	1. 407
Niacin	mg	2. 949			0. 836	1. 770	13. 378
Pantothenic acid	mg	0. 285			0. 081	0. 171	1. 291
Vitamin B-6	mg	0. 035			0. 010	0. 021	0. 157
Folate	mcg	12			3	7	53
Vitamin B-12	mcg	0. 08			0. 02	0. 05	0. 36
Vitamin A	RE	23			6	14	104
	IU	82			23	49	373
Lipids:							
Fatty acids:							
Saturated, total	g	4. 324			1. 226	2. 594	19. 613
4:0	g	0. 026			0. 007	0. 015	0. 117
6:0	g	0. 015			0. 004	0. 009	0. 070
8:0	g	0. 009			0. 002	0. 005	0. 040
10:0	g	0. 020			0. 006	0. 012	0. 090
12:0	g	0. 022			0. 006	0. 013	0. 102
14:0	g	0. 140			0. 040	0. 084	0. 635
16:0	g	2. 402			0. 681	1. 441	10. 895
18:0	g	1. 687			0. 478	1. 012	7. 654
Monounsaturated, total	g	6. 930			1. 965	4. 158	31. 433
16:1	g	0. 018			0. 005	0. 011	0. 081
18:1	g	6. 910			1. 959	4. 146	31. 344
20:1	g						
22:1	g						
Polyunsaturated, total	g	4. 163			1. 180	2. 498	18. 885
18:2	g	3. 900			1. 106	2. 340	17. 691
18:3	g	0. 263			0. 075	0. 158	1. 194
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	3			1	2	14
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 087			0. 025	0. 052	0. 396
Threonine	g	0. 211			0. 060	0. 127	0. 959
Isoleucine	g	0. 273			0. 077	0. 164	1. 238
Leucine	g	0. 514			0. 146	0. 309	2. 333
Lysine	g	0. 226			0. 064	0. 136	1. 026
Methionine	g	0. 132			0. 037	0. 079	0. 600
Cystine	g	0. 132			0. 037	0. 079	0. 599
Phenylalanine	g	0. 347			0. 098	0. 208	1. 572
Tyrosine	g	0. 232			0. 066	0. 139	1. 054
Valine	g	0. 313			0. 089	0. 188	1. 419
Arginine	g	0. 275			0. 078	0. 165	1. 246
Histidine	g	0. 161			0. 046	0. 096	0. 729
Alanine	g	0. 226			0. 064	0. 135	1. 024
Aspartic acid	g	0. 335			0. 095	0. 201	1. 520
Glutamic acid	g	2. 175			0. 617	1. 305	9. 865
Glycine	g	0. 231			0. 065	0. 138	1. 047
Proline	g	0. 780			0. 221	0. 468	3. 539
Serine	g	0. 352			0. 100	0. 211	1. 599

[1] 2-1/2 in. diam. x 1-1/2 in.

BISCUITS
Mixed grain, refrigerated dough

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 biscuit = 44 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	37. 8		1	10. 7	16. 6	171. 5
Food energy	kcal	263			74	116	1,191
	kJ	1,100			312	484	4,988
Protein (N x 5.70)	g	6. 1		1	1. 7	2. 7	27. 7
Total lipid (fat)	g	5. 6		1	1. 6	2. 5	25. 4
Carbohydrate, total	g	47. 4			13. 4	20. 9	215. 0
Crude fiber	g						
Ash	g	3. 1		1	0. 9	1. 4	14. 1
Minerals:							
Calcium	mg	17		1	5	8	78
Iron	mg	2. 75		1	0. 78	1. 21	12. 47
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	456		1	129	201	2,068
Sodium	mg	670		1	190	295	3,039
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 390		1	0. 111	0. 172	1. 769
Riboflavin	mg	0. 210		1	0. 060	0. 092	0. 953
Niacin	mg	3. 400		1	0. 964	1. 496	15. 422
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	1. 376			0. 390	0. 605	6. 240
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 025			0. 007	0. 011	0. 115
16:0	g	0. 738			0. 209	0. 325	3. 346
18:0	g	0. 612			0. 174	0. 269	2. 777
Monounsaturated, total	g	2. 973			0. 843	1. 308	13. 484
16:1	g	0. 001			0. 000	0. 000	0. 003
18:1	g	2. 972			0. 843	1. 308	13. 480
20:1	g	0. 000			0. 000	0. 000	0. 001
22:1	g						
Polyunsaturated, total	g	0. 847			0. 240	0. 372	3. 840
18:2	g	0. 802			0. 227	0. 353	3. 638
18:3	g	0. 044			0. 013	0. 020	0. 201
18:4	g						
20:4	g	0. 000			0. 000	0. 000	0. 001
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		1	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 076			0. 022	0. 033	0. 345
Threonine	g	0. 169			0. 048	0. 074	0. 767
Isoleucine	g	0. 214			0. 061	0. 094	0. 971
Leucine	g	0. 424			0. 120	0. 186	1. 922
Lysine	g	0. 143			0. 041	0. 063	0. 650
Methionine	g	0. 107			0. 030	0. 047	0. 485
Cystine	g	0. 132			0. 037	0. 058	0. 597
Phenylalanine	g	0. 305			0. 086	0. 134	1. 383
Tyrosine	g	0. 182			0. 052	0. 080	0. 825
Valine	g	0. 251			0. 071	0. 111	1. 141
Arginine	g	0. 257			0. 073	0. 113	1. 165
Histidine	g	0. 138			0. 039	0. 061	0. 626
Alanine	g	0. 204			0. 058	0. 090	0. 927
Aspartic acid	g	0. 274			0. 078	0. 121	1. 242
Glutamic acid	g	2. 016			0. 571	0. 887	9. 144
Glycine	g	0. 227			0. 064	0. 100	1. 029
Proline	g	0. 695			0. 197	0. 306	3. 155
Serine	g	0. 304			0. 086	0. 134	1. 378

[1] 2-1/2 in. diam. x 3/4 in.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BISCUITS
Mixed grain, refrigerated dough, baked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 biscuit = 41 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	27. 7			7. 8	11. 3	125. 5
Food energy	kcal	305			87	125	1,385
	kJ	1,279			362	524	5,800
Protein	g	7. 1			2. 0	2. 9	32. 2
Total lipid (fat)	g	6. 5			1. 8	2. 7	29. 5
Carbohydrate, total	g	55. 1			15. 6	22. 6	250. 0
Crude fiber	g						
Ash	g	3. 6			1. 0	1. 5	16. 4
Minerals:							
Calcium	mg	20			6	8	90
Iron	mg	3. 20			0. 91	1. 31	14. 50
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	530			150	217	2,405
Sodium	mg	779			221	319	3,534
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 363			0. 103	0. 149	1. 646
Riboflavin	mg	0. 220			0. 062	0. 090	0. 997
Niacin	mg	3. 558			1. 009	1. 459	16. 140
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	1. 600			0. 453	0. 656	7. 255
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 029			0. 008	0. 012	0. 133
16:0	g	0. 858			0. 243	0. 352	3. 891
18:0	g	0. 712			0. 202	0. 292	3. 229
Monounsaturated, total	g	3. 457			0. 980	1. 417	15. 679
16:1	g	0. 001			0. 000	0. 000	0. 004
18:1	g	3. 456			0. 980	1. 417	15. 675
20:1	g	0. 000			0. 000	0. 000	0. 001
22:1	g						
Polyunsaturated, total	g	0. 984			0. 279	0. 404	4. 465
18:2	g	0. 933			0. 264	0. 382	4. 231
18:3	g	0. 052			0. 015	0. 021	0. 234
18:4	g						
20:4	g	0. 000			0. 000	0. 000	0. 001
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 088			0. 025	0. 036	0. 401
Threonine	g	0. 197			0. 056	0. 081	0. 892
Isoleucine	g	0. 249			0. 071	0. 102	1. 129
Leucine	g	0. 493			0. 140	0. 202	2. 235
Lysine	g	0. 167			0. 047	0. 068	0. 756
Methionine	g	0. 124			0. 035	0. 051	0. 564
Cystine	g	0. 153			0. 043	0. 063	0. 694
Phenylalanine	g	0. 355			0. 101	0. 145	1. 608
Tyrosine	g	0. 211			0. 060	0. 087	0. 959
Valine	g	0. 292			0. 083	0. 120	1. 326
Arginine	g	0. 299			0. 085	0. 122	1. 354
Histidine	g	0. 160			0. 045	0. 066	0. 728
Alanine	g	0. 238			0. 067	0. 097	1. 078
Aspartic acid	g	0. 318			0. 090	0. 131	1. 445
Glutamic acid	g	2. 344			0. 664	0. 961	10. 632
Glycine	g	0. 264			0. 075	0. 108	1. 196
Proline	g	0. 809			0. 229	0. 332	3. 668
Serine	g	0. 353			0. 100	0. 145	1. 603

[1] 3 in. diam. x 1 in.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Banana, prepared from recipe, made with margarine

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 60 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	29. 2			8. 3	17. 5	132. 6
Food energy	kcal	326			92	195	1,478
	kJ	1,364			387	818	6,185
Protein	g	4. 3			1. 2	2. 6	19. 7
Total lipid (fat)	g	10. 5			3. 0	6. 3	47. 8
Carbohydrate, total	g	54. 6			15. 5	32. 8	247. 7
Crude fiber	g	0. 2			0. 0	0. 1	0. 8
Ash	g	1. 0			0. 3	0. 6	4. 4
Minerals:							
Calcium	mg	21			6	13	95
Iron	mg	1. 40			0. 40	0. 84	6. 33
Magnesium	mg	14			4	9	65
Phosphorus	mg	58			16	35	263
Potassium	mg	134			38	81	609
Sodium	mg	302			86	181	1,371
Zinc	mg	0. 35			0. 10	0. 21	1. 61
Copper	mg	0. 072			0. 020	0. 043	0. 326
Manganese	mg	0. 209			0. 059	0. 126	0. 950
Vitamins:							
Ascorbic acid	mg	1. 7			0. 5	1. 0	7. 7
Thiamin	mg	0. 172			0. 049	0. 103	0. 781
Riboflavin	mg	0. 200			0. 057	0. 120	0. 907
Niacin	mg	1. 446			0. 410	0. 867	6. 558
Pantothenic acid	mg	0. 268			0. 076	0. 161	1. 216
Vitamin B-6	mg	0. 150			0. 043	0. 090	0. 682
Folate	mcg	11			3	7	50
Vitamin B-12	mcg	0. 10			0. 03	0. 06	0. 46
Vitamin A	RE	120			34	72	544
	IU	464			132	278	2,105
Lipids:							
Fatty acids:							
Saturated, total	g	2. 237			0. 634	1. 342	10. 149
4:0	g	0. 004			0. 001	0. 002	0. 018
6:0	g	0. 002			0. 001	0. 001	0. 011
8:0	g	0. 002			0. 000	0. 001	0. 007
10:0	g	0. 004			0. 001	0. 002	0. 016
12:0	g	0. 004			0. 001	0. 003	0. 019
14:0	g	0. 039			0. 011	0. 023	0. 176
16:0	g	1. 417			0. 402	0. 850	6. 428
18:0	g	0. 761			0. 216	0. 457	3. 452
Monounsaturated, total	g	4. 480			1. 270	2. 688	20. 319
16:1	g	0. 036			0. 010	0. 021	0. 161
18:1	g	4. 440			1. 259	2. 664	20. 139
20:1	g	0. 003			0. 001	0. 002	0. 013
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	3. 130			0. 887	1. 878	14. 197
18:2	g	2. 968			0. 842	1. 781	13. 464
18:3	g	0. 143			0. 041	0. 086	0. 651
18:4	g						
20:4	g	0. 014			0. 004	0. 008	0. 064
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 004			0. 001	0. 002	0. 017
Cholesterol	mg	43			12	26	194
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 053			0. 015	0. 032	0. 242
Threonine	g	0. 150			0. 043	0. 090	0. 681
Isoleucine	g	0. 182			0. 051	0. 109	0. 823
Leucine	g	0. 327			0. 093	0. 196	1. 484
Lysine	g	0. 180			0. 051	0. 108	0. 816
Methionine	g	0. 094			0. 027	0. 056	0. 426
Cystine	g	0. 090			0. 025	0. 054	0. 408
Phenylalanine	g	0. 218			0. 062	0. 131	0. 988
Tyrosine	g	0. 148			0. 042	0. 089	0. 669
Valine	g	0. 209			0. 059	0. 125	0. 947
Arginine	g	0. 199			0. 056	0. 120	0. 904
Histidine	g	0. 113			0. 032	0. 068	0. 512
Alanine	g	0. 170			0. 048	0. 102	0. 773
Aspartic acid	g	0. 281			0. 080	0. 168	1. 272
Glutamic acid	g	1. 113			0. 316	0. 668	5. 049
Glycine	g	0. 149			0. 042	0. 089	0. 674
Proline	g	0. 384			0. 109	0. 231	1. 743
Serine	g	0. 247			0. 070	0. 148	1. 121

[1] 4-3/8 in. x 2-1/2 in. x 1/2 in. Loaf (baked in 9 x 5 x 3 in. pan) = 1,036 g.

BREAD
Banana, prepared from recipe, made with vegetable shortening

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 60 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	27. 8			7. 9	16. 7	126. 1
Food energy	kcal	338			96	203	1,534
	kJ	1,416			401	850	6,423
Protein	g	4. 3			1. 2	2. 6	19. 5
Total lipid (fat)	g	11. 8			3. 3	7. 1	53. 4
Carbohydrate, total	g	55. 1			15. 6	33. 0	249. 8
Crude fiber	g	0. 2			0. 1	0. 1	0. 8
Ash	g	0. 8			0. 2	0. 5	3. 4
Minerals:							
Calcium	mg	18			5	11	80
Iron	mg	1. 40			0. 40	0. 84	6. 37
Magnesium	mg	14			4	8	64
Phosphorus	mg	56			16	34	254
Potassium	mg	131			37	78	593
Sodium	mg	198			56	119	898
Zinc	mg	0. 36			0. 10	0. 21	1. 62
Copper	mg	0. 073			0. 021	0. 044	0. 329
Manganese	mg	0. 212			0. 060	0. 127	0. 959
Vitamins:							
Ascorbic acid	mg	1. 7			0. 5	1. 0	7. 7
Thiamin	mg	0. 173			0. 049	0. 104	0. 784
Riboflavin	mg	0. 198			0. 056	0. 119	0. 897
Niacin	mg	1. 458			0. 413	0. 875	6. 614
Pantothenic acid	mg	0. 261			0. 074	0. 157	1. 185
Vitamin B-6	mg	0. 151			0. 043	0. 091	0. 685
Folate	mcg	11			3	7	50
Vitamin B-12	mcg	0. 09			0. 03	0. 06	0. 42
Vitamin A	RE	24			7	15	110
	IU	92			26	55	418
Lipids:							
Fatty acids:							
Saturated, total	g	3. 044			0. 863	1. 826	13. 807
4:0	g	0. 004			0. 001	0. 002	0. 018
6:0	g	0. 002			0. 001	0. 001	0. 011
8:0	g	0. 002			0. 000	0. 001	0. 007
10:0	g	0. 004			0. 001	0. 002	0. 016
12:0	g	0. 004			0. 001	0. 003	0. 019
14:0	g	0. 058			0. 016	0. 035	0. 261
16:0	g	1. 778			0. 504	1. 067	8. 064
18:0	g	1. 188			0. 337	0. 713	5. 387
Monounsaturated, total	g	5. 028			1. 425	3. 017	22. 805
16:1	g	0. 036			0. 010	0. 022	0. 163
18:1	g	4. 988			1. 414	2. 993	22. 623
20:1	g	0. 003			0. 001	0. 002	0. 013
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	2. 955			0. 838	1. 773	13. 404
18:2	g	2. 752			0. 780	1. 651	12. 485
18:3	g	0. 184			0. 052	0. 111	0. 836
18:4	g						
20:4	g	0. 014			0. 004	0. 009	0. 065
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 004			0. 001	0. 002	0. 017
Cholesterol	mg	43			12	26	196
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 053			0. 015	0. 032	0. 239
Threonine	g	0. 147			0. 042	0. 088	0. 668
Isoleucine	g	0. 177			0. 050	0. 106	0. 805
Leucine	g	0. 321			0. 091	0. 193	1. 456
Lysine	g	0. 174			0. 049	0. 104	0. 789
Methionine	g	0. 093			0. 026	0. 056	0. 420
Cystine	g	0. 090			0. 025	0. 054	0. 408
Phenylalanine	g	0. 215			0. 061	0. 129	0. 977
Tyrosine	g	0. 144			0. 041	0. 087	0. 655
Valine	g	0. 205			0. 058	0. 123	0. 928
Arginine	g	0. 198			0. 056	0. 119	0. 897
Histidine	g	0. 111			0. 032	0. 067	0. 505
Alanine	g	0. 169			0. 048	0. 101	0. 766
Aspartic acid	g	0. 276			0. 078	0. 166	1. 252
Glutamic acid	g	1. 104			0. 313	0. 663	5. 009
Glycine	g	0. 148			0. 042	0. 089	0. 672
Proline	g	0. 379			0. 107	0. 227	1. 719
Serine	g	0. 244			0. 069	0. 147	1. 109

[1] 4-3/8 in. x 2-1/2 in. x 1/2 in. Loaf (baked in 9 x 5 x 3 in. pan) = 1,036 g.

BREAD
Boston brown, canned

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 45 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	47.2	4.111	3	13.4	21.2	213.9
Food energy	kcal	195			55	88	886
	kJ	818			232	368	3,709
Protein (N x 5.90)	g	5.2	0.932	3	1.5	2.4	23.8
Total lipid (fat)	g	1.5	0.356	4	0.4	0.7	6.7
Carbohydrate, total	g	43.3			12.3	19.5	196.5
Crude fiber	g						
Ash	g	2.8	0.444	5	0.8	1.3	12.7
Minerals:							
Calcium	mg	70	20.064	3	20	31	317
Iron	mg	2.10	0.750	3	0.60	0.94	9.53
Magnesium	mg	63	13.865	3	18	29	288
Phosphorus	mg	112	2.651	2	32	50	507
Potassium	mg	318	66.076	3	90	143	1,442
Sodium	mg	631	109.775	3	179	284	2,860
Zinc	mg	0.50	0.202	3	0.14	0.22	2.27
Copper	mg	0.080	0.001	2	0.023	0.036	0.363
Manganese	mg	1.020	0.191	3	0.289	0.459	4.627
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.014	0.001	8	0.004	0.006	0.064
Riboflavin	mg	0.115	0.006	9	0.032	0.052	0.520
Niacin	mg	1.120	0.034	9	0.318	0.504	5.080
Pantothenic acid	mg	0.566	0.013	9	0.160	0.255	2.567
Vitamin B-6	mg	0.082		1	0.023	0.037	0.372
Folate	mcg	7	0.458	9	2	3	32
Vitamin B-12	mcg	0.01		1	0.00	0.00	0.05
Vitamin A[2]	RE	11			3	5	49
	IU	87		1	25	39	395
Lipids:							
Fatty acids:							
Saturated, total	g	0.282			0.080	0.127	1.280
4:0	g	0.005			0.001	0.002	0.022
6:0	g	0.003			0.001	0.001	0.013
8:0	g	0.002			0.000	0.001	0.007
10:0	g	0.004			0.001	0.002	0.017
12:0	g	0.004			0.001	0.002	0.020
14:0	g	0.017			0.005	0.008	0.077
16:0	g	0.217			0.062	0.098	0.984
18:0	g	0.029			0.008	0.013	0.130
Monounsaturated, total	g	0.207			0.059	0.093	0.939
16:1	g	0.010			0.003	0.005	0.045
18:1	g	0.195			0.055	0.088	0.883
20:1	g	0.003			0.001	0.001	0.012
22:1	g						
Polyunsaturated, total	g	0.564			0.160	0.254	2.560
18:2	g	0.511			0.145	0.230	2.319
18:3	g	0.052			0.015	0.024	0.237
18:4	g						
20:4	g	0.001			0.000	0.000	0.004
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.073			0.021	0.033	0.331
Threonine	g	0.162			0.046	0.073	0.734
Isoleucine	g	0.186			0.053	0.084	0.843
Leucine	g	0.350			0.099	0.158	1.589
Lysine	g	0.156			0.044	0.070	0.710
Methionine	g	0.092			0.026	0.041	0.415
Cystine	g	0.116			0.033	0.052	0.524
Phenylalanine	g	0.233			0.066	0.105	1.057
Tyrosine	g	0.148			0.042	0.067	0.673
Valine	g	0.233			0.066	0.105	1.057
Arginine	g	0.255			0.072	0.115	1.157
Histidine	g	0.128			0.036	0.058	0.581
Alanine	g	0.203			0.057	0.091	0.919
Aspartic acid	g	0.324			0.092	0.146	1.468
Glutamic acid	g	1.537			0.436	0.692	6.973
Glycine	g	0.203			0.057	0.091	0.919
Proline	g	0.498			0.141	0.224	2.258
Serine	g	0.251			0.071	0.113	1.137

[1] 3-1/4 in. diam. x 1/2 in. (approx 1/10 can).
[2] Values based on product made with yellow cornmeal.

BREAD
Cornbread, dry mix
(includes corn muffin mix)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (8.5 oz) = 241 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	7. 8	0. 162	46	2. 2	18. 8	35. 5
Food energy	kcal	418			119	1,008	1,898
	kJ	1,751			496	4,220	7,943
Protein (N x 6.00)	g	7. 0	0. 077	56	2. 0	16. 8	31. 6
Total lipid (fat)	g	12. 2	0. 128	54	3. 4	29. 3	55. 1
Carbohydrate, total	g	69. 5			19. 7	167. 5	315. 2
Crude fiber	g	0. 4	0. 045	45	0. 1	1. 0	1. 8
Ash	g	3. 6	0. 060	46	1. 0	8. 6	16. 2
Minerals:							
Calcium	mg	57	3. 755	29	16	137	259
Iron[1]	mg	2. 50	0. 119	42	0. 71	6. 03	11. 35
Magnesium	mg	24	1. 229	21	7	57	107
Phosphorus	mg	489	11. 566	45	139	1,179	2,219
Potassium	mg	113	3. 064	43	32	271	511
Sodium[2]	mg	1,111	34. 871	43	315	2,678	5,041
Zinc	mg	0. 57	0. 026	22	0. 16	1. 38	2. 59
Copper	mg	0. 085	0. 001	22	0. 024	0. 205	0. 386
Manganese	mg	0. 315	0. 025	2	0. 089	0. 759	1. 429
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin[1]	mg	0. 427	0. 030	39	0. 121	1. 029	1. 937
Riboflavin[1]	mg	0. 272	0. 026	39	0. 077	0. 655	1. 234
Niacin[1]	mg	3. 342	0. 190	37	0. 948	8. 055	15. 161
Pantothenic acid	mg	0. 480	0. 079	20	0. 136	1. 158	2. 180
Vitamin B-6	mg	0. 128	0. 011	20	0. 036	0. 308	0. 581
Folate	mcg	11	0. 918	13	3	27	51
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	12			3	29	54
	IU	115	33. 732	3	33	278	522
Lipids:[3]							
Fatty acids:							
Saturated, total	g	3. 014			0. 854	7. 264	13. 672
4:0	g	0. 003			0. 001	0. 006	0. 012
6:0	g	0. 002			0. 000	0. 004	0. 007
8:0	g	0. 001			0. 000	0. 002	0. 004
10:0	g	0. 002			0. 001	0. 005	0. 010
12:0	g	0. 002			0. 001	0. 006	0. 011
14:0	g	0. 065			0. 019	0. 158	0. 297
16:0	g	1. 550			0. 440	3. 736	7. 032
18:0	g	1. 388			0. 394	3. 346	6. 298
Monounsaturated, total	g	6. 647			1. 885	16. 020	30. 152
16:1	g	0. 002			0. 001	0. 004	0. 008
18:1	g	6. 646			1. 884	16. 016	30. 144
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 507			0. 427	3. 633	6. 837
18:2	g	1. 430			0. 405	3. 447	6. 488
18:3	g	0. 077			0. 022	0. 186	0. 349
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 071			0. 020	0. 171	0. 321
Threonine	g	0. 224			0. 063	0. 540	1. 016
Isoleucine	g	0. 254			0. 072	0. 612	1. 152
Leucine	g	0. 632			0. 179	1. 524	2. 868
Lysine	g	0. 198			0. 056	0. 478	0. 900
Methionine	g	0. 133			0. 038	0. 321	0. 605
Cystine	g	0. 132			0. 037	0. 319	0. 600
Phenylalanine	g	0. 343			0. 097	0. 828	1. 557
Tyrosine	g	0. 241			0. 068	0. 581	1. 094
Valine	g	0. 320			0. 091	0. 772	1. 452
Arginine	g	0. 302			0. 086	0. 727	1. 368
Histidine	g	0. 177			0. 050	0. 428	0. 805
Alanine	g	0. 336			0. 095	0. 811	1. 526
Aspartic acid	g	0. 382			0. 108	0. 920	1. 731
Glutamic acid	g	1. 847			0. 524	4. 451	8. 377
Glycine	g	0. 254			0. 072	0. 612	1. 152
Proline	g	0. 715			0. 203	1. 722	3. 241
Serine	g	0. 336			0. 095	0. 811	1. 526

[1] Values for enriched product. Unenriched product contains 0.59 mg iron, 0.046 mg thiamin, 0.020 mg riboflavin, and 0.937 mg niacin per 100 g.
[2] Values range from 744 to 1,600 mg sodium per 100 g. The higher value reflects a greater percentage of sodium-containing ingredients.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Cornbread, dry mix, prepared[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 piece = 60 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	31.9			9.1	19.2	144.9
Food energy	kcal	314			89	189	1,425
	kJ	1,316			373	789	5,967
Protein	g	7.2			2.0	4.3	32.7
Total lipid (fat)	g	10.0			2.8	6.0	45.5
Carbohydrate, total	g	48.1			13.6	28.9	218.3
Crude fiber	g	0.3			0.1	0.2	1.2
Ash	g	2.7			0.8	1.6	12.3
Minerals:							
Calcium	mg	73			21	44	331
Iron	mg	1.90			0.54	1.14	8.62
Magnesium	mg	20			6	12	93
Phosphorus	mg	376			107	226	1,708
Potassium	mg	128			36	77	580
Sodium	mg	778			221	467	3,530
Zinc	mg	0.63			0.18	0.38	2.85
Copper	mg	0.061			0.017	0.037	0.278
Manganese	mg	0.216			0.061	0.130	0.981
Vitamins:							
Ascorbic acid	mg	0.1			0.0	0.1	0.6
Thiamin	mg	0.244			0.069	0.146	1.107
Riboflavin	mg	0.270			0.077	0.162	1.225
Niacin	mg	2.057			0.583	1.234	9.331
Pantothenic acid	mg	0.441			0.125	0.265	2.002
Vitamin B-6	mg	0.104			0.029	0.062	0.470
Folate	mcg	11			3	7	51
Vitamin B-12	mcg	0.16			0.04	0.09	0.71
Vitamin A	RE	44			13	27	202
	IU	205			58	123	931
Lipids:							
Fatty acids:							
Saturated, total	g	2.739			0.776	1.643	12.423
4:0	g	0.016			0.005	0.010	0.074
6:0	g	0.010			0.003	0.006	0.044
8:0	g	0.006			0.002	0.004	0.027
10:0	g	0.013			0.004	0.008	0.060
12:0	g	0.015			0.004	0.009	0.067
14:0	g	0.094			0.027	0.057	0.427
16:0	g	1.476			0.418	0.885	6.693
18:0	g	1.101			0.312	0.660	4.993
Monounsaturated, total	g	5.140			1.457	3.084	23.315
16:1	g	0.053			0.015	0.032	0.240
18:1	g	5.081			1.440	3.048	23.045
20:1	g	0.004			0.001	0.002	0.018
22:1	g	0.000			0.000	0.000	0.002
Polyunsaturated, total	g	1.224			0.347	0.734	5.551
18:2	g	1.135			0.322	0.681	5.149
18:3	g	0.063			0.018	0.038	0.286
18:4	g						
20:4	g	0.020			0.006	0.012	0.090
20:5	g	0.001			0.000	0.000	0.002
22:5	g						
22:6	g	0.005			0.001	0.003	0.023
Cholesterol	mg	61			17	37	278
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.079			0.022	0.047	0.359
Threonine	g	0.267			0.076	0.160	1.213
Isoleucine	g	0.310			0.088	0.186	1.408
Leucine	g	0.646			0.183	0.388	2.931
Lysine	g	0.317			0.090	0.190	1.436
Methionine	g	0.163			0.046	0.098	0.737
Cystine	g	0.136			0.039	0.082	0.619
Phenylalanine	g	0.359			0.102	0.215	1.629
Tyrosine	g	0.269			0.076	0.161	1.219
Valine	g	0.371			0.105	0.222	1.682
Arginine	g	0.334			0.095	0.201	1.517
Histidine	g	0.181			0.051	0.108	0.819
Alanine	g	0.349			0.099	0.209	1.583
Aspartic acid	g	0.488			0.138	0.293	2.212
Glutamic acid	g	1.625			0.461	0.975	7.370
Glycine	g	0.245			0.070	0.147	1.113
Proline	g	0.621			0.176	0.373	2.818
Serine	g	0.396			0.112	0.238	1.796

[1] 8.5 oz pkg prepared with 1 egg and 1/3 c lowfat (2%) milk. Moisture loss: 4%.
[2] 3-3/4 in. x 2-1/2 in. x 3/4 in. (1/6 square loaf). Loaf (baked in 8 in. square pan) = 358 g.

BREAD
Cornbread, prepared from recipe, made with lowfat (2%) milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 piece = 65 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	39.1			11.1	25.4	177.3
Food energy	kcal	266			75	173	1,205
	kJ	1,112			315	723	5,046
Protein	g	6.7			1.9	4.3	30.3
Total lipid (fat)	g	7.1			2.0	4.6	32.4
Carbohydrate, total	g	43.5			12.3	28.3	197.5
Crude fiber	g	0.3			0.1	0.2	1.1
Ash	g	3.6			1.0	2.3	16.1
Minerals:							
Calcium	mg	249			70	162	1,128
Iron	mg	2.50			0.71	1.62	11.33
Magnesium	mg	25			7	16	111
Phosphorus	mg	169			48	110	765
Potassium	mg	147			42	96	668
Sodium	mg	658			187	428	2,985
Zinc	mg	0.60			0.17	0.39	2.71
Copper	mg	0.051			0.014	0.033	0.229
Manganese	mg	0.118			0.033	0.077	0.535
Vitamins:							
Ascorbic acid	mg	0.3			0.1	0.2	1.2
Thiamin	mg	0.291			0.083	0.189	1.322
Riboflavin	mg	0.294			0.083	0.191	1.332
Niacin	mg	2.254			0.639	1.465	10.223
Pantothenic acid	mg	0.339			0.096	0.220	1.537
Vitamin B-6	mg	0.113			0.032	0.073	0.513
Folate	mcg	19			5	12	86
Vitamin B-12	mcg	0.15			0.04	0.10	0.70
Vitamin A	RE	54			15	35	243
	IU	277			78	180	1,256
Lipids:							
Fatty acids:							
Saturated, total	g	1.555			0.441	1.011	7.055
4:0	g	0.027			0.008	0.018	0.124
6:0	g	0.016			0.005	0.011	0.074
8:0	g	0.010			0.003	0.006	0.043
10:0	g	0.021			0.006	0.014	0.097
12:0	g	0.025			0.007	0.016	0.111
14:0	g	0.093			0.026	0.061	0.422
16:0	g	0.991			0.281	0.644	4.494
18:0	g	0.362			0.103	0.235	1.641
Monounsaturated, total	g	1.830			0.519	1.189	8.299
16:1	g	0.056			0.016	0.037	0.256
18:1	g	1.759			0.499	1.143	7.977
20:1	g	0.012			0.003	0.008	0.054
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	3.206			0.909	2.084	14.542
18:2	g	2.841			0.805	1.847	12.887
18:3	g	0.349			0.099	0.227	1.582
18:4	g						
20:4	g	0.012			0.004	0.008	0.056
20:5	g	0.000			0.000	0.000	0.001
22:5	g						
22:6	g	0.003			0.001	0.002	0.015
Cholesterol	mg	40			11	26	183
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.067			0.019	0.044	0.306
Threonine	g	0.259			0.073	0.168	1.174
Isoleucine	g	0.290			0.082	0.188	1.313
Leucine	g	0.678			0.192	0.441	3.074
Lysine	g	0.296			0.084	0.193	1.344
Methionine	g	0.152			0.043	0.099	0.688
Cystine	g	0.117			0.033	0.076	0.529
Phenylalanine	g	0.330			0.093	0.214	1.495
Tyrosine	g	0.268			0.076	0.174	1.215
Valine	g	0.357			0.101	0.232	1.619
Arginine	g	0.312			0.088	0.203	1.415
Histidine	g	0.181			0.051	0.118	0.820
Alanine	g	0.372			0.106	0.242	1.688
Aspartic acid	g	0.472			0.134	0.307	2.141
Glutamic acid	g	1.376			0.390	0.895	6.243
Glycine	g	0.231			0.065	0.150	1.048
Proline	g	0.571			0.162	0.371	2.590
Serine	g	0.356			0.101	0.231	1.613

[1] 2-1/2 in. square x 1-1/2 in. (1/9 square loaf). Loaf (baked in 8 in. square pan) = 586 g.

BREAD
Cornbread, prepared from recipe, made with whole milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 piece = 65 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	38.6			10.9	25.1	174.9
Food energy	kcal	271			77	176	1,228
	kJ	1,133			321	737	5,141
Protein	g	6.7			1.9	4.3	30.3
Total lipid (fat)	g	7.7			2.2	5.0	35.1
Carbohydrate, total	g	43.5			12.3	28.3	197.2
Crude fiber	g	0.3			0.1	0.2	1.1
Ash	g	3.5			1.0	2.3	16.1
Minerals:							
Calcium	mg	248			70	161	1,123
Iron	mg	2.50			0.71	1.62	11.33
Magnesium	mg	24			7	16	111
Phosphorus	mg	168			48	109	762
Potassium	mg	146			41	95	662
Sodium	mg	658			186	428	2,983
Zinc	mg	0.59			0.17	0.39	2.70
Copper	mg	0.051			0.015	0.033	0.233
Manganese	mg	0.118			0.033	0.077	0.535
Vitamins:							
Ascorbic acid	mg	0.3			0.1	0.2	1.2
Thiamin	mg	0.291			0.083	0.189	1.320
Riboflavin	mg	0.292			0.083	0.190	1.326
Niacin	mg	2.253			0.639	1.464	10.219
Pantothenic acid	mg	0.336			0.095	0.219	1.525
Vitamin B-6	mg	0.113			0.032	0.073	0.511
Folate	mcg	19			5	12	85
Vitamin B-12	mcg	0.15			0.04	0.10	0.70
Vitamin A	RE	43			12	28	193
	IU	243			69	158	1,103
Lipids:							
Fatty acids:							
Saturated, total	g	1.930			0.547	1.254	8.754
4:0	g	0.044			0.012	0.028	0.198
6:0	g	0.027			0.008	0.017	0.122
8:0	g	0.016			0.005	0.010	0.073
10:0	g	0.037			0.010	0.024	0.166
12:0	g	0.042			0.012	0.027	0.190
14:0	g	0.157			0.044	0.102	0.711
16:0	g	1.160			0.329	0.754	5.260
18:0	g	0.440			0.125	0.286	1.997
Monounsaturated, total	g	2.005			0.568	1.303	9.096
16:1	g	0.071			0.020	0.046	0.321
18:1	g	1.922			0.545	1.249	8.716
20:1	g	0.012			0.003	0.008	0.054
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	3.230			0.916	2.100	14.651
18:2	g	2.856			0.810	1.856	12.954
18:3	g	0.358			0.102	0.233	1.626
18:4	g						
20:4	g	0.012			0.004	0.008	0.056
20:5	g	0.000			0.000	0.000	0.001
22:5	g						
22:6	g	0.003			0.001	0.002	0.015
Cholesterol	mg	43			12	28	195
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.067			0.019	0.044	0.305
Threonine	g	0.258			0.073	0.168	1.170
Isoleucine	g	0.289			0.082	0.188	1.309
Leucine	g	0.676			0.192	0.440	3.067
Lysine	g	0.295			0.084	0.192	1.338
Methionine	g	0.151			0.043	0.098	0.687
Cystine	g	0.116			0.033	0.076	0.528
Phenylalanine	g	0.329			0.093	0.214	1.492
Tyrosine	g	0.267			0.076	0.174	1.212
Valine	g	0.356			0.101	0.231	1.614
Arginine	g	0.311			0.088	0.202	1.413
Histidine	g	0.180			0.051	0.117	0.818
Alanine	g	0.372			0.105	0.242	1.686
Aspartic acid	g	0.471			0.133	0.306	2.136
Glutamic acid	g	1.373			0.389	0.892	6.228
Glycine	g	0.231			0.065	0.150	1.046
Proline	g	0.569			0.161	0.370	2.582
Serine	g	0.355			0.101	0.231	1.609

[1] 2-1/2 in. square x 1-1/2 in. (1/9 square loaf). Loaf (baked in 8 in. square pan) = 586 g.

BREAD
Cracked-wheat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 25 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	35. 8	0. 436	23	8. 9	10. 1	162. 3
Food energy	*kcal*	260			65	74	1,181
	kJ	1,090			273	309	4,945
Protein (N x 5.80)	*g*	8. 7	0. 159	27	2. 2	2. 5	39. 6
Total lipid (fat)	*g*	3. 9	0. 171	27	1. 0	1. 1	17. 6
Carbohydrate, total	*g*	49. 5			12. 4	14. 0	224. 5
Crude fiber	*g*	0. 8	0. 068	15	0. 2	0. 2	3. 5
Ash	*g*	2. 1	0. 059	19	0. 5	0. 6	9. 6
Minerals:							
Calcium	*mg*	43	5. 290	27	11	12	196
Iron	*mg*	2. 81	0. 185	26	0. 70	0. 80	12. 73
Magnesium	*mg*	52	2. 764	13	13	15	237
Phosphorus	*mg*	153	5. 092	13	38	43	694
Potassium	*mg*	177	6. 187	15	44	50	801
Sodium	*mg*	538	11. 700	21	135	153	2,442
Zinc	*mg*	1. 24	0. 065	13	0. 31	0. 35	5. 63
Copper	*mg*	0. 222	0. 009	13	0. 056	0. 063	1. 008
Manganese	*mg*	1. 371	0. 089	13	0. 343	0. 389	6. 220
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 358	0. 019	26	0. 090	0. 102	1. 626
Riboflavin	*mg*	0. 240	0. 016	26	0. 060	0. 068	1. 091
Niacin	*mg*	3. 671	0. 188	26	0. 918	1. 041	16. 650
Pantothenic acid	*mg*	0. 512	0. 032	16	0. 128	0. 145	2. 320
Vitamin B-6	*mg*	0. 304	0. 202	14	0. 076	0. 086	1. 378
Folate	*mcg*	39	3. 367	11	10	11	177
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0. 916			0. 229	0. 260	4. 154
4:0	*g*	0. 000			0. 000	0. 000	0. 002
6:0	*g*	0. 000			0. 000	0. 000	0. 001
8:0	*g*	0. 000			0. 000	0. 000	0. 001
10:0	*g*	0. 000			0. 000	0. 000	0. 001
12:0	*g*	0. 001			0. 000	0. 000	0. 003
14:0	*g*	0. 017			0. 004	0. 005	0. 079
16:0	*g*	0. 509			0. 127	0. 144	2. 308
18:0	*g*	0. 386			0. 097	0. 110	1. 753
Monounsaturated, total	*g*	1. 902			0. 476	0. 539	8. 630
16:1	*g*	0. 011			0. 003	0. 003	0. 048
18:1	*g*	1. 892			0. 473	0. 536	8. 581
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 682			0. 170	0. 193	3. 092
18:2	*g*	0. 648			0. 162	0. 184	2. 940
18:3	*g*	0. 033			0. 008	0. 009	0. 151
18:4	*g*						
20:4	*g*	0. 000			0. 000	0. 000	0. 002
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 112			0. 028	0. 032	0. 506
Threonine	*g*	0. 261			0. 065	0. 074	1. 183
Isoleucine	*g*	0. 338			0. 084	0. 096	1. 531
Leucine	*g*	0. 606			0. 151	0. 172	2. 748
Lysine	*g*	0. 244			0. 061	0. 069	1. 107
Methionine	*g*	0. 148			0. 037	0. 042	0. 670
Cystine	*g*	0. 190			0. 047	0. 054	0. 861
Phenylalanine	*g*	0. 419			0. 105	0. 119	1. 900
Tyrosine	*g*	0. 253			0. 063	0. 072	1. 148
Valine	*g*	0. 387			0. 097	0. 110	1. 757
Arginine	*g*	0. 348			0. 087	0. 099	1. 579
Histidine	*g*	0. 193			0. 048	0. 055	0. 875
Alanine	*g*	0. 306			0. 076	0. 087	1. 388
Aspartic acid	*g*	0. 433			0. 108	0. 123	1. 962
Glutamic acid	*g*	2. 770			0. 693	0. 785	12. 565
Glycine	*g*	0. 321			0. 080	0. 091	1. 456
Proline	*g*	0. 922			0. 231	0. 261	4. 184
Serine	*g*	0. 417			0. 104	0. 118	1. 894

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Cracked-wheat, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 23 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	30.2			6.9	8.6	136.9
Food energy	kcal	283			65	80	1,284
	kJ	1,185			273	336	5,375
Protein	g	9.5			2.2	2.7	43.1
Total lipid (fat)	g	4.2			1.0	1.2	19.1
Carbohydrate, total	g	53.8			12.4	15.3	244.1
Crude fiber	g	0.8			0.2	0.2	3.8
Ash	g	2.3			0.5	0.6	10.4
Minerals:							
Calcium	mg	47			11	13	213
Iron	mg	3.05			0.70	0.86	13.84
Magnesium	mg	57			13	16	257
Phosphorus	mg	166			38	47	754
Potassium	mg	192			44	54	871
Sodium	mg	585			135	166	2,655
Zinc	mg	1.35			0.31	0.38	6.12
Copper	mg	0.241			0.056	0.068	1.095
Manganese	mg	1.490			0.343	0.423	6.760
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.312			0.072	0.088	1.414
Riboflavin	mg	0.235			0.054	0.067	1.067
Niacin	mg	3.591			0.826	1.018	16.288
Pantothenic acid	mg	0.361			0.083	0.102	1.639
Vitamin B-6	mg	0.297			0.068	0.084	1.348
Folate	mcg	30			7	8	135
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	g	0.995			0.229	0.282	4.515
4:0	g	0.000			0.000	0.000	0.002
6:0	g	0.000			0.000	0.000	0.001
8:0	g	0.000			0.000	0.000	0.001
10:0	g	0.000			0.000	0.000	0.002
12:0	g	0.001			0.000	0.000	0.003
14:0	g	0.019			0.004	0.005	0.086
16:0	g	0.553			0.127	0.157	2.508
18:0	g	0.420			0.097	0.119	1.906
Monounsaturated, total	g	2.068			0.476	0.586	9.380
16:1	g	0.012			0.003	0.003	0.052
18:1	g	2.056			0.473	0.583	9.328
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.741			0.170	0.210	3.361
18:2	g	0.704			0.162	0.200	3.195
18:3	g	0.036			0.008	0.010	0.164
18:4	g						
20:4	g	0.000			0.000	0.000	0.002
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.121			0.028	0.034	0.550
Threonine	g	0.283			0.065	0.080	1.285
Isoleucine	g	0.367			0.084	0.104	1.664
Leucine	g	0.659			0.151	0.187	2.987
Lysine	g	0.265			0.061	0.075	1.204
Methionine	g	0.161			0.037	0.046	0.728
Cystine	g	0.206			0.047	0.059	0.936
Phenylalanine	g	0.455			0.105	0.129	2.066
Tyrosine	g	0.275			0.063	0.078	1.248
Valine	g	0.421			0.097	0.119	1.910
Arginine	g	0.378			0.087	0.107	1.716
Histidine	g	0.210			0.048	0.059	0.951
Alanine	g	0.333			0.076	0.094	1.508
Aspartic acid	g	0.470			0.108	0.133	2.133
Glutamic acid	g	3.011			0.693	0.854	13.657
Glycine	g	0.349			0.080	0.099	1.583
Proline	g	1.003			0.231	0.284	4.548
Serine	g	0.454			0.104	0.129	2.058

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 40 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	34.7			9.8	13.9	157.5
Food energy	kcal	287			81	115	1,302
	kJ	1,202			341	481	5,451
Protein	g	9.5			2.7	3.8	43.3
Total lipid (fat)	g	6.0			1.7	2.4	27.1
Carbohydrate, total	g	47.8			13.6	19.1	217.0
Crude fiber	g	0.0			0.0	0.0	0.0
Ash	g	1.8			0.5	0.7	8.1
Minerals:							
Calcium	mg	93			26	37	423
Iron	mg	3.04			0.86	1.21	13.77
Magnesium	mg	19			5	7	85
Phosphorus	mg	106			30	42	481
Potassium	mg	115			33	46	522
Sodium	mg	492			139	197	2,230
Zinc	mg	0.79			0.22	0.31	3.57
Copper	mg	0.162			0.046	0.065	0.735
Manganese	mg	0.500			0.142	0.200	2.267
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.438			0.124	0.175	1.985
Riboflavin	mg	0.436			0.124	0.175	1.980
Niacin	mg	4.848			1.374	1.939	21.991
Pantothenic acid	mg	0.282			0.080	0.113	1.281
Vitamin B-6	mg	0.064			0.018	0.026	0.291
Folate	mcg	70			20	28	317
Vitamin B-12	mcg	0.10			0.03	0.04	0.44
Vitamin A	RE	23			6	9	104
	IU	76			22	30	346
Lipids:[2]							
Fatty acids:							
Saturated, total	g	1.471			0.417	0.588	6.671
4:0	g						
6:0	g						
8:0	g	0.000			0.000	0.000	0.002
10:0	g	0.000			0.000	0.000	0.002
12:0	g	0.001			0.000	0.000	0.004
14:0	g	0.023			0.007	0.009	0.105
16:0	g	0.885			0.251	0.354	4.013
18:0	g	0.547			0.155	0.219	2.479
Monounsaturated, total	g	2.720			0.771	1.088	12.337
16:1	g	0.066			0.019	0.026	0.299
18:1	g	2.649			0.751	1.060	12.017
20:1	g	0.003			0.001	0.001	0.015
22:1	g	0.000			0.000	0.000	0.002
Polyunsaturated, total	g	1.045			0.296	0.418	4.741
18:2	g	0.971			0.275	0.389	4.406
18:3	g	0.052			0.015	0.021	0.235
18:4	g						
20:4	g	0.017			0.005	0.007	0.077
20:5	g	0.000			0.000	0.000	0.002
22:5	g						
22:6	g	0.004			0.001	0.002	0.020
Cholesterol	mg	51			14	20	231
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.112			0.032	0.045	0.508
Threonine	g	0.306			0.087	0.122	1.386
Isoleucine	g	0.394			0.112	0.158	1.789
Leucine	g	0.692			0.196	0.277	3.138
Lysine	g	0.311			0.088	0.124	1.411
Methionine	g	0.189			0.054	0.076	0.860
Cystine	g	0.208			0.059	0.083	0.945
Phenylalanine	g	0.475			0.135	0.190	2.156
Tyrosine	g	0.292			0.083	0.117	1.323
Valine	g	0.443			0.126	0.177	2.010
Arginine	g	0.385			0.109	0.154	1.745
Histidine	g	0.210			0.059	0.084	0.951
Alanine	g	0.356			0.101	0.142	1.615
Aspartic acid	g	0.522			0.148	0.209	2.368
Glutamic acid	g	2.856			0.810	1.142	12.955
Glycine	g	0.336			0.095	0.135	1.525
Proline	g	0.947			0.268	0.379	4.295
Serine	g	0.501			0.142	0.201	2.274

[1] 5 in. x 3 in. x 1/2 in. Braided loaf = 696 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Egg, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 37 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	28.3			8.0	10.5	128.2
Food energy	kcal	315			89	117	1,431
	kJ	1,320			374	489	5,990
Protein	g	10.5			3.0	3.9	47.5
Total lipid (fat)	g	6.6			1.9	2.4	29.8
Carbohydrate, total	g	52.6			14.9	19.4	238.4
Crude fiber	g	0.0			0.0	0.0	0.0
Ash	g	2.0			0.6	0.7	8.9
Minerals:							
Calcium	mg	102			29	38	465
Iron	mg	3.34			0.95	1.23	15.13
Magnesium	mg	21			6	8	93
Phosphorus	mg	117			33	43	529
Potassium	mg	126			36	47	573
Sodium	mg	540			153	200	2,451
Zinc	mg	0.86			0.24	0.32	3.92
Copper	mg	0.178			0.050	0.066	0.808
Manganese	mg	0.549			0.156	0.203	2.491
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.385			0.109	0.142	1.745
Riboflavin	mg	0.432			0.122	0.160	1.958
Niacin	mg	4.795			1.359	1.774	21.750
Pantothenic acid	mg	0.202			0.057	0.075	0.915
Vitamin B-6	mg	0.064			0.018	0.024	0.288
Folate	mcg	54			15	20	244
Vitamin B-12	mcg	0.11			0.03	0.04	0.48
Vitamin A	RE	23			6	8	103
	IU	75			21	28	342
Lipids:[2]							
Fatty acids:							
Saturated, total	g	1.616			0.458	0.598	7.331
4:0	g						
6:0	g						
8:0	g	0.000			0.000	0.000	0.002
10:0	g	0.000			0.000	0.000	0.002
12:0	g	0.001			0.000	0.000	0.005
14:0	g	0.025			0.007	0.009	0.116
16:0	g	0.972			0.276	0.360	4.409
18:0	g	0.601			0.170	0.222	2.724
Monounsaturated, total	g	2.989			0.847	1.106	13.557
16:1	g	0.072			0.021	0.027	0.329
18:1	g	2.911			0.825	1.077	13.205
20:1	g	0.004			0.001	0.001	0.017
22:1	g	0.000			0.000	0.000	0.002
Polyunsaturated, total	g	1.149			0.326	0.425	5.210
18:2	g	1.067			0.303	0.395	4.842
18:3	g	0.057			0.016	0.021	0.258
18:4	g						
20:4	g	0.019			0.005	0.007	0.085
20:5	g	0.000			0.000	0.000	0.002
22:5	g						
22:6	g	0.005			0.001	0.002	0.022
Cholesterol	mg	56			16	21	254
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.123			0.035	0.046	0.559
Threonine	g	0.336			0.095	0.124	1.523
Isoleucine	g	0.433			0.123	0.160	1.966
Leucine	g	0.760			0.216	0.281	3.448
Lysine	g	0.342			0.097	0.127	1.551
Methionine	g	0.208			0.059	0.077	0.945
Cystine	g	0.229			0.065	0.085	1.038
Phenylalanine	g	0.522			0.148	0.193	2.369
Tyrosine	g	0.321			0.091	0.119	1.454
Valine	g	0.487			0.138	0.180	2.209
Arginine	g	0.423			0.120	0.156	1.918
Histidine	g	0.230			0.065	0.085	1.045
Alanine	g	0.391			0.111	0.145	1.775
Aspartic acid	g	0.574			0.163	0.212	2.602
Glutamic acid	g	3.139			0.890	1.161	14.236
Glycine	g	0.370			0.105	0.137	1.676
Proline	g	1.041			0.295	0.385	4.720
Serine	g	0.551			0.156	0.204	2.499

[1] 5 in. x 3 in. x 1/2 in. Braided loaf = 696 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
French or vienna
(includes sourdough)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 med sl = 25 g[1]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	34. 3	0. 725	33	8. 6	9. 7	155. 5
Food energy	kcal	274			69	78	1,244
	kJ	1,148			287	325	5,208
Protein (N x 5.70)	g	8. 8	0. 127	63	2. 2	2. 5	40. 1
Total lipid (fat)	g	3. 0	0. 090	63	0. 8	0. 8	13. 6
Carbohydrate, total	g	51. 9			13. 0	14. 7	235. 4
Crude fiber	g	0. 2	0. 015	14	0. 0	0. 1	0. 9
Ash	g	2. 0	0. 054	24	0. 5	0. 6	9. 0
Minerals:							
Calcium	mg	75	2. 662	64	19	21	340
Iron	mg	2. 53	0. 064	60	0. 63	0. 72	11. 49
Magnesium	mg	27	1. 295	16	7	8	124
Phosphorus	mg	105	4. 246	13	26	30	477
Potassium	mg	113	3. 926	22	28	32	511
Sodium	mg	609	9. 932	37	152	172	2,760
Zinc	mg	0. 87	0. 042	16	0. 22	0. 25	3. 96
Copper	mg	0. 191	0. 010	16	0. 048	0. 054	0. 867
Manganese	mg	0. 508	0. 019	15	0. 127	0. 144	2. 303
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 520	0. 009	65	0. 130	0. 147	2. 360
Riboflavin	mg	0. 329	0. 009	65	0. 082	0. 093	1. 494
Niacin	mg	4. 749	0. 056	62	1. 187	1. 344	21. 539
Pantothenic acid	mg	0. 387	0. 023	15	0. 097	0. 109	1. 755
Vitamin B-6	mg	0. 043	0. 004	16	0. 011	0. 012	0. 197
Folate	mcg	31	2. 273	11	8	9	142
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	0. 641			0. 160	0. 181	2. 907
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 000			0. 000	0. 000	0. 001
14:0	g	0. 010			0. 002	0. 003	0. 044
16:0	g	0. 387			0. 097	0. 110	1. 756
18:0	g	0. 244			0. 061	0. 069	1. 105
Monounsaturated, total	g	1. 215			0. 304	0. 344	5. 513
16:1	g	0. 009			0. 002	0. 002	0. 040
18:1	g	1. 206			0. 302	0. 341	5. 473
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 693			0. 173	0. 196	3. 144
18:2	g	0. 660			0. 165	0. 187	2. 994
18:3	g	0. 033			0. 008	0. 009	0. 150
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0	0. 094	5	0	0	1
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 102			0. 026	0. 029	0. 464
Threonine	g	0. 248			0. 062	0. 070	1. 126
Isoleucine	g	0. 338			0. 085	0. 096	1. 534
Leucine	g	0. 616			0. 154	0. 174	2. 793
Lysine	g	0. 205			0. 051	0. 058	0. 929
Methionine	g	0. 158			0. 040	0. 045	0. 718
Cystine	g	0. 192			0. 048	0. 054	0. 872
Phenylalanine	g	0. 436			0. 109	0. 123	1. 977
Tyrosine	g	0. 250			0. 062	0. 071	1. 133
Valine	g	0. 382			0. 095	0. 108	1. 731
Arginine	g	0. 320			0. 080	0. 090	1. 449
Histidine	g	0. 191			0. 048	0. 054	0. 865
Alanine	g	0. 290			0. 073	0. 082	1. 316
Aspartic acid	g	0. 392			0. 098	0. 111	1. 780
Glutamic acid	g	2. 987			0. 747	0. 845	13. 550
Glycine	g	0. 312			0. 078	0. 088	1. 414
Proline	g	1. 000			0. 250	0. 283	4. 538
Serine	g	0. 428			0. 107	0. 121	1. 942

[1] 4-3/4 in. x 4 in. x 1/2 in. Lg slice (5 in. x 2-1/2 in. x 1 in.) = 35 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
French or vienna, toasted
(includes sourdough)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 med sl = 23 g[1]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	28.6			6.6	8.1	129.5
Food energy	kcal	298			69	84	1,352
	kJ	1,248			287	353	5,661
Protein	g	9.6			2.2	2.7	43.6
Total lipid (fat)	g	3.3			0.8	0.9	14.8
Carbohydrate, total	g	56.4			13.0	16.0	255.9
Crude fiber	g	0.2			0.0	0.1	1.0
Ash	g	2.2			0.5	0.6	9.8
Minerals:							
Calcium	mg	81			19	23	369
Iron	mg	2.75			0.63	0.78	12.49
Magnesium	mg	30			7	8	135
Phosphorus	mg	114			26	32	519
Potassium	mg	122			28	35	555
Sodium	mg	661			152	187	3,001
Zinc	mg	0.95			0.22	0.27	4.31
Copper	mg	0.208			0.048	0.059	0.943
Manganese	mg	0.552			0.127	0.156	2.503
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.452			0.104	0.128	2.053
Riboflavin	mg	0.322			0.074	0.091	1.462
Niacin	mg	4.645			1.068	1.315	21.071
Pantothenic acid	mg	0.273			0.063	0.077	1.240
Vitamin B-6	mg	0.042			0.010	0.012	0.192
Folate	mcg	24			5	7	108
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	0.696			0.160	0.197	3.159
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000			0.000	0.000	0.001
14:0	g	0.011			0.002	0.003	0.048
16:0	g	0.421			0.097	0.119	1.909
18:0	g	0.265			0.061	0.075	1.201
Monounsaturated, total	g	1.321			0.304	0.374	5.992
16:1	g	0.010			0.002	0.003	0.043
18:1	g	1.311			0.302	0.371	5.948
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.753			0.173	0.213	3.418
18:2	g	0.717			0.165	0.203	3.254
18:3	g	0.036			0.008	0.010	0.163
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	1
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.111			0.026	0.031	0.505
Threonine	g	0.270			0.062	0.076	1.224
Isoleucine	g	0.368			0.085	0.104	1.667
Leucine	g	0.669			0.154	0.189	3.036
Lysine	g	0.223			0.051	0.063	1.009
Methionine	g	0.172			0.040	0.049	0.780
Cystine	g	0.209			0.048	0.059	0.948
Phenylalanine	g	0.474			0.109	0.134	2.149
Tyrosine	g	0.271			0.062	0.077	1.231
Valine	g	0.415			0.095	0.117	1.881
Arginine	g	0.347			0.080	0.098	1.575
Histidine	g	0.207			0.048	0.059	0.941
Alanine	g	0.315			0.073	0.089	1.430
Aspartic acid	g	0.427			0.098	0.121	1.935
Glutamic acid	g	3.247			0.747	0.919	14.729
Glycine	g	0.339			0.078	0.096	1.537
Proline	g	1.087			0.250	0.308	4.932
Serine	g	0.465			0.107	0.132	2.111

[1] 4-3/4 in. x 4 in. x 1/2 in. Lg slice (5 in. x 2-1/2 in. x 1 in.) = 32 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Indian (navajo) fry

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 5 in. diam. = 90 g	10.5 in. diam. = 160 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	26. 5			23. 9	42. 4	120. 2
Food energy	kcal	329			296	527	1,494
	kJ	1,379			1,241	2,207	6,256
Protein	g	7. 1			6. 4	11. 3	32. 1
Total lipid (fat)	g	9. 5			8. 6	15. 2	43. 1
Carbohydrate, total	g	53. 3			47. 9	85. 2	241. 6
Crude fiber	g	0. 2			0. 2	0. 3	0. 8
Ash	g	3. 7			3. 3	5. 9	16. 6
Minerals:							
Calcium	mg	233			210	373	1,058
Iron	mg	3. 60			3. 24	5. 76	16. 32
Magnesium	mg	16			15	26	74
Phosphorus	mg	157			141	251	711
Potassium	mg	74			67	118	336
Sodium	mg	695			625	1,112	3,152
Zinc	mg	0. 50			0. 45	0. 80	2. 25
Copper	mg	0. 102			0. 092	0. 163	0. 462
Manganese	mg	0. 470			0. 423	0. 753	2. 134
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 430			0. 387	0. 687	1. 948
Riboflavin	mg	0. 304			0. 274	0. 487	1. 380
Niacin	mg	3. 636			3. 272	5. 817	16. 491
Pantothenic acid	mg	0. 195			0. 175	0. 312	0. 883
Vitamin B-6	mg	0. 027			0. 024	0. 043	0. 122
Folate	mcg	13			11	20	57
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[1]							
Fatty acids:							
Saturated, total	g	1. 883			1. 695	3. 013	8. 541
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 029			0. 026	0. 047	0. 132
16:0	g	1. 341			1. 207	2. 146	6. 084
18:0	g	0. 513			0. 461	0. 820	2. 325
Monounsaturated, total	g	3. 060			2. 754	4. 895	13. 879
16:1	g	0. 012			0. 011	0. 020	0. 056
18:1	g	3. 047			2. 743	4. 876	13. 822
20:1	g						
22:1	g						
Polyunsaturated, total	g	3. 955			3. 560	6. 328	17. 941
18:2	g	3. 724			3. 352	5. 959	16. 893
18:3	g	0. 231			0. 208	0. 370	1. 048
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 087			0. 078	0. 139	0. 394
Threonine	g	0. 192			0. 173	0. 307	0. 872
Isoleucine	g	0. 244			0. 220	0. 391	1. 108
Leucine	g	0. 486			0. 437	0. 778	2. 204
Lysine	g	0. 156			0. 141	0. 250	0. 709
Methionine	g	0. 125			0. 113	0. 200	0. 568
Cystine	g	0. 150			0. 135	0. 240	0. 680
Phenylalanine	g	0. 356			0. 320	0. 569	1. 614
Tyrosine	g	0. 213			0. 192	0. 341	0. 967
Valine	g	0. 284			0. 255	0. 454	1. 288
Arginine	g	0. 285			0. 257	0. 456	1. 293
Histidine	g	0. 157			0. 142	0. 252	0. 714
Alanine	g	0. 227			0. 204	0. 363	1. 029
Aspartic acid	g	0. 298			0. 268	0. 476	1. 350
Glutamic acid	g	2. 380			2. 142	3. 808	10. 797
Glycine	g	0. 254			0. 229	0. 407	1. 153
Proline	g	0. 819			0. 737	1. 311	3. 717
Serine	g	0. 353			0. 318	0. 565	1. 603

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Irish soda, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 60 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	30.1			8.5	18.1	136.8
Food energy	kcal	290			82	174	1,315
	kJ	1,213			344	728	5,503
Protein	g	6.6			1.9	4.0	30.1
Total lipid (fat)	g	5.0			1.4	3.0	22.9
Carbohydrate, total	g	56.0			15.9	33.6	254.2
Crude fiber	g	0.5			0.2	0.3	2.5
Ash	g	1.9			0.5	1.1	8.6
Minerals:							
Calcium	mg	81			23	49	369
Iron	mg	2.69			0.76	1.61	12.19
Magnesium	mg	23			7	14	105
Phosphorus	mg	114			32	68	516
Potassium	mg	266			75	160	1,208
Sodium	mg	398			113	239	1,804
Zinc	mg	0.57			0.16	0.34	2.59
Copper	mg	0.130			0.037	0.078	0.590
Manganese	mg	0.355			0.101	0.213	1.612
Vitamins:							
Ascorbic acid	mg	0.8			0.2	0.5	3.4
Thiamin	mg	0.298			0.085	0.179	1.353
Riboflavin	mg	0.269			0.076	0.161	1.220
Niacin	mg	2.405			0.682	1.443	10.909
Pantothenic acid	mg	0.250			0.071	0.150	1.134
Vitamin B-6	mg	0.083			0.024	0.050	0.377
Folate	mcg	10			3	6	47
Vitamin B-12	mcg	0.05			0.02	0.03	0.25
Vitamin A	RE	50			14	30	227
	IU	194			55	116	878
Lipids:							
Fatty acids:							
Saturated, total	g	1.111			0.315	0.666	5.039
4:0	g	0.008			0.002	0.005	0.035
6:0	g	0.005			0.001	0.003	0.021
8:0	g	0.003			0.001	0.002	0.013
10:0	g	0.006			0.002	0.004	0.028
12:0	g	0.007			0.002	0.004	0.031
14:0	g	0.036			0.010	0.021	0.162
16:0	g	0.698			0.198	0.419	3.164
18:0	g	0.342			0.097	0.205	1.552
Monounsaturated, total	g	1.999			0.567	1.200	9.069
16:1	g	0.018			0.005	0.011	0.084
18:1	g	1.976			0.560	1.186	8.963
20:1	g	0.001			0.000	0.001	0.005
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	1.478			0.419	0.887	6.703
18:2	g	1.396			0.396	0.838	6.334
18:3	g	0.074			0.021	0.044	0.335
18:4	g						
20:4	g	0.006			0.002	0.003	0.026
20:5	g	0.000			0.000	0.000	0.001
22:5	g						
22:6	g	0.002			0.000	0.001	0.007
Cholesterol	mg	18			5	11	83
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.072			0.020	0.043	0.327
Threonine	g	0.201			0.057	0.121	0.911
Isoleucine	g	0.234			0.066	0.140	1.059
Leucine	g	0.436			0.124	0.262	1.980
Lysine	g	0.219			0.062	0.131	0.992
Methionine	g	0.138			0.039	0.083	0.627
Cystine	g	0.122			0.035	0.073	0.553
Phenylalanine	g	0.300			0.085	0.180	1.359
Tyrosine	g	0.201			0.057	0.121	0.914
Valine	g	0.283			0.080	0.170	1.284
Arginine	g	0.290			0.082	0.174	1.314
Histidine	g	0.159			0.045	0.095	0.720
Alanine	g	0.226			0.064	0.136	1.027
Aspartic acid	g	0.390			0.111	0.234	1.770
Glutamic acid	g	1.825			0.517	1.095	8.277
Glycine	g	0.188			0.053	0.113	0.852
Proline	g	0.597			0.169	0.358	2.706
Serine	g	0.296			0.084	0.177	1.342

[1] 3-3/4 in. x 3 in. x 1/2 in. Loaf (baked in 2 qt casserole) = 1,193 g.

BREAD
Italian

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 30 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	35. 7	0. 632	36	10. 1	10. 7	162. 1
Food energy	kcal	271			77	81	1,230
	kJ	1,135			322	340	5,147
Protein (N x 5.70)	g	8. 8	0. 196	38	2. 5	2. 6	39. 9
Total lipid (fat)	g	3. 5	0. 123	38	1. 0	1. 1	16. 1
Carbohydrate, total	g	50. 0			14. 2	15. 0	226. 8
Crude fiber	g	0. 3	0. 045	11	0. 1	0. 1	1. 1
Ash	g	1. 9	0. 047	35	0. 5	0. 6	8. 7
Minerals:							
Calcium	mg	78	4. 522	37	22	23	352
Iron	mg	2. 94	0. 128	35	0. 83	0. 88	13. 33
Magnesium	mg	27	1. 670	11	8	8	123
Phosphorus	mg	103	5. 156	11	29	31	469
Potassium	mg	110	2. 870	13	31	33	499
Sodium	mg	584	29. 851	17	166	175	2,649
Zinc	mg	0. 86	0. 080	13	0. 24	0. 26	3. 91
Copper	mg	0. 191	0. 010	11	0. 054	0. 057	0. 868
Manganese	mg	0. 464	0. 021	10	0. 132	0. 139	2. 105
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 473	0. 014	27	0. 134	0. 142	2. 145
Riboflavin	mg	0. 292	0. 014	27	0. 083	0. 088	1. 326
Niacin	mg	4. 381	0. 140	27	1. 242	1. 314	19. 871
Pantothenic acid	mg	0. 378	0. 014	11	0. 107	0. 113	1. 713
Vitamin B-6	mg	0. 048	0. 003	11	0. 014	0. 014	0. 219
Folate	mcg	30	2. 014	11	9	9	136
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	0. 855			0. 242	0. 256	3. 876
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 000			0. 000	0. 000	0. 001
14:0	g	0. 011			0. 003	0. 003	0. 050
16:0	g	0. 712			0. 202	0. 214	3. 232
18:0	g	0. 131			0. 037	0. 039	0. 594
Monounsaturated, total	g	0. 812			0. 230	0. 244	3. 683
16:1	g	0. 013			0. 004	0. 004	0. 059
18:1	g	0. 799			0. 227	0. 240	3. 624
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 390			0. 394	0. 417	6. 303
18:2	g	1. 290			0. 366	0. 387	5. 849
18:3	g	0. 100			0. 028	0. 030	0. 453
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		1	0	0	1
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 103			0. 029	0. 031	0. 469
Threonine	g	0. 245			0. 070	0. 074	1. 112
Isoleucine	g	0. 333			0. 094	0. 100	1. 511
Leucine	g	0. 614			0. 174	0. 184	2. 784
Lysine	g	0. 197			0. 056	0. 059	0. 895
Methionine	g	0. 156			0. 044	0. 047	0. 706
Cystine	g	0. 193			0. 055	0. 058	0. 874
Phenylalanine	g	0. 433			0. 123	0. 130	1. 965
Tyrosine	g	0. 248			0. 070	0. 074	1. 126
Valine	g	0. 376			0. 107	0. 113	1. 707
Arginine	g	0. 316			0. 090	0. 095	1. 434
Histidine	g	0. 188			0. 053	0. 056	0. 853
Alanine	g	0. 284			0. 080	0. 085	1. 287
Aspartic acid	g	0. 379			0. 108	0. 114	1. 721
Glutamic acid	g	2. 990			0. 848	0. 897	13. 562
Glycine	g	0. 307			0. 087	0. 092	1. 392
Proline	g	1. 004			0. 285	0. 301	4. 553
Serine	g	0. 426			0. 121	0. 128	1. 930

[1] 4-1/2 in. x 3-1/4 in. x 3/4 in. or 7-1/4 in. x 3-3/4 in. x 1/2 in.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Italian, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 27 g[1]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	29.4			7.9	8.3	133.2
Food energy	kcal	298			80	84	1,351
	kJ	1,247			337	354	5,656
Protein	g	9.7			2.6	2.7	43.8
Total lipid (fat)	g	3.9			1.1	1.1	17.7
Carbohydrate, total	g	55.0			14.8	15.6	249.3
Crude fiber	g	0.3			0.1	0.1	1.3
Ash	g	2.1			0.6	0.6	9.6
Minerals:							
Calcium	mg	85			23	24	387
Iron	mg	3.23			0.87	0.92	14.65
Magnesium	mg	30			8	8	135
Phosphorus	mg	114			31	32	516
Potassium	mg	121			33	34	548
Sodium	mg	642			173	182	2,910
Zinc	mg	0.95			0.26	0.27	4.30
Copper	mg	0.210			0.057	0.060	0.953
Manganese	mg	0.510			0.138	0.145	2.313
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.416			0.112	0.118	1.886
Riboflavin	mg	0.289			0.078	0.082	1.311
Niacin	mg	4.333			1.170	1.228	19.653
Pantothenic acid	mg	0.270			0.073	0.076	1.223
Vitamin B-6	mg	0.048			0.013	0.014	0.216
Folate	mcg	23			6	7	105
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	0.939			0.254	0.266	4.259
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000			0.000	0.000	0.001
14:0	g	0.012			0.003	0.003	0.055
16:0	g	0.783			0.211	0.222	3.551
18:0	g	0.144			0.039	0.041	0.652
Monounsaturated, total	g	0.892			0.241	0.253	4.047
16:1	g	0.014			0.004	0.004	0.064
18:1	g	0.878			0.237	0.249	3.983
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.527			0.412	0.433	6.926
18:2	g	1.417			0.383	0.402	6.428
18:3	g	0.110			0.030	0.031	0.498
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	1
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.114			0.031	0.032	0.515
Threonine	g	0.269			0.073	0.076	1.222
Isoleucine	g	0.366			0.099	0.104	1.660
Leucine	g	0.674			0.182	0.191	3.059
Lysine	g	0.217			0.059	0.061	0.984
Methionine	g	0.171			0.046	0.049	0.776
Cystine	g	0.212			0.057	0.060	0.961
Phenylalanine	g	0.476			0.129	0.135	2.160
Tyrosine	g	0.273			0.074	0.077	1.237
Valine	g	0.413			0.112	0.117	1.875
Arginine	g	0.347			0.094	0.098	1.576
Histidine	g	0.207			0.056	0.059	0.938
Alanine	g	0.312			0.084	0.088	1.414
Aspartic acid	g	0.417			0.113	0.118	1.891
Glutamic acid	g	3.286			0.887	0.931	14.904
Glycine	g	0.337			0.091	0.096	1.530
Proline	g	1.103			0.298	0.313	5.004
Serine	g	0.468			0.126	0.133	2.121

[1] 4-1/2 in. x 3-1/4 in. x 3/4 in. or 7-1/4 in. x 3-3/4 in. x 1/2 in.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Mixed-grain
(includes whole-grain, 7-grain)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 26 g[1]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	37. 7	0. 155	97	9. 8	10. 7	171. 1
Food energy	kcal	250			65	71	1,135
	kJ	1,047			272	297	4,750
Protein (N x 5.80)	g	10. 0	0. 090	140	2. 6	2. 8	45. 3
Total lipid (fat)	g	3. 8	0. 083	133	1. 0	1. 1	17. 1
Carbohydrate, total	g	46. 4			12. 1	13. 1	210. 3
Crude fiber	g	0. 9	0. 075	33	0. 2	0. 3	4. 0
Ash	g	2. 2	0. 025	97	0. 6	0. 6	9. 8
Minerals:							
Calcium	mg	91	3. 088	173	24	26	415
Iron	mg	3. 47	0. 093	168	0. 90	0. 98	15. 72
Magnesium	mg	53	2. 283	35	14	15	241
Phosphorus	mg	176	8. 422	16	46	50	796
Potassium	mg	204	10. 192	16	53	58	927
Sodium	mg	487	11. 408	39	127	138	2,210
Zinc	mg	1. 27	0. 038	36	0. 33	0. 36	5. 76
Copper	mg	0. 254	0. 013	19	0. 066	0. 072	1. 150
Manganese	mg	1. 485	0. 120	15	0. 386	0. 421	6. 738
Vitamins:							
Ascorbic acid	mg	0. 3	0. 238	3	0. 1	0. 1	1. 3
Thiamin	mg	0. 407	0. 012	134	0. 106	0. 115	1. 847
Riboflavin	mg	0. 342	0. 011	141	0. 089	0. 097	1. 549
Niacin	mg	4. 365	0. 128	135	1. 135	1. 238	19. 801
Pantothenic acid	mg	0. 512	0. 031	22	0. 133	0. 145	2. 321
Vitamin B-6	mg	0. 333	0. 211	17	0. 086	0. 094	1. 508
Folate	mcg	48	4. 599	13	12	14	218
Vitamin B-12	mcg	0 07		1	0. 02	0. 02	0. 33
Vitamin A	RE	0			0	0	0
	IU	0		1	0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	0. 807			0. 210	0. 229	3. 662
4:0	g	0. 000			0. 000	0. 000	0. 001
6:0	g	0. 000			0. 000	0. 000	0. 001
8:0	g						
10:0	g	0. 000			0. 000	0. 000	0. 001
12:0	g	0. 001			0. 000	0. 000	0. 003
14:0	g	0. 014			0. 004	0. 004	0. 063
16:0	g	0. 515			0. 134	0. 146	2. 334
18:0	g	0. 275			0. 072	0. 078	1. 249
Monounsaturated, total	g	1. 524			0. 396	0. 432	6. 914
16:1	g	0. 018			0. 005	0. 005	0. 082
18:1	g	1. 505			0. 391	0. 427	6. 825
20:1	g	0. 002			0. 000	0. 000	0. 007
22:1	g						
Polyunsaturated, total	g	0. 923			0. 240	0. 262	4. 187
18:2	g	0. 864			0. 225	0. 245	3. 921
18:3	g	0. 058			0. 015	0. 016	0. 263
18:4	g						
20:4	g	0. 001			0. 000	0. 000	0. 003
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0	0. 135	11	0	0	2
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 131			0. 034	0. 037	0. 594
Threonine	g	0. 309			0. 080	0. 087	1. 399
Isoleucine	g	0. 388			0. 101	0. 110	1. 759
Leucine	g	0. 701			0. 182	0. 199	3. 182
Lysine	g	0. 315			0. 082	0. 089	1. 431
Methionine	g	0. 167			0. 043	0. 047	0. 758
Cystine	g	0. 217			0. 056	0. 062	0. 985
Phenylalanine	g	0. 486			0. 126	0. 138	2. 205
Tyrosine	g	0. 286			0. 074	0. 081	1. 298
Valine	g	0. 460			0. 120	0. 130	2. 087
Arginine	g	0. 443			0. 115	0. 126	2. 009
Histidine	g	0. 224			0. 058	0. 064	1. 016
Alanine	g	0. 372			0. 097	0. 106	1. 689
Aspartic acid	g	0. 577			0. 150	0. 164	2. 619
Glutamic acid	g	2. 980			0. 775	0. 845	13. 518
Glycine	g	0. 384			0. 100	0. 109	1. 743
Proline	g	0. 996			0. 259	0. 282	4. 519
Serine	g	0. 489			0. 127	0. 139	2. 220

[1] Lg slice = 32 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Mixed-grain, toasted
(includes whole-grain, 7-grain)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 24 g[1]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	32. 3			7. 8	9. 2	146. 6
Food energy	kcal	272			65	77	1,233
	kJ	1,138			273	323	5,163
Protein	g	10. 9			2. 6	3. 1	49. 3
Total lipid (fat)	g	4. 1			1. 0	1. 2	18. 5
Carbohydrate, total	g	50. 4			12. 1	14. 3	228. 6
Crude fiber	g	1. 0			0. 2	0. 3	4. 4
Ash	g	2. 3			0. 6	0. 7	10. 6
Minerals:							
Calcium	mg	99			24	28	451
Iron	mg	3. 77			0. 90	1. 07	17. 09
Magnesium	mg	58			14	16	262
Phosphorus	mg	191			46	54	865
Potassium	mg	222			53	63	1,008
Sodium	mg	530			127	150	2,403
Zinc	mg	1. 38			0. 33	0. 39	6. 26
Copper	mg	0. 276			0. 066	0. 078	1. 250
Manganese	mg	1. 615			0. 388	0. 458	7. 324
Vitamins:							
Ascorbic acid	mg	0. 3			0. 1	0. 1	1. 1
Thiamin	mg	0. 354			0. 085	0. 100	1. 606
Riboflavin	mg	0. 334			0. 080	0. 095	1. 516
Niacin	mg	4. 270			1. 025	1. 211	19. 371
Pantothenic acid	mg	0. 361			0. 087	0. 102	1. 640
Vitamin B-6	mg	0. 325			0. 078	0. 092	1. 476
Folate	mcg	37			9	10	166
Vitamin B-12	mcg	0. 08			0. 02	0. 02	0. 36
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	0. 878			0. 211	0. 249	3. 980
4:0	g	0. 000			0. 000	0. 000	0. 001
6:0	g	0. 000			0. 000	0. 000	0. 001
8:0	g						
10:0	g	0. 000			0. 000	0. 000	0. 001
12:0	g	0. 001			0. 000	0. 000	0. 003
14:0	g	0. 015			0. 004	0. 004	0. 068
16:0	g	0. 559			0. 134	0. 159	2. 537
18:0	g	0. 299			0. 072	0. 085	1. 357
Monounsaturated, total	g	1. 657			0. 398	0. 470	7. 515
16:1	g	0. 020			0. 005	0. 006	0. 089
18:1	g	1. 636			0. 393	0. 464	7. 419
20:1	g	0. 002			0. 000	0. 000	0. 008
22:1	g						
Polyunsaturated, total	g	1. 003			0. 241	0. 284	4. 551
18:2	g	0. 940			0. 226	0. 266	4. 262
18:3	g	0. 063			0. 015	0. 018	0. 286
18:4	g						
20:4	g	0. 001			0. 000	0. 000	0. 003
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	2
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 142			0. 034	0. 040	0. 646
Threonine	g	0. 335			0. 080	0. 095	1. 521
Isoleucine	g	0. 422			0. 101	0. 120	1. 912
Leucine	g	0. 762			0. 183	0. 216	3. 459
Lysine	g	0. 343			0. 082	0. 097	1. 555
Methionine	g	0. 182			0. 044	0. 052	0. 824
Cystine	g	0. 236			0. 057	0. 067	1. 071
Phenylalanine	g	0. 528			0. 127	0. 150	2. 396
Tyrosine	g	0. 311			0. 075	0. 088	1. 411
Valine	g	0. 500			0. 120	0. 142	2. 269
Arginine	g	0. 481			0. 116	0. 136	2. 184
Histidine	g	0. 244			0. 058	0. 069	1. 105
Alanine	g	0. 405			0. 097	0. 115	1. 836
Aspartic acid	g	0. 628			0. 151	0. 178	2. 847
Glutamic acid	g	3. 239			0. 777	0. 918	14. 693
Glycine	g	0. 418			0. 100	0. 118	1. 895
Proline	g	1. 083			0. 260	0. 307	4. 912
Serine	g	0. 532			0. 128	0. 151	2. 413

[1] Lg slice = 29 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Oat bran

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 30 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	44. 0		1	12. 5	13. 2	199. 6
Food energy	kcal	236			67	71	1,069
	kJ	987			280	296	4,476
Protein (N x 5.80)	g	10. 4	1. 459	3	2. 9	3. 1	47. 0
Total lipid (fat)	g	4. 4	0. 706	3	1. 2	1. 3	20. 0
Carbohydrate, total	g	39. 8			11. 3	11. 9	180. 3
Crude fiber	g						
Ash	g	1. 5		1	0. 4	0. 4	6. 7
Minerals:							
Calcium	mg	65	6. 966	3	18	19	293
Iron	mg	3. 12	0. 276	2	0. 89	0. 94	14. 17
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	407	52. 746	2	115	122	1,847
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 504	0. 116	2	0. 143	0. 151	2. 286
Riboflavin	mg	0. 346	0. 063	2	0. 098	0. 104	1. 572
Niacin	mg	4. 831	1. 071	2	1. 370	1. 449	21. 913
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	g	0. 697			0. 198	0. 209	3. 163
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 002			0. 001	0. 001	0. 010
14:0	g	0. 005			0. 002	0. 002	0. 024
16:0	g	0. 526			0. 149	0. 158	2. 384
18:0	g	0. 157			0. 044	0. 047	0. 712
Monounsaturated, total	g	1. 590			0. 451	0. 477	7. 214
16:1	g	0. 030			0. 009	0. 009	0. 137
18:1	g	1. 560			0. 442	0. 468	7. 077
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 694			0. 480	0. 508	7. 682
18:2	g	1. 590			0. 451	0. 477	7. 214
18:3	g	0. 103			0. 029	0. 031	0. 469
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0	0. 226	2	0	0	1
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 131			0. 037	0. 039	0. 592
Threonine	g	0. 299			0. 085	0. 090	1. 354
Isoleucine	g	0. 399			0. 113	0. 120	1. 808
Leucine	g	0. 733			0. 208	0. 220	3. 325
Lysine	g	0. 297			0. 084	0. 089	1. 346
Methionine	g	0. 179			0. 051	0. 054	0. 811
Cystine	g	0. 234			0. 066	0. 070	1. 062
Phenylalanine	g	0. 518			0. 147	0. 156	2. 352
Tyrosine	g	0. 324			0. 092	0. 097	1. 468
Valine	g	0. 461			0. 131	0. 138	2. 092
Arginine	g	0. 445			0. 126	0. 134	2. 019
Histidine	g	0. 225			0. 064	0. 068	1. 022
Alanine	g	0. 370			0. 105	0. 111	1. 679
Aspartic acid	g	0. 547			0. 155	0. 164	2. 481
Glutamic acid	g	3. 162			0. 897	0. 949	14. 345
Glycine	g	0. 395			0. 112	0. 119	1. 792
Proline	g	1. 055			0. 299	0. 316	4. 784
Serine	g	0. 502			0. 142	0. 151	2. 279

[1] Values based on product containing partially hydrogenated soybean oil.

BREAD
Oat bran, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 27 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	38. 5			10. 4	10. 9	174. 5
Food energy	*kcal*	259			70	73	1,175
	kJ	1,084			293	307	4,919
Protein	*g*	11. 4			3. 1	3. 2	51. 7
Total lipid (fat)	*g*	4. 8			1. 3	1. 4	22. 0
Carbohydrate, total	*g*	43. 7			11. 8	12. 4	198. 2
Crude fiber	*g*						
Ash	*g*	1. 6			0. 4	0. 5	7. 3
Minerals:							
Calcium	*mg*	71			19	20	322
Iron	*mg*	3. 43			0. 93	0. 97	15. 57
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*						
Sodium	*mg*	448			121	127	2,030
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 443			0. 120	0. 126	2. 010
Riboflavin	*mg*	0. 343			0. 093	0. 097	1. 554
Niacin	*mg*	4. 778			1. 290	1. 355	21. 673
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0. 766			0. 207	0. 217	3. 476
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 002			0. 001	0. 001	0. 011
14:0	*g*	0. 006			0. 002	0. 002	0. 027
16:0	*g*	0. 578			0. 156	0. 164	2. 620
18:0	*g*	0. 172			0. 047	0. 049	0. 782
Monounsaturated, total	*g*	1. 748			0. 472	0. 495	7. 928
16:1	*g*	0. 033			0. 009	0. 009	0. 151
18:1	*g*	1. 714			0. 463	0. 486	7. 777
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 861			0. 502	0. 528	8. 442
18:2	*g*	1. 748			0. 472	0. 495	7. 927
18:3	*g*	0. 114			0. 031	0. 032	0. 515
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	1
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 143			0. 039	0. 041	0. 651
Threonine	*g*	0. 328			0. 089	0. 093	1. 488
Isoleucine	*g*	0. 438			0. 118	0. 124	1. 987
Leucine	*g*	0. 805			0. 217	0. 228	3. 653
Lysine	*g*	0. 326			0. 088	0. 092	1. 479
Methionine	*g*	0. 196			0. 053	0. 056	0. 891
Cystine	*g*	0. 257			0. 069	0. 073	1. 167
Phenylalanine	*g*	0. 570			0. 154	0. 162	2. 584
Tyrosine	*g*	0. 356			0. 096	0. 101	1. 613
Valine	*g*	0. 507			0. 137	0. 144	2. 299
Arginine	*g*	0. 489			0. 132	0. 139	2. 219
Histidine	*g*	0. 248			0. 067	0. 070	1. 123
Alanine	*g*	0. 407			0. 110	0. 115	1. 845
Aspartic acid	*g*	0. 601			0. 162	0. 170	2. 727
Glutamic acid	*g*	3. 475			0. 938	0. 985	15. 763
Glycine	*g*	0. 434			0. 117	0. 123	1. 969
Proline	*g*	1. 159			0. 313	0. 329	5. 257
Serine	*g*	0. 552			0. 149	0. 156	2. 504

[1] Values based on product containing partially hydrogenated soybean oil.

BREAD
Oatmeal

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 27 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	36. 7	0. 446	14	9. 9	10. 4	166. 4
Food energy	*kcal*	269			73	76	1,220
	kJ	1,126			304	319	5,107
Protein (N x 5.80)	*g*	8. 4	0. 183	24	2. 3	2. 4	38. 2
Total lipid (fat)	*g*	4. 4	0. 151	24	1. 2	1. 3	20. 1
Carbohydrate, total	*g*	48. 5			13. 1	13. 8	220. 0
Crude fiber	*g*	0. 4	0. 050	12	0. 1	0. 1	1. 9
Ash	*g*	2. 0	0. 057	12	0. 5	0. 6	8. 9
Minerals:							
Calcium	*mg*	66	3. 749	23	18	19	299
Iron	*mg*	2. 70	0. 068	23	0. 73	0. 77	12. 27
Magnesium	*mg*	37	2. 606	10	10	11	170
Phosphorus	*mg*	126	5. 457	10	34	36	572
Potassium	*mg*	142	9. 030	12	38	40	643
Sodium	*mg*	599	19. 636	21	162	170	2,716
Zinc	*mg*	1. 02	0. 051	11	0. 28	0. 29	4. 64
Copper	*mg*	0. 209	0. 009	10	0. 057	0. 059	0. 949
Manganese	*mg*	0. 940	0. 055	10	0. 254	0. 266	4. 264
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 399	0. 018	23	0. 108	0. 113	1. 808
Riboflavin	*mg*	0. 240	0. 006	23	0. 065	0. 068	1. 091
Niacin	*mg*	3. 136	0. 072	23	0. 847	0. 889	14. 225
Pantothenic acid	*mg*	0. 341	0. 013	10	0. 092	0. 097	1. 547
Vitamin B-6	*mg*	0. 068	0. 009	10	0. 018	0. 019	0. 311
Folate	*mcg*	27	2. 012	10	7	8	124
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0. 703			0. 190	0. 199	3. 188
4:0	*g*	0. 000			0. 000	0. 000	0. 002
6:0	*g*	0. 000			0. 000	0. 000	0. 001
8:0	*g*	0. 000			0. 000	0. 000	0. 001
10:0	*g*	0. 000			0. 000	0. 000	0. 002
12:0	*g*	0. 005			0. 001	0. 001	0. 023
14:0	*g*	0. 007			0. 002	0. 002	0. 031
16:0	*g*	0. 527			0. 142	0. 149	2. 391
18:0	*g*	0. 148			0. 040	0. 042	0. 670
Monounsaturated, total	*g*	1. 578			0. 426	0. 447	7. 158
16:1	*g*	0. 023			0. 006	0. 007	0. 106
18:1	*g*	1. 555			0 420	0. 441	7. 053
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 702			0. 460	0. 483	7. 721
18:2	*g*	1. 603			0. 433	0. 454	7. 269
18:3	*g*	0. 100			0. 027	0. 028	0. 452
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 116			0. 031	0. 033	0. 527
Threonine	*g*	0. 247			0. 067	0. 070	1. 119
Isoleucine	*g*	0. 325			0. 088	0. 092	1. 475
Leucine	*g*	0. 608			0. 164	0. 172	2. 759
Lysine	*g*	0. 270			0. 073	0. 077	1. 225
Methionine	*g*	0. 152			0. 041	0. 043	0. 691
Cystine	*g*	0. 208			0. 056	0. 059	0. 942
Phenylalanine	*g*	0. 414			0. 112	0. 117	1. 877
Tyrosine	*g*	0. 263			0. 071	0. 074	1. 192
Valine	*g*	0. 393			0. 106	0. 112	1. 785
Arginine	*g*	0. 395			0. 107	0. 112	1. 791
Histidine	*g*	0. 186			0. 050	0. 053	0. 843
Alanine	*g*	0. 328			0. 089	0. 093	1. 488
Aspartic acid	*g*	0. 505			0. 136	0. 143	2. 292
Glutamic acid	*g*	2. 413			0. 651	0. 684	10. 945
Glycine	*g*	0. 343			0. 093	0. 097	1. 554
Proline	*g*	0. 765			0. 207	0. 217	3. 470
Serine	*g*	0. 408			0. 110	0. 116	1. 850

[1] Values based on product containing partially hydrogenated soybean oil.

BREAD
Oatmeal, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 25 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	31. 2			7. 8	8. 8	141. 4
Food energy	*kcal*	292			73	83	1,326
	kJ	1,224			306	347	5,551
Protein	*g*	9. 2			2. 3	2. 6	41. 5
Total lipid (fat)	*g*	4. 8			1. 2	1. 4	21. 8
Carbohydrate, total	*g*	52. 7			13. 2	14. 9	239. 2
Crude fiber	*g*	0. 4			0. 1	0. 1	2. 0
Ash	*g*	2. 1			0. 5	0. 6	9. 7
Minerals:							
Calcium	*mg*	72			18	20	325
Iron	*mg*	2. 94			0. 73	0. 83	13. 33
Magnesium	*mg*	41			10	12	184
Phosphorus	*mg*	137			34	39	621
Potassium	*mg*	154			39	44	699
Sodium	*mg*	651			163	185	2,953
Zinc	*mg*	1. 11			0. 28	0. 32	5. 05
Copper	*mg*	0. 227			0. 057	0. 064	1. 032
Manganese	*mg*	1. 022			0. 255	0. 290	4. 635
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 347			0. 087	0. 098	1. 573
Riboflavin	*mg*	0. 235			0. 059	0. 067	1. 067
Niacin	*mg*	3. 068			0. 767	0. 870	13. 916
Pantothenic acid	*mg*	0. 241			0. 060	0. 068	1. 093
Vitamin B-6	*mg*	0. 067			0. 017	0. 019	0. 304
Folate	*mcg*	21			5	6	95
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0. 764			0. 191	0. 217	3. 465
4:0	*g*	0. 000			0. 000	0. 000	0. 002
6:0	*g*	0. 000			0. 000	0. 000	0. 001
8:0	*g*	0. 000			0. 000	0. 000	0. 001
10:0	*g*	0. 000			0. 000	0. 000	0. 002
12:0	*g*	0. 006			0. 001	0. 002	0. 025
14:0	*g*	0. 007			0. 002	0. 002	0. 033
16:0	*g*	0. 573			0. 143	0. 162	2. 599
18:0	*g*	0. 161			0. 040	0. 046	0. 728
Monounsaturated, total	*g*	1. 715			0. 429	0. 486	7. 781
16:1	*g*	0. 025			0. 006	0. 007	0. 115
18:1	*g*	1. 690			0. 423	0. 479	7. 666
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 850			0. 463	0. 525	8. 392
18:2	*g*	1. 742			0. 435	0. 494	7. 901
18:3	*g*	0. 108			0. 027	0. 031	0. 491
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 126			0. 032	0. 036	0. 573
Threonine	*g*	0. 268			0. 067	0. 076	1. 217
Isoleucine	*g*	0. 353			0. 088	0. 100	1. 603
Leucine	*g*	0. 661			0. 165	0. 187	2. 999
Lysine	*g*	0. 294			0. 073	0. 083	1. 331
Methionine	*g*	0. 166			0. 041	0. 047	0. 752
Cystine	*g*	0. 226			0. 056	0. 064	1. 024
Phenylalanine	*g*	0. 450			0. 112	0. 127	2. 040
Tyrosine	*g*	0. 286			0. 071	0. 081	1. 296
Valine	*g*	0. 428			0. 107	0. 121	1. 940
Arginine	*g*	0. 429			0. 107	0. 122	1. 947
Histidine	*g*	0. 202			0. 050	0. 057	0. 916
Alanine	*g*	0. 357			0. 089	0. 101	1. 618
Aspartic acid	*g*	0. 549			0. 137	0. 156	2. 491
Glutamic acid	*g*	2. 623			0. 656	0. 744	11. 896
Glycine	*g*	0. 372			0. 093	0. 106	1. 689
Proline	*g*	0. 832			0. 208	0. 236	3. 772
Serine	*g*	0. 443			0. 111	0. 126	2. 011

[1] Values based on product containing partially hydrogenated soybean oil.

BREAD
Pita, white

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g[1]	1 pita = 60 g (6-1/2 in. diam.)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	32. 1	1. 012	17	9. 1	19. 3	145. 6
Food energy	*kcal*	275			78	165	1,248
	kJ	1,152			327	691	5,225
Protein (N x 5.70)	*g*	9. 1	0. 098	37	2. 6	5. 4	41. 1
Total lipid (fat)	*g*	1. 2	0. 040	36	0. 4	0. 7	5. 6
Carbohydrate, total	*g*	55. 7			15. 8	33. 4	252. 8
Crude fiber	*g*	0. 2	0. 020	11	0. 0	0. 1	0. 8
Ash	*g*	1. 9	0. 094	14	0. 5	1. 1	8. 5
Minerals:							
Calcium	*mg*	86	2. 853	38	24	52	390
Iron[2]	*mg*	2. 62	0. 036	35	0. 74	1. 57	11. 91
Magnesium	*mg*	26	1. 034	13	7	16	118
Phosphorus	*mg*	97	2. 804	13	27	58	438
Potassium	*mg*	120	6. 316	17	34	72	543
Sodium	*mg*	536	16. 930	24	152	322	2,433
Zinc	*mg*	0. 84	0. 041	13	0. 24	0. 51	3. 83
Copper	*mg*	0. 168	0. 012	13	0. 048	0. 101	0. 761
Manganese	*mg*	0. 481	0. 018	13	0. 136	0. 289	2. 183
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin[2]	*mg*	0. 599	0. 009	32	0. 170	0. 360	2. 718
Riboflavin[2]	*mg*	0. 327	0. 007	32	0. 093	0. 196	1. 484
Niacin[2]	*mg*	4. 632	0. 083	32	1. 313	2. 779	21. 011
Pantothenic acid	*mg*	0. 397	0. 020	12	0. 113	0. 238	1. 802
Vitamin B-6	*mg*	0. 034	0. 005	11	0. 010	0. 020	0. 153
Folate	*mcg*	24	2. 596	10	7	14	107
Vitamin B-12	*mcg*	0		1	0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	0. 166			0. 047	0. 099	0. 751
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 000			0. 000	0. 000	0. 001
14:0	*g*						
16:0	*g*	0. 156			0. 044	0. 094	0. 707
18:0	*g*	0. 009			0. 003	0. 006	0. 043
Monounsaturated, total	*g*	0. 105			0. 030	0. 063	0. 477
16:1	*g*	0. 013			0. 004	0. 008	0. 061
18:1	*g*	0. 092			0. 026	0. 055	0. 416
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 535			0. 152	0. 321	2. 428
18:2	*g*	0. 511			0. 145	0. 307	2. 319
18:3	*g*	0. 024			0. 007	0. 014	0. 109
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0	0. 000	2	0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 105			0. 030	0. 063	0. 476
Threonine	*g*	0. 257			0. 073	0. 154	1. 167
Isoleucine	*g*	0. 349			0. 099	0. 210	1. 585
Leucine	*g*	0. 634			0. 180	0. 380	2. 875
Lysine	*g*	0. 219			0. 062	0. 132	0. 994
Methionine	*g*	0. 160			0. 045	0. 096	0. 728
Cystine	*g*	0. 197			0. 056	0. 118	0. 894
Phenylalanine	*g*	0. 446			0. 127	0. 268	2. 025
Tyrosine	*g*	0. 257			0. 073	0. 154	1. 167
Valine	*g*	0. 394			0. 112	0. 236	1. 787
Arginine	*g*	0. 329			0. 093	0. 197	1. 492
Histidine	*g*	0. 195			0. 055	0. 117	0. 886
Alanine	*g*	0. 302			0. 086	0. 181	1. 369
Aspartic acid	*g*	0. 408			0. 116	0. 245	1. 852
Glutamic acid	*g*	3. 033			0. 860	1. 820	13. 756
Glycine	*g*	0. 319			0. 091	0. 192	1. 448
Proline	*g*	1. 012			0. 287	0. 607	4. 590
Serine	*g*	0. 438			0. 124	0. 263	1. 989

[1] Mini pita (4 in. diam.) = approx 1 oz.
[2] Values for enriched product. Unenriched product contains 1.40 mg iron, 0.267 mg thiamin, 0.097 mg riboflavin, and 2.142 mg niacin per 100 g.

BREAD
Pita, whole-wheat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g[1]	1 pita = 64 g (6-1/2 in. diam.)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	30. 6	0. 378	4	8. 7	19. 6	138. 6
Food energy	*kcal*	266			76	170	1,208
	kJ	1,115			316	713	5,057
Protein (N x 5.80)	*g*	9. 8	0. 041	2	2. 8	6. 3	44. 7
Total lipid (fat)	*g*	2. 6	0. 092	3	0. 7	1. 7	11. 8
Carbohydrate, total	*g*	55. 0			15. 6	35. 2	249. 5
Crude fiber	*g*						
Ash	*g*	2. 0	0. 049	2	0. 6	1. 3	9. 0
Minerals:							
Calcium	*mg*	15	1. 082	2	4	10	67
Iron	*mg*						
Magnesium	*mg*	69	3. 868	2	19	44	312
Phosphorus	*mg*	180	13. 302	2	51	115	814
Potassium	*mg*	170	8. 799	2	48	108	769
Sodium	*mg*	532	40. 543	3	151	340	2,412
Zinc	*mg*	1. 52	0. 113	2	0. 43	0. 97	6. 89
Copper	*mg*						
Manganese	*mg*	1. 740	0. 106	2	0. 493	1. 114	7. 893
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 339	0. 011	8	0. 096	0. 217	1. 538
Riboflavin	*mg*	0. 080	0. 001	8	0. 023	0. 051	0. 363
Niacin	*mg*	2. 840	0. 057	8	0. 805	1. 818	12. 882
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	0. 410			0. 116	0. 262	1. 859
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 001			0. 000	0. 001	0. 005
14:0	*g*	0. 004			0. 001	0. 003	0. 018
16:0	*g*	0. 373			0. 106	0. 239	1. 691
18:0	*g*	0. 022			0. 006	0. 014	0. 100
Monounsaturated, total	*g*	0. 349			0. 099	0. 223	1. 582
16:1	*g*	0. 037			0. 010	0. 024	0. 167
18:1	*g*	0. 312			0. 088	0. 200	1. 415
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 055			0. 299	0. 675	4. 787
18:2	*g*	1. 001			0. 284	0. 641	4. 540
18:3	*g*	0. 052			0. 015	0. 033	0. 234
18:4	*g*						
20:4	*g*	0. 003			0. 001	0. 002	0. 014
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0		1	0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 149			0. 042	0. 096	0. 678
Threonine	*g*	0. 282			0. 080	0. 180	1. 279
Isoleucine	*g*	0. 367			0. 104	0. 235	1. 664
Leucine	*g*	0. 671			0. 190	0. 429	3. 042
Lysine	*g*	0. 265			0. 075	0. 170	1. 202
Methionine	*g*	0. 153			0. 043	0. 098	0. 693
Cystine	*g*	0. 228			0. 065	0. 146	1. 032
Phenylalanine	*g*	0. 470			0. 133	0. 301	2. 133
Tyrosine	*g*	0. 292			0. 083	0. 187	1. 325
Valine	*g*	0. 441			0. 125	0. 283	2. 003
Arginine	*g*	0. 455			0. 129	0. 291	2. 064
Histidine	*g*	0. 226			0. 064	0. 145	1. 024
Alanine	*g*	0. 343			0. 097	0. 220	1. 556
Aspartic acid	*g*	0. 494			0. 140	0. 316	2. 241
Glutamic acid	*g*	3. 153			0. 894	2. 018	14. 303
Glycine	*g*	0. 394			0. 112	0. 252	1. 787
Proline	*g*	1. 046			0. 297	0. 669	4. 745
Serine	*g*	0. 469			0. 133	0. 300	2. 126

[1] Mini pita (4 in. diam.) = approx 1 oz.

BREAD
Protein
(includes gluten)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 19 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	40. 0	0. 400	57	7. 6	11. 3	181. 4
Food energy	kcal	245			47	70	1,113
	kJ	1,027			195	291	4,658
Protein (N x 5.70)	g	12. 1	0. 141	62	2. 3	3. 4	54. 7
Total lipid (fat)	g	2. 2	0. 075	62	0. 4	0. 6	10. 1
Carbohydrate, total	g	43. 8			8. 3	12. 4	198. 7
Crude fiber	g	0. 3	0. 019	5	0. 1	0. 1	1. 4
Ash	g	1. 9	0. 159	10	0. 4	0. 5	8. 8
Minerals:							
Calcium	mg	124	7. 858	12	24	35	563
Iron	mg	4. 15	0. 400	12	0. 79	1. 18	18. 82
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	547	53. 087	2	104	155	2,481
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 360	0. 009	60	0. 068	0. 102	1. 635
Riboflavin	mg	0. 394	0. 047	12	0. 075	0. 112	1. 786
Niacin	mg	4. 289	0. 284	11	0. 815	1. 216	19. 453
Pantothenic acid	mg	0. 420		1	0. 080	0. 119	1. 905
Vitamin B-6	mg	0. 071		1	0. 013	0. 020	0. 322
Folate	mcg	35		1	7	10	159
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0. 332			0. 063	0. 094	1. 504
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 001			0. 000	0. 000	0. 007
16:0	g	0. 286			0. 054	0. 081	1. 299
18:0	g	0. 021			0. 004	0. 006	0. 093
Monounsaturated, total	g	0. 183			0. 035	0. 052	0. 828
16:1	g	0. 001			0. 000	0. 000	0. 003
18:1	g	0. 182			0. 035	0. 052	0. 825
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 009			0. 192	0. 286	4. 578
18:2	g	0. 950			0. 181	0. 269	4. 309
18:3	g	0. 059			0. 011	0. 017	0. 269
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 148			0. 028	0. 042	0. 671
Threonine	g	0. 366			0. 069	0. 104	1. 659
Isoleucine	g	0. 471			0. 090	0. 134	2. 139
Leucine	g	0. 858			0. 163	0. 243	3. 894
Lysine	g	0. 372			0. 071	0. 105	1. 688
Methionine	g	0. 199			0. 038	0. 056	0. 901
Cystine	g	0. 247			0. 047	0. 070	1. 122
Phenylalanine	g	0. 596			0. 113	0. 169	2. 704
Tyrosine	g	0. 362			0. 069	0. 102	1. 640
Valine	g	0. 518			0. 098	0. 147	2. 350
Arginine	g	0. 548			0. 104	0. 155	2. 484
Histidine	g	0. 271			0. 051	0. 077	1. 228
Alanine	g	0. 414			0. 079	0. 117	1. 880
Aspartic acid	g	0. 734			0. 139	0. 208	3. 328
Glutamic acid	g	3. 689			0. 701	1. 046	16. 735
Glycine	g	0. 444			0. 084	0. 126	2. 014
Proline	g	1. 222			0. 232	0. 346	5. 543
Serine	g	0. 605			0. 115	0. 171	2. 743

BREAD
Protein, toasted
(includes gluten)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 17 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	34.0			5.8	9.7	154.4
Food energy	kcal	270			46	76	1,223
	kJ	1,128			192	320	5,118
Protein	g	13.2			2.3	3.8	60.1
Total lipid (fat)	g	2.4			0.4	0.7	11.1
Carbohydrate, total	g	48.1			8.2	13.6	218.3
Crude fiber	g	0.3			0.1	0.1	1.6
Ash	g	2.1			0.4	0.6	9.7
Minerals:							
Calcium	mg	136			23	39	619
Iron	mg	4.56			0.78	1.29	20.68
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	601			102	170	2,726
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.317			0.054	0.090	1.438
Riboflavin	mg	0.389			0.066	0.110	1.766
Niacin	mg	4.241			0.721	1.202	19.239
Pantothenic acid	mg	0.300			0.051	0.085	1.361
Vitamin B-6	mg	0.070			0.012	0.020	0.319
Folate	mcg	27			5	8	122
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.364			0.062	0.103	1.653
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002			0.000	0.000	0.007
16:0	g	0.315			0.054	0.089	1.428
18:0	g	0.023			0.004	0.006	0.102
Monounsaturated, total	g	0.201			0.034	0.057	0.910
16:1	g	0.001			0.000	0.000	0.003
18:1	g	0.200			0.034	0.057	0.907
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.109			0.189	0.314	5.031
18:2	g	1.044			0.177	0.296	4.735
18:3	g	0.065			0.011	0.018	0.296
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.163			0.028	0.046	0.738
Threonine	g	0.402			0.068	0.114	1.823
Isoleucine	g	0.518			0.088	0.147	2.350
Leucine	g	0.943			0.160	0.267	4.279
Lysine	g	0.409			0.070	0.116	1.855
Methionine	g	0.218			0.037	0.062	0.991
Cystine	g	0.272			0.046	0.077	1.233
Phenylalanine	g	0.655			0.111	0.186	2.972
Tyrosine	g	0.397			0.068	0.113	1.802
Valine	g	0.569			0.097	0.161	2.582
Arginine	g	0.602			0.102	0.171	2.729
Histidine	g	0.297			0.051	0.084	1.349
Alanine	g	0.455			0.077	0.129	2.066
Aspartic acid	g	0.806			0.137	0.229	3.657
Glutamic acid	g	4.054			0.689	1.149	18.390
Glycine	g	0.488			0.083	0.138	2.213
Proline	g	1.343			0.228	0.381	6.091
Serine	g	0.664			0.113	0.188	3.014

BREAD
Pumpernickel

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 32 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	37. 9	0. 486	24	10. 8	12. 1	172. 1
Food energy	kcal	250			71	80	1,134
	kJ	1,046			297	335	4,747
Protein (N x 5.70)	g	8. 7	0. 079	43	2. 5	2. 8	39. 4
Total lipid (fat)	g	3. 1	0. 135	43	0. 9	1. 0	14. 2
Carbohydrate, total	g	47. 5			13. 5	15. 2	215. 6
Crude fiber	g	0. 7	0. 049	13	0. 2	0. 2	3. 3
Ash	g	2. 6	0. 080	20	0. 7	0. 8	11. 6
Minerals:							
Calcium	mg	68	3. 933	40	19	22	307
Iron	mg	2. 87	0. 088	35	0. 81	0. 92	13. 02
Magnesium	mg	54	2. 896	13	15	17	246
Phosphorus	mg	178	5. 368	11	50	57	806
Potassium	mg	208	7. 178	18	59	66	943
Sodium	mg	671	24. 996	16	190	215	3,045
Zinc	mg	1. 48	0. 078	14	0. 42	0. 47	6. 70
Copper	mg	0. 287	0. 019	13	0. 081	0. 092	1. 300
Manganese	mg	1. 305	0. 087	13	0. 370	0. 418	5. 921
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 327	0. 012	38	0. 093	0. 105	1. 482
Riboflavin	mg	0. 305	0. 024	38	0. 086	0. 097	1. 382
Niacin	mg	3. 091	0. 098	38	0. 876	0. 989	14. 019
Pantothenic acid	mg	0. 404	0. 028	15	0. 114	0. 129	1. 831
Vitamin B-6	mg	0. 126	0. 015	13	0. 036	0. 040	0. 569
Folate	mcg	34	2. 353	10	10	11	152
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	0. 437			0. 124	0. 140	1. 984
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 000			0. 000	0. 000	0. 001
14:0	g	0. 002			0. 001	0. 001	0. 011
16:0	g	0. 332			0. 094	0. 106	1. 508
18:0	g	0. 102			0. 029	0. 033	0. 464
Monounsaturated, total	g	0. 932			0. 264	0. 298	4. 228
16:1	g	0. 018			0. 005	0. 006	0. 084
13:1	g	0. 912			0. 258	0. 292	4. 135
20:1	g	0. 002			0. 001	0. 001	0. 010
22:1	g						
Polyunsaturated, total	g	1. 237			0. 351	0. 396	5. 611
18:2	g	1. 145			0. 325	0. 366	5. 194
18:3	g	0. 092			0. 026	0. 029	0. 416
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0	0. 000	2	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 097			0. 028	0. 031	0. 442
Threonine	g	0. 267			0. 076	0. 085	1. 209
Isoleucine	g	0. 334			0. 095	0. 107	1. 513
Leucine	g	0. 602			0. 171	0. 192	2. 729
Lysine	g	0. 248			0. 070	0. 079	1. 126
Methionine	g	0. 155			0. 044	0. 050	0. 705
Cystine	g	0. 190			0. 054	0. 061	0. 863
Phenylalanine	g	0. 422			0. 120	0. 135	1. 913
Tyrosine	g	0. 238			0. 067	0. 076	1. 078
Valine	g	0. 396			0. 112	0. 127	1. 796
Arginine	g	0. 359			0. 102	0. 115	1. 630
Histidine	g	0. 196			0. 056	0. 063	0. 891
Alanine	g	0. 324			0. 092	0. 104	1. 471
Aspartic acid	g	0. 475			0. 135	0. 152	2. 155
Glutamic acid	g	2. 721			0. 772	0. 871	12. 344
Glycine	g	0. 337			0. 095	0. 108	1. 527
Proline	g	0. 950			0. 269	0. 304	4. 310
Serine	g	0. 417			0. 118	0. 134	1. 893

[1] 5 in. x 4 in. x 3/8 in.
[2] Values based on product containing partially hydrogenated soybean oil.

BREAD
Pumpernickel, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 29 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	31.8			9.0	9.2	144.3
Food energy	kcal	275			78	80	1,246
	kJ	1,150			326	333	5,216
Protein	g	9.5			2.7	2.8	43.3
Total lipid (fat)	g	3.4			1.0	1.0	15.6
Carbohydrate, total	g	52.2			14.8	15.2	237.0
Crude fiber	g	0.8			0.2	0.2	3.6
Ash	g	2.8			0.8	0.8	12.8
Minerals:							
Calcium	mg	74			21	22	337
Iron	mg	3.15			0.89	0.91	14.30
Magnesium	mg	60			17	17	270
Phosphorus	mg	195			55	57	886
Potassium	mg	228			65	66	1,036
Sodium	mg	738			209	214	3,347
Zinc	mg	1.62			0.46	0.47	7.37
Copper	mg	0.315			0.089	0.091	1.428
Manganese	mg	1.434			0.407	0.416	6.506
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.287			0.081	0.083	1.303
Riboflavin	mg	0.301			0.085	0.087	1.367
Niacin	mg	3.057			0.867	0.886	13.865
Pantothenic acid	mg	0.288			0.082	0.084	1.308
Vitamin B-6	mg	0.124			0.035	0.036	0.563
Folate	mcg	26			7	7	117
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	0.481			0.136	0.139	2.180
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000			0.000	0.000	0.001
14:0	g	0.003			0.001	0.001	0.012
16:0	g	0.365			0.104	0.106	1.657
18:0	g	0.112			0.032	0.033	0.510
Monounsaturated, total	g	1.024			0.290	0.297	4.647
16:1	g	0.020			0.006	0.006	0.092
18:1	g	1.002			0.284	0.290	4.544
20:1	g	0.002			0.001	0.001	0.011
22:1	g						
Polyunsaturated, total	g	1.359			0.385	0.394	6.166
18:2	g	1.258			0.357	0.365	5.708
18:3	g	0.101			0.029	0.029	0.458
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.107			0.030	0.031	0.486
Threonine	g	0.293			0.083	0.085	1.328
Isoleucine	g	0.366			0.104	0.106	1.662
Leucine	g	0.661			0.187	0.192	2.998
Lysine	g	0.273			0.077	0.079	1.237
Methionine	g	0.171			0.048	0.050	0.774
Cystine	g	0.209			0.059	0.061	0.949
Phenylalanine	g	0.464			0.131	0.134	2.103
Tyrosine	g	0.261			0.074	0.076	1.184
Valine	g	0.435			0.123	0.126	1.974
Arginine	g	0.395			0.112	0.115	1.791
Histidine	g	0.216			0.061	0.063	0.979
Alanine	g	0.356			0.101	0.103	1.617
Aspartic acid	g	0.522			0.148	0.151	2.368
Glutamic acid	g	2.991			0.848	0.867	13.565
Glycine	g	0.370			0.105	0.107	1.678
Proline	g	1.044			0.296	0.303	4.737
Serine	g	0.459			0.130	0.133	2.080

[1] 5 in. x 4 in. x 3/8 in.
[2] Values based on product containing partially hydrogenated soybean oil.

BREAD
Pumpkin, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 60 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	30.8			8.7	18.5	139.8
Food energy	kcal	331			94	198	1,500
	kJ	1,384			392	830	6,278
Protein	g	4.0			1.1	2.4	18.0
Total lipid (fat)	g	12.8			3.6	7.7	58.0
Carbohydrate, total	g	51.2			14.5	30.7	232.1
Crude fiber	g	0.5			0.1	0.3	2.3
Ash	g	1.0			0.3	0.6	4.4
Minerals:							
Calcium	mg	18			5	11	80
Iron	mg	1.65			0.47	0.99	7.47
Magnesium	mg	13			4	8	57
Phosphorus	mg	53			15	32	241
Potassium	mg	92			26	55	418
Sodium	mg	313			89	188	1,421
Zinc	mg	0.34			0.10	0.20	1.54
Copper	mg	0.077			0.022	0.046	0.352
Manganese	mg	0.237			0.067	0.142	1.075
Vitamins:							
Ascorbic acid	mg	1.0			0.3	0.6	4.3
Thiamin	mg	0.155			0.044	0.093	0.702
Riboflavin	mg	0.172			0.049	0.103	0.779
Niacin	mg	1.316			0.373	0.790	5.972
Pantothenic acid	mg	0.282			0.080	0.169	1.278
Vitamin B-6	mg	0.038			0.011	0.023	0.170
Folate	mcg	11			3	6	48
Vitamin B-12	mcg	0.08			0.02	0.05	0.38
Vitamin A	RE	557			158	334	2,525
	IU	5,432			1,540	3,259	24,638
Lipids:							
Fatty acids:							
Saturated, total	g	2.051			0.582	1.231	9.305
4:0	g						
6:0	g						
8:0	g	0.000			0.000	0.000	0.002
10:0	g	0.000			0.000	0.000	0.002
12:0	g	0.002			0.000	0.001	0.008
14:0	g	0.046			0.013	0.028	0.210
16:0	g	1.477			0.419	0.886	6.698
18:0	g	0.521			0.148	0.312	2.362
Monounsaturated, total	g	3.086			0.875	1.852	14.000
16:1	g	0.061			0.017	0.036	0.275
18:1	g	2.999			0.850	1.799	13.602
20:1	g	0.026			0.007	0.015	0.117
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	6.854			1.943	4.113	31.092
18:2	g	6.047			1.714	3.628	27.428
18:3	g	0.789			0.224	0.473	3.578
18:4	g						
20:4	g	0.015			0.004	0.009	0.067
20:5	g	0.000			0.000	0.000	0.002
22:5	g						
22:6	g	0.004			0.001	0.002	0.017
Cholesterol	mg	44			13	27	202
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.048			0.014	0.029	0.219
Threonine	g	0.135			0.038	0.081	0.613
Isoleucine	g	0.162			0.046	0.097	0.733
Leucine	g	0.287			0.081	0.172	1.303
Lysine	g	0.161			0.046	0.097	0.732
Methionine	g	0.086			0.024	0.051	0.389
Cystine	g	0.081			0.023	0.049	0.368
Phenylalanine	g	0.197			0.056	0.118	0.895
Tyrosine	g	0.136			0.039	0.082	0.618
Valine	g	0.184			0.052	0.111	0.836
Arginine	g	0.189			0.054	0.113	0.856
Histidine	g	0.088			0.025	0.053	0.399
Alanine	g	0.157			0.044	0.094	0.710
Aspartic acid	g	0.260			0.074	0.156	1.178
Glutamic acid	g	1.018			0.289	0.611	4.618
Glycine	g	0.136			0.039	0.082	0.618
Proline	g	0.333			0.095	0.200	1.512
Serine	g	0.228			0.065	0.137	1.032

[1] 3-3/4 in. x 3 in. x 1/2 in. Loaf (baked in 9 x 5 x 3 in. pan) = 957 g.

BREAD
Raisin

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 26 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	33. 6	0. 286	47	8. 7	9. 5	152. 4
Food energy	*kcal*	274			71	78	1,241
	kJ	1,146			298	325	5,197
Protein (N x 5.80)	*g*	7. 9	0. 086	55	2. 1	2. 2	35. 8
Total lipid (fat)	*g*	4. 4	0. 143	54	1. 1	1. 3	20. 0
Carbohydrate, total	*g*	52. 3			13. 6	14. 8	237. 4
Crude fiber	*g*	0. 6	0. 051	14	0. 2	0. 2	2. 7
Ash	*g*	1. 8	0. 036	22	0. 5	0. 5	8. 0
Minerals:							
Calcium	*mg*	66	5. 711	29	17	19	300
Iron[1]	*mg*	2. 90	0. 149	24	0. 75	0. 82	13. 16
Magnesium	*mg*	26	1. 166	13	7	7	118
Phosphorus	*mg*	109	5. 060	13	28	31	494
Potassium	*mg*	227	11. 006	15	59	64	1,028
Sodium	*mg*	390	9. 864	20	101	111	1,770
Zinc	*mg*	0. 72	0. 045	13	0. 19	0. 20	3. 25
Copper	*mg*	0. 198	0. 009	13	0. 051	0. 056	0. 898
Manganese	*mg*	0. 501	0. 024	13	0. 130	0. 142	2. 273
Vitamins:							
Ascorbic acid	*mg*						
Thiamin[1]	*mg*	0. 339	0. 010	48	0. 088	0. 096	1. 536
Riboflavin[1]	*mg*	0. 398	0. 038	26	0. 104	0. 113	1. 808
Niacin[1]	*mg*	3. 466	0. 143	27	0. 901	0. 983	15. 722
Pantothenic acid	*mg*	0. 387	0. 042	15	0. 101	0. 110	1. 757
Vitamin B-6	*mg*	0. 069	0. 009	13	0. 018	0. 020	0. 315
Folate	*mcg*	34	1. 368	11	9	10	154
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	1. 081			0. 281	0. 306	4. 903
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 000			0. 000	0. 000	0. 001
14:0	*g*	0. 020			0. 005	0. 006	0. 092
16:0	*g*	0. 584			0. 152	0. 166	2. 650
18:0	*g*	0. 476			0. 124	0. 135	2. 161
Monounsaturated, total	*g*	2. 294			0. 596	0. 650	10. 406
16:1	*g*	0. 006			0. 002	0. 002	0. 029
18:1	*g*	2. 288			0. 595	0. 649	10. 377
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 679			0. 176	0. 192	3. 078
18:2	*g*	0. 641			0. 167	0. 182	2. 908
18:3	*g*	0. 038			0. 010	0. 011	0. 170
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0	0. 000	2	0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 083			0. 022	0. 024	0. 377
Threonine	*g*	0. 222			0. 058	0. 063	1. 006
Isoleucine	*g*	0. 287			0. 075	0. 081	1. 303
Leucine	*g*	0. 516			0. 134	0. 146	2. 340
Lysine	*g*	0. 200			0. 052	0. 057	0. 908
Methionine	*g*	0. 128			0. 033	0. 036	0. 580
Cystine	*g*	0. 152			0. 040	0. 043	0. 691
Phenylalanine	*g*	0. 361			0. 094	0. 102	1. 636
Tyrosine	*g*	0. 204			0. 053	0. 058	0. 926
Valine	*g*	0. 329			0. 086	0. 093	1. 494
Arginine	*g*	0. 362			0. 094	0. 103	1. 642
Histidine	*g*	0. 167			0. 044	0. 047	0. 759
Alanine	*g*	0. 267			0. 069	0. 076	1. 210
Aspartic acid	*g*	0. 351			0. 091	0. 100	1. 593
Glutamic acid	*g*	2. 355			0. 612	0. 668	10. 680
Glycine	*g*	0. 269			0. 070	0. 076	1. 222
Proline	*g*	0. 828			0. 215	0. 235	3. 754
Serine	*g*	0. 357			0. 093	0. 101	1. 617

[1] Values for enriched product. Unenriched product contains 1.83 mg iron, 0.177 mg thiamin, 0.173 mg riboflavin, and 1.495 mg niacin per 100 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Raisin, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 24 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	27. 8			6. 7	7. 9	126. 2
Food energy	kcal	297			71	84	1,349
	kJ	1,245			299	353	5,649
Protein	g	8. 6			2. 1	2. 4	38. 9
Total lipid (fat)	g	4. 8			1. 2	1. 4	21. 8
Carbohydrate, total	g	56. 9			13. 7	16. 1	258. 0
Crude fiber	g	0. 7			0. 2	0. 2	3. 0
Ash	g	1. 9			0. 5	0. 5	8. 7
Minerals:							
Calcium	mg	72			17	20	327
Iron[1]	mg	3. 15			0. 76	0. 89	14. 30
Magnesium	mg	28			7	8	128
Phosphorus	mg	118			28	34	537
Potassium	mg	246			59	70	1,118
Sodium	mg	424			102	120	1,924
Zinc	mg	0. 78			0. 19	0. 22	3. 53
Copper	mg	0. 215			0. 052	0. 061	0. 976
Manganese	mg	0. 545			0. 131	0. 154	2. 471
Vitamins:							
Ascorbic acid	mg						
Thiamin[1]	mg	0. 294			0. 071	0. 083	1. 336
Riboflavin[1]	mg	0. 390			0. 094	0. 111	1. 768
Niacin[1]	mg	3. 391			0. 814	0. 961	15. 381
Pantothenic acid	mg	0. 274			0. 066	0. 078	1. 241
Vitamin B-6	mg	0. 068			0. 016	0. 019	0. 308
Folate	mcg	26			6	7	117
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	1. 175			0. 282	0. 333	5. 330
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 000			0. 000	0. 000	0. 001
14:0	g	0. 022			0. 005	0. 006	0. 100
16:0	g	0. 635			0. 152	0. 180	2. 880
18:0	g	0. 518			0. 124	0. 147	2. 349
Monounsaturated, total	g	2. 494			0. 598	0. 707	11. 311
16:1	g	0. 007			0. 002	0. 002	0. 032
18:1	g	2. 487			0. 597	0. 705	11. 279
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 738			0. 177	0. 209	3. 346
18:2	g	0. 697			0. 167	0. 198	3. 161
18:3	g	0. 041			0. 010	0. 012	0. 185
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 090			0. 022	0. 026	0. 409
Threonine	g	0. 241			0. 058	0. 068	1. 094
Isoleucine	g	0. 312			0. 075	0. 088	1. 416
Leucine	g	0. 561			0. 135	0. 159	2. 543
Lysine	g	0. 217			0. 052	0. 062	0. 986
Methionine	g	0. 139			0. 033	0. 039	0. 631
Cystine	g	0. 166			0. 040	0. 047	0. 752
Phenylalanine	g	0. 392			0. 094	0. 111	1. 778
Tyrosine	g	0. 222			0. 053	0. 063	1. 007
Valine	g	0. 358			0. 086	0. 101	1. 624
Arginine	g	0. 394			0. 094	0. 112	1. 785
Histidine	g	0. 182			0. 044	0. 052	0. 825
Alanine	g	0. 290			0. 070	0. 082	1. 315
Aspartic acid	g	0. 382			0. 092	0. 108	1. 731
Glutamic acid	g	2. 559			0. 614	0. 726	11. 609
Glycine	g	0. 293			0. 070	0. 083	1. 329
Proline	g	0. 899			0. 216	0. 255	4. 080
Serine	g	0. 388			0. 093	0. 110	1. 758

[1] Values for enriched product. Unenriched product contains 1.99 mg iron, 0.192 mg thiamin, 0.188 mg riboflavin, and 1.625 mg niacin per 100 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Reduced-calorie, oat bran

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 23 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	46.0	0.000	2	10.6	13.0	208.7
Food energy[1]	kcal	201			46	57	910
	kJ	840			193	238	3,811
Protein (N x 5.80)	g	8.0	1.095	2	1.8	2.3	36.1
Total lipid (fat)	g	3.2	0.562	2	0.7	0.9	14.4
Carbohydrate, total	g	41.3			9.5	11.7	187.5
Crude fiber	g						
Ash	g	1.5	0.106	2	0.3	0.4	6.9
Minerals:							
Calcium	mg	57	16.062	2	13	16	260
Iron	mg	3.15	0.694	2	0.72	0.89	14.29
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	102		1	24	29	464
Sodium	mg	351	12.876	2	81	100	1,594
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.354	0.026	2	0.082	0.101	1.608
Riboflavin	mg	0.203	0.028	2	0.047	0.058	0.921
Niacin	mg	3.763	0.792	2	0.865	1.067	17.069
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	0.445			0.102	0.126	2.019
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.002			0.000	0.000	0.007
14:0	g	0.002			0.000	0.001	0.010
16:0	g	0.369			0.085	0.105	1.675
18:0	g	0.068			0.016	0.019	0.309
Monounsaturated, total	g	0.684			0.157	0.194	3.103
16:1	g	0.019			0.004	0.005	0.087
18:1	g	0.663			0.152	0.188	3.007
20:1	g	0.002			0.000	0.001	0.009
22:1	g						
Polyunsaturated, total	g	1.670			0.384	0.473	7.573
18:2	g	1.567			0.360	0.444	7.108
18:3	g	0.102			0.024	0.029	0.465
18:4	g						
20:4	g	0.000			0.000	0.000	0.001
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.103			0.024	0.029	0.467
Threonine	g	0.257			0.059	0.073	1.164
Isoleucine	g	0.321			0.074	0.091	1.457
Leucine	g	0.565			0.130	0.160	2.565
Lysine	g	0.291			0.067	0.082	1.320
Methionine	g	0.140			0.032	0.040	0.635
Cystine	g	0.135			0.031	0.038	0.610
Phenylalanine	g	0.165			0.038	0.047	0.747
Tyrosine	g	0.386			0.089	0.109	1.749
Valine	g	0.364			0.084	0.103	1.650
Arginine	g	0.384			0.088	0.109	1.743
Histidine	g	0.183			0.042	0.052	0.828
Alanine	g	0.312			0.072	0.088	1.413
Aspartic acid	g	0.527			0.121	0.149	2.391
Glutamic acid	g	2.197			0.505	0.623	9.968
Glycine	g	0.318			0.073	0.090	1.444
Proline	g	0.712			0.164	0.202	3.231
Serine	g	0.391			0.090	0.111	1.774

[1] 40 calories per 23 g slice when calculated by procedures most often used for nutrition labeling. See Explanation of Table, discussion of calorie calculation, p 2.

[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Reduced-calorie, oat bran, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 19 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	35.7			6.8	10.1	162.0
Food energy[1]	kcal	239			45	68	1,084
	kJ	1,000			190	284	4,536
Protein	g	9.5			1.8	2.7	43.0
Total lipid (fat)	g	3.8			0.7	1.1	17.1
Carbohydrate, total	g	49.2			9.4	14.0	223.3
Crude fiber	g						
Ash	g	1.8			0.3	0.5	8.2
Minerals:							
Calcium	mg	68			13	19	310
Iron	mg	3.75			0.71	1.06	17.01
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	122			23	35	553
Sodium	mg	418			79	119	1,897
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.338			0.064	0.096	1.531
Riboflavin	mg	0.217			0.041	0.062	0.987
Niacin	mg	4.032			0.766	1.143	18.288
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	0.530			0.101	0.150	2.404
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.002			0.000	0.001	0.009
14:0	g	0.003			0.000	0.001	0.012
16:0	g	0.439			0.084	0.125	1.993
18:0	g	0.081			0.015	0.023	0.367
Monounsaturated, total	g	0.814			0.155	0.231	3.694
16:1	g	0.023			0.004	0.007	0.104
18:1	g	0.789			0.150	0.224	3.580
20:1	g	0.002			0.000	0.001	0.011
22:1	g						
Polyunsaturated, total	g	1.988			0.378	0.564	9.016
18:2	g	1.865			0.354	0.529	8.462
18:3	g	0.122			0.023	0.035	0.553
18:4	g						
20:4	g	0.000			0.000	0.000	0.001
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.123			0.023	0.035	0.556
Threonine	g	0.306			0.058	0.087	1.386
Isoleucine	g	0.382			0.073	0.108	1.734
Leucine	g	0.673			0.128	0.191	3.054
Lysine	g	0.346			0.066	0.098	1.571
Methionine	g	0.167			0.032	0.047	0.756
Cystine	g	0.160			0.030	0.045	0.726
Phenylalanine	g	0.196			0.037	0.056	0.889
Tyrosine	g	0.459			0.087	0.130	2.083
Valine	g	0.433			0.082	0.123	1.964
Arginine	g	0.458			0.087	0.130	2.075
Histidine	g	0.217			0.041	0.062	0.986
Alanine	g	0.371			0.070	0.105	1.682
Aspartic acid	g	0.627			0.119	0.178	2.846
Glutamic acid	g	2.616			0.497	0.742	11.866
Glycine	g	0.379			0.072	0.107	1.720
Proline	g	0.848			0.161	0.240	3.847
Serine	g	0.466			0.088	0.132	2.112

[1] 39 calories per 19 g slice when calculated by procedures most often used for nutrition labeling. See Explanation of Table, discussion of calorie calculation, p 2.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Reduced-calorie, oatmeal

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 23 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	44. 0	0. 000	2	10. 1	12. 5	199. 6
Food energy[1]	*kcal*	210			48	60	955
	kJ	881			203	250	3,996
Protein (N x 5.80)	*g*	7. 6	0. 036	2	1. 7	2. 2	34. 5
Total lipid (fat)	*g*	3. 5	1. 002	2	0. 8	1. 0	15. 8
Carbohydrate, total	*g*	43. 3			10. 0	12. 3	196. 3
Crude fiber	*g*						
Ash	*g*	1. 6	0. 013	2	0. 4	0. 5	7. 4
Minerals:							
Calcium	*mg*	115	31. 714	2	26	33	520
Iron	*mg*	2. 30	0. 571	2	0. 53	0. 65	10. 43
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*						
Sodium	*mg*	388	2. 663	2	89	110	1,760
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 348	0. 034	2	0. 080	0. 099	1. 581
Riboflavin	*mg*	0. 280	0. 131	2	0. 065	0. 080	1. 272
Niacin	*mg*	3. 030	0. 483	2	0. 697	0. 859	13. 746
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	0. 599			0. 138	0. 170	2. 715
4:0	*g*	0. 002			0. 000	0. 001	0. 010
6:0	*g*	0. 001			0. 000	0. 000	0. 006
8:0	*g*	0. 001			0. 000	0. 000	0. 003
10:0	*g*	0. 002			0. 000	0. 000	0. 008
12:0	*g*	0. 010			0. 002	0. 003	0. 046
14:0	*g*	0. 011			0. 003	0. 003	0. 051
16:0	*g*	0. 504			0. 116	0. 143	2. 288
18:0	*g*	0. 041			0. 009	0. 012	0. 184
Monounsaturated, total	*g*	0. 822			0. 189	0. 233	3. 729
16:1	*g*	0. 039			0. 009	0. 011	0. 177
18:1	*g*	0. 783			0. 180	0. 222	3. 552
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 351			0. 311	0. 383	6. 129
18:2	*g*	1. 289			0. 296	0. 365	5. 845
18:3	*g*	0. 063			0. 014	0. 018	0. 284
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0		1	0	0	1
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 096			0. 022	0. 027	0. 434
Threonine	*g*	0. 234			0. 054	0. 066	1. 064
Isoleucine	*g*	0. 312			0. 072	0. 088	1. 414
Leucine	*g*	0. 562			0. 129	0. 159	2. 549
Lysine	*g*	0. 259			0. 060	0. 074	1. 176
Methionine	*g*	0. 138			0. 032	0. 039	0. 624
Cystine	*g*	0. 161			0. 037	0. 046	0. 731
Phenylalanine	*g*	0. 381			0. 088	0. 108	1. 729
Tyrosine	*g*	0. 251			0. 058	0. 071	1. 141
Valine	*g*	0. 359			0. 083	0. 102	1. 628
Arginine	*g*	0. 327			0. 075	0. 093	1. 485
Histidine	*g*	0. 170			0. 039	0. 048	0. 772
Alanine	*g*	0. 274			0. 063	0. 078	1. 242
Aspartic acid	*g*	0. 431			0. 099	0. 122	1. 955
Glutamic acid	*g*	2. 235			0. 514	0. 634	10. 136
Glycine	*g*	0. 282			0. 065	0. 080	1. 277
Proline	*g*	0. 764			0. 176	0. 216	3. 464
Serine	*g*	0. 376			0. 086	0. 107	1. 705

[1] 40 calories per 23 g slice when calculated by procedures most often used for nutrition labeling. See Explanation of Table, discussion of calorie calculation, p 2.

BREAD
Reduced-calorie, oatmeal, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 19 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	33. 3			6. 3	9. 4	151. 2
Food energy[1]	kcal	251			48	71	1,136
	kJ	1,049			199	297	4,757
Protein	g	9. 0			1. 7	2. 6	41. 0
Total lipid (fat)	g	4. 2			0. 8	1. 2	18. 9
Carbohydrate, total	g	51. 5			9. 8	14. 6	233. 7
Crude fiber	g						
Ash	g	1. 9			0. 4	0. 6	8. 8
Minerals:							
Calcium	mg	137			26	39	620
Iron	mg	2. 74			0. 52	0. 78	12. 41
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	462			88	131	2,095
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 332			0. 063	0. 094	1. 506
Riboflavin	mg	0. 301			0. 057	0. 085	1. 363
Niacin	mg	3. 247			0. 617	0. 921	14. 728
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0. 713			0. 135	0. 202	3. 232
4:0	g	0. 003			0. 000	0. 001	0. 012
6:0	g	0. 001			0. 000	0. 000	0. 007
8:0	g	0. 001			0. 000	0. 000	0. 004
10:0	g	0. 002			0. 000	0. 001	0. 009
12:0	g	0. 012			0. 002	0. 003	0. 055
14:0	g	0. 014			0. 003	0. 004	0. 061
16:0	g	0. 600			0. 114	0. 170	2. 723
18:0	g	0. 048			0. 009	0. 014	0. 220
Monounsaturated, total	g	0. 979			0. 186	0. 277	4. 439
16:1	g	0. 047			0. 009	0. 013	0. 211
18:1	g	0. 932			0. 177	0. 264	4. 228
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 609			0. 306	0. 456	7. 296
18:2	g	1. 534			0. 291	0. 435	6. 958
18:3	g	0. 075			0. 014	0. 021	0. 338
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	2
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 114			0. 022	0. 032	0. 516
Threonine	g	0. 279			0. 053	0. 079	1. 266
Isoleucine	g	0. 371			0. 071	0. 105	1. 683
Leucine	g	0. 669			0. 127	0. 190	3. 034
Lysine	g	0. 309			0. 059	0. 088	1. 400
Methionine	g	0. 164			0. 031	0. 046	0. 743
Cystine	g	0. 192			0. 036	0. 054	0. 870
Phenylalanine	g	0. 454			0. 086	0. 129	2. 058
Tyrosine	g	0. 299			0. 057	0. 085	1. 358
Valine	g	0. 427			0. 081	0. 121	1. 938
Arginine	g	0. 390			0. 074	0. 111	1. 768
Histidine	g	0. 203			0. 039	0. 057	0. 920
Alanine	g	0. 326			0. 062	0. 092	1. 478
Aspartic acid	g	0. 513			0. 097	0. 145	2. 327
Glutamic acid	g	2. 660			0. 505	0. 754	12. 067
Glycine	g	0. 335			0. 064	0. 095	1. 521
Proline	g	0. 909			0. 173	0. 258	4. 124
Serine	g	0. 448			0. 085	0. 127	2. 030

[1] 39 calories per 19 g slice when calculated by procedures most often used for nutrition labeling. See Explanation of Table, discussion of calorie calculation, p 2.

BREAD
Reduced-calorie, rye

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 23 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	46. 0		1	10. 6	13. 0	208. 7
Food energy[1]	*kcal*	203			47	57	919
	kJ	848			195	240	3,847
Protein (N x 5.70)	*g*	9. 1		1	2. 1	2. 6	41. 2
Total lipid (fat)	*g*	2. 9		1	0. 7	0. 8	13. 0
Carbohydrate, total	*g*	40. 5			9. 3	11. 5	183. 5
Crude fiber	*g*						
Ash	*g*	1. 6		1	0. 4	0. 4	7. 2
Minerals:							
Calcium	*mg*	76		1	18	22	346
Iron	*mg*	3. 10		1	0. 71	0. 88	14. 08
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	98		1	23	28	445
Sodium	*mg*	405		1	93	115	1,839
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 367		1	0. 084	0. 104	1. 665
Riboflavin	*mg*	0. 240		1	0. 055	0. 068	1. 089
Niacin	*mg*	2. 527		1	0. 581	0. 716	11. 462
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	0. 368			0. 085	0. 104	1. 668
4:0	*g*	0. 001			0. 000	0. 000	0. 007
6:0	*g*	0. 001			0. 000	0. 000	0. 004
8:0	*g*	0. 001			0. 000	0. 000	0. 002
10:0	*g*	0. 002			0. 000	0. 000	0. 008
12:0	*g*	0. 004			0. 001	0. 001	0. 020
14:0	*g*	0. 012			0. 003	0. 003	0. 053
16:0	*g*	0. 270			0. 062	0. 077	1. 226
18:0	*g*	0. 075			0. 017	0. 021	0. 341
Monounsaturated, total	*g*	0. 672			0. 155	0. 191	3. 050
16:1	*g*	0. 034			0. 008	0. 010	0. 155
18:1	*g*	0. 638			0. 147	0. 181	2. 894
20:1	*g*	0. 000			0. 000	0. 000	0. 001
22:1	*g*						
Polyunsaturated, total	*g*	0. 752			0. 173	0. 213	3. 410
18:2	*g*	0. 710			0. 163	0. 201	3. 222
18:3	*g*	0. 041			0. 010	0. 012	0. 188
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0		1	0	0	2
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 110			0. 025	0. 031	0. 497
Threonine	*g*	0. 284			0. 065	0. 080	1. 286
Isoleucine	*g*	0. 357			0. 082	0. 101	1. 620
Leucine	*g*	0. 638			0. 147	0. 181	2. 892
Lysine	*g*	0. 321			0. 074	0. 091	1. 457
Methionine	*g*	0. 155			0. 036	0. 044	0. 703
Cystine	*g*	0. 180			0. 041	0. 051	0. 817
Phenylalanine	*g*	0. 457			0. 105	0. 130	2. 075
Tyrosine	*g*	0. 288			0. 066	0. 082	1. 307
Valine	*g*	0. 415			0. 095	0. 118	1. 883
Arginine	*g*	0. 476			0. 110	0. 135	2. 160
Histidine	*g*	0. 208			0. 048	0. 059	0. 945
Alanine	*g*	0. 320			0. 074	0. 091	1. 450
Aspartic acid	*g*	0. 556			0. 128	0. 158	2. 523
Glutamic acid	*g*	2. 629			0. 605	0. 745	11. 924
Glycine	*g*	0. 321			0. 074	0. 091	1. 457
Proline	*g*	0. 860			0. 198	0. 244	3. 901
Serine	*g*	0. 432			0. 099	0. 123	1. 961

[1] 40 calories per 23 g slice when calculated by procedures most often used for nutrition labeling. See Explanation of Table, discussion of calorie calculation, p 2.
[2] Values based on product containing partially hydrogenated soybean oil.

BREAD
Reduced-calorie, rye, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 19 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	35. 7			6. 8	10. 1	162. 0
Food energy[1]	*kcal*	241			46	68	1,094
	kJ	1,010			192	286	4,580
Protein	*g*	10. 8			2. 1	3. 1	49. 1
Total lipid (fat)	*g*	3. 4			0. 6	1. 0	15. 5
Carbohydrate, total	*g*	48. 2			9. 2	13. 7	218. 5
Crude fiber	*g*						
Ash	*g*	1. 9			0. 4	0. 5	8. 6
Minerals:							
Calcium	*mg*	91			17	26	412
Iron	*mg*	3. 70			0. 70	1. 05	16. 76
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	117			22	33	530
Sodium	*mg*	483			92	137	2,189
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 350			0. 066	0. 099	1. 585
Riboflavin	*mg*	0. 257			0. 049	0. 073	1. 166
Niacin	*mg*	2. 707			0. 514	0. 768	12. 281
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	0. 438			0. 083	0. 124	1. 986
4:0	*g*	0. 002			0. 000	0. 000	0. 008
6:0	*g*	0. 001			0. 000	0. 000	0. 005
8:0	*g*	0. 001			0. 000	0. 000	0. 003
10:0	*g*	0. 002			0. 000	0. 001	0. 009
12:0	*g*	0. 005			0. 001	0. 001	0. 023
14:0	*g*	0. 014			0. 003	0. 004	0. 063
16:0	*g*	0. 322			0. 061	0. 091	1. 459
18:0	*g*	0. 089			0. 017	0. 025	0. 406
Monounsaturated, total	*g*	0. 800			0. 152	0. 227	3. 631
16:1	*g*	0. 041			0. 008	0. 011	0. 184
18:1	*g*	0. 760			0. 144	0. 215	3. 445
20:1	*g*	0. 000			0. 000	0. 000	0. 002
22:1	*g*						
Polyunsaturated, total	*g*	0. 895			0. 170	0. 254	4. 059
18:2	*g*	0. 846			0. 161	0. 240	3. 836
18:3	*g*	0. 049			0. 009	0. 014	0. 223
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	1			0	0	2
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 131			0. 025	0. 037	0. 592
Threonine	*g*	0. 338			0. 064	0. 096	1. 531
Isoleucine	*g*	0. 425			0. 081	0. 121	1. 929
Leucine	*g*	0. 759			0. 144	0. 215	3. 443
Lysine	*g*	0. 382			0. 073	0. 108	1. 734
Methionine	*g*	0. 185			0. 035	0. 052	0. 837
Cystine	*g*	0. 214			0. 041	0. 061	0. 973
Phenylalanine	*g*	0. 545			0. 103	0. 154	2. 470
Tyrosine	*g*	0. 343			0. 065	0. 097	1. 557
Valine	*g*	0. 494			0. 094	0. 140	2. 242
Arginine	*g*	0. 567			0. 108	0. 161	2. 572
Histidine	*g*	0. 248			0. 047	0. 070	1. 125
Alanine	*g*	0. 380			0. 072	0. 108	1. 726
Aspartic acid	*g*	0. 662			0. 126	0. 188	3. 003
Glutamic acid	*g*	3. 129			0. 595	0. 887	14. 195
Glycine	*g*	0. 382			0. 073	0. 108	1. 734
Proline	*g*	1. 024			0. 195	0. 290	4. 644
Serine	*g*	0. 515			0. 098	0. 146	2. 335

[1] 39 calories per 19 g slice when calculated by procedures most often used for nutrition labeling. See Explanation of Table, discussion of calorie calculation, p 2.
[2] Values based on product containing partially hydrogenated soybean oil.

BREAD
Reduced-calorie, wheat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 23 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	43. 2	0. 656	10	9. 9	12. 3	196. 0
Food energy[1]	*kcal*	198			46	56	900
	kJ	830			191	235	3,767
Protein (N x 5.80)	*g*	9. 1	0. 462	7	2. 1	2. 6	41. 1
Total lipid (fat)	*g*	2. 3	0. 279	8	0. 5	0. 7	10. 4
Carbohydrate, total	*g*	43. 6			10. 0	12. 3	197. 6
Crude fiber	*g*	6. 4	0. 304	8	1. 5	1. 8	28. 9
Ash	*g*	1. 9	0. 119	6	0. 4	0. 5	8. 4
Minerals:							
Calcium	*mg*	80	17. 083	6	18	23	364
Iron	*mg*	2. 96	0. 263	8	0. 68	0. 84	13. 41
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*						
Sodium	*mg*	511	24. 634	3	117	145	2,316
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 422	0. 089	4	0. 097	0. 120	1. 916
Riboflavin	*mg*	0. 295	0. 024	6	0. 068	0. 084	1. 337
Niacin	*mg*	3. 885	0. 138	6	0. 894	1. 101	17. 622
Pantothenic acid	*mg*	0. 630		1	0. 145	0. 179	2. 858
Vitamin B-6	*mg*	0. 126		1	0. 029	0. 036	0. 572
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	0. 344			0. 079	0. 097	1. 559
4:0	*g*	0. 002			0. 001	0. 001	0. 010
6:0	*g*	0. 001			0. 000	0. 000	0. 006
8:0	*g*	0. 001			0. 000	0. 000	0. 003
10:0	*g*	0. 002			0. 000	0. 000	0. 008
12:0	*g*	0. 003			0. 001	0. 001	0. 013
14:0	*g*	0. 008			0. 002	0. 002	0. 034
16:0	*g*	0. 297			0. 068	0. 084	1. 348
18:0	*g*	0. 027			0. 006	0. 008	0. 121
Monounsaturated, total	*g*	0. 252			0. 058	0. 072	1. 145
16:1	*g*	0. 038			0. 009	0. 011	0. 171
18:1	*g*	0. 215			0. 049	0. 061	0. 974
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 969			0. 223	0. 275	4. 395
18:2	*g*	0. 918			0. 211	0. 260	4. 166
18:3	*g*	0. 050			0. 012	0. 014	0. 227
18:4	*g*						
20:4	*g*	0. 000			0. 000	0. 000	0. 002
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 108			0. 025	0. 031	0. 489
Threonine	*g*	0. 274			0. 063	0. 078	1. 241
Isoleucine	*g*	0. 356			0. 082	0. 101	1. 617
Leucine	*g*	0. 638			0. 147	0. 181	2. 893
Lysine	*g*	0. 261			0. 060	0. 074	1. 184
Methionine	*g*	0. 159			0. 037	0. 045	0. 723
Cystine	*g*	0. 188			0. 043	0. 053	0. 851
Phenylalanine	*g*	0. 442			0. 102	0. 125	2. 007
Tyrosine	*g*	0. 275			0. 063	0. 078	1. 248
Valine	*g*	0. 399			0. 092	0. 113	1. 808
Arginine	*g*	0. 339			0. 078	0. 096	1. 539
Histidine	*g*	0. 197			0. 045	0. 056	0. 893
Alanine	*g*	0. 303			0. 070	0. 086	1. 376
Aspartic acid	*g*	0. 433			0. 100	0. 123	1. 964
Glutamic acid	*g*	2. 861			0. 658	0. 811	12. 976
Glycine	*g*	0. 316			0. 073	0. 090	1. 432
Proline	*g*	0. 982			0. 226	0. 278	4. 453
Serine	*g*	0. 439			0. 101	0. 125	1. 993

[1] 40 calories per 23 g slice when calculated by procedures most often used for nutrition labeling. See Explanation of Table, discussion of calorie calculation, p 2.

BREAD
Reduced-calorie, wheat, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 19 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	32.4			6.2	9.2	147.0
Food energy[1]	*kcal*	236			45	67	1,071
	kJ	989			188	280	4,484
Protein	*g*	10.8			2.1	3.1	49.0
Total lipid (fat)	*g*	2.7			0.5	0.8	12.4
Carbohydrate, total	*g*	51.9			9.9	14.7	235.2
Crude fiber	*g*	7.6			1.4	2.2	34.4
Ash	*g*	2.2			0.4	0.6	10.0
Minerals:							
Calcium	*mg*	96			18	27	433
Iron	*mg*	3.52			0.67	1.00	15.96
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*						
Sodium	*mg*	608			115	172	2,757
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0.402			0.076	0.114	1.825
Riboflavin	*mg*	0.316			0.060	0.090	1.433
Niacin	*mg*	4.162			0.791	1.180	18.881
Pantothenic acid	*mg*	0.487			0.093	0.138	2.211
Vitamin B-6	*mg*	0.135			0.026	0.038	0.612
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	0.409			0.078	0.116	1.856
4:0	*g*	0.003			0.000	0.001	0.012
6:0	*g*	0.002			0.000	0.000	0.007
8:0	*g*	0.001			0.000	0.000	0.004
10:0	*g*	0.002			0.000	0.001	0.009
12:0	*g*	0.003			0.001	0.001	0.015
14:0	*g*	0.009			0.002	0.003	0.041
16:0	*g*	0.354			0.067	0.100	1.605
18:0	*g*	0.032			0.006	0.009	0.144
Monounsaturated, total	*g*	0.300			0.057	0.085	1.363
16:1	*g*	0.045			0.009	0.013	0.204
18:1	*g*	0.255			0.049	0.072	1.159
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1.153			0.219	0.327	5.232
18:2	*g*	1.093			0.208	0.310	4.959
18:3	*g*	0.060			0.011	0.017	0.271
18:4	*g*						
20:4	*g*	0.000			0.000	0.000	0.002
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.128			0.024	0.036	0.582
Threonine	*g*	0.326			0.062	0.092	1.477
Isoleucine	*g*	0.424			0.081	0.120	1.925
Leucine	*g*	0.759			0.144	0.215	3.444
Lysine	*g*	0.311			0.059	0.088	1.410
Methionine	*g*	0.190			0.036	0.054	0.861
Cystine	*g*	0.223			0.042	0.063	1.013
Phenylalanine	*g*	0.527			0.100	0.149	2.389
Tyrosine	*g*	0.328			0.062	0.093	1.486
Valine	*g*	0.475			0.090	0.135	2.153
Arginine	*g*	0.404			0.077	0.114	1.832
Histidine	*g*	0.234			0.045	0.066	1.064
Alanine	*g*	0.361			0.069	0.102	1.638
Aspartic acid	*g*	0.515			0.098	0.146	2.338
Glutamic acid	*g*	3.406			0.647	0.965	15.448
Glycine	*g*	0.376			0.071	0.107	1.705
Proline	*g*	1.169			0.222	0.331	5.301
Serine	*g*	0.523			0.099	0.148	2.372

[1] 39 calories per 19 g slice when calculated by procedures most often used for nutrition labeling. See Explanation of Table, discussion of calorie calculation, p 2.

BREAD
Reduced-calorie, white

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 23 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	42. 9	0. 458	31	9. 9	12. 1	194. 4
Food energy[1]	kcal	207			48	59	940
	kJ	868			200	246	3,936
Protein (N x 5.90)	g	8. 7	0. 162	27	2. 0	2. 5	39. 2
Total lipid (fat)	g	2. 5	0. 157	23	0. 6	0. 7	11. 5
Carbohydrate, total	g	44. 3			10. 2	12. 6	200. 9
Crude fiber	g	6. 4	0. 232	24	1. 5	1. 8	29. 0
Ash	g	1. 7	0. 038	25	0. 4	0. 5	7. 6
Minerals:							
Calcium	mg	94	9. 146	14	22	27	427
Iron	mg	3. 19	0. 125	15	0. 73	0. 90	14. 45
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	76		1	18	22	347
Sodium	mg	453	52. 275	4	104	128	2,053
Zinc	mg	1. 34		1	0. 31	0. 38	6. 08
Copper	mg	0. 330		1	0. 076	0. 094	1. 497
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 410	0. 032	14	0. 094	0. 116	1. 861
Riboflavin	mg	0. 289	0. 017	13	0. 067	0. 082	1. 312
Niacin	mg	3. 641	0. 207	14	0. 837	1. 032	16. 516
Pantothenic acid	mg	0. 462		1	0. 106	0. 131	2. 096
Vitamin B-6	mg	0. 042		1	0. 010	0. 012	0. 191
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	0. 549			0. 126	0. 156	2. 492
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 000	0. 000		0. 000	0. 000	0. 002
14:0	g	0. 009	0. 000		0. 002	0. 002	0. 039
16:0	g	0. 325	0. 000		0. 075	0. 092	1. 474
18:0	g	0. 214	0. 000		0. 049	0. 061	0. 972
Monounsaturated, total	g	1. 077			0. 248	0. 305	4. 883
16:1	g	0. 016	0. 000		0. 004	0. 004	0. 071
18:1	g	1. 061	0. 000		0. 244	0. 301	4. 812
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 559			0. 129	0. 159	2. 537
18:2	g	0. 531	0. 000		0. 122	0. 151	2. 410
18:3	g	0. 028	0. 000		0. 006	0. 008	0. 127
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		1	0	0	1
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 104			0. 024	0. 030	0. 472
Threonine	g	0. 289			0. 066	0. 082	1. 310
Isoleucine	g	0. 381			0. 088	0. 108	1. 729
Leucine	g	0. 657			0. 151	0. 186	2. 980
Lysine	g	0. 358			0. 082	0. 101	1. 623
Methionine	g	0. 160			0. 037	0. 045	0. 725
Cystine	g	0. 151			0. 035	0. 043	0. 685
Phenylalanine	g	0. 419			0. 096	0. 119	1. 902
Tyrosine	g	0. 296			0. 068	0. 084	1. 344
Valine	g	0. 418			0. 096	0. 118	1. 896
Arginine	g	0. 339			0. 078	0. 096	1. 536
Histidine	g	0. 198			0. 046	0. 056	0. 898
Alanine	g	0. 293			0. 067	0. 083	1. 330
Aspartic acid	g	0. 504			0. 116	0. 143	2. 288
Glutamic acid	g	2. 440			0. 561	0. 692	11. 067
Glycine	g	0. 276			0. 063	0. 078	1. 250
Proline	g	0. 881			0. 203	0. 250	3. 997
Serine	g	0. 430			0. 099	0. 122	1. 949

[1] 40 calories per 23 g slice when calculated by procedures most often used for nutrition labeling. See Explanation of Table, discussion of calorie calculation, p 2.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Reduced-calorie, white, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 19 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	32.0			6.1	9.1	145.0
Food energy[1]	kcal	247			47	70	1,119
	kJ	1,033			196	293	4,686
Protein	g	10.3			2.0	2.9	46.7
Total lipid (fat)	g	3.0			0.6	0.9	13.7
Carbohydrate, total	g	52.7			10.0	14.9	239.1
Crude fiber	g	7.6			1.4	2.2	34.6
Ash	g	2.0			0.4	0.6	9.0
Minerals:							
Calcium	mg	112			21	32	509
Iron	mg	3.79			0.72	1.08	17.20
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	91			17	26	413
Sodium	mg	539			102	153	2,444
Zinc	mg	1.60			0.30	0.45	7.24
Copper	mg	0.393			0.075	0.111	1.782
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.391			0.074	0.111	1.772
Riboflavin	mg	0.310			0.059	0.088	1.406
Niacin	mg	3.901			0.741	1.106	17.696
Pantothenic acid	mg	0.357			0.068	0.101	1.622
Vitamin B-6	mg	0.045			0.009	0.013	0.204
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	0.654			0.124	0.185	2.967
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000			0.000	0.000	0.002
14:0	g	0.010			0.002	0.003	0.047
16:0	g	0.387			0.074	0.110	1.755
18:0	g	0.255			0.048	0.072	1.158
Monounsaturated, total	g	1.282			0.243	0.363	5.813
16:1	g	0.019			0.004	0.005	0.085
18:1	g	1.263			0.240	0.358	5.728
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.666			0.127	0.189	3.020
18:2	g	0.633			0.120	0.179	2.870
18:3	g	0.033			0.006	0.009	0.151
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	2
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.124			0.024	0.035	0.562
Threonine	g	0.344			0.065	0.097	1.560
Isoleucine	g	0.454			0.086	0.129	2.059
Leucine	g	0.782			0.149	0.222	3.547
Lysine	g	0.426			0.081	0.121	1.932
Methionine	g	0.190			0.036	0.054	0.863
Cystine	g	0.180			0.034	0.051	0.816
Phenylalanine	g	0.499			0.095	0.142	2.265
Tyrosine	g	0.353			0.067	0.100	1.599
Valine	g	0.497			0.095	0.141	2.257
Arginine	g	0.403			0.077	0.114	1.829
Histidine	g	0.236			0.045	0.067	1.069
Alanine	g	0.349			0.066	0.099	1.584
Aspartic acid	g	0.600			0.114	0.170	2.724
Glutamic acid	g	2.905			0.552	0.823	13.175
Glycine	g	0.328			0.062	0.093	1.489
Proline	g	1.049			0.199	0.297	4.759
Serine	g	0.511			0.097	0.145	2.320

[1] 39 calories per 19 g slice when calculated by procedures most often used for nutrition labeling. See Explanation of Table, discussion of calorie calculation, p 2.

[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Rice bran

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 27 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	41. 0	3. 000	2	11. 1	11. 6	186. 0
Food energy	*kcal*	243			66	69	1,100
	kJ	1,016			274	288	4,607
Protein (N x 5.80)	*g*	8. 9	0. 468	4	2. 4	2. 5	40. 6
Total lipid (fat)	*g*	4. 6	0. 508	4	1. 2	1. 3	20. 8
Carbohydrate, total	*g*	43. 5			11. 7	12. 3	197. 2
Crude fiber	*g*						
Ash	*g*	2. 0	0. 216	2	0. 5	0. 6	9. 0
Minerals:							
Calcium	*mg*	69	30. 109	4	19	20	314
Iron	*mg*	3. 61	0. 368	4	0. 97	1. 02	16. 36
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*						
Sodium	*mg*	440	10. 245	4	119	125	1,995
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 653	0. 057	4	0. 176	0. 185	2. 961
Riboflavin	*mg*	0. 300	0. 010	4	0. 081	0. 085	1. 360
Niacin	*mg*	6. 810	0. 811	4	1. 839	1. 931	30. 891
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0. 709			0. 192	0. 201	3. 218
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 001			0. 000	0. 000	0. 006
14:0	*g*	0. 006			0. 002	0. 002	0. 026
16:0	*g*	0. 530			0. 143	0. 150	2. 403
18:0	*g*	0. 165			0. 044	0. 047	0. 747
Monounsaturated, total	*g*	1. 654			0. 447	0. 469	7. 502
16:1	*g*	0. 033			0. 009	0. 009	0. 149
18:1	*g*	1. 621			0. 438	0. 460	7. 352
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 760			0. 475	0. 499	7. 983
18:2	*g*	1. 654			0. 446	0. 469	7. 501
18:3	*g*	0. 106			0. 029	0. 030	0. 481
18:4	*g*						
20:4	*g*	0. 000			0. 000	0. 000	0. 001
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0	0. 000	2	0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 106			0. 029	0. 030	0. 483
Threonine	*g*	0. 268			0. 072	0. 076	1. 217
Isoleucine	*g*	0. 347			0. 094	0. 098	1. 574
Leucine	*g*	0. 624			0. 169	0. 177	2. 833
Lysine	*g*	0. 259			0. 070	0. 073	1. 175
Methionine	*g*	0. 156			0. 042	0. 044	0. 706
Cystine	*g*	0. 190			0. 051	0. 054	0. 860
Phenylalanine	*g*	0. 439			0. 119	0. 125	1. 993
Tyrosine	*g*	0. 271			0. 073	0. 077	1. 231
Valine	*g*	0. 402			0. 109	0. 114	1. 825
Arginine	*g*	0. 379			0. 102	0. 108	1. 721
Histidine	*g*	0. 197			0. 053	0. 056	0. 895
Alanine	*g*	0. 328			0. 089	0. 093	1. 490
Aspartic acid	*g*	0. 464			0. 125	0. 132	2. 105
Glutamic acid	*g*	2. 703			0. 730	0. 766	12. 261
Glycine	*g*	0. 344			0. 093	0. 097	1. 560
Proline	*g*	0. 910			0. 246	0. 258	4. 126
Serine	*g*	0. 433			0. 117	0. 123	1. 965

[1] Values based on product containing partially hydrogenated soybean oil.

BREAD
Rice bran, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 25 g	1 oz = 28.35 g	Refuse:
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	35. 9			9. 0	10. 2	162. 7
Food energy	*kcal*	264			66	75	1,196
	kJ	1,104			276	313	5,007
Protein	*g*	9. 7			2. 4	2. 8	44. 1
Total lipid (fat)	*g*	5. 0			1. 2	1. 4	22. 6
Carbohydrate, total	*g*	47. 3			11. 8	13. 4	214. 4
Crude fiber	*g*						
Ash	*g*	2. 2			0. 5	0. 6	9. 8
Minerals:							
Calcium	*mg*	75			19	21	341
Iron	*mg*	3. 92			0. 98	1. 11	17. 78
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*						
Sodium	*mg*	478			119	136	2,168
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 568			0. 142	0. 161	2. 575
Riboflavin	*mg*	0. 293			0. 073	0. 083	1. 330
Niacin	*mg*	6. 662			1. 666	1. 889	30. 220
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0. 771			0. 193	0. 219	3. 498
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 001			0. 000	0. 000	0. 007
14:0	*g*	0. 006			0. 002	0. 002	0. 028
16:0	*g*	0. 576			0. 144	0. 163	2. 612
18:0	*g*	0. 179			0. 045	0. 051	0. 812
Monounsaturated, total	*g*	1. 798			0. 449	0. 510	8. 154
16:1	*g*	0. 036			0. 009	0. 010	0. 162
18:1	*g*	1. 762			0. 440	0. 499	7. 992
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 913			0. 478	0. 542	8. 677
18:2	*g*	1. 797			0. 449	0. 510	8. 153
18:3	*g*	0. 115			0. 029	0. 033	0. 523
18:4	*g*						
20:4	*g*	0. 000			0. 000	0. 000	0. 001
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 116			0. 029	0. 033	0. 525
Threonine	*g*	0. 292			0. 073	0. 083	1. 323
Isoleucine	*g*	0. 377			0. 094	0. 107	1. 711
Leucine	*g*	0. 679			0. 170	0. 192	3. 079
Lysine	*g*	0. 282			0. 070	0. 080	1. 277
Methionine	*g*	0. 169			0. 042	0. 048	0. 768
Cystine	*g*	0. 206			0. 052	0. 058	0. 935
Phenylalanine	*g*	0. 478			0. 119	0. 135	2. 167
Tyrosine	*g*	0. 295			0. 074	0. 084	1. 338
Valine	*g*	0. 437			0. 109	0. 124	1. 984
Arginine	*g*	0. 412			0. 103	0. 117	1. 870
Histidine	*g*	0. 215			0. 054	0. 061	0. 973
Alanine	*g*	0. 357			0. 089	0. 101	1. 619
Aspartic acid	*g*	0. 504			0. 126	0. 143	2. 288
Glutamic acid	*g*	2. 938			0. 734	0. 833	13. 327
Glycine	*g*	0. 374			0. 093	0. 106	1. 695
Proline	*g*	0. 989			0. 247	0. 280	4. 485
Serine	*g*	0. 471			0. 118	0. 134	2. 136

[1] Values based on product containing partially hydrogenated soybean oil.

BREAD
Rye[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 32 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	37.3	0.212	54	10.6	11.9	169.0
Food energy	*kcal*	259			73	83	1,173
	kJ	1,082			307	346	4,910
Protein (N x 5.70)	*g*	8.5	0.079	76	2.4	2.7	38.6
Total lipid (fat)	*g*	3.3	0.084	78	0.9	1.1	15.0
Carbohydrate, total	*g*	48.3			13.7	15.5	219.2
Crude fiber	*g*	0.6	0.109	8	0.2	0.2	2.7
Ash	*g*	2.5	0.064	41	0.7	0.8	11.2
Minerals:							
Calcium	*mg*	73	2.254	103	21	23	331
Iron	*mg*	2.83	0.047	101	0.80	0.90	12.81
Magnesium	*mg*	40	1.217	38	11	13	179
Phosphorus	*mg*	125	3.819	37	35	40	568
Potassium	*mg*	166	3.417	53	47	53	753
Sodium	*mg*	660	10.730	59	187	211	2,992
Zinc	*mg*	1.14	0.032	38	0.32	0.36	5.17
Copper	*mg*	0.186	0.005	34	0.053	0.059	0.842
Manganese	*mg*	0.824	0.031	36	0.234	0.264	3.737
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0.434	0.008	69	0.123	0.139	1.969
Riboflavin	*mg*	0.335	0.013	70	0.095	0.107	1.521
Niacin	*mg*	3.805	0.070	70	1.079	1.218	17.260
Pantothenic acid	*mg*	0.440	0.052	4	0.125	0.141	1.996
Vitamin B-6	*mg*	0.075	0.003	2	0.021	0.024	0.340
Folate	*mcg*	51	14.848	4	14	16	230
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	0.626			0.177	0.200	2.839
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.000			0.000	0.000	0.001
12:0	*g*	0.000			0.000	0.000	0.001
14:0	*g*	0.011			0.003	0.003	0.048
16:0	*g*	0.385			0.109	0.123	1.746
18:0	*g*	0.230			0.065	0.074	1.043
Monounsaturated, total	*g*	1.311			0.372	0.419	5.946
16:1	*g*	0.012			0.003	0.004	0.052
18:1	*g*	1.296			0.368	0.415	5.881
20:1	*g*	0.003			0.001	0.001	0.013
22:1	*g*						
Polyunsaturated, total	*g*	0.799			0.227	0.256	3.626
18:2	*g*	0.739			0.210	0.237	3.353
18:3	*g*	0.060			0.017	0.019	0.274
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0	0.000	7	0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.096			0.027	0.031	0.433
Threonine	*g*	0.255			0.072	0.082	1.158
Isoleucine	*g*	0.319			0.091	0.102	1.449
Leucine	*g*	0.579			0.164	0.185	2.627
Lysine	*g*	0.233			0.066	0.075	1.056
Methionine	*g*	0.139			0.039	0.044	0.630
Cystine	*g*	0.173			0.049	0.055	0.785
Phenylalanine	*g*	0.411			0.116	0.131	1.862
Tyrosine	*g*	0.213			0.061	0.068	0.968
Valine	*g*	0.379			0.107	0.121	1.720
Arginine	*g*	0.325			0.092	0.104	1.476
Histidine	*g*	0.182			0.052	0.058	0.826
Alanine	*g*	0.299			0.085	0.096	1.354
Aspartic acid	*g*	0.442			0.125	0.141	2.004
Glutamic acid	*g*	2.603			0.738	0.833	11.809
Glycine	*g*	0.302			0.085	0.096	1.368
Proline	*g*	0.909			0.258	0.291	4.124
Serine	*g*	0.417			0.118	0.133	1.889

[1] Includes products made with and without caraway seeds.
[2] 5 in. x 4 in. x 1/2 in.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Rye, toasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 29 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	31.0			8.8	9.0	140.8
Food energy	kcal	284			81	82	1,289
	kJ	1,189			337	345	5,395
Protein	g	9.4			2.7	2.7	42.4
Total lipid (fat)	g	3.6			1.0	1.1	16.4
Carbohydrate, total	g	53.1			15.1	15.4	240.9
Crude fiber	g	0.7			0.2	0.2	3.0
Ash	g	2.7			0.8	0.8	12.3
Minerals:							
Calcium	mg	80			23	23	363
Iron	mg	3.10			0.88	0.90	14.08
Magnesium	mg	43			12	13	197
Phosphorus	mg	138			39	40	624
Potassium	mg	183			52	53	828
Sodium	mg	725			206	210	3,288
Zinc	mg	1.25			0.36	0.36	5.69
Copper	mg	0.204			0.058	0.059	0.925
Manganese	mg	0.905			0.257	0.263	4.107
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.382			0.108	0.111	1.731
Riboflavin	mg	0.332			0.094	0.096	1.504
Niacin	mg	3.763			1.067	1.091	17.071
Pantothenic acid	mg	0.314			0.089	0.091	1.426
Vitamin B-6	mg	0.074			0.021	0.022	0.336
Folate	mcg	39			11	11	177
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	g	0.688			0.195	0.199	3.119
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.000			0.000	0.000	0.001
12:0	g	0.000			0.000	0.000	0.002
14:0	g	0.012			0.003	0.003	0.053
16:0	g	0.423			0.120	0.123	1.918
18:0	g	0.253			0.072	0.073	1.146
Monounsaturated, total	g	1.440			0.408	0.418	6.534
16:1	g	0.013			0.004	0.004	0.058
18:1	g	1.425			0.404	0.413	6.462
20:1	g	0.003			0.001	0.001	0.014
22:1	g						
Polyunsaturated, total	g	0.879			0.249	0.255	3.985
18:2	g	0.812			0.230	0.236	3.684
18:3	g	0.066			0.019	0.019	0.301
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.105			0.030	0.030	0.476
Threonine	g	0.281			0.080	0.081	1.272
Isoleucine	g	0.351			0.100	0.102	1.592
Leucine	g	0.637			0.180	0.185	2.887
Lysine	g	0.256			0.073	0.074	1.161
Methionine	g	0.153			0.043	0.044	0.692
Cystine	g	0.190			0.054	0.055	0.863
Phenylalanine	g	0.451			0.128	0.131	2.046
Tyrosine	g	0.235			0.067	0.068	1.064
Valine	g	0.417			0.118	0.121	1.890
Arginine	g	0.358			0.101	0.104	1.622
Histidine	g	0.200			0.057	0.058	0.908
Alanine	g	0.328			0.093	0.095	1.488
Aspartic acid	g	0.486			0.138	0.141	2.203
Glutamic acid	g	2.861			0.811	0.830	12.977
Glycine	g	0.331			0.094	0.096	1.503
Proline	g	0.999			0.283	0.290	4.532
Serine	g	0.458			0.130	0.133	2.076

[1] Includes products made with and without caraway seeds.
[2] 5 in. x 4 in. x 1/2 in.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Special formula, high-calcium, dark[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 18 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	40. 9		1	7. 4	11. 6	185. 7
Food energy	*kcal*	217			39	62	986
	kJ	910			164	258	4,128
Protein (N x 5.80)	*g*	8. 9		1	1. 6	2. 5	40. 4
Total lipid (fat)	*g*	2. 1		1	0. 4	0. 6	9. 8
Carbohydrate, total	*g*	44. 0			7. 9	12. 5	199. 7
Crude fiber	*g*						
Ash	*g*	4. 0		1	0. 7	1. 1	18. 1
Minerals:							
Calcium	*mg*	770		1	139	218	3,493
Iron	*mg*	3. 50		1	0. 63	0. 99	15. 88
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	200		1	36	57	907
Sodium	*mg*	510		1	92	145	2,313
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 450		1	0. 081	0. 128	2. 041
Riboflavin	*mg*	0. 400		1	0. 072	0. 113	1. 814
Niacin	*mg*	4. 000		1	0. 720	1. 134	18. 144
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	0. 304			0. 055	0. 086	1. 377
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 001		1	0. 000	0. 000	0. 003
14:0	*g*	0. 004		1	0. 001	0. 001	0. 020
16:0	*g*	0. 231		1	0. 042	0. 066	1. 049
18:0	*g*	0. 064		1	0. 011	0. 018	0. 289
Monounsaturated, total	*g*	0. 634			0. 114	0. 180	2. 874
16:1	*g*	0. 013		1	0. 002	0. 004	0. 057
18:1	*g*	0. 619		1	0. 111	0. 175	2. 807
20:1	*g*	0. 002		1	0. 000	0. 001	0. 009
22:1	*g*						
Polyunsaturated, total	*g*	0. 930			0. 167	0. 264	4. 219
18:2	*g*	0. 901		1	0. 162	0. 255	4. 086
18:3	*g*	0. 029		1	0. 005	0. 008	0. 131
18:4	*g*						
20:4	*g*	0. 000		1	0. 000	0. 000	0. 002
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0		1	0	0	1
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 123			0. 022	0. 035	0. 557
Threonine	*g*	0. 268			0. 048	0. 076	1. 218
Isoleucine	*g*	0. 339			0. 061	0. 096	1. 538
Leucine	*g*	0. 614			0. 110	0. 174	2. 783
Lysine	*g*	0. 264			0. 047	0. 075	1. 197
Methionine	*g*	0. 152			0. 027	0. 043	0. 689
Cystine	*g*	0. 190			0. 034	0. 054	0. 863
Phenylalanine	*g*	0. 428			0. 077	0. 121	1. 941
Tyrosine	*g*	0. 270			0. 049	0. 077	1. 225
Valine	*g*	0. 396			0. 071	0. 112	1. 795
Arginine	*g*	0. 451			0. 081	0. 128	2. 046
Histidine	*g*	0. 199			0. 036	0. 057	0. 905
Alanine	*g*	0. 322			0. 058	0. 091	1. 461
Aspartic acid	*g*	0. 495			0. 089	0. 140	2. 247
Glutamic acid	*g*	2. 628			0. 473	0. 745	11. 919
Glycine	*g*	0. 354			0. 064	0. 100	1. 607
Proline	*g*	0. 867			0. 156	0. 246	3. 931
Serine	*g*	0. 431			0. 078	0. 122	1. 955

[1] This product is exempt from U.S. Food and Drug Administration standards of identity for enriched breads. See Notes on Baked Products, discussion of enriched special formula breads, p 6.

BREAD
Special formula, high-calcium, dark, toasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 16 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	34. 4			5. 5	9. 7	155. 9
Food energy	kcal	242			39	68	1,096
	kJ	1,011			162	287	4,586
Protein	g	9. 9			1. 6	2. 8	44. 8
Total lipid (fat)	g	2. 4			0. 4	0. 7	10. 8
Carbohydrate, total	g	48. 9			7. 8	13. 9	221. 9
Crude fiber	g						
Ash	g	4. 4			0. 7	1. 3	20. 1
Minerals:							
Calcium	mg	856			137	243	3,881
Iron	mg	3. 89			0. 62	1. 10	17. 64
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	222			36	63	1,008
Sodium	mg	567			91	161	2,570
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 400			0. 064	0. 113	1. 814
Riboflavin	mg	0. 400			0. 064	0. 113	1. 814
Niacin	mg	4. 000			0. 640	1. 134	18. 144
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0. 337			0. 054	0. 096	1. 530
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 001			0. 000	0. 000	0. 004
14:0	g	0. 005			0. 001	0. 001	0. 022
16:0	g	0. 257			0. 041	0. 073	1. 166
18:0	g	0. 071			0. 011	0. 020	0. 322
Monounsaturated, total	g	0. 704			0. 113	0. 200	3. 193
16:1	g	0. 014			0. 002	0. 004	0. 064
18:1	g	0. 688			0. 110	0. 195	3. 119
20:1	g	0. 002			0. 000	0. 001	0. 010
22:1	g						
Polyunsaturated, total	g	1. 033			0. 165	0. 293	4. 687
18:2	g	1. 001			0. 160	0. 284	4. 540
18:3	g	0. 032			0. 005	0. 009	0. 145
18:4	g						
20:4	g	0. 001			0. 000	0. 000	0. 002
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	1
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 136			0. 022	0. 039	0. 618
Threonine	g	0. 298			0. 048	0. 085	1. 353
Isoleucine	g	0. 377			0. 060	0. 107	1. 709
Leucine	g	0. 682			0. 109	0. 193	3. 092
Lysine	g	0. 293			0. 047	0. 083	1. 330
Methionine	g	0. 169			0. 027	0. 048	0. 765
Cystine	g	0. 211			0. 034	0. 060	0. 959
Phenylalanine	g	0. 476			0. 076	0. 135	2. 157
Tyrosine	g	0. 300			0. 048	0. 085	1. 361
Valine	g	0. 440			0. 070	0. 125	1. 995
Arginine	g	0. 501			0. 080	0. 142	2. 273
Histidine	g	0. 222			0. 035	0. 063	1. 005
Alanine	g	0. 358			0. 057	0. 101	1. 624
Aspartic acid	g	0. 551			0. 088	0. 156	2. 497
Glutamic acid	g	2. 920			0. 467	0. 828	13. 244
Glycine	g	0. 394			0. 063	0. 112	1. 786
Proline	g	0. 963			0. 154	0. 273	4. 368
Serine	g	0. 479			0. 077	0. 136	2. 172

[1] This product is exempt from U.S. Food and Drug Administration standards of identity for enriched breads. See Notes on Baked Products, discussion of enriched special formula breads, p 6.

BREAD
Special formula, high-calcium, light[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 18 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	41. 2		1	7. 4	11. 7	187. 0
Food energy	kcal	226			41	64	1,026
	kJ	947			171	269	4,297
Protein (N x 5.80)	g	8. 5		1	1. 5	2. 4	38. 8
Total lipid (fat)	g	2. 0		1	0. 4	0. 6	9. 1
Carbohydrate, total	g	44. 2			8. 0	12. 5	200. 6
Crude fiber	g	0. 3		1	0. 1	0. 1	1. 4
Ash	g	4. 0		1	0. 7	1. 1	18. 1
Minerals:							
Calcium	mg	722		1	130	205	3,275
Iron	mg	3. 56	0. 192	25	0. 64	1. 01	16. 13
Magnesium	mg	38	2. 389	23	7	11	171
Phosphorus	mg	81	1. 972	2	15	23	366
Potassium	mg	190		1	34	54	862
Sodium	mg	690		1	124	196	3,130
Zinc	mg	1. 08	0. 064	23	0. 19	0. 31	4. 91
Copper	mg	0. 110	0. 007	2	0. 020	0. 031	0. 499
Manganese	mg	0. 450	0. 007	2	0. 081	0. 128	2. 041
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 450	0. 032	32	0. 081	0. 127	2. 040
Riboflavin	mg	0. 323	0. 026	34	0. 058	0. 091	1. 463
Niacin	mg	4. 120	0. 240	32	0. 742	1. 168	18. 686
Pantothenic acid	mg	0. 507	0. 010	8	0. 091	0. 144	2. 300
Vitamin B-6	mg	0. 031	0. 001	8	0. 006	0. 009	0. 141
Folate	mcg	21	0. 640	8	4	6	96
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0. 278			0. 050	0. 079	1. 261
4:0	g	0. 000			0. 000	0. 000	0. 001
6:0	g	0. 000			0. 000	0. 000	0. 001
8:0	g						
10:0	g	0. 000			0. 000	0. 000	0. 001
12:0	g	0. 001			0. 000	0. 000	0. 003
14:0	g	0. 001			0. 000	0. 000	0. 005
16:0	g	0. 202			0. 036	0. 057	0. 916
18:0	g	0. 073			0. 013	0. 021	0. 330
Monounsaturated, total	g	0. 629			0. 113	0. 178	2. 853
16:1	g	0. 011			0. 002	0. 003	0. 051
18:1	g	0. 615			0. 111	0. 174	2. 790
20:1	g	0. 003			0. 001	0. 001	0. 013
22:1	g						
Polyunsaturated, total	g	0. 838			0. 151	0. 238	3. 800
18:2	g	0. 819			0. 147	0. 232	3. 715
18:3	g	0. 019			0. 003	0. 005	0. 085
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		1	0	0	1
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 108			0. 019	0. 031	0. 488
Threonine	g	0. 259			0. 047	0. 074	1. 177
Isoleucine	g	0. 327			0. 059	0. 093	1. 484
Leucine	g	0. 593			0. 107	0. 168	2. 688
Lysine	g	0. 245			0. 044	0. 069	1. 110
Methionine	g	0. 150			0. 027	0. 043	0. 682
Cystine	g	0. 177			0. 032	0. 050	0. 802
Phenylalanine	g	0. 413			0. 074	0. 117	1. 872
Tyrosine	g	0. 254			0. 046	0. 072	1. 150
Valine	g	0. 370			0. 067	0. 105	1. 678
Arginine	g	0. 397			0. 071	0. 112	1. 799
Histidine	g	0. 187			0. 034	0. 053	0. 849
Alanine	g	0. 302			0. 054	0. 086	1. 371
Aspartic acid	g	0. 455			0. 082	0. 129	2. 066
Glutamic acid	g	2. 563			0. 461	0. 727	11. 627
Glycine	g	0. 323			0. 058	0. 092	1. 464
Proline	g	0. 853			0. 154	0. 242	3. 871
Serine	g	0. 414			0. 075	0. 117	1. 879

[1] This product is exempt from U.S. Food and Drug Administration standards of identity for enriched breads. See Notes on Baked Products, discussion of enriched special formula breads, p 6.

BREAD
Special formula, high-calcium, light, toasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 16 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	34. 7			5. 6	9. 8	157. 3
Food energy	*kcal*	251			40	71	1,141
	kJ	1,053			168	298	4,774
Protein	*g*	9. 5			1. 5	2. 7	43. 1
Total lipid (fat)	*g*	2. 2			0. 4	0. 6	10. 1
Carbohydrate, total	*g*	49. 1			7. 9	13. 9	222. 9
Crude fiber	*g*	0. 3			0. 1	0. 1	1. 5
Ash	*g*	4. 4			0. 7	1. 3	20. 1
Minerals:							
Calcium	*mg*	802			128	227	3,639
Iron	*mg*	3. 95			0. 63	1. 12	17. 92
Magnesium	*mg*	42			7	12	190
Phosphorus	*mg*	90			14	25	407
Potassium	*mg*	211			34	60	958
Sodium	*mg*	767			123	217	3,478
Zinc	*mg*	1. 20			0. 19	0. 34	5. 45
Copper	*mg*	0. 122			0. 020	0. 035	0. 554
Manganese	*mg*	0. 500			0. 080	0. 142	2. 268
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 400			0. 064	0. 113	1. 813
Riboflavin	*mg*	0. 323			0. 052	0. 091	1. 463
Niacin	*mg*	4. 120			0. 659	1. 168	18. 686
Pantothenic acid	*mg*	0. 366			0. 059	0. 104	1. 661
Vitamin B-6	*mg*	0. 031			0. 005	0. 009	0. 141
Folate	*mcg*	16			3	5	75
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	0. 309			0. 049	0. 088	1. 401
4:0	*g*	0. 000			0. 000	0. 000	0. 001
6:0	*g*	0. 000			0. 000	0. 000	0. 001
8:0	*g*						
10:0	*g*	0. 000			0. 000	0. 000	0. 001
12:0	*g*	0. 001			0. 000	0. 000	0. 003
14:0	*g*	0. 001			0. 000	0. 000	0. 006
16:0	*g*	0. 224			0. 036	0. 064	1. 018
18:0	*g*	0. 081			0. 013	0. 023	0. 367
Monounsaturated, total	*g*	0. 699			0. 112	0. 198	3. 170
16:1	*g*	0. 012			0. 002	0. 004	0. 056
18:1	*g*	0. 683			0. 109	0. 194	3. 099
20:1	*g*	0. 003			0. 001	0. 001	0. 015
22:1	*g*						
Polyunsaturated, total	*g*	0. 931			0. 149	0. 264	4. 222
18:2	*g*	0. 910			0. 146	0. 258	4. 127
18:3	*g*	0. 021			0. 003	0. 006	0. 095
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	1
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 120			0. 019	0. 034	0. 542
Threonine	*g*	0. 288			0. 046	0. 082	1. 308
Isoleucine	*g*	0. 364			0. 058	0. 103	1. 649
Leucine	*g*	0. 658			0. 105	0. 187	2. 986
Lysine	*g*	0. 272			0. 043	0. 077	1. 233
Methionine	*g*	0. 167			0. 027	0. 047	0. 758
Cystine	*g*	0. 197			0. 031	0. 056	0. 891
Phenylalanine	*g*	0. 459			0. 073	0. 130	2. 080
Tyrosine	*g*	0. 282			0. 045	0. 080	1. 278
Valine	*g*	0. 411			0. 066	0. 117	1. 865
Arginine	*g*	0. 441			0. 070	0. 125	1. 998
Histidine	*g*	0. 208			0. 033	0. 059	0. 943
Alanine	*g*	0. 336			0. 054	0. 095	1. 523
Aspartic acid	*g*	0. 506			0. 081	0. 143	2. 296
Glutamic acid	*g*	2. 848			0. 456	0. 807	12. 919
Glycine	*g*	0. 359			0. 057	0. 102	1. 627
Proline	*g*	0. 948			0. 152	0. 269	4. 301
Serine	*g*	0. 460			0. 074	0. 130	2. 088

[1] This product is exempt from U.S. Food and Drug Administration standards of identity for enriched breads. See Notes on Baked Products, discussion of enriched special formula breads, p 6.

BREAD
Wheat
(includes wheat berry)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 25 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	37.1	0.110	168	9.3	10.5	168.3
Food energy	kcal	260			65	74	1,178
	kJ	1,087			272	308	4,931
Protein (N x 5.70)	g	9.1	0.057	208	2.3	2.6	41.3
Total lipid (fat)	g	4.1	0.041	208	1.0	1.2	18.6
Carbohydrate, total	g	47.2			11.8	13.4	214.2
Crude fiber	g	0.9	0.111	9	0.2	0.2	3.9
Ash	g	2.3	0.020	158	0.6	0.7	10.5
Minerals:							
Calcium	mg	105	2.854	205	26	30	478
Iron	mg	3.31	0.042	205	0.83	0.94	15.03
Magnesium	mg	46	0.720	126	12	13	210
Phosphorus	mg	150	8.072	3	38	43	682
Potassium	mg	201	9.908	10	50	57	911
Sodium	mg	530	10.510	56	132	150	2,402
Zinc	mg	1.04	0.017	126	0.26	0.30	4.73
Copper	mg	0.212	0.004	3	0.053	0.060	0.962
Manganese	mg	1.024	0.239	3	0.256	0.290	4.643
Vitamins:							
Ascorbic acid	mg	0		1	0	0	0
Thiamin	mg	0.418	0.007	207	0.104	0.118	1.895
Riboflavin	mg	0.280	0.008	204	0.070	0.079	1.269
Niacin	mg	4.124	0.063	201	1.031	1.169	18.705
Pantothenic acid	mg	0.436	0.023	5	0.109	0.123	1.976
Vitamin B-6	mg	0.097	0.009	3	0.024	0.027	0.438
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0		1	0	0	0
Lipids:[1]							
Fatty acids:							
Saturated, total	g	0.894			0.224	0.254	4.057
4:0	g	0.000			0.000	0.000	0.001
6:0	g	0.000			0.000	0.000	0.001
8:0	g						
10:0	g	0.000			0.000	0.000	0.001
12:0	g	0.001			0.000	0.000	0.003
14:0	g	0.015			0.004	0.004	0.070
16:0	g	0.536			0.134	0.152	2.432
18:0	g	0.339			0.085	0.096	1.538
Monounsaturated, total	g	1.720			0.430	0.488	7.803
16:1	g	0.017			0.004	0.005	0.079
18:1	g	1.703			0.426	0.483	7.724
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.908			0.227	0.257	4.118
18:2	g	0.862			0.216	0.244	3.911
18:3	g	0.045			0.011	0.013	0.203
18:4	g						
20:4	g	0.001			0.000	0.000	0.003
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0	0.250	4	0	0	1
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.118			0.030	0.034	0.537
Threonine	g	0.275			0.069	0.078	1.247
Isoleucine	g	0.356			0.089	0.101	1.617
Leucine	g	0.643			0.161	0.182	2.915
Lysine	g	0.261			0.065	0.074	1.182
Methionine	g	0.155			0.039	0.044	0.703
Cystine	g	0.198			0.050	0.056	0.899
Phenylalanine	g	0.446			0.111	0.126	2.023
Tyrosine	g	0.269			0.067	0.076	1.218
Valine	g	0.409			0.102	0.116	1.856
Arginine	g	0.380			0.095	0.108	1.726
Histidine	g	0.205			0.051	0.058	0.928
Alanine	g	0.323			0.081	0.092	1.465
Aspartic acid	g	0.475			0.119	0.135	2.153
Glutamic acid	g	2.906			0.727	0.824	13.182
Glycine	g	0.344			0.086	0.097	1.559
Proline	g	0.961			0.240	0.272	4.358
Serine	g	0.444			0.111	0.126	2.016

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Wheat, toasted
(includes wheat berry)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 23 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	31. 6			7. 3	9. 0	143. 5
Food energy	*kcal*	282			65	80	1,280
	kJ	1,182			272	335	5,360
Protein	*g*	9. 9			2. 3	2. 8	44. 9
Total lipid (fat)	*g*	4. 4			1. 0	1. 3	20. 2
Carbohydrate, total	*g*	51. 3			11. 8	14. 6	232. 8
Crude fiber	*g*	0. 9			0. 2	0. 3	4. 3
Ash	*g*	2. 5			0. 6	0. 7	11. 4
Minerals:							
Calcium	*mg*	114			26	32	519
Iron	*mg*	3. 60			0. 83	1. 02	16. 34
Magnesium	*mg*	50			12	14	228
Phosphorus	*mg*	163			38	46	741
Potassium	*mg*	218			50	62	990
Sodium	*mg*	576			132	163	2,611
Zinc	*mg*	1. 13			0. 26	0. 32	5. 14
Copper	*mg*	0. 230			0. 053	0. 065	1. 045
Manganese	*mg*	1. 113			0. 256	0. 315	5. 047
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 363			0. 084	0. 103	1. 648
Riboflavin	*mg*	0. 274			0. 063	0. 078	1. 241
Niacin	*mg*	4. 034			0. 928	1. 144	18. 298
Pantothenic acid	*mg*	0. 308			0. 071	0. 087	1. 396
Vitamin B-6	*mg*	0. 095			0. 022	0. 027	0. 429
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0. 972			0. 224	0. 276	4. 410
4:0	*g*	0. 000			0. 000	0. 000	0. 001
6:0	*g*	0. 000			0. 000	0. 000	0. 001
8:0	*g*						
10:0	*g*	0. 000			0. 000	0. 000	0. 001
12:0	*g*	0. 001			0. 000	0. 000	0. 003
14:0	*g*	0. 017			0. 004	0. 005	0. 076
16:0	*g*	0. 583			0. 134	0. 165	2. 643
18:0	*g*	0. 368			0. 085	0. 104	1. 671
Monounsaturated, total	*g*	1. 870			0. 430	0. 530	8. 481
16:1	*g*	0. 019			0. 004	0. 005	0. 085
18:1	*g*	1. 851			0. 426	0. 525	8. 396
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 987			0. 227	0. 280	4. 476
18:2	*g*	0. 937			0. 216	0. 266	4. 252
18:3	*g*	0. 049			0. 011	0. 014	0. 220
18:4	*g*						
20:4	*g*	0. 001			0. 000	0. 000	0. 004
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	1
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 129			0. 030	0. 036	0. 583
Threonine	*g*	0. 299			0. 069	0. 085	1. 356
Isoleucine	*g*	0. 387			0. 089	0. 110	1. 758
Leucine	*g*	0. 698			0. 161	0. 198	3. 168
Lysine	*g*	0. 283			0. 065	0. 080	1. 285
Methionine	*g*	0. 169			0. 039	0. 048	0. 764
Cystine	*g*	0. 215			0. 050	0. 061	0. 977
Phenylalanine	*g*	0. 485			0. 111	0. 137	2. 199
Tyrosine	*g*	0. 292			0. 067	0. 083	1. 324
Valine	*g*	0. 445			0. 102	0. 126	2. 018
Arginine	*g*	0. 414			0. 095	0. 117	1. 876
Histidine	*g*	0. 222			0. 051	0. 063	1. 009
Alanine	*g*	0. 351			0. 081	0. 100	1. 592
Aspartic acid	*g*	0. 516			0. 119	0. 146	2. 341
Glutamic acid	*g*	3. 159			0. 727	0. 896	14. 328
Glycine	*g*	0. 374			0. 086	0. 106	1. 694
Proline	*g*	1. 044			0. 240	0. 296	4. 737
Serine	*g*	0. 483			0. 111	0. 137	2. 191

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Wheat bran

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 36 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	37. 8	1. 046	9	10. 7	13. 6	171. 4
Food energy	kcal	248			70	89	1,127
	kJ	1,040			295	374	4,717
Protein (N x 5.80)	g	8. 8	0. 331	7	2. 5	3. 2	39. 9
Total lipid (fat)	g	3. 4	0. 138	20	1. 0	1. 2	15. 3
Carbohydrate, total	g	47. 8			13. 6	17. 2	216. 9
Crude fiber	g	0. 7	0. 030	2	0. 2	0. 2	3. 0
Ash	g	2. 2	0. 135	8	0. 6	0. 8	10. 1
Minerals:							
Calcium	mg	74	7. 446	5	21	27	335
Iron	mg	3. 07	0. 112	19	0. 87	1. 10	13. 91
Magnesium	mg	81	16. 550	2	23	29	369
Phosphorus	mg	185	36. 650	2	53	67	841
Potassium	mg	227	20. 410	6	64	82	1,029
Sodium	mg	486	17. 606	10	138	175	2,203
Zinc	mg	1. 35	0. 571	2	0. 38	0. 49	6. 13
Copper	mg	0. 221	0. 073	2	0. 063	0. 080	1. 005
Manganese	mg	1. 668	0. 828	2	0. 473	0. 600	7. 566
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 397	0. 011	18	0. 113	0. 143	1. 802
Riboflavin	mg	0. 287	0. 009	19	0. 081	0. 103	1. 303
Niacin	mg	4. 402	0. 122	18	1. 248	1. 585	19. 970
Pantothenic acid	mg	0. 536	0. 059	4	0. 152	0. 193	2. 434
Vitamin B-6	mg	0. 176	0. 016	2	0. 050	0. 063	0. 798
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0		1	0	0	0
Lipids:[1]							
Fatty acids:							
Saturated, total	g	0. 779			0. 221	0. 281	3. 536
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 000			0. 000	0. 000	0. 002
14:0	g	0. 014			0. 004	0. 005	0. 062
16:0	g	0. 438			0. 124	0. 158	1. 987
18:0	g	0. 326			0. 092	0. 117	1. 477
Monounsaturated, total	g	1. 618			0. 459	0. 582	7. 338
16:1	g	0. 009			0. 003	0. 003	0. 043
18:1	g	1. 608			0. 456	0. 579	7. 295
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 649			0. 184	0. 234	2. 945
18:2	g	0. 614			0. 174	0. 221	2. 785
18:3	g	0. 035			0. 010	0. 013	0. 158
18:4	g						
20:4	g	0. 000			0. 000	0. 000	0. 002
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		1	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 111			0. 031	0. 040	0. 503
Threonine	g	0. 256			0. 073	0. 092	1. 163
Isoleucine	g	0. 332			0. 094	0. 120	1. 508
Leucine	g	0. 603			0. 171	0. 217	2. 733
Lysine	g	0. 235			0. 067	0. 085	1. 067
Methionine	g	0. 152			0. 043	0. 055	0. 688
Cystine	g	0. 191			0. 054	0. 069	0. 867
Phenylalanine	g	0. 419			0. 119	0. 151	1. 900
Tyrosine	g	0. 252			0. 071	0. 091	1. 143
Valine	g	0. 385			0. 109	0. 139	1. 749
Arginine	g	0. 357			0. 101	0. 128	1. 618
Histidine	g	0. 196			0. 056	0. 070	0. 888
Alanine	g	0. 311			0. 088	0. 112	1. 411
Aspartic acid	g	0. 433			0. 123	0. 156	1. 962
Glutamic acid	g	2. 750			0. 780	0. 990	12. 474
Glycine	g	0. 334			0. 095	0. 120	1. 515
Proline	g	0. 918			0. 260	0. 331	4. 165
Serine	g	0. 419			0. 119	0. 151	1. 900

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Wheat bran, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 33 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	31. 6			9. 0	10. 4	143. 5
Food energy	*kcal*	273			77	90	1,238
	kJ	1,143			324	377	5,184
Protein	*g*	9. 7			2. 7	3. 2	43. 9
Total lipid (fat)	*g*	3. 7			1. 1	1. 2	16. 8
Carbohydrate, total	*g*	52. 5			14. 9	17. 3	238. 3
Crude fiber	*g*	0. 7			0. 2	0. 2	3. 3
Ash	*g*	2. 4			0. 7	0. 8	11. 1
Minerals:							
Calcium	*mg*	81			23	27	368
Iron	*mg*	3. 37			0. 96	1. 11	15. 28
Magnesium	*mg*	89			25	30	405
Phosphorus	*mg*	204			58	67	924
Potassium	*mg*	249			71	82	1,131
Sodium	*mg*	534			151	176	2,421
Zinc	*mg*	1. 49			0. 42	0. 49	6. 74
Copper	*mg*	0. 243			0. 069	0. 080	1. 104
Manganese	*mg*	1. 833			0. 520	0. 605	8. 314
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 349			0. 099	0. 115	1. 584
Riboflavin	*mg*	0. 284			0. 081	0. 094	1. 289
Niacin	*mg*	4. 354			1. 234	1. 437	19. 750
Pantothenic acid	*mg*	0. 383			0. 109	0. 126	1. 738
Vitamin B-6	*mg*	0. 174			0. 049	0. 057	0. 790
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0. 857			0. 243	0. 283	3. 885
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 000			0. 000	0. 000	0. 002
14:0	*g*	0. 015			0. 004	0. 005	0. 069
16:0	*g*	0. 481			0. 136	0. 159	2. 183
18:0	*g*	0. 358			0. 101	0. 118	1. 623
Monounsaturated, total	*g*	1. 778			0. 504	0. 587	8. 064
16:1	*g*	0. 010			0. 003	0. 003	0. 047
18:1	*g*	1. 767			0. 501	0. 583	8. 017
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 713			0. 202	0. 235	3. 236
18:2	*g*	0. 675			0. 191	0. 223	3. 060
18:3	*g*	0. 038			0. 011	0. 013	0. 174
18:4	*g*						
20:4	*g*	0. 000			0. 000	0. 000	0. 002
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 122			0. 035	0. 040	0. 552
Threonine	*g*	0. 282			0. 080	0. 093	1. 278
Isoleucine	*g*	0. 365			0. 104	0. 121	1. 657
Leucine	*g*	0. 662			0. 188	0. 218	3. 003
Lysine	*g*	0. 259			0. 073	0. 085	1. 173
Methionine	*g*	0. 167			0. 047	0. 055	0. 757
Cystine	*g*	0. 210			0. 060	0. 069	0. 953
Phenylalanine	*g*	0. 460			0. 130	0. 152	2. 088
Tyrosine	*g*	0. 277			0. 078	0. 091	1. 256
Valine	*g*	0. 424			0. 120	0. 140	1. 922
Arginine	*g*	0. 392			0. 111	0. 129	1. 778
Histidine	*g*	0. 215			0. 061	0. 071	0. 976
Alanine	*g*	0. 342			0. 097	0. 113	1. 551
Aspartic acid	*g*	0. 475			0. 135	0. 157	2. 156
Glutamic acid	*g*	3. 022			0. 857	0. 997	13. 708
Glycine	*g*	0. 367			0. 104	0. 121	1. 664
Proline	*g*	1. 009			0. 286	0. 333	4. 577
Serine	*g*	0. 460			0. 130	0. 152	2. 088

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
Wheat germ

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g (1 sl)		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	37. 1	0. 463	5	10. 5		168. 2
Food energy	*kcal*	261			74		1,183
	kJ	1,091			309		4,951
Protein (N x 5.80)	*g*	9. 6	0. 099	18	2. 7		43. 4
Total lipid (fat)	*g*	2. 9	0. 105	18	0. 8		13. 2
Carbohydrate, total	*g*	48. 3			13. 7		219. 1
Crude fiber	*g*	0. 5		1	0. 1		2. 1
Ash	*g*	2. 1	0. 163	4	0. 6		9. 6
Minerals:							
Calcium	*mg*	89	2. 081	18	25		402
Iron	*mg*	3. 45	0. 055	18	0. 98		15. 65
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	254	1. 000	2	72		1,152
Sodium	*mg*	553	6. 125	9	157		2,509
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 369	0. 009	18	0. 105		1. 676
Riboflavin	*mg*	0. 375	0. 008	18	0. 106		1. 702
Niacin	*mg*	4. 498	0. 068	18	1. 275		20. 402
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*	55		1	16		251
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0. 657			0. 186		2. 978
4:0	*g*	0. 001			0. 000		0. 003
6:0	*g*	0. 000			0. 000		0. 001
8:0	*g*	0. 000			0. 000		0. 001
10:0	*g*	0. 000			0. 000		0. 002
12:0	*g*	0. 001			0. 000		0. 003
14:0	*g*	0. 012			0. 003		0. 056
16:0	*g*	0. 388			0. 110		1. 759
18:0	*g*	0. 254			0. 072		1. 153
Monounsaturated, total	*g*	1. 275			0. 361		5. 781
16:1	*g*	0. 009			0. 003		0. 041
18:1	*g*	1. 265			0. 359		5. 740
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 668			0. 189		3. 032
18:2	*g*	0. 623			0. 177		2. 826
18:3	*g*	0. 045			0. 013		0. 205
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 114			0. 032		0. 516
Threonine	*g*	0. 302			0. 086		1. 368
Isoleucine	*g*	0. 386			0. 109		1. 749
Leucine	*g*	0. 686			0. 194		3. 110
Lysine	*g*	0. 326			0. 093		1. 480
Methionine	*g*	0. 170			0. 048		0. 770
Cystine	*g*	0. 188			0. 053		0. 852
Phenylalanine	*g*	0. 458			0. 130		2. 078
Tyrosine	*g*	0. 293			0. 083		1. 331
Valine	*g*	0. 438			0. 124		1. 989
Arginine	*g*	0. 397			0. 113		1. 802
Histidine	*g*	0. 216			0. 061		0. 979
Alanine	*g*	0. 343			0. 097		1. 555
Aspartic acid	*g*	0. 526			0. 149		2. 385
Glutamic acid	*g*	2. 843			0. 806		12. 897
Glycine	*g*	0. 346			0. 098		1. 570
Proline	*g*	0. 971			0. 275		4. 404
Serine	*g*	0. 468			0. 133		2. 123

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean oil.

BREAD
Wheat germ, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 25 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	29. 3			7. 3	8. 3	133. 0
Food energy	*kcal*	293			73	83	1,329
	kJ	1,226			307	348	5,563
Protein	*g*	10. 7			2. 7	3. 0	48. 7
Total lipid (fat)	*g*	3. 3			0. 8	0. 9	14. 9
Carbohydrate, total	*g*	54. 3			13. 6	15. 4	246. 2
Crude fiber	*g*	0. 5			0. 1	0. 1	2. 4
Ash	*g*	2. 4			0. 6	0. 7	10. 8
Minerals:							
Calcium	*mg*	100			25	28	452
Iron	*mg*	3. 88			0. 97	1. 10	17. 59
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	285			71	81	1,295
Sodium	*mg*	621			155	176	2,819
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 332			0. 083	0. 094	1. 507
Riboflavin	*mg*	0. 379			0. 095	0. 108	1. 721
Niacin	*mg*	4. 548			1. 137	1. 289	20. 631
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*	43			11	12	197
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0. 738			0. 184	0. 209	3. 347
4:0	*g*	0. 001			0. 000	0. 000	0. 003
6:0	*g*	0. 000			0. 000	0. 000	0. 002
8:0	*g*	0. 000			0. 000	0. 000	0. 001
10:0	*g*	0. 000			0. 000	0. 000	0. 002
12:0	*g*	0. 001			0. 000	0. 000	0. 003
14:0	*g*	0. 014			0. 003	0. 004	0. 063
16:0	*g*	0. 436			0. 109	0. 124	1. 976
18:0	*g*	0. 286			0. 071	0. 081	1. 296
Monounsaturated, total	*g*	1. 432			0. 358	0. 406	6. 496
16:1	*g*	0. 010			0. 003	0. 003	0. 046
18:1	*g*	1. 422			0. 355	0. 403	6. 450
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 751			0. 188	0. 213	3. 406
18:2	*g*	0. 700			0. 175	0. 198	3. 176
18:3	*g*	0. 051			0. 013	0. 014	0. 231
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 128			0. 032	0. 036	0. 580
Threonine	*g*	0. 339			0. 085	0. 096	1. 537
Isoleucine	*g*	0. 433			0. 108	0. 123	1. 966
Leucine	*g*	0. 770			0. 193	0. 218	3. 495
Lysine	*g*	0. 367			0. 092	0. 104	1. 663
Methionine	*g*	0. 191			0. 048	0. 054	0. 865
Cystine	*g*	0. 211			0. 053	0. 060	0. 958
Phenylalanine	*g*	0. 515			0. 129	0. 146	2. 335
Tyrosine	*g*	0. 330			0. 082	0. 093	1. 495
Valine	*g*	0. 493			0. 123	0. 140	2. 235
Arginine	*g*	0. 446			0. 112	0. 127	2. 025
Histidine	*g*	0. 243			0. 061	0. 069	1. 100
Alanine	*g*	0. 385			0. 096	0. 109	1. 747
Aspartic acid	*g*	0. 591			0. 148	0. 167	2. 680
Glutamic acid	*g*	3. 195			0. 799	0. 906	14. 491
Glycine	*g*	0. 389			0. 097	0. 110	1. 764
Proline	*g*	1. 091			0. 273	0. 309	4. 948
Serine	*g*	0. 526			0. 131	0. 149	2. 386

[1] Values based on vegetable shortening composed of partially hydrogenated soybean oil.

BREAD
White, commercially prepared
(includes soft bread crumbs)[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 25 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	36. 7	0. 101	302	9. 2	10. 4	166. 5
Food energy	kcal	267			67	76	1,210
	kJ	1,117			279	317	5,065
Protein (N x 5.70)	g	8. 2	0. 050	218	2. 1	2. 3	37. 2
Total lipid (fat)	g	3. 6	0. 076	224	0. 9	1. 0	16. 5
Carbohydrate, total	g	49. 5			12. 4	14. 0	224. 7
Crude fiber	g	0. 3	0. 016	43	0. 1	0. 1	1. 2
Ash	g	1. 9	0. 016	286	0. 5	0. 5	8. 7
Minerals:							
Calcium[2]	mg	108	2. 643	250	27	31	491
Iron	mg	3. 03	0. 033	256	0. 76	0. 86	13. 75
Magnesium	mg	24	0. 430	108	6	7	108
Phosphorus	mg	94	1. 678	96	23	27	424
Potassium	mg	119	2. 041	105	30	34	542
Sodium[3]	mg	538	8. 630	130	135	153	2,442
Zinc	mg	0. 62	0. 015	111	0. 15	0. 18	2. 81
Copper	mg	0. 126	0. 003	102	0. 032	0. 036	0. 572
Manganese	mg	0. 383	0. 008	103	0. 096	0. 109	1. 738
Vitamins:							
Ascorbic acid	mg	0		1	0	0	0
Thiamin	mg	0. 472	0. 005	190	0. 118	0. 134	2. 139
Riboflavin	mg	0. 341	0. 006	177	0. 085	0. 097	1. 547
Niacin	mg	3. 969	0. 034	198	0. 992	1. 125	18. 005
Pantothenic acid	mg	0. 390	0. 015	25	0. 097	0. 110	1. 767
Vitamin B-6	mg	0. 064	0. 005	6	0. 016	0. 018	0. 289
Folate	mcg	34		1	8	10	153
Vitamin B-12	mcg						
Vitamin A	RE	0			0	0	0
	IU	0		1	0	0	0
Lipids:[4]							
Fatty acids:							
Saturated, total	g	0. 811			0. 203	0. 230	3. 681
4:0	g	0. 000			0. 000	0. 000	0. 002
6:0	g	0. 000			0. 000	0. 000	0. 001
8:0	g						
10:0	g	0. 000			0. 000	0. 000	0. 001
12:0	g	0. 001			0. 000	0. 000	0. 003
14:0	g	0. 014			0. 004	0. 004	0. 064
16:0	g	0. 469			0. 117	0. 133	2. 129
18:0	g	0. 326			0. 082	0. 093	1. 480
Monounsaturated, total	g	1. 612			0. 403	0. 457	7. 311
16:1	g	0. 013			0. 003	0. 004	0. 059
18:1	g	1. 599			0. 400	0. 453	7. 252
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 744			0. 186	0. 211	3. 375
18:2	g	0. 709			0. 177	0. 201	3. 216
18:3	g	0. 035			0. 009	0. 010	0. 159
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	1	0. 281	11	0	0	4
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 096			0. 024	0. 027	0. 437
Threonine	g	0. 243			0. 061	0. 069	1. 103
Isoleucine	g	0. 322			0. 081	0. 091	1. 462
Leucine	g	0. 580			0. 145	0. 164	2. 631
Lysine	g	0. 223			0. 056	0. 063	1. 012
Methionine	g	0. 144			0. 036	0. 041	0. 653
Cystine	g	0. 174			0. 044	0. 049	0. 790
Phenylalanine	g	0. 404			0. 101	0. 115	1. 835
Tyrosine	g	0. 237			0. 059	0. 067	1. 077
Valine	g	0. 361			0. 090	0. 102	1. 639
Arginine	g	0. 315			0. 079	0. 089	1. 430
Histidine	g	0. 178			0. 045	0. 051	0. 810
Alanine	g	0. 281			0. 070	0. 080	1. 273
Aspartic acid	g	0. 409			0. 102	0. 116	1. 854
Glutamic acid	g	2. 657			0. 664	0. 753	12. 052
Glycine	g	0. 294			0. 073	0. 083	1. 332
Proline	g	0. 882			0. 221	0. 250	4. 002
Serine	g	0. 400			0. 100	0. 113	1. 815

[1] 1 c soft bread cubes = 35 g; 1 c soft bread crumbs = 45 g.
[2] Values range from 55 to 244 mg calcium per 100 g. The higher value reflects a greater percentage of calcium-containing ingredients.
[3] Low-sodium or no salt added product contains 27 mg sodium per 100 g.
[4] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
White, commercially prepared, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 23 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	30. 4			7. 0	8. 6	138. 1
Food energy	*kcal*	293			67	83	1,330
	kJ	1,227			282	348	5,566
Protein	*g*	9. 0			2. 1	2. 6	40. 9
Total lipid (fat)	*g*	4. 0			0. 9	1. 1	18. 1
Carbohydrate, total	*g*	54. 4			12. 5	15. 4	246. 9
Crude fiber	*g*	0. 3			0. 1	0. 1	1. 4
Ash	*g*	2. 1			0. 5	0. 6	9. 5
Minerals:							
Calcium[1]	*mg*	119			27	34	540
Iron	*mg*	3. 33			0. 77	0. 94	15. 11
Magnesium	*mg*	26			6	7	118
Phosphorus	*mg*	103			24	29	466
Potassium	*mg*	131			30	37	595
Sodium[2]	*mg*	592			136	168	2,684
Zinc	*mg*	0. 68			0. 16	0. 19	3. 09
Copper	*mg*	0. 138			0. 032	0. 039	0. 628
Manganese	*mg*	0. 421			0. 097	0. 119	1. 910
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 415			0. 095	0. 118	1. 881
Riboflavin	*mg*	0. 337			0. 078	0. 096	1. 530
Niacin	*mg*	3. 926			0. 903	1. 113	17. 807
Pantothenic acid	*mg*	0. 278			0. 064	0. 079	1. 262
Vitamin B-6	*mg*	0. 063			0. 014	0. 018	0. 286
Folate	*mcg*	26			6	7	118
Vitamin B-12	*mcg*						
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	0. 892			0. 205	0. 253	4. 045
4:0	*g*	0. 000			0. 000	0. 000	0. 002
6:0	*g*	0. 000			0. 000	0. 000	0. 001
8:0	*g*	0. 000			0. 000	0. 000	0. 001
10:0	*g*	0. 000			0. 000	0. 000	0. 001
12:0	*g*	0. 001			0. 000	0. 000	0. 003
14:0	*g*	0. 016			0. 004	0. 004	0. 071
16:0	*g*	0. 516			0. 119	0. 146	2. 339
18:0	*g*	0. 359			0. 082	0. 102	1. 627
Monounsaturated, total	*g*	1. 771			0. 407	0. 502	8. 034
16:1	*g*	0. 014			0. 003	0. 004	0. 065
18:1	*g*	1. 757			0. 404	0. 498	7. 969
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 818			0. 188	0. 232	3. 709
18:2	*g*	0. 779			0. 179	0. 221	3. 534
18:3	*g*	0. 039			0. 009	0. 011	0. 175
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	1			0	0	4
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 106			0. 024	0. 030	0. 481
Threonine	*g*	0. 267			0. 061	0. 076	1. 212
Isoleucine	*g*	0. 354			0. 081	0. 100	1. 607
Leucine	*g*	0. 637			0. 147	0. 181	2. 891
Lysine	*g*	0. 245			0. 056	0. 070	1. 112
Methionine	*g*	0. 158			0. 036	0. 045	0. 717
Cystine	*g*	0. 191			0. 044	0. 054	0. 868
Phenylalanine	*g*	0. 444			0. 102	0. 126	2. 016
Tyrosine	*g*	0. 261			0. 060	0. 074	1. 184
Valine	*g*	0. 397			0. 091	0. 113	1. 801
Arginine	*g*	0. 346			0. 080	0. 098	1. 571
Histidine	*g*	0. 196			0. 045	0. 056	0. 890
Alanine	*g*	0. 308			0. 071	0. 087	1. 399
Aspartic acid	*g*	0. 449			0. 103	0. 127	2. 038
Glutamic acid	*g*	2. 920			0. 672	0. 828	13. 244
Glycine	*g*	0. 323			0. 074	0. 091	1. 464
Proline	*g*	0. 970			0. 223	0. 275	4. 398
Serine	*g*	0. 440			0. 101	0. 125	1. 995

[1] Values range from 61 to 269 mg calcium per 100 g. The higher value reflects a greater percentage of calcium-containing ingredients.
[2] Low-sodium or no salt added product contains 30 mg sodium per 100 g.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD
White, prepared from recipe, made with lowfat (2%) milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 42 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	35. 3			10. 0	14. 8	160. 1
Food energy	kcal	285			81	120	1,292
	kJ	1,192			338	501	5,407
Protein	g	7. 9			2. 2	3. 3	35. 6
Total lipid (fat)	g	5. 7			1. 6	2. 4	25. 8
Carbohydrate, total	g	49. 6			14. 1	20. 8	225. 0
Crude fiber	g	0. 1			0. 0	0. 1	0. 7
Ash	g	1. 5			0. 4	0. 6	6. 9
Minerals:							
Calcium	mg	57			16	24	258
Iron	mg	2. 97			0. 84	1. 25	13. 45
Magnesium	mg	19			5	8	88
Phosphorus	mg	115			33	48	523
Potassium	mg	146			41	61	660
Sodium	mg	359			102	151	1,628
Zinc	mg	0. 64			0. 18	0. 27	2. 91
Copper	mg	0. 115			0. 033	0. 048	0. 523
Manganese	mg	0. 416			0. 118	0. 175	1. 886
Vitamins:							
Ascorbic acid	mg	0. 2			0. 1	0. 1	1. 1
Thiamin	mg	0. 405			0. 115	0. 170	1. 839
Riboflavin	mg	0. 383			0. 109	0. 161	1. 738
Niacin	mg	3. 588			1. 017	1. 507	16. 276
Pantothenic acid	mg	0. 374			0. 106	0. 157	1. 698
Vitamin B-6	mg	0. 051			0. 015	0. 022	0. 233
Folate	mcg	42			12	18	190
Vitamin B-12	mcg	0. 08			0. 02	0. 03	0. 35
Vitamin A	RE	22			6	9	100
	IU	79			22	33	360
Lipids:							
Fatty acids:							
Saturated, total	g	1. 178			0. 334	0. 495	5. 344
4:0	g	0. 025			0. 007	0. 010	0. 112
6:0	g	0. 015			0. 004	0. 006	0. 067
8:0	g	0. 008			0. 002	0. 004	0. 038
10:0	g	0. 019			0. 005	0. 008	0. 087
12:0	g	0. 022			0. 006	0. 009	0. 099
14:0	g	0. 082			0. 023	0. 034	0. 370
16:0	g	0. 742			0. 210	0. 311	3. 364
18:0	g	0. 264			0. 075	0. 111	1. 196
Monounsaturated, total	g	1. 298			0. 368	0. 545	5. 888
16:1	g	0. 041			0. 012	0. 017	0. 186
18:1	g	1. 247			0. 353	0. 524	5. 656
20:1	g	0. 009			0. 002	0. 004	0. 039
22:1	g						
Polyunsaturated, total	g	2. 781			0. 788	1. 168	12. 613
18:2	g	2. 461			0. 698	1. 034	11. 165
18:3	g	0. 319			0. 091	0. 134	1. 448
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	3			1	1	13
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 098			0. 028	0. 041	0. 444
Threonine	g	0. 244			0. 069	0. 103	1. 108
Isoleucine	g	0. 311			0. 088	0. 130	1. 409
Leucine	g	0. 576			0. 163	0. 242	2. 613
Lysine	g	0. 268			0. 076	0. 113	1. 216
Methionine	g	0. 148			0. 042	0. 062	0. 671
Cystine	g	0. 147			0. 042	0. 062	0. 668
Phenylalanine	g	0. 389			0. 110	0. 163	1. 764
Tyrosine	g	0. 262			0. 074	0. 110	1. 188
Valine	g	0. 355			0. 101	0. 149	1. 609
Arginine	g	0. 316			0. 089	0. 133	1. 431
Histidine	g	0. 181			0. 051	0. 076	0. 821
Alanine	g	0. 267			0. 076	0. 112	1. 213
Aspartic acid	g	0. 395			0. 112	0. 166	1. 791
Glutamic acid	g	2. 387			0. 677	1. 003	10. 827
Glycine	g	0. 267			0. 076	0. 112	1. 213
Proline	g	0. 849			0. 241	0. 356	3. 849
Serine	g	0. 394			0. 112	0. 166	1. 789

[1] 4-1/4 in. x 3 in. x 3/4 in.

BREAD
White, prepared from recipe, made with lowfat (2%) milk, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 38 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	28. 9			8. 2	11. 0	131. 0
Food energy	*kcal*	313			89	119	1,419
	kJ	1,310			371	498	5,942
Protein	*g*	8. 6			2. 4	3. 3	39. 1
Total lipid (fat)	*g*	6. 3			1. 8	2. 4	28. 4
Carbohydrate, total	*g*	54. 5			15. 5	20. 7	247. 3
Crude fiber	*g*	0. 2			0. 0	0. 1	0. 7
Ash	*g*	1. 7			0. 5	0. 6	7. 5
Minerals:							
Calcium	*mg*	62			18	24	283
Iron	*mg*	3. 26			0. 92	1. 24	14. 78
Magnesium	*mg*	21			6	8	96
Phosphorus	*mg*	127			36	48	575
Potassium	*mg*	160			45	61	726
Sodium	*mg*	394			112	150	1,789
Zinc	*mg*	0. 70			0. 20	0. 27	3. 20
Copper	*mg*	0. 127			0. 036	0. 048	0. 575
Manganese	*mg*	0. 457			0. 130	0. 174	2. 072
Vitamins:							
Ascorbic acid	*mg*	0. 2			0. 1	0. 1	1. 0
Thiamin	*mg*	0. 356			0. 101	0. 135	1. 616
Riboflavin	*mg*	0. 379			0. 107	0. 144	1. 718
Niacin	*mg*	3. 549			1. 006	1. 349	16. 097
Pantothenic acid	*mg*	0. 267			0. 076	0. 102	1. 213
Vitamin B-6	*mg*	0. 051			0. 014	0. 019	0. 231
Folate	*mcg*	32			9	12	146
Vitamin B-12	*mcg*	0. 09			0. 02	0. 03	0. 39
Vitamin A	*RE*	22			6	8	99
	IU	78			22	30	356
Lipids:							
Fatty acids:							
Saturated, total	*g*	1. 295			0. 367	0. 492	5. 872
4:0	*g*	0. 027			0. 008	0. 010	0. 124
6:0	*g*	0. 016			0. 005	0. 006	0. 074
8:0	*g*	0. 009			0. 003	0. 004	0. 042
10:0	*g*	0. 021			0. 006	0. 008	0. 096
12:0	*g*	0. 024			0. 007	0. 009	0. 109
14:0	*g*	0. 090			0. 025	0. 034	0. 406
16:0	*g*	0. 815			0. 231	0. 310	3. 696
18:0	*g*	0. 290			0. 082	0. 110	1. 314
Monounsaturated, total	*g*	1. 427			0. 404	0. 542	6. 471
16:1	*g*	0. 045			0. 013	0. 017	0. 204
18:1	*g*	1. 370			0. 388	0. 521	6. 215
20:1	*g*	0. 010			0. 003	0. 004	0. 043
22:1	*g*						
Polyunsaturated, total	*g*	3. 056			0. 866	1. 161	13. 861
18:2	*g*	2. 705			0. 767	1. 028	12. 269
18:3	*g*	0. 351			0. 099	0. 133	1. 591
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	3			1	1	14
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 108			0. 031	0. 041	0. 488
Threonine	*g*	0. 268			0. 076	0. 102	1. 218
Isoleucine	*g*	0. 341			0. 097	0. 130	1. 548
Leucine	*g*	0. 633			0. 179	0. 241	2. 872
Lysine	*g*	0. 295			0. 083	0. 112	1. 336
Methionine	*g*	0. 162			0. 046	0. 062	0. 737
Cystine	*g*	0. 162			0. 046	0. 061	0. 734
Phenylalanine	*g*	0. 427			0. 121	0. 162	1. 938
Tyrosine	*g*	0. 288			0. 082	0. 109	1. 305
Valine	*g*	0. 390			0. 111	0. 148	1. 768
Arginine	*g*	0. 347			0. 098	0. 132	1. 573
Histidine	*g*	0. 199			0. 056	0. 076	0. 903
Alanine	*g*	0. 294			0. 083	0. 112	1. 333
Aspartic acid	*g*	0. 434			0. 123	0. 165	1. 968
Glutamic acid	*g*	2. 623			0. 744	0. 997	11. 898
Glycine	*g*	0. 294			0. 083	0. 112	1. 333
Proline	*g*	0. 933			0. 264	0. 354	4. 230
Serine	*g*	0. 433			0. 123	0. 165	1. 966

[1] 4-1/4 in. x 3 in. x 3/4 in.

BREAD
White, prepared from recipe, made with nonfat dry milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 44 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	34. 8			9. 9	15. 3	157. 7
Food energy	kcal	274			78	120	1,241
	kJ	1,146			325	504	5,197
Protein	g	7. 7			2. 2	3. 4	34. 8
Total lipid (fat)	g	2. 6			0. 7	1. 2	11. 9
Carbohydrate, total	g	53. 6			15. 2	23. 6	242. 9
Crude fiber	g	0. 2			0. 0	0. 1	0. 8
Ash	g	1. 4			0. 4	0. 6	6. 2
Minerals:							
Calcium	mg	32			9	14	147
Iron	mg	3. 18			0. 90	1. 40	14. 43
Magnesium	mg	17			5	8	79
Phosphorus	mg	96			27	42	434
Potassium	mg	111			32	49	504
Sodium	mg	336			95	148	1,522
Zinc	mg	0. 59			0. 17	0. 26	2. 68
Copper	mg	0. 112			0. 032	0. 049	0. 507
Manganese	mg	0. 460			0. 130	0. 202	2. 085
Vitamins:							
Ascorbic acid	mg	0. 0			0. 0	0. 0	0. 2
Thiamin	mg	0. 431			0. 122	0. 190	1. 954
Riboflavin	mg	0. 352			0. 100	0. 155	1. 595
Niacin	mg	3. 731			1. 058	1. 642	16. 923
Pantothenic acid	mg	0. 284			0. 080	0. 125	1. 287
Vitamin B-6	mg	0. 037			0. 010	0. 016	0. 167
Folate	mcg	27			8	12	122
Vitamin B-12	mcg	0. 02			0. 01	0. 01	0. 09
Vitamin A	RE	12			3	5	56
	IU	41			12	18	186
Lipids:							
Fatty acids:							
Saturated, total	g	0. 391			0. 111	0. 172	1. 773
4:0	g	0. 000			0. 000	0. 000	0. 002
6:0	g						
8:0	g	0. 000			0. 000	0. 000	0. 001
10:0	g	0. 000			0. 000	0. 000	0. 001
12:0	g	0. 000			0. 000	0. 000	0. 002
14:0	g	0. 003			0. 001	0. 001	0. 015
16:0	g	0. 305			0. 087	0. 134	1. 385
18:0	g	0. 081			0. 023	0. 035	0. 366
Monounsaturated, total	g	0. 527			0. 149	0. 232	2. 389
16:1	g	0. 011			0. 003	0. 005	0. 052
18:1	g	0. 511			0. 145	0. 225	2. 319
20:1	g	0. 004			0. 001	0. 002	0. 018
22:1	g						
Polyunsaturated, total	g	1. 401			0. 397	0. 617	6. 357
18:2	g	1. 254			0. 355	0. 552	5. 688
18:3	g	0. 147			0. 042	0. 065	0. 669
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	1
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 095			0. 027	0. 042	0. 430
Threonine	g	0. 223			0. 063	0. 098	1. 012
Isoleucine	g	0. 283			0. 080	0. 125	1. 286
Leucine	g	0. 544			0. 154	0. 239	2. 468
Lysine	g	0. 214			0. 061	0. 094	0. 971
Methionine	g	0. 140			0. 040	0. 062	0. 635
Cystine	g	0. 154			0. 044	0. 068	0. 696
Phenylalanine	g	0. 383			0. 109	0. 168	1. 736
Tyrosine	g	0. 243			0. 069	0. 107	1. 103
Valine	g	0. 327			0. 093	0. 144	1. 481
Arginine	g	0. 309			0. 088	0. 136	1. 400
Histidine	g	0. 174			0. 049	0. 076	0. 788
Alanine	g	0. 253			0. 072	0. 111	1. 149
Aspartic acid	g	0. 353			0. 100	0. 155	1. 602
Glutamic acid	g	2. 459			0. 697	1. 082	11. 156
Glycine	g	0. 269			0. 076	0. 118	1. 218
Proline	g	0. 859			0. 244	0. 378	3. 898
Serine	g	0. 384			0. 109	0. 169	1. 742

[1] 5 in. x 3-3/4 in. x 1/2 in.

BREAD
White, prepared from recipe, made with nonfat dry milk, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 40 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	28. 3			8. 0	11. 3	128. 5
Food energy	kcal	301			85	120	1,364
	kJ	1,259			357	504	5,710
Protein	g	8. 4			2. 4	3. 4	38. 2
Total lipid (fat)	g	2. 9			0. 8	1. 2	13. 1
Carbohydrate, total	g	58. 9			16. 7	23. 5	266. 9
Crude fiber	g	0. 2			0. 1	0. 1	0. 8
Ash	g	1. 5			0. 4	0. 6	6. 8
Minerals:							
Calcium	mg	36			10	14	162
Iron	mg	3. 50			0. 99	1. 40	15. 85
Magnesium	mg	19			5	8	87
Phosphorus	mg	105			30	42	476
Potassium	mg	122			35	49	554
Sodium	mg	369			105	148	1,673
Zinc	mg	0. 65			0. 18	0. 26	2. 94
Copper	mg	0. 123			0. 035	0. 049	0. 557
Manganese	mg	0. 505			0. 143	0. 202	2. 291
Vitamins:							
Ascorbic acid	mg	0. 0			0. 0	0. 0	0. 2
Thiamin	mg	0. 379			0. 107	0. 152	1. 718
Riboflavin	mg	0. 348			0. 099	0. 139	1. 578
Niacin	mg	3. 690			1. 046	1. 476	16. 737
Pantothenic acid	mg	0. 203			0. 057	0. 081	0. 919
Vitamin B-6	mg	0. 036			0. 010	0. 015	0. 165
Folate	mcg	21			6	8	94
Vitamin B-12	mcg	0. 02			0. 01	0. 01	0. 10
Vitamin A	RE	12			3	5	55
	IU	41			11	16	184
Lipids:							
Fatty acids:							
Saturated, total	g	0. 430			0. 122	0. 172	1. 948
4:0	g	0. 001			0. 000	0. 000	0. 002
6:0	g	0. 000			0. 000	0. 000	0. 001
8:0	g	0. 000			0. 000	0. 000	0. 001
10:0	g	0. 000			0. 000	0. 000	0. 001
12:0	g	0. 000			0. 000	0. 000	0. 002
14:0	g	0. 004			0. 001	0. 001	0. 017
16:0	g	0. 336			0. 095	0. 134	1. 522
18:0	g	0. 089			0. 025	0. 035	0. 402
Monounsaturated, total	g	0. 579			0. 164	0. 232	2. 626
16:1	g	0. 013			0. 004	0. 005	0. 057
18:1	g	0. 562			0. 159	0. 225	2. 548
20:1	g	0. 004			0. 001	0. 002	0. 019
22:1	g						
Polyunsaturated, total	g	1. 540			0. 437	0. 616	6. 985
18:2	g	1. 378			0. 391	0. 551	6. 250
18:3	g	0. 162			0. 046	0. 065	0. 735
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	2
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 104			0. 030	0. 042	0. 473
Threonine	g	0. 245			0. 069	0. 098	1. 112
Isoleucine	g	0. 311			0. 088	0. 125	1. 413
Leucine	g	0. 598			0. 170	0. 239	2. 712
Lysine	g	0. 235			0. 067	0. 094	1. 067
Methionine	g	0. 154			0. 044	0. 062	0. 697
Cystine	g	0. 169			0. 048	0. 067	0. 765
Phenylalanine	g	0. 421			0. 119	0. 168	1. 908
Tyrosine	g	0. 267			0. 076	0. 107	1. 212
Valine	g	0. 359			0. 102	0. 144	1. 628
Arginine	g	0. 339			0. 096	0. 136	1. 539
Histidine	g	0. 191			0. 054	0. 076	0. 866
Alanine	g	0. 278			0. 079	0. 111	1. 263
Aspartic acid	g	0. 388			0. 110	0. 155	1. 760
Glutamic acid	g	2. 703			0. 766	1. 081	12. 259
Glycine	g	0. 295			0. 084	0. 118	1. 339
Proline	g	0. 944			0. 268	0. 378	4. 283
Serine	g	0. 422			0. 120	0. 169	1. 914

[1] 5 in. x 3-3/4 in. x 1/2 in.

BREAD
White, prepared from recipe, made with whole milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 38 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	34.8			9.9	13.2	157.9
Food energy	kcal	289			82	110	1,312
	kJ	1,211			343	460	5,494
Protein	g	7.8			2.2	3.0	35.5
Total lipid (fat)	g	6.2			1.8	2.4	28.3
Carbohydrate, total	g	49.6			14.0	18.8	224.8
Crude fiber	g	0.1			0.0	0.1	0.7
Ash	g	1.5			0.4	0.6	6.8
Minerals:							
Calcium	mg	56			16	21	254
Iron	mg	2.97			0.84	1.13	13.45
Magnesium	mg	19			5	7	87
Phosphorus	mg	115			33	44	520
Potassium	mg	144			41	55	655
Sodium	mg	359			102	136	1,626
Zinc	mg	0.64			0.18	0.24	2.89
Copper	mg	0.116			0.033	0.044	0.526
Manganese	mg	0.416			0.118	0.158	1.886
Vitamins:							
Ascorbic acid	mg	0.2			0.1	0.1	1.1
Thiamin	mg	0.405			0.115	0.154	1.837
Riboflavin	mg	0.382			0.108	0.145	1.732
Niacin	mg	3.587			1.017	1.363	16.272
Pantothenic acid	mg	0.372			0.105	0.141	1.688
Vitamin B-6	mg	0.051			0.014	0.019	0.232
Folate	mcg	42			12	16	190
Vitamin B-12	mcg	0.08			0.02	0.03	0.35
Vitamin A	RE	12			3	5	54
	IU	49			14	19	221
Lipids:							
Fatty acids:							
Saturated, total	g	1.518			0.430	0.577	6.886
4:0	g	0.040			0.011	0.015	0.180
6:0	g	0.024			0.007	0.009	0.110
8:0	g	0.014			0.004	0.005	0.065
10:0	g	0.033			0.009	0.013	0.150
12:0	g	0.038			0.011	0.014	0.171
14:0	g	0.139			0.039	0.053	0.632
16:0	g	0.895			0.254	0.340	4.059
18:0	g	0.335			0.095	0.127	1.519
Monounsaturated, total	g	1.458			0.413	0.554	6.612
16:1	g	0.054			0.015	0.021	0.245
18:1	g	1.395			0.395	0.530	6.328
20:1	g	0.009			0.002	0.003	0.039
22:1	g						
Polyunsaturated, total	g	2.803			0.795	1.065	12.713
18:2	g	2.475			0.702	0.940	11.225
18:3	g	0.328			0.093	0.125	1.487
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	5			1	2	24
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.098			0.028	0.037	0.443
Threonine	g	0.244			0.069	0.093	1.105
Isoleucine	g	0.310			0.088	0.118	1.405
Leucine	g	0.575			0.163	0.218	2.607
Lysine	g	0.267			0.076	0.101	1.210
Methionine	g	0.147			0.042	0.056	0.669
Cystine	g	0.147			0.042	0.056	0.667
Phenylalanine	g	0.388			0.110	0.147	1.761
Tyrosine	g	0.261			0.074	0.099	1.185
Valine	g	0.354			0.100	0.134	1.605
Arginine	g	0.315			0.089	0.120	1.429
Histidine	g	0.181			0.051	0.069	0.820
Alanine	g	0.267			0.076	0.101	1.210
Aspartic acid	g	0.394			0.112	0.150	1.786
Glutamic acid	g	2.384			0.676	0.906	10.813
Glycine	g	0.267			0.076	0.102	1.212
Proline	g	0.847			0.240	0.322	3.843
Serine	g	0.394			0.112	0.150	1.786

[1] 4-3/4 in. x 3-1/2 in. x 1/2 in.

BREAD
White, prepared from recipe, made with whole milk, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 35 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	28.4			8.0	9.9	128.7
Food energy	kcal	318			90	111	1,442
	kJ	1,331			377	466	6,037
Protein	g	8.6			2.4	3.0	39.1
Total lipid (fat)	g	6.9			1.9	2.4	31.1
Carbohydrate, total	g	54.5			15.4	19.1	247.0
Crude fiber	g	0.2			0.0	0.1	0.7
Ash	g	1.7			0.5	0.6	7.5
Minerals:							
Calcium	mg	61			17	22	279
Iron	mg	3.26			0.92	1.14	14.78
Magnesium	mg	21			6	7	96
Phosphorus	mg	126			36	44	572
Potassium	mg	159			45	56	720
Sodium	mg	394			112	138	1,787
Zinc	mg	0.70			0.20	0.25	3.18
Copper	mg	0.128			0.036	0.045	0.579
Manganese	mg	0.457			0.130	0.160	2.072
Vitamins:							
Ascorbic acid	mg	0.2			0.1	0.1	1.0
Thiamin	mg	0.356			0.101	0.125	1.615
Riboflavin	mg	0.378			0.107	0.132	1.713
Niacin	mg	3.548			1.006	1.242	16.094
Pantothenic acid	mg	0.266			0.075	0.093	1.205
Vitamin B-6	mg	0.051			0.014	0.018	0.229
Folate	mcg	32			9	11	146
Vitamin B-12	mcg	0.08			0.02	0.03	0.38
Vitamin A	RE	12			3	4	54
	IU	48			14	17	219
Lipids:							
Fatty acids:							
Saturated, total	g	1.668			0.473	0.584	7.568
4:0	g	0.044			0.012	0.015	0.198
6:0	g	0.027			0.008	0.009	0.121
8:0	g	0.016			0.004	0.006	0.072
10:0	g	0.036			0.010	0.013	0.165
12:0	g	0.041			0.012	0.015	0.188
14:0	g	0.153			0.043	0.054	0.694
16:0	g	0.983			0.279	0.344	4.460
18:0	g	0.368			0.104	0.129	1.669
Monounsaturated, total	g	1.602			0.454	0.561	7.266
16:1	g	0.059			0.017	0.021	0.270
18:1	g	1.533			0.435	0.537	6.953
20:1	g	0.010			0.003	0.003	0.043
22:1	g						
Polyunsaturated, total	g	3.080			0.873	1.078	13.970
18:2	g	2.719			0.771	0.952	12.335
18:3	g	0.360			0.102	0.126	1.635
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	6			2	2	26
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.107			0.030	0.038	0.487
Threonine	g	0.268			0.076	0.094	1.214
Isoleucine	g	0.340			0.096	0.119	1.544
Leucine	g	0.632			0.179	0.221	2.865
Lysine	g	0.293			0.083	0.103	1.330
Methionine	g	0.162			0.046	0.057	0.735
Cystine	g	0.162			0.046	0.057	0.733
Phenylalanine	g	0.427			0.121	0.149	1.935
Tyrosine	g	0.287			0.081	0.100	1.302
Valine	g	0.389			0.110	0.136	1.763
Arginine	g	0.346			0.098	0.121	1.570
Histidine	g	0.199			0.056	0.069	0.901
Alanine	g	0.293			0.083	0.103	1.330
Aspartic acid	g	0.433			0.123	0.151	1.962
Glutamic acid	g	2.620			0.743	0.917	11.883
Glycine	g	0.294			0.083	0.103	1.331
Proline	g	0.931			0.264	0.326	4.223
Serine	g	0.433			0.123	0.151	1.962

[1] 4-3/4 in. x 3-1/2 in. x 1/2 in.

BREAD
Whole-wheat, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g (1 sl)		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	37. 7	0. 216	63	10. 7		171. 1
Food energy	*kcal*	246			70		1,117
	kJ	1,031			292		4,677
Protein (N x 5.80)	*g*	9. 7	0. 097	76	2. 7		44. 0
Total lipid (fat)	*g*	4. 2	0. 077	76	1. 2		19. 2
Carbohydrate, total	*g*	46. 1			13. 1		208. 9
Crude fiber	*g*	1. 5	0. 055	39	0. 4		6. 8
Ash	*g*	2. 3	0. 035	76	0. 7		10. 4
Minerals:							
Calcium[1]	*mg*	72	2. 870	130	20		328
Iron	*mg*	3. 30	0. 058	127	0. 94		14. 97
Magnesium	*mg*	86	2. 046	81	24		392
Phosphorus	*mg*	229	5. 761	60	65		1,040
Potassium	*mg*	252	3. 503	57	71		1,141
Sodium	*mg*	527	10. 181	69	149		2,389
Zinc	*mg*	1. 94	0. 043	84	0. 55		8. 79
Copper	*mg*	0. 284	0. 008	70	0. 081		1. 289
Manganese	*mg*	2. 324	0. 046	69	0. 659		10. 541
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 351	0. 015	96	0. 100		1. 593
Riboflavin	*mg*	0. 205	0. 017	72	0. 058		0. 931
Niacin	*mg*	3. 837	0. 100	74	1. 088		17. 403
Pantothenic acid	*mg*	0. 552	0. 040	13	0. 157		2. 506
Vitamin B-6	*mg*	0. 179	0. 004	9	0. 051		0. 810
Folate	*mcg*	50	1. 621	14	14		228
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	0. 917			0. 260		4. 160
4:0	*g*	0. 000			0. 000		0. 001
6:0	*g*	0. 000			0. 000		0. 001
8:0	*g*						
10:0	*g*	0. 000			0. 000		0. 001
12:0	*g*	0. 001			0. 000		0. 004
14:0	*g*	0. 016			0. 005		0. 072
16:0	*g*	0. 575			0. 163		2. 608
18:0	*g*	0. 318			0. 090		1. 442
Monounsaturated, total	*g*	1. 680			0. 476		7. 622
16:1	*g*	0. 023			0. 006		0. 103
18:1	*g*	1. 658			0. 470		7. 519
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 003			0. 284		4. 552
18:2	*g*	0. 952			0. 270		4. 318
18:3	*g*	0. 049			0. 014		0. 224
18:4	*g*						
20:4	*g*	0. 002			0. 001		0. 009
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 140			0. 040		0. 637
Threonine	*g*	0. 296			0. 084		1. 341
Isoleucine	*g*	0. 376			0. 107		1. 705
Leucine	*g*	0. 670			0. 190		3. 039
Lysine	*g*	0. 302			0. 086		1. 372
Methionine	*g*	0. 155			0. 044		0. 705
Cystine	*g*	0. 214			0. 061		0. 970
Phenylalanine	*g*	0. 463			0. 131		2. 099
Tyrosine	*g*	0. 289			0. 082		1. 311
Valine	*g*	0. 443			0. 126		2. 008
Arginine	*g*	0. 449			0. 127		2. 039
Histidine	*g*	0. 224			0. 063		1. 015
Alanine	*g*	0. 358			0. 101		1. 622
Aspartic acid	*g*	0. 536			0. 152		2. 433
Glutamic acid	*g*	2. 957			0. 838		13. 414
Glycine	*g*	0. 384			0. 109		1. 743
Proline	*g*	0. 969			0. 275		4. 395
Serine	*g*	0. 463			0. 131		2. 099

[1] Values range from 27 to 256 mg calcium per 100 g. The higher value reflects a greater percentage of calcium-containing ingredients.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean oil.

BREAD
Whole-wheat, commercially prepared, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sl = 25 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	30.0			7.5	8.5	136.2
Food energy	*kcal*	277			69	78	1,255
	kJ	1,158			290	328	5,255
Protein	*g*	10.9			2.7	3.1	49.4
Total lipid (fat)	*g*	4.8			1.2	1.3	21.6
Carbohydrate, total	*g*	51.7			12.9	14.7	234.7
Crude fiber	*g*	1.7			0.4	0.5	7.7
Ash	*g*	2.6			0.6	0.7	11.7
Minerals:							
Calcium[1]	*mg*	81			20	23	368
Iron	*mg*	3.71			0.93	1.05	16.82
Magnesium	*mg*	97			24	28	440
Phosphorus	*mg*	258			64	73	1,169
Potassium	*mg*	283			71	80	1,282
Sodium	*mg*	592			148	168	2,685
Zinc	*mg*	2.18			0.54	0.62	9.88
Copper	*mg*	0.319			0.080	0.091	1.448
Manganese	*mg*	2.611			0.653	0.740	11.844
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0.316			0.079	0.089	1.432
Riboflavin	*mg*	0.208			0.052	0.059	0.942
Niacin	*mg*	3.880			0.970	1.100	17.598
Pantothenic acid	*mg*	0.403			0.101	0.114	1.830
Vitamin B-6	*mg*	0.181			0.045	0.051	0.820
Folate	*mcg*	39			10	11	179
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	1.030			0.258	0.292	4.674
4:0	*g*	0.000			0.000	0.000	0.001
6:0	*g*	0.000			0.000	0.000	0.001
8:0	*g*						
10:0	*g*	0.000			0.000	0.000	0.001
12:0	*g*	0.001			0.000	0.000	0.004
14:0	*g*	0.018			0.004	0.005	0.081
16:0	*g*	0.646			0.161	0.183	2.930
18:0	*g*	0.357			0.089	0.101	1.620
Monounsaturated, total	*g*	1.888			0.472	0.535	8.564
16:1	*g*	0.025			0.006	0.007	0.116
18:1	*g*	1.863			0.466	0.528	8.448
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1.127			0.282	0.320	5.114
18:2	*g*	1.070			0.267	0.303	4.852
18:3	*g*	0.056			0.014	0.016	0.252
18:4	*g*						
20:4	*g*	0.002			0.001	0.001	0.010
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.158			0.039	0.045	0.715
Threonine	*g*	0.332			0.083	0.094	1.507
Isoleucine	*g*	0.422			0.106	0.120	1.916
Leucine	*g*	0.753			0.188	0.213	3.415
Lysine	*g*	0.340			0.085	0.096	1.541
Methionine	*g*	0.175			0.044	0.049	0.792
Cystine	*g*	0.240			0.060	0.068	1.090
Phenylalanine	*g*	0.520			0.130	0.147	2.359
Tyrosine	*g*	0.325			0.081	0.092	1.473
Valine	*g*	0.497			0.124	0.141	2.256
Arginine	*g*	0.505			0.126	0.143	2.291
Histidine	*g*	0.252			0.063	0.071	1.141
Alanine	*g*	0.402			0.100	0.114	1.822
Aspartic acid	*g*	0.603			0.151	0.171	2.733
Glutamic acid	*g*	3.323			0.831	0.942	15.071
Glycine	*g*	0.432			0.108	0.122	1.958
Proline	*g*	1.089			0.272	0.309	4.939
Serine	*g*	0.520			0.130	0.147	2.359

[1] Values range from 30 to 288 mg calcium per 100 g. The higher value reflects a greater percentage of calcium-containing ingredients.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean oil.

BREAD
Whole-wheat, prepared from recipe[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 46 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	32. 7			9. 3	15. 0	148. 2
Food energy	kcal	278			79	128	1,259
	kJ	1,162			329	535	5,271
Protein	g	8. 4			2. 4	3. 9	38. 0
Total lipid (fat)	g	5. 4			1. 5	2. 5	24. 5
Carbohydrate, total	g	51. 4			14. 6	23. 6	233. 0
Crude fiber	g	1. 0			0. 3	0. 4	4. 3
Ash	g	2. 0			0. 6	0. 9	9. 0
Minerals:							
Calcium	mg	33			9	15	148
Iron	mg	3. 10			0. 88	1. 42	14. 05
Magnesium	mg	81			23	37	368
Phosphorus	mg	187			53	86	848
Potassium	mg	314			89	144	1,423
Sodium	mg	346			98	159	1,571
Zinc	mg	1. 50			0. 43	0. 69	6. 82
Copper	mg	0. 253			0. 072	0. 116	1. 149
Manganese	mg	1. 881			0. 533	0. 865	8. 534
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 303			0. 086	0. 139	1. 373
Riboflavin	mg	0. 227			0. 064	0. 104	1. 030
Niacin	mg	3. 985			1. 130	1. 833	18. 076
Pantothenic acid	mg	0. 473			0. 134	0. 218	2. 147
Vitamin B-6	mg	0. 199			0. 057	0. 092	0. 905
Folate	mcg	47			13	21	211
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0. 796			0. 226	0. 366	3. 610
4:0	g						
6:0	g						
8:0	g	0. 008			0. 002	0. 004	0. 035
10:0	g						
12:0	g	0. 001			0. 000	0. 000	0. 002
14:0	g	0. 006			0. 002	0. 003	0. 025
16:0	g	0. 600			0. 170	0. 276	2. 723
18:0	g	0. 175			0. 050	0. 081	0. 794
Monounsaturated, total	g	1. 158			0. 328	0. 533	5. 252
16:1	g	0. 029			0. 008	0. 014	0. 133
18:1	g	1. 120			0. 317	0. 515	5. 079
20:1	g	0. 009			0. 002	0. 004	0. 040
22:1	g						
Polyunsaturated, total	g	2. 939			0. 833	1. 352	13. 333
18:2	g	2. 621			0. 743	1. 206	11. 888
18:3	g	0. 317			0. 090	0. 146	1. 440
18:4	g						
20:4	g	0. 001			0. 000	0. 000	0. 004
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 122			0. 035	0. 056	0. 552
Threonine	g	0. 248			0. 070	0. 114	1. 126
Isoleucine	g	0. 314			0. 089	0. 144	1. 424
Leucine	g	0. 574			0. 163	0. 264	2. 605
Lysine	g	0. 244			0. 069	0. 112	1. 105
Methionine	g	0. 136			0. 039	0. 063	0. 617
Cystine	g	0. 186			0. 053	0. 086	0. 844
Phenylalanine	g	0. 403			0. 114	0. 185	1. 826
Tyrosine	g	0. 252			0. 071	0. 116	1. 142
Valine	g	0. 375			0. 106	0. 172	1. 701
Arginine	g	0. 383			0. 109	0. 176	1. 737
Histidine	g	0. 194			0. 055	0. 089	0. 878
Alanine	g	0. 304			0. 086	0. 140	1. 378
Aspartic acid	g	0. 433			0. 123	0. 199	1. 963
Glutamic acid	g	2. 618			0. 742	1. 204	11. 875
Glycine	g	0. 333			0. 094	0. 153	1. 508
Proline	g	0. 869			0. 246	0. 400	3. 942
Serine	g	0. 402			0. 114	0. 185	1. 824

[1] 2/3 whole-wheat flour; 1/3 all-purpose flour.
[2] 5 in. x 4 in. x 3/4 in.

BREAD
Whole-wheat, prepared from recipe, toasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 42 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	26.0			7.4	10.9	118.0
Food energy	kcal	305			86	128	1,384
	kJ	1,277			362	536	5,792
Protein	g	9.2			2.6	3.9	41.8
Total lipid (fat)	g	5.9			1.7	2.5	26.9
Carbohydrate, total	g	56.4			16.0	23.7	256.1
Crude fiber	g	1.0			0.3	0.4	4.8
Ash	g	2.2			0.6	0.9	9.9
Minerals:							
Calcium	mg	36			10	15	163
Iron	mg	3.40			0.96	1.43	15.44
Magnesium	mg	89			25	37	404
Phosphorus	mg	205			58	86	931
Potassium	mg	345			98	145	1,564
Sodium	mg	381			108	160	1,727
Zinc	mg	1.65			0.47	0.69	7.49
Copper	mg	0.278			0.079	0.117	1.262
Manganese	mg	2.067			0.586	0.868	9.378
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.266			0.075	0.112	1.207
Riboflavin	mg	0.225			0.064	0.094	1.018
Niacin	mg	3.941			1.117	1.655	17.877
Pantothenic acid	mg	0.338			0.096	0.142	1.533
Vitamin B-6	mg	0.197			0.056	0.083	0.895
Folate	mcg	36			10	15	162
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.874			0.248	0.367	3.967
4:0	g						
6:0	g						
8:0	g	0.009			0.002	0.004	0.039
10:0	g						
12:0	g	0.001			0.000	0.000	0.003
14:0	g	0.006			0.002	0.003	0.028
16:0	g	0.660			0.187	0.277	2.992
18:0	g	0.192			0.055	0.081	0.873
Monounsaturated, total	g	1.272			0.361	0.534	5.771
16:1	g	0.032			0.009	0.014	0.146
18:1	g	1.230			0.349	0.517	5.581
20:1	g	0.010			0.003	0.004	0.043
22:1	g						
Polyunsaturated, total	g	3.230			0.916	1.357	14.651
18:2	g	2.880			0.817	1.210	13.064
18:3	g	0.349			0.099	0.146	1.582
18:4	g						
20:4	g	0.001			0.000	0.000	0.005
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.134			0.038	0.056	0.607
Threonine	g	0.273			0.077	0.115	1.237
Isoleucine	g	0.345			0.098	0.145	1.565
Leucine	g	0.631			0.179	0.265	2.863
Lysine	g	0.268			0.076	0.112	1.214
Methionine	g	0.149			0.042	0.063	0.678
Cystine	g	0.204			0.058	0.086	0.927
Phenylalanine	g	0.442			0.125	0.186	2.007
Tyrosine	g	0.277			0.078	0.116	1.255
Valine	g	0.412			0.117	0.173	1.869
Arginine	g	0.421			0.119	0.177	1.908
Histidine	g	0.213			0.060	0.089	0.965
Alanine	g	0.334			0.095	0.140	1.514
Aspartic acid	g	0.476			0.135	0.200	2.157
Glutamic acid	g	2.877			0.816	1.208	13.049
Glycine	g	0.365			0.104	0.153	1.658
Proline	g	0.955			0.271	0.401	4.332
Serine	g	0.442			0.125	0.186	2.005

[1] 2/3 whole-wheat flour; 1/3 all-purpose flour.
[2] 5 in. x 4 in. x 3/4 in.

BREAD CRUMBS
Dry, grated, plain

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 c = 108 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	6. 2	0. 199	7	1. 8	6. 7	28. 1
Food energy	*kcal*	395			112	426	1,791
	kJ	1,653			468	1,785	7,496
Protein (N x 5.70)	*g*	12. 5	0. 010	2	3. 5	13. 5	56. 7
Total lipid (fat)	*g*	5. 4	0. 000	2	1. 5	5. 8	24. 5
Carbohydrate, total	*g*	72. 5			20. 6	78. 3	328. 9
Crude fiber	*g*	0. 9	0. 050	2	0. 3	1. 0	4. 3
Ash	*g*	3. 4	0. 000	2	1. 0	3. 7	15. 4
Minerals:							
Calcium	*mg*	227	0. 468	2	64	245	1,027
Iron	*mg*	6. 12	0. 225	2	1. 74	6. 61	27. 78
Magnesium	*mg*	46	1. 363	6	13	50	210
Phosphorus	*mg*	147	0. 498	2	42	158	665
Potassium	*mg*	221	0. 000	2	63	239	1,002
Sodium	*mg*	862	6. 461	2	244	930	3,908
Zinc	*mg*	1. 22	0. 088	6	0. 35	1. 32	5. 54
Copper	*mg*	0. 166	0. 020	6	0. 047	0. 179	0. 751
Manganese	*mg*	0. 818	0. 069	6	0. 232	0. 884	3. 713
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 765	0. 005	2	0. 217	0. 826	3. 470
Riboflavin	*mg*	0. 435	0. 015	2	0. 123	0. 470	1. 973
Niacin	*mg*	6. 850	0. 250	2	1. 942	7. 398	31. 072
Pantothenic acid	*mg*	0. 305	0. 005	2	0. 086	0. 329	1. 383
Vitamin B-6	*mg*	0. 100	0. 000	2	0. 028	0. 108	0. 454
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	1. 255			0. 356	1. 356	5. 694
4:0	*g*	0. 000			0. 000	0. 000	0. 001
6:0	*g*	0. 000			0. 000	0. 000	0. 001
8:0	*g*						
10:0	*g*	0. 000			0. 000	0. 000	0. 001
12:0	*g*	0. 001			0. 000	0. 001	0. 002
14:0	*g*	0. 019			0. 005	0. 021	0. 087
16:0	*g*	0. 748			0. 212	0. 808	3. 394
18:0	*g*	0. 487			0. 138	0. 525	2. 207
Monounsaturated, total	*g*	2. 089			0. 592	2. 256	9. 474
16:1	*g*	0. 011			0. 003	0. 012	0. 051
18:1	*g*	2. 077			0. 589	2. 244	9. 423
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 553			0. 440	1. 678	7. 046
18:2	*g*	1. 464			0. 415	1. 581	6. 639
18:3	*g*	0. 090			0. 025	0. 097	0. 406
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 149			0. 042	0. 161	0. 676
Threonine	*g*	0. 373			0. 106	0. 403	1. 691
Isoleucine	*g*	0. 511			0. 145	0. 552	2. 317
Leucine	*g*	0. 875			0. 248	0. 945	3. 968
Lysine	*g*	0. 340			0. 096	0. 367	1. 541
Methionine	*g*	0. 200			0. 057	0. 215	0. 905
Cystine	*g*	0. 217			0. 062	0. 234	0. 985
Phenylalanine	*g*	0. 623			0. 177	0. 672	2. 824
Tyrosine	*g*	0. 298			0. 085	0. 322	1. 353
Valine	*g*	0. 627			0. 178	0. 677	2. 844
Arginine	*g*	0. 515			0. 146	0. 556	2. 337
Histidine	*g*	0. 270			0. 076	0. 291	1. 223
Alanine	*g*	0. 452			0. 128	0. 488	2. 049
Aspartic acid	*g*	0. 662			0. 188	0. 715	3. 003
Glutamic acid	*g*	3. 920			1. 111	4. 234	17. 782
Glycine	*g*	0. 496			0. 140	0. 535	2. 248
Proline	*g*	1. 351			0. 383	1. 459	6. 126
Serine	*g*	0. 638			0. 181	0. 689	2. 894

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD CRUMBS
Dry, grated, seasoned

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 c = 120 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	5. 6		1	1. 6	6. 7	25. 4
Food energy	*kcal*	367			104	441	1,666
	kJ	1,537			436	1,845	6,974
Protein (N x 5.80)	*g*	14. 2		1	4. 0	17. 1	64. 5
Total lipid (fat)	*g*	2. 6		1	0. 7	3. 1	11. 8
Carbohydrate, total	*g*	70. 4			20. 0	84. 5	319. 3
Crude fiber	*g*	0. 5		1	0. 1	0. 6	2. 3
Ash	*g*	7. 2		1	2. 0	8. 6	32. 7
Minerals:							
Calcium	*mg*	99		1	28	119	450
Iron[1]	*mg*	3. 18		1	0. 90	3. 82	14. 42
Magnesium	*mg*	38		1	11	45	172
Phosphorus	*mg*	133		1	38	160	604
Potassium	*mg*	270		1	77	324	1,225
Sodium	*mg*	2,650		1	751	3,180	12,020
Zinc	*mg*	0. 91		1	0. 26	1. 09	4. 13
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin[1]	*mg*	0. 160		1	0. 045	0. 192	0. 726
Riboflavin[1]	*mg*	0. 170		1	0. 048	0. 204	0. 771
Niacin[1]	*mg*	2. 730		1	0. 774	3. 276	12. 383
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	0. 726			0. 206	0. 872	3. 294
4:0	*g*	0. 017			0. 005	0. 020	0. 075
6:0	*g*	0. 006			0. 002	0. 007	0. 028
8:0	*g*	0. 003			0. 001	0. 004	0. 015
10:0	*g*	0. 008			0. 002	0. 010	0. 038
12:0	*g*	0. 011			0. 003	0. 014	0. 052
14:0	*g*	0. 045			0. 013	0. 054	0. 204
16:0	*g*	0. 402			0. 114	0. 483	1. 824
18:0	*g*	0. 233			0. 066	0. 280	1. 058
Monounsaturated, total	*g*	0. 966			0. 274	1. 159	4. 380
16:1	*g*	0. 010			0. 003	0. 012	0. 044
18:1	*g*	0. 956			0. 271	1. 147	4. 335
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 659			0. 187	0. 790	2. 988
18:2	*g*	0. 617			0. 175	0. 741	2. 800
18:3	*g*	0. 041			0. 012	0. 050	0. 187
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 171			0. 049	0. 206	0. 778
Threonine	*g*	0. 424			0. 120	0. 509	1. 923
Isoleucine	*g*	0. 586			0. 166	0. 703	2. 656
Leucine	*g*	1. 007			0. 285	1. 208	4. 568
Lysine	*g*	0. 446			0. 126	0. 535	2. 023
Methionine	*g*	0. 233			0. 066	0. 279	1. 056
Cystine	*g*	0. 235			0. 067	0. 282	1. 067
Phenylalanine	*g*	0. 703			0. 199	0. 844	3. 189
Tyrosine	*g*	0. 360			0. 102	0. 432	1. 634
Valine	*g*	0. 723			0. 205	0. 867	3. 278
Arginine	*g*	0. 603			0. 171	0. 723	2. 734
Histidine	*g*	0. 318			0. 090	0. 382	1. 445
Alanine	*g*	0. 497			0. 141	0. 597	2. 256
Aspartic acid	*g*	0. 767			0. 217	0. 920	3. 478
Glutamic acid	*g*	4. 290			1. 216	5. 148	19. 459
Glycine	*g*	0. 539			0. 153	0. 647	2. 445
Proline	*g*	1. 497			0. 424	1. 796	6. 790
Serine	*g*	0. 720			0. 204	0. 864	3. 267

[1] Values for unenriched product.

BREADSTICKS
Plain

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 stick = 6 g[1]	1 stick = 10 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	6. 1	0. 000	2	0. 4	0. 6	27. 9
Food energy	kcal	412			25	41	1,870
	kJ	1,726			104	173	7,828
Protein (N x 5.70)	g	12. 0	0. 351	8	0. 7	1. 2	54. 3
Total lipid (fat)[3]	g	9. 5	1. 657	7	0. 6	1. 0	43. 2
Carbohydrate, total	g	68. 4			4. 1	6. 8	310. 4
Crude fiber	g						
Ash	g	3. 9	1. 851	2	0. 2	0. 4	17. 8
Minerals:							
Calcium	mg	22	3. 244	4	1	2	99
Iron	mg	4. 28	0. 398	8	0. 26	0. 43	19. 43
Magnesium	mg	32	0. 809	4	2	3	146
Phosphorus	mg	121	12. 613	4	7	12	548
Potassium[4]	mg	124	33. 598	5	7	12	562
Sodium	mg	657	88. 439	10	39	66	2,981
Zinc	mg	0. 88	0. 096	4	0. 05	0. 09	3. 98
Copper	mg	0. 188	0. 027	4	0. 011	0. 019	0. 855
Manganese	mg	0. 557	0. 037	2	0. 033	0. 056	2. 529
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 589	0. 039	8	0. 035	0. 059	2. 673
Riboflavin	mg	0. 553	0. 056	8	0. 033	0. 055	2. 511
Niacin	mg	5. 281	0. 435	8	0. 317	0. 528	23. 955
Pantothenic acid	mg	0. 540	0. 118	4	0. 032	0. 054	2. 452
Vitamin B-6	mg	0. 073	0. 021	2	0. 004	0. 007	0. 331
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[5]							
Fatty acids:							
Saturated, total	g	1. 404			0. 084	0. 140	6. 367
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 000			0. 000	0. 000	0. 001
14:0	g	0. 008			0. 001	0. 001	0. 038
16:0	g	0. 962			0. 058	0. 096	4. 365
18:0	g	0. 433			0. 026	0. 043	1. 962
Monounsaturated, total	g	3. 729			0. 224	0. 373	16. 915
16:1	g	0. 042			0. 003	0. 004	0. 192
18:1	g	3. 687			0. 221	0. 369	16. 723
20:1	g						
22:1	g						
Polyunsaturated, total	g	3. 634			0. 218	0. 363	16. 486
18:2	g	3. 394			0. 204	0. 339	15. 393
18:3	g	0. 241			0. 014	0. 024	1. 093
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0	0. 000	3	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 139			0. 008	0. 014	0. 628
Threonine	g	0. 338			0. 020	0. 034	1. 533
Isoleucine	g	0. 458			0. 027	0. 046	2. 076
Leucine	g	0. 835			0. 050	0. 084	3. 789
Lysine	g	0. 281			0. 017	0. 028	1. 276
Methionine	g	0. 212			0. 013	0. 021	0. 962
Cystine	g	0. 262			0. 016	0. 026	1. 190
Phenylalanine	g	0. 590			0. 035	0. 059	2. 675
Tyrosine	g	0. 338			0. 020	0. 034	1. 533
Valine	g	0. 516			0. 031	0. 052	2. 342
Arginine	g	0. 432			0. 026	0. 043	1. 961
Histidine	g	0. 258			0. 015	0. 026	1. 171
Alanine	g	0. 395			0. 024	0. 039	1. 790
Aspartic acid	g	0. 535			0. 032	0. 054	2. 428
Glutamic acid	g	4. 026			0. 242	0. 403	18. 262
Glycine	g	0. 422			0. 025	0. 042	1. 914
Proline	g	1. 350			0. 081	0. 135	6. 122
Serine	g	0. 579			0. 035	0. 058	2. 628

[1] 9-1/4 in. x 3/8 in.
[2] 7-5/8 in. x 5/8 in.
[3] Values range from 3.4 to 13.7 g fat per 100 g.
[4] Values range from 31 to 206 mg potassium per 100 g. The higher value reflects a greater percentage of potassium-containing ingredients.
[5] Values based on product containing partially hydrogenated soybean oil.

BREAD STUFFING
Bread, dry mix

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g[1]	1 pkg (6 oz) = 170 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	4. 2	0. 303	11	1. 2	7. 1	19. 0
Food energy	kcal	386			110	657	1,753
	kJ	1,618			459	2,750	7,338
Protein (N x 5.70)	g	11. 0	0. 065	59	3. 1	18. 7	50. 0
Total lipid (fat)	g	3. 4	0. 050	58	1. 0	5. 8	15. 5
Carbohydrate, total	g	76. 2			21. 6	129. 5	345. 4
Crude fiber	g	0. 7	0. 026	5	0. 2	1. 2	3. 2
Ash	g	5. 2	0. 192	11	1. 5	8. 8	23. 6
Minerals:							
Calcium	mg	97	1. 978	49	28	165	441
Iron	mg	3. 81	0. 066	63	1. 08	6. 47	17. 27
Magnesium	mg	40	0. 932	10	11	69	183
Phosphorus	mg	141	3. 824	10	40	239	639
Potassium	mg	246	10. 714	19	70	419	1,117
Sodium	mg	1,590	28. 469	29	451	2,704	7,214
Zinc	mg	0. 93	0. 026	10	0. 26	1. 58	4. 22
Copper	mg	0. 238	0. 020	10	0. 068	0. 405	1. 080
Manganese	mg	0. 594	0. 031	5	0. 168	1. 010	2. 695
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 596	0. 008	58	0. 169	1. 013	2. 703
Riboflavin	mg	0. 404	0. 006	58	0. 115	0. 687	1. 832
Niacin	mg	5. 766	0. 065	58	1. 635	9. 803	26. 156
Pantothenic acid	mg	0. 398	0. 078	8	0. 113	0. 677	1. 806
Vitamin B-6	mg	0. 152	0. 004	5	0. 043	0. 259	0. 690
Folate	mcg	86	1. 782	5	24	146	390
Vitamin B-12	mcg	0. 02	0. 004	5	0. 01	0. 03	0. 09
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	0. 845			0. 240	1. 437	3. 834
4:0	g	0. 000			0. 000	0. 000	0. 001
6:0	g	0. 000			0. 000	0. 000	0. 001
8:0	g						
10:0	g	0. 000			0. 000	0. 000	0. 001
12:0	g	0. 002			0. 000	0. 003	0. 007
14:0	g	0. 019			0. 005	0. 032	0. 086
16:0	g	0. 560			0. 159	0. 951	2. 538
18:0	g	0. 265			0. 075	0. 450	1. 201
Monounsaturated, total	g	1. 493			0. 423	2. 537	6. 770
16:1	g	0. 074			0. 021	0. 125	0. 333
18:1	g	1. 406			0. 399	2. 391	6. 379
20:1	g	0. 013			0. 004	0. 022	0. 058
22:1	g						
Polyunsaturated, total	g	0. 713			0. 202	1. 212	3. 235
18:2	g	0. 675			0. 191	1. 148	3. 063
18:3	g	0. 037			0. 010	0. 063	0. 167
18:4	g						
20:4	g	0. 001			0. 000	0. 002	0. 005
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 139			0. 039	0. 237	0. 632
Threonine	g	0. 329			0. 093	0. 559	1. 492
Isoleucine	g	0. 404			0. 115	0. 687	1. 834
Leucine	g	0. 774			0. 219	1. 315	3. 510
Lysine	g	0. 317			0. 090	0. 539	1. 439
Methionine	g	0. 193			0. 055	0. 329	0. 877
Cystine	g	0. 224			0. 064	0. 381	1. 018
Phenylalanine	g	0. 553			0. 157	0. 941	2. 510
Tyrosine	g	0. 342			0. 097	0. 582	1. 553
Valine	g	0. 464			0. 132	0. 789	2. 106
Arginine	g	0. 470			0. 133	0. 799	2. 132
Histidine	g	0. 251			0. 071	0. 428	1. 141
Alanine	g	0. 389			0. 110	0. 661	1. 764
Aspartic acid	g	0. 553			0. 157	0. 941	2. 510
Glutamic acid	g	3. 488			0. 989	5. 929	15. 821
Glycine	g	0. 408			0. 116	0. 694	1. 851
Proline	g	1. 192			0. 338	2. 026	5. 405
Serine	g	0. 551			0. 156	0. 937	2. 501

[1] Mix for 1/2 c serving.
[2] Values based on product containing chicken fat and vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD STUFFING
Bread, dry mix, prepared[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/2 c = 100 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	64. 8			18. 4	64. 8	293. 8
Food energy	*kcal*	178			50	178	806
	kJ	744			211	744	3,374
Protein	*g*	3. 2			0. 9	3. 2	14. 6
Total lipid (fat)	*g*	8. 6			2. 4	8. 6	38. 9
Carbohydrate, total	*g*	21. 7			6. 2	21. 7	98. 4
Crude fiber	*g*	0. 2			0. 1	0. 2	0. 9
Ash	*g*	1. 7			0. 5	1. 7	7. 9
Minerals:							
Calcium	*mg*	32			9	32	144
Iron	*mg*	1. 09			0. 31	1. 09	4. 96
Magnesium	*mg*	12			3	12	56
Phosphorus	*mg*	42			12	42	191
Potassium	*mg*	74			21	74	335
Sodium	*mg*	543			154	543	2,461
Zinc	*mg*	0. 28			0. 08	0. 28	1. 29
Copper	*mg*	0. 072			0. 020	0. 072	0. 325
Manganese	*mg*	0. 169			0. 048	0. 169	0. 768
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 136			0. 039	0. 136	0. 618
Riboflavin	*mg*	0. 107			0. 030	0. 107	0. 484
Niacin	*mg*	1. 475			0. 418	1. 475	6. 690
Pantothenic acid	*mg*	0. 081			0. 023	0. 081	0. 369
Vitamin B-6	*mg*	0. 040			0. 011	0. 040	0. 180
Folate	*mcg*	17			5	17	78
Vitamin B-12	*mcg*	0. 01			0. 00	0. 01	0. 07
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	1. 734			0. 491	1. 734	7. 864
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 000			0. 000	0. 000	0. 002
14:0	*g*	0. 024			0. 007	0. 024	0. 110
16:0	*g*	1. 076			0. 305	1. 076	4. 880
18:0	*g*	0. 633			0. 179	0. 633	2. 871
Monounsaturated, total	*g*	3. 808			1. 080	3. 808	17. 273
16:1	*g*	0. 021			0. 006	0. 021	0. 095
18:1	*g*	3. 784			1. 073	3. 784	17. 162
20:1	*g*	0. 004			0. 001	0. 004	0. 016
22:1	*g*						
Polyunsaturated, total	*g*	2. 604			0. 738	2. 604	11. 810
18:2	*g*	2. 489			0. 706	2. 489	11. 290
18:3	*g*	0. 114			0. 032	0. 114	0. 519
18:4	*g*						
20:4	*g*	0. 000			0. 000	0. 000	0. 001
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 041			0. 012	0. 041	0. 184
Threonine	*g*	0. 097			0. 028	0. 097	0. 440
Isoleucine	*g*	0. 120			0. 034	0. 120	0. 543
Leucine	*g*	0. 228			0. 065	0. 228	1. 032
Lysine	*g*	0. 096			0. 027	0. 096	0. 438
Methionine	*g*	0. 057			0. 016	0. 057	0. 258
Cystine	*g*	0. 064			0. 018	0. 064	0. 292
Phenylalanine	*g*	0. 161			0. 046	0. 161	0. 730
Tyrosine	*g*	0. 101			0. 029	0. 101	0. 458
Valine	*g*	0. 137			0. 039	0. 137	0. 622
Arginine	*g*	0. 136			0. 039	0. 136	0. 618
Histidine	*g*	0. 074			0. 021	0. 074	0. 334
Alanine	*g*	0. 113			0. 032	0. 113	0. 513
Aspartic acid	*g*	0. 163			0. 046	0. 163	0. 740
Glutamic acid	*g*	1. 007			0. 285	1. 007	4. 566
Glycine	*g*	0. 118			0. 033	0. 118	0. 533
Proline	*g*	0. 346			0. 098	0. 346	1. 569
Serine	*g*	0. 161			0. 046	0. 161	0. 729

[1] 6 oz pkg prepared with 1-2/3 c water and 1/4 c (1/2 stick) margarine. Makes six 1/2 c servings. Moisture loss: 3.6%.

BREAD STUFFING
Plain, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/2 c = 116 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65.2			18.5	75.6	295.6
Food energy	kcal	168			48	195	762
	kJ	704			199	816	3,191
Protein	g	3.8			1.1	4.4	17.1
Total lipid (fat)	g	7.2			2.1	8.4	32.8
Carbohydrate, total	g	22.2			6.3	25.8	100.8
Crude fiber	g	0.4			0.1	0.4	1.8
Ash	g	1.6			0.5	1.8	7.2
Minerals:							
Calcium	mg	64			18	74	291
Iron	mg	1.64			0.46	1.90	7.43
Magnesium	mg	15			4	17	67
Phosphorus	mg	49			14	56	221
Potassium	mg	131			37	152	595
Sodium	mg	461			131	534	2,090
Zinc	mg	0.32			0.09	0.37	1.47
Copper	mg	0.069			0.019	0.080	0.312
Manganese	mg	0.209			0.059	0.243	0.949
Vitamins:							
Ascorbic acid	mg	1.7			0.5	2.0	7.9
Thiamin	mg	0.170			0.048	0.198	0.773
Riboflavin	mg	0.143			0.041	0.166	0.651
Niacin	mg	1.589			0.451	1.843	7.209
Pantothenic acid	mg	0.165			0.047	0.192	0.751
Vitamin B-6	mg	0.052			0.015	0.060	0.236
Folate	mcg	17			5	19	76
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	69			19	80	312
	IU	301			85	349	1,366
Lipids:							
Fatty acids:							
Saturated, total	g	1.462			0.414	1.695	6.629
4:0	g	0.000			0.000	0.000	0.001
6:0	g						
8:0	g	0.001			0.000	0.001	0.003
10:0	g	0.001			0.000	0.001	0.004
12:0	g	0.001			0.000	0.001	0.002
14:0	g	0.021			0.006	0.024	0.095
16:0	g	0.887			0.251	1.029	4.023
18:0	g	0.551			0.156	0.640	2.501
Monounsaturated, total	g	3.189			0.904	3.699	14.466
16:1	g	0.006			0.002	0.007	0.026
18:1	g	3.183			0.902	3.693	14.439
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.109			0.598	2.447	9.569
18:2	g	2.016			0.572	2.339	9.146
18:3	g	0.093			0.026	0.108	0.422
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	2
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.044			0.012	0.051	0.199
Threonine	g	0.110			0.031	0.128	0.499
Isoleucine	g	0.145			0.041	0.168	0.657
Leucine	g	0.257			0.073	0.298	1.166
Lysine	g	0.106			0.030	0.123	0.482
Methionine	g	0.063			0.018	0.073	0.287
Cystine	g	0.075			0.021	0.087	0.340
Phenylalanine	g	0.177			0.050	0.206	0.805
Tyrosine	g	0.105			0.030	0.122	0.477
Valine	g	0.162			0.046	0.188	0.736
Arginine	g	0.144			0.041	0.167	0.655
Histidine	g	0.080			0.023	0.092	0.361
Alanine	g	0.126			0.036	0.146	0.571
Aspartic acid	g	0.206			0.058	0.239	0.934
Glutamic acid	g	1.149			0.326	1.333	5.214
Glycine	g	0.131			0.037	0.152	0.593
Proline	g	0.380			0.108	0.440	1.722
Serine	g	0.176			0.050	0.205	0.800

[1] Unbaked weight. 1/2 c from roasted poultry = 107 g.

BREAD STUFFING
Cornbread, dry mix

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g[1]	1 pkg (6 oz) = 170 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	4.6	0.568	3	1.3	7.9	21.1
Food energy	kcal	389			110	662	1,766
	kJ	1,630			462	2,771	7,394
Protein (N x 5.90)	g	10.0	0.062	20	2.8	17.0	45.3
Total lipid (fat)	g	4.2	0.062	20	1.2	7.2	19.2
Carbohydrate, total	g	76.7			21.8	130.4	348.0
Crude fiber	g	0.8		1	0.2	1.3	3.4
Ash	g	4.4	0.834	3	1.2	7.5	19.9
Minerals:							
Calcium	mg	78	1.281	20	22	133	355
Iron	mg	3.25	0.054	20	0.92	5.53	14.76
Magnesium	mg	44		1	12	74	199
Phosphorus	mg	113		1	32	192	511
Potassium	mg	204	43.693	3	58	347	925
Sodium[2]	mg	1,283	443.020	2	364	2,180	5,818
Zinc	mg	0.75		1	0.21	1.27	3.40
Copper	mg	0.228		1	0.065	0.388	1.034
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	3.5		1	1.0	6.0	15.9
Thiamin	mg	0.509	0.009	20	0.144	0.866	2.310
Riboflavin	mg	0.348	0.008	20	0.099	0.592	1.579
Niacin	mg	4.873	0.107	20	1.382	8.285	22.105
Pantothenic acid	mg	0.284		1	0.081	0.483	1.288
Vitamin B-6	mg	0.146		1	0.041	0.248	0.662
Folate	mcg	41		1	12	70	187
Vitamin B-12	mcg	0.01		1	0.00	0.01	0.03
Vitamin A	RE	16			4	27	71
	IU	157		1	44	267	712
Lipids:[3]							
Fatty acids:							
Saturated, total	g	0.922			0.261	1.567	4.182
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.002			0.001	0.003	0.008
14:0	g	0.017			0.005	0.028	0.076
16:0	g	0.624			0.177	1.060	2.829
18:0	g	0.276			0.078	0.468	1.250
Monounsaturated, total	g	1.662			0.471	2.825	7.538
16:1	g	0.066			0.019	0.112	0.298
18:1	g	1.587			0.450	2.698	7.198
20:1	g	0.009			0.003	0.016	0.042
22:1	g						
Polyunsaturated, total	g	1.073			0.304	1.824	4.867
18:2	g	1.025			0.291	1.743	4.651
18:3	g	0.047			0.013	0.080	0.212
18:4	g						
20:4	g	0.001			0.000	0.001	0.004
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		1	0	0	1
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.105			0.030	0.179	0.477
Threonine	g	0.320			0.091	0.544	1.453
Isoleucine	g	0.364			0.103	0.619	1.652
Leucine	g	0.873			0.247	1.483	3.958
Lysine	g	0.278			0.079	0.472	1.260
Methionine	g	0.186			0.053	0.317	0.845
Cystine	g	0.197			0.056	0.334	0.892
Phenylalanine	g	0.498			0.141	0.847	2.260
Tyrosine	g	0.344			0.098	0.585	1.560
Valine	g	0.447			0.127	0.760	2.029
Arginine	g	0.441			0.125	0.749	1.998
Histidine	g	0.251			0.071	0.426	1.137
Alanine	g	0.481			0.136	0.818	2.183
Aspartic acid	g	0.546			0.155	0.928	2.475
Glutamic acid	g	2.735			0.775	4.649	12.405
Glycine	g	0.381			0.108	0.648	1.729
Proline	g	1.017			0.288	1.728	4.611
Serine	g	0.486			0.138	0.827	2.206

[1] Mix for 1/2 c serving.
[2] Values range from 840 to 1,726 mg sodium per 100 g.
[3] Values based on product containing chicken fat and vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

BREAD STUFFING
Cornbread, dry mix, prepared[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/2 c = 100 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	64. 9			18. 4	64. 9	294. 4
Food energy	*kcal*	179			51	179	810
	kJ	747			212	747	3,389
Protein	*g*	2. 9			0. 8	2. 9	13. 3
Total lipid (fat)	*g*	8. 8			2. 5	8. 8	40. 0
Carbohydrate, total	*g*	21. 9			6. 2	21. 9	99. 1
Crude fiber	*g*	0. 2			0. 1	0. 2	1. 0
Ash	*g*	1. 5			0. 4	1. 5	6. 8
Minerals:							
Calcium	*mg*	26			7	26	119
Iron	*mg*	0. 94			0. 27	0. 94	4. 24
Magnesium	*mg*	13			4	13	60
Phosphorus	*mg*	34			10	34	155
Potassium	*mg*	62			18	62	281
Sodium	*mg*	455			129	455	2,065
Zinc	*mg*	0. 23			0. 07	0. 23	1. 06
Copper	*mg*	0. 069			0. 019	0. 069	0. 311
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0. 8			0. 2	0. 8	3. 7
Thiamin	*mg*	0. 117			0. 033	0. 117	0. 529
Riboflavin	*mg*	0. 092			0. 026	0. 092	0. 419
Niacin	*mg*	1. 247			0. 353	1. 247	5. 656
Pantothenic acid	*mg*	0. 060			0. 017	0. 060	0. 274
Vitamin B-6	*mg*	0. 038			0. 011	0. 038	0. 173
Folate	*mcg*	8			2	8	38
Vitamin B-12	*mcg*	0. 01			0. 00	0. 01	0. 05
Vitamin A	*RE*	85			24	85	387
	IU	353			100	353	1,601
Lipids:							
Fatty acids:							
Saturated, total	*g*	1. 755			0. 498	1. 755	7. 962
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 001			0. 000	0. 001	0. 002
14:0	*g*	0. 024			0. 007	0. 024	0. 107
16:0	*g*	1. 094			0. 310	1. 094	4. 963
18:0	*g*	0. 636			0. 180	0. 636	2. 885
Monounsaturated, total	*g*	3. 856			1. 093	3. 856	17. 492
16:1	*g*	0. 019			0. 005	0. 019	0. 085
18:1	*g*	3. 835			1. 087	3. 835	17. 395
20:1	*g*	0. 003			0. 001	0. 003	0. 012
22:1	*g*						
Polyunsaturated, total	*g*	2. 706			0. 767	2. 706	12. 273
18:2	*g*	2. 588			0. 734	2. 588	11. 740
18:3	*g*	0. 117			0. 033	0. 117	0. 532
18:4	*g*						
20:4	*g*	0. 000			0. 000	0. 000	0. 001
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino Acids:							
Tryptophan	*g*	0. 031			0. 009	0. 031	0. 140
Threonine	*g*	0. 095			0. 027	0. 095	0. 429
Isoleucine	*g*	0. 108			0. 031	0. 108	0. 491
Leucine	*g*	0. 256			0. 072	0. 256	1. 159
Lysine	*g*	0. 085			0. 024	0. 085	0. 387
Methionine	*g*	0. 055			0. 016	0. 055	0. 249
Cystine	*g*	0. 057			0. 016	0. 057	0. 256
Phenylalanine	*g*	0. 145			0. 041	0. 145	0. 659
Tyrosine	*g*	0. 101			0. 029	0. 101	0. 460
Valine	*g*	0. 132			0. 038	0. 132	0. 600
Arginine	*g*	0. 128			0. 036	0. 128	0. 580
Histidine	*g*	0. 073			0. 021	0. 073	0. 333
Alanine	*g*	0. 139			0. 039	0. 139	0. 632
Aspartic acid	*g*	0. 161			0. 046	0. 161	0. 730
Glutamic acid	*g*	0. 793			0. 225	0. 793	3. 597
Glycine	*g*	0. 110			0. 031	0. 110	0. 498
Proline	*g*	0. 296			0. 084	0. 296	1. 344
Serine	*g*	0. 142			0. 040	0. 142	0. 646

[1] 6 oz pkg prepared with 1-2/3 c water and 1/4 c (1/2 stick) margarine. Makes six 1/2 c servings. Moisture loss: 3.6%.

CAKE
Angelfood, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g (1/12 cake)	whole cake = 340 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	33. 2	0. 911	3	9. 4	112. 7	150. 4
Food energy	*kcal*	258			73	876	1,169
	kJ	1,079			306	3,669	4,894
Protein (N x 6.10)	*g*	5. 9	0. 071	3	1. 7	20. 1	26. 8
Total lipid (fat)	*g*	0. 8	0. 391	2	0. 2	2. 8	3. 8
Carbohydrate, total	*g*	57. 8			16. 4	196. 5	262. 1
Crude fiber	*g*						
Ash	*g*	2. 3		1	0. 7	7. 9	10. 5
Minerals:							
Calcium	*mg*	140	16. 532	6	40	477	637
Iron	*mg*	0. 52	0. 055	3	0. 15	1. 78	2. 38
Magnesium	*mg*	12	3. 050	2	3	40	53
Phosphorus	*mg*						
Potassium	*mg*	93	2. 000	2	26	318	424
Sodium	*mg*	749	54. 994	3	212	2,546	3,397
Zinc	*mg*	0. 07	0. 010	5	0. 02	0. 22	0. 30
Copper	*mg*	0. 078	0. 026	2	0. 022	0. 267	0. 356
Manganese	*mg*	0. 085	0. 007	2	0. 024	0. 289	0. 386
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 102	0. 030	3	0. 029	0. 348	0. 464
Riboflavin	*mg*	0. 491	0. 168	3	0. 139	1. 669	2. 227
Niacin	*mg*	0. 883	0. 120	3	0. 250	3. 002	4. 005
Pantothenic acid	*mg*	0. 198	0. 034	4	0. 056	0. 674	0. 899
Vitamin B-6	*mg*	0. 031	0. 002	2	0. 009	0. 105	0. 141
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	0. 121			0. 034	0. 413	0. 551
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 001			0. 000	0. 002	0. 003
16:0	*g*	0. 110			0. 031	0. 374	0. 499
18:0	*g*	0. 005			0. 001	0. 017	0. 022
Monounsaturated, total	*g*	0. 071			0. 020	0. 240	0. 320
16:1	*g*	0. 002			0. 001	0. 008	0. 011
18:1	*g*	0. 068			0. 019	0. 231	0. 309
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 367			0. 104	1. 248	1. 665
18:2	*g*	0. 346			0. 098	1. 175	1. 567
18:3	*g*	0. 021			0. 006	0. 073	0. 098
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 075			0. 021	0. 257	0. 342
Threonine	*g*	0. 248			0. 070	0. 842	1. 123
Isoleucine	*g*	0. 312			0. 089	1. 062	1. 417
Leucine	*g*	0. 481			0. 136	1. 635	2. 181
Lysine	*g*	0. 364			0. 103	1. 237	1. 650
Methionine	*g*	0. 183			0. 052	0. 622	0. 829
Cystine	*g*	0. 149			0. 042	0. 507	0. 676
Phenylalanine	*g*	0. 334			0. 095	1. 135	1. 514
Tyrosine	*g*	0. 218			0. 062	0. 740	0. 987
Valine	*g*	0. 354			0. 100	1. 204	1. 606
Arginine	*g*	0. 303			0. 086	1. 030	1. 374
Histidine	*g*	0. 131			0. 037	0. 444	0. 592
Alanine	*g*	0. 310			0. 088	1. 053	1. 404
Aspartic acid	*g*	0. 532			0. 151	1. 809	2. 414
Glutamic acid	*g*	1. 025			0. 290	3. 484	4. 647
Glycine	*g*	0. 206			0. 058	0. 701	0. 935
Proline	*g*	0. 317			0. 090	1. 079	1. 439
Serine	*g*	0. 389			0. 110	1. 322	1. 764

[1] 9 in. diam. (top) x 4 in.

CAKE
Angelfood, dry mix

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (14.5 oz)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	2. 8	0. 058	37	0. 8	11. 5	12. 7
Food energy	kcal	373			106	1,535	1,694
	kJ	1,563			443	6,425	7,091
Protein (N x 6.20)	g	8. 9	0. 141	37	2. 5	36. 4	40. 2
Total lipid (fat)	g	0. 4	0. 076	32	0. 1	1. 7	1. 9
Carbohydrate, total	g	85. 1			24. 1	349. 7	385. 9
Crude fiber	g	0. 2	0. 021	25	0. 0	0. 7	0. 7
Ash	g	2. 8	0. 148	27	0. 8	11. 7	12. 9
Minerals:							
Calcium[1]	mg	121	6. 169	33	34	497	548
Iron[2]	mg	0. 32	0. 015	5	0. 09	1. 32	1. 45
Magnesium	mg	11	0. 376	13	3	46	50
Phosphorus	mg	337	39. 519	21	95	1,384	1,528
Potassium	mg	197	8. 987	26	56	808	891
Sodium	mg	737	29. 052	34	209	3,027	3,341
Zinc	mg	0. 16	0. 008	12	0. 04	0. 65	0. 72
Copper	mg	0. 094	0. 007	12	0. 027	0. 387	0. 427
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin[2]	mg	0. 167	0. 019	15	0. 047	0. 685	0. 756
Riboflavin[2]	mg	0. 325	0. 016	29	0. 092	1. 337	1. 476
Niacin[2]	mg	0. 275	0. 015	11	0. 078	1. 132	1. 249
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0. 063			0. 018	0. 259	0. 286
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 000			0. 000	0. 001	0. 002
16:0	g	0. 057			0. 016	0. 233	0. 257
18:0	g	0. 003			0. 001	0. 013	0. 014
Monounsaturated, total	g	0. 038			0. 011	0. 157	0. 173
16:1	g	0. 001			0. 000	0. 006	0. 007
18:1	g	0. 037			0. 010	0. 150	0. 166
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 180			0. 051	0. 742	0. 818
18:2	g	0. 170			0. 048	0. 698	0. 770
18:3	g	0. 010			0. 003	0. 043	0. 048
18:4	g						
20:4	g	0. 000			0. 000	0. 001	0. 001
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 112			0. 032	0. 458	0. 506
Threonine	g	0. 376			0. 107	1. 545	1. 705
Isoleucine	g	0. 470			0. 133	1. 933	2. 133
Leucine	g	0. 721			0. 204	2. 961	3. 268
Lysine	g	0. 552			0. 156	2. 268	2. 503
Methionine	g	0. 279			0. 079	1. 146	1. 264
Cystine	g	0. 223			0. 063	0. 917	1. 012
Phenylalanine	g	0. 497			0. 141	2. 045	2. 257
Tyrosine	g	0. 327			0. 093	1. 346	1. 485
Valine	g	0. 533			0. 151	2. 192	2. 419
Arginine	g	0. 457			0. 130	1. 880	2. 075
Histidine	g	0. 194			0. 055	0. 799	0. 882
Alanine	g	0. 470			0. 133	1. 933	2. 133
Aspartic acid	g	0. 813			0. 231	3. 343	3. 690
Glutamic acid	g	1. 441			0. 409	5. 923	6. 536
Glycine	g	0. 306			0. 087	1. 257	1. 388
Proline	g	0. 443			0. 126	1. 821	2. 010
Serine	g	0. 583			0. 165	2. 397	2. 646

[1] Values range from 56 to 189 mg calcium per 100 g. The higher value reflects a greater percentage of calcium-containing ingredients.
[2] Product made with unenriched flour.

CAKE
Angelfood, dry mix, prepared[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/12 cake = 50 g	whole cake = 596 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	32. 9			16. 5	196. 3	149. 4
Food energy	kcal	257			129	1,535	1,168
	kJ	1,078			539	6,424	4,889
Protein	g	6. 1			3. 1	36. 4	27. 7
Total lipid (fat)	g	0. 3			0. 1	1. 7	1. 3
Carbohydrate, total	g	58. 7			29. 3	349. 6	266. 1
Crude fiber	g	0. 1			0. 1	0. 7	0. 5
Ash	g	2. 0			1. 0	12. 0	9. 1
Minerals:							
Calcium	mg	84			42	503	383
Iron	mg	0. 23			0. 11	1. 35	1. 02
Magnesium	mg	8			4	49	37
Phosphorus	mg	232			116	1,384	1,053
Potassium	mg	135			68	808	615
Sodium	mg	509			255	3,036	2,311
Zinc	mg	0. 13			0. 06	0. 75	0. 57
Copper	mg	0. 068			0. 034	0. 406	0. 309
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 092			0. 046	0. 548	0. 417
Riboflavin	mg	0. 202			0. 101	1. 204	0. 916
Niacin	mg	0. 171			0. 085	1. 019	0. 775
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0. 043			0. 022	0. 259	0. 197
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 000			0. 000	0. 001	0. 001
16:0	g	0. 039			0. 020	0. 233	0. 177
18:0	g	0. 002			0. 001	0. 013	0. 010
Monounsaturated, total	g	0. 026			0. 013	0. 157	0. 119
16:1	g	0. 001			0. 001	0. 006	0. 005
18:1	g	0. 025			0. 013	0. 150	0. 114
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 124			0. 062	0. 741	0. 564
18:2	g	0. 117			0. 059	0. 698	0. 531
18:3	g	0. 007			0. 004	0. 043	0. 033
18:4	g						
20:4	g	0. 000			0. 000	0. 001	0. 000
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 077			0. 038	0. 458	0. 349
Threonine	g	0. 259			0. 130	1. 545	1. 176
Isoleucine	g	0. 324			0. 162	1. 933	1. 471
Leucine	g	0. 497			0. 248	2. 961	2. 253
Lysine	g	0. 380			0. 190	2. 268	1. 726
Methionine	g	0. 192			0. 096	1. 146	0. 872
Cystine	g	0. 154			0. 077	0. 916	0. 697
Phenylalanine	g	0. 343			0. 172	2. 044	1. 556
Tyrosine	g	0. 226			0. 113	1. 345	1. 024
Valine	g	0. 368			0. 184	2. 191	1. 668
Arginine	g	0. 315			0. 158	1. 880	1. 431
Histidine	g	0. 134			0. 067	0. 799	0. 608
Alanine	g	0. 324			0. 162	1. 933	1. 471
Aspartic acid	g	0. 561			0. 280	3. 343	2. 544
Glutamic acid	g	0. 994			0. 497	5. 922	4. 507
Glycine	g	0. 211			0. 105	1. 257	0. 957
Proline	g	0. 306			0. 153	1. 821	1. 386
Serine	g	0. 402			0. 201	2. 397	1. 824

[1] 14.5 oz pkg prepared with 1-1/3 c water. Moisture loss: 18%.
[2] Baked in 10 in. tube pan.

CAKE
Angelfood, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/12 of 10 in. cake = 53 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	31. 8			9. 0	16. 9	144. 3
Food energy	*kcal*	267			76	142	1,211
	kJ	1,118			317	592	5,070
Protein	*g*	7. 6			2. 1	4. 0	34. 3
Total lipid (fat)	*g*	0. 1			0. 0	0. 1	0. 7
Carbohydrate, total	*g*	59. 5			16. 9	31. 6	270. 1
Crude fiber	*g*	0. 0			0. 0	0. 0	0. 2
Ash	*g*	0. 9			0. 3	0. 5	4. 2
Minerals:							
Calcium	*mg*	6			2	3	29
Iron	*mg*	0. 76			0. 22	0. 40	3. 45
Magnesium	*mg*	9			3	5	43
Phosphorus	*mg*	24			7	13	110
Potassium	*mg*	218			62	116	990
Sodium	*mg*	181			51	96	822
Zinc	*mg*	0. 13			0. 04	0. 07	0. 57
Copper	*mg*	0. 047			0. 013	0. 025	0. 213
Manganese	*mg*	0. 109			0. 031	0. 058	0. 494
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 096			0. 027	0. 051	0. 434
Riboflavin	*mg*	0. 322			0. 091	0. 170	1. 458
Niacin	*mg*	0. 833			0. 236	0. 442	3. 779
Pantothenic acid	*mg*	0. 103			0. 029	0. 055	0. 469
Vitamin B-6	*mg*	0. 008			0. 002	0. 004	0. 037
Folate	*mcg*	4			1	2	18
Vitamin B-12	*mcg*	0. 09			0. 03	0. 05	0. 42
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	0. 023			0. 006	0. 012	0. 104
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*						
16:0	*g*	0. 022			0. 006	0. 012	0. 099
18:0	*g*	0. 001			0. 000	0. 001	0. 004
Monounsaturated, total	*g*	0. 013			0. 004	0. 007	0. 058
16:1	*g*						
18:1	*g*	0. 013			0. 004	0. 007	0. 058
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 061			0. 017	0. 032	0. 277
18:2	*g*	0. 058			0. 016	0. 031	0. 262
18:3	*g*	0. 003			0. 001	0. 002	0. 015
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 093			0. 026	0. 049	0. 423
Threonine	*g*	0. 316			0. 090	0. 168	1. 434
Isoleucine	*g*	0. 394			0. 112	0. 209	1. 788
Leucine	*g*	0. 615			0. 174	0. 326	2. 788
Lysine	*g*	0. 445			0. 126	0. 236	2. 017
Methionine	*g*	0. 235			0. 067	0. 125	1. 066
Cystine	*g*	0. 189			0. 054	0. 100	0. 858
Phenylalanine	*g*	0. 430			0. 122	0. 228	1. 950
Tyrosine	*g*	0. 281			0. 080	0. 149	1. 275
Valine	*g*	0. 446			0. 126	0. 236	2. 024
Arginine	*g*	0. 390			0. 111	0. 207	1. 771
Histidine	*g*	0. 170			0. 048	0. 090	0. 773
Alanine	*g*	0. 398			0. 113	0. 211	1. 806
Aspartic acid	*g*	0. 679			0. 193	0. 360	3. 081
Glutamic acid	*g*	1. 317			0. 373	0. 698	5. 972
Glycine	*g*	0. 267			0. 076	0. 141	1. 210
Proline	*g*	0. 412			0. 117	0. 218	1. 869
Serine	*g*	0. 493			0. 140	0. 261	2. 237

[1] 10 in. tube cake = 635 g.

CAKE
Boston cream pie, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/6 of 19.5 oz pie = 92 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	45. 4	2. 184	3	12. 9	41. 7	205. 8
Food energy	kcal	252			72	232	1,145
	kJ	1,057			300	972	4,794
Protein (N x 5.90)	g	2. 4	0. 278	3	0. 7	2. 2	11. 1
Total lipid (fat)	g	8. 5	0. 513	4	2. 4	7. 8	38. 7
Carbohydrate, total	g	42. 9			12. 2	39. 5	194. 8
Crude fiber	g						
Ash	g	0. 7	0. 038	5	0. 2	0. 6	3. 1
Minerals:							
Calcium	mg	23	0. 953	3	6	21	102
Iron	mg	0. 38	0. 063	3	0. 11	0. 35	1. 72
Magnesium	mg	6	0. 332	2	2	6	29
Phosphorus	mg	49	2. 156	2	14	46	224
Potassium	mg	39	4. 650	3	11	36	178
Sodium	mg	144	20. 814	3	41	132	651
Zinc	mg	0. 16	0. 001	2	0. 05	0. 15	0. 73
Copper	mg						
Manganese	mg	0. 050	0. 002	2	0. 014	0. 046	0. 227
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 408	0. 051	9	0. 116	0. 376	1. 852
Riboflavin	mg	0. 270	0. 016	9	0. 077	0. 248	1. 225
Niacin	mg	0. 191	0. 052	9	0. 054	0. 176	0. 867
Pantothenic acid	mg	0. 301	0. 012	8	0. 085	0. 277	1. 365
Vitamin B-6	mg	0. 026	0. 000	8	0. 007	0. 024	0. 118
Folate	mcg	8	0. 605	8	2	7	37
Vitamin B-12	mcg	0. 16	0. 004	8	0. 05	0. 15	0. 73
Vitamin A	RE	23			6	21	103
	IU	80		1	23	74	363
Lipids:[2]							
Fatty acids:							
Saturated, total	g	2. 537			0. 719	2. 334	11. 510
4:0	g	0. 021			0. 006	0. 019	0. 095
6:0	g	0. 012			0. 004	0. 011	0. 056
8:0	g	0. 008			0. 002	0. 007	0. 034
10:0	g	0. 017			0. 005	0. 015	0. 076
12:0	g	0. 019			0. 005	0. 017	0. 085
14:0	g	0. 102			0. 029	0. 094	0. 462
16:0	g	1. 313			0. 372	1. 208	5. 956
18:0	g	1. 045			0. 296	0. 962	4. 742
Monounsaturated, total	g	4. 432			1. 257	4. 078	20. 105
16:1	g	0. 041			0. 012	0. 038	0. 185
18:1	g	4. 389			1. 244	4. 038	19. 907
20:1	g	0. 002			0. 001	0. 002	0. 011
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	1. 006			0. 285	0. 925	4. 561
18:2	g	0. 934			0. 265	0. 859	4. 237
18:3	g	0. 056			0. 016	0. 051	0. 254
18:4	g						
20:4	g	0. 012			0. 003	0. 011	0. 055
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 003			0. 001	0. 003	0. 014
Cholesterol	mg	37		1	10	34	168
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 034			0. 010	0. 031	0. 152
Threonine	g	0. 093			0. 026	0. 086	0. 422
Isoleucine	g	0. 115			0. 033	0. 105	0. 520
Leucine	g	0. 190			0. 054	0. 175	0. 862
Lysine	g	0. 136			0. 038	0. 125	0. 616
Methionine	g	0. 054			0. 015	0. 050	0. 246
Cystine	g	0. 046			0. 013	0. 043	0. 210
Phenylalanine	g	0. 119			0. 034	0. 109	0. 539
Tyrosine	g	0. 089			0. 025	0. 082	0. 404
Valine	g	0. 132			0. 038	0. 122	0. 601
Arginine	g	0. 113			0. 032	0. 104	0. 513
Histidine	g	0. 054			0. 015	0. 049	0. 244
Alanine	g	0. 098			0. 028	0. 090	0. 445
Aspartic acid	g	0. 175			0. 050	0. 161	0. 792
Glutamic acid	g	0. 546			0. 155	0. 503	2. 478
Glycine	g	0. 078			0. 022	0. 072	0. 355
Proline	g	0. 191			0. 054	0. 176	0. 865
Serine	g	0. 143			0. 041	0. 132	0. 650

[1] Frozen, ready-to-serve 19.5 oz pie = 553 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CAKE
Boston cream pie, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/12 of 9 in. cake = 93 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	34. 5			9. 8	32. 0	156. 3
Food energy	*kcal*	315			89	293	1,431
	kJ	1,320			374	1,228	5,989
Protein	*g*	4. 6			1. 3	4. 2	20. 7
Total lipid (fat)	*g*	13. 2			3. 7	12. 2	59. 7
Carbohydrate, total	*g*	46. 2			13. 1	42. 9	209. 4
Crude fiber	*g*	0. 1			0. 0	0. 1	0. 5
Ash	*g*	1. 6			0. 5	1. 5	7. 3
Minerals:							
Calcium	*mg*	100			28	93	452
Iron	*mg*	1. 32			0. 37	1. 23	5. 98
Magnesium	*mg*	17			5	16	76
Phosphorus	*mg*	98			28	91	444
Potassium	*mg*	102			29	95	462
Sodium	*mg*	332			94	309	1,505
Zinc	*mg*	0. 47			0. 13	0. 44	2. 13
Copper	*mg*	0. 091			0. 026	0. 084	0. 412
Manganese	*mg*	0. 182			0. 051	0. 169	0. 824
Vitamins:							
Ascorbic acid	*mg*	0. 2			0. 1	0. 2	1. 1
Thiamin	*mg*	0. 140			0. 040	0. 130	0. 636
Riboflavin	*mg*	0. 197			0. 056	0. 183	0. 895
Niacin	*mg*	1. 099			0. 312	1. 022	4. 985
Pantothenic acid	*mg*	0. 276			0. 078	0. 257	1. 253
Vitamin B-6	*mg*	0. 034			0. 010	0. 032	0. 156
Folate	*mcg*	9			2	8	39
Vitamin B-12	*mcg*	0. 16			0. 05	0. 15	0. 73
Vitamin A	*RE*	55			16	51	249
	IU	194			55	180	880
Lipids:							
Fatty acids:							
Saturated, total	*g*	4. 234			1. 200	3. 938	19. 205
4:0	*g*	0. 048			0. 014	0. 045	0. 219
6:0	*g*	0. 029			0. 008	0. 027	0. 130
8:0	*g*	0. 017			0. 005	0. 016	0. 076
10:0	*g*	0. 038			0. 011	0. 035	0. 171
12:0	*g*	0. 042			0. 012	0. 039	0. 191
14:0	*g*	0. 191			0. 054	0. 178	0. 868
16:0	*g*	2. 253			0. 639	2. 096	10. 221
18:0	*g*	1. 582			0. 449	1. 471	7. 176
Monounsaturated, total	*g*	5. 361			1. 520	4. 986	24. 319
16:1	*g*	0. 063			0. 018	0. 058	0. 284
18:1	*g*	5. 281			1. 497	4. 911	23. 955
20:1	*g*	0. 003			0. 001	0. 003	0. 012
22:1	*g*	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	*g*	2. 793			0. 792	2. 598	12. 670
18:2	*g*	2. 598			0. 737	2. 416	11. 785
18:3	*g*	0. 177			0. 050	0. 165	0. 804
18:4	*g*						
20:4	*g*	0. 014			0. 004	0. 013	0. 063
20:5	*g*	0. 000			0. 000	0. 000	0. 002
22:5	*g*						
22:6	*g*	0. 004			0. 001	0. 003	0. 016
Cholesterol	*mg*	46			13	43	210
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 058			0. 016	0. 054	0. 261
Threonine	*g*	0. 170			0. 048	0. 158	0. 769
Isoleucine	*g*	0. 208			0. 059	0. 194	0. 946
Leucine	*g*	0. 360			0. 102	0. 335	1. 632
Lysine	*g*	0. 226			0. 064	0. 211	1. 027
Methionine	*g*	0. 102			0. 029	0. 095	0. 465
Cystine	*g*	0. 084			0. 024	0. 078	0. 380
Phenylalanine	*g*	0. 228			0. 065	0. 212	1. 033
Tyrosine	*g*	0. 170			0. 048	0. 158	0. 769
Valine	*g*	0. 239			0. 068	0. 222	1. 084
Arginine	*g*	0. 205			0. 058	0. 191	0. 931
Histidine	*g*	0. 106			0. 030	0. 099	0. 482
Alanine	*g*	0. 179			0. 051	0. 167	0. 813
Aspartic acid	*g*	0. 309			0. 088	0. 287	1. 402
Glutamic acid	*g*	1. 093			0. 310	1. 017	4. 960
Glycine	*g*	0. 146			0. 041	0. 136	0. 661
Proline	*g*	0. 394			0. 112	0. 367	1. 788
Serine	*g*	0. 258			0. 073	0. 240	1. 172

[1] 9 in. cake = 1,112 g. 1/16 of 9 in. cake = 70 g.

CAKE
Carrot, dry mix, pudding-type

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (18 oz) = 510 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	3. 6	1. 260	2	1. 0	18. 2	16. 1
Food energy	kcal	415			118	2,115	1,881
	kJ	1,736			492	8,854	7,875
Protein (N x 5.80)	g	5. 1	1. 735	2	1. 4	25. 9	23. 0
Total lipid (fat)	g	9. 8	0. 670	2	2. 8	49. 8	44. 3
Carbohydrate, total	g	79. 2			22. 5	404. 0	359. 4
Crude fiber	g	2. 8	2. 150	2	0. 8	14. 5	12. 9
Ash	g	2. 4	0. 270	2	0. 7	12. 1	10. 8
Minerals:							
Calcium	mg	172	31. 500	2	49	875	778
Iron	mg	1. 80	0. 400	2	0. 51	9. 18	8. 16
Magnesium	mg	8		1	2	40	36
Phosphorus	mg	247	3. 500	2	70	1,257	1,118
Potassium	mg	169	59. 000	2	48	862	767
Sodium	mg	567	8. 000	2	161	2,892	2,572
Zinc	mg	0. 20		1	0. 06	1. 02	0. 91
Copper	mg	0. 050		1	0. 014	0. 255	0. 227
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 265	0. 075	2	0. 075	1. 351	1. 202
Riboflavin	mg	0. 170	0. 030	2	0. 048	0. 867	0. 771
Niacin	mg	2. 205	0. 505	2	0. 625	11. 245	10. 002
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	418			119	2,133	1,897
	IU	1,930	740. 500	2	547	9,840	8,752
Lipids:[1]							
Fatty acids:							
Saturated, total	g	1. 465			0. 415	7. 472	6. 645
4:0	g	0. 000			0. 000	0. 001	0. 001
6:0	g	0. 000			0. 000	0. 001	0. 001
8:0	g						
10:0	g	0. 000			0. 000	0. 001	0. 001
12:0	g	0. 002			0. 001	0. 011	0. 010
14:0	g	0. 012			0. 003	0. 063	0. 056
16:0	g	0. 984			0. 279	5. 018	4. 463
18:0	g	0. 466			0. 132	2. 375	2. 113
Monounsaturated, total	g	3. 989			1. 131	20. 342	18. 092
16:1	g	0. 039			0. 011	0. 198	0. 176
18:1	g	3. 950			1. 120	20. 144	17. 916
20:1	g						
22:1	g						
Polyunsaturated, total	g	3. 672			1. 041	18. 725	16. 654
18:2	g	3. 417			0. 969	17. 425	15. 498
18:3	g	0. 255			0. 072	1. 300	1. 156
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 061			0. 017	0. 312	0. 278
Threonine	g	0. 149			0. 042	0. 759	0. 675
Isoleucine	g	0. 186			0. 053	0. 951	0. 846
Leucine	g	0. 336			0. 095	1. 714	1. 524
Lysine	g	0. 142			0. 040	0. 723	0. 643
Methionine	g	0. 083			0. 024	0. 424	0. 377
Cystine	g	0. 093			0. 026	0. 473	0. 421
Phenylalanine	g	0. 238			0. 067	1. 214	1. 080
Tyrosine	g	0. 150			0. 042	0. 763	0. 679
Valine	g	0. 212			0. 060	1. 080	0. 961
Arginine	g	0. 201			0. 057	1. 027	0. 913
Histidine	g	0. 109			0. 031	0. 553	0. 492
Alanine	g	0. 180			0. 051	0. 919	0. 818
Aspartic acid	g	0. 286			0. 081	1. 460	1. 298
Glutamic acid	g	1. 546			0. 438	7. 887	7. 015
Glycine	g	0. 170			0. 048	0. 866	0. 770
Proline	g	0. 513			0. 145	2. 616	2. 326
Serine	g	0. 240			0. 068	1. 223	1. 088

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CAKE
Carrot, dry mix, pudding-type, prepared without frosting[1 2]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/12 of 9 in. cake = 70 g	2-layer cake = 844 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	30. 9			21. 6	260. 5	140. 0
Food energy	*kcal*	342			239	2,886	1,551
	kJ	1,432			1,002	12,082	6,494
Protein	*g*	5. 1			3. 6	43. 1	23. 2
Total lipid (fat)	*g*	15. 7			11. 0	132. 5	71. 2
Carbohydrate, total	*g*	46. 7			32. 7	394. 5	212. 0
Crude fiber	*g*	1. 7			1. 2	14. 1	7. 6
Ash	*g*	1. 6			1. 1	13. 4	7. 2
Minerals:							
Calcium	*mg*	110			77	927	498
Iron	*mg*	1. 31			0. 92	11. 04	5. 93
Magnesium	*mg*	7			5	57	31
Phosphorus	*mg*	175			123	1,478	794
Potassium	*mg*	120			84	1,011	543
Sodium	*mg*	356			249	3,001	1,613
Zinc	*mg*	0. 32			0. 22	2. 66	1. 43
Copper	*mg*	0. 034			0. 024	0. 285	0. 153
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 133			0. 093	1. 122	0. 603
Riboflavin	*mg*	0. 172			0. 120	1. 452	0. 781
Niacin	*mg*	1. 177			0. 824	9. 933	5. 338
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*	247			173	2,082	1,119
	IU	1,128			790	9,521	5,117
Lipids:							
Fatty acids:							
Saturated, total	*g*	2. 565			1. 796	21. 650	11. 636
4:0	*g*	0. 000			0. 000	0. 001	0. 001
6:0	*g*	0. 000			0. 000	0. 001	0. 001
8:0	*g*	0. 001			0. 000	0. 005	0. 003
10:0	*g*	0. 001			0. 000	0. 006	0. 003
12:0	*g*	0. 002			0. 001	0. 015	0. 008
14:0	*g*	0. 021			0. 015	0. 179	0. 096
16:0	*g*	1. 811			1. 267	15. 282	8. 213
18:0	*g*	0. 722			0. 505	6. 094	3. 275
Monounsaturated, total	*g*	4. 914			3. 440	41. 475	22. 290
16:1	*g*	0. 090			0. 063	0. 760	0. 409
18:1	*g*	4. 801			3. 361	40. 519	21. 776
20:1	*g*	0. 021			0. 015	0. 180	0. 097
22:1	*g*	0. 001			0. 000	0. 004	0. 002
Polyunsaturated, total	*g*	7. 179			5. 025	60. 591	32. 564
18:2	*g*	6. 429			4. 500	54. 260	29. 162
18:3	*g*	0. 719			0. 503	6. 068	3. 261
18:4	*g*						
20:4	*g*	0. 024			0. 017	0. 204	0. 110
20:5	*g*	0. 001			0. 000	0. 005	0. 003
22:5	*g*						
22:6	*g*	0. 006			0. 004	0. 053	0. 028
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 062			0. 043	0. 522	0. 281
Threonine	*g*	0. 189			0. 133	1. 599	0. 860
Isoleucine	*g*	0. 226			0. 158	1. 904	1. 023
Leucine	*g*	0. 379			0. 265	3. 200	1. 720
Lysine	*g*	0. 236			0. 165	1. 993	1. 071
Methionine	*g*	0. 115			0. 081	0. 972	0. 523
Cystine	*g*	0. 104			0. 073	0. 876	0. 471
Phenylalanine	*g*	0. 253			0. 177	2. 134	1. 147
Tyrosine	*g*	0. 175			0. 122	1. 474	0. 792
Valine	*g*	0. 254			0. 178	2. 144	1. 152
Arginine	*g*	0. 246			0. 172	2. 075	1. 115
Histidine	*g*	0. 114			0. 080	0. 963	0. 518
Alanine	*g*	0. 224			0. 157	1. 893	1. 018
Aspartic acid	*g*	0. 382			0. 267	3. 223	1. 732
Glutamic acid	*g*	1. 186			0. 830	10. 013	5. 381
Glycine	*g*	0. 171			0. 120	1. 445	0. 777
Proline	*g*	0. 386			0. 270	3. 258	1. 751
Serine	*g*	0. 299			0. 209	2. 524	1. 357

[1] 18 oz pkg prepared with 1 c water, 1/3 c vegetable oil, and 3 eggs. Moisture loss: 13%.
[2] For cake with frosting, refer to frosting selection in Agriculture Handbook No. 8-19.

CAKE
Carrot, prepared from recipe with cream cheese frosting

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/12 of 9 in. cake = 111 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	20.6			5.9	22.9	93.6
Food energy	kcal	436			124	484	1,978
	kJ	1,825			517	2,026	8,278
Protein	g	4.6			1.3	5.1	20.7
Total lipid (fat)	g	26.4			7.5	29.3	119.9
Carbohydrate, total	g	47.2			13.4	52.4	214.1
Crude fiber	g	0.5			0.1	0.6	2.3
Ash	g	0.9			0.2	0.9	3.9
Minerals:							
Calcium	mg	25			7	27	112
Iron	mg	1.25			0.36	1.39	5.69
Magnesium	mg	18			5	20	83
Phosphorus	mg	71			20	78	320
Potassium	mg	112			32	124	508
Sodium	mg	246			70	273	1,116
Zinc	mg	0.49			0.14	0.54	2.20
Copper	mg	0.137			0.039	0.152	0.621
Manganese	mg	0.343			0.097	0.381	1.556
Vitamins:							
Ascorbic acid	mg	1.1			0.3	1.2	4.8
Thiamin	mg	0.136			0.039	0.151	0.617
Riboflavin	mg	0.156			0.044	0.173	0.708
Niacin	mg	1.014			0.287	1.125	4.597
Pantothenic acid	mg	0.229			0.065	0.254	1.038
Vitamin B-6	mg	0.076			0.021	0.084	0.343
Folate	mcg	12			3	14	56
Vitamin B-12	mcg	0.10			0.03	0.12	0.47
Vitamin A	RE	384			109	427	1,744
	IU	3,448			977	3,827	15,638
Lipids:							
Fatty acids:							
Saturated, total	g	4.892			1.387	5.430	22.189
4:0	g	0.069			0.020	0.076	0.312
6:0	g	0.020			0.006	0.022	0.092
8:0	g	0.023			0.007	0.026	0.106
10:0	g	0.046			0.013	0.051	0.210
12:0	g	0.033			0.009	0.036	0.148
14:0	g	0.285			0.081	0.316	1.292
16:0	g	3.233			0.917	3.589	14.665
18:0	g	1.177			0.334	1.307	5.341
Monounsaturated, total	g	6.526			1.850	7.243	29.600
16:1	g	0.148			0.042	0.164	0.672
18:1	g	6.302			1.787	6.995	28.585
20:1	g	0.074			0.021	0.083	0.337
22:1	g	0.000			0.000	0.000	0.002
Polyunsaturated, total	g	13.604			3.857	15.101	61.709
18:2	g	11.839			3.356	13.142	53.704
18:3	g	1.743			0.494	1.935	7.906
18:4	g						
20:4	g	0.017			0.005	0.019	0.079
20:5	g	0.000			0.000	0.000	0.002
22:5	g						
22:6	g	0.004			0.001	0.005	0.018
Cholesterol	mg	54			15	60	246
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.053			0.015	0.059	0.239
Threonine	g	0.160			0.045	0.178	0.726
Isoleucine	g	0.193			0.055	0.214	0.875
Leucine	g	0.336			0.095	0.373	1.523
Lysine	g	0.204			0.058	0.227	0.926
Methionine	g	0.100			0.028	0.111	0.452
Cystine	g	0.091			0.026	0.101	0.411
Phenylalanine	g	0.220			0.062	0.244	0.997
Tyrosine	g	0.155			0.044	0.172	0.702
Valine	g	0.223			0.063	0.247	1.010
Arginine	g	0.289			0.082	0.321	1.312
Histidine	g	0.108			0.031	0.120	0.488
Alanine	g	0.184			0.052	0.205	0.836
Aspartic acid	g	0.340			0.096	0.377	1.541
Glutamic acid	g	1.012			0.287	1.123	4.590
Glycine	g	0.156			0.044	0.173	0.708
Proline	g	0.319			0.091	0.354	1.449
Serine	g	0.256			0.073	0.285	1.163

[1] 2-layer cake = 1,329 g. 1/16 of 9 in. cake = 83 g.

CAKE
Cherry fudge with chocolate frosting

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 20 oz cake = 71 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	46. 1		1	13. 1	32. 7	209. 1
Food energy	*kcal*	264			75	187	1,196
	kJ	1,104			313	784	5,008
Protein (N x 5.90)	*g*	2. 4		1	0. 7	1. 7	10. 7
Total lipid (fat)	*g*	12. 5		1	3. 5	8. 9	56. 7
Carbohydrate, total	*g*	38. 0			10. 8	27. 0	172. 2
Crude fiber	*g*	0. 4		1	0. 1	0. 3	1. 8
Ash	*g*	1. 0		1	0. 3	0. 7	4. 5
Minerals:							
Calcium	*mg*	48		1	14	34	218
Iron	*mg*	1. 10		1	0. 31	0. 78	4. 99
Magnesium	*mg*	19		1	5	13	86
Phosphorus	*mg*	105		1	30	75	476
Potassium	*mg*	166		1	47	118	753
Sodium	*mg*	225		1	64	160	1,021
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid[2]	*mg*	13. 6		1	3. 9	9. 7	61. 7
Thiamin	*mg*	0. 030		1	0. 009	0. 021	0. 136
Riboflavin	*mg*	0. 190		1	0. 054	0. 135	0. 862
Niacin	*mg*	0. 700		1	0. 198	0. 497	3. 175
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*	45			13	32	205
	IU	223		1	63	158	1,012
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	4. 178			1. 184	2. 966	18. 951
4:0	*g*	0. 114			0. 032	0. 081	0. 517
6:0	*g*	0. 068			0. 019	0. 048	0. 307
8:0	*g*	0. 039			0. 011	0. 028	0. 179
10:0	*g*	0. 089			0. 025	0. 063	0. 404
12:0	*g*	0. 100			0. 028	0. 071	0. 452
14:0	*g*	0. 369			0. 104	0. 262	1. 672
16:0	*g*	2. 137			0. 606	1. 517	9. 693
18:0	*g*	1. 262			0. 358	0. 896	5. 724
Monounsaturated, total	*g*	4. 619			1. 310	3. 280	20. 953
16:1	*g*	0. 134			0. 038	0. 095	0. 610
18:1	*g*	4. 482			1. 271	3. 182	20. 330
20:1	*g*	0. 002			0. 001	0. 002	0. 011
22:1	*g*	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	*g*	2. 840			0. 805	2. 017	12. 884
18:2	*g*	2. 589			0. 734	1. 838	11. 745
18:3	*g*	0. 235			0. 067	0. 167	1. 065
18:4	*g*						
20:4	*g*	0. 013			0. 004	0. 009	0. 057
20:5	*g*	0. 000			0. 000	0. 000	0. 002
22:5	*g*						
22:6	*g*	0. 003			0. 001	0. 002	0. 015
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 030			0. 009	0. 021	0. 136
Threonine	*g*	0. 104			0. 029	0. 074	0. 472
Isoleucine	*g*	0. 109			0. 031	0. 077	0. 494
Leucine	*g*	0. 180			0. 051	0. 128	0. 815
Lysine	*g*	0. 148			0. 042	0. 105	0. 673
Methionine	*g*	0. 047			0. 013	0. 033	0. 212
Cystine	*g*	0. 040			0. 011	0. 028	0. 180
Phenylalanine	*g*	0. 098			0. 028	0. 070	0. 445
Tyrosine	*g*	0. 074			0. 021	0. 053	0. 336
Valine	*g*	0. 124			0. 035	0. 088	0. 562
Arginine	*g*	0. 111			0. 032	0. 079	0. 504
Histidine	*g*	0. 046			0. 013	0. 033	0. 209
Alanine	*g*	0. 118			0. 033	0. 084	0. 535
Aspartic acid	*g*	0. 232			0. 066	0. 165	1. 054
Glutamic acid	*g*	0. 420			0. 119	0. 298	1. 903
Glycine	*g*	0. 116			0. 033	0. 083	0. 528
Proline	*g*	0. 170			0. 048	0. 121	0. 771
Serine	*g*	0. 126			0. 036	0. 090	0. 573

[1] 20 oz cake = 567 g.
[2] Source added.
[3] Values based on product containing partially hydrogenated soybean oil.

CAKE
Chocolate, commercially prepared with chocolate frosting
(includes devil's food)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 18 oz cake = 64 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	22. 9	0. 421	4	6. 5	14. 7	104. 1
Food energy	*kcal*	367			104	235	1,666
	kJ	1,538			436	984	6,975
Protein (N x 5.60)	*g*	4. 1	0. 315	3	1. 2	2. 6	18. 7
Total lipid (fat)	*g*	16. 4	1. 286	3	4. 7	10. 5	74. 5
Carbohydrate, total	*g*	54. 6			15. 5	34. 9	247. 7
Crude fiber	*g*	0. 4		1	0. 1	0. 3	1. 8
Ash	*g*	1. 7	0. 033	3	0. 5	1. 1	7. 6
Minerals:							
Calcium	*mg*	43	2. 924	30	12	28	195
Iron	*mg*	2. 20	0. 099	31	0. 62	1. 41	9. 97
Magnesium	*mg*	34	1. 247	31	10	22	155
Phosphorus	*mg*	122	3. 892	30	35	78	554
Potassium	*mg*	200	8. 357	29	57	128	908
Sodium	*mg*	334	8. 742	31	95	213	1,513
Zinc	*mg*	0. 69	0. 030	32	0. 20	0. 44	3. 15
Copper	*mg*	0. 242	0. 009	30	0. 069	0. 155	1. 100
Manganese	*mg*	0. 321	0. 012	30	0. 091	0. 205	1. 456
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 027	0. 007	3	0. 008	0. 017	0. 121
Riboflavin	*mg*	0. 133	0. 038	3	0. 038	0. 085	0. 605
Niacin	*mg*	0. 577	0. 162	3	0. 163	0. 369	2. 616
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	4. 642			1. 316	2. 971	21. 055
4:0	*g*	0. 001			0. 000	0. 001	0. 004
6:0	*g*	0. 001			0. 000	0. 000	0. 003
8:0	*g*	0. 001			0. 000	0. 000	0. 003
10:0	*g*	0. 001			0. 000	0. 001	0. 005
12:0	*g*	0. 001			0. 000	0. 001	0. 005
14:0	*g*	0. 079			0. 022	0. 050	0. 357
16:0	*g*	2. 374			0. 673	1. 520	10. 770
18:0	*g*	2. 184			0. 619	1. 397	9. 904
Monounsaturated, total	*g*	8. 993			2. 549	5. 755	40. 791
16:1	*g*	0. 032			0. 009	0. 020	0. 144
18:1	*g*	8. 958			2. 540	5. 733	40. 634
20:1	*g*	0. 003			0. 001	0. 002	0. 012
22:1	*g*	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	*g*	1. 911			0. 542	1. 223	8. 669
18:2	*g*	1. 801			0. 511	1. 153	8. 171
18:3	*g*	0. 092			0. 026	0. 059	0. 419
18:4	*g*						
20:4	*g*	0. 013			0. 004	0. 009	0. 061
20:5	*g*	0. 000			0. 000	0. 000	0. 001
22:5	*g*						
22:6	*g*	0. 003			0. 001	0. 002	0. 016
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 056			0. 016	0. 036	0. 254
Threonine	*g*	0. 166			0. 047	0. 106	0. 751
Isoleucine	*g*	0. 192			0. 054	0. 123	0. 871
Leucine	*g*	0. 310			0. 088	0. 198	1. 406
Lysine	*g*	0. 236			0. 067	0. 151	1. 068
Methionine	*g*	0. 085			0. 024	0. 054	0. 384
Cystine	*g*	0. 073			0. 021	0. 047	0. 331
Phenylalanine	*g*	0. 203			0. 058	0. 130	0. 921
Tyrosine	*g*	0. 155			0. 044	0. 099	0. 701
Valine	*g*	0. 236			0. 067	0. 151	1. 068
Arginine	*g*	0. 208			0. 059	0. 133	0. 941
Histidine	*g*	0. 088			0. 025	0. 057	0. 401
Alanine	*g*	0. 180			0. 051	0. 115	0. 818
Aspartic acid	*g*	0. 341			0. 097	0. 218	1. 546
Glutamic acid	*g*	0. 799			0. 226	0. 511	3. 622
Glycine	*g*	0. 145			0. 041	0. 093	0. 658
Proline	*g*	0. 268			0. 076	0. 171	1. 215
Serine	*g*	0. 235			0. 067	0. 150	1. 065

[1] 18 oz cake = 510 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CAKE
Chocolate, dry mix, pudding-type
(includes devil's food, microwave-type)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (18.25 oz) = 517 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	3. 9	0. 107	48	1. 1	20. 1	17. 6
Food energy	kcal	396			112	2,047	1,796
	kJ	1,657			470	8,569	7,518
Protein (N x 5.40)	g	4. 6	0. 058	50	1. 3	23. 8	20. 9
Total lipid (fat)	g	9. 2	0. 401	48	2. 6	47. 8	41. 9
Carbohydrate, total	g	78. 7			22. 3	407. 1	357. 2
Crude fiber	g	0. 4	0. 028	12	0. 1	2. 2	1. 9
Ash	g	3. 2	0. 039	45	0. 9	16. 5	14. 5
Minerals:							
Calcium[1]	mg	133	6. 803	44	38	685	601
Iron	mg	2. 92	0. 083	44	0. 83	15. 09	13. 24
Magnesium	mg	41	0. 922	36	12	212	186
Phosphorus	mg	286	2. 213	32	81	1,480	1,299
Potassium	mg	337	24. 241	40	96	1,745	1,531
Sodium	mg	893	16. 109	40	253	4,615	4,049
Zinc	mg	0. 78	0. 034	36	0. 22	4. 04	3. 55
Copper	mg	0. 272	0. 008	36	0. 077	1. 404	1. 232
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 210	0. 009	44	0. 060	1. 087	0. 954
Riboflavin	mg	0. 170	0. 009	44	0. 048	0. 881	0. 773
Niacin	mg	2. 417	0. 059	44	0. 685	12. 497	10. 965
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0. 50	0. 000	6	0. 14	2. 58	2. 27
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	2. 938			0. 833	15. 188	13. 326
4:0	g	0. 000			0. 000	0. 001	0. 001
6:0	g	0. 000			0. 000	0. 001	0. 001
8:0	g						
10:0	g	0. 000			0. 000	0. 001	0. 001
12:0	g	0. 000			0. 000	0. 001	0. 001
14:0	g	0. 039			0. 011	0. 201	0. 176
16:0	g	1. 427			0. 405	7. 377	6. 473
18:0	g	1. 469			0. 416	7. 595	6. 664
Monounsaturated, total	g	4. 776			1. 354	24. 693	21. 665
16:1	g	0. 005			0. 001	0. 024	0. 021
18:1	g	4. 772			1. 353	24. 669	21. 644
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 027			0. 291	5. 310	4. 659
18:2	g	0. 975			0. 277	5. 043	4. 424
18:3	g	0. 052			0. 015	0. 267	0. 234
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 066			0. 019	0. 339	0. 298
Threonine	g	0. 156			0. 044	0. 806	0. 708
Isoleucine	g	0. 188			0. 053	0. 969	0. 851
Leucine	g	0. 315			0. 089	1. 630	1. 431
Lysine	g	0. 208			0. 059	1. 075	0. 943
Methionine	g	0. 071			0. 020	0. 366	0. 321
Cystine	g	0. 077			0. 022	0. 397	0. 348
Phenylalanine	g	0. 218			0. 062	1. 128	0. 990
Tyrosine	g	0. 156			0. 044	0. 806	0. 708
Valine	g	0. 240			0. 068	1. 238	1. 086
Arginine	g	0. 204			0. 058	1. 053	0. 924
Histidine	g	0. 092			0. 026	0. 476	0. 418
Alanine	g	0. 167			0. 047	0. 864	0. 758
Aspartic acid	g	0. 303			0. 086	1. 569	1. 376
Glutamic acid	g	1. 151			0. 326	5. 949	5. 219
Glycine	g	0. 165			0. 047	0. 855	0. 750
Proline	g	0. 390			0. 110	2. 014	1. 767
Serine	g	0. 227			0. 064	1. 172	1. 028

[1] Values range from 86 to 232 mg calcium per 100 g. The higher value reflects a greater percentage of calcium-containing ingredients.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CAKE

Chocolate, dry mix, pudding-type, prepared without frosting[1] [2]

(includes devil's food, microwave-type)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/12 of 9 in. cake = 77 g	2-layer cake = 922 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	30. 2			23. 3	278. 7	137. 1
Food energy	kcal	351			270	3,234	1,591
	kJ	1,469			1,131	13,540	6,661
Protein	g	4. 6			3. 6	42. 5	20. 9
Total lipid (fat)	g	18. 6			14. 3	171. 7	84. 5
Carbohydrate, total	g	44. 4			34. 2	409. 0	201. 2
Crude fiber	g	0. 2			0. 2	2. 2	1. 1
Ash	g	2. 0			1. 5	18. 2	8. 9
Minerals:							
Calcium	mg	83			64	765	377
Iron	mg	1. 88			1. 45	17. 31	8. 52
Magnesium	mg	25			19	230	113
Phosphorus	mg	190			146	1,748	860
Potassium	mg	209			161	1,926	947
Sodium	mg	522			402	4,815	2,369
Zinc	mg	0. 63			0. 48	5. 78	2. 85
Copper	mg	0. 157			0. 121	1. 444	0. 710
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 102			0. 079	0. 944	0. 465
Riboflavin	mg	0. 165			0. 127	1. 517	0. 746
Niacin	mg	1. 231			0. 948	11. 350	5. 584
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0. 41			0. 32	3. 78	1. 86
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	3. 837			2. 954	35. 374	17. 403
4:0	g	0. 000			0. 000	0. 001	0. 001
6:0	g	0. 000			0. 000	0. 001	0. 000
8:0	g	0. 001			0. 000	0. 005	0. 002
10:0	g	0. 001			0. 001	0. 006	0. 003
12:0	g	0. 001			0. 001	0. 006	0. 003
14:0	g	0. 039			0. 030	0. 361	0. 177
16:0	g	2. 384			1. 836	21. 985	10. 816
18:0	g	1. 402			1. 080	12. 930	6. 361
Monounsaturated, total	g	6. 051			4. 659	55. 792	27. 448
16:1	g	0. 075			0. 058	0. 689	0. 339
18:1	g	5. 946			4. 579	54. 825	26. 973
20:1	g	0. 028			0. 022	0. 261	0. 128
22:1	g	0. 000			0. 000	0. 005	0. 002
Polyunsaturated, total	g	7. 656			5. 895	70. 590	34. 728
18:2	g	6. 785			5. 225	62. 560	30. 778
18:3	g	0. 841			0. 648	7. 756	3. 816
18:4	g						
20:4	g	0. 023			0. 018	0. 213	0. 105
20:5	g	0. 001			0. 000	0. 005	0. 003
22:5	g						
22:6	g	0. 006			0. 005	0. 055	0. 027
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 062			0. 047	0. 567	0. 279
Threonine	g	0. 185			0. 142	1. 706	0. 839
Isoleucine	g	0. 216			0. 166	1. 991	0. 980
Leucine	g	0. 350			0. 270	3. 231	1. 590
Lysine	g	0. 263			0. 202	2. 421	1. 191
Methionine	g	0. 103			0. 079	0. 950	0. 467
Cystine	g	0. 090			0. 069	0. 831	0. 409
Phenylalanine	g	0. 230			0. 177	2. 123	1. 045
Tyrosine	g	0. 170			0. 131	1. 571	0. 773
Valine	g	0. 258			0. 199	2. 380	1. 171
Arginine	g	0. 236			0. 182	2. 177	1. 071
Histidine	g	0. 100			0. 077	0. 919	0. 452
Alanine	g	0. 207			0. 159	1. 907	0. 938
Aspartic acid	g	0. 374			0. 288	3. 451	1. 698
Glutamic acid	g	0. 911			0. 701	8. 399	4. 132
Glycine	g	0. 161			0. 124	1. 484	0. 730
Proline	g	0. 299			0. 231	2. 760	1. 358
Serine	g	0. 278			0. 214	2. 566	1. 262

[1] 18.25 oz pkg prepared with 1-1/4 c water, 1/2 c vegetable oil, and 3 eggs. Moisture loss: 14%.

[2] For cake with frosting, refer to frosting selection in Agriculture Handbook No. 8-19.

CAKE
Chocolate, dry mix, regular
(includes devil's food, fudge)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (18.5 oz) = 524 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	3. 1	0. 448	5	0. 9	16. 5	14. 2
Food energy	*kcal*	428			121	2,242	1,941
	kJ	1,791			508	9,384	8,124
Protein (N x 5.30)	*g*	5. 9	0. 402	5	1. 7	31. 1	26. 9
Total lipid (fat)	*g*	15. 6	1. 563	5	4. 4	81. 8	70. 9
Carbohydrate, total	*g*	73. 0			20. 7	382. 3	330. 9
Crude fiber	*g*	0. 3		1	0. 1	1. 6	1. 4
Ash	*g*	1. 9	0. 179	5	0. 5	10. 0	8. 6
Minerals:							
Calcium	*mg*	150		1	43	786	680
Iron	*mg*	4. 50		1	1. 28	23. 58	20. 41
Magnesium	*mg*	47		1	13	246	213
Phosphorus	*mg*	270		1	77	1,415	1,225
Potassium	*mg*	330		1	94	1,729	1,497
Sodium	*mg*	825		1	234	4,323	3,742
Zinc	*mg*	0. 80		1	0. 23	4. 19	3. 63
Copper	*mg*	0. 400		1	0. 113	2. 096	1. 814
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 170		1	0. 048	0. 891	0. 771
Riboflavin	*mg*	0. 160		1	0. 045	0. 838	0. 726
Niacin	*mg*	1. 600		1	0. 454	8. 384	7. 258
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	3. 425			0. 971	17. 949	15. 538
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 015			0. 004	0. 081	0. 070
16:0	*g*	1. 938			0. 549	10. 156	8. 792
18:0	*g*	1. 472			0. 417	7. 712	6. 676
Monounsaturated, total	*g*	6. 334			1. 796	33. 189	28. 730
16:1	*g*	0. 056			0. 016	0. 295	0. 255
18:1	*g*	6. 278			1. 780	32. 894	28. 475
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	5. 017			1. 422	26. 290	22. 758
18:2	*g*	4. 673			1. 325	24. 485	21. 196
18:3	*g*	0. 344			0. 098	1. 805	1. 563
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0	0. 000	2	0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 080			0. 023	0. 417	0. 361
Threonine	*g*	0. 195			0. 055	1. 022	0. 884
Isoleucine	*g*	0. 227			0. 064	1. 192	1. 032
Leucine	*g*	0. 402			0. 114	2. 108	1. 824
Lysine	*g*	0. 225			0. 064	1. 180	1. 022
Methionine	*g*	0. 086			0. 024	0. 452	0. 391
Cystine	*g*	0. 101			0. 029	0. 528	0. 457
Phenylalanine	*g*	0. 297			0. 084	1. 556	1. 347
Tyrosine	*g*	0. 201			0. 057	1. 051	0. 910
Valine	*g*	0. 288			0. 082	1. 509	1. 306
Arginine	*g*	0. 307			0. 087	1. 609	1. 392
Histidine	*g*	0. 127			0. 036	0. 663	0. 574
Alanine	*g*	0. 229			0. 065	1. 198	1. 037
Aspartic acid	*g*	0. 439			0. 125	2. 301	1. 992
Glutamic acid	*g*	1. 499			0. 425	7. 855	6. 800
Glycine	*g*	0. 239			0. 068	1. 250	1. 082
Proline	*g*	0. 487			0. 138	2. 554	2. 211
Serine	*g*	0. 287			0. 081	1. 503	1. 301

[1] Values based on product containing partially hydrogenated soybean oil.

CAKE

Chocolate, dry mix, regular, prepared without frosting[1] [2]

(includes devil's food, fudge)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/12 of 9 in. cake = 65 g	2-layer cake = 784 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	32.0			20.8	251.0	145.2
Food energy	kcal	305			198	2,393	1,385
	kJ	1,278			831	10,018	5,796
Protein	g	5.6			3.6	43.6	25.2
Total lipid (fat)	g	11.7			7.6	91.9	53.2
Carbohydrate, total	g	49.0			31.8	383.9	222.1
Crude fiber	g	0.2			0.1	1.6	0.9
Ash	g	1.4			0.9	11.3	6.5
Minerals:							
Calcium	mg	108			70	843	488
Iron	mg	3.20			2.08	25.08	14.51
Magnesium	mg	33			22	260	151
Phosphorus	mg	203			132	1,594	922
Potassium	mg	236			153	1,851	1,071
Sodium	mg	569			370	4,464	2,583
Zinc	mg	0.69			0.45	5.40	3.13
Copper	mg	0.272			0.177	2.134	1.234
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.097			0.063	0.763	0.441
Riboflavin	mg	0.158			0.103	1.238	0.716
Niacin	mg	0.972			0.632	7.619	4.408
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0.10			0.07	0.80	0.46
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	2.687			1.747	21.066	12.188
4:0	g						
6:0	g						
8:0	g	0.000			0.000	0.003	0.002
10:0	g	0.000			0.000	0.003	0.002
12:0	g	0.000			0.000	0.003	0.002
14:0	g	0.015			0.010	0.115	0.066
16:0	g	1.581			1.027	12.392	7.169
18:0	g	1.085			0.705	8.504	4.920
Monounsaturated, total	g	4.723			3.070	37.029	21.424
16:1	g	0.076			0.049	0.593	0.343
18:1	g	4.643			3.018	36.398	21.059
20:1	g	0.004			0.002	0.028	0.016
22:1	g	0.000			0.000	0.003	0.002
Polyunsaturated, total	g	3.530			2.295	27.679	16.014
18:2	g	3.272			2.127	25.656	14.844
18:3	g	0.235			0.153	1.840	1.065
18:4	g						
20:4	g	0.018			0.012	0.142	0.082
20:5	g	0.000			0.000	0.004	0.002
22:5	g						
22:6	g	0.005			0.003	0.037	0.021
Cholesterol	mg	54			35	425	246
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.073			0.047	0.569	0.329
Threonine	g	0.207			0.134	1.622	0.938
Isoleucine	g	0.239			0.155	1.874	1.084
Leucine	g	0.405			0.263	3.177	1.838
Lysine	g	0.265			0.172	2.079	1.203
Methionine	g	0.107			0.070	0.842	0.487
Cystine	g	0.104			0.068	0.819	0.474
Phenylalanine	g	0.283			0.184	2.221	1.285
Tyrosine	g	0.199			0.129	1.562	0.903
Valine	g	0.290			0.188	2.272	1.314
Arginine	g	0.301			0.196	2.360	1.365
Histidine	g	0.122			0.080	0.960	0.555
Alanine	g	0.242			0.157	1.894	1.096
Aspartic acid	g	0.454			0.295	3.559	2.059
Glutamic acid	g	1.211			0.787	9.495	5.494
Glycine	g	0.213			0.139	1.671	0.967
Proline	g	0.390			0.253	3.054	1.767
Serine	g	0.310			0.202	2.434	1.408

[1] 18.5 oz pkg prepared with 1-1/2 c water and 2 eggs. Moisture loss: 20%.

[2] For cake with frosting, refer to frosting selection in Agriculture Handbook No. 8-19.

CAKE
Chocolate, dry mix, special dietary[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (8 oz) = 226.8 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	4. 8		1	1. 4	11. 0	21. 9
Food energy	kcal	385			109	872	1,744
	kJ	1,610			456	3,651	7,301
Protein (N x 5.30)	g	3. 3		1	0. 9	7. 4	14. 8
Total lipid (fat)	g	9. 8		1	2. 8	22. 3	44. 7
Carbohydrate, total	g	77. 6			22. 0	176. 1	352. 2
Crude fiber	g						
Ash	g	4. 2		1	1. 2	9. 5	19. 0
Minerals:							
Calcium	mg	36		1	10	81	162
Iron	mg	2. 56		1	0. 73	5. 81	11. 61
Magnesium	mg	46		1	13	104	208
Phosphorus	mg	343		1	97	778	1,556
Potassium	mg	257		1	73	583	1,166
Sodium	mg	412		1	117	934	1,869
Zinc	mg	0. 83		1	0. 23	1. 88	3. 76
Copper	mg	0. 328		1	0. 093	0. 744	1. 488
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0		1	0	0	0
Thiamin	mg	0. 220		1	0. 062	0. 499	0. 998
Riboflavin	mg	0. 175		1	0. 050	0. 397	0. 794
Niacin	mg	1. 940		1	0. 550	4. 400	8. 800
Pantothenic acid	mg	0. 161		1	0. 046	0. 365	0. 730
Vitamin B-6	mg	0. 019		1	0. 005	0. 043	0. 086
Folate	mcg	10		1	3	22	44
Vitamin B-12	mcg	0		1	0	0	0
Vitamin A	RE	0			0	0	0
	IU	1		1	0	2	5
Lipids:[2]							
Fatty acids:							
Saturated, total	g	4. 647			1. 318	10. 540	21. 081
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 075			0. 021	0. 169	0. 338
14:0	g	0. 077			0. 022	0. 174	0. 347
16:0	g	2. 720			0. 771	6. 170	12. 339
18:0	g	1. 774			0. 503	4. 023	8. 046
Monounsaturated, total	g	3. 954			1. 121	8. 967	17. 934
16:1	g	0. 004			0. 001	0. 010	0. 020
18:1	g	3. 949			1. 120	8. 957	17. 913
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 699			0. 198	1. 585	3. 171
18:2	g	0. 660			0. 187	1. 496	2. 992
18:3	g	0. 039			0. 011	0. 089	0. 179
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		1	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 048			0. 014	0. 109	0. 217
Threonine	g	0. 104			0. 030	0. 237	0. 474
Isoleucine	g	0. 125			0. 035	0. 283	0. 566
Leucine	g	0. 213			0. 060	0. 484	0. 967
Lysine	g	0. 131			0. 037	0. 298	0. 596
Methionine	g	0. 047			0. 013	0. 107	0. 215
Cystine	g	0. 060			0. 017	0. 135	0. 270
Phenylalanine	g	0. 155			0. 044	0. 353	0. 705
Tyrosine	g	0. 104			0. 029	0. 235	0. 471
Valine	g	0. 162			0. 046	0. 368	0. 736
Arginine	g	0. 146			0. 041	0. 332	0. 663
Histidine	g	0. 063			0. 018	0. 142	0. 284
Alanine	g	0. 117			0. 033	0. 266	0. 532
Aspartic acid	g	0. 205			0. 058	0. 464	0. 928
Glutamic acid	g	0. 867			0. 246	1. 966	3. 932
Glycine	g	0. 123			0. 035	0. 280	0. 560
Proline	g	0. 283			0. 080	0. 641	1. 282
Serine	g	0. 161			0. 046	0. 365	0. 730

[1] Fructose-sweetened, low-sodium product.
[2] Values based on product containing partially hydrogenated soybean oil.

CAKE
Chocolate, dry mix, special dietary, prepared without frosting[1] [2]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/10 of 9 in. layer = 38 g[3]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	24.4			6.9	9.3	110.8
Food energy	kcal	305			86	116	1,384
	kJ	1,278			362	485	5,795
Protein	g	3.7			1.1	1.4	17.0
Total lipid (fat)	g	7.7			2.2	2.9	34.8
Carbohydrate, total	g	60.6			17.1	23.0	274.8
Crude fiber	g						
Ash	g	3.4			1.0	1.3	15.3
Minerals:							
Calcium	mg	29			8	11	134
Iron	mg	2.00			0.57	0.76	9.08
Magnesium	mg	37			11	14	169
Phosphorus	mg	269			76	102	1,219
Potassium	mg	217			61	82	982
Sodium	mg	341			97	130	1,547
Zinc	mg	0.66			0.19	0.25	2.99
Copper	mg	0.259			0.073	0.098	1.175
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.138			0.039	0.052	0.624
Riboflavin	mg	0.172			0.049	0.065	0.780
Niacin	mg	1.369			0.388	0.520	6.212
Pantothenic acid	mg	0.094			0.027	0.036	0.425
Vitamin B-6	mg	0.014			0.004	0.005	0.063
Folate	mcg	6			2	2	25
Vitamin B-12	mcg	0.02			0.01	0.01	0.08
Vitamin A	RE	0			0	0	0
	IU	1			0	0	3
Lipids:							
Fatty acids:							
Saturated, total	g	3.620			1.024	1.376	16.419
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.058			0.016	0.022	0.263
14:0	g	0.060			0.017	0.023	0.270
16:0	g	2.119			0.600	0.805	9.611
18:0	g	1.382			0.391	0.525	6.267
Monounsaturated, total	g	3.079			0.871	1.170	13.968
16:1	g	0.003			0.001	0.001	0.016
18:1	g	3.076			0.870	1.169	13.952
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.544			0.154	0.207	2.470
18:2	g	0.514			0.145	0.195	2.330
18:3	g	0.031			0.009	0.012	0.139
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.052			0.015	0.020	0.237
Threonine	g	0.136			0.039	0.052	0.618
Isoleucine	g	0.165			0.047	0.063	0.750
Leucine	g	0.268			0.076	0.102	1.215
Lysine	g	0.184			0.052	0.070	0.837
Methionine	g	0.078			0.022	0.030	0.356
Cystine	g	0.078			0.022	0.030	0.352
Phenylalanine	g	0.192			0.054	0.073	0.869
Tyrosine	g	0.128			0.036	0.049	0.580
Valine	g	0.203			0.058	0.077	0.922
Arginine	g	0.180			0.051	0.068	0.815
Histidine	g	0.076			0.022	0.029	0.345
Alanine	g	0.161			0.046	0.061	0.731
Aspartic acid	g	0.282			0.080	0.107	1.280
Glutamic acid	g	0.836			0.236	0.318	3.790
Glycine	g	0.138			0.039	0.053	0.628
Proline	g	0.267			0.076	0.101	1.211
Serine	g	0.209			0.059	0.079	0.946

[1] Fructose-sweetened, low-sodium product.
[2] 8 oz pkg prepared with 1/2 c plus 1 tbsp water and 1 egg white. Moisture loss: 26%.
[3] 1-layer cake = 380 g.

CAKE
Chocolate, prepared from recipe without frosting[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/12 of 9 in. cake = 95 g	Approximate measure and weight: 2-layer cake = 1,137 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	24. 4			23. 1	277. 0	110. 5
Food energy	*kcal*	358			340	4,067	1,622
	kJ	1,497			1,422	17,024	6,792
Protein	*g*	5. 3			5. 0	60. 1	24. 0
Total lipid (fat)	*g*	15. 1			14. 4	172. 0	68. 6
Carbohydrate, total	*g*	53. 4			50. 8	607. 6	242. 4
Crude fiber	*g*	0. 2			0. 2	2. 7	1. 1
Ash	*g*	1. 3			1. 2	14. 2	5. 7
Minerals:							
Calcium	*mg*	60			57	679	271
Iron	*mg*	1. 61			1. 53	18. 28	7. 29
Magnesium	*mg*	32			31	368	147
Phosphorus	*mg*	106			100	1,202	479
Potassium	*mg*	140			133	1,596	637
Sodium	*mg*	315			299	3,581	1,429
Zinc	*mg*	0. 69			0. 66	7. 89	3. 15
Copper	*mg*	0. 207			0. 197	2. 356	0. 940
Manganese	*mg*	0. 280			0. 266	3. 187	1. 272
Vitamins:							
Ascorbic acid	*mg*	0. 2			0. 2	1. 9	0. 8
Thiamin	*mg*	0. 141			0. 134	1. 605	0. 640
Riboflavin	*mg*	0. 213			0. 202	2. 417	0. 964
Niacin	*mg*	1. 137			1. 080	12. 927	5. 157
Pantothenic acid	*mg*	0. 304			0. 289	3. 460	1. 380
Vitamin B-6	*mg*	0. 041			0. 039	0. 463	0. 185
Folate	*mcg*	10			9	111	44
Vitamin B-12	*mcg*	0. 16			0. 15	1. 81	0. 72
Vitamin A	*RE*	40			38	451	180
	IU	140			133	1,596	637
Lipids:							
Fatty acids:							
Saturated, total	*g*	5. 430			5. 159	61. 745	24. 633
4:0	*g*	0. 017			0. 016	0. 196	0. 078
6:0	*g*	0. 010			0. 010	0. 117	0. 047
8:0	*g*	0. 006			0. 006	0. 071	0. 028
10:0	*g*	0. 014			0. 013	0. 156	0. 062
12:0	*g*	0. 015			0. 015	0. 175	0. 070
14:0	*g*	0. 101			0. 096	1. 150	0. 459
16:0	*g*	2. 836			2. 694	32. 242	12. 863
18:0	*g*	2. 392			2. 272	27. 195	10. 849
Monounsaturated, total	*g*	6. 039			5. 737	68. 665	27. 393
16:1	*g*	0. 051			0. 049	0. 582	0. 232
18:1	*g*	5. 982			5. 683	68. 011	27. 133
20:1	*g*	0. 004			0. 004	0. 042	0. 017
22:1	*g*	0. 000			0. 000	0. 005	0. 002
Polyunsaturated, total	*g*	2. 761			2. 623	31. 388	12. 522
18:2	*g*	2. 576			2. 447	29. 289	11. 685
18:3	*g*	0. 161			0. 153	1. 825	0. 728
18:4	*g*						
20:4	*g*	0. 019			0. 018	0. 213	0. 085
20:5	*g*	0. 000			0. 000	0. 005	0. 002
22:5	*g*						
22:6	*g*	0. 005			0. 005	0. 055	0. 022
Cholesterol	*mg*	58			55	661	264
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 068			0. 064	0. 770	0. 307
Threonine	*g*	0. 202			0. 192	2. 292	0. 915
Isoleucine	*g*	0. 240			0. 228	2. 724	1. 087
Leucine	*g*	0. 407			0. 387	4. 627	1. 846
Lysine	*g*	0. 268			0. 255	3. 046	1. 215
Methionine	*g*	0. 116			0. 110	1. 316	0. 525
Cystine	*g*	0. 098			0. 093	1. 109	0. 443
Phenylalanine	*g*	0. 265			0. 252	3. 015	1. 203
Tyrosine	*g*	0. 197			0. 187	2. 237	0. 892
Valine	*g*	0. 283			0. 269	3. 217	1. 283
Arginine	*g*	0. 253			0. 240	2. 876	1. 147
Histidine	*g*	0. 120			0. 114	1. 359	0. 542
Alanine	*g*	0. 220			0. 209	2. 500	0. 997
Aspartic acid	*g*	0. 390			0. 370	4. 429	1. 767
Glutamic acid	*g*	1. 177			1. 119	13. 387	5. 341
Glycine	*g*	0. 179			0. 170	2. 035	0. 812
Proline	*g*	0. 411			0. 390	4. 673	1. 864
Serine	*g*	0. 301			0. 286	3. 423	1. 365

[1] For cake with frosting, refer to frosting selection in Agriculture Handbook No. 8-19.
[2] 1/16 of 9 in. cake = 71 g.

CAKE
Fruitcake, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 piece = 43 g (approx 1.5 oz)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	25. 3	1. 764	3	7. 2	10. 9	114. 9
Food energy	*kcal*	324			92	139	1,468
	kJ	1,355			384	583	6,145
Protein (N x 5.60)	*g*	2. 9	0. 108	2	0. 8	1. 3	13. 4
Total lipid (fat)	*g*	9. 1	1. 072	4	2. 6	3. 9	41. 3
Carbohydrate, total	*g*	61. 6			17. 5	26. 5	279. 4
Crude fiber	*g*						
Ash	*g*	1. 0	0. 010	4	0. 3	0. 4	4. 7
Minerals:							
Calcium	*mg*	33	4. 905	3	9	14	151
Iron	*mg*	2. 07	0. 433	3	0. 59	0. 89	9. 37
Magnesium	*mg*	16	1. 018	2	5	7	72
Phosphorus	*mg*	52	0. 062	2	15	22	236
Potassium	*mg*	153	8. 104	2	43	66	694
Sodium	*mg*	270	50. 964	3	77	116	1,224
Zinc	*mg*	0. 27	0. 014	2	0. 08	0. 12	1. 22
Copper	*mg*	0. 050	0. 007	2	0. 014	0. 021	0. 227
Manganese	*mg*	0. 220	0. 007	2	0. 062	0. 095	0. 998
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 050	0. 013	9	0. 014	0. 021	0. 225
Riboflavin	*mg*	0. 099	0. 002	9	0. 028	0. 043	0. 450
Niacin	*mg*	0. 791	0. 052	9	0. 224	0. 340	3. 588
Pantothenic acid	*mg*	0. 226	0. 006	8	0. 064	0. 097	1. 025
Vitamin B-6	*mg*	0. 046	0. 002	8	0. 013	0. 020	0. 209
Folate	*mcg*	3	0. 138	8	1	1	15
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	1. 118			0. 317	0. 481	5. 071
4:0	*g*						
6:0	*g*						
8:0	*g*	0. 000			0. 000	0. 000	0. 001
10:0	*g*	0. 000			0. 000	0. 000	0. 001
12:0	*g*	0. 000			0. 000	0. 000	0. 001
14:0	*g*	0. 019			0. 005	0. 008	0. 086
16:0	*g*	0. 797			0. 226	0. 343	3. 616
18:0	*g*	0. 301			0. 085	0. 129	1. 365
Monounsaturated, total	*g*	4. 172			1. 183	1. 794	18. 922
16:1	*g*	0. 051			0. 015	0. 022	0. 233
18:1	*g*	4. 090			1. 159	1. 759	18. 551
20:1	*g*	0. 030			0. 009	0. 013	0. 138
22:1	*g*	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	*g*	3. 231			0. 916	1. 389	14. 654
18:2	*g*	2. 905			0. 824	1. 249	13. 177
18:3	*g*	0. 315			0. 089	0. 135	1. 429
18:4	*g*						
20:4	*g*	0. 008			0. 002	0. 004	0. 038
20:5	*g*	0. 000			0. 000	0. 000	0. 001
22:5	*g*						
22:6	*g*	0. 002			0. 001	0. 001	0. 009
Cholesterol	*mg*	5		1	1	2	23
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 042			0. 012	0. 018	0. 191
Threonine	*g*	0. 102			0. 029	0. 044	0. 461
Isoleucine	*g*	0. 121			0. 034	0. 052	0. 547
Leucine	*g*	0. 206			0. 058	0. 089	0. 934
Lysine	*g*	0. 121			0. 034	0. 052	0. 547
Methionine	*g*	0. 059			0. 017	0. 026	0. 270
Cystine	*g*	0. 062			0. 017	0. 026	0. 279
Phenylalanine	*g*	0. 140			0. 040	0. 060	0. 635
Tyrosine	*g*	0. 095			0. 027	0. 041	0. 432
Valine	*g*	0. 144			0. 041	0. 062	0. 654
Arginine	*g*	0. 262			0. 074	0. 113	1. 189
Histidine	*g*	0. 071			0. 020	0. 030	0. 320
Alanine	*g*	0. 125			0. 036	0. 054	0. 568
Aspartic acid	*g*	0. 270			0. 077	0. 116	1. 225
Glutamic acid	*g*	0. 639			0. 181	0. 275	2. 899
Glycine	*g*	0. 124			0. 035	0. 053	0. 564
Proline	*g*	0. 167			0. 047	0. 072	0. 759
Serine	*g*	0. 159			0. 045	0. 068	0. 721

[1] Values based on product containing partially hydrogenated soybean oil.

CAKE
Fruitcake, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/36 of 10 in. cake = 84 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	18. 6			5. 3	15. 6	84. 4
Food energy	*kcal*	360			102	302	1,632
	kJ	1,506			427	1,265	6,831
Protein	*g*	3. 6			1. 0	3. 0	16. 4
Total lipid (fat)	*g*	11. 5			3. 2	9. 6	52. 0
Carbohydrate, total	*g*	64. 8			18. 4	54. 4	294. 0
Crude fiber	*g*	0. 6			0. 2	0. 5	2. 6
Ash	*g*	1. 4			0. 4	1. 2	6. 5
Minerals:							
Calcium	*mg*	65			18	55	295
Iron	*mg*	1. 86			0. 53	1. 56	8. 42
Magnesium	*mg*	34			10	29	155
Phosphorus	*mg*	79			22	66	358
Potassium	*mg*	309			87	259	1,400
Sodium	*mg*	144			41	121	655
Zinc	*mg*	0. 70			0. 20	0. 59	3. 17
Copper	*mg*	0. 265			0. 075	0. 223	1. 204
Manganese	*mg*	0. 619			0. 176	0. 520	2. 808
Vitamins:							
Ascorbic acid	*mg*	4. 5			1. 3	3. 8	20. 3
Thiamin	*mg*	0. 169			0. 048	0. 142	0. 767
Riboflavin	*mg*	0. 120			0. 034	0. 101	0. 543
Niacin	*mg*	1. 058			0. 300	0. 889	4. 800
Pantothenic acid	*mg*	0. 340			0. 096	0. 285	1. 541
Vitamin B-6	*mg*	0. 102			0. 029	0. 085	0. 461
Folate	*mcg*	10			3	8	44
Vitamin B-12	*mcg*	0. 05			0. 02	0. 04	0. 24
Vitamin A	*RE*	15			4	13	70
	IU	72			20	60	325
Lipids:							
Fatty acids:							
Saturated, total	*g*	1. 423			0. 403	1. 195	6. 455
4:0	*g*						
6:0	*g*						
8:0	*g*	0. 000			0. 000	0. 000	0. 001
10:0	*g*	0. 000			0. 000	0. 000	0. 001
12:0	*g*	0. 000			0. 000	0. 000	0. 002
14:0	*g*	0. 017			0. 005	0. 014	0. 076
16:0	*g*	1. 063			0. 301	0. 893	4. 822
18:0	*g*	0. 339			0. 096	0. 285	1. 539
Monounsaturated, total	*g*	4. 716			1. 337	3. 961	21. 390
16:1	*g*	0. 055			0. 016	0. 046	0. 250
18:1	*g*	4. 612			1. 307	3. 874	20. 918
20:1	*g*	0. 048			0. 014	0. 040	0. 218
22:1	*g*	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	*g*	4. 576			1. 297	3. 844	20. 757
18:2	*g*	4. 132			1. 171	3. 471	18. 743
18:3	*g*	0. 432			0. 122	0. 363	1. 959
18:4	*g*						
20:4	*g*	0. 009			0. 003	0. 008	0. 043
20:5	*g*	0. 000			0. 000	0. 000	0. 001
22:5	*g*						
22:6	*g*	0. 002			0. 001	0. 002	0. 011
Cholesterol	*mg*	28			8	24	128
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 045			0. 013	0. 038	0. 203
Threonine	*g*	0. 110			0. 031	0. 092	0. 498
Isoleucine	*g*	0. 119			0. 034	0. 100	0. 541
Leucine	*g*	0. 212			0. 060	0. 178	0. 959
Lysine	*g*	0. 125			0. 035	0. 105	0. 565
Methionine	*g*	0. 079			0. 022	0. 066	0. 358
Cystine	*g*	0. 072			0. 020	0. 060	0. 324
Phenylalanine	*g*	0. 151			0. 043	0. 127	0. 684
Tyrosine	*g*	0. 102			0. 029	0. 086	0. 464
Valine	*g*	0. 147			0. 042	0. 124	0. 667
Arginine	*g*	0. 217			0. 062	0. 183	0. 986
Histidine	*g*	0. 084			0. 024	0. 070	0. 380
Alanine	*g*	0. 139			0. 039	0. 117	0. 632
Aspartic acid	*g*	0. 289			0. 082	0. 243	1. 311
Glutamic acid	*g*	0. 761			0. 216	0. 639	3. 450
Glycine	*g*	0. 107			0. 030	0. 090	0. 486
Proline	*g*	0. 218			0. 062	0. 183	0. 989
Serine	*g*	0. 157			0. 045	0. 132	0. 714

[1] 10 in. tube cake = 3,017 g.

CAKE
German chocolate, dry mix, pudding-type
(includes microwave-type)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (18.25 oz) = 517 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	3. 6	0. 093	16	1. 0	18. 7	16. 4
Food energy	*kcal*	401			114	2,073	1,819
	kJ	1,679			476	8,679	7,615
Protein (N x 5.30)	*g*	4. 0	0. 078	23	1. 1	20. 5	18. 0
Total lipid (fat)	*g*	9. 5	0. 140	18	2. 7	49. 3	43. 3
Carbohydrate, total	*g*	80. 1			22. 7	414. 2	363. 4
Crude fiber	*g*						
Ash	*g*	2. 5	0. 048	15	0. 7	12. 8	11. 2
Minerals:							
Calcium	*mg*	97	2. 722	16	28	502	440
Iron	*mg*	1. 93	0. 127	10	0. 55	9. 98	8. 75
Magnesium	*mg*	22	0. 397	14	6	114	100
Phosphorus	*mg*	294	7. 648	14	83	1,518	1,332
Potassium	*mg*	149	6. 466	12	42	770	675
Sodium	*mg*	643	85. 059	16	182	3,325	2,918
Zinc	*mg*	0. 42	0. 010	14	0. 12	2. 18	1. 91
Copper	*mg*	0. 156	0. 004	14	0. 044	0. 807	0. 708
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 255	0. 020	16	0. 072	1. 318	1. 156
Riboflavin	*mg*	0. 176	0. 008	16	0. 050	0. 908	0. 797
Niacin	*mg*	2. 605	0. 138	16	0. 739	13. 468	11. 816
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	3. 025			0. 858	15. 638	13. 720
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 039			0. 011	0. 202	0. 177
16:0	*g*	1. 470			0. 417	7. 600	6. 668
18:0	*g*	1. 514			0. 429	7. 825	6. 866
Monounsaturated, total	*g*	4. 923			1. 396	25. 452	22. 331
16:1	*g*	0. 005			0. 001	0. 024	0. 021
18:1	*g*	4. 918			1. 394	25. 428	22. 310
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 063			0. 301	5. 495	4. 821
18:2	*g*	1. 009			0. 286	5. 219	4. 579
18:3	*g*	0. 053			0. 015	0. 276	0. 242
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 058			0. 016	0. 298	0. 262
Threonine	*g*	0. 128			0. 036	0. 662	0. 581
Isoleucine	*g*	0. 151			0. 043	0. 782	0. 686
Leucine	*g*	0. 258			0. 073	1. 336	1. 172
Lysine	*g*	0. 162			0. 046	0. 837	0. 734
Methionine	*g*	0. 056			0. 016	0. 290	0. 255
Cystine	*g*	0. 071			0. 020	0. 368	0. 323
Phenylalanine	*g*	0. 188			0. 053	0. 972	0. 853
Tyrosine	*g*	0. 127			0. 036	0. 658	0. 578
Valine	*g*	0. 199			0. 056	1. 026	0. 901
Arginine	*g*	0. 180			0. 051	0. 930	0. 816
Histidine	*g*	0. 076			0. 021	0. 391	0. 343
Alanine	*g*	0. 144			0. 041	0. 744	0. 652
Aspartic acid	*g*	0. 255			0. 072	1. 317	1. 155
Glutamic acid	*g*	1. 029			0. 292	5. 322	4. 669
Glycine	*g*	0. 151			0. 043	0. 782	0. 686
Proline	*g*	0. 335			0. 095	1. 731	1. 519
Serine	*g*	0. 193			0. 055	0. 999	0. 877

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CAKE

German chocolate, dry mix, pudding-type, prepared with coconut-nut frosting[1] [2]

(includes microwave-type)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/12 of 9 in. cake = 111 g[3]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	26. 9			7. 6	29. 9	122. 2
Food energy	*kcal*	364			103	404	1,649
	kJ	1,522			432	1,690	6,904
Protein	*g*	3. 5			1. 0	3. 8	15. 7
Total lipid (fat)	*g*	18. 6			5. 3	20. 6	84. 4
Carbohydrate, total	*g*	49. 7			14. 1	55. 1	225. 3
Crude fiber	*g*	0. 9			0. 3	1. 0	4. 2
Ash	*g*	1. 4			0. 4	1. 5	6. 1
Minerals:							
Calcium	*mg*	48			14	54	219
Iron	*mg*	1. 10			0. 31	1. 23	5. 01
Magnesium	*mg*	17			5	19	76
Phosphorus	*mg*	156			44	173	707
Potassium	*mg*	136			38	151	616
Sodium	*mg*	332			94	369	1,506
Zinc	*mg*	0. 44			0. 12	0. 48	1. 98
Copper	*mg*	0. 107			0. 030	0. 119	0. 485
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 097			0. 027	0. 107	0. 439
Riboflavin	*mg*	0. 122			0. 035	0. 136	0. 555
Niacin	*mg*	0. 991			0. 281	1. 100	4. 496
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0. 09			0. 03	0. 10	0. 41
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	4. 739			1. 344	5. 261	21. 498
4:0	*g*						
6:0	*g*	0. 008			0. 002	0. 009	0. 038
8:0	*g*	0. 000			0. 000	0. 000	0. 002
10:0	*g*	0. 103			0. 029	0. 114	0. 468
12:0	*g*	0. 651			0. 184	0. 722	2. 952
14:0	*g*	0. 281			0. 080	0. 312	1. 276
16:0	*g*	2. 258			0. 640	2. 506	10. 241
18:0	*g*	1. 432			0. 406	1. 590	6. 496
Monounsaturated, total	*g*	7. 844			2. 224	8. 707	35. 580
16:1	*g*	0. 059			0. 017	0. 066	0. 268
18:1	*g*	7. 750			2. 197	8. 603	35. 155
20:1	*g*	0. 033			0. 009	0. 037	0. 151
22:1	*g*	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	*g*	4. 915			1. 393	5. 456	22. 295
18:2	*g*	4. 442			1. 259	4. 931	20. 149
18:3	*g*	0. 453			0. 128	0. 502	2. 053
18:4	*g*						
20:4	*g*	0. 016			0. 005	0. 018	0. 073
20:5	*g*	0. 000			0. 000	0. 000	0. 002
22:5	*g*						
22:6	*g*	0. 004			0. 001	0. 005	0. 019
Cholesterol	*mg*	48			14	53	217
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 050			0. 014	0. 056	0. 227
Threonine	*g*	0. 133			0. 038	0. 148	0. 605
Isoleucine	*g*	0. 155			0. 044	0. 172	0. 704
Leucine	*g*	0. 254			0. 072	0. 282	1. 151
Lysine	*g*	0. 183			0. 052	0. 203	0. 829
Methionine	*g*	0. 077			0. 022	0. 085	0. 347
Cystine	*g*	0. 072			0. 021	0. 080	0. 328
Phenylalanine	*g*	0. 173			0. 049	0. 192	0. 784
Tyrosine	*g*	0. 124			0. 035	0. 137	0. 561
Valine	*g*	0. 188			0. 053	0. 209	0. 853
Arginine	*g*	0. 225			0. 064	0. 250	1. 022
Histidine	*g*	0. 076			0. 022	0. 084	0. 345
Alanine	*g*	0. 156			0. 044	0. 173	0. 708
Aspartic acid	*g*	0. 285			0. 081	0. 316	1. 292
Glutamic acid	*g*	0. 683			0. 194	0. 758	3. 098
Glycine	*g*	0. 129			0. 037	0. 143	0. 586
Proline	*g*	0. 208			0. 059	0. 231	0. 942
Serine	*g*	0. 203			0. 058	0. 226	0. 922

[1] 18.25 oz pkg prepared with 1-1/4 c water, 1/3 c vegetable oil, and 3 eggs. Cake moisture loss: 16%. Baked cake = 871 g.
[2] Frosting selected: ready-to-eat coconut-nut frosting, NDB No. 19227, Agriculture Handbook No. 8-19.
[3] 2-layer frosted cake = 1,333 g.

CAKE
Gingerbread, dry mix

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (14.5 oz) = 411 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	4. 4		1	1. 3	18. 2	20. 1
Food energy	kcal	437			124	1,796	1,982
	kJ	1,829			519	7,518	8,297
Protein (N x 5.70)	g	4. 4		1	1. 2	18. 1	20. 0
Total lipid (fat)	g	13. 8		1	3. 9	56. 7	62. 6
Carbohydrate, total	g	74. 6			21. 1	306. 5	338. 3
Crude fiber	g	0. 3		1	0. 1	1. 2	1. 4
Ash	g	2. 8		1	0. 8	11. 4	12. 6
Minerals:							
Calcium	mg	94		1	27	385	425
Iron	mg	4. 70		1	1. 33	19. 32	21. 32
Magnesium	mg						
Phosphorus	mg	226		1	64	929	1,025
Potassium	mg	341		1	97	1,402	1,547
Sodium	mg	657		1	186	2,700	2,980
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 340		1	0. 096	1. 397	1. 542
Riboflavin	mg	0. 240		1	0. 068	0. 986	1. 089
Niacin	mg	2. 550		1	0. 723	10. 480	11. 567
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	g	3. 460			0. 981	14. 220	15. 694
4:0	g						
6:0	g						
8:0	g	0. 000			0. 000	0. 001	0. 001
10:0	g	0. 001			0. 000	0. 003	0. 004
12:0	g	0. 001			0. 000	0. 005	0. 005
14:0	g	0. 068			0. 019	0. 280	0. 309
16:0	g	1. 781			0. 505	7. 318	8. 077
18:0	g	1. 609			0. 456	6. 613	7. 299
Monounsaturated, total	g	7. 791			2. 209	32. 022	35. 342
16:1	g	0. 001			0. 000	0. 002	0. 002
18:1	g	7. 791			2. 209	32. 020	35. 339
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 804			0. 511	7. 413	8. 181
18:2	g	1. 715			0. 486	7. 047	7. 777
18:3	g	0. 089			0. 025	0. 366	0. 404
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 062			0. 018	0. 254	0. 280
Threonine	g	0. 138			0. 039	0. 565	0. 624
Isoleucine	g	0. 175			0. 050	0. 721	0. 796
Leucine	g	0. 309			0. 088	1. 270	1. 402
Lysine	g	0. 187			0. 053	0. 769	0. 848
Methionine	g	0. 068			0. 019	0. 280	0. 308
Cystine	g	0. 087			0. 025	0. 356	0. 393
Phenylalanine	g	0. 209			0. 059	0. 861	0. 950
Tyrosine	g	0. 134			0. 038	0. 549	0. 606
Valine	g	0. 196			0. 056	0. 807	0. 890
Arginine	g	0. 211			0. 060	0. 867	0. 957
Histidine	g	0. 096			0. 027	0. 394	0. 435
Alanine	g	0. 150			0. 043	0. 616	0. 680
Aspartic acid	g	0. 282			0. 080	1. 159	1. 279
Glutamic acid	g	1. 256			0. 356	5. 161	5. 696
Glycine	g	0. 161			0. 046	0. 661	0. 729
Proline	g	0. 415			0. 118	1. 706	1. 882
Serine	g	0. 233			0. 066	0. 956	1. 055

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CAKE
Gingerbread, dry mix, prepared[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/9 of 9 in. sq cake = 67 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	33. 1			9. 4	22. 2	150. 1
Food energy	*kcal*	309			88	207	1,401
	kJ	1,293			366	866	5,863
Protein	*g*	4. 0			1. 1	2. 7	18. 2
Total lipid (fat)	*g*	10. 2			2. 9	6. 8	46. 2
Carbohydrate, total	*g*	50. 7			14. 4	34. 0	230. 0
Crude fiber	*g*	0. 2			0. 1	0. 1	0. 9
Ash	*g*	2. 0			0. 6	1. 3	9. 1
Minerals:							
Calcium	*mg*	69			19	46	311
Iron	*mg*	3. 31			0. 94	2. 22	15. 03
Magnesium	*mg*						
Phosphorus	*mg*	168			48	113	762
Potassium	*mg*	241			68	162	1,095
Sodium	*mg*	458			130	307	2,076
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 189			0. 053	0. 126	0. 856
Riboflavin	*mg*	0. 186			0. 053	0. 125	0. 845
Niacin	*mg*	1. 562			0. 443	1. 047	7. 087
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0. 07			0. 02	0. 04	0. 30
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	2. 603			0. 738	1. 744	11. 808
4:0	*g*						
6:0	*g*						
8:0	*g*	0. 000			0. 000	0. 000	0. 002
10:0	*g*	0. 001			0. 000	0. 001	0. 004
12:0	*g*	0. 001			0. 000	0. 001	0. 005
14:0	*g*	0. 049			0. 014	0. 033	0. 222
16:0	*g*	1. 392			0. 395	0. 932	6. 313
18:0	*g*	1. 156			0. 328	0. 775	5. 245
Monounsaturated, total	*g*	5. 600			1. 588	3. 752	25. 403
16:1	*g*	0. 025			0. 007	0. 017	0. 113
18:1	*g*	5. 572			1. 580	3. 733	25. 276
20:1	*g*	0. 002			0. 001	0. 002	0. 011
22:1	*g*	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	*g*	1. 336			0. 379	0. 895	6. 061
18:2	*g*	1. 258			0. 357	0. 843	5. 706
18:3	*g*	0. 063			0. 018	0. 042	0. 286
18:4	*g*						
20:4	*g*	0. 012			0. 003	0. 008	0. 053
20:5	*g*	0. 000			0. 000	0. 000	0. 001
22:5	*g*						
22:6	*g*	0. 003			0. 001	0. 002	0. 014
Cholesterol	*mg*	35			10	24	159
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 054			0. 015	0. 037	0. 247
Threonine	*g*	0. 143			0. 040	0. 096	0. 648
Isoleucine	*g*	0. 175			0. 050	0. 117	0. 795
Leucine	*g*	0. 298			0. 084	0. 200	1. 351
Lysine	*g*	0. 201			0. 057	0. 135	0. 911
Methionine	*g*	0. 078			0. 022	0. 052	0. 355
Cystine	*g*	0. 083			0. 023	0. 055	0. 375
Phenylalanine	*g*	0. 197			0. 056	0. 132	0. 893
Tyrosine	*g*	0. 133			0. 038	0. 089	0. 602
Valine	*g*	0. 196			0. 056	0. 131	0. 889
Arginine	*g*	0. 205			0. 058	0. 137	0. 930
Histidine	*g*	0. 089			0. 025	0. 060	0. 406
Alanine	*g*	0. 159			0. 045	0. 107	0. 722
Aspartic acid	*g*	0. 295			0. 084	0. 198	1. 338
Glutamic acid	*g*	0. 987			0. 280	0. 661	4. 476
Glycine	*g*	0. 144			0. 041	0. 096	0. 652
Proline	*g*	0. 323			0. 091	0. 216	1. 463
Serine	*g*	0. 235			0. 066	0. 157	1. 064

[1] 14.5 oz pkg prepared with 1-1/4 c water and 1 egg. Moisture loss: 20%.
[2] 9 in. square cake = 606 g.

CAKE
Gingerbread, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/9 of 8 in. sq cake = 74 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	28. 0			7. 9	20. 7	126. 8
Food energy	kcal	356			101	264	1,615
	kJ	1,491			423	1,103	6,763
Protein	g	3. 9			1. 1	2. 9	17. 5
Total lipid (fat)	g	16. 4			4. 6	12. 1	74. 4
Carbohydrate, total	g	49. 2			14. 0	36. 4	223. 4
Crude fiber	g	0. 1			0. 0	0. 1	0. 6
Ash	g	1. 8			0. 5	1. 3	8. 0
Minerals:							
Calcium	mg	71			20	52	321
Iron	mg	2. 88			0. 82	2. 13	13. 07
Magnesium	mg	70			20	52	317
Phosphorus	mg	54			15	40	245
Potassium	mg	439			124	325	1,991
Sodium	mg	327			93	242	1,484
Zinc	mg	0. 39			0. 11	0. 29	1. 75
Copper	mg	0. 195			0. 055	0. 145	0. 886
Manganese	mg	0. 683			0. 194	0. 505	3. 098
Vitamins:							
Ascorbic acid	mg	0. 1			0. 0	0. 1	0. 3
Thiamin	mg	0. 190			0. 054	0. 141	0. 864
Riboflavin	mg	0. 162			0. 046	0. 120	0. 736
Niacin	mg	1. 738			0. 493	1. 286	7. 882
Pantothenic acid	mg	0. 375			0. 106	0. 278	1. 702
Vitamin B-6	mg	0. 190			0. 054	0. 141	0. 862
Folate	mcg	8			2	6	36
Vitamin B-12	mcg	0. 06			0. 02	0. 04	0. 27
Vitamin A	RE	14			4	11	65
	IU	48			14	36	219
Lipids:							
Fatty acids:							
Saturated, total	g	4. 122			1. 169	3. 050	18. 696
4:0	g						
6:0	g						
8:0	g	0. 000			0. 000	0. 000	0. 001
10:0	g	0. 000			0. 000	0. 000	0. 002
12:0	g	0. 001			0. 000	0. 001	0. 003
14:0	g	0. 064			0. 018	0. 047	0. 291
16:0	g	2. 369			0. 672	1. 753	10. 745
18:0	g	1. 684			0. 477	1. 246	7. 638
Monounsaturated, total	g	7. 124			2. 020	5. 272	32. 314
16:1	g	0. 022			0. 006	0. 017	0. 101
18:1	g	7. 099			2. 012	5. 253	32. 200
20:1	g	0. 002			0. 001	0. 002	0. 010
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	4. 216			1. 195	3. 120	19. 124
18:2	g	3. 948			1. 119	2. 922	17. 910
18:3	g	0. 254			0. 072	0. 188	1. 152
18:4	g						
20:4	g	0. 011			0. 003	0. 008	0. 048
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 003			0. 001	0. 002	0. 012
Cholesterol	mg	32			9	24	144
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 047			0. 013	0. 035	0. 213
Threonine	g	0. 124			0. 035	0. 091	0. 561
Isoleucine	g	0. 151			0. 043	0. 112	0. 685
Leucine	g	0. 279			0. 079	0. 206	1. 265
Lysine	g	0. 131			0. 037	0. 097	0. 596
Methionine	g	0. 080			0. 023	0. 059	0. 365
Cystine	g	0. 083			0. 024	0. 061	0. 377
Phenylalanine	g	0. 195			0. 055	0. 145	0. 886
Tyrosine	g	0. 125			0. 036	0. 093	0. 569
Valine	g	0. 173			0. 049	0. 128	0. 787
Arginine	g	0. 173			0. 049	0. 128	0. 784
Histidine	g	0. 087			0. 025	0. 064	0. 393
Alanine	g	0. 145			0. 041	0. 107	0. 657
Aspartic acid	g	0. 217			0. 061	0. 160	0. 984
Glutamic acid	g	1. 096			0. 311	0. 811	4. 971
Glycine	g	0. 136			0. 038	0. 100	0. 615
Proline	g	0. 372			0. 106	0. 276	1. 689
Serine	g	0. 214			0. 061	0. 158	0. 971

[1] 8 in. square cake = 669 g.

CAKE
Marble, dry mix, pudding-type

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (18.25 oz) = 517 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	3. 1	0. 048	13	0. 9	16. 1	14. 1
Food energy	kcal	416			118	2,151	1,887
	kJ	1,742			494	9,005	7,901
Protein (N x 5.40)	g	3. 4	0. 089	13	1. 0	17. 4	15. 3
Total lipid (fat)	g	11. 7	0. 205	13	3. 3	60. 6	53. 2
Carbohydrate, total	g	79. 3			22. 5	409. 9	359. 6
Crude fiber	g						
Ash	g	2. 3	0. 030	13	0. 7	12. 1	10. 6
Minerals:							
Calcium	mg	76	6. 469	13	22	394	346
Iron	mg	1. 62	0. 097	13	0. 46	8. 36	7. 34
Magnesium	mg	18	2. 648	12	5	93	81
Phosphorus	mg	275	5. 217	13	78	1,424	1,249
Potassium	mg	123	6. 400	8	35	634	556
Sodium	mg	519	63. 557	13	147	2,682	2,353
Zinc	mg	0. 35	0. 027	12	0. 10	1. 79	1. 57
Copper	mg	0. 135	0. 038	12	0. 038	0. 697	0. 611
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 181	0. 010	7	0. 051	0. 938	0. 823
Riboflavin	mg	0. 130	0. 004	4	0. 037	0. 672	0. 590
Niacin	mg	1. 546	0. 206	7	0. 438	7. 991	7. 011
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	g	2. 374			0. 673	12. 272	10. 767
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 012			0. 003	0. 061	0. 053
16:0	g	1. 383			0. 392	7. 149	6. 273
18:0	g	0. 977			0. 277	5. 051	4. 432
Monounsaturated, total	g	4. 788			1. 357	24. 755	21. 719
16:1	g	0. 044			0. 012	0. 226	0. 198
18:1	g	4. 745			1. 345	24. 529	21. 521
20:1	g						
22:1	g						
Polyunsaturated, total	g	3. 924			1. 112	20. 287	17. 799
18:2	g	3. 655			1. 036	18. 895	16. 578
18:3	g	0. 269			0. 076	1. 392	1. 221
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 049			0. 014	0. 252	0. 221
Threonine	g	0. 105			0. 030	0. 542	0. 475
Isoleucine	g	0. 127			0. 036	0. 658	0. 577
Leucine	g	0. 220			0. 062	1. 135	0. 996
Lysine	g	0. 133			0. 038	0. 687	0. 603
Methionine	g	0. 049			0. 014	0. 255	0. 224
Cystine	g	0. 062			0. 018	0. 322	0. 283
Phenylalanine	g	0. 158			0. 045	0. 819	0. 719
Tyrosine	g	0. 105			0. 030	0. 545	0. 478
Valine	g	0. 164			0. 047	0. 848	0. 744
Arginine	g	0. 147			0. 042	0. 761	0. 668
Histidine	g	0. 065			0. 018	0. 335	0. 294
Alanine	g	0. 118			0. 033	0. 610	0. 535
Aspartic acid	g	0. 201			0. 057	1. 042	0. 914
Glutamic acid	g	0. 909			0. 258	4. 699	4. 122
Glycine	g	0. 125			0. 036	0. 648	0. 569
Proline	g	0. 298			0. 085	1. 541	1. 352
Serine	g	0. 166			0. 047	0. 858	0. 753

[1] Values based on product containing partially hydrogenated soybean oil.

CAKE
Marble, dry mix, pudding-type, prepared without frosting[1] [2]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/12 of 9 in. cake = 73 g	2-layer cake = 871 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	29.8			21.7	259.4	135.1
Food energy	kcal	347			253	3,021	1,573
	kJ	1,452			1,060	12,647	6,586
Protein	g	4.2			3.0	36.2	18.8
Total lipid (fat)	g	17.0			12.4	148.4	77.3
Carbohydrate, total	g	47.3			34.5	412.2	214.7
Crude fiber	g	0.1			0.0	0.5	0.3
Ash	g	1.6			1.2	13.8	7.2
Minerals:							
Calcium	mg	55			40	475	247
Iron	mg	1.21			0.89	10.58	5.51
Magnesium	mg	13			9	112	58
Phosphorus	mg	194			142	1,693	882
Potassium	mg	94			68	816	425
Sodium	mg	331			242	2,884	1,502
Zinc	mg	0.41			0.30	3.54	1.84
Copper	mg	0.085			0.062	0.737	0.384
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.095			0.069	0.826	0.430
Riboflavin	mg	0.153			0.111	1.330	0.693
Niacin	mg	0.838			0.612	7.301	3.802
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0.14			0.10	1.20	0.62
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	3.136			2.289	27.312	14.224
4:0	g						
6:0	g						
8:0	g	0.001			0.000	0.005	0.002
10:0	g	0.001			0.000	0.005	0.002
12:0	g	0.001			0.000	0.005	0.002
14:0	g	0.021			0.015	0.184	0.096
16:0	g	2.069			1.511	18.023	9.386
18:0	g	1.035			0.755	9.011	4.693
Monounsaturated, total	g	5.448			3.977	47.451	24.711
16:1	g	0.094			0.069	0.819	0.427
18:1	g	5.330			3.891	46.427	24.178
20:1	g	0.022			0.016	0.188	0.098
22:1	g	0.001			0.000	0.005	0.002
Polyunsaturated, total	g	7.414			5.413	64.580	33.632
18:2	g	6.647			4.852	57.895	30.151
18:3	g	0.736			0.537	6.411	3.339
18:4	g						
20:4	g	0.024			0.018	0.213	0.111
20:5	g	0.001			0.000	0.005	0.003
22:5	g						
22:6	g	0.006			0.005	0.055	0.029
Cholesterol	mg	73			53	638	332
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.055			0.040	0.480	0.250
Threonine	g	0.166			0.121	1.442	0.751
Isoleucine	g	0.193			0.141	1.682	0.876
Leucine	g	0.314			0.230	2.738	1.426
Lysine	g	0.234			0.171	2.035	1.060
Methionine	g	0.096			0.070	0.840	0.437
Cystine	g	0.087			0.064	0.758	0.395
Phenylalanine	g	0.208			0.152	1.816	0.946
Tyrosine	g	0.150			0.110	1.311	0.683
Valine	g	0.229			0.167	1.992	1.037
Arginine	g	0.217			0.158	1.887	0.983
Histidine	g	0.090			0.065	0.780	0.406
Alanine	g	0.190			0.139	1.654	0.861
Aspartic acid	g	0.336			0.245	2.927	1.524
Glutamic acid	g	0.822			0.600	7.155	3.726
Glycine	g	0.147			0.107	1.279	0.666
Proline	g	0.263			0.192	2.290	1.193
Serine	g	0.259			0.189	2.254	1.174

[1] 18.25 oz pkg prepared with 1-1/4 c water, 1/3 c vegetable oil, and 3 eggs. Moisture loss: 16%.
[2] For cake with frosting, refer to frosting selection in Agriculture Handbook No. 8-19.

CAKE
Pineapple upside-down, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/9 of 8 in. sq cake = 115 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	32.3			9.1	37.1	146.4
Food energy	kcal	319			90	367	1,446
	kJ	1,335			378	1,535	6,054
Protein	g	3.5			1.0	4.0	15.9
Total lipid (fat)	g	12.1			3.4	13.9	54.7
Carbohydrate, total	g	50.5			14.3	58.0	228.9
Crude fiber	g	0.1			0.0	0.1	0.5
Ash	g	1.7			0.5	2.0	7.8
Minerals:							
Calcium	mg	120			34	137	542
Iron	mg	1.48			0.42	1.70	6.72
Magnesium	mg	13			4	15	61
Phosphorus	mg	82			23	95	374
Potassium	mg	112			32	129	510
Sodium	mg	319			90	367	1,447
Zinc	mg	0.31			0.09	0.36	1.43
Copper	mg	0.087			0.025	0.100	0.396
Manganese	mg	0.350			0.099	0.402	1.585
Vitamins:							
Ascorbic acid	mg	1.2			0.4	1.4	5.7
Thiamin	mg	0.153			0.043	0.176	0.694
Riboflavin	mg	0.156			0.044	0.179	0.706
Niacin	mg	1.190			0.337	1.368	5.397
Pantothenic acid	mg	0.202			0.057	0.232	0.916
Vitamin B-6	mg	0.034			0.010	0.039	0.155
Folate	mcg	7			2	8	31
Vitamin B-12	mcg	0.08			0.02	0.09	0.36
Vitamin A	RE	65			19	75	297
	IU	253			72	291	1,147
Lipids:							
Fatty acids:							
Saturated, total	g	2.915			0.826	3.352	13.222
4:0	g	0.011			0.003	0.013	0.051
6:0	g	0.007			0.002	0.008	0.031
8:0	g	0.004			0.001	0.005	0.018
10:0	g	0.009			0.003	0.010	0.040
12:0	g	0.010			0.003	0.012	0.045
14:0	g	0.074			0.021	0.085	0.337
16:0	g	1.692			0.480	1.946	7.677
18:0	g	1.104			0.313	1.270	5.008
Monounsaturated, total	g	5.194			1.473	5.973	23.561
16:1	g	0.022			0.006	0.026	0.102
18:1	g	5.169			1.465	5.945	23.448
20:1	g	0.001			0.000	0.002	0.006
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	3.282			0.930	3.774	14.886
18:2	g	3.094			0.877	3.558	14.034
18:3	g	0.179			0.051	0.206	0.811
18:4	g						
20:4	g	0.007			0.002	0.008	0.031
20:5	g	0.000			0.000	0.000	0.001
22:5	g						
22:6	g	0.002			0.001	0.002	0.008
Cholesterol	mg	22			6	25	99
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.043			0.012	0.050	0.197
Threonine	g	0.117			0.033	0.135	0.532
Isoleucine	g	0.147			0.042	0.169	0.666
Leucine	g	0.264			0.075	0.303	1.196
Lysine	g	0.143			0.040	0.164	0.648
Methionine	g	0.074			0.021	0.086	0.337
Cystine	g	0.066			0.019	0.076	0.300
Phenylalanine	g	0.173			0.049	0.199	0.784
Tyrosine	g	0.121			0.034	0.140	0.550
Valine	g	0.167			0.047	0.192	0.759
Arginine	g	0.148			0.042	0.171	0.673
Histidine	g	0.081			0.023	0.093	0.367
Alanine	g	0.128			0.036	0.147	0.580
Aspartic acid	g	0.216			0.061	0.248	0.978
Glutamic acid	g	0.949			0.269	1.091	4.304
Glycine	g	0.114			0.032	0.131	0.518
Proline	g	0.338			0.096	0.388	1.532
Serine	g	0.190			0.054	0.219	0.864

[1] 8 in. square cake = 1,035 g.

CAKE
Pound, commercially prepared, butter

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g (1/12 cake)[1]	1/10 of 10.75 oz cake = 30 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	24.6	0.778	11	7.0	7.4	111.7
Food energy	*kcal*	388			110	117	1,762
	kJ	1,626			461	488	7,375
Protein (N x 6.00)	*g*	5.5	0.164	11	1.5	1.6	24.8
Total lipid (fat)	*g*	19.9	0.854	9	5.6	6.0	90.2
Carbohydrate, total	*g*	48.8			13.8	14.7	221.5
Crude fiber	*g*	0.4	0.024	5	0.1	0.1	2.0
Ash	*g*	1.2	0.069	11	0.3	0.4	5.4
Minerals:							
Calcium	*mg*	35	3.868	7	10	11	161
Iron	*mg*	1.38	0.156	7	0.39	0.41	6.24
Magnesium	*mg*	11	2.063	7	3	3	50
Phosphorus	*mg*	137	14.172	7	39	41	620
Potassium	*mg*	119	18.629	5	34	36	539
Sodium	*mg*	398	32.824	7	113	119	1,805
Zinc	*mg*	0.46	0.000	2	0.13	0.14	2.09
Copper	*mg*	0.035	0.005	2	0.010	0.010	0.159
Manganese	*mg*	0.090	0.000	2	0.026	0.027	0.408
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0.137	0.027	7	0.039	0.041	0.622
Riboflavin	*mg*	0.229	0.021	7	0.065	0.069	1.037
Niacin	*mg*	1.311	0.276	7	0.372	0.393	5.949
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*	156			44	47	709
	IU	606	66.576	5	172	182	2,751
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	11.116			3.151	3.335	50.422
4:0	*g*	0.557			0.158	0.167	2.529
6:0	*g*	0.331			0.094	0.099	1.500
8:0	*g*	0.192			0.055	0.058	0.872
10:0	*g*	0.436			0.124	0.131	1.978
12:0	*g*	0.488			0.138	0.147	2.216
14:0	*g*	1.750			0.496	0.525	7.937
16:0	*g*	5.081			1.441	1.524	23.048
18:0	*g*	2.278			0.646	0.683	10.332
Monounsaturated, total	*g*	5.579			1.582	1.674	25.307
16:1	*g*	0.448			0.127	0.135	2.034
18:1	*g*	5.124			1.453	1.537	23.243
20:1	*g*	0.006			0.002	0.002	0.027
22:1	*g*	0.001			0.000	0.000	0.003
Polyunsaturated, total	*g*	1.085			0.308	0.325	4.921
18:2	*g*	0.770			0.218	0.231	3.492
18:3	*g*	0.276			0.078	0.083	1.251
18:4	*g*						
20:4	*g*	0.030			0.009	0.009	0.138
20:5	*g*	0.001			0.000	0.000	0.004
22:5	*g*						
22:6	*g*	0.008			0.002	0.002	0.036
Cholesterol	*mg*	221	2.494	2	63	66	1,000
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.072			0.020	0.022	0.326
Threonine	*g*	0.211			0.060	0.063	0.957
Isoleucine	*g*	0.261			0.074	0.078	1.184
Leucine	*g*	0.430			0.122	0.129	1.952
Lysine	*g*	0.307			0.087	0.092	1.391
Methionine	*g*	0.133			0.038	0.040	0.603
Cystine	*g*	0.115			0.032	0.034	0.520
Phenylalanine	*g*	0.274			0.078	0.082	1.242
Tyrosine	*g*	0.197			0.056	0.059	0.891
Valine	*g*	0.296			0.084	0.089	1.341
Arginine	*g*	0.260			0.074	0.078	1.180
Histidine	*g*	0.123			0.035	0.037	0.557
Alanine	*g*	0.231			0.066	0.069	1.048
Aspartic acid	*g*	0.393			0.111	0.118	1.783
Glutamic acid	*g*	1.229			0.348	0.369	5.575
Glycine	*g*	0.176			0.050	0.053	0.801
Proline	*g*	0.418			0.119	0.126	1.898
Serine	*g*	0.341			0.097	0.102	1.548

[1] 12 oz cake = 340 g.
[2] 10.75 oz cake = 305 g. 2.5 oz snack cake = 71 g.
[3] Values based on product containing butter.

CAKE

Pound, commercially prepared, other than all butter

(includes sour cream type)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g[1] (1/12 cake)	1/10 of 10.6 oz cake = 30 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	23. 1	0. 847	13	6. 5	6. 9	104. 6
Food energy	kcal	389			110	117	1,765
	kJ	1,629			462	489	7,387
Protein (N x 6.00)	g	5. 2	0. 092	13	1. 5	1. 6	23. 5
Total lipid (fat)	g	17. 9	1. 056	14	5. 1	5. 4	81. 0
Carbohydrate, total	g	52. 5			14. 9	15. 8	238. 2
Crude fiber	g	0. 5	0. 000	2	0. 1	0. 1	2. 3
Ash	g	1. 4	0. 110	12	0. 4	0. 4	6. 2
Minerals:							
Calcium	mg	64	13. 497	7	18	19	291
Iron[3]	mg	1. 62	0. 131	6	0. 46	0. 49	7. 36
Magnesium	mg	13	2. 468	5	4	4	58
Phosphorus	mg	134	10. 038	6	38	40	609
Potassium	mg	106	25. 375	4	30	32	480
Sodium	mg	400	41. 062	11	114	120	1,817
Zinc	mg	0. 39	0. 024	4	0. 11	0. 12	1. 77
Copper	mg	0. 054	0. 012	4	0. 015	0. 016	0. 244
Manganese	mg	0. 088	0. 011	4	0. 025	0. 026	0. 400
Vitamins:							
Ascorbic acid	mg						
Thiamin[3]	mg	0. 143	0. 027	4	0. 041	0. 043	0. 649
Riboflavin[3]	mg	0. 260	0. 010	4	0. 074	0. 078	1. 179
Niacin[3]	mg	1. 349	0. 151	4	0. 383	0. 405	6. 121
Pantothenic acid	mg	0. 285	0. 053	3	0. 081	0. 086	1. 294
Vitamin B-6	mg	0. 023		1	0. 007	0. 007	0. 104
Folate	mcg						
Vitamin B-12	mcg	0. 14		1	0. 04	0. 04	0. 64
Vitamin A	RE						
	IU						
Lipids:[4]							
Fatty acids:							
Saturated, total	g	4. 629			1. 312	1. 389	20. 999
4:0	g	0. 001			0. 000	0. 000	0. 002
6:0	g	0. 000			0. 000	0. 000	0. 002
8:0	g	0. 001			0. 000	0. 000	0. 003
10:0	g	0. 001			0. 000	0. 000	0. 004
12:0	g	0. 001			0. 000	0. 000	0. 004
14:0	g	0. 088			0. 025	0. 026	0. 398
16:0	g	2. 465			0. 699	0. 739	11. 181
18:0	g	2. 072			0. 587	0. 622	9. 399
Monounsaturated, total	g	9. 946			2. 820	2. 984	45. 114
16:1	g	0. 046			0. 013	0. 014	0. 210
18:1	g	9. 895			2. 805	2. 968	44. 883
20:1	g	0. 004			0. 001	0. 001	0. 019
22:1	g	0. 001			0. 000	0. 000	0. 002
Polyunsaturated, total	g	2. 235			0. 634	0. 670	10. 138
18:2	g	2. 100			0. 595	0. 630	9. 526
18:3	g	0. 107			0. 030	0. 032	0. 487
18:4	g						
20:4	g	0. 021			0. 006	0. 006	0. 097
20:5	g	0. 001			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 006			0. 002	0. 002	0. 025
Cholesterol[5]	mg	58	25. 910	6	16	17	261
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 069			0. 020	0. 021	0. 314
Threonine	g	0. 196			0. 056	0. 059	0. 891
Isoleucine	g	0. 244			0. 069	0. 073	1. 107
Leucine	g	0. 403			0. 114	0. 121	1. 829
Lysine	g	0. 283			0. 080	0. 085	1. 283
Methionine	g	0. 125			0. 035	0. 037	0. 565
Cystine	g	0. 111			0. 031	0. 033	0. 502
Phenylalanine	g	0. 259			0. 073	0. 078	1. 173
Tyrosine	g	0. 184			0. 052	0. 055	0. 836
Valine	g	0. 276			0. 078	0. 083	1. 252
Arginine	g	0. 247			0. 070	0. 074	1. 122
Histidine	g	0. 115			0. 033	0. 035	0. 522
Alanine	g	0. 216			0. 061	0. 065	0. 981
Aspartic acid	g	0. 367			0. 104	0. 110	1. 664
Glutamic acid	g	1. 194			0. 338	0. 358	5. 416
Glycine	g	0. 170			0. 048	0. 051	0. 773
Proline	g	0. 402			0. 114	0. 121	1. 825
Serine	g	0. 323			0. 091	0. 097	1. 464

[1] 12 oz cake = 340 g.
[2] 10.6 oz cake = 300 g. 2.5 oz snack cake = 71 g.
[3] Values for enriched product. Unenriched product contains 0.598 mg iron, 0.024 mg thiamin, 0.124 mg riboflavin, and 0.342 mg niacin per 100 g.
[4] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.
[5] Values range from 5 to 140 mg cholesterol per 100 g. The higher value reflects a greater percentage of cholesterol-containing ingredients.

CAKE
Pound, prepared from recipe, modified, made with butter[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/16 of loaf cake = 54 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	23. 3			6. 6	12. 6	105. 9
Food energy	*kcal*	381			108	206	1,728
	kJ	1,595			452	861	7,236
Protein	*g*	6. 0			1. 7	3. 2	27. 1
Total lipid (fat)	*g*	16. 7			4. 7	9. 0	75. 8
Carbohydrate, total	*g*	52. 6			14. 9	28. 4	238. 8
Crude fiber	*g*	0. 1			0. 0	0. 0	0. 3
Ash	*g*	1. 3			0. 4	0. 7	6. 1
Minerals:							
Calcium	*mg*	72			20	39	326
Iron	*mg*	1. 72			0. 49	0. 93	7. 80
Magnesium	*mg*	11			3	6	52
Phosphorus	*mg*	97			27	52	440
Potassium	*mg*	87			25	47	394
Sodium	*mg*	298			85	161	1,353
Zinc	*mg*	0. 49			0. 14	0. 26	2. 22
Copper	*mg*	0. 061			0. 017	0. 033	0. 279
Manganese	*mg*	0. 207			0. 059	0. 112	0. 939
Vitamins:							
Ascorbic acid	*mg*	0. 1			0. 0	0. 0	0. 4
Thiamin	*mg*	0. 197			0. 056	0. 106	0. 893
Riboflavin	*mg*	0. 257			0. 073	0. 139	1. 165
Niacin	*mg*	1. 584			0. 449	0. 855	7. 184
Pantothenic acid	*mg*	0. 361			0. 102	0. 195	1. 635
Vitamin B-6	*mg*	0. 040			0. 011	0. 021	0. 180
Folate	*mcg*	13			4	7	57
Vitamin B-12	*mcg*	0. 18			0. 05	0. 10	0. 83
Vitamin A	*RE*	177			50	96	803
	IU	689			195	372	3,125
Lipids:							
Fatty acids:							
Saturated, total	*g*	9. 709			2. 752	5. 243	44. 039
4:0	*g*	0. 476			0. 135	0. 257	2. 157
6:0	*g*	0. 282			0. 080	0. 152	1. 277
8:0	*g*	0. 164			0. 047	0. 089	0. 745
10:0	*g*	0. 368			0. 104	0. 199	1. 671
12:0	*g*	0. 412			0. 117	0. 223	1. 870
14:0	*g*	1. 481			0. 420	0. 800	6. 717
16:0	*g*	4. 290			1. 216	2. 317	19. 460
18:0	*g*	1. 916			0. 543	1. 035	8. 693
Monounsaturated, total	*g*	4. 923			1. 396	2. 659	22. 333
16:1	*g*	0. 380			0. 108	0. 205	1. 726
18:1	*g*	4. 322			1. 225	2. 334	19. 606
20:1	*g*	0. 005			0. 001	0. 003	0. 022
22:1	*g*	0. 001			0. 000	0. 000	0. 002
Polyunsaturated, total	*g*	0. 903			0. 256	0. 488	4. 098
18:2	*g*	0. 646			0. 183	0. 349	2. 930
18:3	*g*	0. 226			0. 064	0. 122	1. 024
18:4	*g*						
20:4	*g*	0. 025			0. 007	0. 013	0. 113
20:5	*g*	0. 001			0. 000	0. 000	0. 003
22:5	*g*						
22:6	*g*	0. 006			0. 002	0. 003	0. 029
Cholesterol	*mg*	114			32	62	519
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 074			0. 021	0. 040	0. 336
Threonine	*g*	0. 220			0. 062	0. 119	1. 000
Isoleucine	*g*	0. 268			0. 076	0. 145	1. 218
Leucine	*g*	0. 467			0. 132	0. 252	2. 117
Lysine	*g*	0. 283			0. 080	0. 153	1. 282
Methionine	*g*	0. 140			0. 040	0. 076	0. 636
Cystine	*g*	0. 121			0. 034	0. 066	0. 551
Phenylalanine	*g*	0. 304			0. 086	0. 164	1. 377
Tyrosine	*g*	0. 216			0. 061	0. 117	0. 980
Valine	*g*	0. 304			0. 086	0. 164	1. 380
Arginine	*g*	0. 280			0. 079	0. 151	1. 268
Histidine	*g*	0. 139			0. 039	0. 075	0. 631
Alanine	*g*	0. 244			0. 069	0. 132	1. 107
Aspartic acid	*g*	0. 403			0. 114	0. 218	1. 828
Glutamic acid	*g*	1. 456			0. 413	0. 786	6. 603
Glycine	*g*	0. 198			0. 056	0. 107	0. 896
Proline	*g*	0. 508			0. 144	0. 275	2. 306
Serine	*g*	0. 354			0. 100	0. 191	1. 604

[1] Made with unequal weights of flour, sugar, fat, and eggs.
[2] Cake (baked in 9 x 5 x 3 in. loaf pan) = 858 g.

CAKE
Pound, prepared from recipe, modified, made with margarine[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/16 of loaf cake = 54 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	23. 3			6. 6	12. 6	105. 7
Food energy	kcal	381			108	206	1,730
	kJ	1,597			453	862	7,243
Protein	g	6. 0			1. 7	3. 2	27. 1
Total lipid (fat)	g	16. 6			4. 7	9. 0	75. 3
Carbohydrate, total	g	52. 8			15. 0	28. 5	239. 5
Crude fiber	g	0. 1			0. 0	0. 0	0. 3
Ash	g	1. 3			0. 4	0. 7	6. 0
Minerals:							
Calcium	mg	73			21	39	331
Iron	mg	1. 70			0. 48	0. 92	7. 72
Magnesium	mg	11			3	6	52
Phosphorus	mg	97			27	52	440
Potassium	mg	90			25	48	407
Sodium	mg	319			90	172	1,447
Zinc	mg	0. 48			0. 14	0. 26	2. 18
Copper	mg	0. 059			0. 017	0. 032	0. 266
Manganese	mg	0. 206			0. 058	0. 111	0. 936
Vitamins:							
Ascorbic acid	mg	0. 1			0. 0	0. 1	0. 5
Thiamin	mg	0. 198			0. 056	0. 107	0. 897
Riboflavin	mg	0. 257			0. 073	0. 139	1. 167
Niacin	mg	1. 581			0. 448	0. 853	7. 169
Pantothenic acid	mg	0. 356			0. 101	0. 192	1. 615
Vitamin B-6	mg	0. 041			0. 012	0. 022	0. 185
Folate	mcg	12			4	7	56
Vitamin B-12	mcg	0. 18			0. 05	0. 10	0. 80
Vitamin A	RE	193			55	104	877
	IU	733			208	396	3,324
Lipids:							
Fatty acids:							
Saturated, total	g	3. 598			1. 020	1. 943	16. 320
4:0	g	0. 012			0. 003	0. 007	0. 055
6:0	g	0. 007			0. 002	0. 004	0. 033
8:0	g	0. 005			0. 001	0. 003	0. 021
10:0	g	0. 010			0. 003	0. 005	0. 045
12:0	g	0. 011			0. 003	0. 006	0. 050
14:0	g	0. 079			0. 022	0. 043	0. 358
16:0	g	2. 240			0. 635	1. 210	10. 162
18:0	g	1. 224			0. 347	0. 661	5. 553
Monounsaturated, total	g	7. 102			2. 013	3. 835	32. 215
16:1	g	0. 060			0. 017	0. 033	0. 274
18:1	g	7. 034			1. 994	3. 798	31. 906
20:1	g	0. 005			0. 001	0. 003	0. 022
22:1	g	0. 001			0. 000	0. 000	0. 002
Polyunsaturated, total	g	4. 847			1. 374	2. 618	21. 988
18:2	g	4. 604			1. 305	2. 486	20. 883
18:3	g	0. 212			0. 060	0. 114	0. 960
18:4	g						
20:4	g	0. 025			0. 007	0. 013	0. 113
20:5	g	0. 001			0. 000	0. 000	0. 003
22:5	g						
22:6	g	0. 006			0. 002	0. 003	0. 029
Cholesterol	mg	76			21	41	344
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 074			0. 021	0. 040	0. 336
Threonine	g	0. 221			0. 063	0. 119	1. 001
Isoleucine	g	0. 269			0. 076	0. 145	1. 219
Leucine	g	0. 467			0. 132	0. 252	2. 120
Lysine	g	0. 283			0. 080	0. 153	1. 284
Methionine	g	0. 140			0. 040	0. 076	0. 636
Cystine	g	0. 122			0. 034	0. 066	0. 551
Phenylalanine	g	0. 304			0. 086	0. 164	1. 378
Tyrosine	g	0. 216			0. 061	0. 117	0. 981
Valine	g	0. 304			0. 086	0. 164	1. 381
Arginine	g	0. 280			0. 079	0. 151	1. 269
Histidine	g	0. 139			0. 039	0. 075	0. 631
Alanine	g	0. 244			0. 069	0. 132	1. 107
Aspartic acid	g	0. 403			0. 114	0. 218	1. 829
Glutamic acid	g	1. 457			0. 413	0. 787	6. 608
Glycine	g	0. 198			0. 056	0. 107	0. 896
Proline	g	0. 509			0. 144	0. 275	2. 308
Serine	g	0. 354			0. 100	0. 191	1. 605

[1] Made with unequal weights of flour, sugar, fat, and eggs.
[2] Cake (baked in 9 x 5 x 3 in. loaf pan) = 858 g.

CAKE
Pound, prepared from recipe, old-fashioned, made with butter[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/16 of loaf cake = 53 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	20.4			5.8	10.8	92.5
Food energy	kcal	433			123	230	1,965
	kJ	1,814			514	961	8,227
Protein	g	6.3			1.8	3.4	28.8
Total lipid (fat)	g	24.7			7.0	13.1	111.9
Carbohydrate, total	g	47.6			13.5	25.2	215.7
Crude fiber	g	0.1			0.0	0.0	0.3
Ash	g	1.0			0.3	0.5	4.7
Minerals:							
Calcium	mg	24			7	13	108
Iron	mg	1.69			0.48	0.90	7.66
Magnesium	mg	9			3	5	42
Phosphorus	mg	83			24	44	378
Potassium	mg	69			19	36	311
Sodium	mg	288			82	153	1,307
Zinc	mg	0.51			0.14	0.27	2.30
Copper	mg	0.058			0.017	0.031	0.265
Manganese	mg	0.193			0.055	0.102	0.876
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.183			0.052	0.097	0.829
Riboflavin	mg	0.263			0.074	0.139	1.191
Niacin	mg	1.452			0.412	0.770	6.588
Pantothenic acid	mg	0.408			0.116	0.216	1.852
Vitamin B-6	mg	0.047			0.013	0.025	0.212
Folate	mcg	15			4	8	69
Vitamin B-12	mcg	0.25			0.07	0.13	1.12
Vitamin A	RE	253			72	134	1,148
	IU	989			280	524	4,487
Lipids:							
Fatty acids:							
Saturated, total	g	14.392			4.080	7.628	65.282
4:0	g	0.704			0.200	0.373	3.194
6:0	g	0.417			0.118	0.221	1.891
8:0	g	0.243			0.069	0.129	1.104
10:0	g	0.545			0.155	0.289	2.474
12:0	g	0.610			0.173	0.324	2.769
14:0	g	2.197			0.623	1.164	9.965
16:0	g	6.348			1.800	3.364	28.794
18:0	g	2.843			0.806	1.507	12.897
Monounsaturated, total	g	7.317			2.074	3.878	33.190
16:1	g	0.566			0.161	0.300	2.568
18:1	g	6.417			1.819	3.401	29.105
20:1	g	0.008			0.002	0.004	0.034
22:1	g	0.001			0.000	0.000	0.004
Polyunsaturated, total	g	1.282			0.364	0.680	5.817
18:2	g	0.903			0.256	0.478	4.095
18:3	g	0.331			0.094	0.175	1.500
18:4	g						
20:4	g	0.038			0.011	0.020	0.173
20:5	g	0.001			0.000	0.001	0.004
22:5	g						
22:6	g	0.010			0.003	0.005	0.045
Cholesterol	mg	173			49	91	782
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.078			0.022	0.041	0.353
Threonine	g	0.246			0.070	0.130	1.115
Isoleucine	g	0.292			0.083	0.155	1.322
Leucine	g	0.498			0.141	0.264	2.258
Lysine	g	0.319			0.090	0.169	1.447
Methionine	g	0.159			0.045	0.084	0.721
Cystine	g	0.138			0.039	0.073	0.628
Phenylalanine	g	0.328			0.093	0.174	1.486
Tyrosine	g	0.231			0.065	0.122	1.046
Valine	g	0.330			0.094	0.175	1.496
Arginine	g	0.320			0.091	0.170	1.453
Histidine	g	0.147			0.042	0.078	0.666
Alanine	g	0.283			0.080	0.150	1.282
Aspartic acid	g	0.469			0.133	0.249	2.129
Glutamic acid	g	1.415			0.401	0.750	6.420
Glycine	g	0.217			0.061	0.115	0.982
Proline	g	0.475			0.135	0.252	2.157
Serine	g	0.399			0.113	0.212	1.811

[1] Made with equal weights of flour, sugar, fat, and eggs.
[2] Cake (baked in 9 x 5 x 3 in. loaf pan) = 847 g.

CAKE
Pound, prepared from recipe, old-fashioned, made with margarine[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/16 of loaf cake = 53 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	20. 3			5. 8	10. 8	92. 3
Food energy	kcal	434			123	230	1,968
	kJ	1,816			515	963	8,238
Protein	g	6. 4			1. 8	3. 4	28. 8
Total lipid (fat)	g	24. 5			7. 0	13. 0	111. 2
Carbohydrate, total	g	47. 8			13. 5	25. 3	216. 7
Crude fiber	g	0. 1			0. 0	0. 0	0. 3
Ash	g	1. 0			0. 3	0. 5	4. 5
Minerals:							
Calcium	mg	25			7	13	115
Iron	mg	1. 66			0. 47	0. 88	7. 54
Magnesium	mg	9			3	5	43
Phosphorus	mg	83			24	44	378
Potassium	mg	73			21	39	331
Sodium	mg	319			91	169	1,449
Zinc	mg	0. 49			0. 14	0. 26	2. 24
Copper	mg	0. 054			0. 015	0. 029	0. 245
Manganese	mg	0. 192			0. 054	0. 102	0. 871
Vitamins:							
Ascorbic acid	mg	0. 0			0. 0	0. 0	0. 2
Thiamin	mg	0. 184			0. 052	0. 098	0. 835
Riboflavin	mg	0. 263			0. 075	0. 140	1. 195
Niacin	mg	1. 447			0. 410	0. 767	6. 565
Pantothenic acid	mg	0. 401			0. 114	0. 213	1. 821
Vitamin B-6	mg	0. 048			0. 014	0. 026	0. 220
Folate	mcg	15			4	8	67
Vitamin B-12	mcg	0. 24			0. 07	0. 13	1. 09
Vitamin A	RE	278			79	147	1,261
	IU	1,056			299	560	4,789
Lipids:							
Fatty acids:							
Saturated, total	g	5. 106			1. 448	2. 706	23. 161
4:0	g						
6:0	g						
8:0	g	0. 001			0. 000	0. 000	0. 004
10:0	g	0. 001			0. 000	0. 000	0. 004
12:0	g	0. 001			0. 000	0. 000	0. 004
14:0	g	0. 067			0. 019	0. 035	0. 302
16:0	g	3. 233			0. 917	1. 714	14. 665
18:0	g	1. 791			0. 508	0. 949	8. 125
Monounsaturated, total	g	10. 628			3. 013	5. 633	48. 207
16:1	g	0. 080			0. 023	0. 042	0. 363
18:1	g	10. 537			2. 987	5. 585	47. 797
20:1	g	0. 008			0. 002	0. 004	0. 034
22:1	g	0. 001			0. 000	0. 000	0. 004
Polyunsaturated, total	g	7. 275			2. 063	3. 856	33. 002
18:2	g	6. 917			1. 961	3. 666	31. 377
18:3	g	0. 309			0. 088	0. 164	1. 403
18:4	g						
20:4	g	0. 038			0. 011	0. 020	0. 173
20:5	g	0. 001			0. 000	0. 001	0. 004
22:5	g						
22:6	g	0. 010			0. 003	0. 005	0. 045
Cholesterol	mg	114			32	60	517
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 078			0. 022	0. 041	0. 353
Threonine	g	0. 246			0. 070	0. 131	1. 117
Isoleucine	g	0. 292			0. 083	0. 155	1. 325
Leucine	g	0. 499			0. 141	0. 264	2. 262
Lysine	g	0. 320			0. 091	0. 169	1. 450
Methionine	g	0. 159			0. 045	0. 084	0. 721
Cystine	g	0. 138			0. 039	0. 073	0. 628
Phenylalanine	g	0. 328			0. 093	0. 174	1. 488
Tyrosine	g	0. 231			0. 065	0. 122	1. 048
Valine	g	0. 330			0. 094	0. 175	1. 498
Arginine	g	0. 321			0. 091	0. 170	1. 455
Histidine	g	0. 147			0. 042	0. 078	0. 667
Alanine	g	0. 283			0. 080	0. 150	1. 283
Aspartic acid	g	0. 470			0. 133	0. 249	2. 132
Glutamic acid	g	1. 417			0. 402	0. 751	6. 428
Glycine	g	0. 217			0. 061	0. 115	0. 983
Proline	g	0. 476			0. 135	0. 252	2. 160
Serine	g	0. 400			0. 113	0. 212	1. 812

[1] Made with equal weights of flour, sugar, fat, and eggs.
[2] Cake (baked in 9 x 5 x 3 in. loaf pan) = 847 g.

CAKE
Shortcake, biscuit-type, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 shortcake = 65 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	28. 4			8. 0	18. 5	128. 8
Food energy	*kcal*	346			98	225	1,568
	kJ	1,447			410	941	6,565
Protein	*g*	6. 1			1. 7	4. 0	27. 7
Total lipid (fat)	*g*	14. 2			4. 0	9. 2	64. 5
Carbohydrate, total	*g*	48. 5			13. 7	31. 5	219. 9
Crude fiber	*g*	0. 1			0. 0	0. 1	0. 5
Ash	*g*	2. 8			0. 8	1. 8	12. 7
Minerals:							
Calcium	*mg*	205			58	133	930
Iron	*mg*	2. 54			0. 72	1. 65	11. 51
Magnesium	*mg*	16			5	10	72
Phosphorus	*mg*	143			41	93	649
Potassium	*mg*	106			30	69	481
Sodium	*mg*	506			144	329	2,296
Zinc	*mg*	0. 48			0. 14	0. 31	2. 16
Copper	*mg*	0. 076			0. 022	0. 049	0. 345
Manganese	*mg*	0. 330			0. 094	0. 215	1. 497
Vitamins:							
Ascorbic acid	*mg*	0. 2			0. 1	0. 1	1. 0
Thiamin	*mg*	0. 311			0. 088	0. 202	1. 409
Riboflavin	*mg*	0. 272			0. 077	0. 177	1. 235
Niacin	*mg*	2. 573			0. 729	1. 672	11. 670
Pantothenic acid	*mg*	0. 248			0. 070	0. 161	1. 126
Vitamin B-6	*mg*	0. 030			0. 009	0. 020	0. 137
Folate	*mcg*	10			3	7	46
Vitamin B-12	*mcg*	0. 07			0. 02	0. 05	0. 32
Vitamin A	*RE*	18			5	11	80
	IU	72			20	47	326
Lipids:							
Fatty acids:							
Saturated, total	*g*	3. 772			1. 069	2. 452	17. 109
4:0	*g*	0. 022			0. 006	0. 015	0. 102
6:0	*g*	0. 013			0. 004	0. 009	0. 061
8:0	*g*	0. 008			0. 002	0. 005	0. 035
10:0	*g*	0. 017			0. 005	0. 011	0. 079
12:0	*g*	0. 020			0. 006	0. 013	0. 089
14:0	*g*	0. 122			0. 035	0. 079	0. 554
16:0	*g*	2. 095			0. 594	1. 362	9. 504
18:0	*g*	1. 472			0. 417	0. 957	6. 676
Monounsaturated, total	*g*	6. 045			1. 714	3. 929	27. 419
16:1	*g*	0. 016			0. 004	0. 010	0. 071
18:1	*g*	6. 028			1. 709	3. 918	27. 342
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	3. 632			1. 030	2. 361	16. 474
18:2	*g*	3. 402			0. 964	2. 211	15. 432
18:3	*g*	0. 230			0. 065	0. 149	1. 042
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	3			1	2	12
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 076			0. 022	0. 050	0. 346
Threonine	*g*	0. 184			0. 052	0. 120	0. 837
Isoleucine	*g*	0. 238			0. 067	0. 155	1. 080
Leucine	*g*	0. 449			0. 127	0. 292	2. 035
Lysine	*g*	0. 197			0. 056	0. 128	0. 895
Methionine	*g*	0. 115			0. 033	0. 075	0. 523
Cystine	*g*	0. 115			0. 033	0. 075	0. 522
Phenylalanine	*g*	0. 302			0. 086	0. 197	1. 372
Tyrosine	*g*	0. 203			0. 057	0. 132	0. 919
Valine	*g*	0. 273			0. 077	0. 177	1. 238
Arginine	*g*	0. 240			0. 068	0. 156	1. 087
Histidine	*g*	0. 140			0. 040	0. 091	0. 636
Alanine	*g*	0. 197			0. 056	0. 128	0. 893
Aspartic acid	*g*	0. 292			0. 083	0. 190	1. 326
Glutamic acid	*g*	1. 897			0. 538	1. 233	8. 605
Glycine	*g*	0. 201			0. 057	0. 131	0. 913
Proline	*g*	0. 681			0. 193	0. 442	3. 087
Serine	*g*	0. 307			0. 087	0. 200	1. 394

[1] Approx 3 in. diam. x 1-1/2 in.

CAKE
Snack cakes, creme-filled, chocolate with frosting

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 cupcake = 50 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	19. 8	0. 287	87	5. 6	9. 9	89. 7
Food energy	kcal	376			107	188	1,704
	kJ	1,573			446	786	7,134
Protein (N x 5.60)	g	3. 4	0. 045	82	1. 0	1. 7	15. 2
Total lipid (fat)	g	14. 5	0. 304	86	4. 1	7. 3	65. 9
Carbohydrate, total	g	60. 3			17. 1	30. 1	273. 3
Crude fiber	g	0. 2		1	0. 1	0. 1	1. 0
Ash	g	2. 0	0. 034	73	0. 6	1. 0	9. 0
Minerals:							
Calcium	mg	73	3. 232	89	21	37	333
Iron	mg	3. 36	0. 113	86	0. 95	1. 68	15. 24
Magnesium	mg	41	1. 350	2	12	20	185
Phosphorus	mg	93		1	26	47	422
Potassium	mg	122		1	35	61	553
Sodium	mg	425	34. 036	14	121	213	1,929
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 221	0. 013	79	0. 063	0. 111	1. 004
Riboflavin	mg	0. 293	0. 012	87	0. 083	0. 147	1. 330
Niacin	mg	2. 429	0. 103	89	0. 689	1. 214	11. 017
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	5			1	2	22
	IU	17	8. 179	4	5	8	76
Lipids:[1]							
Fatty acids:							
Saturated, total	g	3. 233			0. 917	1. 617	14. 665
4:0	g	0. 001			0. 000	0. 000	0. 004
6:0	g	0. 001			0. 000	0. 000	0. 003
8:0	g	0. 000			0. 000	0. 000	0. 002
10:0	g	0. 001			0. 000	0. 000	0. 004
12:0	g	0. 030			0. 009	0. 015	0. 136
14:0	g	0. 153			0. 043	0. 077	0. 695
16:0	g	2. 106			0. 597	1. 053	9. 554
18:0	g	0. 916			0. 260	0. 458	4. 153
Monounsaturated, total	g	5. 343			1. 515	2. 671	24. 235
16:1	g	0. 191			0. 054	0. 096	0. 867
18:1	g	5. 066			1. 436	2. 533	22. 979
20:1	g	0. 066			0. 019	0. 033	0. 299
22:1	g	0. 020			0. 006	0. 010	0. 090
Polyunsaturated, total	g	4. 178			1. 185	2. 089	18. 952
18:2	g	3. 749			1. 063	1. 874	17. 005
18:3	g	0. 424			0. 120	0. 212	1. 924
18:4	g						
20:4	g	0. 004			0. 001	0. 002	0. 017
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 001			0. 000	0. 001	0. 005
Cholesterol	mg	17	2. 382	11	5	9	78
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 048			0. 014	0. 024	0. 217
Threonine	g	0. 112			0. 032	0. 056	0. 508
Isoleucine	g	0. 136			0. 039	0. 068	0. 619
Leucine	g	0. 234			0. 066	0. 117	1. 062
Lysine	g	0. 145			0. 041	0. 073	0. 660
Methionine	g	0. 057			0. 016	0. 028	0. 258
Cystine	g	0. 065			0. 018	0. 033	0. 296
Phenylalanine	g	0. 157			0. 045	0. 079	0. 714
Tyrosine	g	0. 106			0. 030	0. 053	0. 481
Valine	g	0. 164			0. 046	0. 082	0. 744
Arginine	g	0. 142			0. 040	0. 071	0. 646
Histidine	g	0. 068			0. 019	0. 034	0. 307
Alanine	g	0. 119			0. 034	0. 059	0. 538
Aspartic acid	g	0. 199			0. 057	0. 100	0. 904
Glutamic acid	g	0. 909			0. 258	0. 455	4. 125
Glycine	g	0. 117			0. 033	0. 058	0. 529
Proline	g	0. 305			0. 086	0. 152	1. 382
Serine	g	0. 175			0. 050	0. 087	0. 793

[1] Values based on product containing partially hydrogenated soybean oil, cottonseed oil, beef tallow, and canola oil.

CAKE
Snack cakes, creme-filled, sponge

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 cake = 42.5 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	20. 2	0. 673	14	5. 7	8. 6	91. 4
Food energy	kcal	364			103	155	1,650
	kJ	1,523			432	647	6,909
Protein (N x 5.90)	g	3. 1	0. 152	12	0. 9	1. 3	14. 2
Total lipid (fat)	g	11. 4	0. 593	14	3. 2	4. 9	51. 9
Carbohydrate, total	g	63. 9			18. 1	27. 1	289. 7
Crude fiber	g	0. 1		1	0. 0	0. 1	0. 6
Ash	g	1. 4	0. 071	5	0. 4	0. 6	6. 3
Minerals:							
Calcium	mg	45	4. 253	8	13	19	205
Iron	mg	1. 29	0. 081	11	0. 37	0. 55	5. 84
Magnesium	mg	8		1	2	3	34
Phosphorus	mg						
Potassium	mg						
Sodium	mg	365	19. 881	7	103	155	1,656
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 153	0. 023	11	0. 043	0. 065	0. 695
Riboflavin	mg	0. 134	0. 009	11	0. 038	0. 057	0. 607
Niacin	mg	1. 224	0. 074	11	0. 347	0. 520	5. 550
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	g	2. 726			0. 773	1. 158	12. 363
4:0	g	0. 001			0. 000	0. 000	0. 003
6:0	g	0. 000			0. 000	0. 000	0. 002
8:0	g	0. 000			0. 000	0. 000	0. 002
10:0	g	0. 001			0. 000	0. 000	0. 003
12:0	g	0. 025			0. 007	0. 011	0. 115
14:0	g	0. 129			0. 037	0. 055	0. 586
16:0	g	1. 773			0. 503	0. 754	8. 044
18:0	g	0. 775			0. 220	0. 329	3. 515
Monounsaturated, total	g	4. 499			1. 275	1. 912	20. 406
16:1	g	0. 163			0. 046	0. 069	0. 737
18:1	g	4. 264			1. 209	1. 812	19. 342
20:1	g	0. 056			0. 016	0. 024	0. 252
22:1	g	0. 016			0. 005	0. 007	0. 075
Polyunsaturated, total	g	3. 479			0. 986	1. 479	15. 782
18:2	g	3. 120			0. 885	1. 326	14. 154
18:3	g	0. 354			0. 100	0. 150	1. 605
18:4	g						
20:4	g	0. 004			0. 001	0. 002	0. 018
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 001			0. 000	0. 000	0. 005
Cholesterol	mg	16	1. 000	2	5	7	73
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 044			0. 013	0. 019	0. 200
Threonine	g	0. 111			0. 032	0. 047	0. 505
Isoleucine	g	0. 144			0. 041	0. 061	0. 652
Leucine	g	0. 244			0. 069	0. 104	1. 106
Lysine	g	0. 160			0. 045	0. 068	0. 724
Methionine	g	0. 064			0. 018	0. 027	0. 292
Cystine	g	0. 059			0. 017	0. 025	0. 268
Phenylalanine	g	0. 149			0. 042	0. 063	0. 674
Tyrosine	g	0. 108			0. 031	0. 046	0. 490
Valine	g	0. 161			0. 046	0. 068	0. 729
Arginine	g	0. 125			0. 035	0. 053	0. 565
Histidine	g	0. 069			0. 020	0. 029	0. 314
Alanine	g	0. 108			0. 031	0. 046	0. 490
Aspartic acid	g	0. 183			0. 052	0. 078	0. 831
Glutamic acid	g	0. 856			0. 243	0. 364	3. 883
Glycine	g	0. 095			0. 027	0. 040	0. 430
Proline	g	0. 307			0. 087	0. 130	1. 391
Serine	g	0. 173			0. 049	0. 074	0. 785

[1] Values based on product containing partially hydrogenated soybean oil, cottonseed oil, beef tallow, and canola oil.

CAKE
Sponge, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/12 of 16 oz cake = 38 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	29. 7			8. 4	11. 3	134. 6
Food energy	*kcal*	289			82	110	1,313
	kJ	1,211			343	460	5,495
Protein	*g*	5. 4			1. 5	2. 0	24. 4
Total lipid (fat)	*g*	2. 7			0. 8	1. 0	12. 3
Carbohydrate, total	*g*	61. 1			17. 3	23. 2	277. 0
Crude fiber	*g*	0. 0			0. 0	0. 0	0. 0
Ash	*g*	1. 2			0. 3	0. 4	5. 2
Minerals:							
Calcium	*mg*	70			20	26	315
Iron	*mg*	2. 72			0. 77	1. 03	12. 33
Magnesium	*mg*	11			3	4	51
Phosphorus	*mg*	137			39	52	623
Potassium	*mg*	99			28	38	450
Sodium	*mg*	244			69	93	1,105
Zinc	*mg*	0. 51			0. 14	0. 19	2. 30
Copper	*mg*	0. 062			0. 018	0. 024	0. 281
Manganese	*mg*	0. 210			0. 059	0. 080	0. 951
Vitamins:							
Ascorbic acid	*mg*	0. 0			0. 0	0. 0	0. 1
Thiamin	*mg*	0. 243			0. 069	0. 092	1. 101
Riboflavin	*mg*	0. 269			0. 076	0. 102	1. 222
Niacin	*mg*	1. 932			0. 548	0. 734	8. 764
Pantothenic acid	*mg*	0. 478			0. 136	0. 182	2. 168
Vitamin B-6	*mg*	0. 052			0. 015	0. 020	0. 235
Folate	*mcg*	13			4	5	59
Vitamin B-12	*mcg*	0. 24			0. 07	0. 09	1. 08
Vitamin A	*RE*	46			13	18	210
	IU	154			44	59	699
Lipids:							
Fatty acids:							
Saturated, total	*g*	0. 802			0. 227	0. 305	3. 638
4:0	*g*	0. 001			0. 000	0. 000	0. 005
6:0	*g*	0. 000			0. 000	0. 000	0. 001
8:0	*g*	0. 001			0. 000	0. 000	0. 004
10:0	*g*	0. 001			0. 000	0. 000	0. 005
12:0	*g*	0. 001			0. 000	0. 000	0. 004
14:0	*g*	0. 011			0. 003	0. 004	0. 048
16:0	*g*	0. 580			0. 165	0. 221	2. 632
18:0	*g*	0. 193			0. 055	0. 073	0. 876
Monounsaturated, total	*g*	0. 949			0. 269	0. 361	4. 307
16:1	*g*	0. 073			0. 021	0. 028	0. 333
18:1	*g*	0. 867			0. 246	0. 329	3. 931
20:1	*g*	0. 007			0. 002	0. 003	0. 031
22:1	*g*	0. 001			0. 000	0. 000	0. 003
Polyunsaturated, total	*g*	0. 448			0. 127	0. 170	2. 033
18:2	*g*	0. 389			0. 110	0. 148	1. 765
18:3	*g*	0. 015			0. 004	0. 006	0. 069
18:4	*g*						
20:4	*g*	0. 034			0. 010	0. 013	0. 156
20:5	*g*	0. 001			0. 000	0. 000	0. 004
22:5	*g*						
22:6	*g*	0. 009			0. 003	0. 003	0. 040
Cholesterol	*mg*	102			29	39	464
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 072			0. 020	0. 027	0. 326
Threonine	*g*	0. 213			0. 060	0. 081	0. 965
Isoleucine	*g*	0. 251			0. 071	0. 095	1. 136
Leucine	*g*	0. 419			0. 119	0. 159	1. 901
Lysine	*g*	0. 297			0. 084	0. 113	1. 348
Methionine	*g*	0. 126			0. 036	0. 048	0. 572
Cystine	*g*	0. 119			0. 034	0. 045	0. 538
Phenylalanine	*g*	0. 263			0. 074	0. 100	1. 191
Tyrosine	*g*	0. 187			0. 053	0. 071	0. 847
Valine	*g*	0. 281			0. 080	0. 107	1. 277
Arginine	*g*	0. 264			0. 075	0. 100	1. 196
Histidine	*g*	0. 119			0. 034	0. 045	0. 538
Alanine	*g*	0. 231			0. 066	0. 088	1. 050
Aspartic acid	*g*	0. 391			0. 111	0. 148	1. 772
Glutamic acid	*g*	1. 223			0. 347	0. 465	5. 545
Glycine	*g*	0. 178			0. 050	0. 068	0. 806
Proline	*g*	0. 403			0. 114	0. 153	1. 828
Serine	*g*	0. 342			0. 097	0. 130	1. 553

[1] 16 oz cake = 454 g. Individual shortcake = 30 g.

CAKE
Sponge, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/12 of 10 in. cake = 63 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	29. 4			8. 3	13. 8	133. 4
Food energy	kcal	297			84	140	1,349
	kJ	1,245			353	585	5,645
Protein	g	7. 3			2. 1	3. 4	33. 2
Total lipid (fat)	g	4. 3			1. 2	2. 0	19. 6
Carbohydrate, total	g	57. 7			16. 4	27. 1	261. 7
Crude fiber	g	0. 1			0. 0	0. 0	0. 3
Ash	g	1. 3			0. 4	0. 6	5. 7
Minerals:							
Calcium	mg	42			12	20	190
Iron	mg	1. 58			0. 45	0. 74	7. 18
Magnesium	mg	9			3	4	42
Phosphorus	mg	100			28	47	452
Potassium	mg	141			40	66	640
Sodium	mg	228			65	107	1,034
Zinc	mg	0. 59			0. 17	0. 28	2. 66
Copper	mg	0. 056			0. 016	0. 026	0. 252
Manganese	mg	0. 167			0. 047	0. 078	0. 758
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 159			0. 045	0. 075	0. 720
Riboflavin	mg	0. 301			0. 085	0. 142	1. 368
Niacin	mg	1. 204			0. 341	0. 566	5. 459
Pantothenic acid	mg	0. 546			0. 155	0. 257	2. 477
Vitamin B-6	mg	0. 059			0. 017	0. 028	0. 269
Folate	mcg	19			5	9	87
Vitamin B-12	mcg	0. 37			0. 11	0. 18	1. 69
Vitamin A	RE	77			22	36	351
	IU	258			73	121	1,170
Lipids:							
Fatty acids:							
Saturated, total	g	1. 301			0. 369	0. 612	5. 903
4:0	g						
6:0	g						
8:0	g	0. 001			0. 000	0. 001	0. 006
10:0	g	0. 001			0. 000	0. 001	0. 006
12:0	g	0. 001			0. 000	0. 001	0. 006
14:0	g	0. 014			0. 004	0. 006	0. 062
16:0	g	0. 943			0. 267	0. 443	4. 276
18:0	g	0. 322			0. 091	0. 151	1. 461
Monounsaturated, total	g	1. 576			0. 447	0. 741	7. 150
16:1	g	0. 122			0. 034	0. 057	0. 552
18:1	g	1. 439			0. 408	0. 676	6. 525
20:1	g	0. 011			0. 003	0. 005	0. 052
22:1	g	0. 001			0. 000	0. 001	0. 006
Polyunsaturated, total	g	0. 649			0. 184	0. 305	2. 944
18:2	g	0. 556			0. 158	0. 261	2. 522
18:3	g	0. 019			0. 005	0. 009	0. 084
18:4	g						
20:4	g	0. 058			0. 016	0. 027	0. 263
20:5	g	0. 001			0. 000	0. 001	0. 007
22:5	g						
22:6	g	0. 015			0. 004	0. 007	0. 068
Cholesterol	mg	170			48	80	770
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 089			0. 025	0. 042	0. 402
Threonine	g	0. 308			0. 087	0. 145	1. 397
Isoleucine	g	0. 350			0. 099	0. 165	1. 589
Leucine	g	0. 590			0. 167	0. 277	2. 675
Lysine	g	0. 418			0. 119	0. 197	1. 896
Methionine	g	0. 192			0. 055	0. 090	0. 873
Cystine	g	0. 161			0. 046	0. 076	0. 732
Phenylalanine	g	0. 374			0. 106	0. 176	1. 698
Tyrosine	g	0. 277			0. 079	0. 130	1. 258
Valine	g	0. 395			0. 112	0. 186	1. 791
Arginine	g	0. 404			0. 115	0. 190	1. 832
Histidine	g	0. 172			0. 049	0. 081	0. 780
Alanine	g	0. 350			0. 099	0. 165	1. 588
Aspartic acid	g	0. 600			0. 170	0. 282	2. 720
Glutamic acid	g	1. 427			0. 405	0. 671	6. 472
Glycine	g	0. 250			0. 071	0. 117	1. 132
Proline	g	0. 468			0. 133	0. 220	2. 122
Serine	g	0. 498			0. 141	0. 234	2. 260

[1] 10 in. tube cake = 751 g.

CAKE
White, dry mix, pudding-type

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (18.5 oz) = 524 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	3. 5	0. 045	16	1. 0	18. 5	16. 0
Food energy	*kcal*	423			120	2,217	1,919
	kJ	1,771			502	9,279	8,032
Protein	*g*	3. 9	0. 115	16	1. 1	20. 4	17. 6
Total lipid (fat)	*g*	9. 5	0. 171	16	2. 7	49. 5	42. 9
Carbohydrate, total	*g*	81. 0			23. 0	424. 2	367. 2
Crude fiber	*g*						
Ash	*g*	2. 2	0. 011	13	0. 6	11. 3	9. 8
Minerals:							
Calcium	*mg*	77	1. 400	16	22	405	351
Iron[1]	*mg*	1. 36	0. 031	8	0. 39	7. 13	6. 17
Magnesium	*mg*	9	0. 140	16	3	48	42
Phosphorus	*mg*	277	6. 455	16	79	1,452	1,257
Potassium	*mg*	72	9. 520	8	20	376	325
Sodium	*mg*	665	4. 266	8	188	3,483	3,015
Zinc	*mg*	0. 25	0. 004	13	0. 07	1. 31	1. 14
Copper	*mg*	0. 056	0. 003	7	0. 016	0. 292	0. 253
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin[1]	*mg*	0. 280	0. 015	5	0. 079	1. 467	1. 270
Riboflavin[1]	*mg*	0. 180	0. 015	8	0. 051	0. 943	0. 816
Niacin[1]	*mg*	2. 425	0. 129	8	0. 687	12. 707	11. 000
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	2. 393			0. 678	12. 537	10. 853
4:0	*g*	0. 001			0. 000	0. 003	0. 003
6:0	*g*	0. 000			0. 000	0. 002	0. 002
8:0	*g*	0. 000			0. 000	0. 001	0. 001
10:0	*g*	0. 000			0. 000	0. 002	0. 002
12:0	*g*	0. 001			0. 000	0. 003	0. 003
14:0	*g*	0. 048			0. 014	0. 250	0. 216
16:0	*g*	1. 234			0. 350	6. 466	5. 597
18:0	*g*	1. 106			0. 314	5. 798	5. 019
Monounsaturated, total	*g*	5. 317			1. 507	27. 862	24. 119
16:1	*g*	0. 001			0. 000	0. 007	0. 006
18:1	*g*	5. 316			1. 507	27. 855	24. 112
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 243			0. 352	6. 515	5. 640
18:2	*g*	1. 180			0. 334	6. 181	5. 351
18:3	*g*	0. 064			0. 018	0. 334	0. 289
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 055			0. 016	0. 288	0. 249
Threonine	*g*	0. 119			0. 034	0. 622	0. 538
Isoleucine	*g*	0. 162			0. 046	0. 847	0. 733
Leucine	*g*	0. 284			0. 080	1. 486	1. 287
Lysine	*g*	0. 165			0. 047	0. 864	0. 748
Methionine	*g*	0. 071			0. 020	0. 372	0. 322
Cystine	*g*	0. 075			0. 021	0. 394	0. 341
Phenylalanine	*g*	0. 183			0. 052	0. 959	0. 830
Tyrosine	*g*	0. 123			0. 035	0. 647	0. 560
Valine	*g*	0. 185			0. 052	0. 970	0. 840
Arginine	*g*	0. 146			0. 041	0. 766	0. 663
Histidine	*g*	0. 083			0. 024	0. 436	0. 377
Alanine	*g*	0. 119			0. 034	0. 625	0. 541
Aspartic acid	*g*	0. 184			0. 052	0. 966	0. 836
Glutamic acid	*g*	1. 194			0. 339	6. 258	5. 417
Glycine	*g*	0. 122			0. 035	0. 640	0. 554
Proline	*g*	0. 421			0. 119	2. 207	1. 910
Serine	*g*	0. 204			0. 058	1. 068	0. 925

[1] Values for enriched product. Unenriched product contains 0.52 mg iron, 0.080 mg thiamin, 0.060 mg riboflavin, and 0.970 mg niacin per 100 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CAKE
White, dry mix, pudding-type, prepared without frosting[1] [2]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/12 of 9 in. cake = 69 g	2-layer cake = 826 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	28. 4			19. 6	234. 2	128. 6
Food energy	kcal	353			244	2,915	1,601
	kJ	1,477			1,019	12,203	6,701
Protein	g	3. 6			2. 5	30. 1	16. 5
Total lipid (fat)	g	14. 8			10. 2	122. 6	67. 4
Carbohydrate, total	g	51. 7			35. 7	426. 8	234. 4
Crude fiber	g						
Ash	g	1. 5			1. 0	12. 2	6. 7
Minerals:							
Calcium	mg	51			35	417	229
Iron	mg	0. 87			0. 60	7. 22	3. 97
Magnesium	mg	7			5	61	33
Phosphorus	mg	178			123	1,470	807
Potassium	mg	61			42	508	279
Sodium	mg	442			305	3,654	2,006
Zinc	mg	0. 17			0. 12	1. 40	0. 77
Copper	mg	0. 038			0. 026	0. 313	0. 172
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 143			0. 099	1. 183	0. 650
Riboflavin	mg	0. 151			0. 104	1. 245	0. 684
Niacin	mg	1. 399			0. 965	11. 556	6. 346
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	2. 782			1. 920	22. 983	12. 621
4:0	g	0. 000			0. 000	0. 003	0. 002
6:0	g	0. 000			0. 000	0. 002	0. 001
8:0	g	0. 000			0. 000	0. 001	0. 001
10:0	g	0. 000			0. 000	0. 002	0. 001
12:0	g	0. 000			0. 000	0. 003	0. 002
14:0	g	0. 039			0. 027	0. 324	0. 178
16:0	g	1. 699			1. 172	14. 032	7. 706
18:0	g	1. 041			0. 719	8. 602	4. 724
Monounsaturated, total	g	5. 443			3. 755	44. 956	24. 688
16:1	g	0. 019			0. 013	0. 154	0. 085
18:1	g	5. 406			3. 730	44. 656	24. 523
20:1	g	0. 018			0. 012	0. 146	0. 080
22:1	g						
Polyunsaturated, total	g	5. 915			4. 082	48. 861	26. 832
18:2	g	5. 272			3. 638	43. 547	23. 914
18:3	g	0. 643			0. 444	5. 314	2. 918
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 049			0. 034	0. 408	0. 224
Threonine	g	0. 129			0. 089	1. 062	0. 583
Isoleucine	g	0. 169			0. 116	1. 394	0. 765
Leucine	g	0. 279			0. 192	2. 304	1. 265
Lysine	g	0. 184			0. 127	1. 522	0. 836
Methionine	g	0. 085			0. 059	0. 705	0. 387
Cystine	g	0. 078			0. 054	0. 645	0. 354
Phenylalanine	g	0. 185			0. 127	1. 525	0. 838
Tyrosine	g	0. 124			0. 085	1. 023	0. 562
Valine	g	0. 192			0. 133	1. 587	0. 871
Arginine	g	0. 156			0. 108	1. 293	0. 710
Histidine	g	0. 079			0. 055	0. 655	0. 359
Alanine	g	0. 143			0. 099	1. 184	0. 650
Aspartic acid	g	0. 236			0. 163	1. 950	1. 071
Glutamic acid	g	0. 915			0. 632	7. 561	4. 152
Glycine	g	0. 119			0. 082	0. 979	0. 538
Proline	g	0. 313			0. 216	2. 589	1. 422
Serine	g	0. 210			0. 145	1. 736	0. 953

[1] 18.5 oz pkg prepared with 1 c water, 1/3 c vegetable oil, and 3 egg whites. Moisture loss: 11%.
[2] For cake with frosting, refer to frosting selection in Agriculture Handbook No. 8-19.

CAKE
White, dry mix, regular

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (18.5 oz) = 524 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	4. 0	0. 095	20	1. 1	20. 7	17. 9
Food energy	*kcal*	426			121	2,233	1,933
	kJ	1,784			506	9,347	8,091
Protein (N x 5.80)	*g*	4. 5	0. 079	20	1. 3	23. 7	20. 5
Total lipid (fat)	*g*	10. 9	0. 379	20	3. 1	56. 9	49. 3
Carbohydrate, total	*g*	78. 0			22. 1	408. 7	353. 8
Crude fiber	*g*	0. 1	0. 015	16	0. 0	0. 6	0. 6
Ash	*g*	2. 7	0. 127	12	0. 8	14. 0	12. 1
Minerals:							
Calcium	*mg*	192	5. 765	6	54	1,005	870
Iron	*mg*	1. 39	0. 057	15	0. 39	7. 26	6. 28
Magnesium	*mg*	11	0. 645	12	3	56	48
Phosphorus	*mg*	337	12. 694	17	96	1,768	1,531
Potassium	*mg*	117	13. 652	8	33	613	531
Sodium	*mg*	664	13. 701	15	188	3,481	3,013
Zinc	*mg*	0. 46	0. 105	12	0. 13	2. 43	2. 10
Copper	*mg*	0. 081	0. 006	12	0. 023	0. 424	0. 367
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 235	0. 025	4	0. 067	1. 231	1. 066
Riboflavin	*mg*	0. 197	0. 013	9	0. 056	1. 031	0. 892
Niacin	*mg*	1. 080	0. 385	9	0. 306	5. 659	4. 899
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	1. 631			0. 462	8. 548	7. 399
4:0	*g*	0. 001			0. 000	0. 003	0. 003
6:0	*g*	0. 000			0. 000	0. 002	0. 002
8:0	*g*	0. 000			0. 000	0. 001	0. 001
10:0	*g*	0. 001			0. 000	0. 003	0. 002
12:0	*g*	0. 001			0. 000	0 003	0. 003
14:0	*g*	0. 013			0. 004	0 067	0. 058
16:0	*g*	1. 086			0. 308	5 692	4. 927
18:0	*g*	0. 529			0. 150	2. 770	2. 398
Monounsaturated, total	*g*	4. 531			1. 285	23. 742	20. 552
16:1	*g*	0. 043			0. 012	0. 224	0. 194
18:1	*g*	4. 488			1. 272	23. 518	20. 358
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	4. 091			1. 160	21. 436	18. 556
18:2	*g*	3. 809			1. 080	19. 960	17. 278
18:3	*g*	0. 282			0. 080	1. 476	1. 278
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 060			0. 017	0. 315	0. 272
Threonine	*g*	0. 138			0. 039	0. 723	0. 626
Isoleucine	*g*	0. 182			0. 052	0. 952	0. 824
Leucine	*g*	0. 332			0. 094	1. 741	1. 507
Lysine	*g*	0. 165			0. 047	0. 867	0. 750
Methionine	*g*	0. 084			0. 024	0. 441	0. 382
Cystine	*g*	0. 087			0. 025	0. 454	0. 393
Phenylalanine	*g*	0. 221			0. 063	1. 157	1. 001
Tyrosine	*g*	0. 148			0. 042	0. 777	0. 672
Valine	*g*	0. 208			0. 059	1. 091	0. 945
Arginine	*g*	0. 176			0. 050	0. 920	0. 796
Histidine	*g*	0. 101			0. 029	0. 531	0. 460
Alanine	*g*	0. 143			0. 040	0. 748	0. 648
Aspartic acid	*g*	0. 218			0. 062	1. 140	0. 987
Glutamic acid	*g*	1. 397			0. 396	7. 321	6. 337
Glycine	*g*	0. 146			0. 041	0. 764	0. 662
Proline	*g*	0. 498			0. 141	2. 612	2. 261
Serine	*g*	0. 231			0. 065	1. 210	1. 047

[1] Values based on product containing partially hydrogenated soybean oil.

CAKE
White, dry mix, regular, prepared without frosting[1] [2]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/12 of 9 in. cake = 62 g	2-layer cake = 739 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	30. 8			19. 1	227. 6	139. 7
Food energy	kcal	306			190	2,265	1,390
	kJ	1,283			795	9,481	5,820
Protein	g	4. 1			2. 5	30. 1	18. 5
Total lipid (fat)	g	7. 7			4. 8	57. 0	35. 0
Carbohydrate, total	g	55. 4			34. 4	409. 7	251. 5
Crude fiber	g	0. 1			0. 1	0. 6	0. 4
Ash	g	2. 0			1. 2	14. 7	9. 0
Minerals:							
Calcium	mg	138			85	1,016	624
Iron	mg	0. 99			0. 61	7. 32	4. 49
Magnesium	mg	9			6	66	40
Phosphorus	mg	241			149	1,778	1,091
Potassium	mg	95			59	700	430
Sodium	mg	486			301	3,593	2,206
Zinc	mg	0. 34			0. 21	2. 53	1. 55
Copper	mg	0. 061			0. 038	0. 448	0. 275
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 134			0. 083	0. 989	0. 607
Riboflavin	mg	0. 161			0. 100	1. 190	0. 730
Niacin	mg	0. 697			0. 432	5. 148	3. 160
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1. 158			0. 718	8. 555	5. 251
4:0	g	0. 000			0. 000	0. 003	0. 002
6:0	g	0. 000			0. 000	0. 002	0. 001
8:0	g	0. 000			0. 000	0. 001	0. 001
10:0	g	0. 000			0. 000	0. 003	0. 002
12:0	g	0. 000			0. 000	0. 003	0. 002
14:0	g	0. 009			0. 006	0. 067	0. 041
16:0	g	0. 771			0. 478	5. 696	3. 496
18:0	g	0. 375			0. 233	2. 772	1. 702
Monounsaturated, total	g	3. 215			1. 994	23. 762	14. 585
16:1	g	0. 030			0. 019	0. 224	0. 138
18:1	g	3. 185			1. 975	23. 537	14. 447
20:1	g						
22:1	g						
Polyunsaturated, total	g	2. 903			1. 800	21. 454	13. 168
18:2	g	2. 703			1. 676	19. 977	12. 262
18:3	g	0. 200			0. 124	1. 477	0. 907
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 053			0. 033	0. 394	0. 242
Threonine	g	0. 137			0. 085	1. 015	0. 623
Isoleucine	g	0. 178			0. 110	1. 315	0. 807
Leucine	g	0. 309			0. 191	2. 282	1. 401
Lysine	g	0. 176			0. 109	1. 302	0. 799
Methionine	g	0. 090			0. 056	0. 662	0. 406
Cystine	g	0. 084			0. 052	0. 620	0. 381
Phenylalanine	g	0. 207			0. 128	1. 531	0. 940
Tyrosine	g	0. 139			0. 086	1. 026	0. 630
Valine	g	0. 203			0. 126	1. 500	0. 921
Arginine	g	0. 172			0. 106	1. 269	0. 779
Histidine	g	0. 092			0. 057	0. 676	0. 415
Alanine	g	0. 151			0. 094	1. 118	0. 686
Aspartic acid	g	0. 243			0. 150	1. 793	1. 100
Glutamic acid	g	1. 106			0. 686	8. 177	5. 019
Glycine	g	0. 134			0. 083	0. 989	0. 607
Proline	g	0. 387			0. 240	2. 863	1. 757
Serine	g	0. 224			0. 139	1. 652	1. 014

[1] 18.25 oz pkg prepared with 1-1/3 c water and 2 egg whites. Moisture loss: 18%.
[2] For cake with frosting, refer to frosting selection in Agriculture Handbook No. 8-19.

CAKE
White, dry mix, special dietary[1]
(includes lemon-flavored)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (8 oz) = 226.8 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	6. 0	0. 010	2	1. 7	13. 5	27. 0
Food energy	kcal	397			113	901	1,801
	kJ	1,662			471	3,773	7,540
Protein (N x 5.70)	g	3. 0	0. 006	2	0. 9	6. 9	13. 8
Total lipid (fat)	g	8. 4	0. 010	2	2. 4	19. 2	38. 3
Carbohydrate, total	g	79. 6			22. 6	180. 8	361. 2
Crude fiber	g						
Ash	g	2. 9	0. 073	2	0. 8	6. 6	13. 3
Minerals:							
Calcium	mg	26	0. 050	2	7	59	118
Iron	mg	1. 99	0. 005	2	0. 57	4. 53	9. 05
Magnesium	mg	10	0. 023	2	3	22	43
Phosphorus	mg	296	0. 000	2	84	672	1,343
Potassium	mg	149	0. 000	2	42	338	676
Sodium	mg	260	0. 000	2	74	590	1,179
Zinc	mg	0. 30	0. 000	2	0. 08	0. 68	1. 35
Copper	mg	0. 057	0. 000	2	0. 016	0. 129	0. 259
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0	0. 000	2	0	0	0
Thiamin	mg	0. 289	0. 001	2	0. 082	0. 656	1. 311
Riboflavin	mg	0. 179	0. 000	2	0. 051	0. 407	0. 814
Niacin	mg	2. 395	0. 005	2	0. 679	5. 437	10. 864
Pantothenic acid	mg	0. 196	0. 001	2	0. 056	0. 446	0. 891
Vitamin B-6	mg	0. 018	0. 000	2	0. 005	0. 041	0. 082
Folate	mcg	9	0. 021	2	3	20	40
Vitamin B-12	mcg	0	0. 000	2	0	0	0
Vitamin A	RE	0			0	0	0
	IU	0	0. 000	2	0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	1. 258			0. 357	2. 856	5. 708
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 008			0. 002	0. 019	0. 038
16:0	g	0. 841			0. 238	1. 909	3. 815
18:0	g	0. 406			0. 115	0. 922	1. 843
Monounsaturated, total	g	3. 498			0. 992	7. 942	15. 869
16:1	g	0. 033			0. 009	0. 076	0. 151
18:1	g	3. 465			0. 982	7. 866	15. 718
20:1	g						
22:1	g						
Polyunsaturated, total	g	3. 194			0. 905	7. 250	14. 487
18:2	g	2. 974			0. 843	6. 751	13. 491
18:3	g	0. 220			0. 062	0. 499	0. 997
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0	0. 000	2	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 044			0. 012	0. 099	0. 198
Threonine	g	0. 084			0. 024	0. 191	0. 381
Isoleucine	g	0. 115			0. 033	0. 261	0. 521
Leucine	g	0. 206			0. 059	0. 469	0. 936
Lysine	g	0. 105			0. 030	0. 239	0. 478
Methionine	g	0. 051			0. 014	0. 116	0. 232
Cystine	g	0. 066			0. 019	0. 150	0. 299
Phenylalanine	g	0. 144			0. 041	0. 326	0. 652
Tyrosine	g	0. 087			0. 025	0. 197	0. 393
Valine	g	0. 133			0. 038	0. 302	0. 603
Arginine	g	0. 116			0. 033	0. 263	0. 526
Histidine	g	0. 062			0. 017	0. 140	0. 280
Alanine	g	0. 092			0. 026	0. 208	0. 415
Aspartic acid	g	0. 127			0. 036	0. 287	0. 574
Glutamic acid	g	1. 002			0. 284	2. 275	4. 546
Glycine	g	0. 103			0. 029	0. 233	0. 466
Proline	g	0. 338			0. 096	0. 767	1. 532
Serine	g	0. 160			0. 045	0. 362	0. 724

[1] Fructose-sweetened, low-sodium product.
[2] Values based on product containing partially hydrogenated soybean oil.

CAKE

White, dry mix, special dietary, prepared without frosting[1] [2]

(includes lemon-flavored)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/10 of 9 in. layer = 38 g[3]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	26.4			7.5	10.0	119.6
Food energy	kcal	310			88	118	1,408
	kJ	1,300			368	494	5,896
Protein	g	3.5			1.0	1.3	16.0
Total lipid (fat)	g	6.5			1.8	2.5	29.4
Carbohydrate, total	g	61.3			17.4	23.3	277.9
Crude fiber	g	0.0			0.0	0.0	0.0
Ash	g	2.4			0.7	0.9	10.7
Minerals:							
Calcium	mg	22			6	8	98
Iron	mg	1.54			0.44	0.59	6.98
Magnesium	mg	9			3	3	40
Phosphorus	mg	229			65	87	1,038
Potassium	mg	131			37	50	592
Sodium	mg	219			62	83	995
Zinc	mg	0.24			0.07	0.09	1.10
Copper	mg	0.047			0.013	0.018	0.213
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.178			0.050	0.068	0.808
Riboflavin	mg	0.173			0.049	0.066	0.783
Niacin	mg	1.664			0.472	0.632	7.550
Pantothenic acid	mg	0.110			0.031	0.042	0.500
Vitamin B-6	mg	0.013			0.004	0.005	0.059
Folate	mcg	5			1	2	23
Vitamin B-12	mcg	0.02			0.01	0.01	0.08
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.966			0.274	0.367	4.382
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.006			0.002	0.002	0.029
16:0	g	0.646			0.183	0.245	2.929
18:0	g	0.312			0.088	0.119	1.415
Monounsaturated, total	g	2.686			0.762	1.021	12.184
16:1	g	0.026			0.007	0.010	0.116
18:1	g	2.661			0.754	1.011	12.068
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.452			0.695	0.932	11.124
18:2	g	2.284			0.647	0.868	10.358
18:3	g	0.169			0.048	0.064	0.765
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.048			0.014	0.018	0.218
Threonine	g	0.119			0.034	0.045	0.538
Isoleucine	g	0.155			0.044	0.059	0.705
Leucine	g	0.259			0.073	0.098	1.174
Lysine	g	0.162			0.046	0.061	0.734
Methionine	g	0.080			0.023	0.030	0.364
Cystine	g	0.081			0.023	0.031	0.370
Phenylalanine	g	0.180			0.051	0.068	0.816
Tyrosine	g	0.113			0.032	0.043	0.512
Valine	g	0.178			0.050	0.068	0.807
Arginine	g	0.154			0.044	0.058	0.698
Histidine	g	0.074			0.021	0.028	0.337
Alanine	g	0.139			0.039	0.053	0.630
Aspartic acid	g	0.218			0.062	0.083	0.990
Glutamic acid	g	0.928			0.263	0.352	4.208
Glycine	g	0.121			0.034	0.046	0.547
Proline	g	0.306			0.087	0.116	1.386
Serine	g	0.205			0.058	0.078	0.928

[1] Fructose-sweetened, low-sodium product.
[2] 8 oz pkg prepared with 1/2 c water and 1 egg white. Moisture loss: 22%.
[3] 1-layer cake = 380 g.

CAKE
White, prepared from recipe without frosting[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/12 of 9 in. cake = 74 g	2-layer cake = 887 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	23. 3			17. 2	206. 3	105. 5
Food energy	*kcal*	357			264	3,170	1,621
	kJ	1,496			1,107	13,271	6,787
Protein	*g*	5. 4			4. 0	48. 0	24. 5
Total lipid (fat)	*g*	12. 4			9. 1	109. 6	56. 0
Carbohydrate, total	*g*	57. 2			42. 3	507. 2	259. 4
Crude fiber	*g*	0. 1			0. 1	0. 6	0. 3
Ash	*g*	1. 8			1. 3	16. 0	8. 2
Minerals:							
Calcium	*mg*	130			96	1,156	591
Iron	*mg*	1. 52			1. 12	13. 47	6. 89
Magnesium	*mg*	12			9	107	55
Phosphorus	*mg*	93			69	827	423
Potassium	*mg*	95			70	844	431
Sodium	*mg*	327			242	2,897	1,482
Zinc	*mg*	0. 32			0. 24	2. 82	1. 44
Copper	*mg*	0. 059			0. 043	0. 519	0. 266
Manganese	*mg*	0. 197			0. 146	1. 749	0. 894
Vitamins:							
Ascorbic acid	*mg*	0. 2			0. 1	1. 5	0. 8
Thiamin	*mg*	0. 186			0. 137	1. 647	0. 842
Riboflavin	*mg*	0. 242			0. 179	2. 144	1. 097
Niacin	*mg*	1. 533			1. 134	13. 598	6. 954
Pantothenic acid	*mg*	0. 184			0. 136	1. 634	0. 836
Vitamin B-6	*mg*	0. 021			0. 015	0. 183	0. 093
Folate	*mcg*	7			5	59	30
Vitamin B-12	*mcg*	0. 08			0. 06	0. 70	0. 36
Vitamin A	*RE*	16			12	139	71
	IU	56			42	500	256
Lipids:							
Fatty acids:							
Saturated, total	*g*	3. 269			2. 419	28. 998	14. 829
4:0	*g*	0. 018			0. 013	0. 156	0. 080
6:0	*g*	0. 011			0. 008	0. 093	0. 048
8:0	*g*	0. 006			0. 004	0. 053	0. 027
10:0	*g*	0. 014			0. 010	0. 121	0. 062
12:0	*g*	0. 015			0. 011	0. 136	0. 070
14:0	*g*	0. 101			0. 075	0. 896	0. 458
16:0	*g*	1. 812			1. 341	16. 074	8. 220
18:0	*g*	1. 291			0. 955	11. 452	5. 857
Monounsaturated, total	*g*	5. 309			3. 929	47. 095	24. 084
16:1	*g*	0. 012			0. 009	0. 108	0. 055
18:1	*g*	5. 296			3. 919	46. 976	24. 023
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	3. 148			2. 329	27. 922	14. 279
18:2	*g*	2. 949			2. 182	26. 158	13. 377
18:3	*g*	0. 199			0. 147	1. 763	0. 902
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	2			2	18	9
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 067			0. 050	0. 598	0. 306
Threonine	*g*	0. 190			0. 141	1. 689	0. 864
Isoleucine	*g*	0. 243			0. 180	2. 154	1. 102
Leucine	*g*	0. 419			0. 310	3. 717	1. 901
Lysine	*g*	0. 241			0. 179	2. 140	1. 094
Methionine	*g*	0. 128			0. 095	1. 134	0. 580
Cystine	*g*	0. 111			0. 082	0. 983	0. 503
Phenylalanine	*g*	0. 281			0. 208	2. 493	1. 275
Tyrosine	*g*	0. 191			0. 142	1. 698	0. 868
Valine	*g*	0. 276			0. 204	2. 450	1. 253
Arginine	*g*	0. 235			0. 174	2. 086	1. 067
Histidine	*g*	0. 124			0. 092	1. 102	0. 564
Alanine	*g*	0. 215			0. 159	1. 906	0. 975
Aspartic acid	*g*	0. 350			0. 259	3. 104	1. 587
Glutamic acid	*g*	1. 373			1. 016	12. 178	6. 228
Glycine	*g*	0. 179			0. 132	1. 585	0. 810
Proline	*g*	0. 483			0. 358	4. 288	2. 193
Serine	*g*	0. 302			0. 224	2. 680	1. 370

[1] For cake with frosting, refer to frosting selection in Agriculture Handbook No. 8-19.

CAKE
White, prepared from recipe with coconut frosting

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/12 of 9 in. cake = 112 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	20.7			5.9	23.2	93.9
Food energy	kcal	356			101	399	1,615
	kJ	1,491			423	1,670	6,762
Protein	g	4.4			1.2	4.9	19.8
Total lipid (fat)	g	10.3			2.9	11.5	46.7
Carbohydrate, total	g	63.2			17.9	70.8	286.6
Crude fiber	g	0.2			0.0	0.2	0.8
Ash	g	1.5			0.4	1.6	6.6
Minerals:							
Calcium	mg	90			26	101	409
Iron	mg	1.16			0.33	1.29	5.24
Magnesium	mg	12			3	13	53
Phosphorus	mg	70			20	79	319
Potassium	mg	99			28	111	451
Sodium	mg	284			80	318	1,287
Zinc	mg	0.33			0.09	0.37	1.49
Copper	mg	0.067			0.019	0.075	0.305
Manganese	mg	0.277			0.079	0.311	1.258
Vitamins:							
Ascorbic acid	mg	0.1			0.0	0.1	0.5
Thiamin	mg	0.128			0.036	0.143	0.581
Riboflavin	mg	0.189			0.054	0.212	0.859
Niacin	mg	1.063			0.301	1.191	4.823
Pantothenic acid	mg	0.167			0.047	0.187	0.758
Vitamin B-6	mg	0.029			0.008	0.032	0.131
Folate	mcg	5			1	6	23
Vitamin B-12	mcg	0.06			0.02	0.07	0.28
Vitamin A	RE	11			3	12	48
	IU	38			11	43	174
Lipids:							
Fatty acids:							
Saturated, total	g	3.897			1.105	4.364	17.676
4:0	g	0.012			0.003	0.013	0.054
6:0	g	0.017			0.005	0.019	0.079
8:0	g	0.133			0.038	0.149	0.603
10:0	g	0.113			0.032	0.127	0.513
12:0	g	0.847			0.240	0.948	3.840
14:0	g	0.402			0.114	0.450	1.822
16:0	g	1.394			0.395	1.562	6.325
18:0	g	0.978			0.277	1.095	4.434
Monounsaturated, total	g	3.692			1.047	4.135	16.748
16:1	g	0.008			0.002	0.009	0.038
18:1	g	3.683			1.044	4.125	16.707
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.162			0.613	2.421	9.805
18:2	g	2.026			0.574	2.270	9.192
18:3	g	0.135			0.038	0.151	0.613
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	1			0	2	6
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.054			0.015	0.060	0.244
Threonine	g	0.157			0.045	0.176	0.714
Isoleucine	g	0.199			0.056	0.223	0.903
Leucine	g	0.338			0.096	0.379	1.533
Lysine	g	0.204			0.058	0.229	0.927
Methionine	g	0.107			0.030	0.120	0.484
Cystine	g	0.091			0.026	0.102	0.414
Phenylalanine	g	0.228			0.065	0.255	1.033
Tyrosine	g	0.154			0.044	0.173	0.699
Valine	g	0.229			0.065	0.256	1.037
Arginine	g	0.213			0.060	0.239	0.967
Histidine	g	0.099			0.028	0.111	0.450
Alanine	g	0.183			0.052	0.204	0.828
Aspartic acid	g	0.303			0.086	0.340	1.376
Glutamic acid	g	1.035			0.294	1.160	4.696
Glycine	g	0.146			0.041	0.164	0.663
Proline	g	0.354			0.100	0.397	1.607
Serine	g	0.247			0.070	0.277	1.122

[1] 2-layer cake = 1,350 g. 1/16 of 9 in. cake = 84 g.

CAKE
Yellow, commercially prepared, with chocolate frosting

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 18 oz cake = 64 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	21. 9	0. 935	5	6. 2	14. 0	99. 5
Food energy	kcal	379			107	242	1,718
	kJ	1,586			450	1,015	7,193
Protein (N x 5.80)	g	3. 8	0. 242	7	1. 1	2. 4	17. 1
Total lipid (fat)	g	17. 4	1. 171	7	4. 9	11. 2	79. 1
Carbohydrate, total	g	55. 4			15. 7	35. 5	251. 3
Crude fiber	g	0. 7		1	0. 2	0. 4	3. 2
Ash	g	1. 3	0. 058	5	0. 4	0. 8	6. 0
Minerals:							
Calcium	mg	37	12. 010	5	11	24	169
Iron	mg	2. 08	0. 489	5	0. 59	1. 33	9. 43
Magnesium	mg	30	1. 150	3	9	19	137
Phosphorus	mg	161	4. 333	3	46	103	732
Potassium	mg	178		1	50	114	807
Sodium	mg	337	14. 562	4	96	216	1,530
Zinc	mg	0. 62	0. 000	2	0. 18	0. 40	2. 81
Copper	mg	0. 188	0. 003	2	0. 053	0. 120	0. 853
Manganese	mg	0. 260	0. 000	2	0. 074	0. 166	1. 179
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 120	0. 025	3	0. 034	0. 077	0. 544
Riboflavin	mg	0. 157	0. 023	3	0. 044	0. 100	0. 711
Niacin	mg	1. 247	0. 253	3	0. 353	0. 798	5. 655
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	4. 721			1. 338	3. 022	21. 415
4:0	g	0. 001			0. 000	0. 000	0. 002
6:0	g	0. 000			0. 000	0. 000	0. 002
8:0	g	0. 001			0. 000	0. 000	0. 002
10:0	g	0. 001			0. 000	0. 000	0. 003
12:0	g	0. 001			0. 000	0. 001	0. 004
14:0	g	0. 084			0. 024	0. 054	0. 381
16:0	g	2. 447			0. 694	1. 566	11. 100
18:0	g	2. 186			0. 620	1. 399	9. 917
Monounsaturated, total	g	9. 671			2. 742	6. 190	43. 868
16:1	g	0. 034			0. 010	0. 022	0. 153
18:1	g	9. 634			2. 731	6. 166	43. 700
20:1	g	0. 003			0. 001	0. 002	0. 013
22:1	g	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	g	2. 088			0. 592	1. 337	9. 473
18:2	g	1. 968			0. 558	1. 259	8. 926
18:3	g	0. 101			0. 029	0. 065	0. 459
18:4	g						
20:4	g	0. 015			0. 004	0. 010	0. 068
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 004			0. 001	0. 003	0. 018
Cholesterol	mg	55.	0. 498	2	15	35	247
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 050			0. 014	0. 032	0. 227
Threonine	g	0. 146			0. 041	0. 094	0. 664
Isoleucine	g	0. 173			0. 049	0. 111	0. 785
Leucine	g	0. 284			0. 081	0. 182	1. 289
Lysine	g	0. 209			0. 059	0. 134	0. 947
Methionine	g	0. 082			0. 023	0. 052	0. 372
Cystine	g	0. 073			0. 021	0. 047	0. 330
Phenylalanine	g	0. 185			0. 053	0. 119	0. 841
Tyrosine	g	0. 137			0. 039	0. 087	0. 620
Valine	g	0. 207			0. 059	0. 132	0. 938
Arginine	g	0. 185			0. 053	0. 119	0. 841
Histidine	g	0. 081			0. 023	0. 052	0. 366
Alanine	g	0. 161			0. 046	0. 103	0. 732
Aspartic acid	g	0. 290			0. 082	0. 186	1. 316
Glutamic acid	g	0. 781			0. 221	0. 500	3. 544
Glycine	g	0. 128			0. 036	0. 082	0. 581
Proline	g	0. 260			0. 074	0. 167	1. 180
Serine	g	0. 222			0. 063	0. 142	1. 009

[1] 18 oz cake = 510 g. 1/10 of 17 oz (482 g) cake = 48 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CAKE
Yellow, commercially prepared, with vanilla frosting

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 18 oz cake = 64 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	22. 1	1. 326	4	6. 3	14. 2	100. 5
Food energy	kcal	373			106	239	1,694
	kJ	1,563			443	1,000	7,090
Protein (N x 6.10)	g	3. 5	0. 246	5	1. 0	2. 3	16. 0
Total lipid (fat)	g	14. 5	1. 399	6	4. 1	9. 3	65. 8
Carbohydrate, total	g	58. 8			16. 7	37. 7	266. 9
Crude fiber	g	0. 1	0. 017	4	0. 0	0. 0	0. 3
Ash	g	1. 0	0. 025	4	0. 3	0. 6	4. 4
Minerals:							
Calcium	mg	62	2. 776	31	17	39	280
Iron	mg	1. 07	0. 050	29	0. 30	0. 68	4. 84
Magnesium	mg	6	0. 314	32	2	4	25
Phosphorus	mg	143	3. 702	31	41	92	649
Potassium	mg	53	3. 319	32	15	34	240
Sodium	mg	344	5. 681	32	97	220	1,560
Zinc	mg	0. 25	0. 010	27	0. 07	0. 16	1. 16
Copper	mg	0. 034	0. 002	28	0. 010	0. 022	0. 154
Manganese	mg	0. 095	0. 003	28	0. 027	0. 061	0. 432
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 100		1	0. 028	0. 064	0. 454
Riboflavin	mg	0. 070		1	0. 020	0. 045	0. 318
Niacin	mg	0. 500		1	0. 142	0. 320	2. 268
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	19			5	12	86
	IU	63	6. 377	4	18	40	286
Lipids:[2]							
Fatty acids:							
Saturated, total	g	2. 378			0. 674	1. 522	10. 788
4:0	g	0. 001			0. 000	0. 001	0. 004
6:0	g	0. 001			0. 000	0. 000	0. 003
8:0	g	0. 001			0. 000	0. 000	0. 003
10:0	g	0. 001			0. 000	0. 001	0. 005
12:0	g	0. 001			0. 000	0. 001	0. 005
14:0	g	0. 020			0. 006	0. 013	0. 093
16:0	g	1. 594			0. 452	1. 020	7. 230
18:0	g	0. 759			0. 215	0. 486	3. 441
Monounsaturated, total	g	6. 106			1. 731	3. 908	27. 699
16:1	g	0. 092			0. 026	0. 059	0. 419
18:1	g	6. 010			1. 704	3. 846	27. 262
20:1	g	0. 004			0. 001	0. 002	0. 016
22:1	g	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	g	5. 122			1. 452	3. 278	23. 234
18:2	g	4. 751			1. 347	3. 041	21. 551
18:3	g	0. 347			0. 098	0. 222	1. 573
18:4	g						
20:4	g	0. 019			0. 005	0. 012	0. 085
20:5	g	0. 001			0. 000	0. 000	0. 003
22:5	g						
22:6	g	0. 005			0. 001	0. 003	0. 022
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 046			0. 013	0. 030	0. 210
Threonine	g	0. 142			0. 040	0. 091	0. 644
Isoleucine	g	0. 177			0. 050	0. 114	0. 805
Leucine	g	0. 290			0. 082	0. 186	1. 317
Lysine	g	0. 216			0. 061	0. 138	0. 981
Methionine	g	0. 087			0. 025	0. 056	0. 394
Cystine	g	0. 067			0. 019	0. 043	0. 302
Phenylalanine	g	0. 174			0. 049	0. 112	0. 791
Tyrosine	g	0. 136			0. 038	0. 087	0. 615
Valine	g	0. 199			0. 057	0. 128	0. 904
Arginine	g	0. 163			0. 046	0. 104	0. 739
Histidine	g	0. 082			0. 023	0. 052	0. 371
Alanine	g	0. 147			0. 042	0. 094	0. 665
Aspartic acid	g	0. 263			0. 074	0. 168	1. 191
Glutamic acid	g	0. 751			0. 213	0. 481	3. 407
Glycine	g	0. 106			0. 030	0. 068	0. 481
Proline	g	0. 271			0. 077	0. 174	1. 230
Serine	g	0. 216			0. 061	0. 138	0. 981

[1] 18 oz cake = 510 g.
[2] Values based on product containing partially hydrogenated soybean oil.

CAKE
Yellow, dry mix, pudding-type
(includes microwave-type, streusel-type)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (18.5 oz) = 524 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	4. 0	0. 084	48	1. 1	21. 1	18. 3
Food energy	*kcal*	423			120	2,215	1,917
	kJ	1,769			502	9,272	8,026
Protein (N x 5.80)	*g*	4. 0	0. 103	46	1. 1	20. 9	18. 1
Total lipid (fat)	*g*	9. 8	0. 089	46	2. 8	51. 6	44. 6
Carbohydrate, total	*g*	79. 9			22. 7	418. 8	362. 6
Crude fiber	*g*						
Ash	*g*	2. 2	0. 012	45	0. 6	11. 6	10. 0
Minerals:							
Calcium[1]	*mg*	115	7. 275	44	33	602	521
Iron	*mg*	1. 57	0. 081	43	0. 44	8. 22	7. 12
Magnesium	*mg*	9	0. 143	32	3	46	40
Phosphorus	*mg*	253	4. 025	28	72	1,324	1,146
Potassium	*mg*	63	4. 962	36	18	328	284
Sodium	*mg*	687	12. 856	44	195	3,600	3,117
Zinc	*mg*	0. 27	0. 008	26	0. 08	1. 40	1. 21
Copper	*mg*	0. 058	0. 004	20	0. 017	0. 307	0. 265
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 307	0. 008	55	0. 087	1. 607	1. 391
Riboflavin	*mg*	0. 188	0. 005	55	0. 053	0. 987	0. 854
Niacin	*mg*	2. 588	0. 059	56	0. 734	13. 561	11. 739
Pantothenic acid	*mg*						
Vitamin B-6	*mg*	0. 016	0. 002	6	0. 005	0. 084	0. 073
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	2. 489			0. 706	13. 041	11. 289
4:0	*g*	0. 000			0. 000	0. 002	0. 001
6:0	*g*	0. 000			0. 000	0. 001	0. 001
8:0	*g*	0. 000			0. 000	0. 001	0. 000
10:0	*g*	0. 000			0. 000	0. 002	0. 001
12:0	*g*	0. 000			0. 000	0. 002	0. 001
14:0	*g*	0. 049			0. 014	0. 256	0. 221
16:0	*g*	1. 282			0. 363	6. 716	5. 813
18:0	*g*	1. 155			0. 327	6. 052	5. 239
Monounsaturated, total	*g*	5. 551			1. 574	29. 086	25. 178
16:1	*g*	0. 001			0. 000	0. 006	0. 005
18:1	*g*	5. 550			1. 573	29. 080	25. 173
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 281			0. 363	6. 712	5. 811
18:2	*g*	1. 216			0. 345	6. 370	5. 514
18:3	*g*	0. 065			0. 019	0. 343	0. 297
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 056			0. 016	0. 295	0. 256
Threonine	*g*	0. 120			0. 034	0. 627	0. 543
Isoleucine	*g*	0. 163			0. 046	0. 854	0. 739
Leucine	*g*	0. 286			0. 081	1. 499	1. 298
Lysine	*g*	0. 162			0. 046	0. 850	0. 736
Methionine	*g*	0. 072			0. 020	0. 375	0. 324
Cystine	*g*	0. 079			0. 022	0. 414	0. 359
Phenylalanine	*g*	0. 188			0. 053	0. 984	0. 852
Tyrosine	*g*	0. 124			0. 035	0. 652	0. 565
Valine	*g*	0. 186			0. 053	0. 977	0. 845
Arginine	*g*	0. 150			0. 043	0. 786	0. 680
Histidine	*g*	0. 084			0. 024	0. 440	0. 381
Alanine	*g*	0. 122			0. 035	0. 638	0. 552
Aspartic acid	*g*	0. 184			0. 052	0. 966	0. 836
Glutamic acid	*g*	1. 239			0. 351	6. 490	5. 618
Glycine	*g*	0. 127			0. 036	0. 663	0. 574
Proline	*g*	0. 433			0. 123	2. 267	1. 962
Serine	*g*	0. 209			0. 059	1. 095	0. 948

[1] Values range from 73 to 199 mg calcium per 100 g. The higher value reflects a greater percentage of calcium-containing ingredients.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CAKE

Yellow, dry mix, pudding-type, prepared without frosting[1] [2]

(includes microwave-type, streusel-type)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/12 of 9 in. cake = 73 g	2-layer cake = 876 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	30. 0			21. 9	262. 6	136. 0
Food energy	*kcal*	352			257	3,084	1,597
	kJ	1,474			1,076	12,909	6,684
Protein	*g*	4. 5			3. 3	39. 7	20. 5
Total lipid (fat)	*g*	15. 9			11. 6	139. 4	72. 2
Carbohydrate, total	*g*	48. 1			35. 1	421. 1	218. 0
Crude fiber	*g*	0. 1			0. 0	0. 5	0. 3
Ash	*g*	1. 5			1. 1	13. 3	6. 9
Minerals:							
Calcium	*mg*	78			57	681	353
Iron	*mg*	1. 19			0. 87	10. 43	5. 40
Magnesium	*mg*	7			5	64	33
Phosphorus	*mg*	182			133	1,593	825
Potassium	*mg*	58			42	509	264
Sodium	*mg*	434			317	3,800	1,968
Zinc	*mg*	0. 36			0. 26	3. 12	1. 62
Copper	*mg*	0. 039			0. 029	0. 343	0. 177
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 155			0. 113	1. 361	0. 705
Riboflavin	*mg*	0. 184			0. 134	1. 613	0. 835
Niacin	*mg*	1. 406			1. 026	12. 316	6. 377
Pantothenic acid	*mg*						
Vitamin B-6	*mg*	0. 031			0. 023	0. 274	0. 142
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	3. 204			2. 339	28. 071	14. 536
4:0	*g*	0. 000			0. 000	0. 002	0. 001
6:0	*g*	0. 000			0. 000	0. 001	0. 001
8:0	*g*	0. 001			0. 000	0. 005	0. 003
10:0	*g*	0. 001			0. 001	0. 006	0. 003
12:0	*g*	0. 001			0. 001	0. 006	0. 003
14:0	*g*	0. 043			0. 032	0. 380	0. 197
16:0	*g*	2. 007			1. 465	17. 582	9. 104
18:0	*g*	1. 143			0. 834	10. 009	5. 183
Monounsaturated, total	*g*	5. 910			4. 314	51. 769	26. 806
16:1	*g*	0. 068			0. 050	0. 599	0. 310
18:1	*g*	5. 818			4. 247	50. 965	26. 390
20:1	*g*	0. 021			0. 016	0. 188	0. 097
22:1	*g*	0. 001			0. 000	0. 005	0. 002
Polyunsaturated, total	*g*	5. 818			4. 247	50. 966	26. 391
18:2	*g*	5. 175			3. 778	45. 335	23. 475
18:3	*g*	0. 612			0. 446	5. 358	2. 774
18:4	*g*	0. 000			0. 000	0. 000	0. 000
20:4	*g*	0. 024			0. 018	0. 213	0. 110
20:5	*g*	0. 001			0. 000	0. 005	0. 003
22:5	*g*						
22:6	*g*	0. 006			0. 005	0. 055	0. 029
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 060			0. 044	0. 524	0. 271
Threonine	*g*	0. 174			0. 127	1. 527	0. 791
Isoleucine	*g*	0. 214			0. 156	1. 877	0. 972
Leucine	*g*	0. 354			0. 258	3. 102	1. 606
Lysine	*g*	0. 251			0. 183	2. 197	1. 138
Methionine	*g*	0. 110			0. 080	0. 960	0. 497
Cystine	*g*	0. 097			0. 071	0. 850	0. 440
Phenylalanine	*g*	0. 226			0. 165	1. 980	1. 025
Tyrosine	*g*	0. 162			0. 118	1. 417	0. 734
Valine	*g*	0. 242			0. 177	2. 120	1. 098
Arginine	*g*	0. 218			0. 159	1. 911	0. 989
Histidine	*g*	0. 101			0. 074	0. 884	0. 458
Alanine	*g*	0. 192			0. 140	1. 682	0. 871
Aspartic acid	*g*	0. 325			0. 237	2. 850	1. 476
Glutamic acid	*g*	1. 021			0. 746	8. 946	4. 632
Glycine	*g*	0. 148			0. 108	1. 293	0. 670
Proline	*g*	0. 344			0. 251	3. 015	1. 561
Serine	*g*	0. 284			0. 208	2. 491	1. 290

[1] 18.5 oz pkg prepared with 1 c water, 1/3 c vegetable oil, and 3 eggs. Moisture loss: 11%.

[2] For cake with frosting, refer to frosting selection in Agriculture Handbook No. 8-19.

CAKE
Yellow, dry mix, regular

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (18.5 oz) = 524 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	3. 7	0. 066	86	1. 1	19. 5	16. 9
Food energy	kcal	432			122	2,264	1,960
	kJ	1,808			513	9,476	8,203
Protein (N x 5.90)	g	4. 4	0. 057	80	1. 2	22. 9	19. 8
Total lipid (fat)	g	11. 6	0. 225	79	3. 3	60. 6	52. 4
Carbohydrate, total	g	78. 1			22. 1	409. 1	354. 2
Crude fiber	g	0. 2	0. 015	52	0. 1	1. 0	0. 8
Ash	g	2. 3	0. 041	61	0. 6	11. 8	10. 3
Minerals:							
Calcium[1]	mg	135	6. 465	50	38	705	611
Iron[2]	mg	1. 50	0. 053	60	0. 42	7. 85	6. 80
Magnesium	mg	10	0. 456	46	3	54	47
Phosphorus	mg	310	7. 955	55	88	1,622	1,404
Potassium	mg	82	5. 163	27	23	431	373
Sodium	mg	657	18. 708	61	186	3,442	2,979
Zinc	mg	0. 27	0. 009	43	0. 08	1. 40	1. 21
Copper	mg	0. 072	0. 003	37	0. 020	0. 375	0. 325
Manganese	mg	0. 191	0. 048	3	0. 054	1. 003	0. 868
Vitamins:							
Ascorbic acid	mg						
Thiamin[2]	mg	0. 193	0. 007	33	0. 055	1. 009	0. 873
Riboflavin[2]	mg	0. 200	0. 019	33	0. 057	1. 046	0. 906
Niacin[2]	mg	1. 778	0. 125	24	0. 504	9. 317	8. 065
Pantothenic acid	mg	0. 364	0. 071	4	0. 103	1. 906	1. 650
Vitamin B-6	mg	0. 077	0. 005	2	0. 022	0. 403	0. 349
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	g	1. 732			0. 491	9. 077	7. 858
4:0	g	0. 001			0. 000	0. 004	0. 003
6:0	g	0. 000			0. 000	0. 002	0. 002
8:0	g	0. 000			0. 000	0. 001	0. 001
10:0	g	0. 001			0. 000	0. 003	0. 003
12:0	g	0. 001			0. 000	0. 004	0. 003
14:0	g	0. 014			0. 004	0. 072	0. 062
16:0	g	1. 148			0. 326	6. 018	5. 209
18:0	g	0. 565			0. 160	2. 961	2. 563
Monounsaturated, total	g	4. 842			1. 373	25. 374	21. 965
16:1	g	0. 046			0. 013	0. 243	0. 210
18:1	g	4. 796			1. 360	25. 131	21. 755
20:1	g						
22:1	g						
Polyunsaturated, total	g	4. 351			1. 233	22. 799	19. 736
18:2	g	4. 051			1. 148	21. 225	18. 373
18:3	g	0. 300			0. 085	1. 574	1. 362
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	2	0. 235	2	1	12	11
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 061			0. 017	0. 319	0. 276
Threonine	g	0. 137			0. 039	0. 719	0. 622
Isoleucine	g	0. 187			0. 053	0. 979	0. 848
Leucine	g	0. 325			0. 092	1. 702	1. 473
Lysine	g	0. 197			0. 056	1. 030	0. 891
Methionine	g	0. 081			0. 023	0. 424	0. 367
Cystine	g	0. 079			0. 022	0. 416	0. 360
Phenylalanine	g	0. 204			0. 058	1. 069	0. 925
Tyrosine	g	0. 144			0. 041	0. 754	0. 653
Valine	g	0. 213			0. 060	1. 115	0. 965
Arginine	g	0. 162			0. 046	0. 851	0. 737
Histidine	g	0. 094			0. 027	0. 493	0. 427
Alanine	g	0. 134			0. 038	0. 703	0. 609
Aspartic acid	g	0. 216			0. 061	1. 131	0. 979
Glutamic acid	g	1. 288			0. 365	6. 749	5. 842
Glycine	g	0. 132			0. 037	0. 692	0. 599
Proline	g	0. 463			0. 131	2. 428	2. 102
Serine	g	0. 228			0. 065	1. 193	1. 033

[1] Values range from 67 to 220 mg calcium per 100 g. The higher value reflects a greater percentage of calcium-containing ingredients.
[2] Values for enriched product. Unenriched product contains 0.48 mg iron, 0.082 mg thiamin, 0.049 mg riboflavin, and 0.309 mg niacin per 100 g.
[3] Values based on product containing partially hydrogenated soybean oil.

CAKE
Yellow, dry mix, regular, prepared without frosting[1] [2]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/12 of 9 in. cake = 63 g	2-layer cake = 755 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	29. 8			18. 8	225. 1	135. 2
Food energy	*kcal*	320			202	2,415	1,451
	kJ	1,339			844	10,110	6,074
Protein	*g*	4. 7			3. 0	35. 4	21. 3
Total lipid (fat)	*g*	9. 4			5. 9	70. 7	42. 5
Carbohydrate, total	*g*	54. 4			34. 3	410. 7	246. 8
Crude fiber	*g*	0. 1			0. 1	1. 0	0. 6
Ash	*g*	1. 7			1. 1	13. 1	7. 9
Minerals:							
Calcium	*mg*	101			64	761	457
Iron	*mg*	1. 24			0. 78	9. 33	5. 61
Magnesium	*mg*	9			6	68	41
Phosphorus	*mg*	239			150	1,802	1,083
Potassium	*mg*	73			46	552	331
Sodium	*mg*	474			299	3,580	2,151
Zinc	*mg*	0. 34			0. 22	2. 59	1. 56
Copper	*mg*	0. 054			0. 034	0. 408	0. 245
Manganese	*mg*	0. 137			0. 086	1. 031	0. 619
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 114			0. 072	0. 857	0. 515
Riboflavin	*mg*	0. 189			0. 119	1. 425	0. 856
Niacin	*mg*	1. 120			0. 706	8. 459	5. 082
Pantothenic acid	*mg*	0. 314			0. 198	2. 370	1. 424
Vitamin B-6	*mg*	0. 066			0. 041	0. 496	0. 298
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	1. 614			1. 017	12. 185	7. 321
4:0	*g*	0. 000			0. 000	0. 004	0. 002
6:0	*g*	0. 000			0. 000	0. 002	0. 001
8:0	*g*	0. 001			0. 000	0. 004	0. 003
10:0	*g*	0. 001			0. 001	0. 006	0. 004
12:0	*g*	0. 001			0. 001	0. 007	0. 004
14:0	*g*	0. 014			0. 009	0. 106	0. 064
16:0	*g*	1. 093			0. 688	8. 250	4. 956
18:0	*g*	0. 496			0. 313	3. 748	2. 252
Monounsaturated, total	*g*	3. 868			2. 437	29. 207	17. 547
16:1	*g*	0. 072			0. 045	0. 541	0. 325
18:1	*g*	3. 792			2. 389	28. 627	17. 199
20:1	*g*	0. 004			0. 002	0. 028	0. 017
22:1	*g*	0. 000			0. 000	0. 003	0. 002
Polyunsaturated, total	*g*	3. 203			2. 018	24. 183	14. 529
18:2	*g*	2. 966			1. 868	22. 392	13. 453
18:3	*g*	0. 213			0. 134	1. 609	0. 966
18:4	*g*						
20:4	*g*	0. 019			0. 012	0. 142	0. 085
20:5	*g*	0. 000			0. 000	0. 004	0. 002
22:5	*g*						
22:6	*g*	0. 005			0. 003	0. 037	0. 022
Cholesterol	*mg*	58			37	437	263
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 062			0. 039	0. 471	0. 283
Threonine	*g*	0. 175			0. 110	1. 319	0. 792
Isoleucine	*g*	0. 220			0. 139	1. 662	0. 998
Leucine	*g*	0. 367			0. 231	2. 771	1. 665
Lysine	*g*	0. 255			0. 161	1. 928	1. 158
Methionine	*g*	0. 108			0. 068	0. 814	0. 489
Cystine	*g*	0. 094			0. 059	0. 706	0. 424
Phenylalanine	*g*	0. 230			0. 145	1. 733	1. 041
Tyrosine	*g*	0. 167			0. 105	1. 264	0. 759
Valine	*g*	0. 249			0. 157	1. 878	1. 128
Arginine	*g*	0. 212			0. 134	1. 601	0. 962
Histidine	*g*	0. 105			0. 066	0. 790	0. 474
Alanine	*g*	0. 185			0. 117	1. 399	0. 841
Aspartic acid	*g*	0. 316			0. 199	2. 387	1. 434
Glutamic acid	*g*	1. 111			0. 700	8. 388	5. 040
Glycine	*g*	0. 147			0. 093	1. 112	0. 668
Proline	*g*	0. 388			0. 244	2. 928	1. 759
Serine	*g*	0. 281			0. 177	2. 123	1. 276

[1] 18.5 oz pkg prepared with 1-1/4 c water and 2 eggs. Moisture loss: 18%.
[2] For cake with frosting, refer to frosting selection in Agriculture Handbook No. 8-19.

CAKE
Yellow, prepared from recipe without frosting[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/12 of 8 in. cake = 68 g	2-layer cake = 817 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	25. 1			17. 1	205. 1	113. 9
Food energy	*kcal*	361			245	2,947	1,636
	kJ	1,510			1,027	12,338	6,850
Protein	*g*	5. 3			3. 6	43. 2	24. 0
Total lipid (fat)	*g*	14. 6			9. 9	119. 3	66. 3
Carbohydrate, total	*g*	53. 0			36. 1	433. 4	240. 6
Crude fiber	*g*	0. 1			0. 0	0. 5	0. 3
Ash	*g*	1. 9			1. 3	15. 9	8. 8
Minerals:							
Calcium	*mg*	146			99	1,192	662
Iron	*mg*	1. 64			1. 11	13. 39	7. 44
Magnesium	*mg*	12			8	96	53
Phosphorus	*mg*	117			79	953	529
Potassium	*mg*	91			62	740	411
Sodium	*mg*	343			233	2,803	1,556
Zinc	*mg*	0. 45			0. 31	3. 68	2. 04
Copper	*mg*	0. 056			0. 038	0. 459	0. 255
Manganese	*mg*	0. 190			0. 129	1. 552	0. 862
Vitamins:							
Ascorbic acid	*mg*	0. 2			0. 1	1. 5	0. 8
Thiamin	*mg*	0. 183			0. 124	1. 494	0. 830
Riboflavin	*mg*	0. 233			0. 159	1. 905	1. 058
Niacin	*mg*	1. 456			0. 990	11. 900	6. 607
Pantothenic acid	*mg*	0. 310			0. 211	2. 532	1. 406
Vitamin B-6	*mg*	0. 036			0. 025	0. 297	0. 165
Folate	*mcg*	10			7	85	47
Vitamin B-12	*mcg*	0. 16			0. 11	1. 29	0. 71
Vitamin A	*RE*	40			27	330	183
	IU	139			94	1,135	630
Lipids:							
Fatty acids:							
Saturated, total	*g*	3. 924			2. 668	32. 057	17. 798
4:0	*g*	0. 019			0. 013	0. 156	0. 087
6:0	*g*	0. 011			0. 008	0. 093	0. 052
8:0	*g*	0. 007			0. 005	0. 056	0. 031
10:0	*g*	0. 015			0. 010	0. 124	0. 069
12:0	*g*	0. 017			0. 012	0. 139	0. 077
14:0	*g*	0. 114			0. 077	0. 930	0. 516
16:0	*g*	2. 235			1. 520	18. 258	10. 137
18:0	*g*	1. 498			1. 019	12. 238	6. 794
Monounsaturated, total	*g*	6. 229			4. 236	50. 890	28. 254
16:1	*g*	0. 050			0. 034	0. 406	0. 225
18:1	*g*	6. 173			4. 198	50. 434	28. 001
20:1	*g*	0. 003			0. 002	0. 028	0. 016
22:1	*g*	0. 000			0. 000	0. 003	0. 002
Polyunsaturated, total	*g*	3. 570			2. 427	29. 164	16. 192
18:2	*g*	3. 328			2. 263	27. 192	15. 097
18:3	*g*	0. 219			0. 149	1. 790	0. 994
18:4	*g*						
20:4	*g*	0. 017			0. 012	0. 142	0. 079
20:5	*g*	0. 000			0. 000	0. 004	0. 002
22:5	*g*						
22:6	*g*	0. 005			0. 003	0. 037	0. 020
Cholesterol	*mg*	54			37	443	246
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 066			0. 045	0. 538	0. 298
Threonine	*g*	0. 191			0. 130	1. 563	0. 868
Isoleucine	*g*	0. 236			0. 161	1. 931	1. 072
Leucine	*g*	0. 414			0. 281	3. 378	1. 876
Lysine	*g*	0. 246			0. 167	2. 010	1. 116
Methionine	*g*	0. 120			0. 082	0. 983	0. 546
Cystine	*g*	0. 103			0. 070	0. 841	0. 467
Phenylalanine	*g*	0. 266			0. 181	2. 174	1. 207
Tyrosine	*g*	0. 191			0. 130	1. 564	0. 869
Valine	*g*	0. 268			0. 182	2. 187	1. 214
Arginine	*g*	0. 238			0. 162	1. 941	1. 078
Histidine	*g*	0. 124			0. 084	1. 009	0. 560
Alanine	*g*	0. 206			0. 140	1. 687	0. 937
Aspartic acid	*g*	0. 342			0. 232	2. 793	1. 551
Glutamic acid	*g*	1. 329			0. 904	10. 862	6. 031
Glycine	*g*	0. 171			0. 116	1. 396	0. 775
Proline	*g*	0. 473			0. 322	3. 866	2. 146
Serine	*g*	0. 303			0. 206	2. 479	1. 376

[1] For cake with frosting, refer to frosting selection in Agriculture Handbook No. 8-19.

CHEESECAKE
Commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/6 of 17 oz cake = 80 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	45. 6	1. 287	4	12. 9	36. 5	207. 0
Food energy	kcal	321			91	256	1,454
	kJ	1,342			380	1,073	6,086
Protein (N x 6.20)	g	5. 5	0. 553	4	1. 6	4. 4	24. 8
Total lipid (fat)	g	22. 5	1. 514	5	6. 4	18. 0	102. 1
Carbohydrate, total	g	25. 5			7. 2	20. 4	115. 7
Crude fiber	g	0. 4	0. 450	2	0. 1	0. 4	2. 0
Ash	g	0. 9	0. 069	6	0. 2	0. 7	3. 9
Minerals:							
Calcium	mg	51	3. 541	4	14	40	229
Iron	mg	0. 63	0. 100	4	0. 18	0. 51	2. 87
Magnesium	mg	11	0. 647	4	3	8	48
Phosphorus	mg	93	8. 299	4	26	75	424
Potassium	mg	90	6. 067	4	25	72	407
Sodium	mg	207	25. 604	4	59	165	937
Zinc	mg	0. 51	0. 060	4	0. 14	0. 41	2. 30
Copper	mg	0. 020	0. 020	3	0. 006	0. 016	0. 091
Manganese	mg	0. 140	0. 014	2	0. 040	0. 112	0. 635
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 028	0. 001	10	0. 008	0. 022	0. 125
Riboflavin	mg	0. 193	0. 011	10	0. 055	0. 155	0. 876
Niacin	mg	0. 195	0. 049	10	0. 055	0. 156	0. 885
Pantothenic acid	mg	0. 571	0. 008	8	0. 162	0. 457	2. 590
Vitamin B-6	mg	0. 052	0. 000	8	0. 015	0. 042	0. 236
Folate	mcg	15	0. 269	8	4	12	67
Vitamin B-12	mcg	0. 17	0. 011	8	0. 05	0. 14	0. 77
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	11. 513			3. 264	9. 210	52. 222
4:0	g	0. 485			0. 138	0. 388	2. 201
6:0	g	0. 187			0. 053	0. 150	0. 849
8:0	g	0. 164			0. 047	0. 131	0. 745
10:0	g	0. 338			0. 096	0. 270	1. 534
12:0	g	0. 282			0. 080	0 225	1. 277
14:0	g	1. 707			0. 484	1. 365	7. 742
16:0	g	5. 752			1. 631	4. 601	26. 089
18:0	g	2. 598			0. 736	2. 078	11. 782
Monounsaturated, total	g	7. 745			2. 196	6. 196	35. 133
16:1	g	0. 476			0. 135	0. 381	2. 159
18:1	g	7. 265			2. 060	5. 812	32. 955
20:1	g	0. 004			0. 001	0. 003	0. 017
22:1	g	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	g	1. 380			0. 391	1. 104	6. 258
18:2	g	1. 090			0. 309	0. 872	4. 946
18:3	g	0. 264			0. 075	0. 211	1. 199
18:4	g						
20:4	g	0. 019			0. 005	0. 015	0. 088
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 005			0. 001	0. 004	0. 023
Cholesterol	mg	55	21. 000	2	16	44	249
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 064			0. 018	0. 051	0. 288
Threonine	g	0. 222			0. 063	0. 178	1. 009
Isoleucine	g	0. 281			0. 080	0. 225	1. 277
Leucine	g	0. 464			0. 132	0. 371	2. 105
Lysine	g	0. 372			0. 106	0. 298	1. 689
Methionine	g	0. 136			0. 039	0. 109	0. 616
Cystine	g	0. 071			0. 020	0. 056	0. 320
Phenylalanine	g	0. 258			0. 073	0. 206	1. 169
Tyrosine	g	0. 222			0. 063	0. 178	1. 009
Valine	g	0. 314			0. 089	0. 251	1. 425
Arginine	g	0. 251			0. 071	0. 200	1. 137
Histidine	g	0. 133			0. 038	0. 107	0. 604
Alanine	g	0. 252			0. 072	0. 202	1. 145
Aspartic acid	g	0. 406			0. 115	0. 325	1. 841
Glutamic acid	g	1. 022			0. 290	0. 817	4. 635
Glycine	g	0. 221			0. 063	0. 177	1. 005
Proline	g	0. 481			0. 136	0. 385	2. 181
Serine	g	0. 307			0. 087	0. 246	1. 393

[1] 17 oz cake = 482 g. Snack cake = 57 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CHEESECAKE
Prepared from mix, no-bake type[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. cake = 99 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	44.2	0.961	6	12.5	43.8	200.6
Food energy	kcal	274			78	271	1,242
	kJ	1,147			325	1,135	5,201
Protein (N x 6.20)	g	5.5	0.163	6	1.6	5.5	25.0
Total lipid (fat)	g	12.7	0.571	7	3.6	12.6	57.8
Carbohydrate, total	g	35.5			10.1	35.2	161.2
Crude fiber	g	0.1	0.002	2	0.0	0.1	0.4
Ash	g	2.0	0.066	8	0.6	2.0	8.9
Minerals:							
Calcium	mg	172	14.902	6	49	170	781
Iron	mg	0.47	0.053	6	0.13	0.47	2.15
Magnesium	mg	19	0.787	4	5	19	86
Phosphorus	mg	234	18.645	6	66	232	1,062
Potassium	mg	211	14.076	6	60	209	959
Sodium	mg	380	52.785	6	108	377	1,725
Zinc	mg	0.46	0.065	4	0.13	0.45	2.07
Copper	mg	0.029	0.012	4	0.008	0.029	0.132
Manganese	mg	0.120	0.021	2	0.034	0.119	0.544
Vitamins:							
Ascorbic acid	mg	0.5	0.080	2	0.1	0.5	2.4
Thiamin	mg	0.121	0.013	12	0.034	0.120	0.550
Riboflavin	mg	0.263	0.011	12	0.074	0.260	1.192
Niacin	mg	0.493	0.031	12	0.140	0.488	2.237
Pantothenic acid	mg	0.612	0.056	10	0.174	0.606	2.776
Vitamin B-6	mg	0.052	0.002	10	0.015	0.052	0.237
Folate	mcg	18	1.918	10	5	17	80
Vitamin B-12	mcg	0.31	0.025	10	0.09	0.31	1.42
Vitamin A	RE	99			28	98	447
	IU	366	35.454	4	104	363	1,662
Lipids:							
Fatty acids:							
Saturated, total	g	7.052			1.999	6.982	31.989
4:0	g	0.342			0.097	0.338	1.551
6:0	g	0.168			0.048	0.167	0.763
8:0	g	0.117			0.033	0.116	0.531
10:0	g	0.254			0.072	0.252	1.154
12:0	g	0.252			0.071	0.249	1.141
14:0	g	1.131			0.321	1.119	5.128
16:0	g	3.280			0.930	3.247	14.878
18:0	g	1.508			0.428	1.493	6.840
Monounsaturated, total	g	3.900			1.106	3.861	17.691
16:1	g	0.269			0.076	0.266	1.220
18:1	g	3.631			1.029	3.595	16.471
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.644			0.183	0.638	2.923
18:2	g	0.470			0.133	0.466	2.134
18:3	g	0.174			0.049	0.172	0.790
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.066			0.019	0.065	0.298
Threonine	g	0.209			0.059	0.207	0.947
Isoleucine	g	0.269			0.076	0.266	1.221
Leucine	g	0.468			0.133	0.463	2.123
Lysine	g	0.363			0.103	0.360	1.648
Methionine	g	0.116			0.033	0.115	0.528
Cystine	g	0.069			0.020	0.069	0.314
Phenylalanine	g	0.264			0.075	0.261	1.197
Tyrosine	g	0.220			0.062	0.218	0.999
Valine	g	0.302			0.086	0.299	1.370
Arginine	g	0.202			0.057	0.200	0.915
Histidine	g	0.147			0.042	0.146	0.669
Alanine	g	0.172			0.049	0.171	0.782
Aspartic acid	g	0.345			0.098	0.341	1.563
Glutamic acid	g	1.325			0.376	1.312	6.012
Glycine	g	0.132			0.038	0.131	0.600
Proline	g	0.519			0.147	0.514	2.353
Serine	g	0.279			0.079	0.276	1.265

[1] 12.125 oz pkg prepared. Crust: graham cracker crumbs pkg, 1/3 c butter, and 3 tbsp sugar. filling: filling pkg and 1-1/2 c whole milk.
[2] 8 or 9 in. cheesecake = 789 g. 1/6 of 8 in. cheesecake = 132 g.

CHEESECAKE
Prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/12 of 9 in. cake = 128 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	40. 9			11. 6	52. 4	185. 6
Food energy	kcal	357			101	456	1,617
	kJ	1,492			423	1,910	6,769
Protein	g	6. 8			1. 9	8. 7	30. 8
Total lipid (fat)	g	26. 0			7. 4	33. 3	118. 0
Carbohydrate, total	g	25. 2			7. 1	32. 3	114. 3
Crude fiber	g	0. 1			0. 0	0. 1	0. 3
Ash	g	1. 1			0. 3	1. 4	4. 8
Minerals:							
Calcium	mg	58			16	74	261
Iron	mg	1. 25			0. 36	1. 60	5. 68
Magnesium	mg	8			2	10	37
Phosphorus	mg	96			27	123	436
Potassium	mg	102			29	131	464
Sodium	mg	283			80	362	1,282
Zinc	mg	0. 55			0. 15	0. 70	2. 47
Copper	mg	0. 037			0. 010	0. 047	0. 168
Manganese	mg	0. 085			0. 024	0. 109	0. 385
Vitamins:							
Ascorbic acid	mg	0. 4			0. 1	0. 6	2. 0
Thiamin	mg	0. 031			0. 009	0. 039	0. 140
Riboflavin	mg	0. 211			0. 060	0. 270	0. 957
Niacin	mg	0. 405			0. 115	0. 518	1. 836
Pantothenic acid	mg	0. 184			0. 052	0. 236	0. 835
Vitamin B-6	mg	0. 045			0. 013	0. 057	0. 202
Folate	mcg	12			3	16	55
Vitamin B-12	mcg	0. 25			0. 07	0. 32	1. 12
Vitamin A[2]	RE	321			91	410	1,454
	IU	1,058			300	1,354	4,798
Lipids:							
Fatty acids:							
Saturated, total	g	14. 366			4. 073	18. 388	65. 164
4:0	g	0. 623			0. 177	0. 797	2. 826
6:0	g	0. 184			0. 052	0. 235	0. 832
8:0	g	0. 210			0. 059	0. 268	0. 950
10:0	g	0. 417			0. 118	0. 534	1. 893
12:0	g	0. 292			0. 083	0. 373	1. 323
14:0	g	2. 270			0. 643	2. 905	10. 294
16:0	g	7. 411			2. 101	9. 485	33. 614
18:0	g	2. 954			0. 838	3. 782	13. 402
Monounsaturated, total	g	8. 085			2. 292	10. 348	36. 671
16:1	g	0. 668			0. 189	0. 855	3. 031
18:1	g	7. 411			2. 101	9. 486	33. 617
20:1	g	0. 004			0. 001	0. 005	0. 017
22:1	g	0. 000			0. 000	0. 001	0. 002
Polyunsaturated, total	g	2. 053			0. 582	2. 628	9. 314
18:2	g	1. 668			0. 473	2. 135	7. 568
18:3	g	0. 361			0. 102	0. 462	1. 637
18:4	g						
20:4	g	0. 019			0. 005	0. 024	0. 085
20:5	g	0. 000			0. 000	0. 001	0. 002
22:5	g						
22:6	g	0. 005			0. 001	0. 006	0. 022
Cholesterol	mg	121			34	155	550
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 067			0. 019	0. 085	0. 302
Threonine	g	0. 279			0. 079	0. 358	1. 268
Isoleucine	g	0. 340			0. 096	0. 435	1. 542
Leucine	g	0. 601			0. 170	0. 769	2. 726
Lysine	g	0. 519			0. 147	0. 664	2. 353
Methionine	g	0. 166			0. 047	0. 212	0. 752
Cystine	g	0. 089			0. 025	0. 114	0. 405
Phenylalanine	g	0. 358			0. 101	0. 458	1. 622
Tyrosine	g	0. 292			0. 083	0. 374	1. 324
Valine	g	0. 379			0. 107	0. 485	1. 720
Arginine	g	0. 288			0. 082	0. 369	1. 307
Histidine	g	0. 207			0. 059	0. 266	0. 941
Alanine	g	0. 243			0. 069	0. 312	1. 104
Aspartic acid	g	0. 498			0. 141	0. 637	2. 258
Glutamic acid	g	1. 401			0. 397	1. 794	6. 356
Glycine	g	0. 164			0. 046	0. 209	0. 742
Proline	g	0. 530			0. 150	0. 678	2. 404
Serine	g	0. 380			0. 108	0. 487	1. 725

[1] 9 in. cake = 1,533 g. 1/12 of 8 in. (1,216 g) = 101 g.
[2] Product made with margarine.

CHEESECAKE
Plain, prepared from recipe, with cherry topping

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/12 of 9 in. cake = 142 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	49. 2			13. 9	61. 5	223. 1
Food energy	kcal	287			81	359	1,302
	kJ	1,201			341	1,502	5,449
Protein	g	5. 0			1. 4	6. 3	22. 7
Total lipid (fat)	g	18. 5			5. 3	23. 2	84. 0
Carbohydrate, total	g	26. 5			7. 5	33. 1	120. 1
Crude fiber	g	0. 1			0. 0	0. 1	0. 3
Ash	g	0. 8			0. 2	1. 0	3. 7
Minerals:							
Calcium	mg	43			12	54	195
Iron	mg	1. 23			0. 35	1. 53	5. 56
Magnesium	mg	7			2	9	33
Phosphorus	mg	71			20	88	320
Potassium	mg	93			26	116	421
Sodium	mg	203			58	254	920
Zinc	mg	0. 40			0. 11	0. 51	1. 84
Copper	mg	0. 044			0. 012	0. 055	0. 199
Manganese	mg	0. 082			0. 023	0. 103	0. 372
Vitamins:							
Ascorbic acid	mg	0. 7			0. 2	0. 9	3. 1
Thiamin	mg	0. 029			0. 008	0. 036	0. 132
Riboflavin	mg	0. 161			0. 046	0. 201	0. 731
Niacin	mg	0. 358			0. 101	0. 447	1. 623
Pantothenic acid	mg	0. 154			0. 044	0. 192	0. 698
Vitamin B-6	mg	0. 041			0. 012	0. 051	0. 186
Folate	mcg	10			3	12	44
Vitamin B-12	mcg	0. 17			0. 05	0. 22	0. 79
Vitamin A[2]	RE	241			68	301	1,091
	IU	898			254	1,122	4,071
Lipids:							
Fatty acids:							
Saturated, total	g	10. 118			2. 869	12. 648	45. 897
4:0	g	0. 436			0. 124	0. 545	1. 978
6:0	g	0. 128			0. 036	0. 161	0. 583
8:0	g	0. 147			0. 042	0. 183	0. 665
10:0	g	0. 292			0. 083	0. 365	1. 325
12:0	g	0. 204			0. 058	0. 255	0. 926
14:0	g	1. 590			0. 451	1. 987	7. 210
16:0	g	5. 227			1. 482	6. 533	23. 707
18:0	g	2. 090			0. 593	2. 613	9. 481
Monounsaturated, total	g	5. 793			1. 642	7. 241	26. 277
16:1	g	0. 468			0. 133	0. 585	2. 122
18:1	g	5. 322			1. 509	6. 652	24. 139
20:1	g	0. 003			0. 001	0. 003	0. 012
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	1. 537			0. 436	1. 922	6. 973
18:2	g	1. 260			0. 357	1. 575	5. 717
18:3	g	0. 260			0. 074	0. 325	1. 180
18:4	g						
20:4	g	0. 013			0. 004	0. 016	0. 059
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 003			0. 001	0. 004	0. 015
Cholesterol	mg	85			24	106	385
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 049			0. 014	0. 061	0. 220
Threonine	g	0. 201			0. 057	0. 251	0. 913
Isoleucine	g	0. 244			0. 069	0. 305	1. 106
Leucine	g	0. 431			0. 122	0. 538	1. 953
Lysine	g	0. 371			0. 105	0. 464	1. 683
Methionine	g	0. 118			0. 033	0. 148	0. 535
Cystine	g	0. 065			0. 018	0. 081	0. 293
Phenylalanine	g	0. 257			0. 073	0. 321	1. 166
Tyrosine	g	0. 209			0. 059	0. 261	0. 946
Valine	g	0. 273			0. 077	0. 341	1. 238
Arginine	g	0. 207			0. 059	0. 259	0. 941
Histidine	g	0. 149			0. 042	0. 186	0. 676
Alanine	g	0. 178			0. 050	0. 222	0. 805
Aspartic acid	g	0. 445			0. 126	0. 556	2. 019
Glutamic acid	g	1. 012			0. 287	1. 266	4. 592
Glycine	g	0. 121			0. 034	0. 151	0. 549
Proline	g	0. 385			0. 109	0. 481	1. 746
Serine	g	0. 275			0. 078	0. 344	1. 248

[1] 9 in. cake = 1,698 g. 1/12 of 8 in. cake (1,346 g) = 112 g.
[2] Product made with margarine.

COFFEE CAKE
Cheese[1] [2]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/6 of 16 oz cake = 76 g[3]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	32.2	0.409	4	9.1	24.5	146.3
Food energy	kcal	339			96	258	1,537
	kJ	1,418			402	1,078	6,434
Protein (N x 6.00)	g	7.0	0.060	4	2.0	5.3	31.9
Total lipid (fat)	g	15.2	0.170	4	4.3	11.5	68.8
Carbohydrate, total	g	44.3			12.6	33.7	200.9
Crude fiber	g						
Ash	g	1.2	0.029	4	0.4	0.9	5.7
Minerals:							
Calcium	mg	59	0.300	2	17	45	269
Iron	mg	0.64	0.057	4	0.18	0.48	2.89
Magnesium	mg	15	0.103	4	4	11	66
Phosphorus	mg	99	3.814	4	28	76	451
Potassium	mg						
Sodium	mg	339	14.505	4	96	257	1,535
Zinc	mg	0.59	0.004	4	0.17	0.45	2.68
Copper	mg	0.052	0.002	4	0.015	0.040	0.238
Manganese	mg	0.172	0.003	4	0.049	0.131	0.782
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.105	0.009	4	0.030	0.080	0.476
Riboflavin	mg	0.125	0.009	4	0.035	0.095	0.567
Niacin	mg	0.682	0.028	4	0.193	0.519	3.096
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[4]							
Fatty acids:							
Saturated, total	g	5.003			1.418	3.802	22.694
4:0	g	0.092			0.026	0.070	0.419
6:0	g	0.027			0.008	0.020	0.122
8:0	g	0.032			0.009	0.024	0.143
10:0	g	0.062			0.018	0.047	0.282
12:0	g	0.043			0.012	0.033	0.196
14:0	g	0.389			0.110	0.296	1.767
16:0	g	2.602			0.738	1.977	11.802
18:0	g	1.755			0.498	1.334	7.963
Monounsaturated, total	g	7.511			2.129	5.708	34.070
16:1	g	0.120			0.034	0.091	0.545
18:1	g	7.388			2.095	5.615	33.513
20:1	g	0.002			0.001	0.002	0.010
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	1.644			0.466	1.249	7.457
18:2	g	1.510			0.428	1.148	6.851
18:3	g	0.119			0.034	0.090	0.538
18:4	g						
20:4	g	0.012			0.003	0.009	0.054
20:5	g	0.000			0.000	0.000	0.001
22:5	g						
22:6	g	0.003			0.001	0.002	0.014
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.076			0.022	0.058	0.346
Threonine	g	0.260			0.074	0.198	1.180
Isoleucine	g	0.326			0.092	0.248	1.478
Leucine	g	0.568			0.161	0.432	2.578
Lysine	g	0.401			0.114	0.305	1.818
Methionine	g	0.144			0.041	0.110	0.654
Cystine	g	0.110			0.031	0.084	0.500
Phenylalanine	g	0.352			0.100	0.267	1.595
Tyrosine	g	0.263			0.074	0.200	1.191
Valine	g	0.361			0.102	0.274	1.637
Arginine	g	0.299			0.085	0.227	1.356
Histidine	g	0.186			0.053	0.142	0.845
Alanine	g	0.255			0.072	0.194	1.159
Aspartic acid	g	0.470			0.133	0.357	2.132
Glutamic acid	g	1.751			0.496	1.331	7.942
Glycine	g	0.212			0.060	0.161	0.962
Proline	g	0.625			0.177	0.475	2.834
Serine	g	0.373			0.106	0.283	1.691

[1] Includes products made with or without crumb topping.
[2] Made with cream or neufchatel cheese.
[3] 16 oz cake = 454 g.
[4] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COFFEE CAKE
Cinnamon with crumb topping, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/9 of 20 oz cake = 63 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	21. 9	1. 785	9	6. 2	13. 8	99. 2
Food energy	kcal	418			119	263	1,897
	kJ	1,751			496	1,103	7,940
Protein (N x 5.80)	g	6. 8	0. 166	8	1. 9	4. 3	30. 7
Total lipid (fat)	g	23. 3	1. 742	10	6. 6	14. 7	105. 7
Carbohydrate, total	g	46. 7			13. 2	29. 4	211. 9
Crude fiber	g	0. 5	0. 050	2	0. 2	0. 3	2. 5
Ash	g	1. 4	0. 069	10	0. 4	0. 9	6. 2
Minerals:							
Calcium	mg	54	4. 602	34	15	34	246
Iron[2]	mg	1. 91	0. 081	33	0. 54	1. 20	8. 65
Magnesium	mg	22	0. 678	34	6	14	100
Phosphorus	mg	108	3. 116	33	31	68	490
Potassium	mg	123	3. 595	32	35	77	558
Sodium	mg	351	13. 121	35	100	221	1,593
Zinc	mg	0. 81	0. 035	33	0. 23	0. 51	3. 66
Copper	mg	0. 125	0. 006	32	0. 035	0. 079	0. 567
Manganese	mg	0. 451	0. 022	32	0. 128	0. 284	2. 047
Vitamins:							
Ascorbic acid	mg						
Thiamin[2]	mg	0. 209	0. 006	11	0. 059	0. 132	0. 948
Riboflavin[2]	mg	0. 229	0. 010	11	0. 065	0. 144	1. 038
Niacin[2]	mg	1. 678	0. 064	11	0. 476	1. 057	7. 612
Pantothenic acid	mg	0. 655	0. 011	8	0. 186	0. 413	2. 971
Vitamin B-6	mg	0. 027	0. 000	8	0. 008	0. 017	0. 122
Folate	mcg	32	0. 898	8	9	20	145
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	g	5. 757			1. 632	3. 627	26. 114
4:0	g	0. 001			0. 000	0. 000	0. 003
6:0	g	0. 000			0. 000	0. 000	0. 002
8:0	g	0. 000			0. 000	0. 000	0. 002
10:0	g	0. 001			0. 000	0. 001	0. 004
12:0	g	0. 001			0. 000	0. 001	0. 006
14:0	g	0. 117			0. 033	0. 074	0. 529
16:0	g	3. 007			0. 852	1. 894	13. 640
18:0	g	2. 629			0. 745	1. 656	11. 927
Monounsaturated, total	g	13. 186			3. 738	8. 307	59. 811
16:1	g	0. 041			0. 012	0. 026	0. 188
18:1	g	13. 140			3. 725	8. 278	59. 605
20:1	g	0. 004			0. 001	0. 002	0. 017
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	2. 861			0. 811	1. 802	12. 977
18:2	g	2. 707			0. 767	1. 706	12. 280
18:3	g	0. 137			0. 039	0. 086	0. 619
18:4	g						
20:4	g	0. 013			0. 004	0. 008	0. 060
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 003			0. 001	0. 002	0. 016
Cholesterol	mg	32	1. 155	3	9	20	145
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 082			0. 023	0. 051	0. 370
Threonine	g	0. 227			0. 064	0. 143	1. 031
Isoleucine	g	0. 287			0. 081	0. 181	1. 300
Leucine	g	0. 500			0. 142	0. 315	2. 268
Lysine	g	0. 260			0. 074	0. 164	1. 179
Methionine	g	0. 122			0. 035	0. 077	0. 555
Cystine	g	0. 127			0. 036	0. 080	0. 576
Phenylalanine	g	0. 324			0. 092	0. 204	1. 469
Tyrosine	g	0. 218			0. 062	0. 137	0. 988
Valine	g	0. 318			0. 090	0. 200	1. 443
Arginine	g	0. 310			0. 088	0. 195	1. 406
Histidine	g	0. 154			0. 044	0. 097	0. 698
Alanine	g	0. 248			0. 070	0. 156	1. 126
Aspartic acid	g	0. 415			0. 118	0. 261	1. 882
Glutamic acid	g	1. 897			0. 538	1. 195	8. 605
Glycine	g	0. 237			0. 067	0. 149	1. 073
Proline	g	0. 634			0. 180	0. 399	2. 875
Serine	g	0. 346			0. 098	0. 218	1. 570

[1] 20 oz cake = 567 g. Snack cake = 57 g.
[2] Values for enriched product. Unenriched product contains 0.780 mg iron, 0.135 mg thiamin, 0.095 mg riboflavin, and 0.880 mg niacin per 100 g.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COFFEE CAKE
Cinnamon with crumb topping, dry mix

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (10.5 oz) = 298 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	3. 3	0. 112	25	0. 9	9. 9	15. 1
Food energy	*kcal*	436			124	1,299	1,978
	kJ	1,825			517	5,439	8,279
Protein (N x 5.70)	*g*	4. 8	0. 087	26	1. 4	14. 3	21. 8
Total lipid (fat)	*g*	12. 0	0. 105	26	3. 4	35. 8	54. 5
Carbohydrate, total	*g*	77. 7			22. 0	231. 7	352. 7
Crude fiber	*g*	0. 3	0. 016	24	0. 1	0. 8	1. 2
Ash	*g*	2. 1	0. 033	24	0. 6	6. 3	9. 5
Minerals:							
Calcium	*mg*	148	3. 419	21	42	442	672
Iron	*mg*	1. 90	0. 038	21	0. 54	5. 66	8. 61
Magnesium	*mg*	19	1. 862	9	5	57	87
Phosphorus	*mg*	256	10. 853	21	73	764	1,163
Potassium	*mg*	87	8. 277	18	25	258	393
Sodium	*mg*	596	15. 384	18	169	1,777	2,704
Zinc	*mg*	0. 34	0. 010	10	0. 10	1. 03	1. 56
Copper	*mg*	0. 220	0. 000	10	0. 062	0. 656	0. 998
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 291	0. 012	22	0. 082	0. 867	1. 319
Riboflavin	*mg*	0. 130	0. 008	9	0. 037	0. 387	0. 590
Niacin	*mg*	2. 505	0. 129	21	0. 710	7. 465	11. 363
Pantothenic acid	*mg*	0. 133	0. 006	10	0. 038	0. 396	0. 603
Vitamin B-6	*mg*	0. 044	0. 003	10	0. 012	0. 131	0. 200
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	2			1	7	10
	IU	22		1	6	66	100
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	1. 798			0. 510	5. 359	8. 157
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 000			0. 000	0. 000	0. 001
14:0	*g*	0. 012			0. 003	0. 035	0. 053
16:0	*g*	1. 209			0. 343	3. 602	5. 483
18:0	*g*	0. 577			0. 164	1. 721	2. 619
Monounsaturated, total	*g*	4. 969			1. 409	14. 806	22. 537
16:1	*g*	0. 046			0. 013	0. 137	0. 208
18:1	*g*	4. 923			1. 396	14. 669	22. 329
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	4. 534			1. 286	13. 513	20. 568
18:2	*g*	4. 224			1. 197	12. 587	19. 160
18:3	*g*	0. 311			0. 088	0. 926	1. 409
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 056			0. 016	0. 166	0. 252
Threonine	*g*	0. 128			0. 036	0. 382	0. 581
Isoleucine	*g*	0. 178			0. 050	0. 530	0. 807
Leucine	*g*	0. 332			0. 094	0. 990	1. 506
Lysine	*g*	0. 093			0. 026	0. 276	0. 421
Methionine	*g*	0. 084			0. 024	0. 251	0. 382
Cystine	*g*	0. 108			0. 031	0. 322	0. 489
Phenylalanine	*g*	0. 237			0. 067	0. 706	1. 074
Tyrosine	*g*	0. 131			0. 037	0. 392	0. 596
Valine	*g*	0. 201			0. 057	0. 600	0. 914
Arginine	*g*	0. 167			0. 047	0. 497	0. 757
Histidine	*g*	0. 102			0. 029	0. 304	0. 463
Alanine	*g*	0. 147			0. 042	0. 437	0. 665
Aspartic acid	*g*	0. 194			0. 055	0. 578	0. 879
Glutamic acid	*g*	1. 683			0. 477	5. 016	7. 635
Glycine	*g*	0. 164			0. 047	0. 490	0. 746
Proline	*g*	0. 565			0. 160	1. 683	2. 562
Serine	*g*	0. 233			0. 066	0. 693	1. 055

[1] Values based on product containing partially hydrogenated soybean oil.

COFFEE CAKE
Cinnamon with crumb topping, dry mix, prepared[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of cake = 56 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	30. 5			8. 7	17. 1	138. 4
Food energy	kcal	318			90	178	1,442
	kJ	1,331			377	745	6,035
Protein	g	5. 5			1. 5	3. 1	24. 8
Total lipid (fat)	g	9. 6			2. 7	5. 4	43. 4
Carbohydrate, total	g	52. 8			15. 0	29. 5	239. 3
Crude fiber	g	0. 2			0. 0	0. 1	0. 8
Ash	g	1. 7			0. 5	0. 9	7. 7
Minerals:							
Calcium	mg	136			39	76	618
Iron	mg	1. 43			0. 40	0. 80	6. 47
Magnesium	mg	18			5	10	80
Phosphorus	mg	215			61	120	974
Potassium	mg	112			32	63	509
Sodium	mg	421			119	236	1,910
Zinc	mg	0. 45			0. 13	0. 25	2. 06
Copper	mg	0. 149			0. 042	0. 083	0. 676
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 167			0. 047	0. 094	0. 757
Riboflavin	mg	0. 175			0. 050	0. 098	0. 796
Niacin	mg	1. 519			0. 431	0. 851	6. 890
Pantothenic acid	mg	0. 269			0. 076	0. 151	1. 220
Vitamin B-6	mg	0. 050			0. 014	0. 028	0. 225
Folate	mcg						
Vitamin B-12	mcg	0. 14			0. 04	0. 08	0. 65
Vitamin A	RE	40			11	23	182
	IU	139			39	78	630
Lipids:							
Fatty acids:							
Saturated, total	g	1. 855			0. 526	1. 039	8. 415
4:0	g	0. 017			0. 005	0. 010	0. 079
6:0	g	0. 010			0. 003	0. 006	0. 047
8:0	g	0. 006			0. 002	0. 003	0. 028
10:0	g	0. 014			0. 004	0. 008	0. 062
12:0	g	0. 016			0. 004	0. 009	0. 070
14:0	g	0. 066			0. 019	0. 037	0. 297
16:0	g	1. 186			0. 336	0. 664	5. 381
18:0	g	0. 533			0. 151	0. 299	2. 420
Monounsaturated, total	g	3. 851			1. 092	2. 157	17. 468
16:1	g	0. 075			0. 021	0. 042	0. 342
18:1	g	3. 770			1. 069	2. 111	17. 101
20:1	g	0. 003			0. 001	0. 002	0. 014
22:1	g	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	g	3. 165			0. 897	1. 772	14. 355
18:2	g	2. 928			0. 830	1. 640	13. 281
18:3	g	0. 217			0. 061	0. 121	0. 982
18:4	g						
20:4	g	0. 016			0. 004	0. 009	0. 071
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 004			0. 001	0. 002	0. 019
Cholesterol	mg	49			14	28	223
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 066			0. 019	0. 037	0. 297
Threonine	g	0. 190			0. 054	0. 106	0. 861
Isoleucine	g	0. 245			0. 069	0. 137	1. 111
Leucine	g	0. 422			0. 120	0. 236	1. 913
Lysine	g	0. 229			0. 065	0. 128	1. 038
Methionine	g	0. 120			0. 034	0. 067	0. 546
Cystine	g	0. 111			0. 032	0. 062	0. 505
Phenylalanine	g	0. 271			0. 077	0. 152	1. 231
Tyrosine	g	0. 185			0. 052	0. 103	0. 838
Valine	g	0. 275			0. 078	0. 154	1. 247
Arginine	g	0. 224			0. 064	0. 126	1. 018
Histidine	g	0. 123			0. 035	0. 069	0. 560
Alanine	g	0. 203			0. 058	0. 114	0. 923
Aspartic acid	g	0. 332			0. 094	0. 186	1. 507
Glutamic acid	g	1. 472			0. 417	0. 824	6. 677
Glycine	g	0. 173			0. 049	0. 097	0. 786
Proline	g	0. 511			0. 145	0. 286	2. 318
Serine	g	0. 303			0. 086	0. 170	1. 376

[1] 10.5 oz pkg prepared with 1/2 c lowfat (2%) milk and 1 egg. Moisture loss: 4%.
[2] Cake (approx 8 in. x 5-3/4 in.) = 450 g.

COFFEE CAKE
Cinnamon with crumb topping, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/12 of 8 in. sq cake = 60 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	21.0			5.9	12.6	95.1
Food energy	*kcal*	400			113	240	1,815
	kJ	1,675			475	1,005	7,600
Protein	*g*	6.5			1.8	3.9	29.3
Total lipid (fat)	*g*	20.2			5.7	12.1	91.5
Carbohydrate, total	*g*	50.3			14.3	30.2	228.4
Crude fiber	*g*	0.5			0.2	0.3	2.4
Ash	*g*	1.9			0.6	1.2	8.8
Minerals:							
Calcium	*mg*	112			32	67	507
Iron	*mg*	2.21			0.63	1.33	10.02
Magnesium	*mg*	40			11	24	180
Phosphorus	*mg*	138			39	83	626
Potassium	*mg*	239			68	144	1,085
Sodium	*mg*	389			110	233	1,764
Zinc	*mg*	0.82			0.23	0.49	3.70
Copper	*mg*	0.259			0.073	0.155	1.175
Manganese	*mg*	0.705			0.200	0.423	3.198
Vitamins:							
Ascorbic acid	*mg*	0.4			0.1	0.2	1.8
Thiamin	*mg*	0.187			0.053	0.112	0.847
Riboflavin	*mg*	0.200			0.057	0.120	0.906
Niacin	*mg*	1.109			0.314	0.665	5.031
Pantothenic acid	*mg*	0.398			0.113	0.239	1.807
Vitamin B-6	*mg*	0.091			0.026	0.055	0.412
Folate	*mcg*	15			4	9	68
Vitamin B-12	*mcg*	0.15			0.04	0.09	0.67
Vitamin A[2]	*RE*	165			47	99	750
	IU	638			181	383	2,893
Lipids:							
Fatty acids:							
Saturated, total	*g*	3.633			1.030	2.180	16.477
4:0	*g*	0.005			0.001	0.003	0.023
6:0	*g*	0.003			0.001	0.002	0.013
8:0	*g*	0.002			0.001	0.001	0.010
10:0	*g*	0.004			0.001	0.003	0.019
12:0	*g*	0.006			0.002	0.004	0.029
14:0	*g*	0.088			0.025	0.053	0.400
16:0	*g*	2.343			0.664	1.406	10.629
18:0	*g*	1.166			0.331	0.700	5.289
Monounsaturated, total	*g*	7.610			2.158	4.566	34.521
16:1	*g*	0.061			0.017	0.037	0.276
18:1	*g*	7.498			2.126	4.499	34.009
20:1	*g*	0.048			0.014	0.029	0.220
22:1	*g*	0.000			0.000	0.000	0.002
Polyunsaturated, total	*g*	7.751			2.197	4.650	35.157
18:2	*g*	6.949			1.970	4.169	31.519
18:3	*g*	0.774			0.220	0.465	3.512
18:4	*g*						
20:4	*g*	0.022			0.006	0.013	0.100
20:5	*g*	0.001			0.000	0.000	0.002
22:5	*g*						
22:6	*g*	0.005			0.001	0.003	0.024
Cholesterol	*mg*	60			17	36	274
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.078			0.022	0.047	0.356
Threonine	*g*	0.228			0.065	0.137	1.034
Isoleucine	*g*	0.278			0.079	0.167	1.260
Leucine	*g*	0.482			0.137	0.289	2.186
Lysine	*g*	0.287			0.081	0.172	1.301
Methionine	*g*	0.141			0.040	0.084	0.638
Cystine	*g*	0.132			0.038	0.079	0.600
Phenylalanine	*g*	0.312			0.088	0.187	1.414
Tyrosine	*g*	0.220			0.062	0.132	0.997
Valine	*g*	0.329			0.093	0.198	1.494
Arginine	*g*	0.418			0.119	0.251	1.898
Histidine	*g*	0.148			0.042	0.089	0.672
Alanine	*g*	0.271			0.077	0.162	1.228
Aspartic acid	*g*	0.489			0.139	0.293	2.218
Glutamic acid	*g*	1.380			0.391	0.828	6.259
Glycine	*g*	0.238			0.068	0.143	1.081
Proline	*g*	0.437			0.124	0.262	1.982
Serine	*g*	0.354			0.100	0.212	1.605

[1] Approx 2-1/2 in. x 2 in. 1/9 of 9 in. square cake (approx 3 in. square) = 79 g.
[2] Product made with margarine.

COFFEE CAKE
Creme-filled with chocolate frosting

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/6 of 19 oz cake = 90 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	29. 1	0. 099	2	8. 2	26. 2	132. 0
Food energy	kcal	331			94	298	1,499
	kJ	1,384			392	1,245	6,277
Protein (N x 5.70)	g	5. 0	0. 045	2	1. 4	4. 5	22. 5
Total lipid (fat)	g	10. 8	0. 150	2	3. 1	9. 8	49. 2
Carbohydrate, total	g	53. 8			15. 3	48. 5	244. 2
Crude fiber	g						
Ash	g	1. 1	0. 050	2	0. 3	1. 0	5. 2
Minerals:							
Calcium	mg	38	0. 251	2	11	35	174
Iron[2]	mg	0. 51	0. 015	2	0. 15	0. 46	2. 34
Magnesium	mg	15	0. 051	2	4	14	69
Phosphorus	mg	75	1. 049	2	21	68	342
Potassium	mg						
Sodium	mg	323	1. 490	2	91	290	1,463
Zinc	mg	0. 44	0. 010	2	0. 12	0. 40	2. 00
Copper	mg	0. 070	0. 000	2	0. 020	0. 063	0. 318
Manganese	mg	0. 190	0. 000	2	0. 054	0. 171	0. 862
Vitamins:							
Ascorbic acid	mg						
Thiamin[2]	mg	0. 080	0. 000	2	0. 023	0. 072	0. 363
Riboflavin[2]	mg	0. 074	0. 001	2	0. 021	0. 067	0. 336
Niacin[2]	mg	0. 840	0. 040	2	0. 238	0. 756	3. 810
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	g	2. 789			0. 791	2. 511	12. 653
4:0	g	0. 000			0. 000	0. 000	0. 001
6:0	g	0. 000			0. 000	0. 000	0. 001
8:0	g	0. 000			0. 000	0. 000	0. 001
10:0	g	0. 000			0. 000	0. 000	0. 002
12:0	g	0. 001			0. 000	0. 001	0. 003
14:0	g	0. 052			0. 015	0. 047	0. 235
16:0	g	1. 478			0. 419	1. 330	6. 704
18:0	g	1. 258			0. 357	1. 132	5. 705
Monounsaturated, total	g	5. 940			1. 684	5. 346	26. 945
16:1	g	0. 026			0. 007	0. 023	0. 117
18:1	g	5. 912			1. 676	5. 321	26. 819
20:1	g	0. 002			0. 001	0. 002	0. 008
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	1. 425			0. 404	1. 283	6. 466
18:2	g	1. 345			0. 381	1. 210	6. 101
18:3	g	0. 069			0. 019	0. 062	0. 312
18:4	g						
20:4	g	0. 009			0. 003	0. 008	0. 041
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 002			0. 001	0. 002	0. 011
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 058			0. 017	0. 053	0. 265
Threonine	g	0. 161			0. 046	0. 145	0. 732
Isoleucine	g	0. 203			0. 058	0. 183	0. 922
Leucine	g	0. 362			0. 103	0. 326	1. 641
Lysine	g	0. 168			0. 048	0. 151	0. 763
Methionine	g	0. 092			0. 026	0. 082	0. 415
Cystine	g	0. 102			0. 029	0. 092	0. 463
Phenylalanine	g	0. 242			0. 069	0. 218	1. 100
Tyrosine	g	0. 154			0. 044	0. 139	0. 700
Valine	g	0. 229			0. 065	0. 206	1. 040
Arginine	g	0. 207			0. 059	0. 186	0. 937
Histidine	g	0. 112			0. 032	0. 100	0. 506
Alanine	g	0. 182			0. 052	0. 164	0. 827
Aspartic acid	g	0. 279			0. 079	0. 251	1. 266
Glutamic acid	g	1. 498			0. 425	1. 348	6. 795
Glycine	g	0. 178			0. 050	0. 160	0. 807
Proline	g	0. 500			0. 142	0. 450	2. 266
Serine	g	0. 256			0. 073	0. 231	1. 163

[1] 19 oz cake = 539 g.
[2] Values for unenriched product.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COFFEE CAKE
Fruit

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 14 oz cake = 50 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	31. 7	3. 832	3	9. 0	15. 9	143. 9
Food energy	*kcal*	311			88	156	1,412
	kJ	1,303			370	652	5,912
Protein (N x 5.70)	*g*	5. 2	0. 204	3	1. 5	2. 6	23. 6
Total lipid (fat)	*g*	10. 2	2. 604	4	2. 9	5. 1	46. 2
Carbohydrate, total	*g*	51. 5			14. 6	25. 8	233. 8
Crude fiber	*g*	0. 5		1	0. 1	0. 2	2. 3
Ash	*g*	1. 2	0. 014	5	0. 3	0. 6	5. 6
Minerals:							
Calcium	*mg*	45	14. 292	3	13	23	206
Iron	*mg*	2. 43	0. 423	3	0. 69	1. 22	11. 04
Magnesium	*mg*	17	2. 501	3	5	9	78
Phosphorus	*mg*	118	27. 140	3	33	59	533
Potassium	*mg*	90	7. 760	3	26	45	408
Sodium	*mg*	385	19. 248	3	109	192	1,746
Zinc	*mg*	0. 65	0. 050	2	0. 18	0. 32	2. 95
Copper	*mg*	0. 030	0. 035	2	0. 009	0. 015	0. 136
Manganese	*mg*	0. 240	0. 014	2	0. 068	0. 120	1. 089
Vitamins:							
Ascorbic acid	*mg*	0. 8	0. 033	9	0. 2	0. 4	3. 8
Thiamin	*mg*	0. 037	0. 013	9	0. 010	0. 018	0. 167
Riboflavin	*mg*	0. 190	0. 007	9	0. 054	0. 095	0. 863
Niacin	*mg*	2. 573	0. 052	9	0. 730	1. 287	11. 673
Pantothenic acid	*mg*	0. 660	0. 012	8	0. 187	0. 330	2. 994
Vitamin B-6	*mg*	0. 037	0. 000	8	0. 010	0. 018	0. 168
Folate	*mcg*	19	1. 029	8	5	9	86
Vitamin B-12	*mcg*						
Vitamin A	*RE*	20			6	10	91
	IU	140		1	40	70	635
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	2. 442			0. 692	1. 221	11. 079
4:0	*g*	0. 000			0. 000	0. 000	0. 001
6:0	*g*	0. 000			0. 000	0. 000	0. 001
8:0	*g*	0. 000			0. 000	0. 000	0. 001
10:0	*g*	0. 000			0. 000	0. 000	0. 002
12:0	*g*	0. 001			0. 000	0. 000	0. 003
14:0	*g*	0. 050			0. 014	0. 025	0. 227
16:0	*g*	1. 304			0. 370	0. 652	5. 914
18:0	*g*	1. 087			0. 308	0. 543	4. 930
Monounsaturated, total	*g*	5. 716			1. 621	2. 858	25. 929
16:1	*g*	0. 024			0. 007	0. 012	0. 109
18:1	*g*	5. 690			1. 613	2. 845	25. 809
20:1	*g*	0. 002			0. 001	0. 001	0. 010
22:1	*g*	0. 000			0. 000	0. 000	0. 000
Polyunsaturated, total	*g*	1. 412			0. 400	0. 706	6. 404
18:2	*g*	1. 333			0. 378	0. 667	6. 048
18:3	*g*	0. 071			0. 020	0. 035	0. 320
18:4	*g*						
20:4	*g*	0. 006			0. 002	0. 003	0. 028
20:5	*g*	0. 000			0. 000	0. 000	0. 001
22:5	*g*						
22:6	*g*	0. 002			0. 000	0. 001	0. 007
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 058			0. 016	0. 029	0. 261
Threonine	*g*	0. 165			0. 047	0. 082	0. 746
Isoleucine	*g*	0. 207			0. 059	0. 103	0. 937
Leucine	*g*	0. 364			0. 103	0. 182	1. 650
Lysine	*g*	0. 187			0. 053	0. 094	0. 850
Methionine	*g*	0. 094			0. 027	0. 047	0. 427
Cystine	*g*	0. 098			0. 028	0. 049	0. 444
Phenylalanine	*g*	0. 249			0. 070	0. 124	1. 128
Tyrosine	*g*	0. 153			0. 043	0. 076	0. 692
Valine	*g*	0. 238			0. 067	0. 119	1. 078
Arginine	*g*	0. 253			0. 072	0. 127	1. 149
Histidine	*g*	0. 112			0. 032	0. 056	0. 506
Alanine	*g*	0. 226			0. 064	0. 113	1. 024
Aspartic acid	*g*	0. 328			0. 093	0. 164	1. 489
Glutamic acid	*g*	1. 435			0. 407	0. 718	6. 510
Glycine	*g*	0. 274			0. 078	0. 137	1. 244
Proline	*g*	0. 516			0. 146	0. 258	2. 339
Serine	*g*	0. 261			0. 074	0. 130	1. 182

[1] 14 oz cake = 397 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Animal crackers
(includes arrowroot, tea biscuits)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cracker = approx 2.5 g	1 oz = 28.35 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	3. 9	0. 182	42	0. 1	1. 1	17. 9
Food energy	*kcal*	446			11	126	2,023
	kJ	1,867			47	529	8,468
Protein (N x 5.70)	*g*	6. 9	0. 155	46	0. 2	1. 9	31. 2
Total lipid (fat)	*g*	13. 8	0. 229	46	0. 3	3. 9	62. 6
Carbohydrate, total	*g*	74. 1			1. 9	21. 0	336. 1
Crude fiber	*g*	0. 3	0. 026	2	0. 0	0. 1	1. 5
Ash	*g*	1. 3	0. 028	44	0. 0	0. 4	5. 9
Minerals:							
Calcium	*mg*	43	5. 640	36	1	12	194
Iron	*mg*	2. 75	0. 067	37	0. 07	0. 78	12. 48
Magnesium	*mg*	18	0. 492	32	0	5	81
Phosphorus	*mg*	114	6. 234	35	3	32	515
Potassium	*mg*	100	2. 786	34	2	28	452
Sodium	*mg*	393	12. 049	45	10	112	1,784
Zinc	*mg*	0. 64	0. 029	32	0. 02	0. 18	2. 92
Copper	*mg*	0. 157	0. 012	31	0. 004	0. 045	0. 712
Manganese	*mg*	0. 423	0. 015	27	0. 011	0. 120	1. 920
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 350	0. 015	37	0. 009	0. 099	1. 586
Riboflavin	*mg*	0. 326	0. 015	34	0. 008	0. 092	1. 479
Niacin	*mg*	3. 470	0. 124	35	0. 087	0. 984	15. 740
Pantothenic acid	*mg*	0. 376	0. 164	2	0. 009	0. 107	1. 706
Vitamin B-6	*mg*	0. 022	0. 001	2	0. 001	0. 006	0. 102
Folate	*mcg*	14		1	0	4	64
Vitamin B-12	*mcg*	0. 05		1	0. 00	0. 01	0. 21
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	3. 470			0. 087	0. 984	15. 742
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 067			0. 002	0. 019	0. 303
16:0	*g*	1. 793			0. 045	0. 508	8. 132
18:0	*g*	1. 607			0. 040	0. 456	7. 291
Monounsaturated, total	*g*	7. 734			0. 193	2. 193	35. 083
16:1	*g*	0. 002			0. 000	0. 000	0. 007
18:1	*g*	7. 733			0. 193	2. 192	35. 076
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 821			0. 046	0. 516	8. 260
18:2	*g*	1. 728			0. 043	0. 490	7. 838
18:3	*g*	0. 093			0. 002	0. 026	0. 422
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 099			0. 002	0. 028	0. 448
Threonine	*g*	0. 193			0. 005	0. 055	0. 875
Isoleucine	*g*	0. 263			0. 007	0. 075	1. 192
Leucine	*g*	0. 470			0. 012	0. 133	2. 133
Lysine	*g*	0. 242			0. 006	0. 069	1. 099
Methionine	*g*	0. 116			0. 003	0. 033	0. 525
Cystine	*g*	0. 149			0. 004	0. 042	0. 678
Phenylalanine	*g*	0. 324			0. 008	0. 092	1. 471
Tyrosine	*g*	0. 196			0. 005	0. 056	0. 891
Valine	*g*	0. 303			0. 008	0. 086	1. 373
Arginine	*g*	0. 263			0. 007	0. 075	1. 192
Histidine	*g*	0. 140			0. 003	0. 040	0. 634
Alanine	*g*	0. 209			0. 005	0. 059	0. 946
Aspartic acid	*g*	0. 292			0. 007	0. 083	1. 323
Glutamic acid	*g*	2. 262			0. 057	0. 641	10. 258
Glycine	*g*	0. 231			0. 006	0. 066	1. 050
Proline	*g*	0. 763			0. 019	0. 216	3. 461
Serine	*g*	0. 362			0. 009	0. 103	1. 640

[1] Approx 11 crackers.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Brownies, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g[1] (sm brownie)	lg brownie = 56 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	13. 6	0. 647	15	3. 9	7. 6	61. 9
Food energy	*kcal*	405			115	227	1,839
	kJ	1,697			481	950	7,696
Protein (N x 5.90)	*g*	4. 8	0. 173	19	1. 4	2. 7	21. 9
Total lipid (fat)	*g*	16. 3	0. 610	21	4. 6	9. 1	74. 0
Carbohydrate, total	*g*	63. 9			18. 1	35. 8	289. 9
Crude fiber	*g*	0. 7	0. 150	2	0. 2	0. 4	3. 4
Ash	*g*	1. 3	0. 082	16	0. 4	0. 7	5. 9
Minerals:							
Calcium	*mg*	29	2. 976	18	8	16	133
Iron	*mg*	2. 25	0. 156	18	0. 64	1. 26	10. 21
Magnesium	*mg*	31	1. 880	11	9	17	140
Phosphorus	*mg*	101	8. 275	12	29	57	459
Potassium	*mg*	149	17. 040	11	42	84	677
Sodium	*mg*	312	34. 632	13	88	175	1,415
Zinc	*mg*	0. 72	0. 033	9	0. 20	0. 40	3. 28
Copper	*mg*	0. 224	0. 021	10	0. 064	0. 125	1. 016
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 255	0. 034	16	0. 072	0. 143	1. 157
Riboflavin	*mg*	0. 210	0. 016	18	0. 059	0. 117	0. 952
Niacin	*mg*	1. 721	0. 234	17	0. 488	0. 964	7. 805
Pantothenic acid	*mg*	0. 547		1	0. 155	0. 306	2. 481
Vitamin B-6	*mg*	0. 035		1	0. 010	0. 020	0. 159
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*	20			6	11	90
	IU	69		1	20	39	313
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	4. 325			1. 226	2. 422	19. 618
4:0	*g*	0. 000			0. 000	0. 000	0. 002
6:0	*g*	0. 000			0. 000	0. 000	0. 001
8:0	*g*	0. 000			0. 000	0. 000	0. 002
10:0	*g*	0. 001			0. 000	0. 000	0. 004
12:0	*g*	0. 001			0. 000	0. 000	0. 004
14:0	*g*	0. 074			0. 021	0. 042	0. 337
16:0	*g*	2. 277			0. 646	1. 275	10. 330
18:0	*g*	1. 969			0. 558	1. 103	8. 931
Monounsaturated, total	*g*	8. 447			2. 395	4. 730	38. 314
16:1	*g*	0. 042			0. 012	0. 024	0. 192
18:1	*g*	8. 390			2. 379	4. 699	38. 058
20:1	*g*	0. 014			0. 004	0. 008	0. 061
22:1	*g*	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	*g*	2. 568			0. 728	1. 438	11. 649
18:2	*g*	2. 325			0. 659	1. 302	10. 547
18:3	*g*	0. 220			0. 062	0. 123	0. 998
18:4	*g*						
20:4	*g*	0. 018			0. 005	0. 010	0. 081
20:5	*g*	0. 000			0. 000	0. 000	0. 002
22:5	*g*						
22:6	*g*	0. 005			0. 001	0. 003	0. 021
Cholesterol	*mg*	17	8. 577	4	5	10	78
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 064			0. 018	0. 036	0. 290
Threonine	*g*	0. 189			0. 054	0. 106	0. 859
Isoleucine	*g*	0. 224			0. 063	0. 125	1. 015
Leucine	*g*	0. 361			0. 102	0. 202	1. 640
Lysine	*g*	0. 260			0. 074	0. 146	1. 179
Methionine	*g*	0. 112			0. 032	0. 063	0. 509
Cystine	*g*	0. 105			0. 030	0. 059	0. 476
Phenylalanine	*g*	0. 241			0. 068	0. 135	1. 093
Tyrosine	*g*	0. 166			0. 047	0. 093	0. 755
Valine	*g*	0. 264			0. 075	0. 148	1. 197
Arginine	*g*	0. 256			0. 073	0. 143	1. 160
Histidine	*g*	0. 102			0. 029	0. 057	0. 461
Alanine	*g*	0. 219			0. 062	0. 123	0. 993
Aspartic acid	*g*	0. 392			0. 111	0. 219	1. 777
Glutamic acid	*g*	0. 952			0. 270	0. 533	4. 320
Glycine	*g*	0. 171			0. 049	0. 096	0. 777
Proline	*g*	0. 298			0. 084	0. 167	1. 350
Serine	*g*	0. 285			0. 081	0. 160	1. 294

[1] Approx 1-3/4 in. square x 3/4 in.
[2] Approx 2-3/4 in. square x 7/8 in.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Brownies, dry mix, regular[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (21.5 oz) = 610 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	2. 8	0. 044	40	0. 8	17. 1	12. 7
Food energy	kcal	434			123	2,647	1,968
	kJ	1,816			515	11,079	8,239
Protein (N x 5.20)	g	4. 0	0. 047	37	1. 1	24. 6	18. 3
Total lipid (fat)	g	14. 9	0. 597	39	4. 2	91. 0	67. 6
Carbohydrate, total	g	76. 6			21. 7	467. 3	347. 5
Crude fiber	g	0. 7	0. 044	21	0. 2	4. 5	3. 4
Ash	g	1. 3	0. 023	29	0. 4	8. 1	6. 1
Minerals:							
Calcium	mg	19	0. 571	36	5	116	86
Iron	mg	1. 99	0. 075	32	0. 56	12. 13	9. 02
Magnesium	mg	40	1. 046	25	11	241	179
Phosphorus	mg	82	2. 679	37	23	503	374
Potassium	mg	219	14. 627	29	62	1,335	992
Sodium	mg	303	13. 419	37	86	1,846	1,373
Zinc	mg	0. 64	0. 022	25	0. 18	3. 89	2. 89
Copper	mg	0. 276	0. 011	22	0. 078	1. 682	1. 250
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 165	0. 007	29	0. 047	1. 007	0. 749
Riboflavin	mg	0. 162	0. 009	29	0. 046	0. 985	0. 733
Niacin	mg	1. 882	0. 081	25	0. 534	11. 480	8. 536
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	3. 546			1. 005	21. 634	16. 087
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 007			0. 002	0. 042	0. 031
16:0	g	1. 709			0. 484	10. 423	7. 750
18:0	g	1. 830			0. 519	11. 161	8. 299
Monounsaturated, total	g	5. 103			1. 447	31. 129	23. 148
16:1	g	0. 008			0. 002	0. 052	0. 039
18:1	g	5. 081			1. 441	30. 997	23. 049
20:1	g	0. 013			0. 004	0. 081	0. 060
22:1	g						
Polyunsaturated, total	g	5. 382			1. 526	32. 829	24. 412
18:2	g	4. 954			1. 404	30. 218	22. 471
18:3	g	0. 427			0. 121	2. 607	1. 939
18:4	g						
20:4	g	0. 001			0. 000	0. 004	0. 003
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 058			0. 016	0. 355	0. 264
Threonine	g	0. 134			0. 038	0. 819	0. 609
Isoleucine	g	0. 154			0. 044	0. 942	0. 700
Leucine	g	0. 261			0. 074	1. 594	1. 186
Lysine	g	0. 165			0. 047	1. 008	0. 749
Methionine	g	0. 057			0. 016	0. 345	0. 257
Cystine	g	0. 071			0. 020	0. 435	0. 324
Phenylalanine	g	0. 191			0. 054	1. 164	0. 865
Tyrosine	g	0. 132			0. 037	0. 804	0. 598
Valine	g	0. 209			0. 059	1. 273	0. 946
Arginine	g	0. 228			0. 065	1. 391	1. 034
Histidine	g	0. 078			0. 022	0. 478	0. 355
Alanine	g	0. 155			0. 044	0. 946	0. 704
Aspartic acid	g	0. 297			0. 084	1. 812	1. 347
Glutamic acid	g	0. 952			0. 270	5. 810	4. 320
Glycine	g	0. 163			0. 046	0. 994	0. 739
Proline	g	0. 296			0. 084	1. 807	1. 344
Serine	g	0. 195			0. 055	1. 188	0. 883

[1] Values based on product containing walnuts.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Brownies, dry mix, regular, prepared[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 brownie = 33 g (approx 2 in. sq)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	13.0			3.7	4.3	58.8
Food energy	*kcal*	423			120	139	1,917
	kJ	1,769			501	584	8,023
Protein	*g*	4.1			1.2	1.3	18.5
Total lipid (fat)	*g*	19.9			5.6	6.6	90.0
Carbohydrate, total	*g*	61.7			17.5	20.4	280.0
Crude fiber	*g*	0.6			0.2	0.2	2.7
Ash	*g*	1.2			0.3	0.4	5.2
Minerals:							
Calcium	*mg*	19			5	6	86
Iron	*mg*	1.70			0.48	0.56	7.70
Magnesium	*mg*	33			9	11	148
Phosphorus	*mg*	78			22	26	354
Potassium	*mg*	184			52	61	834
Sodium	*mg*	252			72	83	1,144
Zinc	*mg*	0.59			0.17	0.19	2.68
Copper	*mg*	0.224			0.063	0.074	1.015
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0.110			0.031	0.036	0.497
Riboflavin	*mg*	0.149			0.042	0.049	0.675
Niacin	*mg*	1.367			0.388	0.451	6.201
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0.05			0.01	0.02	0.24
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	4.084			1.158	1.348	18.524
4:0	*g*						
6:0	*g*						
8:0	*g*	0.000			0.000	0.000	0.001
10:0	*g*	0.000			0.000	0.000	0.001
12:0	*g*	0.000			0.000	0.000	0.001
14:0	*g*	0.015			0.004	0.005	0.068
16:0	*g*	2.266			0.642	0.748	10.277
18:0	*g*	1.798			0.510	0.593	8.157
Monounsaturated, total	*g*	6.033			1.710	1.991	27.366
16:1	*g*	0.041			0.012	0.014	0.186
18:1	*g*	5.965			1.691	1.968	27.055
20:1	*g*	0.027			0.008	0.009	0.122
22:1	*g*	0.000			0.000	0.000	0.001
Polyunsaturated, total	*g*	8.596			2.437	2.837	38.989
18:2	*g*	7.746			2.196	2.556	35.134
18:3	*g*	0.837			0.237	0.276	3.798
18:4	*g*						
20:4	*g*	0.010			0.003	0.003	0.045
20:5	*g*	0.000			0.000	0.000	0.001
22:5	*g*						
22:6	*g*	0.002			0.001	0.001	0.011
Cholesterol	*mg*	28			8	9	127
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.057			0.016	0.019	0.258
Threonine	*g*	0.148			0.042	0.049	0.669
Isoleucine	*g*	0.169			0.048	0.056	0.767
Leucine	*g*	0.281			0.080	0.093	1.273
Lysine	*g*	0.192			0.054	0.063	0.872
Methionine	*g*	0.071			0.020	0.024	0.323
Cystine	*g*	0.077			0.022	0.025	0.347
Phenylalanine	*g*	0.197			0.056	0.065	0.895
Tyrosine	*g*	0.140			0.040	0.046	0.634
Valine	*g*	0.218			0.062	0.072	0.989
Arginine	*g*	0.233			0.066	0.077	1.057
Histidine	*g*	0.083			0.023	0.027	0.374
Alanine	*g*	0.171			0.048	0.056	0.774
Aspartic acid	*g*	0.322			0.091	0.106	1.460
Glutamic acid	*g*	0.874			0.248	0.288	3.965
Glycine	*g*	0.159			0.045	0.052	0.720
Proline	*g*	0.271			0.077	0.090	1.230
Serine	*g*	0.218			0.062	0.072	0.989

[1] 21.5 oz pkg prepared with 1/2 c water, 1/4 c vegetable oil, and 1 egg. Moisture loss: 9%.

COOKIES
Brownies, dry mix, special dietary[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (8.5 oz) = 241 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	3. 5		1	1. 0	8. 4	15. 7
Food energy	*kcal*	426			121	1,027	1,933
	kJ	1,784			506	4,299	8,092
Protein (N x 5.50)	*g*	2. 9		1	0. 8	6. 9	13. 1
Total lipid (fat)	*g*	12. 5		1	3. 5	30. 1	56. 7
Carbohydrate, total	*g*	80. 4			22. 8	193. 7	364. 6
Crude fiber	*g*						
Ash	*g*	0. 7		1	0. 2	1. 6	3. 0
Minerals:							
Calcium	*mg*	12		1	3	30	56
Iron	*mg*	1. 52		1	0. 43	3. 66	6. 89
Magnesium	*mg*	4		1	1	11	20
Phosphorus	*mg*	57		1	16	138	259
Potassium	*mg*	335		1	95	807	1,520
Sodium	*mg*	83		1	24	200	376
Zinc	*mg*	0. 14		1	0. 04	0. 33	0. 62
Copper	*mg*	0. 026		1	0. 007	0. 063	0. 118
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0		1	0	0	0
Thiamin	*mg*	0. 139		1	0. 039	0. 335	0. 631
Riboflavin	*mg*	0. 109		1	0. 031	0. 263	0. 494
Niacin	*mg*	1. 240		1	0. 352	2. 988	5. 625
Pantothenic acid	*mg*	0. 091		1	0. 026	0. 219	0. 413
Vitamin B-6	*mg*	0. 008		1	0. 002	0. 019	0. 036
Folate	*mcg*	3		1	1	8	15
Vitamin B-12	*mcg*	0		1	0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0		1	0	0	1
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	5. 753			1. 631	13. 866	26. 098
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 107			0. 030	0. 258	0. 486
14:0	*g*	0. 108			0. 031	0. 261	0. 491
16:0	*g*	3. 500			0. 992	8. 436	15. 878
18:0	*g*	2. 035			0. 577	4. 905	9. 232
Monounsaturated, total	*g*	5. 163			1. 464	12. 443	23. 419
16:1	*g*	0. 003			0. 001	0. 007	0. 013
18:1	*g*	5. 160			1. 463	12. 436	23. 406
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 910			0. 258	2. 192	4. 126
18:2	*g*	0. 857			0. 243	2. 066	3. 889
18:3	*g*	0. 052			0. 015	0. 126	0. 237
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0		1	0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 041			0. 012	0. 100	0. 187
Threonine	*g*	0. 087			0. 025	0. 209	0. 394
Isoleucine	*g*	0. 109			0. 031	0. 262	0. 494
Leucine	*g*	0. 189			0. 054	0. 456	0. 859
Lysine	*g*	0. 109			0. 031	0. 264	0. 496
Methionine	*g*	0. 044			0. 012	0. 106	0. 199
Cystine	*g*	0. 056			0. 016	0. 135	0. 254
Phenylalanine	*g*	0. 136			0. 038	0. 327	0. 615
Tyrosine	*g*	0. 087			0. 025	0. 209	0. 394
Valine	*g*	0. 136			0. 038	0. 327	0. 615
Arginine	*g*	0. 121			0. 034	0. 291	0. 548
Histidine	*g*	0. 056			0. 016	0. 135	0. 254
Alanine	*g*	0. 096			0. 027	0. 232	0. 437
Aspartic acid	*g*	0. 156			0. 044	0. 376	0. 707
Glutamic acid	*g*	0. 830			0. 235	2. 000	3. 764
Glycine	*g*	0. 104			0. 029	0. 250	0. 470
Proline	*g*	0. 275			0. 078	0. 662	1. 246
Serine	*g*	0. 144			0. 041	0. 348	0. 655

[1] Reduced-calorie, fructose-sweetened product.
[2] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Brownies, dry mix, special dietary, prepared[1] [2]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 brownie = 22 g (2 in. sq)	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	13. 0			2. 9	3. 7	58. 9
Food energy	*kcal*	384			84	109	1,740
	kJ	1,605			353	455	7,283
Protein	*g*	3. 8			0. 8	1. 1	17. 4
Total lipid (fat)	*g*	11. 1			2. 4	3. 1	50. 2
Carbohydrate, total	*g*	71. 3			15. 7	20. 2	323. 5
Crude fiber	*g*	0. 0			0. 0	0. 0	0. 0
Ash	*g*	0. 7			0. 2	0. 2	3. 2
Minerals:							
Calcium	*mg*	12			3	3	56
Iron	*mg*	1. 35			0. 30	0. 38	6. 14
Magnesium	*mg*	6			1	2	25
Phosphorus	*mg*	52			12	15	237
Potassium	*mg*	314			69	89	1,425
Sodium	*mg*	94			21	27	428
Zinc	*mg*	0. 13			0. 03	0. 04	0. 59
Copper	*mg*	0. 026			0. 006	0. 007	0. 116
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 099			0. 022	0. 028	0. 450
Riboflavin	*mg*	0. 140			0. 031	0. 040	0. 633
Niacin	*mg*	0. 999			0. 220	0. 283	4. 530
Pantothenic acid	*mg*	0. 066			0. 014	0. 019	0. 297
Vitamin B-6	*mg*	0. 007			0. 002	0. 002	0. 031
Folate	*mcg*	2			1	1	11
Vitamin B-12	*mcg*	0. 02			0. 00	0. 01	0. 09
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	5. 096			1. 121	1. 445	23. 113
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 095			0. 021	0. 027	0. 430
14:0	*g*	0. 096			0. 021	0. 027	0. 435
16:0	*g*	3. 100			0. 682	0. 879	14. 062
18:0	*g*	1. 803			0. 397	0. 511	8. 176
Monounsaturated, total	*g*	4. 573			1. 006	1. 296	20. 741
16:1	*g*	0. 003			0. 001	0. 001	0. 012
18:1	*g*	4. 570			1. 005	1. 296	20. 730
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 806			0. 177	0. 228	3. 654
18:2	*g*	0. 759			0. 167	0. 215	3. 444
18:3	*g*	0. 046			0. 010	0. 013	0. 209
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 053			0. 012	0. 015	0. 238
Threonine	*g*	0. 136			0. 030	0. 038	0. 615
Isoleucine	*g*	0. 169			0. 037	0. 048	0. 768
Leucine	*g*	0. 277			0. 061	0. 078	1. 255
Lysine	*g*	0. 185			0. 041	0. 052	0. 838
Methionine	*g*	0. 083			0. 018	0. 024	0. 378
Cystine	*g*	0. 083			0. 018	0. 024	0. 377
Phenylalanine	*g*	0. 195			0. 043	0. 055	0. 887
Tyrosine	*g*	0. 127			0. 028	0. 036	0. 577
Valine	*g*	0. 202			0. 045	0. 057	0. 918
Arginine	*g*	0. 177			0. 039	0. 050	0. 804
Histidine	*g*	0. 079			0. 017	0. 022	0. 357
Alanine	*g*	0. 160			0. 035	0. 045	0. 725
Aspartic acid	*g*	0. 270			0. 059	0. 076	1. 223
Glutamic acid	*g*	0. 906			0. 199	0. 257	4. 112
Glycine	*g*	0. 137			0. 030	0. 039	0. 621
Proline	*g*	0. 293			0. 065	0. 083	1. 331
Serine	*g*	0. 217			0. 048	0. 062	0. 984

[1] Reduced-calorie, fructose-sweetened product.
[2] 8.5 oz pkg prepared with 1/3 c water and 1 egg white. Moisture loss: 23%.
[3] Mix contains partially hydrogenated soybean oil.

COOKIES
Brownies, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 brownie = 24 g[1]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	12. 6			3. 0	3. 6	57. 3
Food energy	kcal	466			112	132	2,113
	kJ	1,950			468	553	8,845
Protein	g	6. 2			1. 5	1. 8	28. 3
Total lipid (fat)	g	29. 1			7. 0	8. 3	132. 2
Carbohydrate, total	g	50. 2			12. 0	14. 2	227. 7
Crude fiber	g	0. 8			0. 2	0. 2	3. 4
Ash	g	1. 6			0. 4	0. 5	7. 3
Minerals:							
Calcium	mg	57			14	16	257
Iron	mg	1. 84			0. 44	0. 52	8. 35
Magnesium	mg	53			13	15	239
Phosphorus	mg	132			32	37	599
Potassium	mg	176			42	50	800
Sodium	mg	343			82	97	1,554
Zinc	mg	0. 97			0. 23	0. 27	4. 38
Copper	mg	0. 388			0. 093	0. 110	1. 761
Manganese	mg	0. 587			0. 141	0. 166	2. 661
Vitamins:							
Ascorbic acid	mg	0. 3			0. 1	0. 1	1. 3
Thiamin	mg	0. 141			0. 034	0. 040	0. 640
Riboflavin	mg	0. 190			0. 046	0. 054	0. 863
Niacin	mg	0. 982			0. 236	0. 278	4. 455
Pantothenic acid	mg	0. 328			0. 079	0. 093	1. 486
Vitamin B-6	mg	0. 094			0. 022	0. 027	0. 425
Folate	mcg	15			4	4	68
Vitamin B-12	mcg	0. 16			0. 04	0. 04	0. 70
Vitamin A[2]	RE	199			48	56	903
	IU	765			184	217	3,470
Lipids:							
Fatty acids:							
Saturated, total	g	7. 319			1. 757	2. 075	33. 199
4:0	g						
6:0	g						
8:0	g	0. 001			0. 000	0. 000	0. 002
10:0	g	0. 001			0. 000	0. 000	0. 002
12:0	g	0. 001			0. 000	0. 000	0. 002
14:0	g	0. 074			0. 018	0. 021	0. 333
16:0	g	4. 158			0. 998	1. 179	18. 861
18:0	g	3. 037			0. 729	0. 861	13. 777
Monounsaturated, total	g	10. 839			2. 601	3. 073	49. 165
16:1	g	0. 068			0. 016	0. 019	0. 307
18:1	g	10. 710			2. 570	3. 036	48. 581
20:1	g	0. 059			0. 014	0. 017	0. 267
22:1	g	0. 001			0. 000	0. 000	0. 002
Polyunsaturated, total	g	9. 412			2. 259	2. 668	42. 691
18:2	g	8. 446			2. 027	2. 394	38. 311
18:3	g	0. 932			0. 224	0. 264	4. 227
18:4	g						
20:4	g	0. 027			0. 006	0. 008	0. 122
20:5	g	0. 001			0. 000	0. 000	0. 003
22:5	g						
22:6	g	0. 006			0. 002	0. 002	0. 029
Cholesterol	mg	73			17	21	330
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 078			0. 019	0. 022	0. 352
Threonine	g	0. 228			0. 055	0. 065	1. 035
Isoleucine	g	0. 265			0. 064	0. 075	1. 203
Leucine	g	0. 447			0. 107	0. 127	2. 026
Lysine	g	0. 283			0. 068	0. 080	1. 282
Methionine	g	0. 132			0. 032	0. 037	0. 597
Cystine	g	0. 125			0. 030	0. 035	0. 565
Phenylalanine	g	0. 298			0. 071	0. 084	1. 351
Tyrosine	g	0. 215			0. 052	0. 061	0. 975
Valine	g	0. 323			0. 077	0. 091	1. 464
Arginine	g	0. 433			0. 104	0. 123	1. 963
Histidine	g	0. 136			0. 033	0. 039	0. 618
Alanine	g	0. 271			0. 065	0. 077	1. 227
Aspartic acid	g	0. 516			0. 124	0. 146	2. 341
Glutamic acid	g	1. 203			0. 289	0. 341	5. 459
Glycine	g	0. 238			0. 057	0. 068	1. 081
Proline	g	0. 362			0. 087	0. 103	1. 644
Serine	g	0. 352			0. 085	0. 100	1. 598

[1] Approx 2-1/4 in. x 1-1/2 in. Yield = 24 brownies baked in 9 in. square pan. Brownie (approx 2 in. square) = 36 g. Yield = 16 brownies baked in 8 in. square pan.
[2] Product made with margarine.

COOKIES
Butter, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 5 g[1]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	4. 6	0. 496	9	0. 2	1. 3	21. 0
Food energy	kcal	467			23	132	2,118
	kJ	1,955			98	554	8,866
Protein (N x 5.90)	g	6. 1	0. 411	10	0. 3	1. 7	27. 8
Total lipid (fat)	g	18. 8	0. 958	14	0. 9	5. 3	85. 3
Carbohydrate, total	g	68. 9			3. 4	19. 5	312. 7
Crude fiber	g						
Ash	g	1. 5	0. 103	12	0. 1	0. 4	6. 9
Minerals:							
Calcium	mg	29	6. 020	5	1	8	132
Iron[2]	mg	2. 22	0. 207	3	0. 11	0. 63	10. 09
Magnesium	mg	12	3. 067	3	1	3	54
Phosphorus	mg	102	28. 864	4	5	29	461
Potassium	mg	111	20. 070	3	6	32	504
Sodium	mg	351	58. 423	4	18	99	1,591
Zinc	mg	0. 38	0. 060	3	0. 02	0. 11	1. 72
Copper	mg	0. 200		1	0. 010	0. 057	0. 907
Manganese	mg	0. 170	0. 007	2	0. 008	0. 048	0. 771
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin[2]	mg	0. 370	0. 060	2	0. 018	0. 105	1. 678
Riboflavin[2]	mg	0. 335	0. 095	2	0. 017	0. 095	1. 520
Niacin[2]	mg	3. 190	0. 140	2	0. 159	0. 904	14. 470
Pantothenic acid	mg	0. 488	0. 017	8	0. 024	0. 138	2. 214
Vitamin B-6	mg	0. 036	0. 000	8	0. 002	0. 010	0. 163
Folate	mcg	6	0. 138	8	0	2	28
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	g	10. 704			0. 535	3. 034	48. 551
4:0	g	0. 550			0. 027	0. 156	2. 494
6:0	g	0. 327			0. 016	0. 093	1. 481
8:0	g	0. 189			0. 009	0. 054	0. 859
10:0	g	0. 430			0. 021	0. 122	1. 950
12:0	g	0. 481			0. 024	0. 136	2. 184
14:0	g	1. 723			0. 086	0. 488	7. 814
16:0	g	4. 824			0. 241	1. 368	21. 884
18:0	g	2. 177			0. 109	0. 617	9. 874
Monounsaturated, total	g	5. 170			0. 258	1. 466	23. 451
16:1	g	0. 415			0. 021	0. 118	1. 884
18:1	g	4. 751			0. 238	1. 347	21. 550
20:1	g	0. 003			0. 000	0. 001	0. 015
22:1	g	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	g	0. 992			0. 050	0. 281	4. 502
18:2	g	0. 698			0. 035	0. 198	3. 168
18:3	g	0. 272			0. 014	0. 077	1. 233
18:4	g						
20:4	g	0. 017			0. 001	0. 005	0. 078
20:5	g	0. 001			0. 000	0. 000	0. 003
22:5	g						
22:6	g	0. 005			0. 000	0. 001	0. 020
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 084			0. 004	0. 024	0. 381
Threonine	g	0. 215			0. 011	0. 061	0. 974
Isoleucine	g	0. 277			0. 014	0. 079	1. 256
Leucine	g	0. 471			0. 024	0. 134	2. 136
Lysine	g	0. 308			0. 015	0. 087	1. 397
Methionine	g	0. 131			0. 007	0. 037	0. 593
Cystine	g	0. 122			0. 006	0. 035	0. 555
Phenylalanine	g	0. 299			0. 015	0. 085	1. 355
Tyrosine	g	0. 211			0. 011	0. 060	0. 955
Valine	g	0. 315			0. 016	0. 089	1. 430
Arginine	g	0. 261			0. 013	0. 074	1. 186
Histidine	g	0. 136			0. 007	0. 039	0. 616
Alanine	g	0. 224			0. 011	0. 064	1. 016
Aspartic acid	g	0. 371			0. 019	0. 105	1. 684
Glutamic acid	g	1. 618			0. 081	0. 459	7. 340
Glycine	g	0. 194			0. 010	0. 055	0. 880
Proline	g	0. 566			0. 028	0. 161	2. 569
Serine	g	0. 354			0. 018	0. 100	1. 604

[1] Approx 2 in. diam.
[2] Values for enriched product. Unenriched product contains 0.29 mg iron, 0.066 mg thiamin, 0.071 mg riboflavin, and 0.320 mg niacin per 100 g.
[3] Values based on product containing butter.

COOKIES

Chocolate chip, commercially prepared, regular, higher fat[1]

(includes chocolate-flavored cookies)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 10 g (2-1/4 in. diam)	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	4. 1	0. 091	87	0. 4	1. 2	18. 5
Food energy	*kcal*	481			48	136	2,180
	kJ	2,012			201	570	9,126
Protein (N x 5.80)	*g*	5. 4	0. 064	88	0. 5	1. 5	24. 4
Total lipid (fat)	*g*	22. 6	0. 153	89	2. 3	6. 4	102. 7
Carbohydrate, total	*g*	66. 8			6. 7	18. 9	302. 9
Crude fiber	*g*	0. 5	0. 094	6	0. 1	0. 1	2. 3
Ash	*g*	1. 1	0. 017	85	0. 1	0. 3	5. 1
Minerals:							
Calcium	*mg*	25	0. 775	115	2	7	112
Iron[2]	*mg*	2. 81	0. 053	114	0. 28	0. 80	12. 76
Magnesium	*mg*	31	0. 551	110	3	9	142
Phosphorus	*mg*	108	1. 778	110	11	31	492
Potassium	*mg*	135	2. 448	107	14	38	615
Sodium	*mg*	315	4. 625	112	32	89	1,429
Zinc	*mg*	0. 64	0. 011	107	0. 06	0. 18	2. 93
Copper	*mg*	0. 212	0. 007	105	0. 021	0. 060	0. 960
Manganese	*mg*	0. 449	0. 009	102	0. 045	0. 127	2. 038
Vitamins:							
Ascorbic acid[3]	*mg*	0	0. 000	4	0	0	0
Thiamin[2]	*mg*	0. 221	0. 006	81	0. 022	0. 063	1. 003
Riboflavin[2]	*mg*	0. 284	0. 023	83	0. 028	0. 081	1. 290
Niacin[2]	*mg*	2. 718	0. 037	84	0. 272	0. 771	12. 329
Pantothenic acid	*mg*	0. 229	0. 113	2	0. 023	0. 065	1. 041
Vitamin B-6	*mg*	0. 056		1	0. 006	0. 016	0. 254
Folate	*mcg*	9	0. 102	3	1	3	43
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[4]							
Fatty acids:							
Saturated, total	*g*	7. 800			0. 780	2. 211	35. 380
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 088			0. 009	0. 025	0. 397
16:0	*g*	3. 705			0. 370	1. 050	16. 805
18:0	*g*	4. 006			0. 401	1. 136	18. 170
Monounsaturated, total	*g*	11. 463			1. 146	3. 250	51. 996
16:1	*g*	0. 013			0. 001	0. 004	0. 060
18:1	*g*	11. 450			1. 145	3. 246	51. 936
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	2. 238			0. 224	0. 634	10. 151
18:2	*g*	2. 128			0. 213	0. 603	9. 652
18:3	*g*	0. 110			0. 011	0. 031	0. 499
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 073			0. 007	0. 021	0. 332
Threonine	*g*	0. 168			0. 017	0. 048	0. 761
Isoleucine	*g*	0. 222			0. 022	0. 063	1. 005
Leucine	*g*	0. 396			0. 040	0. 112	1. 795
Lysine	*g*	0. 219			0. 022	0. 062	0. 992
Methionine	*g*	0. 095			0. 010	0. 027	0. 433
Cystine	*g*	0. 095			0. 010	0. 027	0. 433
Phenylalanine	*g*	0. 261			0. 026	0. 074	1. 186
Tyrosine	*g*	0. 173			0. 017	0. 049	0. 786
Valine	*g*	0. 261			0. 026	0. 074	1. 186
Arginine	*g*	0. 191			0. 019	0. 054	0. 866
Histidine	*g*	0. 102			0. 010	0. 029	0. 462
Alanine	*g*	0. 168			0. 017	0. 048	0. 761
Aspartic acid	*g*	0. 277			0. 028	0. 079	1. 257
Glutamic acid	*g*	1. 602			0. 160	0. 454	7. 265
Glycine	*g*	0. 168			0. 017	0. 048	0. 761
Proline	*g*	0. 557			0. 056	0. 158	2. 527
Serine	*g*	0. 272			0. 027	0. 077	1. 232

[1] 18 to 28% fat content.
[2] Values for enriched product. Unenriched product contains 1.00 mg iron, 0.059 mg thiamin, 0.060 mg riboflavin, and 0.473 mg niacin per 100 g.
[3] Value for product without nuts. Product with nuts contains a trace of ascorbic acid.
[4] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Chocolate chip, commercially prepared, regular, lower fat[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 10 g (2-1/4 in. diam)	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	4. 1	0. 409	11	0. 4	1. 2	18. 6
Food energy	*kcal*	453			45	128	2,053
	kJ	1,895			189	537	8,594
Protein (N x 5.70)	*g*	5. 8	0. 118	12	0. 6	1. 6	26. 4
Total lipid (fat)	*g*	15. 4	0. 385	12	1. 5	4. 4	70. 0
Carbohydrate, total	*g*	73. 3			7. 3	20. 8	332. 5
Crude fiber	*g*	0. 6		1	0. 1	0. 2	2. 9
Ash	*g*	1. 3	0. 077	11	0. 1	0. 4	5. 7
Minerals:							
Calcium	*mg*	19	3. 216	11	2	5	85
Iron	*mg*	3. 07	0. 273	11	0. 31	0. 87	13. 91
Magnesium	*mg*	28	1. 991	8	3	8	126
Phosphorus	*mg*	84	1. 598	10	8	24	379
Potassium	*mg*	123	11. 315	10	12	35	557
Sodium	*mg*	377	16. 967	11	38	107	1,711
Zinc	*mg*	0. 70	0. 048	8	0. 07	0. 20	3. 18
Copper	*mg*	0. 247	0. 025	7	0. 025	0. 070	1. 119
Manganese	*mg*	0. 450	0. 036	5	0. 045	0. 128	2. 043
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 289	0. 026	7	0. 029	0. 082	1. 312
Riboflavin	*mg*	0. 266	0. 010	10	0. 027	0. 075	1. 206
Niacin	*mg*	2. 767	0. 122	10	0. 277	0. 784	12. 550
Pantothenic acid	*mg*						
Vitamin B-6	*mg*	0. 262		1	0. 026	0. 074	1. 188
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	4. 466			0. 447	1. 266	20. 257
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 004			0. 000	0. 001	0. 020
16:0	*g*	2. 172			0. 217	0. 616	9. 851
18:0	*g*	2. 225			0. 222	0. 631	10. 091
Monounsaturated, total	*g*	7. 918			0. 792	2. 245	35. 916
16:1	*g*	0. 020			0. 002	0. 006	0. 090
18:1	*g*	7. 898			0. 790	2. 239	35. 827
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 692			0. 169	0. 480	7. 677
18:2	*g*	1. 659			0. 166	0. 470	7. 527
18:3	*g*	0. 033			0. 003	0. 009	0. 150
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0		1	0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 083			0. 008	0. 023	0. 375
Threonine	*g*	0. 174			0. 017	0. 049	0. 791
Isoleucine	*g*	0. 234			0. 023	0. 066	1. 064
Leucine	*g*	0. 418			0. 042	0. 118	1. 896
Lysine	*g*	0. 223			0. 022	0. 063	1. 013
Methionine	*g*	0. 103			0. 010	0. 029	0. 467
Cystine	*g*	0. 114			0. 011	0. 032	0. 518
Phenylalanine	*g*	0. 282			0. 028	0. 080	1. 281
Tyrosine	*g*	0. 181			0. 018	0. 051	0. 823
Valine	*g*	0. 274			0. 027	0. 078	1. 244
Arginine	*g*	0. 216			0. 022	0. 061	0. 980
Histidine	*g*	0. 115			0. 012	0. 033	0. 523
Alanine	*g*	0. 180			0. 018	0. 051	0. 818
Aspartic acid	*g*	0. 279			0. 028	0. 079	1. 267
Glutamic acid	*g*	1. 829			0. 183	0. 518	8. 296
Glycine	*g*	0. 190			0. 019	0. 054	0. 860
Proline	*g*	0. 628			0. 063	0. 178	2. 848
Serine	*g*	0. 302			0. 030	0. 086	1. 369

[1] 12 to 17% fat content.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Chocolate chip, commercially prepared, soft-type

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 15 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	11. 6	0. 311	2	1. 7	3. 3	52. 7
Food energy	*kcal*	458			69	130	2,079
	kJ	1,919			288	544	8,704
Protein (N x 5.60)	*g*	3. 5	0. 177	2	0. 5	1. 0	15. 9
Total lipid (fat)	*g*	24. 3	0. 831	3	3. 7	6. 9	110. 5
Carbohydrate, total	*g*	59. 1			8. 9	16. 7	267. 9
Crude fiber	*g*						
Ash	*g*	1. 3	0. 025	4	0. 2	0. 4	6. 1
Minerals:							
Calcium	*mg*	15	2. 489	2	2	4	69
Iron	*mg*	2. 41	0. 255	2	0. 36	0. 68	10. 93
Magnesium	*mg*	35	8. 598	2	5	10	157
Phosphorus	*mg*	50	6. 788	2	8	14	228
Potassium	*mg*	93	15. 238	2	14	26	422
Sodium	*mg*	326	6. 752	2	49	92	1,478
Zinc	*mg*	0. 46	0. 106	2	0. 07	0. 13	2. 09
Copper	*mg*	0. 160	0. 035	2	0. 024	0. 045	0. 726
Manganese	*mg*	0. 370	0. 064	2	0. 055	0. 105	1. 678
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 110	0. 006	8	0. 016	0. 031	0. 499
Riboflavin	*mg*	0. 201	0. 003	8	0. 030	0. 057	0. 912
Niacin	*mg*	1. 620	0. 085	8	0. 243	0. 459	7. 348
Pantothenic acid	*mg*	0. 275	0. 007	8	0. 041	0. 078	1. 247
Vitamin B-6	*mg*	0. 160	0. 000	8	0. 024	0. 045	0. 726
Folate	*mcg*	5	0. 219	8	1	1	24
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	7. 478			1. 122	2. 120	33. 921
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 105			0. 016	0. 030	0. 478
16:0	*g*	3. 642			0. 546	1. 033	16. 520
18:0	*g*	3. 729			0. 559	1. 057	16. 915
Monounsaturated, total	*g*	13. 029			1. 954	3. 694	59. 101
16:1	*g*	0. 009			0. 001	0. 002	0. 039
18:1	*g*	13. 021			1. 953	3. 691	59. 062
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	2. 649			0. 397	0. 751	12. 015
18:2	*g*	2. 517			0. 378	0. 714	11. 418
18:3	*g*	0. 132			0. 020	0. 037	0. 597
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 051			0. 008	0. 014	0. 230
Threonine	*g*	0. 117			0. 018	0. 033	0. 531
Isoleucine	*g*	0. 154			0. 023	0. 044	0. 698
Leucine	*g*	0. 268			0. 040	0. 076	1. 217
Lysine	*g*	0. 156			0. 023	0. 044	0. 707
Methionine	*g*	0. 069			0. 010	0. 020	0. 312
Cystine	*g*	0. 069			0. 010	0. 020	0. 315
Phenylalanine	*g*	0. 177			0. 027	0. 050	0. 803
Tyrosine	*g*	0. 118			0. 018	0. 034	0. 536
Valine	*g*	0. 179			0. 027	0. 051	0. 812
Arginine	*g*	0. 140			0. 021	0. 040	0. 633
Histidine	*g*	0. 073			0. 011	0. 021	0. 332
Alanine	*g*	0. 119			0. 018	0. 034	0. 542
Aspartic acid	*g*	0. 195			0. 029	0. 055	0. 883
Glutamic acid	*g*	1. 061			0. 159	0. 301	4. 813
Glycine	*g*	0. 116			0. 017	0. 033	0. 525
Proline	*g*	0. 367			0. 055	0. 104	1. 666
Serine	*g*	0. 193			0. 029	0. 055	0. 877

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Chocolate chip, commercially prepared, special dietary[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 7 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	5. 1		1	0. 4	1. 4	23. 2
Food energy	*kcal*	450			31	128	2,041
	kJ	1,883			132	534	8,544
Protein (N x 5.70)	*g*	3. 9		1	0. 3	1. 1	17. 7
Total lipid (fat)	*g*	16. 8		1	1. 2	4. 8	76. 2
Carbohydrate, total	*g*	73. 4			5. 1	20. 8	332. 9
Crude fiber	*g*						
Ash	*g*	0. 7		1	0. 1	0. 2	3. 3
Minerals:							
Calcium	*mg*						
Iron	*mg*						
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	199		1	14	56	903
Sodium	*mg*	11		1	1	3	50
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*						
Riboflavin	*mg*						
Niacin	*mg*						
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	8. 178			0. 572	2. 318	37. 093
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 118			0. 008	0. 033	0. 534
14:0	*g*	0. 122			0. 009	0. 035	0. 553
16:0	*g*	4. 641			0. 325	1. 316	21. 053
18:0	*g*	3. 295			0. 231	0. 934	14. 945
Monounsaturated, total	*g*	6. 708			0. 470	1. 902	30. 428
16:1	*g*	0. 009			0. 001	0. 003	0. 042
18:1	*g*	6. 699			0. 469	1. 899	30. 386
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 045			0. 073	0. 296	4. 741
18:2	*g*	0. 988			0. 069	0. 280	4. 479
18:3	*g*	0. 058			0. 004	0. 016	0. 261
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 055			0. 004	0. 016	0. 248
Threonine	*g*	0. 120			0. 008	0. 034	0. 544
Isoleucine	*g*	0. 160			0. 011	0. 045	0. 724
Leucine	*g*	0. 285			0. 020	0. 081	1. 292
Lysine	*g*	0. 154			0. 011	0. 044	0. 699
Methionine	*g*	0. 069			0. 005	0. 020	0. 314
Cystine	*g*	0. 075			0. 005	0. 021	0. 339
Phenylalanine	*g*	0. 191			0. 013	0. 054	0. 867
Tyrosine	*g*	0. 125			0. 009	0. 035	0. 565
Valine	*g*	0. 188			0. 013	0. 053	0. 851
Arginine	*g*	0. 144			0. 010	0. 041	0. 652
Histidine	*g*	0. 077			0. 005	0. 022	0. 348
Alanine	*g*	0. 122			0. 009	0. 035	0. 553
Aspartic acid	*g*	0. 194			0. 014	0. 055	0. 879
Glutamic acid	*g*	1. 213			0. 085	0. 344	5. 501
Glycine	*g*	0. 127			0. 009	0. 036	0. 575
Proline	*g*	0. 418			0. 029	0. 119	1. 898
Serine	*g*	0. 202			0. 014	0. 057	0. 916

[1] Fructose-sweetened, sodium-free product.
[2] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Chocolate chip, dry mix

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (17.5 oz) = 496 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	3. 0	0. 126	2	0. 8	14. 8	13. 5
Food energy	kcal	497			141	2,468	2,257
	kJ	2,083			590	10,329	9,446
Protein (N x 5.70)	g	4. 6	0. 177	2	1. 3	22. 6	20. 7
Total lipid (fat)	g	25. 2	0. 810	2	7. 1	124. 9	114. 3
Carbohydrate, total	g	66. 1			18. 7	327. 6	299. 6
Crude fiber	g	0. 2	0. 150	2	0. 1	1. 2	1. 1
Ash	g	1. 2	0. 070	2	0. 3	6. 1	5. 6
Minerals:							
Calcium	mg	43	4. 000	2	12	213	195
Iron	mg	2. 07	0. 275	2	0. 59	10. 29	9. 41
Magnesium	mg	36		1	10	179	163
Phosphorus	mg	80	3. 750	2	23	396	362
Potassium	mg	208	27. 500	2	59	1,029	941
Sodium	mg	290	10. 000	2	82	1,438	1,315
Zinc	mg	0. 60		1	0. 17	2. 98	2. 72
Copper	mg	0. 300		1	0. 085	1. 488	1. 361
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 195	0. 045	2	0. 055	0. 967	0. 885
Riboflavin	mg	0. 205	0. 005	2	0. 058	1. 017	0. 930
Niacin	mg	1. 990	0. 290	2	0. 564	9. 870	9. 027
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	g	8. 243			2. 337	40. 883	37. 388
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 103			0. 029	0. 511	0. 468
16:0	g	3. 958			1. 122	19. 632	17. 953
18:0	g	4. 180			1. 185	20. 732	18. 959
Monounsaturated, total	g	13. 108			3. 716	65. 015	59. 457
16:1	g	0. 012			0. 003	0. 059	0. 054
18:1	g	13. 096			3. 713	64. 956	59. 404
20:1	g						
22:1	g						
Polyunsaturated, total	g	2. 605			0. 738	12. 919	11. 815
18:2	g	2. 476			0. 702	12. 280	11. 230
18:3	g	0. 129			0. 037	0. 639	0. 584
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 064			0. 018	0. 317	0. 290
Threonine	g	0. 141			0. 040	0. 701	0. 641
Isoleucine	g	0. 189			0. 053	0. 935	0. 855
Leucine	g	0. 337			0. 096	1. 672	1. 529
Lysine	g	0. 184			0. 052	0. 911	0. 833
Methionine	g	0. 081			0. 023	0. 404	0. 370
Cystine	g	0. 084			0. 024	0. 416	0. 381
Phenylalanine	g	0. 224			0. 064	1. 113	1. 018
Tyrosine	g	0. 148			0. 042	0. 733	0. 670
Valine	g	0. 222			0. 063	1. 102	1. 007
Arginine	g	0. 166			0. 047	0. 824	0. 754
Histidine	g	0. 089			0. 025	0. 440	0. 402
Alanine	g	0. 143			0. 041	0. 709	0. 649
Aspartic acid	g	0. 232			0. 066	1. 153	1. 055
Glutamic acid	g	1. 397			0. 396	6. 931	6. 338
Glycine	g	0. 146			0. 041	0. 725	0. 663
Proline	g	0. 484			0. 137	2. 401	2. 196
Serine	g	0. 235			0. 067	1. 165	1. 065

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Chocolate chip, dry mix, prepared[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 2 in. cookie = 16 g	1 oz = 28.35 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	3. 6			0. 6	1. 0	16. 5
Food energy	kcal	496			79	141	2,251
	kJ	2,077			332	589	9,423
Protein	g	5. 6			0. 9	1. 6	25. 5
Total lipid (fat)	g	25. 4			4. 1	7. 2	115. 1
Carbohydrate, total	g	64. 1			10. 3	18. 2	290. 6
Crude fiber	g	0. 2			0. 0	0. 1	1. 1
Ash	g	1. 3			0. 2	0. 4	5. 8
Minerals:							
Calcium	mg	47			7	13	211
Iron	mg	2. 15			0. 34	0. 61	9. 75
Magnesium	mg	36			6	10	163
Phosphorus	mg	95			15	27	429
Potassium	mg	213			34	60	965
Sodium	mg	293			47	83	1,330
Zinc	mg	0. 69			0. 11	0. 20	3. 13
Copper	mg	0. 292			0. 047	0. 083	1. 326
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 156			0. 025	0. 044	0. 707
Riboflavin	mg	0. 226			0. 036	0. 064	1. 024
Niacin	mg	1. 741			0. 278	0. 493	7. 895
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0. 08			0. 01	0. 02	0. 35
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	8. 283			1. 325	2. 348	37. 573
4:0	g						
6:0	g						
8:0	g	0. 000			0. 000	0. 000	0. 001
10:0	g	0. 000			0. 000	0. 000	0. 001
12:0	g	0. 000			0. 000	0. 000	0. 001
14:0	g	0. 103			0. 016	0. 029	0. 468
16:0	g	4. 050			0. 648	1. 148	18. 369
18:0	g	4. 124			0. 660	1. 169	18. 705
Monounsaturated, total	g	13. 063			2. 090	3. 703	59. 255
16:1	g	0. 041			0. 006	0. 011	0. 184
18:1	g	13. 019			2. 083	3. 691	59. 054
20:1	g	0. 003			0. 000	0. 001	0. 012
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	2. 655			0. 425	0. 753	12. 043
18:2	g	2. 509			0. 401	0. 711	11. 382
18:3	g	0. 128			0. 020	0. 036	0. 580
18:4	g						
20:4	g	0. 014			0. 002	0. 004	0. 063
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 004			0. 001	0. 001	0. 016
Cholesterol	mg	41			7	12	188
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 077			0. 012	0. 022	0. 348
Threonine	g	0. 195			0. 031	0. 055	0. 886
Isoleucine	g	0. 249			0. 040	0. 071	1. 130
Leucine	g	0. 431			0. 069	0. 122	1. 953
Lysine	g	0. 265			0. 042	0. 075	1. 204
Methionine	g	0. 117			0. 019	0. 033	0. 530
Cystine	g	0. 110			0. 018	0. 031	0. 497
Phenylalanine	g	0. 282			0. 045	0. 080	1. 280
Tyrosine	g	0. 193			0. 031	0. 055	0. 875
Valine	g	0. 289			0. 046	0. 082	1. 312
Arginine	g	0. 234			0. 037	0. 066	1. 062
Histidine	g	0. 115			0. 018	0. 033	0. 520
Alanine	g	0. 206			0. 033	0. 058	0. 936
Aspartic acid	g	0. 348			0. 056	0. 099	1. 577
Glutamic acid	g	1. 512			0. 242	0. 429	6. 860
Glycine	g	0. 183			0. 029	0. 052	0. 828
Proline	g	0. 517			0. 083	0. 147	2. 347
Serine	g	0. 318			0. 051	0. 090	1. 443

[1] 17.5 oz pkg prepared with 1 egg and 2 tbsp water. Moisture loss: 11%.
[2] 2-1/2 in. cookie = 21 g.

COOKIES
Chocolate chip, refrigerated dough

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: dough for 1 cookie = 16 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	12.7	0.180	29	2.0	3.6	57.6
Food energy	kcal	443			71	126	2,009
	kJ	1,854			297	526	8,410
Protein (N x 5.90)	g	4.4	0.142	27	0.7	1.3	20.1
Total lipid (fat)	g	20.4	0.351	29	3.3	5.8	92.4
Carbohydrate, total	g	61.4			9.8	17.4	278.4
Crude fiber	g	0.1	0.000	2	0.0	0.0	0.5
Ash	g	1.1	0.026	29	0.2	0.3	5.0
Minerals:							
Calcium	mg	25	1.199	17	4	7	115
Iron	mg	2.25	0.162	19	0.36	0.64	10.21
Magnesium	mg	24	1.122	9	4	7	110
Phosphorus	mg	69	1.098	9	11	19	311
Potassium	mg	180	27.864	19	29	51	818
Sodium	mg	209	21.068	19	33	59	947
Zinc	mg	0.50	0.012	9	0.08	0.14	2.29
Copper	mg	0.180	0.013	5	0.029	0.051	0.816
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0	0.000	4	0	0	0
Thiamin	mg	0.187	0.052	15	0.030	0.053	0.847
Riboflavin	mg	0.191	0.033	19	0.031	0.054	0.865
Niacin	mg	1.975	0.126	19	0.316	0.560	8.960
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	17			3	5	77
	IU	59	3.121	8	9	17	269
Lipids:[1]							
Fatty acids:							
Saturated, total	g	6.983			1.117	1.980	31.675
4:0	g						
6:0	g						
8:0	g	0.000			0.000	0.000	0.001
10:0	g	0.000			0.000	0.000	0.001
12:0	g	0.000			0.000	0.000	0.001
14:0	g	0.078			0.012	0.022	0.353
16:0	g	3.392			0.543	0.962	15.387
18:0	g	3.510			0.562	0.995	15.921
Monounsaturated, total	g	10.133			1.621	2.873	45.961
16:1	g	0.038			0.006	0.011	0.174
18:1	g	10.092			1.615	2.861	45.776
20:1	g	0.002			0.000	0.001	0.011
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	2.087			0.334	0.592	9.468
18:2	g	1.971			0.315	0.559	8.939
18:3	g	0.100			0.016	0.028	0.454
18:4	g						
20:4	g	0.013			0.002	0.004	0.057
20:5	g	0.000			0.000	0.000	0.002
22:5	g						
22:6	g	0.003			0.001	0.001	0.015
Cholesterol	mg	24	1.539	18	4	7	110
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.059			0.010	0.017	0.270
Threonine	g	0.149			0.024	0.042	0.676
Isoleucine	g	0.190			0.030	0.054	0.864
Leucine	g	0.328			0.053	0.093	1.489
Lysine	g	0.200			0.032	0.057	0.905
Methionine	g	0.089			0.014	0.025	0.403
Cystine	g	0.088			0.014	0.025	0.400
Phenylalanine	g	0.218			0.035	0.062	0.987
Tyrosine	g	0.146			0.023	0.041	0.663
Valine	g	0.220			0.035	0.062	0.997
Arginine	g	0.181			0.029	0.051	0.823
Histidine	g	0.090			0.014	0.025	0.406
Alanine	g	0.158			0.025	0.045	0.717
Aspartic acid	g	0.260			0.042	0.074	1.178
Glutamic acid	g	1.202			0.192	0.341	5.454
Glycine	g	0.143			0.023	0.041	0.649
Proline	g	0.409			0.065	0.116	1.854
Serine	g	0.246			0.039	0.070	1.117

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Chocolate chip, refrigerated dough, baked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 12 g[1]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	3.0			0.4	0.9	13.6
Food energy	kcal	492			59	140	2,232
	kJ	2,060			247	584	9,345
Protein	g	4.9			0.6	1.4	22.4
Total lipid (fat)	g	22.6			2.7	6.4	102.6
Carbohydrate, total	g	68.2			8.2	19.3	309.3
Crude fiber	g	0.1			0.0	0.0	0.5
Ash	g	1.2			0.1	0.3	5.6
Minerals:							
Calcium	mg	28			3	8	127
Iron	mg	2.50			0.30	0.71	11.35
Magnesium	mg	27			3	8	123
Phosphorus	mg	76			9	22	346
Potassium	mg	200			24	57	909
Sodium	mg	232			28	66	1,053
Zinc	mg	0.56			0.07	0.16	2.54
Copper	mg	0.200			0.024	0.057	0.907
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.166			0.020	0.047	0.753
Riboflavin	mg	0.191			0.023	0.054	0.865
Niacin	mg	1.975			0.237	0.560	8.960
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	17			2	5	77
	IU	59			7	17	269
Lipids:[2]							
Fatty acids:							
Saturated, total	g	7.759			0.931	2.200	35.194
4:0	g						
6:0	g						
8:0	g	0.000			0.000	0.000	0.001
10:0	g	0.000			0.000	0.000	0.001
12:0	g	0.000			0.000	0.000	0.001
14:0	g	0.086			0.010	0.025	0.392
16:0	g	3.769			0.452	1.069	17.097
18:0	g	3.900			0.468	1.106	17.690
Monounsaturated, total	g	11.258			1.351	3.192	51.068
16:1	g	0.043			0.005	0.012	0.193
18:1	g	11.213			1.346	3.179	50.862
20:1	g	0.003			0.000	0.001	0.012
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	2.319			0.278	0.657	10.519
18:2	g	2.190			0.263	0.621	9.932
18:3	g	0.111			0.013	0.032	0.505
18:4	g						
20:4	g	0.014			0.002	0.004	0.064
20:5	g	0.000			0.000	0.000	0.002
22:5	g						
22:6	g	0.004			0.000	0.001	0.016
Cholesterol	mg	27			3	8	122
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.066			0.008	0.019	0.300
Threonine	g	0.166			0.020	0.047	0.751
Isoleucine	g	0.212			0.025	0.060	0.960
Leucine	g	0.365			0.044	0.103	1.654
Lysine	g	0.222			0.027	0.063	1.006
Methionine	g	0.099			0.012	0.028	0.448
Cystine	g	0.098			0.012	0.028	0.444
Phenylalanine	g	0.242			0.029	0.069	1.097
Tyrosine	g	0.162			0.019	0.046	0.736
Valine	g	0.244			0.029	0.069	1.108
Arginine	g	0.202			0.024	0.057	0.915
Histidine	g	0.100			0.012	0.028	0.452
Alanine	g	0.176			0.021	0.050	0.797
Aspartic acid	g	0.289			0.035	0.082	1.309
Glutamic acid	g	1.336			0.160	0.379	6.060
Glycine	g	0.159			0.019	0.045	0.721
Proline	g	0.454			0.055	0.129	2.061
Serine	g	0.274			0.033	0.078	1.241

[1] Approx 2-1/4 in. diam.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Chocolate chip, prepared from recipe, made with butter

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 16 g[1] (2-1/4 in. diam.)	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	5.7			0.9	1.6	26.1
Food energy	kcal	488			78	138	2,212
	kJ	2,042			327	579	9,261
Protein	g	5.7			0.9	1.6	26.0
Total lipid (fat)	g	28.4			4.5	8.1	128.8
Carbohydrate, total	g	58.2			9.3	16.5	264.0
Crude fiber	g	0.9			0.2	0.3	4.3
Ash	g	1.5			0.2	0.4	6.7
Minerals:							
Calcium	mg	38			6	11	174
Iron	mg	2.48			0.40	0.70	11.24
Magnesium	mg	55			9	16	248
Phosphorus	mg	100			16	28	453
Potassium	mg	221			35	63	1,002
Sodium	mg	341			55	97	1,548
Zinc	mg	0.94			0.15	0.27	4.26
Copper	mg	0.386			0.062	0.109	1.749
Manganese	mg	0.663			0.106	0.188	3.008
Vitamins:							
Ascorbic acid	mg	0.2			0.0	0.1	1.1
Thiamin	mg	0.184			0.029	0.052	0.835
Riboflavin	mg	0.177			0.028	0.050	0.804
Niacin	mg	1.365			0.218	0.387	6.192
Pantothenic acid	mg	0.259			0.041	0.074	1.176
Vitamin B-6	mg	0.084			0.013	0.024	0.380
Folate	mcg	13			2	4	58
Vitamin B-12	mcg	0.08			0.01	0.02	0.37
Vitamin A	RE	147			23	42	665
	IU	594			95	168	2,692
Lipids:							
Fatty acids:							
Saturated, total	g	14.071			2.251	3.989	63.828
4:0	g	0.455			0.073	0.129	2.062
6:0	g	0.269			0.043	0.076	1.221
8:0	g	0.157			0.025	0.044	0.711
10:0	g	0.352			0.056	0.100	1.596
12:0	g	0.394			0.063	0.112	1.787
14:0	g	1.444			0.231	0.409	6.549
16:0	g	6.373			1.020	1.807	28.907
18:0	g	4.262			0.682	1.208	19.331
Monounsaturated, total	g	8.241			1.319	2.336	37.381
16:1	g	0.352			0.056	0.100	1.595
18:1	g	7.629			1.221	2.163	34.605
20:1	g	0.050			0.008	0.014	0.229
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	4.541			0.727	1.287	20.600
18:2	g	3.682			0.589	1.044	16.702
18:3	g	0.843			0.135	0.239	3.825
18:4	g						
20:4	g	0.013			0.002	0.004	0.059
20:5	g	0.000			0.000	0.000	0.001
22:5	g						
22:6	g	0.003			0.000	0.001	0.013
Cholesterol	mg	70			11	20	319
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.072			0.011	0.020	0.326
Threonine	g	0.191			0.030	0.054	0.865
Isoleucine	g	0.224			0.036	0.063	1.014
Leucine	g	0.391			0.063	0.111	1.775
Lysine	g	0.214			0.034	0.061	0.970
Methionine	g	0.106			0.017	0.030	0.479
Cystine	g	0.111			0.018	0.031	0.502
Phenylalanine	g	0.270			0.043	0.077	1.227
Tyrosine	g	0.188			0.030	0.053	0.852
Valine	g	0.279			0.045	0.079	1.264
Arginine	g	0.377			0.060	0.107	1.710
Histidine	g	0.123			0.020	0.035	0.556
Alanine	g	0.227			0.036	0.064	1.030
Aspartic acid	g	0.424			0.068	0.120	1.922
Glutamic acid	g	1.283			0.205	0.364	5.820
Glycine	g	0.223			0.036	0.063	1.009
Proline	g	0.398			0.064	0.113	1.807
Serine	g	0.297			0.048	0.084	1.349

[1] 2-3/4 in. diam. cookie = 23 g.

COOKIES
Chocolate chip, prepared from recipe, made with margarine

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 16 g[1] (2-1/4 in. diam)	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	5. 7			0. 9	1. 6	25. 9
Food energy	kcal	488			78	138	2,214
	kJ	2,043			327	579	9,267
Protein	g	5. 7			0. 9	1. 6	26. 1
Total lipid (fat)	g	28. 3			4. 5	8. 0	128. 3
Carbohydrate, total	g	58. 4			9. 3	16. 5	264. 7
Crude fiber	g	0. 9			0. 2	0. 3	4. 3
Ash	g	1. 5			0. 2	0. 4	6. 6
Minerals:							
Calcium	mg	39			6	11	179
Iron	mg	2. 46			0. 39	0. 70	11. 16
Magnesium	mg	55			9	16	249
Phosphorus	mg	100			16	28	453
Potassium	mg	224			36	63	1,015
Sodium	mg	361			58	102	1,639
Zinc	mg	0. 93			0. 15	0. 26	4. 22
Copper	mg	0. 383			0. 061	0. 109	1. 736
Manganese	mg	0. 663			0. 106	0. 188	3. 005
Vitamins:							
Ascorbic acid	mg	0. 3			0. 0	0. 1	1. 2
Thiamin	mg	0. 185			0. 030	0. 052	0. 840
Riboflavin	mg	0. 178			0. 028	0. 050	0. 806
Niacin	mg	1. 362			0. 218	0. 386	6. 180
Pantothenic acid	mg	0. 255			0. 041	0. 072	1. 156
Vitamin B-6	mg	0. 085			0. 014	0. 024	0. 385
Folate	mcg	13			2	4	57
Vitamin B-12	mcg	0. 08			0. 01	0. 02	0. 35
Vitamin A	RE	164			26	46	742
	IU	636			102	180	2,887
Lipids:							
Fatty acids:							
Saturated, total	g	8. 074			1. 292	2. 289	36. 625
4:0	g						
6:0	g						
8:0	g	0. 000			0. 000	0. 000	0. 001
10:0	g	0. 000			0. 000	0. 000	0. 001
12:0	g	0. 000			0. 000	0. 000	0. 001
14:0	g	0. 068			0. 011	0. 019	0. 309
16:0	g	4. 361			0. 698	1. 236	19. 781
18:0	g	3. 582			0. 573	1. 015	16. 247
Monounsaturated, total	g	10. 377			1. 660	2. 942	47. 071
16:1	g	0. 038			0. 006	0. 011	0. 171
18:1	g	10. 288			1. 646	2. 917	46. 668
20:1	g	0. 050			0. 008	0. 014	0. 229
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	8. 410			1. 346	2. 384	38. 148
18:2	g	7. 565			1. 210	2. 145	34. 313
18:3	g	0. 829			0. 133	0. 235	3. 761
18:4	g						
20:4	g	0. 013			0. 002	0. 004	0. 059
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 003			0. 000	0. 001	0. 013
Cholesterol	mg	32			5	9	147
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 072			0. 012	0. 020	0. 326
Threonine	g	0. 191			0. 031	0. 054	0. 866
Isoleucine	g	0. 224			0. 036	0. 064	1. 016
Leucine	g	0. 392			0. 063	0. 111	1. 777
Lysine	g	0. 214			0. 034	0. 061	0. 972
Methionine	g	0. 106			0. 017	0. 030	0. 479
Cystine	g	0. 111			0. 018	0. 031	0. 502
Phenylalanine	g	0. 271			0. 043	0. 077	1. 228
Tyrosine	g	0. 188			0. 030	0. 053	0. 853
Valine	g	0. 279			0. 045	0. 079	1. 265
Arginine	g	0. 377			0. 060	0. 107	1. 711
Histidine	g	0. 123			0. 020	0. 035	0. 556
Alanine	g	0. 227			0. 036	0. 064	1. 030
Aspartic acid	g	0. 424			0. 068	0. 120	1. 924
Glutamic acid	g	1. 285			0. 206	0. 364	5. 827
Glycine	g	0. 223			0. 036	0. 063	1. 010
Proline	g	0. 399			0. 064	0. 113	1. 810
Serine	g	0. 298			0. 048	0. 084	1. 350

[1] 2-3/4 in. diam. cookie = 23 g.

COOKIES
Chocolate sandwich, with creme filling, regular

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 10 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	2. 3	0. 121	51	0. 2	0. 7	10. 5
Food energy	*kcal*	472			47	134	2,143
	kJ	1,977			198	561	8,970
Protein (N x 5.50)	*g*	4. 7	0. 065	54	0. 5	1. 3	21. 4
Total lipid (fat)	*g*	20. 6	0. 269	60	2. 1	5. 8	93. 4
Carbohydrate, total	*g*	70. 3			7. 0	19. 9	318. 7
Crude fiber	*g*						
Ash	*g*	1. 9	0. 042	53	0. 2	0. 5	8. 8
Minerals:							
Calcium	*mg*	26	1. 068	80	3	7	119
Iron	*mg*	3. 88	0. 155	81	0. 39	1. 10	17. 62
Magnesium	*mg*	45	0. 783	74	4	13	203
Phosphorus	*mg*	98	2. 158	74	10	28	444
Potassium	*mg*	175	2. 895	74	18	50	795
Sodium	*mg*	604	12. 289	80	60	171	2,740
Zinc	*mg*	0. 81	0. 016	73	0. 08	0. 23	3. 70
Copper	*mg*	0. 351	0. 009	70	0. 035	0. 099	1. 591
Manganese	*mg*	0. 525	0. 009	68	0. 052	0. 149	2. 380
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 079	0. 008	52	0. 008	0. 022	0. 358
Riboflavin	*mg*	0. 179	0. 007	54	0. 018	0. 051	0. 814
Niacin	*mg*	2. 074	0. 061	54	0. 207	0. 588	9. 406
Pantothenic acid	*mg*	0. 172	0. 018	10	0. 017	0. 049	0. 781
Vitamin B-6	*mg*	0. 019	0. 003	9	0. 002	0. 005	0. 087
Folate	*mcg*	5	0. 049	8	0	1	22
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	4. 146			0. 415	1. 175	18. 804
4:0	*g*	0. 001			0. 000	0. 000	0. 003
6:0	*g*	0. 000			0. 000	0. 000	0. 002
8:0	*g*	0. 000			0. 000	0. 000	0. 001
10:0	*g*	0. 001			0. 000	0. 000	0. 003
12:0	*g*	0. 001			0. 000	0. 000	0. 003
14:0	*g*	0. 003			0. 000	0. 001	0. 015
16:0	*g*	2. 197			0. 220	0. 623	9. 967
18:0	*g*	1. 830			0. 183	0. 519	8. 301
Monounsaturated, total	*g*	11. 830			1. 183	3. 354	53. 661
16:1	*g*	0. 022			0. 002	0. 006	0. 099
18:1	*g*	11. 808			1. 181	3. 348	53. 562
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	2. 686			0. 269	0. 762	12. 185
18:2	*g*	2. 641			0. 264	0. 749	11. 978
18:3	*g*	0. 046			0. 005	0. 013	0. 207
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 068			0. 007	0. 019	0. 307
Threonine	*g*	0. 150			0. 015	0. 043	0. 681
Isoleucine	*g*	0. 182			0. 018	0. 052	0. 824
Leucine	*g*	0. 321			0. 032	0. 091	1. 455
Lysine	*g*	0. 187			0. 019	0. 053	0. 848
Methionine	*g*	0. 072			0. 007	0. 020	0. 327
Cystine	*g*	0. 091			0. 009	0. 026	0. 412
Phenylalanine	*g*	0. 220			0. 022	0. 062	0. 999
Tyrosine	*g*	0. 146			0. 015	0. 041	0. 661
Valine	*g*	0. 226			0. 023	0. 064	1. 027
Arginine	*g*	0. 200			0. 020	0. 057	0. 906
Histidine	*g*	0. 093			0. 009	0. 026	0. 424
Alanine	*g*	0. 166			0. 017	0. 047	0. 754
Aspartic acid	*g*	0. 273			0. 027	0. 077	1. 237
Glutamic acid	*g*	1. 307			0. 131	0. 370	5. 927
Glycine	*g*	0. 170			0. 017	0. 048	0. 770
Proline	*g*	0. 435			0. 043	0. 123	1. 972
Serine	*g*	0. 236			0. 024	0. 067	1. 069

[1] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Chocolate sandwich, with creme filling, regular, chocolate-coated

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 17 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	2. 0	0. 256	11	0. 3	0. 6	9. 2
Food energy	kcal	481			82	136	2,180
	kJ	2,012			342	570	9,124
Protein (N x 5.20)	g	3. 6	0. 177	11	0. 6	1. 0	16. 4
Total lipid (fat)	g	26. 4	0. 817	11	4. 5	7. 5	119. 5
Carbohydrate, total	g	66. 1			11. 2	18. 7	299. 8
Crude fiber	g						
Ash	g	1. 6	0. 138	11	0. 3	0. 4	7. 1
Minerals:							
Calcium	mg	35	1. 565	11	6	10	158
Iron	mg	3. 13	0. 252	10	0. 53	0. 89	14. 20
Magnesium	mg	39	1. 292	11	7	11	177
Phosphorus	mg	90	3. 569	11	15	26	408
Potassium	mg	240	15. 591	11	41	68	1,090
Sodium	mg	326	8. 088	11	55	92	1,480
Zinc	mg	0. 58	0. 027	11	0. 10	0. 16	2. 62
Copper	mg	0. 315	0. 021	10	0. 054	0. 089	1. 429
Manganese	mg	0. 372	0. 024	10	0. 063	0. 105	1. 687
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 095	0. 014	10	0. 016	0. 027	0. 431
Riboflavin	mg	0. 204	0. 018	11	0. 035	0. 058	0. 925
Niacin	mg	1. 373	0. 067	11	0. 233	0. 389	6. 228
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	g	7. 444			1. 266	2. 110	33. 767
4:0	g	0. 002			0. 000	0. 000	0. 007
6:0	g	0. 001			0. 000	0. 000	0. 005
8:0	g	0. 001			0. 000	0. 000	0. 005
10:0	g	0. 002			0. 000	0. 001	0. 008
12:0	g	0. 002			0. 000	0. 001	0. 008
14:0	g	0. 126			0. 021	0. 036	0. 572
16:0	g	3. 808			0. 647	1. 079	17. 272
18:0	g	3. 502			0. 595	0. 993	15. 884
Monounsaturated, total	g	14. 422			2. 452	4. 089	65. 420
16:1	g	0. 051			0. 009	0. 014	0. 231
18:1	g	14. 367			2. 442	4. 073	65. 167
20:1	g	0. 004			0. 001	0. 001	0. 019
22:1	g	0. 001			0. 000	0. 000	0. 002
Polyunsaturated, total	g	3. 065			0. 521	0. 869	13. 903
18:2	g	2. 889			0. 491	0. 819	13. 105
18:3	g	0. 148			0. 025	0. 042	0. 673
18:4	g						
20:4	g	0. 022			0. 004	0. 006	0. 098
20:5	g	0. 001			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 006			0. 001	0. 002	0. 025
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 056			0. 010	0. 016	0. 255
Threonine	g	0. 149			0. 025	0. 042	0. 677
Isoleucine	g	0. 155			0. 026	0. 044	0. 702
Leucine	g	0. 258			0. 044	0. 073	1. 172
Lysine	g	0. 185			0. 032	0. 053	0. 841
Methionine	g	0. 051			0. 009	0. 015	0. 233
Cystine	g	0. 062			0. 011	0. 018	0. 280
Phenylalanine	g	0. 176			0. 030	0. 050	0. 797
Tyrosine	g	0. 128			0. 022	0. 036	0. 583
Valine	g	0. 207			0. 035	0. 059	0. 939
Arginine	g	0. 182			0. 031	0. 052	0. 825
Histidine	g	0. 070			0. 012	0. 020	0. 318
Alanine	g	0. 160			0. 027	0. 045	0. 724
Aspartic acid	g	0. 311			0. 053	0. 088	1. 411
Glutamic acid	g	0. 793			0. 135	0. 225	3. 597
Glycine	g	0. 148			0. 025	0. 042	0. 671
Proline	g	0. 253			0. 043	0. 072	1. 147
Serine	g	0. 178			0. 030	0. 051	0. 809

[1] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Chocolate sandwich, with creme filling, special dietary[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 10 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	4. 2		1	0. 4	1. 2	19. 2
Food energy	*kcal*	461			46	131	2,090
	kJ	1,929			193	547	8,751
Protein (N x 5.40)	*g*	4. 5		1	0. 5	1. 3	20. 5
Total lipid (fat)	*g*	22. 1		1	2. 2	6. 3	100. 2
Carbohydrate, total	*g*	67. 7			6. 8	19. 2	307. 3
Crude fiber	*g*						
Ash	*g*	1. 2		1	0. 1	0. 3	5. 3
Minerals:							
Calcium	*mg*						
Iron	*mg*						
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	295		1	29	84	1,338
Sodium	*mg*	243		1	24	69	1,102
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*						
Riboflavin	*mg*						
Niacin	*mg*						
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	10. 377			1. 038	2. 942	47. 071
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 181			0. 018	0. 051	0. 821
14:0	*g*	0. 184			0. 018	0. 052	0. 835
16:0	*g*	6. 186			0. 619	1. 754	28. 060
18:0	*g*	3. 824			0. 382	1. 084	17. 344
Monounsaturated, total	*g*	9. 091			0. 909	2. 577	41. 239
16:1	*g*	0. 007			0. 001	0. 002	0. 030
18:1	*g*	9. 085			0. 908	2. 576	41. 209
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 485			0. 149	0. 421	6. 737
18:2	*g*	1. 401			0. 140	0. 397	6. 355
18:3	*g*	0. 084			0. 008	0. 024	0. 382
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 066			0. 007	0. 019	0. 300
Threonine	*g*	0. 152			0. 015	0. 043	0. 691
Isoleucine	*g*	0. 180			0. 018	0. 051	0. 816
Leucine	*g*	0. 308			0. 031	0. 087	1. 397
Lysine	*g*	0. 193			0. 019	0. 055	0. 877
Methionine	*g*	0. 069			0. 007	0. 019	0. 311
Cystine	*g*	0. 082			0. 008	0. 023	0. 372
Phenylalanine	*g*	0. 213			0. 021	0. 060	0. 968
Tyrosine	*g*	0. 146			0. 015	0. 041	0. 660
Valine	*g*	0. 228			0. 023	0. 065	1. 032
Arginine	*g*	0. 194			0. 019	0. 055	0. 881
Histidine	*g*	0. 087			0. 009	0. 025	0. 395
Alanine	*g*	0. 163			0. 016	0. 046	0. 740
Aspartic acid	*g*	0. 290			0. 029	0. 082	1. 313
Glutamic acid	*g*	1. 187			0. 119	0. 336	5. 382
Glycine	*g*	0. 163			0. 016	0. 046	0. 740
Proline	*g*	0. 392			0. 039	0. 111	1. 780
Serine	*g*	0. 223			0. 022	0. 063	1. 010

[1] Sucrose-free, low-sodium product.
[2] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Chocolate sandwich, with extra creme filling

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 13 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	1. 6	0. 173	9	0. 2	0. 5	7. 3
Food energy	kcal	500			65	142	2,269
	kJ	2,094			272	594	9,500
Protein (N x 5.50)	g	3. 6	0. 068	9	0. 5	1. 0	16. 4
Total lipid (fat)	g	25. 2	0. 670	9	3. 3	7. 1	114. 1
Carbohydrate, total	g	68. 1			8. 8	19. 3	308. 8
Crude fiber	g						
Ash	g	1. 4	0. 026	9	0. 2	0. 4	6. 5
Minerals:							
Calcium	mg	24	2. 130	8	3	7	107
Iron	mg	2. 85	0. 311	9	0. 37	0. 81	12. 92
Magnesium	mg	34	1. 266	8	4	10	153
Phosphorus	mg	91	6. 879	9	12	26	412
Potassium	mg	122	5. 624	9	16	35	553
Sodium	mg	493	22. 146	9	64	140	2,238
Zinc	mg	0. 65	0. 022	8	0. 08	0. 18	2. 96
Copper	mg	0. 347	0. 033	8	0. 045	0. 098	1. 574
Manganese	mg	0. 384	0. 037	5	0. 050	0. 109	1. 742
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 059	0. 008	8	0. 008	0. 017	0. 268
Riboflavin	mg	0. 145	0. 013	9	0. 019	0. 041	0. 658
Niacin	mg	1. 566	0. 089	8	0. 204	0. 444	7. 103
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	g	4. 808			0. 625	1. 363	21. 809
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 001			0. 000	0. 000	0. 003
16:0	g	2. 579			0. 335	0. 731	11. 699
18:0	g	2. 087			0. 271	0. 592	9. 465
Monounsaturated, total	g	14. 717			1. 913	4. 172	66. 754
16:1	g	0. 025			0. 003	0. 007	0. 114
18:1	g	14. 691			1. 910	4. 165	66. 640
20:1	g						
22:1	g						
Polyunsaturated, total	g	3. 304			0. 430	0. 937	14. 987
18:2	g	3. 251			0. 423	0. 922	14. 749
18:3	g	0. 053			0. 007	0. 015	0. 239
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 051			0. 007	0. 015	0. 232
Threonine	g	0. 114			0. 015	0. 032	0. 516
Isoleucine	g	0. 138			0. 018	0. 039	0. 626
Leucine	g	0. 248			0. 032	0. 070	1. 126
Lysine	g	0. 141			0. 018	0. 040	0. 641
Methionine	g	0. 056			0. 007	0. 016	0. 256
Cystine	g	0. 070			0. 009	0. 020	0. 319
Phenylalanine	g	0. 170			0. 022	0. 048	0. 772
Tyrosine	g	0. 111			0. 014	0. 031	0. 504
Valine	g	0. 173			0. 022	0. 049	0. 784
Arginine	g	0. 153			0. 020	0. 043	0. 694
Histidine	g	0. 073			0. 009	0. 021	0. 331
Alanine	g	0. 129			0. 017	0. 037	0. 584
Aspartic acid	g	0. 205			0. 027	0. 058	0. 930
Glutamic acid	g	1. 019			0. 132	0. 289	4. 622
Glycine	g	0. 130			0. 017	0. 037	0. 590
Proline	g	0. 340			0. 044	0. 096	1. 544
Serine	g	0. 182			0. 024	0. 052	0. 825

[1] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Chocolate wafers[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 wafer = 6 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	4. 5	0. 364	14	0. 3	1. 3	20. 5
Food energy	kcal	433			26	123	1,964
	kJ	1,812			109	514	8,220
Protein (N x 5.50)	g	6. 6	0. 141	17	0. 4	1. 9	29. 9
Total lipid (fat)	g	14. 2	1. 022	15	0. 9	4. 0	64. 6
Carbohydrate, total	g	72. 4			4. 3	20. 5	328. 4
Crude fiber	g						
Ash	g	2. 0	0. 115	14	0. 1	0. 6	9. 3
Minerals:							
Calcium	mg	31	1. 049	16	2	9	139
Iron	mg	4. 01	0. 225	17	0. 24	1. 14	18. 17
Magnesium	mg	53	2. 847	13	3	15	241
Phosphorus	mg	132	3. 148	15	8	38	601
Potassium	mg	210	11. 881	16	13	60	954
Sodium	mg	580	38. 417	18	35	164	2,631
Zinc	mg	1. 09	0. 033	15	0. 07	0. 31	4. 96
Copper	mg	0. 463	0. 036	13	0. 028	0. 131	2. 102
Manganese	mg	0. 696	0. 044	9	0. 042	0. 197	3. 155
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 203	0. 032	14	0. 012	0. 058	0. 921
Riboflavin	mg	0. 266	0. 018	17	0. 016	0. 075	1. 207
Niacin	mg	2. 858	0. 150	17	0. 171	0. 810	12. 962
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	3. 650			0. 219	1. 035	16. 558
4:0	g	0. 001			0. 000	0. 000	0. 004
6:0	g	0. 001			0. 000	0. 000	0. 003
8:0	g	0. 000			0. 000	0. 000	0. 002
10:0	g	0. 001			0. 000	0. 000	0. 003
12:0	g	0. 001			0. 000	0. 000	0. 004
14:0	g	0. 006			0. 000	0. 002	0. 029
16:0	g	1. 842			0. 111	0. 522	8. 355
18:0	g	1. 732			0. 104	0. 491	7. 858
Monounsaturated, total	g	7. 569			0. 454	2. 146	34. 334
16:1	g	0. 024			0. 001	0. 007	0. 108
18:1	g	7. 545			0. 453	2. 139	34. 224
20:1	g	0. 001			0. 000	0. 000	0. 003
22:1	g	0. 000			0. 000	0. 000	0. 000
Polyunsaturated, total	g	1. 702			0. 102	0. 483	7. 722
18:2	g	1. 665			0. 100	0. 472	7. 553
18:3	g	0. 033			0. 002	0. 009	0. 151
18:4	g						
20:4	g	0. 003			0. 000	0. 001	0. 014
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 001			0. 000	0. 000	0. 004
Cholesterol	mg	2		1	0	1	9
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 096			0. 006	0. 027	0. 434
Threonine	g	0. 220			0. 013	0. 062	0. 999
Isoleucine	g	0. 261			0. 016	0. 074	1. 184
Leucine	g	0. 447			0. 027	0. 127	2. 026
Lysine	g	0. 281			0. 017	0. 080	1. 276
Methionine	g	0. 105			0. 006	0. 030	0. 478
Cystine	g	0. 127			0. 008	0. 036	0. 576
Phenylalanine	g	0. 308			0. 018	0. 087	1. 396
Tyrosine	g	0. 205			0. 012	0. 058	0. 929
Valine	g	0. 323			0. 019	0. 092	1. 466
Arginine	g	0. 286			0. 017	0. 081	1. 298
Histidine	g	0. 128			0. 008	0. 036	0. 581
Alanine	g	0. 238			0. 014	0. 068	1. 081
Aspartic acid	g	0. 407			0. 024	0. 115	1. 847
Glutamic acid	g	1. 753			0. 105	0. 497	7. 951
Glycine	g	0. 236			0. 014	0. 067	1. 070
Proline	g	0. 577			0. 035	0. 164	2. 618
Serine	g	0. 335			0. 020	0. 095	1. 521

[1] 1-1/2 c wafer crumbs = 168 g (28 wafers).
[2] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Coconut macaroons, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 24 g[1]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	10. 6			2. 5	3. 0	48. 0
Food energy	kcal	404			97	114	1,830
	kJ	1,689			405	479	7,662
Protein	g	3. 6			0. 9	1. 0	16. 2
Total lipid (fat)	g	12. 7			3. 0	3. 6	57. 5
Carbohydrate, total	g	72. 2			17. 3	20. 5	327. 5
Crude fiber	g	0. 8			0. 2	0. 2	3. 7
Ash	g	1. 0			0. 2	0. 3	4. 4
Minerals:							
Calcium	mg	7			2	2	34
Iron	mg	0. 75			0. 18	0. 21	3. 40
Magnesium	mg	21			5	6	97
Phosphorus	mg	43			10	12	196
Potassium	mg	156			38	44	710
Sodium	mg	247			59	70	1,122
Zinc	mg	0. 71			0. 17	0. 20	3. 21
Copper	mg	0. 143			0. 034	0. 041	0. 650
Manganese	mg	0. 947			0. 227	0. 268	4. 296
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 011			0. 003	0. 003	0. 050
Riboflavin	mg	0. 110			0. 026	0. 031	0. 501
Niacin	mg	0. 130			0. 031	0. 037	0. 591
Pantothenic acid	mg	0. 270			0. 065	0. 077	1. 224
Vitamin B-6	mg	0. 099			0. 024	0. 028	0. 447
Folate	mcg	3			1	1	13
Vitamin B-12	mcg	0. 03			0. 01	0. 01	0. 16
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	11. 236			2. 697	3. 185	50. 968
4:0	g						
6:0	g	0. 069			0. 017	0. 020	0. 312
8:0	g	0. 865			0. 208	0. 245	3. 922
10:0	g	0. 697			0. 167	0. 198	3. 162
12:0	g	5. 614			1. 347	1. 591	25. 464
14:0	g	2. 235			0. 536	0. 634	10. 139
16:0	g	1. 089			0. 261	0. 309	4. 937
18:0	g	0. 669			0. 160	0. 190	3. 033
Monounsaturated, total	g	0. 549			0. 132	0. 156	2. 492
16:1	g						
18:1	g	0. 549			0. 132	0. 156	2. 492
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 141			0. 034	0. 040	0. 640
18:2	g	0. 141			0. 034	0. 040	0. 640
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 041			0. 010	0. 012	0. 184
Threonine	g	0. 143			0. 034	0. 041	0. 648
Isoleucine	g	0. 171			0. 041	0. 049	0. 777
Leucine	g	0. 273			0. 065	0. 077	1. 238
Lysine	g	0. 203			0. 049	0. 058	0. 920
Methionine	g	0. 099			0. 024	0. 028	0. 447
Cystine	g	0. 081			0. 019	0. 023	0. 366
Phenylalanine	g	0. 188			0. 045	0. 053	0. 853
Tyrosine	g	0. 122			0. 029	0. 035	0. 554
Valine	g	0. 211			0. 051	0. 060	0. 956
Arginine	g	0. 303			0. 073	0. 086	1. 376
Histidine	g	0. 076			0. 018	0. 022	0. 346
Alanine	g	0. 187			0. 045	0. 053	0. 849
Aspartic acid	g	0. 338			0. 081	0. 096	1. 534
Glutamic acid	g	0. 552			0. 132	0. 156	2. 504
Glycine	g	0. 131			0. 032	0. 037	0. 596
Proline	g	0. 133			0. 032	0. 038	0. 605
Serine	g	0. 213			0. 051	0. 060	0. 967

[1] 2 in. diam. x 3/8 in.

COOKIES
Fig bars

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 16 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	16. 5	0. 305	26	2. 6	4. 7	75. 0
Food energy	kcal	348			56	99	1,578
	kJ	1,457			233	413	6,607
Protein (N x 5.90)	g	3. 7	0. 075	29	0. 6	1. 0	16. 6
Total lipid (fat)	g	7. 3	0. 285	31	1. 2	2. 1	33. 3
Carbohydrate, total	g	70. 9			11. 3	20. 1	321. 6
Crude fiber	g	2. 5		1	0. 4	0. 7	11. 2
Ash	g	1. 6	0. 055	25	0. 3	0. 4	7. 1
Minerals:							
Calcium[1]	mg	64	3. 985	28	10	18	290
Iron	mg	2. 90	0. 129	29	0. 46	0. 82	13. 15
Magnesium	mg	27	0. 820	25	4	8	123
Phosphorus	mg	62	1. 326	26	10	17	280
Potassium	mg	207	9. 247	26	33	59	938
Sodium	mg	350	21. 427	27	56	99	1,587
Zinc	mg	0. 39	0. 013	25	0. 06	0. 11	1. 79
Copper	mg	0. 147	0. 014	25	0. 024	0. 042	0. 667
Manganese	mg	0. 343	0. 012	21	0. 055	0. 097	1. 556
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 158	0. 009	26	0. 025	0. 045	0. 718
Riboflavin	mg	0. 217	0. 025	26	0. 035	0. 061	0. 984
Niacin	mg	1. 874	0. 184	32	0. 300	0. 531	8. 502
Pantothenic acid	mg	0. 364	0. 016	12	0. 058	0. 103	1. 651
Vitamin B-6	mg	0. 075	0. 002	10	0. 012	0. 021	0. 341
Folate	mcg	10	0. 166	8	2	3	44
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	1. 339			0. 214	0. 380	6. 074
4:0	g	0. 000			0. 000	0. 000	0. 002
6:0	g	0. 000			0. 000	0. 000	0. 001
8:0	g	0. 000			0. 000	0. 000	0. 001
10:0	g	0. 000			0. 000	0. 000	0. 002
12:0	g	0. 000			0. 000	0. 000	0. 002
14:0	g	0. 006			0. 001	0. 002	0. 028
16:0	g	0. 766			0. 123	0. 217	3. 476
18:0	g	0. 526			0. 084	0. 149	2. 385
Monounsaturated, total	g	3. 996			0. 639	1. 133	18. 125
16:1	g	0. 008			0. 001	0. 002	0. 036
18:1	g	3. 988			0. 638	1. 131	18. 089
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 254			0. 201	0. 355	5. 688
18:2	g	1. 233			0. 197	0. 350	5. 594
18:3	g	0. 021			0. 003	0. 006	0. 094
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 046			0. 007	0. 013	0. 209
Threonine	g	0. 113			0. 018	0. 032	0. 510
Isoleucine	g	0. 132			0. 021	0. 038	0. 601
Leucine	g	0. 224			0. 036	0. 064	1. 018
Lysine	g	0. 140			0. 022	0. 040	0. 634
Methionine	g	0. 053			0. 008	0. 015	0. 240
Cystine	g	0. 073			0. 012	0. 021	0. 333
Phenylalanine	g	0. 145			0. 023	0. 041	0. 657
Tyrosine	g	0. 122			0. 019	0. 035	0. 553
Valine	g	0. 155			0. 025	0. 044	0. 705
Arginine	g	0. 121			0. 019	0. 034	0. 547
Histidine	g	0. 067			0. 011	0. 019	0. 302
Alanine	g	0. 148			0. 024	0. 042	0. 671
Aspartic acid	g	0. 387			0. 062	0. 110	1. 757
Glutamic acid	g	0. 914			0. 146	0. 259	4. 145
Glycine	g	0. 122			0. 020	0. 035	0. 555
Proline	g	0. 347			0. 055	0. 098	1. 573
Serine	g	0. 189			0. 030	0. 054	0. 857

[1] Values range from 38 to 148 mg calcium per 100 g. The higher value reflects a greater percentage of calcium-containing ingredients.
[2] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Fortune

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 8 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	8.0	0.283	2	0.6	2.3	36.4
Food energy	*kcal*	378			30	107	1,714
	kJ	1,581			127	448	7,173
Protein (N x 5.70)	*g*	4.2	0.084	2	0.3	1.2	19.2
Total lipid (fat)	*g*	2.7	0.052	3	0.2	0.8	12.5
Carbohydrate, total	*g*	84.0			6.7	23.8	381.2
Crude fiber	*g*						
Ash	*g*	0.9	0.015	4	0.1	0.3	4.2
Minerals:							
Calcium	*mg*	12	0.622	2	1	3	55
Iron	*mg*	1.44	0.085	2	0.12	0.41	6.53
Magnesium	*mg*	7	0.318	2	1	2	33
Phosphorus	*mg*	35	1.874	2	3	10	161
Potassium	*mg*	41	2.949	2	3	12	187
Sodium	*mg*	274	15.046	2	22	78	1,244
Zinc	*mg*	0.17	0.042	2	0.01	0.05	0.77
Copper	*mg*	0.060	0.002	2	0.005	0.017	0.272
Manganese	*mg*	0.190	0.007	2	0.015	0.054	0.862
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.182	0.005	8	0.015	0.052	0.826
Riboflavin	*mg*	0.130	0.004	8	0.010	0.037	0.590
Niacin	*mg*	1.840	0.117	8	0.147	0.522	8.346
Pantothenic acid	*mg*	0.297	0.008	8	0.024	0.084	1.347
Vitamin B-6	*mg*	0.013	0.000	8	0.001	0.004	0.059
Folate	*mcg*	10	0.244	8	1	3	46
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0.669			0.053	0.190	3.033
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0.012			0.001	0.003	0.053
16:0	*g*	0.378			0.030	0.107	1.716
18:0	*g*	0.276			0.022	0.078	1.250
Monounsaturated, total	*g*	1.345			0.108	0.381	6.102
16:1	*g*	0.008			0.001	0.002	0.035
18:1	*g*	1.337			0.107	0.379	6.063
20:1	*g*	0.001			0.000	0.000	0.003
22:1	*g*						
Polyunsaturated, total	*g*	0.466			0.037	0.132	2.113
18:2	*g*	0.438			0.035	0.124	1.986
18:3	*g*	0.024			0.002	0.007	0.109
18:4	*g*						
20:4	*g*	0.003			0.000	0.001	0.014
20:5	*g*						
22:5	*g*						
22:6	*g*	0.001			0.000	0.000	0.004
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.061			0.005	0.017	0.277
Threonine	*g*	0.123			0.010	0.035	0.557
Isoleucine	*g*	0.165			0.013	0.047	0.749
Leucine	*g*	0.295			0.024	0.084	1.336
Lysine	*g*	0.157			0.013	0.045	0.712
Methionine	*g*	0.076			0.006	0.022	0.344
Cystine	*g*	0.093			0.007	0.026	0.422
Phenylalanine	*g*	0.203			0.016	0.058	0.921
Tyrosine	*g*	0.125			0.010	0.035	0.567
Valine	*g*	0.192			0.015	0.054	0.871
Arginine	*g*	0.168			0.013	0.048	0.763
Histidine	*g*	0.088			0.007	0.025	0.398
Alanine	*g*	0.135			0.011	0.038	0.614
Aspartic acid	*g*	0.193			0.015	0.055	0.874
Glutamic acid	*g*	1.359			0.109	0.385	6.162
Glycine	*g*	0.144			0.012	0.041	0.655
Proline	*g*	0.457			0.037	0.130	2.072
Serine	*g*	0.230			0.018	0.065	1.043

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Fudge, cake-type
(includes trolley cakes)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 21 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	11. 8	0. 224	35	2. 5	3. 3	53. 5
Food energy	kcal	349			73	99	1,582
	kJ	1,460			307	414	6,623
Protein (N x 5.50)	g	5. 0	0. 064	35	1. 1	1. 4	22. 8
Total lipid (fat)	g	3. 7	0. 088	35	0. 8	1. 1	16. 8
Carbohydrate, total	g	78. 3			16. 5	22. 2	355. 4
Crude fiber	g						
Ash	g	0. 9	0. 017	35	0. 2	0. 3	4. 2
Minerals:							
Calcium	mg	34	0. 645	38	7	10	154
Iron	mg	2. 48	0. 111	38	0. 52	0. 70	11. 26
Magnesium	mg	32	1. 423	7	7	9	143
Phosphorus	mg	83	1. 230	38	17	24	377
Potassium	mg	138	2. 026	37	29	39	627
Sodium	mg	192	3. 213	38	40	54	872
Zinc	mg	0. 55	0. 022	7	0. 12	0. 16	2. 49
Copper	mg	0. 291	0. 038	7	0. 061	0. 082	1. 320
Manganese	mg	0. 322	0. 015	6	0. 068	0. 091	1. 461
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 226	0. 018	38	0. 047	0. 064	1. 025
Riboflavin	mg	0. 194	0. 006	38	0. 041	0. 055	0. 880
Niacin	mg	1. 203	0. 048	38	0. 253	0. 341	5. 457
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	g	1. 112			0. 234	0. 315	5. 044
4:0	g	0. 000			0. 000	0. 000	0. 002
6:0	g	0. 000			0. 000	0. 000	0. 001
8:0	g	0. 000			0. 000	0. 000	0. 001
10:0	g	0. 000			0. 000	0. 000	0. 001
12:0	g	0. 000			0. 000	0. 000	0. 001
14:0	g	0. 002			0. 001	0. 001	0. 011
16:0	g	0. 548			0. 115	0. 155	2. 485
18:0	g	0. 545			0. 114	0. 154	2. 471
Monounsaturated, total	g	1. 813			0. 381	0. 514	8. 222
16:1	g	0. 005			0. 001	0. 002	0. 025
18:1	g	1. 807			0. 379	0. 512	8. 197
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 466			0. 098	0. 132	2. 115
18:2	g	0. 453			0. 095	0. 129	2. 057
18:3	g	0. 013			0. 003	0. 004	0. 058
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 055			0. 012	0. 016	0. 249
Threonine	g	0. 148			0. 031	0. 042	0. 672
Isoleucine	g	0. 174			0. 036	0. 049	0. 788
Leucine	g	0. 305			0. 064	0. 087	1. 385
Lysine	g	0. 225			0. 047	0. 064	1. 020
Methionine	g	0. 071			0. 015	0. 020	0. 323
Cystine	g	0. 067			0. 014	0. 019	0. 303
Phenylalanine	g	0. 207			0. 044	0. 059	0. 941
Tyrosine	g	0. 131			0. 027	0. 037	0. 593
Valine	g	0. 225			0. 047	0. 064	1. 020
Arginine	g	0. 269			0. 056	0. 076	1. 219
Histidine	g	0. 088			0. 018	0. 025	0. 398
Alanine	g	0. 263			0. 055	0. 075	1. 194
Aspartic acid	g	0. 314			0. 066	0. 089	1. 422
Glutamic acid	g	1. 162			0. 244	0. 329	5. 270
Glycine	g	0. 448			0. 094	0. 127	2. 032
Proline	g	0. 553			0. 116	0. 157	2. 508
Serine	g	0. 233			0. 049	0. 066	1. 057

[1] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Gingersnaps

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 7 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	5.3	0.283	23	0.4	1.5	24.0
Food energy	*kcal*	416			29	118	1,889
	kJ	1,743			122	494	7,906
Protein (N x 5.70)	*g*	5.6	0.117	25	0.4	1.6	25.5
Total lipid (fat)	*g*	9.8	0.219	25	0.7	2.8	44.4
Carbohydrate, total	*g*	76.9			5.4	21.8	349.0
Crude fiber	*g*						
Ash	*g*	2.4	0.082	24	0.2	0.7	10.7
Minerals:							
Calcium[1]	*mg*	77	4.415	24	5	22	351
Iron	*mg*	6.40	0.301	24	0.45	1.81	29.04
Magnesium	*mg*	49	2.470	23	3	14	222
Phosphorus	*mg*	83	2.007	24	6	23	376
Potassium	*mg*	346	20.574	22	24	98	1,570
Sodium	*mg*	654	16.033	23	46	185	2,967
Zinc	*mg*	0.55	0.031	23	0.04	0.16	2.50
Copper	*mg*	0.305	0.025	22	0.021	0.087	1.386
Manganese	*mg*	1.555	0.116	18	0.109	0.441	7.053
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.200	0.013	21	0.014	0.057	0.909
Riboflavin	*mg*	0.293	0.014	24	0.021	0.083	1.328
Niacin	*mg*	3.235	0.096	24	0.226	0.917	14.672
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	1.774			0.124	0.503	8.047
4:0	*g*						
6:0	*g*						
8:0	*g*	0.001			0.000	0.000	0.003
10:0	*g*	0.002			0.000	0.001	0.009
12:0	*g*	0.002			0.000	0.001	0.011
14:0	*g*	0.002			0.000	0.001	0.009
16:0	*g*	0.982			0.069	0.278	4.455
18:0	*g*	0.728			0.051	0.207	3.304
Monounsaturated, total	*g*	5.616			0.393	1.592	25.475
16:1	*g*	0.010			0.001	0.003	0.046
18:1	*g*	5.606			0.392	1.589	25.429
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1.404			0.098	0.398	6.367
18:2	*g*	1.373			0.096	0.389	6.228
18:3	*g*	0.031			0.002	0.009	0.139
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.080			0.006	0.023	0.362
Threonine	*g*	0.155			0.011	0.044	0.703
Isoleucine	*g*	0.212			0.015	0.060	0.962
Leucine	*g*	0.380			0.027	0.108	1.723
Lysine	*g*	0.195			0.014	0.055	0.886
Methionine	*g*	0.094			0.007	0.027	0.425
Cystine	*g*	0.120			0.008	0.034	0.546
Phenylalanine	*g*	0.263			0.018	0.075	1.195
Tyrosine	*g*	0.159			0.011	0.045	0.720
Valine	*g*	0.248			0.017	0.070	1.123
Arginine	*g*	0.213			0.015	0.060	0.967
Histidine	*g*	0.114			0.008	0.032	0.519
Alanine	*g*	0.169			0.012	0.048	0.765
Aspartic acid	*g*	0.248			0.017	0.070	1.123
Glutamic acid	*g*	1.825			0.128	0.517	8.279
Glycine	*g*	0.189			0.013	0.054	0.859
Proline	*g*	0.614			0.043	0.174	2.784
Serine	*g*	0.292			0.020	0.083	1.325

[1] Values range from 29 to 121 mg calcium per 100 g. The higher value reflects a greater percentage of calcium-containing ingredients.
[2] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Graham crackers, plain or honey[1]
(includes cinnamon)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 2-1//2 in. sq cracker = 7 g[2]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	4. 4	0. 128	67	0. 3	1. 2	19. 9
Food energy	*kcal*	423			30	120	1,919
	kJ	1,771			124	502	8,031
Protein (N x 5.70)	*g*	6. 9	0. 091	70	0. 5	2. 0	31. 3
Total lipid (fat)	*g*	10. 1	0. 127	78	0. 7	2. 9	45. 8
Carbohydrate, total	*g*	76. 8			5. 4	21. 8	348. 4
Crude fiber	*g*	0. 7		1	0. 0	0. 2	3. 2
Ash	*g*	1. 8	0. 039	74	0. 1	0. 5	8. 2
Minerals:							
Calcium	*mg*	24	1. 138	57	2	7	107
Iron	*mg*	3. 73	0. 080	50	0. 26	1. 06	16. 91
Magnesium	*mg*	30	1. 118	48	2	8	136
Phosphorus	*mg*	104	2. 614	47	7	29	470
Potassium	*mg*	135	6. 528	50	9	38	613
Sodium	*mg*	605	15. 868	65	42	171	2,742
Zinc	*mg*	0. 81	0. 021	42	0. 06	0. 23	3. 66
Copper	*mg*	0. 202	0. 011	41	0. 014	0. 057	0. 915
Manganese	*mg*	0. 804	0. 026	35	0. 056	0. 228	3. 645
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 222	0. 017	62	0. 016	0. 063	1. 008
Riboflavin	*mg*	0. 314	0. 013	73	0. 022	0. 089	1. 426
Niacin	*mg*	4. 122	0. 095	67	0. 289	1. 168	18. 696
Pantothenic acid	*mg*	0. 537	0. 011	18	0. 038	0. 152	2. 437
Vitamin B-6	*mg*	0. 065	0. 001	2	0. 005	0. 019	0. 297
Folate	*mcg*	17	1. 350	18	1	5	77
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	2. 522			0. 177	0. 715	11. 442
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0. 006			0. 000	0. 002	0. 027
12:0	*g*	0. 006			0. 000	0. 002	0. 027
14:0	*g*	0. 046			0. 003	0. 013	0. 210
16:0	*g*	1. 492			0. 104	0. 423	6. 768
18:0	*g*	0. 944			0. 066	0. 268	4. 284
Monounsaturated, total	*g*	5. 012			0. 351	1. 421	22. 735
16:1	*g*	0. 086			0. 006	0. 025	0. 392
18:1	*g*	4. 926			0. 345	1. 396	22. 343
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 535			0. 107	0. 435	6. 963
18:2	*g*	1. 467			0. 103	0. 416	6. 655
18:3	*g*	0. 068			0. 005	0. 019	0. 306
18:4	*g*						
20:4	*g*	0. 000			0. 000	0. 000	0. 002
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0	0. 233	9	0	0	1
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 091			0. 006	0. 026	0. 412
Threonine	*g*	0. 191			0. 013	0. 054	0. 867
Isoleucine	*g*	0. 243			0. 017	0. 069	1. 103
Leucine	*g*	0. 475			0. 033	0. 135	2. 157
Lysine	*g*	0. 162			0. 011	0. 046	0. 735
Methionine	*g*	0. 119			0. 008	0. 034	0. 538
Cystine	*g*	0. 150			0. 011	0. 043	0. 680
Phenylalanine	*g*	0. 345			0. 024	0. 098	1. 564
Tyrosine	*g*	0. 208			0. 015	0. 059	0. 944
Valine	*g*	0. 287			0. 020	0. 081	1. 301
Arginine	*g*	0. 292			0. 020	0. 083	1. 322
Histidine	*g*	0. 155			0. 011	0. 044	0. 702
Alanine	*g*	0. 227			0. 016	0. 064	1. 032
Aspartic acid	*g*	0. 308			0. 022	0. 087	1. 399
Glutamic acid	*g*	2. 301			0. 161	0. 652	10. 437
Glycine	*g*	0. 256			0. 018	0. 073	1. 163
Proline	*g*	0. 784			0. 055	0. 222	3. 556
Serine	*g*	0. 341			0. 024	0. 097	1. 547

[1] 1-1/2 c cracker crumbs = 126 g (9 whole crackers).
[2] Rectangular piece with 2 squares (2-1/2 in. each) = 14 g.
[3] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Graham crackers, chocolate-coated

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 2-1/2 in. sq cracker = 14 g	1 oz = 28.35 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	2. 6	0. 263	14	0. 4	0. 7	11. 7
Food energy	kcal	484			68	137	2,193
	kJ	2,024			283	573	9,182
Protein (N x 5.80)	g	5. 8	0. 323	14	0. 8	1. 6	26. 4
Total lipid (fat)	g	23. 2	1. 139	14	3. 2	6. 6	105. 2
Carbohydrate, total	g	66. 5			9. 3	18. 8	301. 6
Crude fiber	g						
Ash	g	1. 8	0. 249	14	0. 3	0. 5	8. 3
Minerals:							
Calcium	mg	58	14. 374	14	8	16	263
Iron	mg	3. 58	0. 303	14	0. 50	1. 01	16. 25
Magnesium	mg	58	8. 217	13	8	17	265
Phosphorus	mg	134	8. 182	13	19	38	610
Potassium	mg	209	18. 789	13	29	59	950
Sodium	mg	291	20. 261	14	41	82	1,322
Zinc	mg	0. 97	0. 107	13	0. 14	0. 28	4. 42
Copper	mg	0. 430	0. 060	13	0. 060	0. 122	1. 953
Manganese	mg	0. 726	0. 075	12	0. 102	0. 205	3. 293
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 144	0. 014	14	0. 020	0. 041	0. 652
Riboflavin	mg	0. 212	0. 018	14	0. 030	0. 060	0. 963
Niacin	mg	2. 176	0. 137	14	0. 305	0. 616	9. 870
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	10. 770			1. 508	3. 048	48. 851
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 016			0. 002	0. 005	0. 075
16:0	g	4. 833			0. 677	1. 368	21. 922
18:0	g	5. 883			0. 824	1. 665	26. 684
Monounsaturated, total	g	9. 198			1. 288	2. 603	41. 724
16:1	g	0. 040			0. 006	0. 011	0. 181
18:1	g	9. 159			1. 282	2. 592	41. 543
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 545			0. 216	0. 437	7. 010
18:2	g	1. 505			0. 211	0. 426	6. 824
18:3	g	0. 041			0. 006	0. 011	0. 184
18:4	g						
20:4	g	0. 000			0. 000	0. 000	0. 001
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 073			0. 010	0. 021	0. 332
Threonine	g	0. 198			0. 028	0. 056	0. 900
Isoleucine	g	0. 250			0. 035	0. 071	1. 132
Leucine	g	0. 460			0. 064	0. 130	2. 086
Lysine	g	0. 226			0. 032	0. 064	1. 027
Methionine	g	0. 110			0. 015	0. 031	0. 500
Cystine	g	0. 087			0. 012	0. 025	0. 395
Phenylalanine	g	0. 301			0. 042	0. 085	1. 364
Tyrosine	g	0. 213			0. 030	0. 060	0. 968
Valine	g	0. 302			0. 042	0. 085	1. 368
Arginine	g	0. 211			0. 030	0. 060	0. 959
Histidine	g	0. 112			0. 016	0. 032	0. 509
Alanine	g	0. 196			0. 027	0. 056	0. 891
Aspartic acid	g	0. 356			0. 050	0. 101	1. 614
Glutamic acid	g	1. 623			0. 227	0. 459	7. 364
Glycine	g	0. 184			0. 026	0. 052	0. 836
Proline	g	0. 584			0. 082	0. 165	2. 650
Serine	g	0. 279			0. 039	0. 079	1. 264

[1] Rectangular piece with 2 squares (2-1/2 in. each) = 28 g.
[2] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Ladyfingers

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 ladyfinger = 11 g[1]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	19. 5			2. 1	5. 5	88. 3
Food energy	*kcal*	365			40	104	1,657
	kJ	1,529			168	433	6,935
Protein	*g*	10. 6			1. 2	3. 0	48. 1
Total lipid (fat)	*g*	9. 1			1. 0	2. 6	41. 4
Carbohydrate, total	*g*	59. 7			6. 6	16. 9	271. 0
Crude fiber	*g*	0. 0			0. 0	0. 0	0. 0
Ash	*g*	1. 1			0. 1	0. 3	4. 9
Minerals:							
Calcium	*mg*	47			5	13	215
Iron	*mg*	3. 58			0. 39	1. 01	16. 23
Magnesium	*mg*	12			1	3	53
Phosphorus	*mg*	173			19	49	787
Potassium	*mg*	113			12	32	512
Sodium	*mg*	147			16	42	667
Zinc	*mg*	1. 14			0. 13	0. 32	5. 16
Copper	*mg*	0. 095			0. 010	0. 027	0. 432
Manganese	*mg*	0. 240			0. 026	0. 068	1. 087
Vitamins:							
Ascorbic acid[2]	*mg*	3. 7			0. 4	1. 1	16. 8
Thiamin	*mg*	0. 284			0. 031	0. 080	1. 287
Riboflavin	*mg*	0. 428			0. 047	0. 121	1. 939
Niacin	*mg*	2. 104			0. 231	0. 597	9. 545
Pantothenic acid	*mg*	1. 116			0. 123	0. 316	5. 062
Vitamin B-6	*mg*	0. 122			0. 013	0. 035	0. 552
Folate	*mcg*	37			4	10	167
Vitamin B-12	*mcg*	0. 75			0. 08	0. 21	3. 42
Vitamin A	*RE*	167			18	47	755
	IU	556			61	158	2,521
Lipids:							
Fatty acids:							
Saturated, total	*g*	2. 765			0. 304	0. 784	12. 541
4:0	*g*						
6:0	*g*						
8:0	*g*	0. 003			0. 000	0. 001	0. 012
10:0	*g*	0. 003			0. 000	0. 001	0. 012
12:0	*g*	0. 003			0. 000	0. 001	0. 012
14:0	*g*	0. 030			0. 003	0. 008	0. 135
16:0	*g*	1. 993			0. 219	0. 565	9. 041
18:0	*g*	0. 690			0. 076	0. 196	3. 131
Monounsaturated, total	*g*	3. 369			0. 371	0. 955	15. 283
16:1	*g*	0. 262			0. 029	0. 074	1. 190
18:1	*g*	3. 073			0. 338	0. 871	13. 938
20:1	*g*	0. 025			0. 003	0. 007	0. 112
22:1	*g*	0. 003			0. 000	0. 001	0. 012
Polyunsaturated, total	*g*	1. 326			0. 146	0. 376	6. 017
18:2	*g*	1. 129			0. 124	0. 320	5. 122
18:3	*g*	0. 037			0. 004	0. 010	0. 168
18:4	*g*						
20:4	*g*	0. 125			0. 014	0. 035	0. 566
20:5	*g*	0. 003			0. 000	0. 001	0. 014
22:5	*g*						
22:6	*g*	0. 032			0. 004	0. 009	0. 147
Cholesterol[3]	*mg*	365			40	103	1,655
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 133			0. 015	0. 038	0. 602
Threonine	*g*	0. 467			0. 051	0. 132	2. 118
Isoleucine	*g*	0. 516			0. 057	0. 146	2. 340
Leucine	*g*	0. 861			0. 095	0. 244	3. 906
Lysine	*g*	0. 679			0. 075	0. 193	3. 081
Methionine	*g*	0. 268			0. 030	0. 076	1. 217
Cystine	*g*	0. 224			0. 025	0. 063	1. 014
Phenylalanine	*g*	0. 511			0. 056	0. 145	2. 316
Tyrosine	*g*	0. 408			0. 045	0. 116	1. 852
Valine	*g*	0. 579			0. 064	0. 164	2. 624
Arginine	*g*	0. 610			0. 067	0. 173	2. 767
Histidine	*g*	0. 248			0. 027	0. 070	1. 124
Alanine	*g*	0. 502			0. 055	0. 142	2. 278
Aspartic acid	*g*	0. 888			0. 098	0. 252	4. 027
Glutamic acid	*g*	1. 920			0. 211	0. 544	8. 710
Glycine	*g*	0. 346			0. 038	0. 098	1. 572
Proline	*g*	0. 625			0. 069	0. 177	2. 835
Serine	*g*	0. 761			0. 084	0. 216	3. 451

[1] Approx 3-1/4 in. x 1-3/8 in.
[2] Value for product containing lemon juice and lemon rind. Product without lemon contains 0 mg ascorbic acid per 100 g.
[3] Formulation contains 22% egg yolk.

COOKIES
Marshmallow, chocolate-coated
(includes marshmallow pies)[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sm cookie = 13 g[2]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	10. 1	0. 592	20	1. 3	2. 9	45. 9
Food energy	kcal	421			55	119	1,911
	kJ	1,764			229	500	8,001
Protein (N x 5.50)	g	4. 0	0. 123	20	0. 5	1. 1	18. 3
Total lipid (fat)	g	16. 9	0. 578	20	2. 2	4. 8	76. 8
Carbohydrate, total	g	67. 7			8. 8	19. 2	307. 1
Crude fiber	g						
Ash	g	1. 1	0. 061	20	0. 1	0. 3	4. 8
Minerals:							
Calcium	mg	46	3. 554	21	6	13	209
Iron	mg	2. 53	0. 268	18	0. 33	0. 72	11. 48
Magnesium	mg	36	3. 794	21	5	10	164
Phosphorus	mg	97	3. 615	21	13	28	441
Potassium	mg	182	5. 627	21	24	52	826
Sodium	mg	168	6. 125	21	22	48	762
Zinc	mg	0. 65	0. 079	18	0. 08	0. 18	2. 96
Copper	mg	0. 262	0. 039	18	0. 034	0. 074	1. 188
Manganese	mg	0. 285	0. 037	17	0. 037	0. 081	1. 292
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 093	0. 007	17	0. 012	0. 026	0. 423
Riboflavin	mg	0. 208	0. 013	20	0. 027	0. 059	0. 944
Niacin	mg	0. 784	0. 132	17	0. 102	0. 222	3. 557
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	g	4. 676			0. 608	1. 326	21. 212
4:0	g	0. 002			0. 000	0. 000	0. 008
6:0	g	0. 001			0. 000	0. 000	0. 005
8:0	g	0. 001			0. 000	0. 000	0. 002
10:0	g	0. 001			0. 000	0. 000	0. 006
12:0	g	0. 001			0. 000	0. 000	0. 006
14:0	g	0. 085			0. 011	0. 024	0. 385
16:0	g	2. 334			0. 303	0. 662	10. 586
18:0	g	2. 251			0. 293	0. 638	10. 210
Monounsaturated, total	g	9. 476			1. 232	2. 686	42. 982
16:1	g	0. 004			0. 000	0. 001	0. 016
18:1	g	9. 472			1. 231	2. 685	42. 966
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 970			0. 256	0. 558	8. 935
18:2	g	1. 871			0. 243	0. 530	8. 486
18:3	g	0. 099			0. 013	0. 028	0. 449
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 036			0. 005	0. 010	0. 163
Threonine	g	0. 128			0. 017	0. 036	0. 583
Isoleucine	g	0. 127			0. 017	0. 036	0. 576
Leucine	g	0. 225			0. 029	0. 064	1. 022
Lysine	g	0. 197			0. 026	0. 056	0. 896
Methionine	g	0. 049			0. 006	0. 014	0. 223
Cystine	g	0. 043			0. 006	0. 012	0. 196
Phenylalanine	g	0. 142			0. 019	0. 040	0. 646
Tyrosine	g	0. 083			0. 011	0. 024	0. 376
Valine	g	0. 170			0. 022	0. 048	0. 769
Arginine	g	0. 242			0. 031	0. 069	1. 099
Histidine	g	0. 059			0. 008	0. 017	0. 266
Alanine	g	0. 265			0. 034	0. 075	1. 202
Aspartic acid	g	0. 294			0. 038	0. 083	1. 332
Glutamic acid	g	0. 742			0. 096	0. 210	3. 366
Glycine	g	0. 487			0. 063	0. 138	2. 208
Proline	g	0. 442			0. 057	0. 125	2. 004
Serine	g	0. 172			0. 022	0. 049	0. 779

[1] Marshmallow pie (3 in. diam. x 3/4 in.) = 39 g.
[2] 1-3/4 in. diam. x 3/4 in.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Molasses

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 med cookie = 15 g	1 oz = 28.35 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	5. 8	0. 448	14	0. 9	1. 6	26. 3
Food energy	*kcal*	430			65	122	1,952
	kJ	1,801			270	511	8,170
Protein (N x 5.70)	*g*	5. 6	0. 183	14	0. 8	1. 6	25. 2
Total lipid (fat)	*g*	12. 8	0. 489	15	1. 9	3. 6	58. 1
Carbohydrate, total	*g*	73. 8			11. 1	20. 9	335. 0
Crude fiber	*g*	0. 5	0. 212	3	0. 1	0. 1	2. 3
Ash	*g*	2. 0	0. 081	15	0. 3	0. 6	9. 1
Minerals:							
Calcium	*mg*	74	5. 223	14	11	21	336
Iron	*mg*	6. 43	0. 544	12	0. 96	1. 82	29. 15
Magnesium	*mg*	52	3. 644	9	8	15	237
Phosphorus	*mg*	95	5. 257	10	14	27	431
Potassium	*mg*	346	30. 901	12	52	98	1,571
Sodium	*mg*	459	21. 240	13	69	130	2,081
Zinc	*mg*	0. 45	0. 038	9	0. 07	0. 13	2. 06
Copper	*mg*	0. 373	0. 043	7	0. 056	0. 106	1. 691
Manganese	*mg*	1. 257	0. 269	9	0. 189	0. 356	5. 703
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 355	0. 064	13	0. 053	0. 101	1. 612
Riboflavin	*mg*	0. 264	0. 014	14	0. 040	0. 075	1. 198
Niacin	*mg*	3. 031	0. 162	13	0. 455	0. 859	13. 750
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	2. 316			0. 347	0. 657	10. 506
4:0	*g*						
6:0	*g*						
8:0	*g*	0. 000			0. 000	0. 000	0. 002
10:0	*g*	0. 001			0. 000	0. 000	0. 005
12:0	*g*	0. 001			0. 000	0. 000	0. 006
14:0	*g*	0. 001			0. 000	0. 000	0. 006
16:0	*g*	1. 278			0. 192	0. 362	5. 796
18:0	*g*	0. 960			0. 144	0. 272	4. 357
Monounsaturated, total	*g*	7. 403			1. 110	2. 099	33. 580
16:1	*g*	0. 013			0. 002	0. 004	0. 059
18:1	*g*	7. 390			1. 108	2. 095	33. 520
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 807			0. 271	0. 512	8. 196
18:2	*g*	1. 771			0. 266	0. 502	8. 033
18:3	*g*	0. 036			0. 005	0. 010	0. 163
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 080			0. 012	0. 023	0. 363
Threonine	*g*	0. 154			0. 023	0. 044	0. 700
Isoleucine	*g*	0. 210			0. 031	0. 060	0. 952
Leucine	*g*	0. 377			0. 057	0. 107	1. 710
Lysine	*g*	0. 193			0. 029	0. 055	0. 877
Methionine	*g*	0. 094			0. 014	0. 027	0. 425
Cystine	*g*	0. 120			0. 018	0. 034	0. 545
Phenylalanine	*g*	0. 263			0. 039	0. 074	1. 191
Tyrosine	*g*	0. 158			0. 024	0. 045	0. 718
Valine	*g*	0. 244			0. 037	0. 069	1. 107
Arginine	*g*	0. 212			0. 032	0. 060	0. 961
Histidine	*g*	0. 113			0. 017	0. 032	0. 514
Alanine	*g*	0. 167			0. 025	0. 047	0. 757
Aspartic acid	*g*	0. 238			0. 036	0. 068	1. 081
Glutamic acid	*g*	1. 824			0. 274	0. 517	8. 274
Glycine	*g*	0. 188			0. 028	0. 053	0. 855
Proline	*g*	0. 614			0. 092	0. 174	2. 786
Serine	*g*	0. 291			0. 044	0. 082	1. 320

[1] 3 in. diam. x 3/8 in.
[2] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Oatmeal, commercially prepared, regular[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 18 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	5.7	0.171	28	1.0	1.6	25.6
Food energy	kcal	450			81	128	2,040
	kJ	1,883			339	534	8,541
Protein (N x 5.80)	g	6.2	0.104	32	1.1	1.7	27.9
Total lipid (fat)	g	18.1	0.382	31	3.3	5.1	82.0
Carbohydrate, total	g	68.7			12.4	19.5	311.7
Crude fiber	g	0.3	0.033	3	0.0	0.1	1.2
Ash	g	1.4	0.032	28	0.3	0.4	6.3
Minerals:							
Calcium	mg	37	2.121	28	7	10	166
Iron	mg	2.58	0.099	24	0.46	0.73	11.72
Magnesium	mg	33	1.802	20	6	9	148
Phosphorus	mg	138	6.038	24	25	39	627
Potassium	mg	142	9.343	24	26	40	646
Sodium	mg	383	14.081	28	69	109	1,737
Zinc	mg	0.79	0.036	18	0.14	0.22	3.59
Copper	mg	0.134	0.007	16	0.024	0.038	0.607
Manganese	mg	0.839	0.026	13	0.151	0.238	3.806
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.267	0.020	26	0.048	0.076	1.210
Riboflavin	mg	0.230	0.014	26	0.041	0.065	1.045
Niacin	mg	2.227	0.097	28	0.401	0.631	10.101
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:[2]							
Saturated, total	g	3.326			0.599	0.943	15.087
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004			0.001	0.001	0.017
16:0	g	1.905			0.343	0.540	8.639
18:0	g	1.320			0.238	0.374	5.986
Monounsaturated, total	g	10.387			1.870	2.945	47.117
16:1	g	0.020			0.004	0.006	0.090
18:1	g	10.367			1.866	2.939	47.026
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.721			0.490	0.771	12.341
18:2	g	2.657			0.478	0.753	12.053
18:3	g	0.063			0.011	0.018	0.288
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.099			0.018	0.028	0.448
Threonine	g	0.174			0.031	0.049	0.790
Isoleucine	g	0.221			0.040	0.063	1.002
Leucine	g	0.431			0.078	0.122	1.955
Lysine	g	0.237			0.043	0.067	1.074
Methionine	g	0.120			0.022	0.034	0.544
Cystine	g	0.168			0.030	0.048	0.761
Phenylalanine	g	0.295			0.053	0.084	1.339
Tyrosine	g	0.202			0.036	0.057	0.915
Valine	g	0.298			0.054	0.085	1.353
Arginine	g	0.365			0.066	0.104	1.656
Histidine	g	0.144			0.026	0.041	0.655
Alanine	g	0.255			0.046	0.072	1.156
Aspartic acid	g	0.452			0.081	0.128	2.051
Glutamic acid	g	1.618			0.291	0.459	7.338
Glycine	g	0.272			0.049	0.077	1.233
Proline	g	0.476			0.086	0.135	2.157
Serine	g	0.317			0.057	0.090	1.440

[1] Includes products made with or without raisins.
[2] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Oatmeal, commercially prepared, soft-type[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 15 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	11. 0	0. 505	5	1. 7	3. 1	50. 0
Food energy	kcal	409			61	116	1,856
	kJ	1,713			257	485	7,768
Protein (N x 5.90)	g	6. 1	0. 126	4	0. 9	1. 7	27. 8
Total lipid (fat)	g	14. 7	0. 475	4	2. 2	4. 2	66. 8
Carbohydrate, total	g	65. 7			9. 9	18. 6	298. 0
Crude fiber	g	1. 1	0. 155	2	0. 2	0. 3	5. 1
Ash	g	2. 4	0. 148	4	0. 4	0. 7	11. 0
Minerals:							
Calcium	mg	90	20. 405	3	13	25	406
Iron	mg	2. 79	0. 765	3	0. 42	0. 79	12. 66
Magnesium	mg	30	2. 615	3	4	8	135
Phosphorus	mg	209	4. 806	3	31	59	947
Potassium	mg	135	28. 727	3	20	38	610
Sodium	mg	349	43. 247	3	52	99	1,583
Zinc	mg	0. 44	0. 081	3	0. 07	0. 12	2. 00
Copper	mg	0. 550	0. 029	3	0. 082	0. 156	2. 495
Manganese	mg	0. 421	0. 016	3	0. 063	0. 119	1. 910
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 186	0. 012	4	0. 028	0. 053	0. 844
Riboflavin	mg	0. 228	0. 009	4	0. 034	0. 065	1. 034
Niacin	mg	1. 823	0. 159	4	0. 273	0. 517	8. 269
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	2. 840			0. 426	0. 805	12. 883
4:0	g						
6:0	g						
8:0	g	0. 000			0. 000	0. 000	0. 001
10:0	g	0. 000			0. 000	0. 000	0. 001
12:0	g	0. 000			0. 000	0. 000	0. 001
14:0	g	0. 008			0. 001	0. 002	0. 035
16:0	g	1. 715			0. 257	0. 486	7. 777
18:0	g	1. 045			0. 157	0. 296	4. 740
Monounsaturated, total	g	8. 135			1. 220	2. 306	36. 902
16:1	g	0. 044			0. 007	0. 012	0. 200
18:1	g	8. 088			1. 213	2. 293	36. 689
20:1	g	0. 003			0. 000	0. 001	0. 012
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	2. 351			0. 353	0. 666	10. 664
18:2	g	2. 272			0. 341	0. 644	10. 304
18:3	g	0. 062			0. 009	0. 018	0. 283
18:4	g						
20:4	g	0. 013			0. 002	0. 004	0. 059
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 003			0. 001	0. 001	0. 015
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 096			0. 014	0. 027	0. 438
Threonine	g	0. 193			0. 029	0. 055	0. 875
Isoleucine	g	0. 240			0. 036	0. 068	1. 087
Leucine	g	0. 450			0. 068	0. 128	2. 043
Lysine	g	0. 271			0. 041	0. 077	1. 228
Methionine	g	0. 130			0. 019	0. 037	0. 588
Cystine	g	0. 168			0. 025	0. 048	0. 762
Phenylalanine	g	0. 301			0. 045	0. 085	1. 365
Tyrosine	g	0. 213			0. 032	0. 060	0. 965
Valine	g	0. 314			0. 047	0. 089	1. 426
Arginine	g	0. 375			0. 056	0. 106	1. 699
Histidine	g	0. 142			0. 021	0. 040	0. 645
Alanine	g	0. 275			0. 041	0. 078	1. 247
Aspartic acid	g	0. 489			0. 073	0. 139	2. 217
Glutamic acid	g	1. 434			0. 215	0. 407	6. 504
Glycine	g	0. 268			0. 040	0. 076	1. 214
Proline	g	0. 416			0. 062	0. 118	1. 887
Serine	g	0. 337			0. 051	0. 096	1. 530

[1] Includes products made with or without raisins.
[2] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Oatmeal, commercially prepared, special dietary[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 7 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	6.5		1	0.5	1.9	29.6
Food energy	*kcal*	449			31	127	2,037
	kJ	1,880			132	533	8,526
Protein (N x 5.80)	*g*	4.8		1	0.3	1.4	22.0
Total lipid (fat)	*g*	18.0		1	1.3	5.1	81.6
Carbohydrate, total	*g*	69.9			4.9	19.8	317.1
Crude fiber	*g*						
Ash	*g*	0.7		1	0.0	0.2	3.2
Minerals:							
Calcium	*mg*						
Iron	*mg*						
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	175		1	12	50	794
Sodium	*mg*	9		1	1	3	41
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*						
Riboflavin	*mg*						
Niacin	*mg*						
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	7.958			0.557	2.256	36.099
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0.160			0.011	0.045	0.728
14:0	*g*	0.164			0.012	0.047	0.746
16:0	*g*	5.050			0.353	1.432	22.905
18:0	*g*	2.582			0.181	0.732	11.713
Monounsaturated, total	*g*	7.568			0.530	2.146	34.330
16:1	*g*	0.004			0.000	0.001	0.017
18:1	*g*	7.565			0.530	2.145	34.313
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1.611			0.113	0.457	7.307
18:2	*g*	1.516			0.106	0.430	6.878
18:3	*g*	0.095			0.007	0.027	0.429
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.077			0.005	0.022	0.349
Threonine	*g*	0.137			0.010	0.039	0.621
Isoleucine	*g*	0.174			0.012	0.049	0.788
Leucine	*g*	0.337			0.024	0.096	1.531
Lysine	*g*	0.185			0.013	0.052	0.837
Methionine	*g*	0.093			0.006	0.026	0.421
Cystine	*g*	0.129			0.009	0.037	0.587
Phenylalanine	*g*	0.230			0.016	0.065	1.042
Tyrosine	*g*	0.157			0.011	0.045	0.712
Valine	*g*	0.232			0.016	0.066	1.053
Arginine	*g*	0.280			0.020	0.079	1.269
Histidine	*g*	0.112			0.008	0.032	0.508
Alanine	*g*	0.196			0.014	0.056	0.890
Aspartic acid	*g*	0.345			0.024	0.098	1.565
Glutamic acid	*g*	1.287			0.090	0.365	5.838
Glycine	*g*	0.210			0.015	0.059	0.951
Proline	*g*	0.383			0.027	0.109	1.739
Serine	*g*	0.250			0.017	0.071	1.133

[1] Fructose-sweetened, sodium-free product with raisins.
[2] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Oatmeal, dry mix[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (17.5 oz) = 496 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	5. 3	0. 091	26	1. 5	26. 2	23. 9
Food energy	*kcal*	462			131	2,292	2,096
	kJ	1,934			548	9,595	8,774
Protein (N x 5.80)	*g*	6. 5	0. 108	27	1. 8	32. 3	29. 6
Total lipid (fat)	*g*	19. 2	0. 198	27	5. 4	95. 1	87. 0
Carbohydrate, total	*g*	67. 3			19. 1	333. 9	305. 3
Crude fiber	*g*	0. 5	0. 018	27	0. 1	2. 4	2. 2
Ash	*g*	1. 7	0. 022	27	0. 5	8. 5	7. 8
Minerals:							
Calcium	*mg*	25	4. 052	13	7	123	113
Iron	*mg*	2. 22		1	0. 63	10. 99	10. 05
Magnesium	*mg*	48		1	14	238	218
Phosphorus	*mg*	163	13. 333	3	46	810	741
Potassium	*mg*	183	9. 425	9	52	910	832
Sodium	*mg*	473	33. 867	9	134	2,345	2,145
Zinc	*mg*	0. 80		1	0. 23	3. 97	3. 63
Copper	*mg*	0. 200		1	0. 057	0. 992	0. 907
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 351	0. 016	15	0. 099	1. 739	1. 590
Riboflavin	*mg*	0. 140		1	0. 040	0. 694	0. 635
Niacin	*mg*	1. 300		1	0. 369	6. 448	5. 897
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	4. 791			1. 358	23. 762	21. 731
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 005			0. 001	0. 024	0. 022
14:0	*g*	0. 092			0. 026	0. 458	0. 419
16:0	*g*	2. 521			0. 715	12. 504	11. 435
18:0	*g*	2. 157			0. 611	10. 698	9. 783
Monounsaturated, total	*g*	10. 689			3. 030	53. 015	48. 483
16:1	*g*	0. 003			0. 001	0. 016	0. 015
18:1	*g*	10. 685			3. 029	52. 999	48. 469
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	2. 680			0. 760	13. 294	12. 157
18:2	*g*	2. 549			0. 723	12. 641	11. 560
18:3	*g*	0. 132			0. 037	0. 653	0. 597
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 113			0. 032	0. 563	0. 515
Threonine	*g*	0. 183			0. 052	0. 908	0. 830
Isoleucine	*g*	0. 247			0. 070	1. 226	1. 121
Leucine	*g*	0. 486			0. 138	2. 412	2. 206
Lysine	*g*	0. 262			0. 074	1. 298	1. 187
Methionine	*g*	0. 119			0. 034	0. 591	0. 540
Cystine	*g*	0. 188			0. 053	0. 930	0. 851
Phenylalanine	*g*	0. 327			0. 093	1. 621	1. 483
Tyrosine	*g*	0. 226			0. 064	1. 120	1. 024
Valine	*g*	0. 332			0. 094	1. 649	1. 508
Arginine	*g*	0. 394			0. 112	1. 956	1. 788
Histidine	*g*	0. 145			0. 041	0. 719	0. 657
Alanine	*g*	0. 277			0. 079	1. 376	1. 258
Aspartic acid	*g*	0. 473			0. 134	2. 346	2. 145
Glutamic acid	*g*	1. 662			0. 471	8. 246	7. 541
Glycine	*g*	0. 304			0. 086	1. 510	1. 381
Proline	*g*	0. 494			0. 140	2. 451	2. 242
Serine	*g*	0. 335			0. 095	1. 660	1. 518

[1] Includes products made with or without raisins.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Oatmeal, dry mix, prepared[1] [2]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 2 in. cookie = 16 g	1 oz = 28.35 g[3]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	5. 9			0. 9	1. 7	26. 8
Food energy	kcal	462			74	131	2,095
	kJ	1,933			309	548	8,769
Protein	g	7. 5			1. 2	2. 1	34. 1
Total lipid (fat)	g	19. 5			3. 1	5. 5	88. 6
Carbohydrate, total	g	65. 3			10. 4	18. 5	296. 1
Crude fiber	g	0. 5			0. 1	0. 1	2. 1
Ash	g	1. 8			0. 3	0. 5	8. 0
Minerals:							
Calcium	mg	29			5	8	131
Iron	mg	2. 29			0. 37	0. 65	10. 37
Magnesium	mg	48			8	13	216
Phosphorus	mg	175			28	50	796
Potassium	mg	189			30	54	859
Sodium	mg	470			75	133	2,132
Zinc	mg	0. 88			0. 14	0. 25	4. 01
Copper	mg	0. 195			0. 031	0. 055	0. 886
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 276			0. 044	0. 078	1. 253
Riboflavin	mg	0. 169			0. 027	0. 048	0. 767
Niacin	mg	1. 139			0. 182	0. 323	5. 166
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0. 08			0. 01	0. 02	0. 35
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	4. 939			0. 790	1. 400	22. 405
4:0	g						
6:0	g						
8:0	g	0. 000			0. 000	0. 000	0. 001
10:0	g	0. 000			0. 000	0. 000	0. 001
12:0	g	0. 005			0. 001	0. 001	0. 022
14:0	g	0. 093			0. 015	0. 026	0. 421
16:0	g	2. 657			0. 425	0. 753	12. 053
18:0	g	2. 164			0. 346	0. 614	9. 816
Monounsaturated, total	g	10. 717			1. 715	3. 038	48. 613
16:1	g	0. 032			0. 005	0. 009	0. 146
18:1	g	10. 681			1. 709	3. 028	48. 450
20:1	g	0. 003			0. 000	0. 001	0. 012
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	2. 727			0. 436	0. 773	12. 371
18:2	g	2. 579			0. 413	0. 731	11. 697
18:3	g	0. 131			0. 021	0. 037	0. 592
18:4	g						
20:4	g	0. 014			0. 002	0. 004	0. 063
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 004			0. 001	0. 001	0. 016
Cholesterol	mg	41			7	12	188
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 125			0. 020	0. 035	0. 565
Threonine	g	0. 236			0. 038	0. 067	1. 069
Isoleucine	g	0. 306			0. 049	0. 087	1. 386
Leucine	g	0. 575			0. 092	0. 163	2. 608
Lysine	g	0. 341			0. 055	0. 097	1. 546
Methionine	g	0. 153			0. 025	0. 043	0. 695
Cystine	g	0. 210			0. 034	0. 059	0. 952
Phenylalanine	g	0. 381			0. 061	0. 108	1. 729
Tyrosine	g	0. 268			0. 043	0. 076	1. 217
Valine	g	0. 396			0. 063	0. 112	1. 797
Arginine	g	0. 455			0. 073	0. 129	2. 063
Histidine	g	0. 169			0. 027	0. 048	0. 767
Alanine	g	0. 336			0. 054	0. 095	1. 526
Aspartic acid	g	0. 580			0. 093	0. 164	2. 632
Glutamic acid	g	1. 768			0. 283	0. 501	8. 021
Glycine	g	0. 336			0. 054	0. 095	1. 522
Proline	g	0. 527			0. 084	0. 149	2. 390
Serine	g	0. 415			0. 066	0. 118	1. 881

[1] Includes products made with or without raisins.
[2] 17.5 oz pkg prepared with 1 egg and 2 tbsp water. Moisture loss: 11%.
[3] 2-1/2 in. cookie = 21 g.

COOKIES
Oatmeal, refrigerated dough[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: dough for 1 cookie = 16 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	15.3	0.277	35	2.4	4.3	69.2
Food energy	kcal	424			68	120	1,921
	kJ	1,773			284	503	8,043
Protein (N x 5.90)	g	5.4	0.108	34	0.9	1.5	24.6
Total lipid (fat)	g	18.9	0.314	36	3.0	5.4	85.9
Carbohydrate, total	g	59.1			9.5	16.8	268.1
Crude fiber	g	0.5	0.053	7	0.1	0.1	2.1
Ash	g	1.3	0.055	35	0.2	0.4	5.8
Minerals:							
Calcium	mg	31	1.478	26	5	9	142
Iron	mg	2.14	0.100	22	0.34	0.61	9.70
Magnesium	mg	28	1.284	17	5	8	129
Phosphorus	mg	104	3.531	18	17	29	472
Potassium	mg	147	15.432	18	24	42	666
Sodium	mg	294	12.727	30	47	83	1,333
Zinc	mg	0.64	0.036	17	0.10	0.18	2.92
Copper	mg	0.110	0.010	16	0.018	0.031	0.500
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.234	0.021	22	0.037	0.066	1.062
Riboflavin	mg	0.148	0.008	25	0.024	0.042	0.670
Niacin	mg	1.865	0.123	23	0.298	0.529	8.459
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	13			2	4	61
	IU	70	9.073	6	11	20	316
Lipids:[2]							
Fatty acids:							
Saturated, total	g	4.805			0.769	1.362	21.794
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.091			0.015	0.026	0.415
16:0	g	2.584			0.413	0.732	11.719
18:0	g	2.129			0.341	0.603	9.655
Monounsaturated, total	g	10.556			1.689	2.993	47.883
16:1	g	0.013			0.002	0.004	0.060
18:1	g	10.542			1.687	2.989	47.819
20:1	g	0.001			0.000	0.000	0.003
22:1	g						
Polyunsaturated, total	g	2.678			0.428	0.759	12.147
18:2	g	2.536			0.406	0.719	11.503
18:3	g	0.136			0.022	0.039	0.619
18:4	g						
20:4	g	0.004			0.001	0.001	0.020
20:5	g	0.000			0.000	0.000	0.001
22:5	g						
22:6	g	0.001			0.000	0.000	0.005
Cholesterol	mg	24	1.980	15	4	7	107
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.088			0.014	0.025	0.400
Threonine	g	0.177			0.028	0.050	0.804
Isoleucine	g	0.227			0.036	0.064	1.028
Leucine	g	0.414			0.066	0.117	1.878
Lysine	g	0.257			0.041	0.073	1.166
Methionine	g	0.122			0.020	0.035	0.554
Cystine	g	0.153			0.025	0.043	0.695
Phenylalanine	g	0.278			0.044	0.079	1.261
Tyrosine	g	0.195			0.031	0.055	0.887
Valine	g	0.291			0.047	0.082	1.320
Arginine	g	0.334			0.053	0.095	1.515
Histidine	g	0.125			0.020	0.035	0.566
Alanine	g	0.255			0.041	0.072	1.157
Aspartic acid	g	0.451			0.072	0.128	2.044
Glutamic acid	g	1.206			0.193	0.342	5.471
Glycine	g	0.241			0.039	0.068	1.095
Proline	g	0.348			0.056	0.099	1.578
Serine	g	0.305			0.049	0.086	1.382

[1] Includes products made with or without raisins.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Oatmeal, refrigerated dough, baked[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 12 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	5. 8			0. 7	1. 7	26. 5
Food energy	kcal	471			56	133	2,135
	kJ	1,970			236	559	8,937
Protein	g	6. 0			0. 7	1. 7	27. 3
Total lipid (fat)	g	21. 0			2. 5	6. 0	95. 4
Carbohydrate, total	g	65. 7			7. 9	18. 6	297. 9
Crude fiber	g	0. 5			0. 1	0. 1	2. 4
Ash	g	1. 4			0. 2	0. 4	6. 5
Minerals:							
Calcium	mg	35			4	10	158
Iron	mg	2. 38			0. 29	0. 67	10. 78
Magnesium	mg	32			4	9	143
Phosphorus	mg	116			14	33	524
Potassium	mg	163			20	46	740
Sodium	mg	327			39	93	1,481
Zinc	mg	0. 71			0. 09	0. 20	3. 24
Copper	mg	0. 122			0. 015	0. 035	0. 555
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 208			0. 025	0. 059	0. 944
Riboflavin	mg	0. 148			0. 018	0. 042	0. 670
Niacin	mg	1. 865			0. 224	0. 529	8. 459
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	13			2	4	61
	IU	70			8	20	316
Lipids:[2]							
Fatty acids:							
Saturated, total	g	5. 339			0. 641	1. 513	24. 216
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 102			0. 012	0. 029	0. 461
16:0	g	2. 871			0. 344	0. 814	13. 021
18:0	g	2. 365			0. 284	0. 671	10. 728
Monounsaturated, total	g	11. 729			1. 407	3. 325	53. 203
16:1	g	0. 015			0. 002	0. 004	0. 067
18:1	g	11. 713			1. 406	3. 321	53. 132
20:1	g	0. 001			0. 000	0. 000	0. 004
22:1	g						
Polyunsaturated, total	g	2. 976			0. 357	0. 844	13. 497
18:2	g	2. 818			0. 338	0. 799	12. 781
18:3	g	0. 152			0. 018	0. 043	0. 688
18:4	g						
20:4	g	0. 005			0. 001	0. 001	0. 022
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 001			0. 000	0. 000	0. 006
Cholesterol	mg	26			3	7	119
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 098			0. 012	0. 028	0. 444
Threonine	g	0. 197			0. 024	0. 056	0. 893
Isoleucine	g	0. 252			0. 030	0. 071	1. 143
Leucine	g	0. 460			0. 055	0. 130	2. 086
Lysine	g	0. 286			0. 034	0. 081	1. 295
Methionine	g	0. 136			0. 016	0. 038	0. 615
Cystine	g	0. 170			0. 020	0. 048	0. 773
Phenylalanine	g	0. 309			0. 037	0. 088	1. 402
Tyrosine	g	0. 217			0. 026	0. 062	0. 985
Valine	g	0. 323			0. 039	0. 092	1. 466
Arginine	g	0. 371			0. 045	0. 105	1. 684
Histidine	g	0. 139			0. 017	0. 039	0. 629
Alanine	g	0. 284			0. 034	0. 080	1. 286
Aspartic acid	g	0. 501			0. 060	0. 142	2. 271
Glutamic acid	g	1. 340			0. 161	0. 380	6. 078
Glycine	g	0. 268			0. 032	0. 076	1. 217
Proline	g	0. 387			0. 046	0. 110	1. 753
Serine	g	0. 339			0. 041	0. 096	1. 536

[1] Includes products made with or without raisins.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Oatmeal, prepared from recipe, without raisins

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 15 g[1] (2-5/8 in. diam.)	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	6. 2			0. 9	1. 8	28. 0
Food energy	kcal	447			67	127	2,028
	kJ	1,872			281	531	8,491
Protein	g	6. 8			1. 0	1. 9	30. 9
Total lipid (fat)	g	17. 9			2. 7	5. 1	81. 3
Carbohydrate, total	g	66. 4			10. 0	18. 8	301. 2
Crude fiber	g	0. 4			0. 1	0. 1	1. 9
Ash	g	2. 4			0. 4	0. 7	11. 1
Minerals:							
Calcium	mg	105			16	30	477
Iron	mg	2. 70			0. 40	0. 76	12. 23
Magnesium	mg	43			6	12	194
Phosphorus	mg	167			25	47	757
Potassium	mg	182			27	52	827
Sodium	mg	598			90	170	2,712
Zinc	mg	0. 93			0. 14	0. 26	4. 22
Copper	mg	0. 168			0. 025	0. 048	0. 760
Manganese	mg	1. 061			0. 159	0. 301	4. 814
Vitamins:							
Ascorbic acid	mg	0. 2			0. 0	0. 1	0. 9
Thiamin	mg	0. 262			0. 039	0. 074	1. 189
Riboflavin	mg	0. 174			0. 026	0. 049	0. 790
Niacin	mg	1. 311			0. 197	0. 372	5. 946
Pantothenic acid	mg	0. 361			0. 054	0. 102	1. 640
Vitamin B-6	mg	0. 050			0. 008	0. 014	0. 227
Folate	mcg	12			2	3	55
Vitamin B-12	mcg	0. 09			0. 01	0. 02	0. 39
Vitamin A	RE	183			27	52	830
	IU	713			107	202	3,236
Lipids:							
Fatty acids:							
Saturated, total	g	3. 581			0. 537	1. 015	16. 244
4:0	g						
6:0	g						
8:0	g	0. 000			0. 000	0. 000	0. 001
10:0	g	0. 000			0. 000	0. 000	0. 001
12:0	g	0. 005			0. 001	0. 001	0. 022
14:0	g	0. 045			0. 007	0. 013	0. 203
16:0	g	2. 291			0. 344	0. 650	10. 394
18:0	g	1. 221			0. 183	0. 346	5. 537
Monounsaturated, total	g	7. 669			1. 150	2. 174	34. 786
16:1	g	0. 028			0. 004	0. 008	0. 127
18:1	g	7. 638			1. 146	2. 165	34. 645
20:1	g	0. 002			0. 000	0. 001	0. 011
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	5. 589			0. 838	1. 585	25. 353
18:2	g	5. 333			0. 800	1. 512	24. 190
18:3	g	0. 241			0. 036	0. 068	1. 092
18:4	g						
20:4	g	0. 012			0. 002	0. 003	0. 055
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 003			0. 000	0. 001	0. 014
Cholesterol	mg	36			5	10	164
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 088			0. 013	0. 025	0. 400
Threonine	g	0. 231			0. 035	0. 066	1. 049
Isoleucine	g	0. 280			0. 042	0. 079	1. 271
Leucine	g	0. 510			0. 077	0. 145	2. 314
Lysine	g	0. 276			0. 041	0. 078	1. 251
Methionine	g	0. 137			0. 021	0. 039	0. 623
Cystine	g	0. 153			0. 023	0. 043	0. 694
Phenylalanine	g	0. 351			0. 053	0. 099	1. 591
Tyrosine	g	0. 230			0. 035	0. 065	1. 044
Valine	g	0. 348			0. 052	0. 099	1. 579
Arginine	g	0. 392			0. 059	0. 111	1. 780
Histidine	g	0. 158			0. 024	0. 045	0. 717
Alanine	g	0. 308			0. 046	0. 087	1. 398
Aspartic acid	g	0. 496			0. 074	0. 141	2. 250
Glutamic acid	g	1. 643			0. 246	0. 466	7. 451
Glycine	g	0. 283			0. 042	0. 080	1. 285
Proline	g	0. 497			0. 074	0. 141	2. 253
Serine	g	0. 345			0. 052	0. 098	1. 566

[1] Lg cookie (3-1/2 to 4 in. diam.) = 25 g.

COOKIES
Oatmeal, prepared from recipe, with raisins

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 15 g[1] (2-5/8 in. diam)	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	6.4			1.0	1.8	28.9
Food energy	kcal	435			65	123	1,972
	kJ	1,820			273	516	8,255
Protein	g	6.5			1.0	1.8	29.3
Total lipid (fat)	g	16.2			2.4	4.6	73.3
Carbohydrate, total	g	68.4			10.3	19.4	310.2
Crude fiber	g	0.5			0.1	0.1	2.4
Ash	g	2.4			0.4	0.7	10.9
Minerals:							
Calcium	mg	100			15	28	451
Iron	mg	2.65			0.40	0.75	12.03
Magnesium	mg	42			6	12	191
Phosphorus	mg	161			24	46	729
Potassium	mg	239			36	68	1,082
Sodium	mg	538			81	153	2,441
Zinc	mg	0.86			0.13	0.25	3.92
Copper	mg	0.181			0.027	0.051	0.822
Manganese	mg	0.987			0.148	0.280	4.478
Vitamins:							
Ascorbic acid	mg	0.5			0.1	0.1	2.1
Thiamin	mg	0.249			0.037	0.071	1.130
Riboflavin	mg	0.166			0.025	0.047	0.751
Niacin	mg	1.259			0.189	0.357	5.710
Pantothenic acid	mg	0.329			0.049	0.093	1.494
Vitamin B-6	mg	0.071			0.011	0.020	0.323
Folate	mcg	11			2	3	50
Vitamin B-12	mcg	0.08			0.01	0.02	0.35
Vitamin A	RE	164			25	47	746
	IU	641			96	182	2,910
Lipids:							
Fatty acids:							
Saturated, total	g	3.232			0.485	0.916	14.662
4:0	g						
6:0	g						
8:0	g	0.000			0.000	0.000	0.001
10:0	g	0.000			0.000	0.000	0.001
12:0	g	0.004			0.001	0.001	0.020
14:0	g	0.041			0.006	0.012	0.185
16:0	g	2.072			0.311	0.587	9.398
18:0	g	1.098			0.165	0.311	4.981
Monounsaturated, total	g	6.888			1.033	1.953	31.245
16:1	g	0.025			0.004	0.007	0.114
18:1	g	6.860			1.029	1.945	31.118
20:1	g	0.002			0.000	0.001	0.010
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	5.034			0.755	1.427	22.834
18:2	g	4.800			0.720	1.361	21.774
18:3	g	0.220			0.033	0.062	0.997
18:4	g						
20:4	g	0.011			0.002	0.003	0.049
20:5	g	0.000			0.000	0.000	0.001
22:5	g						
22:6	g	0.003			0.000	0.001	0.013
Cholesterol	mg	33			5	9	148
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.081			0.012	0.023	0.366
Threonine	g	0.217			0.033	0.062	0.986
Isoleucine	g	0.254			0.038	0.072	1.154
Leucine	g	0.466			0.070	0.132	2.112
Lysine	g	0.256			0.038	0.072	1.159
Methionine	g	0.135			0.020	0.038	0.614
Cystine	g	0.143			0.021	0.041	0.649
Phenylalanine	g	0.322			0.048	0.091	1.462
Tyrosine	g	0.213			0.032	0.060	0.966
Valine	g	0.322			0.048	0.091	1.462
Arginine	g	0.379			0.057	0.107	1.717
Histidine	g	0.155			0.023	0.044	0.703
Alanine	g	0.292			0.044	0.083	1.323
Aspartic acid	g	0.489			0.073	0.139	2.217
Glutamic acid	g	1.549			0.232	0.439	7.028
Glycine	g	0.254			0.038	0.072	1.154
Proline	g	0.446			0.067	0.126	2.023
Serine	g	0.310			0.046	0.088	1.406

[1] Lg cookie (3-1/2 to 4 in. diam.) = 25 g.

COOKIES
Peanut butter, commercially prepared, regular

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 15 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	6. 1	0. 648	6	0. 9	1. 7	27. 7
Food energy	*kcal*	477			71	135	2,162
	kJ	1,995			299	566	9,051
Protein (N x 5.60)	*g*	9. 6	0. 688	6	1. 4	2. 7	43. 7
Total lipid (fat)	*g*	23. 6	0. 682	6	3. 5	6. 7	107. 2
Carbohydrate, total	*g*	58. 9			8. 8	16. 7	267. 0
Crude fiber	*g*	0. 8	0. 387	4	0. 1	0. 2	3. 7
Ash	*g*	1. 8	0. 054	5	0. 3	0. 5	8. 0
Minerals:							
Calcium	*mg*	35	6. 467	6	5	10	158
Iron	*mg*	2. 51	0. 416	7	0. 38	0. 71	11. 39
Magnesium	*mg*	45	0. 743	5	7	13	202
Phosphorus	*mg*	86	12. 021	5	13	24	388
Potassium	*mg*	167	24. 640	5	25	47	756
Sodium	*mg*	415	27. 519	6	62	118	1,884
Zinc	*mg*	0. 53	0. 092	4	0. 08	0. 15	2. 41
Copper	*mg*	0. 200		1	0. 030	0. 057	0. 907
Manganese	*mg*	0. 280	0. 032	3	0. 042	0. 079	1. 269
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 170	0. 020	7	0. 025	0. 048	0. 771
Riboflavin	*mg*	0. 180	0. 020	7	0. 027	0. 051	0. 818
Niacin	*mg*	4. 270	0. 547	7	0. 640	1. 210	19. 367
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	5. 341			0. 801	1. 514	24. 226
4:0	*g*						
6:0	*g*						
8:0	*g*	0. 000			0. 000	0. 000	0. 001
10:0	*g*	0. 000			0. 000	0. 000	0. 001
12:0	*g*	0. 000			0. 000	0. 000	0. 001
14:0	*g*	0. 069			0. 010	0. 020	0. 312
16:0	*g*	4. 331			0. 650	1. 228	19. 647
18:0	*g*	0. 938			0. 141	0. 266	4. 257
Monounsaturated, total	*g*	8. 783			1. 318	2. 490	39. 841
16:1	*g*	0. 052			0. 008	0. 015	0. 234
18:1	*g*	8. 609			1. 291	2. 441	39. 052
20:1	*g*	0. 122			0. 018	0. 035	0. 554
22:1	*g*	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	*g*	8. 153			1. 223	2. 312	36. 984
18:2	*g*	7. 694			1. 154	2. 181	34. 900
18:3	*g*	0. 449			0. 067	0. 127	2. 036
18:4	*g*						
20:4	*g*	0. 008			0. 001	0. 002	0. 038
20:5	*g*	0. 000			0. 000	0. 000	0. 001
22:5	*g*						
22:6	*g*	0. 002			0. 000	0. 001	0. 010
Cholesterol	*mg*	1	0. 010	3	0	0	3
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 110			0. 017	0. 031	0. 499
Threonine	*g*	0. 323			0. 049	0. 092	1. 467
Isoleucine	*g*	0. 363			0. 054	0. 103	1. 647
Leucine	*g*	0. 652			0. 098	0. 185	2. 958
Lysine	*g*	0. 380			0. 057	0. 108	1. 725
Methionine	*g*	0. 148			0. 022	0. 042	0. 671
Cystine	*g*	0. 160			0. 024	0. 045	0. 726
Phenylalanine	*g*	0. 485			0. 073	0. 138	2. 201
Tyrosine	*g*	0. 353			0. 053	0. 100	1. 600
Valine	*g*	0. 425			0. 064	0. 120	1. 927
Arginine	*g*	0. 852			0. 128	0. 241	3. 863
Histidine	*g*	0. 225			0. 034	0. 064	1. 022
Alanine	*g*	0. 370			0. 055	0. 105	1. 678
Aspartic acid	*g*	0. 922			0. 138	0. 261	4. 183
Glutamic acid	*g*	2. 271			0. 341	0. 644	10. 301
Glycine	*g*	0. 477			0. 071	0. 135	2. 162
Proline	*g*	0. 612			0. 092	0. 174	2. 778
Serine	*g*	0. 504			0. 076	0. 143	2. 286

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Peanut butter, commercially prepared, soft-type

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 15 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	11.5	0.113	2	1.7	3.3	52.2
Food energy	*kcal*	457			69	129	2,072
	kJ	1,912			287	542	8,673
Protein (N x 5.50)	*g*	5.3	0.023	2	0.8	1.5	23.8
Total lipid (fat)	*g*	24.4	0.237	3	3.7	6.9	110.7
Carbohydrate, total	*g*	57.7			8.7	16.4	261.7
Crude fiber	*g*						
Ash	*g*	1.1	0.042	2	0.2	0.3	5.2
Minerals:							
Calcium	*mg*	12	0.170	2	2	3	53
Iron	*mg*	0.89	0.014	2	0.13	0.25	4.04
Magnesium	*mg*	32	0.643	2	5	9	145
Phosphorus	*mg*	87	0.947	2	13	25	396
Potassium	*mg*	107	3.450	2	16	30	487
Sodium	*mg*	336	18.496	2	50	95	1,525
Zinc	*mg*	0.55	0.007	2	0.08	0.16	2.49
Copper	*mg*	0.080	0.000	2	0.012	0.023	0.363
Manganese	*mg*	0.430	0.007	2	0.064	0.122	1.950
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.248	0.008	8	0.037	0.070	1.125
Riboflavin	*mg*	0.165	0.001	8	0.025	0.047	0.748
Niacin	*mg*	2.160	0.042	8	0.324	0.612	9.798
Pantothenic acid	*mg*	0.362	0.007	8	0.054	0.103	1.642
Vitamin B-6	*mg*						
Folate	*mcg*	5	0.032	8	1	1	23
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	5.367			0.805	1.521	24.343
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0.002			0.000	0.001	0.010
14:0	*g*	0.089			0.013	0.025	0.404
16:0	*g*	3.006			0.451	0.852	13.635
18:0	*g*	2.268			0.340	0.643	10.287
Monounsaturated, total	*g*	13.268			1.990	3.761	60.183
16:1	*g*	0.001			0.000	0.000	0.006
18:1	*g*	13.169			1.975	3.733	59.732
20:1	*g*	0.098			0.015	0.028	0.445
22:1	*g*						
Polyunsaturated, total	*g*	4.374			0.656	1.240	19.841
18:2	*g*	4.243			0.636	1.203	19.247
18:3	*g*	0.113			0.017	0.032	0.512
18:4	*g*						
20:4	*g*	0.018			0.003	0.005	0.082
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.063			0.009	0.018	0.286
Threonine	*g*	0.174			0.026	0.049	0.788
Isoleucine	*g*	0.200			0.030	0.057	0.905
Leucine	*g*	0.360			0.054	0.102	1.633
Lysine	*g*	0.201			0.030	0.057	0.910
Methionine	*g*	0.069			0.010	0.019	0.312
Cystine	*g*	0.087			0.013	0.025	0.394
Phenylalanine	*g*	0.268			0.040	0.076	1.217
Tyrosine	*g*	0.194			0.029	0.055	0.879
Valine	*g*	0.234			0.035	0.066	1.061
Arginine	*g*	0.461			0.069	0.131	2.092
Histidine	*g*	0.126			0.019	0.036	0.572
Alanine	*g*	0.196			0.029	0.056	0.888
Aspartic acid	*g*	0.488			0.073	0.138	2.214
Glutamic acid	*g*	1.329			0.199	0.377	6.030
Glycine	*g*	0.262			0.039	0.074	1.187
Proline	*g*	0.368			0.055	0.104	1.668
Serine	*g*	0.274			0.041	0.078	1.243

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Peanut butter, refrigerated dough

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: dough for 1 cookie = 16 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	12. 6	0. 187	38	2. 0	3. 6	57. 3
Food energy	kcal	458			73	130	2,076
	kJ	1,916			307	543	8,690
Protein (N x 5.70)	g	8. 2	0. 171	38	1. 3	2. 3	37. 4
Total lipid (fat)	g	25. 0	0. 357	40	4. 0	7. 1	113. 6
Carbohydrate, total	g	52. 1			8. 3	14. 8	236. 5
Crude fiber	g	0. 4	0. 049	3	0. 1	0. 1	1. 8
Ash	g	2. 0	0. 086	38	0. 3	0. 6	8. 9
Minerals:							
Calcium	mg	101	8. 904	34	16	29	457
Iron	mg	1. 70	0. 083	30	0. 27	0. 48	7. 71
Magnesium	mg	37	1. 046	22	6	10	168
Phosphorus	mg	241	7. 821	23	38	68	1,091
Potassium	mg	308	31. 025	26	49	87	1,397
Sodium	mg	397	32. 309	38	63	112	1,799
Zinc	mg	0. 68	0. 021	22	0. 11	0. 19	3. 10
Copper	mg	0. 151	0. 006	22	0. 024	0. 043	0. 686
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0	0. 000	4	0	0	0
Thiamin	mg	0. 191	0. 025	15	0. 031	0. 054	0. 868
Riboflavin	mg	0. 186	0. 012	8	0. 030	0. 053	0. 845
Niacin	mg	4. 143	0. 186	30	0. 663	1. 175	18. 794
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	14			2	4	64
	IU	47		1	8	13	213
Lipids:[1]							
Fatty acids:							
Saturated, total	g	5. 641			0. 903	1. 599	25. 586
4:0	g						
6:0	g						
8:0	g	0. 001			0. 000	0. 000	0. 002
10:0	g	0. 001			0. 000	0. 000	0. 002
12:0	g	0. 004			0. 001	0. 001	0. 017
14:0	g	0. 090			0. 014	0. 026	0. 410
16:0	g	3. 220			0. 515	0. 913	14. 608
18:0	g	2. 323			0. 372	0. 658	10. 535
Monounsaturated, total	g	13. 219			2. 115	3. 748	59. 960
16:1	g	0. 040			0. 006	0. 011	0. 181
18:1	g	13. 079			2. 093	3. 708	59. 324
20:1	g	0. 100			0. 016	0. 028	0. 453
22:1	g	0. 001			0. 000	0. 000	0. 002
Polyunsaturated, total	g	4. 449			0. 712	1. 261	20. 180
18:2	g	4. 277			0. 684	1. 212	19. 399
18:3	g	0. 119			0. 019	0. 034	0. 542
18:4	g						
20:4	g	0. 048			0. 008	0. 013	0. 216
20:5	g	0. 001			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 005			0. 001	0. 001	0. 022
Cholesterol	mg	27	2. 199	17	4	8	124
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 098			0. 016	0. 028	0. 446
Threonine	g	0. 278			0. 044	0. 079	1. 260
Isoleucine	g	0. 324			0. 052	0. 092	1. 470
Leucine	g	0. 571			0. 091	0. 162	2. 592
Lysine	g	0. 339			0. 054	0. 096	1. 536
Methionine	g	0. 129			0. 021	0. 037	0. 584
Cystine	g	0. 148			0. 024	0. 042	0. 669
Phenylalanine	g	0. 412			0. 066	0. 117	1. 870
Tyrosine	g	0. 292			0. 047	0. 083	1. 326
Valine	g	0. 378			0. 060	0. 107	1. 713
Arginine	g	0. 632			0. 101	0. 179	2. 868
Histidine	g	0. 190			0. 030	0. 054	0. 860
Alanine	g	0. 315			0. 050	0. 089	1. 431
Aspartic acid	g	0. 705			0. 113	0. 200	3. 196
Glutamic acid	g	2. 018			0. 323	0. 572	9. 154
Glycine	g	0. 370			0. 059	0. 105	1. 680
Proline	g	0. 582			0. 093	0. 165	2. 638
Serine	g	0. 450			0. 072	0. 128	2. 041

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Peanut butter, refrigerated dough, baked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 12 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	4. 0			0. 5	1. 1	18. 1
Food energy	*kcal*	503			60	143	2,281
	kJ	2,105			253	597	9,550
Protein	*g*	9. 1			1. 1	2. 6	41. 1
Total lipid (fat)	*g*	27. 5			3. 3	7. 8	124. 8
Carbohydrate, total	*g*	57. 3			6. 9	16. 2	259. 8
Crude fiber	*g*	0. 4			0. 1	0. 1	2. 0
Ash	*g*	2. 1			0. 3	0. 6	9. 7
Minerals:							
Calcium	*mg*	111			13	31	502
Iron	*mg*	1. 87			0. 22	0. 53	8. 47
Magnesium	*mg*	41			5	12	184
Phosphorus	*mg*	264			32	75	1,199
Potassium	*mg*	338			41	96	1,535
Sodium	*mg*	436			52	124	1,977
Zinc	*mg*	0. 75			0. 09	0. 21	3. 41
Copper	*mg*	0. 166			0. 020	0. 047	0. 753
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 168			0. 020	0. 048	0. 763
Riboflavin	*mg*	0. 184			0. 022	0. 052	0. 836
Niacin	*mg*	4. 098			0. 492	1. 162	18. 587
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*	14			2	4	63
	IU	46			6	13	211
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	6. 199			0. 744	1. 757	28. 117
4:0	*g*						
6:0	*g*						
8:0	*g*	0. 001			0. 000	0. 000	0. 002
10:0	*g*	0. 001			0. 000	0. 000	0. 002
12:0	*g*	0. 004			0. 000	0. 001	0. 019
14:0	*g*	0. 099			0. 012	0. 028	0. 451
16:0	*g*	3. 539			0. 425	1. 003	16. 052
18:0	*g*	2. 552			0. 306	0. 724	11. 577
Monounsaturated, total	*g*	14. 526			1. 743	4. 118	65. 891
16:1	*g*	0. 044			0. 005	0. 012	0. 198
18:1	*g*	14. 372			1. 725	4. 074	65. 192
20:1	*g*	0. 110			0. 013	0. 031	0. 498
22:1	*g*	0. 001			0. 000	0. 000	0. 002
Polyunsaturated, total	*g*	4. 889			0. 587	1. 386	22. 176
18:2	*g*	4. 700			0. 564	1. 332	21. 317
18:3	*g*	0. 131			0. 016	0. 037	0. 595
18:4	*g*						
20:4	*g*	0. 052			0. 006	0. 015	0. 237
20:5	*g*	0. 001			0. 000	0. 000	0. 002
22:5	*g*						
22:6	*g*	0. 005			0. 001	0. 001	0. 024
Cholesterol	*mg*	30			4	8	136
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 108			0. 013	0. 031	0. 490
Threonine	*g*	0. 305			0. 037	0. 087	1. 385
Isoleucine	*g*	0. 356			0. 043	0. 101	1. 615
Leucine	*g*	0. 628			0. 075	0. 178	2. 848
Lysine	*g*	0. 372			0. 045	0. 105	1. 687
Methionine	*g*	0. 141			0. 017	0. 040	0. 642
Cystine	*g*	0. 162			0. 019	0. 046	0. 736
Phenylalanine	*g*	0. 453			0. 054	0. 128	2. 055
Tyrosine	*g*	0. 321			0. 039	0. 091	1. 457
Valine	*g*	0. 415			0. 050	0. 118	1. 882
Arginine	*g*	0. 695			0. 083	0. 197	3. 151
Histidine	*g*	0. 208			0. 025	0. 059	0. 945
Alanine	*g*	0. 347			0. 042	0. 098	1. 572
Aspartic acid	*g*	0. 774			0. 093	0. 219	3. 512
Glutamic acid	*g*	2. 218			0. 266	0. 629	10. 060
Glycine	*g*	0. 407			0. 049	0. 115	1. 846
Proline	*g*	0. 639			0. 077	0. 181	2. 899
Serine	*g*	0. 494			0. 059	0. 140	2. 243

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Peanut butter, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 20 g (3 in. diam.)	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	5. 9			1. 2	1. 7	26. 8
Food energy	kcal	475			95	135	2,153
	kJ	1,987			397	563	9,012
Protein	g	9. 0			1. 8	2. 6	40. 9
Total lipid (fat)	g	23. 8			4. 8	6. 7	107. 8
Carbohydrate, total	g	58. 9			11. 8	16. 7	267. 0
Crude fiber	g	0. 5			0. 1	0. 2	2. 5
Ash	g	2. 0			0. 4	0. 6	9. 1
Minerals:							
Calcium	mg	39			8	11	177
Iron	mg	2. 23			0. 45	0. 63	10. 11
Magnesium	mg	39			8	11	176
Phosphorus	mg	116			23	33	524
Potassium	mg	231			46	66	1,050
Sodium	mg	518			104	147	2,348
Zinc	mg	0. 82			0. 16	0. 23	3. 74
Copper	mg	0. 183			0. 037	0. 052	0. 831
Manganese	mg	0. 570			0. 114	0. 162	2. 586
Vitamins:							
Ascorbic acid	mg	0. 1			0. 0	0. 0	0. 3
Thiamin	mg	0. 222			0. 044	0. 063	1. 007
Riboflavin	mg	0. 210			0. 042	0. 059	0. 951
Niacin	mg	3. 514			0. 703	0. 996	15. 940
Pantothenic acid	mg	0. 345			0. 069	0. 098	1. 565
Vitamin B-6	mg	0. 084			0. 017	0. 024	0. 383
Folate	mcg	18			4	5	83
Vitamin B-12	mcg	0. 09			0. 02	0. 02	0. 39
Vitamin A[1]	RE	156			31	44	709
	IU	601			120	170	2,725
Lipids:							
Fatty acids:							
Saturated, total	g	4. 438			0. 888	1. 258	20. 130
4:0	g	0. 003			0. 001	0. 001	0. 013
6:0	g	0. 002			0. 000	0. 000	0. 008
8:0	g	0. 001			0. 000	0. 000	0. 005
10:0	g	0. 002			0. 000	0. 001	0. 011
12:0	g	0. 007			0. 001	0. 002	0. 032
14:0	g	0. 054			0. 011	0. 015	0. 245
16:0	g	2. 905			0. 581	0. 823	13. 175
18:0	g	1. 461			0. 292	0. 414	6. 625
Monounsaturated, total	g	10. 832			2. 166	3. 071	49. 132
16:1	g	0. 024			0. 005	0. 007	0. 107
18:1	g	10. 684			2. 137	3. 029	48. 464
20:1	g	0. 123			0. 025	0. 035	0. 556
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	7. 223			1. 445	2. 048	32. 765
18:2	g	6. 966			1. 393	1. 975	31. 599
18:3	g	0. 207			0. 041	0. 059	0. 940
18:4	g						
20:4	g	0. 047			0. 009	0. 013	0. 213
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 003			0. 001	0. 001	0. 012
Cholesterol	mg	31			6	9	142
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 099			0. 020	0. 028	0. 450
Threonine	g	0. 299			0. 060	0. 085	1. 358
Isoleucine	g	0. 338			0. 068	0. 096	1. 534
Leucine	g	0. 623			0. 125	0. 176	2. 824
Lysine	g	0. 321			0. 064	0. 091	1. 458
Methionine	g	0. 149			0. 030	0. 042	0. 674
Cystine	g	0. 151			0. 030	0. 043	0. 684
Phenylalanine	g	0. 460			0. 092	0. 130	2. 088
Tyrosine	g	0. 332			0. 066	0. 094	1. 508
Valine	g	0. 395			0. 079	0. 112	1. 790
Arginine	g	0. 734			0. 147	0. 208	3. 332
Histidine	g	0. 216			0. 043	0. 061	0. 980
Alanine	g	0. 344			0. 069	0. 098	1. 561
Aspartic acid	g	0. 799			0. 160	0. 226	3. 624
Glutamic acid	g	2. 223			0. 445	0. 630	10. 086
Glycine	g	0. 425			0. 085	0. 121	1. 929
Proline	g	0. 643			0. 129	0. 182	2. 916
Serine	g	0. 469			0. 094	0. 133	2. 126

[1] Product made with margarine.

COOKIES
Peanut butter sandwich, regular

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 14 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	2.8	0.146	21	0.4	0.8	12.8
Food energy	kcal	478			67	135	2,166
	kJ	1,999			280	567	9,069
Protein (N x 5.60)	g	8.8	0.171	21	1.2	2.5	40.1
Total lipid (fat)	g	21.1	0.401	24	3.0	6.0	95.9
Carbohydrate, total	g	65.6			9.2	18.6	297.4
Crude fiber	g						
Ash	g	1.6	0.042	22	0.2	0.5	7.4
Minerals:							
Calcium	mg	53	1.900	19	7	15	243
Iron	mg	2.60	0.060	19	0.36	0.74	11.79
Magnesium	mg	49	0.999	19	7	14	221
Phosphorus	mg	188	6.870	18	26	53	851
Potassium	mg	192	4.326	19	27	54	872
Sodium	mg	368	8.869	19	52	104	1,671
Zinc	mg	1.06	0.019	19	0.15	0.30	4.79
Copper	mg	0.237	0.015	19	0.033	0.067	1.074
Manganese	mg	0.912	0.022	17	0.128	0.259	4.137
Vitamins:							
Ascorbic acid	mg	0.1	0.033	3	0.0	0.0	0.6
Thiamin	mg	0.325	0.015	17	0.046	0.092	1.476
Riboflavin	mg	0.263	0.013	18	0.037	0.075	1.194
Niacin	mg	3.739	0.088	19	0.523	1.060	16.958
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	1			0	0	5
	IU	4	4.000	3	1	1	18
Lipids:[1]							
Fatty acids:							
Saturated, total	g	4.521			0.633	1.282	20.507
4:0	g	0.001			0.000	0.000	0.003
6:0	g	0.000			0.000	0.000	0.002
8:0	g	0.000			0.000	0.000	0.002
10:0	g	0.001			0.000	0.000	0.003
12:0	g	0.004			0.001	0.001	0.020
14:0	g	0.071			0.010	0.020	0.320
16:0	g	2.639			0.369	0.748	11.971
18:0	g	1.802			0.252	0.511	8.176
Monounsaturated, total	g	10.987			1.538	3.115	49.838
16:1	g	0.017			0.002	0.005	0.076
18:1	g	10.863			1.521	3.080	49.274
20:1	g	0.108			0.015	0.030	0.488
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	4.150			0.581	1.176	18.823
18:2	g	4.011			0.562	1.137	18.194
18:3	g	0.098			0.014	0.028	0.443
18:4	g						
20:4	g	0.039			0.005	0.011	0.177
20:5	g	0.000			0.000	0.000	0.001
22:5	g						
22:6	g	0.002			0.000	0.000	0.008
Cholesterol	mg	0	0.044	3	0	0	1
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.110			0.015	0.031	0.501
Threonine	g	0.297			0.042	0.084	1.346
Isoleucine	g	0.341			0.048	0.097	1.546
Leucine	g	0.617			0.086	0.175	2.798
Lysine	g	0.352			0.049	0.100	1.596
Methionine	g	0.128			0.018	0.036	0.580
Cystine	g	0.164			0.023	0.047	0.744
Phenylalanine	g	0.442			0.062	0.125	2.004
Tyrosine	g	0.319			0.045	0.090	1.446
Valine	g	0.402			0.056	0.114	1.825
Arginine	g	0.716			0.100	0.203	3.249
Histidine	g	0.205			0.029	0.058	0.930
Alanine	g	0.341			0.048	0.097	1.546
Aspartic acid	g	0.791			0.111	0.224	3.586
Glutamic acid	g	2.206			0.309	0.625	10.006
Glycine	g	0.420			0.059	0.119	1.904
Proline	g	0.622			0.087	0.176	2.820
Serine	g	0.462			0.065	0.131	2.097

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Peanut butter sandwich, special dietary[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 10 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	3. 7		1	0. 4	1. 1	17. 0
Food energy	*kcal*	535			54	152	2,427
	kJ	2,240			224	635	10,161
Protein (N x 5.50)	*g*	10. 0		1	1. 0	2. 8	45. 5
Total lipid (fat)	*g*	34. 0		1	3. 4	9. 6	154. 2
Carbohydrate, total	*g*	50. 8			5. 1	14. 4	230. 4
Crude fiber	*g*						
Ash	*g*	1. 4		1	0. 1	0. 4	6. 5
Minerals:							
Calcium	*mg*						
Iron	*mg*						
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	294		1	29	83	1,334
Sodium	*mg*	412		1	41	117	1,869
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*						
Riboflavin	*mg*						
Niacin	*mg*						
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	11. 812			1. 181	3. 349	53. 581
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 216			0. 022	0. 061	0. 979
14:0	*g*	0. 222			0. 022	0. 063	1. 005
16:0	*g*	7. 670			0. 767	2. 174	34. 791
18:0	*g*	3. 704			0. 370	1. 050	16. 800
Monounsaturated, total	*g*	15. 289			1. 529	4. 335	69. 353
16:1	*g*	0. 002			0. 000	0. 001	0. 011
18:1	*g*	15. 136			1. 514	4. 291	68. 659
20:1	*g*	0. 151			0. 015	0. 043	0. 683
22:1	*g*						
Polyunsaturated, total	*g*	5. 108			0. 511	1. 448	23. 170
18:2	*g*	5. 017			0. 502	1. 422	22. 757
18:3	*g*	0. 091			0. 009	0. 026	0. 413
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 111			0. 011	0. 032	0. 505
Threonine	*g*	0. 334			0. 033	0. 095	1. 514
Isoleucine	*g*	0. 363			0. 036	0. 103	1. 646
Leucine	*g*	0. 668			0. 067	0. 189	3. 028
Lysine	*g*	0. 367			0. 037	0. 104	1. 663
Methionine	*g*	0. 109			0. 011	0. 031	0. 496
Cystine	*g*	0. 151			0. 015	0. 043	0. 687
Phenylalanine	*g*	0. 509			0. 051	0. 144	2. 308
Tyrosine	*g*	0. 379			0. 038	0. 108	1. 721
Valine	*g*	0. 429			0. 043	0. 122	1. 944
Arginine	*g*	0. 998			0. 100	0. 283	4. 526
Histidine	*g*	0. 243			0. 024	0. 069	1. 100
Alanine	*g*	0. 378			0. 038	0. 107	1. 713
Aspartic acid	*g*	1. 034			0. 103	0. 293	4. 691
Glutamic acid	*g*	2. 391			0. 239	0. 678	10. 847
Glycine	*g*	0. 538			0. 054	0. 153	2. 441
Proline	*g*	0. 607			0. 061	0. 172	2. 755
Serine	*g*	0. 505			0. 051	0. 143	2. 292

[1] Sucrose-free, low-sodium product.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean oil.

COOKIES
Raisin, soft-type

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 15 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	13. 1	1. 368	4	2. 0	3. 7	59. 4
Food energy	kcal	401			60	114	1,821
	kJ	1,680			252	476	7,623
Protein (N x 5.90)	g	4. 1	0. 472	4	0. 6	1. 2	18. 7
Total lipid (fat)	g	13. 6	1. 300	4	2. 0	3. 9	61. 8
Carbohydrate, total	g	68. 0			10. 2	19. 3	308. 3
Crude fiber	g	0. 9		1	0. 1	0. 3	4. 2
Ash	g	1. 2	0. 039	4	0. 2	0. 3	5. 4
Minerals:							
Calcium	mg	46	9. 820	4	7	13	207
Iron	mg	2. 29	0. 366	4	0. 34	0. 65	10. 41
Magnesium	mg	21	0. 569	3	3	6	97
Phosphorus	mg	83	14. 226	3	12	23	375
Potassium	mg	140	22. 995	3	21	40	637
Sodium	mg	338	42. 721	4	51	96	1,532
Zinc	mg	0. 32	0. 047	3	0. 05	0. 09	1. 44
Copper	mg	0. 413	0. 022	3	0. 062	0. 117	1. 873
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 216	0. 032	4	0. 032	0. 061	0. 980
Riboflavin	mg	0. 206	0. 012	4	0. 031	0. 058	0. 934
Niacin	mg	1. 967	0. 143	4	0. 295	0. 558	8. 923
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	g	3. 509			0. 526	0. 995	15. 917
4:0	g	0. 001			0. 000	0. 000	0. 004
6:0	g	0. 001			0. 000	0. 000	0. 002
8:0	g	0. 001			0. 000	0. 000	0. 002
10:0	g	0. 001			0. 000	0. 000	0. 004
12:0	g	0. 001			0. 000	0. 000	0. 005
14:0	g	0. 068			0. 010	0. 019	0. 307
16:0	g	1. 880			0. 282	0. 533	8. 527
18:0	g	1. 555			0. 233	0. 441	7. 053
Monounsaturated, total	g	7. 462			1. 119	2. 115	33. 848
16:1	g	0. 032			0. 005	0. 009	0. 144
18:1	g	7. 427			1. 114	2. 106	33. 689
20:1	g	0. 003			0. 000	0. 001	0. 013
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	1. 795			0. 269	0. 509	8. 140
18:2	g	1. 684			0. 253	0. 477	7. 639
18:3	g	0. 092			0. 014	0. 026	0. 418
18:4	g						
20:4	g	0. 014			0. 002	0. 004	0. 065
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 004			0. 001	0. 001	0. 017
Cholesterol	mg	2		1	0	1	9
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 054			0. 008	0. 015	0. 247
Threonine	g	0. 140			0. 021	0. 040	0. 636
Isoleucine	g	0. 165			0. 025	0. 047	0. 750
Leucine	g	0. 285			0. 043	0. 081	1. 294
Lysine	g	0. 183			0. 028	0. 052	0. 832
Methionine	g	0. 085			0. 013	0. 024	0. 386
Cystine	g	0. 086			0. 013	0. 024	0. 389
Phenylalanine	g	0. 187			0. 028	0. 053	0. 848
Tyrosine	g	0. 125			0. 019	0. 035	0. 566
Valine	g	0. 191			0. 029	0. 054	0. 867
Arginine	g	0. 189			0. 028	0. 054	0. 858
Histidine	g	0. 091			0. 014	0. 026	0. 415
Alanine	g	0. 154			0. 023	0. 044	0. 699
Aspartic acid	g	0. 270			0. 040	0. 077	1. 225
Glutamic acid	g	1. 095			0. 164	0. 310	4. 968
Glycine	g	0. 137			0. 021	0. 039	0. 620
Proline	g	0. 354			0. 053	0. 100	1. 604
Serine	g	0. 231			0. 035	0. 065	1. 047

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Shortbread, commercially prepared, plain

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 8 g[1]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	3.7	0.364	17	0.3	1.0	16.8
Food energy	kcal	502			40	142	2,277
	kJ	2,101			168	596	9,530
Protein (N x 5.80)	g	6.1	0.187	17	0.5	1.7	27.7
Total lipid (fat)	g	24.1	0.485	18	1.9	6.8	109.4
Carbohydrate, total	g	64.5			5.2	18.3	292.6
Crude fiber	g						
Ash	g	1.5	0.075	17	0.1	0.4	7.0
Minerals:							
Calcium	mg	35	4.198	19	3	10	157
Iron	mg	2.74	0.118	23	0.22	0.78	12.42
Magnesium	mg	17	0.271	15	1	5	77
Phosphorus	mg	108	5.517	15	9	31	492
Potassium	mg	100	4.379	16	8	28	452
Sodium	mg	455	18.596	17	36	129	2,064
Zinc	mg	0.53	0.018	19	0.04	0.15	2.40
Copper	mg	0.144	0.013	13	0.012	0.041	0.654
Manganese	mg	0.428	0.018	8	0.034	0.121	1.940
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.330	0.015	16	0.026	0.094	1.496
Riboflavin	mg	0.329	0.014	16	0.026	0.093	1.494
Niacin	mg	3.339	0.137	16	0.267	0.947	15.148
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg	9	1.023	3	1	2	39
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	6.151			0.492	1.744	27.902
4:0	g						
6:0	g						
8:0	g	0.000			0.000	0.000	0.001
10:0	g	0.000			0.000	0.000	0.001
12:0	g	0.000			0.000	0.000	0.001
14:0	g	0.117			0.009	0.033	0.528
16:0	g	3.219			0.258	0.913	14.602
18:0	g	2.811			0.225	0.797	12.750
Monounsaturated, total	g	13.523			1.082	3.834	61.342
16:1	g	0.029			0.002	0.008	0.132
18:1	g	13.491			1.079	3.825	61.196
20:1	g	0.003			0.000	0.001	0.012
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	3.100			0.248	0.879	14.064
18:2	g	2.931			0.234	0.831	13.295
18:3	g	0.153			0.012	0.043	0.693
18:4	g						
20:4	g	0.013			0.001	0.004	0.059
20:5	g	0.000			0.000	0.000	0.002
22:5	g						
22:6	g	0.003			0.000	0.001	0.015
Cholesterol	mg	20	6.607	3	2	6	92
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.084			0.007	0.024	0.382
Threonine	g	0.195			0.016	0.055	0.884
Isoleucine	g	0.251			0.020	0.071	1.137
Leucine	g	0.451			0.036	0.128	2.044
Lysine	g	0.253			0.020	0.072	1.146
Methionine	g	0.119			0.010	0.034	0.540
Cystine	g	0.134			0.011	0.038	0.607
Phenylalanine	g	0.295			0.024	0.084	1.337
Tyrosine	g	0.191			0.015	0.054	0.865
Valine	g	0.290			0.023	0.082	1.313
Arginine	g	0.259			0.021	0.073	1.175
Histidine	g	0.131			0.010	0.037	0.592
Alanine	g	0.224			0.018	0.064	1.017
Aspartic acid	g	0.327			0.026	0.093	1.485
Glutamic acid	g	1.768			0.141	0.501	8.019
Glycine	g	0.208			0.017	0.059	0.946
Proline	g	0.598			0.048	0.170	2.713
Serine	g	0.343			0.027	0.097	1.557

[1] Approx 1-5/8 in. square.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Shortbread, commercially prepared, pecan

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 14 g[1]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	3. 3	0. 163	23	0. 5	0. 9	15. 0
Food energy	kcal	542			76	154	2,457
	kJ	2,268			317	643	10,286
Protein (N x 5.60)	g	4. 9	0. 127	23	0. 7	1. 4	22. 4
Total lipid (fat)	g	32. 5	0. 332	24	4. 6	9. 2	147. 6
Carbohydrate, total	g	58. 3			8. 2	16. 5	264. 2
Crude fiber	g						
Ash	g	1. 0	0. 018	23	0. 1	0. 3	4. 4
Minerals:							
Calcium	mg	30	1. 156	23	4	8	135
Iron	mg	2. 43	0. 063	23	0. 34	0. 69	11. 01
Magnesium	mg	18	0. 410	22	3	5	83
Phosphorus	mg	85	1. 814	23	12	24	383
Potassium	mg	73	2. 202	23	10	21	331
Sodium	mg	281	5. 292	23	39	80	1,276
Zinc	mg	0. 58	0. 020	22	0. 08	0. 16	2. 62
Copper	mg	0. 152	0. 011	22	0. 021	0. 043	0. 689
Manganese	mg	0. 617	0. 021	17	0. 086	0. 175	2. 799
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 293	0. 012	28	0. 041	0. 083	1. 330
Riboflavin	mg	0. 220	0. 011	28	0. 031	0. 062	0. 998
Niacin	mg	2. 481	0. 123	28	0. 347	0. 703	11. 256
Pantothenic acid	mg	0. 377	0. 009	8	0. 053	0. 107	1. 710
Vitamin B-6	mg	0. 020	0. 001	8	0. 003	0. 006	0. 091
Folate	mcg	8	0. 046	8	1	2	36
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	7. 059			0. 988	2. 001	32. 019
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 127			0. 018	0. 036	0. 574
16:0	g	3. 768			0. 528	1. 068	17. 092
18:0	g	3. 161			0. 443	0. 896	14. 341
Monounsaturated, total	g	18. 928			2. 650	5. 366	85. 857
16:1	g	0. 035			0. 005	0. 010	0. 161
18:1	g	18. 845			2. 638	5. 343	85. 482
20:1	g	0. 047			0. 007	0. 013	0. 214
22:1	g						
Polyunsaturated, total	g	4. 892			0. 685	1. 387	22. 190
18:2	g	4. 660			0. 652	1. 321	21. 140
18:3	g	0. 230			0. 032	0. 065	1. 043
18:4	g						
20:4	g	0. 001			0. 000	0. 000	0. 006
20:5	g						
22:5	g						
22:6	g	0. 000			0. 000	0. 000	0. 001
Cholesterol	mg	33		1	5	9	150
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 080			0. 011	0. 023	0. 365
Threonine	g	0. 143			0. 020	0. 041	0. 649
Isoleucine	g	0. 192			0. 027	0. 054	0. 869
Leucine	g	0. 337			0. 047	0. 096	1. 530
Lysine	g	0. 178			0. 025	0. 050	0. 805
Methionine	g	0. 091			0. 013	0. 026	0. 413
Cystine	g	0. 112			0. 016	0. 032	0. 509
Phenylalanine	g	0. 239			0. 034	0. 068	1. 086
Tyrosine	g	0. 149			0. 021	0. 042	0. 677
Valine	g	0. 224			0. 031	0. 064	1. 018
Arginine	g	0. 276			0. 039	0. 078	1. 250
Histidine	g	0. 109			0. 015	0. 031	0. 493
Alanine	g	0. 163			0. 023	0. 046	0. 737
Aspartic acid	g	0. 252			0. 035	0. 071	1. 142
Glutamic acid	g	1. 509			0. 211	0. 428	6. 843
Glycine	g	0. 179			0. 025	0. 051	0. 813
Proline	g	0. 490			0. 069	0. 139	2. 224
Serine	g	0. 259			0. 036	0. 073	1. 174

[1] Approx 2 in. diam.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Shortbread, prepared from recipe, made with butter

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 11 g[1] (1-1/2 in. diam.)	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	3. 1			0. 3	0. 9	14. 1
Food energy	kcal	546			60	155	2,474
	kJ	2,284			251	647	10,358
Protein	g	6. 0			0. 7	1. 7	27. 2
Total lipid (fat)	g	33. 4			3. 7	9. 5	151. 5
Carbohydrate, total	g	56. 0			6. 2	15. 9	254. 2
Crude fiber	g	0. 1			0. 0	0. 0	0. 6
Ash	g	1. 4			0. 2	0. 4	6. 6
Minerals:							
Calcium	mg	18			2	5	81
Iron	mg	2. 62			0. 29	0. 74	11. 87
Magnesium	mg	13			1	4	58
Phosphorus	mg	69			8	19	311
Potassium	mg	69			8	20	315
Sodium	mg	465			51	132	2,110
Zinc	mg	0. 41			0. 05	0. 12	1. 86
Copper	mg	0. 091			0. 010	0. 026	0. 415
Manganese	mg	0. 377			0. 042	0. 107	1. 712
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 346			0. 038	0. 098	1. 569
Riboflavin	mg	0. 257			0. 028	0. 073	1. 167
Niacin	mg	2. 927			0. 322	0. 830	13. 277
Pantothenic acid	mg	0. 200			0. 022	0. 057	0. 909
Vitamin B-6	mg	0. 023			0. 003	0. 006	0. 104
Folate	mcg	11			1	3	51
Vitamin B-12	mcg	0. 05			0. 01	0. 01	0. 23
Vitamin A	RE	305			34	87	1,385
	IU	1,239			136	351	5,618
Lipids:							
Fatty acids:							
Saturated, total	g	20. 523			2. 258	5. 818	93. 094
4:0	g	1. 065			0. 117	0. 302	4. 830
6:0	g	0. 630			0. 069	0. 179	2. 859
8:0	g	0. 367			0. 040	0. 104	1. 664
10:0	g	0. 823			0. 091	0. 233	3. 735
12:0	g	0. 922			0. 101	0. 261	4. 181
14:0	g	3. 302			0. 363	0. 936	14. 980
16:0	g	8. 718			0. 959	2. 472	39. 546
18:0	g	3. 983			0. 438	1. 129	18. 067
Monounsaturated, total	g	9. 534			1. 049	2. 703	43. 244
16:1	g	0. 735			0. 081	0. 208	3. 335
18:1	g	8. 309			0. 914	2. 355	37. 687
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 446			0. 159	0. 410	6. 557
18:2	g	0. 956			0. 105	0. 271	4. 335
18:3	g	0. 490			0. 054	0. 139	2. 222
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	89			10	25	402
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 074			0. 008	0. 021	0. 336
Threonine	g	0. 169			0. 019	0. 048	0. 766
Isoleucine	g	0. 216			0. 024	0. 061	0. 979
Leucine	g	0. 422			0. 046	0. 120	1. 913
Lysine	g	0. 152			0. 017	0. 043	0. 688
Methionine	g	0. 109			0. 012	0. 031	0. 493
Cystine	g	0. 123			0. 014	0. 035	0. 559
Phenylalanine	g	0. 301			0. 033	0. 085	1. 365
Tyrosine	g	0. 187			0. 021	0. 053	0. 847
Valine	g	0. 250			0. 027	0. 071	1. 132
Arginine	g	0. 240			0. 026	0. 068	1. 090
Histidine	g	0. 135			0. 015	0. 038	0. 613
Alanine	g	0. 193			0. 021	0. 055	0. 876
Aspartic acid	g	0. 264			0. 029	0. 075	1. 195
Glutamic acid	g	1. 975			0. 217	0. 560	8. 960
Glycine	g	0. 211			0. 023	0. 060	0. 955
Proline	g	0. 688			0. 076	0. 195	3. 122
Serine	g	0. 301			0. 033	0. 085	1. 365

[1] 2-1/4 in. x 1-3/4 in. cookie = 21 g. Yield = 20 cookies baked in 9 in. square pan.

COOKIES
Shortbread, prepared from recipe, made with margarine

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 11 g[1] (1-1/2 in. diam.)	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	3. 0			0. 3	0. 9	13. 8
Food energy	*kcal*	546			60	155	2,478
	kJ	2,287			252	648	10,375
Protein	*g*	6. 0			0. 7	1. 7	27. 3
Total lipid (fat)	*g*	33. 2			3. 6	9. 4	150. 4
Carbohydrate, total	*g*	56. 4			6. 2	16. 0	255. 7
Crude fiber	*g*	0. 1			0. 0	0. 0	0. 6
Ash	*g*	1. 4			0. 2	0. 4	6. 4
Minerals:							
Calcium	*mg*	20			2	6	92
Iron	*mg*	2. 58			0. 28	0. 73	11. 69
Magnesium	*mg*	13			1	4	59
Phosphorus	*mg*	69			8	19	311
Potassium	*mg*	76			8	22	345
Sodium	*mg*	513			56	145	2,325
Zinc	*mg*	0. 39			0. 04	0. 11	1. 77
Copper	*mg*	0. 085			0. 009	0. 024	0. 385
Manganese	*mg*	0. 376			0. 041	0. 107	1. 705
Vitamins:							
Ascorbic acid	*mg*	0. 1			0. 0	0. 0	0. 3
Thiamin	*mg*	0. 348			0. 038	0. 099	1. 578
Riboflavin	*mg*	0. 258			0. 028	0. 073	1. 173
Niacin	*mg*	2. 919			0. 321	0. 828	13. 243
Pantothenic acid	*mg*	0. 190			0. 021	0. 054	0. 861
Vitamin B-6	*mg*	0. 025			0. 003	0. 007	0. 115
Folate	*mcg*	11			1	3	48
Vitamin B-12	*mcg*	0. 04			0. 00	0. 01	0. 17
Vitamin A	*RE*	345			38	98	1,565
	IU	1,339			147	380	6,076
Lipids:							
Fatty acids:							
Saturated, total	*g*	6. 481			0. 713	1. 837	29. 398
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 081			0. 009	0. 023	0. 367
16:0	*g*	4. 008			0. 441	1. 136	18. 180
18:0	*g*	2. 392			0. 263	0. 678	10. 850
Monounsaturated, total	*g*	14. 540			1. 599	4. 122	65. 953
16:1	*g*						
18:1	*g*	14. 540			1. 599	4. 122	65. 953
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	10. 508			1. 156	2. 979	47. 666
18:2	*g*	10. 051			1. 106	2. 849	45. 591
18:3	*g*	0. 457			0. 050	0. 130	2. 075
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 074			0. 008	0. 021	0. 337
Threonine	*g*	0. 170			0. 019	0. 048	0. 769
Isoleucine	*g*	0. 217			0. 024	0. 061	0. 982
Leucine	*g*	0. 423			0. 047	0. 120	1. 919
Lysine	*g*	0. 153			0. 017	0. 043	0. 692
Methionine	*g*	0. 109			0. 012	0. 031	0. 493
Cystine	*g*	0. 123			0. 014	0. 035	0. 559
Phenylalanine	*g*	0. 301			0. 033	0. 085	1. 367
Tyrosine	*g*	0. 187			0. 021	0. 053	0. 850
Valine	*g*	0. 250			0. 028	0. 071	1. 135
Arginine	*g*	0. 241			0. 026	0. 068	1. 092
Histidine	*g*	0. 135			0. 015	0. 038	0. 614
Alanine	*g*	0. 193			0. 021	0. 055	0. 877
Aspartic acid	*g*	0. 264			0. 029	0. 075	1. 200
Glutamic acid	*g*	1. 978			0. 218	0. 561	8. 971
Glycine	*g*	0. 211			0. 023	0. 060	0. 956
Proline	*g*	0. 690			0. 076	0. 195	3. 128
Serine	*g*	0. 301			0. 033	0. 085	1. 367

[1] 2-1/4 in. x 1-3/4 in. cookie = 21 g. Yield = 20 cookies baked in 9 in. square pan.

COOKIES
Sugar, commercially prepared, regular
(includes vanilla)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 15 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	4. 8	0. 586	3	0. 7	1. 3	21. 6
Food energy	*kcal*	478			72	136	2,169
	kJ	2,002			300	568	9,081
Protein (N x 5.90)	*g*	5. 1	0. 316	8	0. 8	1. 5	23. 3
Total lipid (fat)	*g*	21. 1	0. 771	8	3. 2	6. 0	95. 5
Carbohydrate, total	*g*	67. 9			10. 2	19. 2	307. 8
Crude fiber	*g*	0. 2	0. 100	3	0. 0	0. 1	0. 9
Ash	*g*	1. 2	0. 128	4	0. 2	0. 3	5. 4
Minerals:							
Calcium	*mg*	21	4. 514	5	3	6	93
Iron	*mg*	2. 14	0. 171	5	0. 32	0. 61	9. 73
Magnesium	*mg*	12	2. 413	3	2	3	53
Phosphorus	*mg*	80	10. 797	3	12	23	364
Potassium	*mg*	63	5. 000	2	9	18	286
Sodium	*mg*	357	35. 150	7	53	101	1,617
Zinc	*mg*	0. 43	0. 135	2	0. 07	0. 12	1. 97
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 233	0. 052	5	0. 035	0. 066	1. 055
Riboflavin	*mg*	0. 214	0. 013	5	0. 032	0. 061	0. 972
Niacin	*mg*	2. 691	0. 204	4	0. 404	0. 763	12. 207
Pantothenic acid	*mg*						
Vitamin B-6	*mg*	0. 056		1	0. 008	0. 016	0. 254
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*	27			4	8	122
	IU	90		1	13	26	408
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	5. 422			0. 813	1. 537	24. 595
4:0	*g*	0. 001			0. 000	0. 000	0. 003
6:0	*g*	0. 000			0. 000	0. 000	0. 002
8:0	*g*	0. 001			0. 000	0. 000	0. 003
10:0	*g*	0. 001			0. 000	0. 000	0. 004
12:0	*g*	0. 001			0. 000	0. 000	0. 005
14:0	*g*	0. 104			0. 016	0. 029	0. 470
16:0	*g*	2. 865			0. 430	0. 812	12. 996
18:0	*g*	2. 447			0. 367	0. 694	11. 101
Monounsaturated, total	*g*	11. 752			1. 763	3. 332	53. 309
16:1	*g*	0. 041			0. 006	0. 012	0. 186
18:1	*g*	11. 707			1. 756	3. 319	53. 103
20:1	*g*	0. 004			0. 001	0. 001	0. 017
22:1	*g*	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	*g*	2. 676			0. 401	0. 759	12. 140
18:2	*g*	2. 521			0. 378	0. 715	11. 436
18:3	*g*	0. 131			0. 020	0. 037	0. 594
18:4	*g*						
20:4	*g*	0. 019			0. 003	0. 005	0. 085
20:5	*g*	0. 001			0. 000	0. 000	0. 003
22:5	*g*						
22:6	*g*	0. 005			0. 001	0. 001	0. 022
Cholesterol	*mg*	51		1	8	14	231
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 070			0. 011	0. 020	0. 319
Threonine	*g*	0. 179			0. 027	0. 051	0. 812
Isoleucine	*g*	0. 230			0. 034	0. 065	1. 041
Leucine	*g*	0. 390			0. 059	0. 111	1. 771
Lysine	*g*	0. 256			0. 038	0. 072	1. 159
Methionine	*g*	0. 110			0. 016	0. 031	0. 497
Cystine	*g*	0. 104			0. 016	0. 030	0. 473
Phenylalanine	*g*	0. 250			0. 038	0. 071	1. 136
Tyrosine	*g*	0. 175			0. 026	0. 050	0. 793
Valine	*g*	0. 263			0. 039	0. 074	1. 191
Arginine	*g*	0. 221			0. 033	0. 063	1. 002
Histidine	*g*	0. 112			0. 017	0. 032	0. 509
Alanine	*g*	0. 190			0. 028	0. 054	0. 860
Aspartic acid	*g*	0. 310			0. 047	0. 088	1. 408
Glutamic acid	*g*	1. 355			0. 203	0. 384	6. 144
Glycine	*g*	0. 164			0. 025	0. 047	0. 745
Proline	*g*	0. 469			0. 070	0. 133	2. 130
Serine	*g*	0. 298			0. 045	0. 085	1. 353

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Sugar, commercially prepared, special dietary[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 7 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	5. 7		1	0. 4	1. 6	25. 8
Food energy	kcal	431			30	122	1,955
	kJ	1,804			126	512	8,184
Protein (N x 5.70)	g	11. 6		1	0. 8	3. 3	52. 5
Total lipid (fat)	g	13. 0		1	0. 9	3. 7	59. 0
Carbohydrate, total	g	69. 3			4. 9	19. 6	314. 4
Crude fiber	g						
Ash	g	0. 4		1	0. 0	0. 1	1. 9
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	104		1	7	29	472
Sodium	mg	3		1	0	1	14
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	2. 346			0. 164	0. 665	10. 642
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 000			0. 000	0. 000	0. 002
16:0	g	1. 294			0. 091	0. 367	5. 868
18:0	g	0. 977			0. 068	0. 277	4. 431
Monounsaturated, total	g	7. 529			0. 527	2. 134	34. 152
16:1	g	0. 013			0. 001	0. 004	0. 060
18:1	g	7. 516			0. 526	2. 131	34. 092
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 830			0. 128	0. 519	8. 302
18:2	g	1. 796			0. 126	0. 509	8. 145
18:3	g	0. 035			0. 002	0. 010	0. 157
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 167			0. 012	0. 047	0. 756
Threonine	g	0. 321			0. 022	0. 091	1. 456
Isoleucine	g	0. 439			0. 031	0. 124	1. 991
Leucine	g	0. 788			0. 055	0. 224	3. 576
Lysine	g	0. 402			0. 028	0. 114	1. 825
Methionine	g	0. 195			0. 014	0. 055	0. 885
Cystine	g	0. 252			0. 018	0. 071	1. 143
Phenylalanine	g	0. 549			0. 038	0. 156	2. 489
Tyrosine	g	0. 331			0. 023	0. 094	1. 502
Valine	g	0. 508			0. 036	0. 144	2. 304
Arginine	g	0. 443			0. 031	0. 126	2. 009
Histidine	g	0. 236			0. 016	0. 067	1. 069
Alanine	g	0. 350			0. 024	0. 099	1. 585
Aspartic acid	g	0. 484			0. 034	0. 137	2. 194
Glutamic acid	g	3. 828			0. 268	1. 085	17. 365
Glycine	g	0. 392			0. 027	0. 111	1. 779
Proline	g	1. 290			0. 090	0. 366	5. 853
Serine	g	0. 610			0. 043	0. 173	2. 765

[1] Fructose-sweetened, sodium-free product.
[2] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Sugar, refrigerated dough

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: dough for 1 cookie = 16 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	14. 5	0. 169	28	2. 3	4. 1	65. 8
Food energy	*kcal*	436			70	124	1,978
	kJ	1,825			292	517	8,279
Protein (N x 5.80)	*g*	4. 2	0. 165	23	0. 7	1. 2	19. 2
Total lipid (fat)	*g*	20. 7	0. 465	25	3. 3	5. 9	94. 1
Carbohydrate, total	*g*	59. 0			9. 4	16. 7	267. 7
Crude fiber	*g*	0. 1	0. 015	2	0. 0	0. 0	0. 5
Ash	*g*	1. 5	0. 108	25	0. 2	0. 4	6. 8
Minerals:							
Calcium	*mg*	81	10. 666	17	13	23	366
Iron	*mg*	1. 65	0. 157	11	0. 26	0. 47	7. 50
Magnesium	*mg*	7	0. 360	11	1	2	33
Phosphorus	*mg*	169	5. 121	11	27	48	765
Potassium	*mg*	147	66. 352	7	23	42	665
Sodium	*mg*	422	39. 068	19	67	120	1,913
Zinc	*mg*	0. 24	0. 011	11	0. 04	0. 07	1. 11
Copper	*mg*	0. 037	0. 002	19	0. 006	0. 011	0. 168
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0	0. 000	3	0	0	0
Thiamin	*mg*	0. 205	0. 023	13	0. 033	0. 058	0. 928
Riboflavin	*mg*	0. 122	0. 011	15	0. 020	0. 035	0. 554
Niacin	*mg*	2. 412	0. 333	13	0. 386	0. 684	10. 939
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*	11			2	3	50
	IU	37		1	6	10	168
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	5. 315			0. 850	1. 507	24. 110
4:0	*g*						
6:0	*g*						
8:0	*g*	0. 000			0. 000	0. 000	0. 001
10:0	*g*	0. 000			0. 000	0. 000	0. 001
12:0	*g*	0. 000			0. 000	0. 000	0. 001
14:0	*g*	0. 101			0. 016	0. 029	0. 458
16:0	*g*	2. 773			0. 444	0. 786	12. 579
18:0	*g*	2. 438			0. 390	0. 691	11. 061
Monounsaturated, total	*g*	11. 709			1. 874	3. 320	53. 114
16:1	*g*	0. 026			0. 004	0. 007	0. 116
18:1	*g*	11. 681			1. 869	3. 312	52. 987
20:1	*g*	0. 002			0. 000	0. 001	0. 010
22:1	*g*	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	*g*	2. 602			0. 416	0. 738	11. 801
18:2	*g*	2. 458			0. 393	0. 697	11. 149
18:3	*g*	0. 128			0. 021	0. 036	0. 582
18:4	*g*						
20:4	*g*	0. 012			0. 002	0. 003	0. 054
20:5	*g*	0. 000			0. 000	0. 000	0. 002
22:5	*g*						
22:6	*g*	0. 003			0. 000	0. 001	0. 014
Cholesterol	*mg*	29	2. 106	13	5	8	130
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 059			0. 009	0. 017	0. 269
Threonine	*g*	0. 138			0. 022	0. 039	0. 627
Isoleucine	*g*	0. 178			0. 028	0. 050	0. 806
Leucine	*g*	0. 306			0. 049	0. 087	1. 389
Lysine	*g*	0. 185			0. 030	0. 052	0. 839
Methionine	*g*	0. 086			0. 014	0. 024	0. 391
Cystine	*g*	0. 094			0. 015	0. 027	0. 428
Phenylalanine	*g*	0. 207			0. 033	0. 059	0. 938
Tyrosine	*g*	0. 134			0. 021	0. 038	0. 607
Valine	*g*	0. 204			0. 033	0. 058	0. 925
Arginine	*g*	0. 184			0. 029	0. 052	0. 835
Histidine	*g*	0. 090			0. 014	0. 025	0. 408
Alanine	*g*	0. 154			0. 025	0. 044	0. 699
Aspartic acid	*g*	0. 236			0. 038	0. 067	1. 071
Glutamic acid	*g*	1. 207			0. 193	0. 342	5. 473
Glycine	*g*	0. 144			0. 023	0. 041	0. 653
Proline	*g*	0. 403			0. 064	0. 114	1. 827
Serine	*g*	0. 246			0. 039	0. 070	1. 114

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Sugar, refrigerated dough, baked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 12 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	5.0			0.6	1.4	22.7
Food energy	kcal	484			58	137	2,197
	kJ	2,028			243	575	9,199
Protein	g	4.7			0.6	1.3	21.4
Total lipid (fat)	g	23.1			2.8	6.5	104.6
Carbohydrate, total	g	65.6			7.9	18.6	297.4
Crude fiber	g	0.1			0.0	0.0	0.5
Ash	g	1.7			0.2	0.5	7.6
Minerals:							
Calcium	mg	90			11	25	406
Iron	mg	1.84			0.22	0.52	8.33
Magnesium	mg	8			1	2	36
Phosphorus	mg	187			22	53	850
Potassium	mg	163			20	46	739
Sodium	mg	468			56	133	2,125
Zinc	mg	0.27			0.03	0.08	1.23
Copper	mg	0.041			0.005	0.012	0.187
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.182			0.022	0.052	0.825
Riboflavin	mg	0.122			0.015	0.035	0.554
Niacin	mg	2.412			0.289	0.684	10.939
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	11			1	3	50
	IU	37			4	10	168
Lipids:[1]							
Fatty acids:							
Saturated, total	g	5.906			0.709	1.674	26.789
4:0	g						
6:0	g						
8:0	g	0.000			0.000	0.000	0.001
10:0	g	0.000			0.000	0.000	0.001
12:0	g	0.000			0.000	0.000	0.001
14:0	g	0.112			0.013	0.032	0.509
16:0	g	3.081			0.370	0.874	13.977
18:0	g	2.709			0.325	0.768	12.290
Monounsaturated, total	g	13.010			1.561	3.688	59.016
16:1	g	0.028			0.003	0.008	0.129
18:1	g	12.979			1.558	3.680	58.874
20:1	g	0.003			0.000	0.001	0.011
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	2.891			0.347	0.820	13.112
18:2	g	2.731			0.328	0.774	12.388
18:3	g	0.143			0.017	0.040	0.647
18:4	g						
20:4	g	0.013			0.002	0.004	0.060
20:5	g	0.000			0.000	0.000	0.002
22:5	g						
22:6	g	0.003			0.000	0.001	0.016
Cholesterol	mg	32			4	9	145
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.066			0.008	0.019	0.298
Threonine	g	0.153			0.018	0.044	0.696
Isoleucine	g	0.197			0.024	0.056	0.895
Leucine	g	0.340			0.041	0.096	1.543
Lysine	g	0.205			0.025	0.058	0.932
Methionine	g	0.096			0.011	0.027	0.435
Cystine	g	0.105			0.013	0.030	0.475
Phenylalanine	g	0.230			0.028	0.065	1.042
Tyrosine	g	0.149			0.018	0.042	0.674
Valine	g	0.227			0.027	0.064	1.028
Arginine	g	0.205			0.025	0.058	0.928
Histidine	g	0.100			0.012	0.028	0.453
Alanine	g	0.171			0.021	0.049	0.777
Aspartic acid	g	0.262			0.031	0.074	1.190
Glutamic acid	g	1.341			0.161	0.380	6.081
Glycine	g	0.160			0.019	0.045	0.726
Proline	g	0.447			0.054	0.127	2.029
Serine	g	0.273			0.033	0.077	1.238

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Sugar, prepared from recipe, made with butter

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 14 g (3 in. diam.)	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	8. 9			1. 3	2. 5	40. 5
Food energy	*kcal*	471			66	134	2,137
	kJ	1,972			276	559	8,945
Protein	*g*	5. 9			0. 8	1. 7	26. 8
Total lipid (fat)	*g*	23. 6			3. 3	6. 7	107. 0
Carbohydrate, total	*g*	59. 8			8. 4	17. 0	271. 2
Crude fiber	*g*	0. 1			0. 0	0. 0	0. 5
Ash	*g*	1. 8			0. 3	0. 5	8. 1
Minerals:							
Calcium	*mg*	71			10	20	323
Iron	*mg*	2. 36			0. 33	0. 67	10. 71
Magnesium	*mg*	12			2	3	56
Phosphorus	*mg*	90			13	26	409
Potassium	*mg*	73			10	21	330
Sodium	*mg*	459			64	130	2,081
Zinc	*mg*	0. 43			0. 06	0. 12	1. 96
Copper	*mg*	0. 082			0. 011	0. 023	0. 372
Manganese	*mg*	0. 318			0. 044	0. 090	1. 440
Vitamins:							
Ascorbic acid	*mg*	0. 0			0. 0	0. 0	0. 2
Thiamin	*mg*	0. 293			0. 041	0. 083	1. 328
Riboflavin	*mg*	0. 256			0. 036	0. 073	1. 160
Niacin	*mg*	2. 448			0. 343	0. 694	11. 105
Pantothenic acid	*mg*	0. 247			0. 035	0. 070	1. 121
Vitamin B-6	*mg*	0. 029			0. 004	0. 008	0. 130
Folate	*mcg*	12			2	3	52
Vitamin B-12	*mcg*	0. 09			0. 01	0. 03	0. 43
Vitamin A	*RE*	223			31	63	1,011
	IU	895			125	254	4,060
Lipids:							
Fatty acids:							
Saturated, total	*g*	14. 270			1. 998	4. 045	64. 728
4:0	*g*	0. 730			0. 102	0. 207	3. 311
6:0	*g*	0. 432			0. 061	0. 123	1. 960
8:0	*g*	0. 252			0. 035	0. 071	1. 141
10:0	*g*	0. 565			0. 079	0. 160	2. 562
12:0	*g*	0. 632			0. 089	0. 179	2. 868
14:0	*g*	2. 266			0. 317	0. 642	10. 279
16:0	*g*	6. 125			0. 857	1. 736	27. 782
18:0	*g*	2. 779			0. 389	0. 788	12. 605
Monounsaturated, total	*g*	6. 774			0. 948	1. 920	30. 726
16:1	*g*	0. 522			0. 073	0. 148	2. 369
18:1	*g*	5. 915			0. 828	1. 677	26. 829
20:1	*g*	0. 002			0. 000	0. 000	0. 008
22:1	*g*	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	*g*	1. 108			0. 155	0. 314	5. 025
18:2	*g*	0. 757			0. 106	0. 215	3. 434
18:3	*g*	0. 340			0. 048	0. 096	1. 541
18:4	*g*						
20:4	*g*	0. 009			0. 001	0. 002	0. 039
20:5	*g*	0. 000			0. 000	0. 000	0. 001
22:5	*g*						
22:6	*g*	0. 002			0. 000	0. 001	0. 010
Cholesterol	*mg*	87			12	25	394
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 073			0. 010	0. 021	0. 331
Threonine	*g*	0. 183			0. 026	0. 052	0. 831
Isoleucine	*g*	0. 229			0. 032	0. 065	1. 039
Leucine	*g*	0. 429			0. 060	0. 122	1. 947
Lysine	*g*	0. 191			0. 027	0. 054	0. 867
Methionine	*g*	0. 117			0. 016	0. 033	0. 533
Cystine	*g*	0. 122			0. 017	0. 034	0. 551
Phenylalanine	*g*	0. 298			0. 042	0. 084	1. 350
Tyrosine	*g*	0. 193			0. 027	0. 055	0. 875
Valine	*g*	0. 263			0. 037	0. 075	1. 193
Arginine	*g*	0. 251			0. 035	0. 071	1. 137
Histidine	*g*	0. 134			0. 019	0. 038	0. 609
Alanine	*g*	0. 208			0. 029	0. 059	0. 943
Aspartic acid	*g*	0. 306			0. 043	0. 087	1. 387
Glutamic acid	*g*	1. 774			0. 248	0. 503	8. 045
Glycine	*g*	0. 204			0. 029	0. 058	0. 925
Proline	*g*	0. 617			0. 086	0. 175	2. 797
Serine	*g*	0. 315			0. 044	0. 089	1. 427

COOKIES
Sugar, prepared from recipe, made with margarine

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 14 g (3 in. diam.)	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	8. 9			1. 2	2. 5	40. 3
Food energy	*kcal*	472			66	134	2,139
	kJ	1,974			276	560	8,956
Protein	*g*	5. 9			0. 8	1. 7	26. 8
Total lipid (fat)	*g*	23. 4			3. 3	6. 6	106. 2
Carbohydrate, total	*g*	60. 0			8. 4	17. 0	272. 3
Crude fiber	*g*	0. 1			0. 0	0. 0	0. 5
Ash	*g*	1. 8			0. 2	0. 5	8. 0
Minerals:							
Calcium	*mg*	73			10	21	331
Iron	*mg*	2. 33			0. 33	0. 66	10. 59
Magnesium	*mg*	12			2	4	56
Phosphorus	*mg*	90			13	26	409
Potassium	*mg*	77			11	22	350
Sodium	*mg*	491			69	139	2,228
Zinc	*mg*	0. 42			0. 06	0. 12	1. 90
Copper	*mg*	0. 078			0. 011	0. 022	0. 352
Manganese	*mg*	0. 316			0. 044	0. 090	1. 435
Vitamins:							
Ascorbic acid	*mg*	0. 1			0. 0	0. 0	0. 4
Thiamin	*mg*	0. 294			0. 041	0. 083	1. 335
Riboflavin	*mg*	0. 257			0. 036	0. 073	1. 164
Niacin	*mg*	2. 443			0. 342	0. 693	11. 081
Pantothenic acid	*mg*	0. 240			0. 034	0. 068	1. 088
Vitamin B-6	*mg*	0. 030			0. 004	0. 009	0. 138
Folate	*mcg*	11			2	3	50
Vitamin B-12	*mcg*	0. 09			0. 01	0. 02	0. 39
Vitamin A	*RE*	250			35	71	1,132
	IU	964			135	273	4,372
Lipids:							
Fatty acids:							
Saturated, total	*g*	4. 690			0. 657	1. 330	21. 274
4:0	*g*	0. 004			0. 001	0. 001	0. 016
6:0	*g*	0. 002			0. 000	0. 001	0. 010
8:0	*g*	0. 001			0. 000	0. 000	0. 006
10:0	*g*	0. 003			0. 000	0. 001	0. 013
12:0	*g*	0. 003			0. 000	0. 001	0. 015
14:0	*g*	0. 068			0. 010	0. 019	0. 310
16:0	*g*	2. 911			0. 408	0. 825	13. 206
18:0	*g*	1. 694			0. 237	0. 480	7. 682
Monounsaturated, total	*g*	10. 189			1. 426	2. 889	46. 217
16:1	*g*	0. 021			0. 003	0. 006	0. 094
18:1	*g*	10. 166			1. 423	2. 882	46. 112
20:1	*g*	0. 002			0. 000	0. 000	0. 008
22:1	*g*	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	*g*	7. 290			1. 021	2. 067	33. 070
18:2	*g*	6. 962			0. 975	1. 974	31. 579
18:3	*g*	0. 318			0. 044	0. 090	1. 440
18:4	*g*						
20:4	*g*	0. 009			0. 001	0. 002	0. 039
20:5	*g*	0. 000			0. 000	0. 000	0. 001
22:5	*g*						
22:6	*g*	0. 002			0. 000	0. 001	0. 010
Cholesterol	*mg*	26			4	7	119
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 073			0. 010	0. 021	0. 331
Threonine	*g*	0. 184			0. 026	0. 052	0. 833
Isoleucine	*g*	0. 230			0. 032	0. 065	1. 042
Leucine	*g*	0. 430			0. 060	0. 122	1. 951
Lysine	*g*	0. 192			0. 027	0. 054	0. 870
Methionine	*g*	0. 118			0. 016	0. 033	0. 533
Cystine	*g*	0. 122			0. 017	0. 034	0. 552
Phenylalanine	*g*	0. 298			0. 042	0. 084	1. 351
Tyrosine	*g*	0. 193			0. 027	0. 055	0. 877
Valine	*g*	0. 264			0. 037	0. 075	1. 195
Arginine	*g*	0. 251			0. 035	0. 071	1. 139
Histidine	*g*	0. 134			0. 019	0. 038	0. 609
Alanine	*g*	0. 208			0. 029	0. 059	0. 943
Aspartic acid	*g*	0. 307			0. 043	0. 087	1. 390
Glutamic acid	*g*	1. 775			0. 249	0. 503	8. 053
Glycine	*g*	0. 204			0. 029	0. 058	0. 925
Proline	*g*	0. 618			0. 086	0. 175	2. 801
Serine	*g*	0. 315			0. 044	0. 089	1. 428

COOKIES
Sugar wafers with creme filling, regular

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 small wafer = 3.5 g[1,2]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	1. 0	0. 189	12	0. 0	0. 3	4. 6
Food energy	kcal	511			18	144	2,316
	kJ	2,137			75	605	9,694
Protein (N x 5.70)	g	4. 1	0. 219	16	0. 1	1. 2	18. 5
Total lipid (fat)	g	24. 3	0. 764	15	0. 9	6. 9	110. 2
Carbohydrate, total	g	70. 1			2. 5	19. 8	317. 9
Crude fiber	g						
Ash	g	0. 5	0. 048	12	0. 0	0. 1	2. 3
Minerals:							
Calcium	mg	18	2. 899	17	1	5	79
Iron	mg	1. 95	0. 234	16	0. 07	0. 55	8. 82
Magnesium	mg	11	0. 362	14	0	3	51
Phosphorus	mg	56	1. 676	14	2	16	252
Potassium	mg	59	3. 297	15	2	17	268
Sodium	mg	147	10. 923	16	5	42	667
Zinc	mg	0. 35	0. 008	13	0. 01	0. 10	1. 60
Copper	mg	0. 091	0. 008	14	0. 003	0. 026	0. 414
Manganese	mg	0. 276	0. 013	6	0. 010	0. 078	1. 252
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 102	0. 021	13	0. 004	0. 029	0. 462
Riboflavin	mg	0. 196	0. 016	14	0. 007	0. 056	0. 891
Niacin	mg	2. 432	0. 123	14	0. 085	0. 688	11. 032
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	g	4. 403			0. 154	1. 246	19. 973
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 000			0. 000	0. 000	0. 001
16:0	g	2. 404			0. 084	0. 680	10. 902
18:0	g	1. 859			0. 065	0. 526	8. 434
Monounsaturated, total	g	14. 313			0. 501	4. 051	64. 924
16:1	g	0. 024			0. 001	0. 007	0. 109
18:1	g	14. 289			0. 500	4. 044	64. 815
20:1	g						
22:1	g						
Polyunsaturated, total	g	3. 280			0. 115	0. 928	14. 879
18:2	g	3. 226			0. 113	0. 913	14. 634
18:3	g	0. 054			0. 002	0. 015	0. 245
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 059			0. 002	0. 017	0. 267
Threonine	g	0. 115			0. 004	0. 033	0. 524
Isoleucine	g	0. 156			0. 005	0. 044	0. 706
Leucine	g	0. 281			0. 010	0. 080	1. 275
Lysine	g	0. 144			0. 005	0. 041	0. 654
Methionine	g	0. 070			0. 002	0. 020	0. 316
Cystine	g	0. 089			0. 003	0. 025	0. 403
Phenylalanine	g	0. 194			0. 007	0. 055	0. 878
Tyrosine	g	0. 118			0. 004	0. 033	0. 534
Valine	g	0. 181			0. 006	0. 051	0. 820
Arginine	g	0. 156			0. 005	0. 044	0. 709
Histidine	g	0. 083			0. 003	0. 024	0. 377
Alanine	g	0. 126			0. 004	0. 036	0. 569
Aspartic acid	g	0. 174			0. 006	0. 049	0. 791
Glutamic acid	g	1. 344			0. 047	0. 380	6. 097
Glycine	g	0. 138			0. 005	0. 039	0. 625
Proline	g	0. 453			0. 016	0. 128	2. 056
Serine	g	0. 215			0. 008	0. 061	0. 976

[1] 2-1/2 in. x 3/4 in. x 1/4 in.
[2] Lg wafer (3-1/2 in. x 1 in. x 1/2 in.) = 9 g.
[3] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Sugar wafers with creme filling, special dietary[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 wafer = 4 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	4. 4	0. 287	3	0. 2	1. 2	19. 9
Food energy	*kcal*	502			20	142	2,279
	kJ	2,103			84	596	9,540
Protein (N x 5.70)	*g*	3. 1	0. 004	3	0. 1	0. 9	13. 9
Total lipid (fat)	*g*	25. 7	0. 751	3	1. 0	7. 3	116. 6
Carbohydrate, total	*g*	66. 0			2. 6	18. 7	299. 4
Crude fiber	*g*						
Ash	*g*	0. 9	0. 168	3	0. 0	0. 2	3. 9
Minerals:							
Calcium	*mg*	53	3. 867	3	2	15	241
Iron	*mg*	1. 44	0. 030	3	0. 06	0. 41	6. 53
Magnesium	*mg*	6	0. 443	3	0	2	29
Phosphorus	*mg*	34	6. 017	3	1	10	154
Potassium	*mg*	61	6. 950	3	2	17	277
Sodium	*mg*	9	8. 111	3	0	2	40
Zinc	*mg*	0. 20	0. 014	3	0. 01	0. 06	0. 90
Copper	*mg*	0. 038	0. 003	3	0. 002	0. 011	0. 174
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0	0. 000	3	0	0	0
Thiamin	*mg*	0. 164	0. 010	3	0. 007	0. 046	0. 744
Riboflavin	*mg*	0. 107	0. 002	3	0. 004	0. 030	0. 484
Niacin	*mg*	1. 533	0. 077	3	0. 061	0. 435	6. 955
Pantothenic acid	*mg*	0. 098	0. 007	3	0. 004	0. 028	0. 445
Vitamin B-6	*mg*	0. 009	0. 001	3	0. 000	0. 003	0. 042
Folate	*mcg*	4	0. 292	3	0	1	20
Vitamin B-12	*mcg*	0	0. 000	3	0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0	0. 023	3	0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	11. 685			0. 467	3. 313	53. 003
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 243			0. 010	0. 069	1. 100
14:0	*g*	0. 243			0. 010	0. 069	1. 101
16:0	*g*	7. 317			0. 293	2. 074	33. 188
18:0	*g*	3. 881			0. 155	1. 100	17. 603
Monounsaturated, total	*g*	10. 937			0. 437	3. 101	49. 611
16:1	*g*	0. 001			0. 000	0. 000	0. 005
18:1	*g*	10. 936			0. 437	3. 100	49. 606
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 819			0. 073	0. 516	8. 251
18:2	*g*	1. 714			0. 069	0. 486	7. 773
18:3	*g*	0. 105			0. 004	0. 030	0. 478
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0	0. 000	3	0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 044			0. 002	0. 013	0. 200
Threonine	*g*	0. 085			0. 003	0. 024	0. 386
Isoleucine	*g*	0. 116			0. 005	0. 033	0. 527
Leucine	*g*	0. 209			0. 008	0. 059	0. 947
Lysine	*g*	0. 107			0. 004	0. 030	0. 483
Methionine	*g*	0. 052			0. 002	0. 015	0. 234
Cystine	*g*	0. 067			0. 003	0. 019	0. 303
Phenylalanine	*g*	0. 145			0. 006	0. 041	0. 659
Tyrosine	*g*	0. 088			0. 004	0. 025	0. 398
Valine	*g*	0. 135			0. 005	0. 038	0. 610
Arginine	*g*	0. 117			0. 005	0. 033	0. 532
Histidine	*g*	0. 062			0. 002	0. 018	0. 283
Alanine	*g*	0. 093			0. 004	0. 026	0. 420
Aspartic acid	*g*	0. 128			0. 005	0. 036	0. 581
Glutamic acid	*g*	1. 014			0. 041	0. 287	4. 599
Glycine	*g*	0. 104			0. 004	0. 029	0. 471
Proline	*g*	0. 342			0. 014	0. 097	1. 550
Serine	*g*	0. 161			0. 006	0. 046	0. 732

[1] Sucrose-free, sodium-free product.
[2] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Vanilla sandwich with creme filling

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cookie = 10 g[1] (1-3/4 in. diam.)	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	2. 2	0. 098	32	0. 2	0. 6	10. 0
Food energy	*kcal*	483			48	137	2,190
	kJ	2,021			202	572	9,167
Protein (N x 5.70)	*g*	4. 5	0. 093	39	0. 4	1. 3	20. 3
Total lipid (fat)	*g*	20. 0	0. 306	40	2. 0	5. 7	90. 9
Carbohydrate, total	*g*	72. 1			7. 2	20. 4	327. 2
Crude fiber	*g*						
Ash	*g*	1. 2	0. 048	34	0. 1	0. 3	5. 2
Minerals:							
Calcium	*mg*	27	2. 837	38	3	8	120
Iron	*mg*	2. 21	0. 060	40	0. 22	0. 62	10. 01
Magnesium	*mg*	14	0. 354	31	1	4	62
Phosphorus	*mg*	75	3. 781	36	8	21	340
Potassium	*mg*	91	6. 964	33	9	26	414
Sodium	*mg*	349	12. 440	36	35	99	1,582
Zinc	*mg*	0. 40	0. 014	32	0. 04	0. 11	1. 83
Copper	*mg*	0. 114	0. 011	30	0. 011	0. 032	0. 519
Manganese	*mg*	0. 292	0. 014	24	0. 029	0. 083	1. 325
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 261	0. 024	40	0. 026	0. 074	1. 184
Riboflavin	*mg*	0. 243	0. 009	41	0. 024	0. 069	1. 101
Niacin	*mg*	2. 690	0. 088	40	0. 269	0. 761	12. 203
Pantothenic acid	*mg*	0. 394	0. 008	8	0. 039	0. 112	1. 787
Vitamin B-6	*mg*						
Folate	*mcg*	4	0. 608	11	0	1	16
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	3. 636			0. 364	1. 029	16. 494
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 000			0. 000	0. 000	0. 002
16:0	*g*	1. 993			0. 199	0. 564	9. 042
18:0	*g*	1. 527			0. 153	0. 432	6. 925
Monounsaturated, total	*g*	11. 757			1. 176	3. 327	53. 329
16:1	*g*	0. 020			0. 002	0. 006	0. 091
18:1	*g*	11. 737			1. 174	3. 321	53. 238
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	2. 763			0. 276	0. 782	12. 531
18:2	*g*	2. 714			0. 271	0. 768	12. 312
18:3	*g*	0. 048			0. 005	0. 014	0. 220
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 064			0. 006	0. 018	0. 292
Threonine	*g*	0. 124			0. 012	0. 035	0. 563
Isoleucine	*g*	0. 170			0. 017	0. 048	0. 769
Leucine	*g*	0. 306			0. 031	0. 086	1. 386
Lysine	*g*	0. 156			0. 016	0. 044	0. 705
Methionine	*g*	0. 075			0. 008	0. 021	0. 342
Cystine	*g*	0. 097			0. 010	0. 028	0. 442
Phenylalanine	*g*	0. 212			0. 021	0. 060	0. 962
Tyrosine	*g*	0. 128			0. 013	0. 036	0. 581
Valine	*g*	0. 196			0. 020	0. 056	0. 891
Arginine	*g*	0. 171			0. 017	0. 048	0. 777
Histidine	*g*	0. 091			0. 009	0. 026	0. 413
Alanine	*g*	0. 135			0. 014	0. 038	0. 613
Aspartic acid	*g*	0. 187			0. 019	0. 053	0. 848
Glutamic acid	*g*	1. 479			0. 148	0. 419	6. 708
Glycine	*g*	0. 152			0. 015	0. 043	0. 688
Proline	*g*	0. 499			0. 050	0. 141	2. 262
Serine	*g*	0. 236			0. 024	0. 067	1. 069

[1] Oval cookie (3-1/8 in. x 1-1/4 in. x 3/8 in.) = 15 g.
[2] Values based on product containing partially hydrogenated soybean oil.

COOKIES
Vanilla wafers, higher fat[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 wafer = 6 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	4. 2	0. 297	14	0. 3	1. 2	19. 1
Food energy	*kcal*	473			28	134	2,143
	kJ	1,978			119	561	8,973
Protein (N x 5.70)	*g*	4. 3	0. 045	14	0. 3	1. 2	19. 4
Total lipid (fat)	*g*	19. 4	0. 340	14	1. 2	5. 5	87. 9
Carbohydrate, total	*g*	71. 1			4. 3	20. 2	322. 6
Crude fiber	*g*						
Ash	*g*	1. 0	0. 028	14	0. 1	0. 3	4. 6
Minerals:							
Calcium	*mg*	25	0. 983	14	2	7	116
Iron	*mg*	2. 21	0. 133	14	0. 13	0. 63	10. 01
Magnesium	*mg*	12	0. 413	13	1	3	55
Phosphorus	*mg*	64	1. 527	14	4	18	290
Potassium	*mg*	107	4. 156	14	6	30	485
Sodium	*mg*	306	6. 537	14	18	87	1,390
Zinc	*mg*	0. 33	0. 013	10	0. 02	0. 09	1. 48
Copper	*mg*	0. 124	0. 024	9	0. 007	0. 035	0. 562
Manganese	*mg*	0. 384	0. 153	8	0. 023	0. 109	1. 742
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 361	0. 023	14	0. 022	0. 102	1. 637
Riboflavin	*mg*	0. 209	0. 016	14	0. 013	0. 059	0. 948
Niacin	*mg*	2. 976	0. 153	14	0. 179	0. 844	13. 499
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	4. 925			0. 295	1. 396	22. 338
4:0	*g*	0. 001			0. 000	0. 000	0. 003
6:0	*g*	0. 000			0. 000	0. 000	0. 002
8:0	*g*	0. 000			0. 000	0. 000	0. 001
10:0	*g*	0. 001			0. 000	0. 000	0. 003
12:0	*g*	0. 001			0. 000	0. 000	0. 003
14:0	*g*	0. 097			0. 006	0. 028	0. 440
16:0	*g*	2. 520			0. 151	0. 714	11. 431
18:0	*g*	2. 303			0. 138	0. 653	10. 445
Monounsaturated, total	*g*	11. 051			0. 663	3. 133	50. 126
16:1	*g*	0. 002			0. 000	0. 000	0. 007
18:1	*g*	11. 049			0. 663	3. 132	50. 119
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	2. 433			0. 146	0. 690	11. 036
18:2	*g*	2. 310			0. 139	0. 655	10. 477
18:3	*g*	0. 123			0. 007	0. 035	0. 559
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 062			0. 004	0. 018	0. 283
Threonine	*g*	0. 131			0. 008	0. 037	0. 593
Isoleucine	*g*	0. 169			0. 010	0. 048	0. 767
Leucine	*g*	0. 303			0. 018	0. 086	1. 374
Lysine	*g*	0. 165			0. 010	0. 047	0. 747
Methionine	*g*	0. 073			0. 004	0. 021	0. 331
Cystine	*g*	0. 093			0. 006	0. 026	0. 423
Phenylalanine	*g*	0. 200			0. 012	0. 057	0. 907
Tyrosine	*g*	0. 123			0. 007	0. 035	0. 559
Valine	*g*	0. 193			0. 012	0. 055	0. 876
Arginine	*g*	0. 163			0. 010	0. 046	0. 740
Histidine	*g*	0. 087			0. 005	0. 025	0. 395
Alanine	*g*	0. 136			0. 008	0. 039	0. 617
Aspartic acid	*g*	0. 199			0. 012	0. 056	0. 903
Glutamic acid	*g*	1. 375			0. 083	0. 390	6. 239
Glycine	*g*	0. 141			0. 008	0. 040	0. 641
Proline	*g*	0. 465			0. 028	0. 132	2. 107
Serine	*g*	0. 226			0. 014	0. 064	1. 026

[1] 18 to 21% fat content.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

COOKIES
Vanilla wafers, lower fat[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 wafer = 4 g	1 oz = 28.35 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	5. 1	0. 111	47	0. 2	1. 5	23. 2
Food energy	kcal	441			18	125	2,001
	kJ	1,847			74	524	8,377
Protein (N x 5.90)	g	5. 0	0. 055	48	0. 2	1. 4	22. 6
Total lipid (fat)	g	15. 2	0. 219	46	0. 6	4. 3	68. 9
Carbohydrate, total	g	73. 6			2. 9	20. 9	334. 0
Crude fiber	g	0. 5	0. 049	2	0. 0	0. 1	2. 3
Ash	g	1. 1	0. 023	45	0. 0	0. 3	4. 9
Minerals:							
Calcium	mg	48	1. 163	51	2	14	216
Iron	mg	2. 38	0. 059	48	0. 10	0. 67	10. 78
Magnesium	mg	14	0. 624	47	1	4	64
Phosphorus	mg	104	1. 755	47	4	29	470
Potassium	mg	97	1. 863	46	4	28	440
Sodium	mg	312	6. 630	47	12	88	1,413
Zinc	mg	0. 36	0. 012	49	0. 01	0. 10	1. 62
Copper	mg	0. 100	0. 009	45	0. 004	0. 028	0. 455
Manganese	mg	0. 262	0. 009	44	0. 010	0. 074	1. 189
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 275	0. 011	45	0. 011	0. 078	1. 246
Riboflavin	mg	0. 320	0. 017	45	0. 013	0. 091	1. 451
Niacin	mg	3. 106	0. 083	46	0. 124	0. 880	14. 087
Pantothenic acid	mg	0. 410	0. 083	4	0. 016	0. 116	1. 859
Vitamin B-6	mg	0. 073	0. 003	2	0. 003	0. 021	0. 331
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	g	3. 465			0. 139	0. 982	15. 719
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 055			0. 002	0. 016	0. 249
16:0	g	1. 963			0. 079	0. 557	8. 906
18:0	g	1. 445			0. 058	0. 410	6. 554
Monounsaturated, total	g	6. 086			0. 243	1. 725	27. 606
16:1	g	0. 001			0. 000	0. 000	0. 005
18:1	g	6. 085			0. 243	1. 725	27. 601
20:1	g						
22:1	g						
Polyunsaturated, total	g	3. 700			0. 148	1. 049	16. 781
18:2	g	3. 473			0. 139	0. 985	15. 754
18:3	g	0. 226			0. 009	0. 064	1. 027
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 068			0. 003	0. 019	0. 307
Threonine	g	0. 169			0. 007	0. 048	0. 768
Isoleucine	g	0. 213			0. 009	0. 060	0. 967
Leucine	g	0. 365			0. 015	0. 103	1. 654
Lysine	g	0. 230			0. 009	0. 065	1. 044
Methionine	g	0. 105			0. 004	0. 030	0. 476
Cystine	g	0. 110			0. 004	0. 031	0. 499
Phenylalanine	g	0. 243			0. 010	0. 069	1. 102
Tyrosine	g	0. 160			0. 006	0. 045	0. 725
Valine	g	0. 244			0. 010	0. 069	1. 105
Arginine	g	0. 221			0. 009	0. 063	1. 002
Histidine	g	0. 106			0. 004	0. 030	0. 480
Alanine	g	0. 188			0. 008	0. 053	0. 852
Aspartic acid	g	0. 297			0. 012	0. 084	1. 347
Glutamic acid	g	1. 335			0. 053	0. 379	6. 057
Glycine	g	0. 167			0. 007	0. 047	0. 756
Proline	g	0. 444			0. 018	0. 126	2. 015
Serine	g	0. 293			0. 012	0. 083	1. 328

[1] 12 to 17% fat content.
[2] 1 c crumbs (20 wafers) = 80 g.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CRACKERS
Cheese, regular

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 in. sq cracker = 1 g[1]	1/2 oz = 14.175 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	3. 1	0. 124	48	0. 0	0. 4	14. 1
Food energy	*kcal*	503			5	71	2,279
	kJ	2,104			21	298	9,542
Protein (N x 5.90)	*g*	10. 1	0. 228	47	0. 1	1. 4	45. 9
Total lipid (fat)	*g*	25. 3	0. 541	51	0. 3	3. 6	114. 6
Carbohydrate, total	*g*	58. 2			0. 6	8. 3	264. 0
Crude fiber	*g*	0. 4	0. 057	2	0. 0	0. 1	1. 9
Ash	*g*	3. 3	0. 117	43	0. 0	0. 5	14. 9
Minerals:							
Calcium	*mg*	151	11. 424	48	2	21	686
Iron	*mg*	4. 77	0. 206	45	0. 05	0. 68	21. 65
Magnesium	*mg*	36	2. 525	43	0	5	164
Phosphorus	*mg*	218	11. 747	44	2	31	990
Potassium[2]	*mg*	145	4. 559	47	1	21	658
Sodium[2]	*mg*	995	39. 270	49	10	141	4,514
Zinc	*mg*	1. 13	0. 035	42	0. 01	0. 16	5. 14
Copper	*mg*	0. 210	0. 017	42	0. 002	0. 030	0. 953
Manganese	*mg*	0. 629	0. 013	36	0. 006	0. 089	2. 855
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 570	0. 018	42	0. 006	0. 081	2. 584
Riboflavin	*mg*	0. 428	0. 015	42	0. 004	0. 061	1. 943
Niacin	*mg*	4. 671	0. 104	41	0. 047	0. 662	21. 187
Pantothenic acid	*mg*	0. 526	0. 107	4	0. 005	0. 075	2. 388
Vitamin B-6	*mg*	0. 553	0. 424	3	0. 006	0. 078	2. 508
Folate	*mcg*	25		1	0	4	113
Vitamin B-12	*mcg*	0. 46		1	0. 00	0. 07	2. 10
Vitamin A	*RE*	30			0	4	136
	IU	162		1	2	23	737
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	9. 379			0. 094	1. 329	42. 542
4:0	*g*	0. 285			0. 003	0. 040	1. 294
6:0	*g*	0. 144			0. 001	0. 020	0. 653
8:0	*g*	0. 077			0. 001	0. 011	0. 347
10:0	*g*	0. 163			0. 002	0. 023	0. 738
12:0	*g*	0. 148			0. 001	0. 021	0. 672
14:0	*g*	0. 966			0. 010	0. 137	4. 380
16:0	*g*	4. 959			0. 050	0. 703	22. 493
18:0	*g*	2. 632			0. 026	0. 373	11. 939
Monounsaturated, total	*g*	9. 001			0. 090	1. 276	40. 829
16:1	*g*	0. 275			0. 003	0. 039	1. 246
18:1	*g*	8. 726			0. 087	1. 237	39. 582
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	4. 844			0. 048	0. 687	21. 973
18:2	*g*	4. 465			0. 045	0. 633	20. 254
18:3	*g*	0. 379			0. 004	0. 054	1. 720
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	13		1	0	2	59
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 129			0. 001	0. 018	0. 583
Threonine	*g*	0. 295			0. 003	0. 042	1. 338
Isoleucine	*g*	0. 424			0. 004	0. 060	1. 921
Leucine	*g*	0. 744			0. 007	0. 105	3. 376
Lysine	*g*	0. 418			0. 004	0. 059	1. 898
Methionine	*g*	0. 194			0. 002	0. 027	0. 879
Cystine	*g*	0. 168			0. 002	0. 024	0. 762
Phenylalanine	*g*	0. 490			0. 005	0. 070	2. 225
Tyrosine	*g*	0. 340			0. 003	0. 048	1. 540
Valine	*g*	0. 478			0. 005	0. 068	2. 170
Arginine	*g*	0. 386			0. 004	0. 055	1. 750
Histidine	*g*	0. 245			0. 002	0. 035	1. 112
Alanine	*g*	0. 304			0. 003	0. 043	1. 377
Aspartic acid	*g*	0. 480			0. 005	0. 068	2. 178
Glutamic acid	*g*	3. 034			0. 030	0. 430	13. 760
Glycine	*g*	0. 302			0. 003	0. 043	1. 369
Proline	*g*	1. 110			0. 011	0. 157	5. 033
Serine	*g*	0. 521			0. 005	0. 074	2. 365

[1] 1 round cracker (1-7/8 in. diam.) = 3 g.
[2] Low-salt product contains 106 mg potassium and 458 mg sodium per 100 g.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CRACKERS
Cheese, sandwich-type with peanut butter filling

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sandwich cracker = 7 g	1/2 oz = 14.175 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	3. 8	0. 310	12	0. 3	0. 5	17. 2
Food energy	kcal	482			34	68	2,185
	kJ	2,016			141	286	9,146
Protein (N x 5.60)	g	12. 6	0. 474	13	0. 9	1. 8	57. 3
Total lipid (fat)	g	23. 2	0. 781	16	1. 6	3. 3	105. 4
Carbohydrate, total	g	57. 0			4. 0	8. 1	258. 6
Crude fiber	g	0. 6	0. 088	3	0. 0	0. 1	2. 7
Ash	g	3. 3	0. 168	12	0. 2	0. 5	15. 1
Minerals:							
Calcium	mg	79	17. 466	11	6	11	358
Iron	mg	2. 92	0. 130	12	0. 20	0. 41	13. 25
Magnesium	mg	58	3. 154	8	4	8	263
Phosphorus	mg	324	13. 237	9	23	46	1,469
Potassium	mg	245	20. 658	9	17	35	1,109
Sodium	mg	992	79. 015	12	69	141	4,500
Zinc	mg	1. 09	0. 060	9	0. 08	0. 15	4. 95
Copper	mg	0. 234	0. 024	9	0. 016	0. 033	1. 063
Manganese	mg	0. 750	0. 047	7	0. 052	0. 106	3. 402
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 403	0. 058	19	0. 028	0. 057	1. 826
Riboflavin	mg	0. 344	0. 053	19	0. 024	0. 049	1. 562
Niacin	mg	6. 520	0. 343	18	0. 456	0. 924	29. 573
Pantothenic acid	mg	0. 510	0. 045	12	0. 036	0. 072	2. 315
Vitamin B-6	mg	1. 492	0. 092	2	0. 104	0. 212	6. 770
Folate	mcg	25	1. 393	8	2	4	115
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	g	5. 147			0. 360	0. 730	23. 345
4:0	g	0. 014			0. 001	0. 002	0. 063
6:0	g	0. 007			0. 000	0. 001	0. 032
8:0	g	0. 004			0. 000	0. 001	0. 017
10:0	g	0. 008			0. 001	0. 001	0. 036
12:0	g	0. 012			0. 001	0. 002	0. 055
14:0	g	0. 122			0. 009	0. 017	0. 555
16:0	g	2. 920			0. 204	0. 414	13. 247
18:0	g	2. 058			0. 144	0. 292	9. 334
Monounsaturated, total	g	12. 114			0. 848	1. 717	54. 948
16:1	g	0. 021			0. 001	0. 003	0. 096
18:1	g	11. 983			0. 839	1. 699	54. 353
20:1	g	0. 110			0. 008	0. 016	0. 499
22:1	g						
Polyunsaturated, total	g	4. 405			0. 308	0. 624	19. 983
18:2	g	4. 259			0. 298	0. 604	19. 319
18:3	g	0. 113			0. 008	0. 016	0. 514
18:4	g						
20:4	g	0. 033			0. 002	0. 005	0. 151
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	5	0. 500	2	0	1	20
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 142			0. 010	0. 020	0. 644
Threonine	g	0. 397			0. 028	0. 056	1. 800
Isoleucine	g	0. 467			0. 033	0. 066	2. 117
Leucine	g	0. 854			0. 060	0. 121	3. 876
Lysine	g	0. 442			0. 031	0. 063	2. 004
Methionine	g	0. 194			0. 014	0. 027	0. 879
Cystine	g	0. 212			0. 015	0. 030	0. 961
Phenylalanine	g	0. 631			0. 044	0. 089	2. 863
Tyrosine	g	0. 444			0. 031	0. 063	2. 015
Valine	g	0. 546			0. 038	0. 077	2. 475
Arginine	g	0. 951			0. 067	0. 135	4. 316
Histidine	g	0. 300			0. 021	0. 043	1. 360
Alanine	g	0. 458			0. 032	0. 065	2. 076
Aspartic acid	g	1. 017			0. 071	0. 144	4. 612
Glutamic acid	g	3. 373			0. 236	0. 478	15. 299
Glycine	g	0. 582			0. 041	0. 082	2. 638
Proline	g	1. 008			0. 071	0. 143	4. 571
Serine	g	0. 636			0. 045	0. 090	2. 884

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CRACKERS
Crispbread, rye

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 wafer = 10 g	1/2 oz = 14.175 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	6.1	0.669	4	0.6	0.9	27.6
Food energy	kcal	366			37	52	1,658
	kJ	1,530			153	217	6,942
Protein (N x 5.80)	g	7.9	0.129	4	0.8	1.1	36.0
Total lipid (fat)	g	1.3	0.328	6	0.1	0.2	5.9
Carbohydrate, total	g	82.2			8.2	11.6	372.8
Crude fiber	g						
Ash	g	2.4	0.112	6	0.2	0.3	10.7
Minerals:							
Calcium	mg	31	3.837	4	3	4	142
Iron	mg	2.43	0.124	4	0.24	0.35	11.05
Magnesium	mg	78	3.814	4	8	11	353
Phosphorus	mg	269	19.040	4	27	38	1,219
Potassium	mg	319	34.499	4	32	45	1,446
Sodium	mg	264	48.831	4	26	37	1,198
Zinc	mg	2.39	0.225	4	0.24	0.34	10.84
Copper	mg	0.255	0.016	4	0.025	0.036	1.157
Manganese	mg	2.475	0.168	4	0.247	0.351	11.227
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.243	0.010	16	0.024	0.035	1.105
Riboflavin	mg	0.145	0.016	16	0.014	0.021	0.658
Niacin	mg	1.040	0.096	16	0.104	0.147	4.717
Pantothenic acid	mg	0.676	0.015	16	0.068	0.096	3.069
Vitamin B-6	mg	0.210	0.002	16	0.021	0.030	0.953
Folate	mcg	22	1.048	16	2	3	99
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.145			0.015	0.021	0.658
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000			0.000	0.000	0.001
14:0	g	0.002			0.000	0.000	0.008
16:0	g	0.138			0.014	0.020	0.625
18:0	g	0.005			0.001	0.001	0.025
Monounsaturated, total	g	0.165			0.016	0.023	0.748
16:1	g	0.012			0.001	0.002	0.056
18:1	g	0.146			0.015	0.021	0.663
20:1	g	0.006			0.001	0.001	0.029
22:1	g						
Polyunsaturated, total	g	0.557			0.056	0.079	2.527
18:2	g	0.479			0.048	0.068	2.171
18:3	g	0.079			0.008	0.011	0.356
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.092			0.009	0.013	0.416
Threonine	g	0.285			0.028	0.040	1.292
Isoleucine	g	0.318			0.032	0.045	1.441
Leucine	g	0.556			0.056	0.079	2.522
Lysine	g	0.300			0.030	0.043	1.360
Methionine	g	0.121			0.012	0.017	0.547
Cystine	g	0.155			0.015	0.022	0.702
Phenylalanine	g	0.403			0.040	0.057	1.826
Tyrosine	g	0.168			0.017	0.024	0.764
Valine	g	0.404			0.040	0.057	1.833
Arginine	g	0.366			0.037	0.052	1.659
Histidine	g	0.179			0.018	0.025	0.814
Alanine	g	0.342			0.034	0.049	1.553
Aspartic acid	g	0.564			0.056	0.080	2.559
Glutamic acid	g	2.160			0.216	0.306	9.796
Glycine	g	0.310			0.031	0.044	1.404
Proline	g	0.822			0.082	0.116	3.727
Serine	g	0.431			0.043	0.061	1.957

CRACKERS
Matzo, plain

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 oz = 14.175 g	1 matzo (1 oz) = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	4. 3	0. 615	9	0. 6	1. 2	19. 4
Food energy	*kcal*	395			56	112	1,792
	kJ	1,654			234	469	7,503
Protein (N x 5.70)	*g*	10. 0	0. 176	10	1. 4	2. 8	45. 4
Total lipid (fat)	*g*	1. 4	0. 127	10	0. 2	0. 4	6. 5
Carbohydrate, total	*g*	83. 7			11. 9	23. 7	379. 6
Crude fiber	*g*	0. 3	0. 000	4	0. 0	0. 1	1. 5
Ash	*g*	0. 6	0. 002	4	0. 1	0. 2	2. 8
Minerals:							
Calcium	*mg*	13	2. 949	2	2	4	60
Iron	*mg*	3. 16	0. 010	4	0. 45	0. 90	14. 33
Magnesium	*mg*	25	5. 013	2	4	7	115
Phosphorus	*mg*	89	18. 561	2	13	25	402
Potassium	*mg*	112	8. 758	4	16	32	507
Sodium	*mg*	2	0. 277	6	0	0	7
Zinc	*mg*	0. 68	0. 141	2	0. 10	0. 19	3. 08
Copper	*mg*	0. 060	0. 028	2	0. 009	0. 017	0. 272
Manganese	*mg*	0. 650	0. 127	2	0. 092	0. 184	2. 948
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 387	0. 021	12	0. 055	0. 110	1. 756
Riboflavin	*mg*	0. 291	0. 001	4	0. 041	0. 082	1. 320
Niacin	*mg*	3. 892	0. 014	4	0. 552	1. 104	17. 656
Pantothenic acid	*mg*	0. 443	0. 016	8	0. 063	0. 126	2. 009
Vitamin B-6	*mg*	0. 115	0. 001	8	0. 016	0. 033	0. 522
Folate	*mcg*	14	0. 088	8	2	4	65
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	0. 226			0. 032	0. 064	1. 026
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*						
16:0	*g*	0. 216			0. 031	0. 061	0. 982
18:0	*g*	0. 010			0. 001	0. 003	0. 044
Monounsaturated, total	*g*	0. 127			0. 018	0. 036	0. 575
16:1	*g*						
18:1	*g*	0. 127			0. 018	0. 036	0. 575
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 603			0. 085	0. 171	2. 733
18:2	*g*	0. 570			0. 081	0. 162	2. 587
18:3	*g*	0. 032			0. 005	0. 009	0. 146
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 116			0. 016	0. 033	0. 526
Threonine	*g*	0. 267			0. 038	0. 076	1. 211
Isoleucine	*g*	0. 371			0. 053	0. 105	1. 682
Leucine	*g*	0. 692			0. 098	0. 196	3. 140
Lysine	*g*	0. 193			0. 027	0. 055	0. 877
Methionine	*g*	0. 176			0. 025	0. 050	0. 797
Cystine	*g*	0. 225			0. 032	0. 064	1. 020
Phenylalanine	*g*	0. 494			0. 070	0. 140	2. 239
Tyrosine	*g*	0. 274			0. 039	0. 078	1. 243
Valine	*g*	0. 420			0. 060	0. 119	1. 905
Arginine	*g*	0. 348			0. 049	0. 099	1. 578
Histidine	*g*	0. 213			0. 030	0. 060	0. 964
Alanine	*g*	0. 306			0. 043	0. 087	1. 387
Aspartic acid	*g*	0. 404			0. 057	0. 115	1. 833
Glutamic acid	*g*	3. 509			0. 497	0. 995	15. 915
Glycine	*g*	0. 343			0. 049	0. 097	1. 554
Proline	*g*	1. 177			0. 167	0. 334	5. 339
Serine	*g*	0. 485			0. 069	0. 137	2. 200

CRACKERS
Matzo, egg

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 oz = 14.175 g	1 matzo (1 oz) = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	6. 4		1	0. 9	1. 8	29. 0
Food energy	kcal	391			55	111	1,775
	kJ	1,638			232	464	7,429
Protein (N x 5.80)	g	12. 3		1	1. 7	3. 5	55. 9
Total lipid (fat)	g	2. 1		1	0. 3	0. 6	9. 6
Carbohydrate, total	g	78. 6			11. 1	22. 3	356. 4
Crude fiber	g						
Ash	g	0. 6		1	0. 1	0. 2	2. 7
Minerals:							
Calcium	mg	40		1	6	11	181
Iron	mg	2. 70		1	0. 38	0. 77	12. 25
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	150		1	21	43	680
Sodium	mg	21		1	3	6	95
Zinc	mg	0. 73		1	0. 10	0. 21	3. 31
Copper	mg						
Manganese	mg	0. 600		1	0. 085	0. 170	2. 722
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg	0. 618		1	0. 088	0. 175	2. 803
Niacin	mg	5. 080		1	0. 720	1. 440	23. 043
Pantothenic acid	mg	0. 435		1	0. 062	0. 123	1. 973
Vitamin B-6	mg	0. 054		1	0. 008	0. 015	0. 245
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	13			2	4	57
	IU	42		1	6	12	191
Lipids:							
Fatty acids:							
Saturated, total	g	0. 548			0. 078	0. 155	2. 485
4:0	g						
6:0	g						
8:0	g	0. 000			0. 000	0. 000	0. 002
10:0	g	0. 000			0. 000	0. 000	0. 002
12:0	g	0. 000			0. 000	0. 000	0. 002
14:0	g	0. 005			0. 001	0. 001	0. 022
16:0	g	0. 423			0. 060	0. 120	1. 918
18:0	g	0. 119			0. 017	0. 034	0. 538
Monounsaturated, total	g	0. 612			0. 087	0. 173	2. 776
16:1	g	0. 043			0. 006	0. 012	0. 197
18:1	g	0. 564			0. 080	0. 160	2. 558
20:1	g	0. 004			0. 001	0. 001	0. 018
22:1	g	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	g	0. 473			0. 067	0. 134	2. 147
18:2	g	0. 427			0. 061	0. 121	1. 938
18:3	g	0. 020			0. 003	0. 006	0. 088
18:4	g						
20:4	g	0. 021			0. 003	0. 006	0. 094
20:5	g	0. 001			0. 000	0. 000	0. 003
22:5	g						
22:6	g	0. 005			0. 001	0. 002	0. 024
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 151			0. 021	0. 043	0. 684
Threonine	g	0. 384			0. 054	0. 109	1. 744
Isoleucine	g	0. 472			0. 067	0. 134	2. 139
Leucine	g	0. 886			0. 126	0. 251	4. 017
Lysine	g	0. 389			0. 055	0. 110	1. 763
Methionine	g	0. 248			0. 035	0. 070	1. 127
Cystine	g	0. 268			0. 038	0. 076	1. 214
Phenylalanine	g	0. 624			0. 089	0. 177	2. 832
Tyrosine	g	0. 397			0. 056	0. 113	1. 802
Valine	g	0. 544			0. 077	0. 154	2. 466
Arginine	g	0. 544			0. 077	0. 154	2. 466
Histidine	g	0. 278			0. 039	0. 079	1. 262
Alanine	g	0. 450			0. 064	0. 128	2. 042
Aspartic acid	g	0. 656			0. 093	0. 186	2. 977
Glutamic acid	g	3. 666			0. 520	1. 039	16. 628
Glycine	g	0. 438			0. 062	0. 124	1. 985
Proline	g	1. 251			0. 177	0. 355	5. 674
Serine	g	0. 673			0. 095	0. 191	3. 054

CRACKERS
Matzo, egg and onion

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 oz = 14.175 g	1 matzo (1 oz) = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	7. 2	1. 578	3	1. 0	2. 0	32. 4
Food energy	kcal	391			55	111	1,774
	kJ	1,637			232	464	7,425
Protein (N x 5.80)	g	10. 0	0. 425	3	1. 4	2. 8	45. 5
Total lipid (fat)	g	3. 9	0. 203	4	0. 5	1. 1	17. 5
Carbohydrate, total	g	77. 1			10. 9	21. 9	349. 9
Crude fiber	g						
Ash	g	1. 8	0. 045	4	0. 3	0. 5	8. 2
Minerals:							
Calcium	mg	36	1. 831	2	5	10	163
Iron	mg	4. 37	0. 383	3	0. 62	1. 24	19. 84
Magnesium	mg	30	1. 563	2	4	8	135
Phosphorus	mg	89	3. 153	2	13	25	404
Potassium	mg	83	4. 157	2	12	24	379
Sodium	mg	285	0. 935	2	40	81	1,292
Zinc	mg	0. 73	0. 028	2	0. 10	0. 21	3. 31
Copper	mg	0. 080	0. 007	2	0. 011	0. 023	0. 363
Manganese	mg	0. 820	0. 042	2	0. 116	0. 232	3. 720
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 558	0. 012	9	0. 079	0. 158	2. 530
Riboflavin	mg	0. 437	0. 012	9	0. 062	0. 124	1. 982
Niacin	mg	4. 891	0. 173	9	0. 693	1. 387	22. 186
Pantothenic acid	mg	0. 577	0. 013	8	0. 082	0. 164	2. 617
Vitamin B-6	mg	0. 111	0. 001	8	0. 016	0. 031	0. 503
Folate	mcg	10	0. 148	8	1	3	47
Vitamin B-12	mcg	0. 22	0. 018	8	0. 03	0. 06	1. 00
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0. 936			0. 133	0. 265	4. 246
4:0	g						
6:0	g						
8:0	g	0. 001			0. 000	0. 000	0. 003
10:0	g	0. 001			0. 000	0. 000	0. 003
12:0	g	0. 001			0. 000	0. 000	0. 003
14:0	g	0. 008			0. 001	0. 002	0. 035
16:0	g	0. 742			0. 105	0. 210	3. 366
18:0	g	0. 184			0. 026	0. 052	0. 836
Monounsaturated, total	g	0. 987			0. 140	0. 280	4. 475
16:1	g	0. 066			0. 009	0. 019	0. 298
18:1	g	0. 914			0. 130	0. 259	4. 146
20:1	g	0. 006			0. 001	0. 002	0. 028
22:1	g	0. 001			0. 000	0. 000	0. 003
Polyunsaturated, total	g	1. 001			0. 142	0. 284	4. 542
18:2	g	0. 916			0. 130	0. 260	4. 156
18:3	g	0. 045			0. 006	0. 013	0. 203
18:4	g						
20:4	g	0. 031			0. 004	0. 009	0. 142
20:5	g	0. 001			0. 000	0. 000	0. 004
22:5	g						
22:6	g	0. 008			0. 001	0. 002	0. 037
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 123			0. 017	0. 035	0. 557
Threonine	g	0. 297			0. 042	0. 084	1. 349
Isoleucine	g	0. 370			0. 052	0. 105	1. 679
Leucine	g	0. 702			0. 100	0. 199	3. 185
Lysine	g	0. 282			0. 040	0. 080	1. 279
Methionine	g	0. 190			0. 027	0. 054	0. 863
Cystine	g	0. 213			0. 030	0. 060	0. 965
Phenylalanine	g	0. 501			0. 071	0. 142	2. 275
Tyrosine	g	0. 315			0. 045	0. 089	1. 428
Valine	g	0. 425			0. 060	0. 121	1. 930
Arginine	g	0. 434			0. 062	0. 123	1. 969
Histidine	g	0. 223			0. 032	0. 063	1. 012
Alanine	g	0. 348			0. 049	0. 099	1. 577
Aspartic acid	g	0. 493			0. 070	0. 140	2. 236
Glutamic acid	g	3. 087			0. 438	0. 875	14. 002
Glycine	g	0. 358			0. 051	0. 101	1. 624
Proline	g	1. 055			0. 150	0. 299	4. 785
Serine	g	0. 526			0. 075	0. 149	2. 385

CRACKERS
Matzo, whole-wheat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 oz = 14.175 g	1 matzo (1 oz) = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	4. 8	0. 517	4	0. 7	1. 4	21. 8
Food energy	*kcal*	351			50	99	1,592
	kJ	1,469			208	417	6,664
Protein (N x 5.80)	*g*	13. 1	0. 600	6	1. 9	3. 7	59. 5
Total lipid (fat)	*g*	1. 5	0. 227	6	0. 2	0. 4	7. 0
Carbohydrate, total	*g*	78. 9			11. 2	22. 4	358. 1
Crude fiber	*g*	2. 1	0. 045	2	0. 3	0. 6	9. 6
Ash	*g*	1. 6	0. 005	4	0. 2	0. 5	7. 3
Minerals:							
Calcium	*mg*	23	2. 063	3	3	7	105
Iron	*mg*	4. 65	0. 388	4	0. 66	1. 32	21. 12
Magnesium	*mg*	134	2. 705	2	19	38	606
Phosphorus	*mg*	305	3. 998	2	43	86	1,382
Potassium	*mg*	316	1. 625	2	45	89	1,431
Sodium	*mg*	2	0. 368	5	0	1	8
Zinc	*mg*	2. 61	0. 042	2	0. 37	0. 74	11. 84
Copper	*mg*	0. 350	0. 007	2	0. 050	0. 099	1. 588
Manganese	*mg*	3. 500	0. 042	2	0. 496	0. 992	15. 876
Vitamins:							
Ascorbic acid	*mg*	0		1	0	0	0
Thiamin	*mg*	0. 365	0. 016	10	0. 052	0. 104	1. 658
Riboflavin	*mg*	0. 271	0. 022	2	0. 038	0. 077	1. 229
Niacin	*mg*	5. 410	0. 596	3	0. 767	1. 534	24. 540
Pantothenic acid	*mg*	1. 235	0. 041	8	0. 175	0. 350	5. 602
Vitamin B-6	*mg*	0. 159	0. 010	9	0. 023	0. 045	0. 722
Folate	*mcg*	35	1. 045	9	5	10	157
Vitamin B-12	*mcg*	0		1	0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0		1	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	0. 243			0. 034	0. 069	1. 100
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 000			0. 000	0. 000	0. 002
14:0	*g*	0. 002			0. 000	0. 001	0. 011
16:0	*g*	0. 222			0. 032	0. 063	1. 009
18:0	*g*	0. 012			0. 002	0. 003	0. 056
Monounsaturated, total	*g*	0. 194			0. 027	0. 055	0. 880
16:1	*g*	0. 010			0. 001	0. 003	0. 046
18:1	*g*	0. 184			0. 026	0. 052	0. 833
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 653			0. 093	0. 185	2. 964
18:2	*g*	0. 618			0. 088	0. 175	2. 805
18:3	*g*	0. 033			0. 005	0. 009	0. 151
18:4	*g*						
20:4	*g*	0. 002			0. 000	0. 001	0. 008
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 206			0. 029	0. 058	0. 934
Threonine	*g*	0. 382			0. 054	0. 108	1. 735
Isoleucine	*g*	0. 489			0. 069	0. 139	2. 217
Leucine	*g*	0. 889			0. 126	0. 252	4. 035
Lysine	*g*	0. 371			0. 053	0. 105	1. 684
Methionine	*g*	0. 204			0. 029	0. 058	0. 924
Cystine	*g*	0. 308			0. 044	0. 087	1. 396
Phenylalanine	*g*	0. 620			0. 088	0. 176	2. 813
Tyrosine	*g*	0. 385			0. 055	0. 109	1. 745
Valine	*g*	0. 597			0. 085	0. 169	2. 710
Arginine	*g*	0. 631			0. 090	0. 179	2. 864
Histidine	*g*	0. 310			0. 044	0. 088	1. 406
Alanine	*g*	0. 475			0. 067	0. 135	2. 156
Aspartic acid	*g*	0. 688			0. 098	0. 195	3. 121
Glutamic acid	*g*	4. 112			0. 583	1. 166	18. 653
Glycine	*g*	0. 541			0. 077	0. 153	2. 454
Proline	*g*	1. 351			0. 192	0. 383	6. 129
Serine	*g*	0. 622			0. 088	0. 176	2. 823

CRACKERS
Melba toast, plain

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 toast = 5 g	1/2 oz = 14.175 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	5. 1	0. 196	16	0. 3	0. 7	23. 2
Food energy	*kcal*	390			19	55	1,768
	kJ	1,631			82	231	7,399
Protein (N x 5.70)	*g*	12. 1	0. 387	15	0. 6	1. 7	54. 8
Total lipid (fat)	*g*	3. 2	0. 429	11	0. 2	0. 4	14. 3
Carbohydrate, total	*g*	76. 6			3. 8	10. 9	347. 5
Crude fiber	*g*	0. 8	0. 093	5	0. 0	0. 1	3. 4
Ash	*g*	3. 0	0. 154	13	0. 2	0. 4	13. 7
Minerals:							
Calcium	*mg*	93	14. 161	15	5	13	421
Iron	*mg*	3. 70	0. 408	10	0. 19	0. 52	16. 79
Magnesium	*mg*	59	6. 585	8	3	8	266
Phosphorus	*mg*	196	7. 975	12	10	28	889
Potassium	*mg*	202	10. 786	13	10	29	916
Sodium[1]	*mg*	829	112. 068	9	41	118	3,761
Zinc	*mg*	2. 01	0. 295	7	0. 10	0. 28	9. 10
Copper	*mg*	0. 289	0. 054	7	0. 014	0. 041	1. 310
Manganese	*mg*	1. 130	0. 154	4	0. 056	0. 160	5. 125
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 413	0. 045	16	0. 021	0. 059	1. 874
Riboflavin	*mg*	0. 273	0. 018	16	0. 014	0. 039	1. 238
Niacin	*mg*	4. 113	0. 414	16	0. 206	0. 583	18. 655
Pantothenic acid	*mg*	0. 693	0. 036	12	0. 035	0. 098	3. 143
Vitamin B-6	*mg*	0. 098	0. 007	10	0. 005	0. 014	0. 444
Folate	*mcg*	26	1. 382	8	1	4	116
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	0. 445			0. 022	0. 063	2. 017
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 000			0. 000	0. 000	0. 001
14:0	*g*	0. 002			0. 000	0. 000	0. 007
16:0	*g*	0. 355			0. 018	0. 050	1. 611
18:0	*g*	0. 088			0. 004	0. 012	0. 398
Monounsaturated, total	*g*	0. 782			0. 039	0. 111	3. 547
16:1	*g*	0. 020			0. 001	0. 003	0. 090
18:1	*g*	0. 762			0. 038	0. 108	3. 456
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 282			0. 064	0. 182	5. 814
18:2	*g*	1. 210			0. 061	0. 172	5. 490
18:3	*g*	0. 071			0. 004	0. 010	0. 323
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 140			0. 007	0. 020	0. 635
Threonine	*g*	0. 342			0. 017	0. 048	1. 549
Isoleucine	*g*	0. 462			0. 023	0. 066	2. 098
Leucine	*g*	0. 844			0. 042	0. 120	3. 830
Lysine	*g*	0. 280			0. 014	0. 040	1. 270
Methionine	*g*	0. 214			0. 011	0. 030	0. 972
Cystine	*g*	0. 265			0. 013	0. 038	1. 203
Phenylalanine	*g*	0. 596			0. 030	0. 084	2. 704
Tyrosine	*g*	0. 339			0. 017	0. 048	1. 540
Valine	*g*	0. 520			0. 026	0. 074	2. 358
Arginine	*g*	0. 435			0. 022	0. 062	1. 973
Histidine	*g*	0. 261			0. 013	0. 037	1. 184
Alanine	*g*	0. 395			0. 020	0. 056	1. 790
Aspartic acid	*g*	0. 532			0. 027	0. 075	2. 415
Glutamic acid	*g*	4. 086			0. 204	0. 579	18. 533
Glycine	*g*	0. 424			0. 021	0. 060	1. 925
Proline	*g*	1. 366			0. 068	0. 194	6. 197
Serine	*g*	0. 586			0. 029	0. 083	2. 656

[1] Unsalted product contains 19 mg sodium per 100 g.
[2] Values based on product containing partially hydrogenated soybean oil.

CRACKERS
Melba toast, rye
(includes pumpernickel)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 toast = 5 g	1/2 oz = 14.175 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	4. 9	0. 473	7	0. 2	0. 7	22. 3
Food energy	kcal	389			19	55	1,763
	kJ	1,627			81	231	7,380
Protein (N x 5.80)	g	11. 6	0. 298	8	0. 6	1. 6	52. 5
Total lipid (fat)	g	3. 4	0. 536	8	0. 2	0. 5	15. 4
Carbohydrate, total	g	77. 3			3. 9	11. 0	350. 4
Crude fiber	g	0. 7	0. 111	3	0. 0	0. 1	3. 3
Ash	g	2. 9	0. 140	8	0. 1	0. 4	13. 0
Minerals:							
Calcium	mg	78	15. 069	8	4	11	354
Iron	mg	3. 68	0. 384	5	0. 18	0. 52	16. 70
Magnesium	mg	39	4. 465	3	2	5	175
Phosphorus	mg	183	18. 481	6	9	26	831
Potassium	mg	193	21. 727	6	10	27	877
Sodium	mg	899	58. 679	5	45	127	4,077
Zinc	mg	1. 36	0. 323	3	0. 07	0. 19	6. 15
Copper	mg	0. 401	0. 161	3	0. 020	0. 057	1. 817
Manganese	mg	0. 738	0. 037	2	0. 037	0. 105	3. 348
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 473	0. 042	11	0. 024	0. 067	2. 147
Riboflavin	mg	0. 284	0. 010	11	0. 014	0. 040	1. 289
Niacin	mg	4. 718	0. 429	11	0. 236	0. 669	21. 402
Pantothenic acid	mg	0. 484	0. 012	8	0. 024	0. 069	2. 195
Vitamin B-6	mg	0. 086	0. 001	8	0. 004	0. 012	0. 390
Folate	mcg	22	1. 032	8	1	3	98
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	g	0. 453			0. 023	0. 064	2. 054
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 000			0. 000	0. 000	0. 002
14:0	g	0. 003			0. 000	0. 000	0. 013
16:0	g	0. 357			0. 018	0. 051	1. 622
18:0	g	0. 092			0. 005	0. 013	0. 418
Monounsaturated, total	g	0. 907			0. 045	0. 129	4. 114
16:1	g	0. 025			0. 001	0. 004	0. 112
18:1	g	0. 879			0. 044	0. 125	3. 986
20:1	g	0. 004			0. 000	0. 001	0. 017
22:1	g						
Polyunsaturated, total	g	1. 347			0. 067	0. 191	6. 110
18:2	g	1. 241			0. 062	0. 176	5. 629
18:3	g	0. 106			0. 005	0. 015	0. 481
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 132			0. 007	0. 019	0. 597
Threonine	g	0. 361			0. 018	0. 051	1. 638
Isoleucine	g	0. 445			0. 022	0. 063	2. 018
Leucine	g	0. 796			0. 040	0. 113	3. 611
Lysine	g	0. 337			0. 017	0. 048	1. 529
Methionine	g	0. 190			0. 009	0. 027	0. 860
Cystine	g	0. 237			0. 012	0. 034	1. 077
Phenylalanine	g	0. 569			0. 028	0. 081	2. 579
Tyrosine	g	0. 289			0. 014	0. 041	1. 312
Valine	g	0. 529			0. 026	0. 075	2. 398
Arginine	g	0. 459			0. 023	0. 065	2. 081
Histidine	g	0. 251			0. 013	0. 036	1. 140
Alanine	g	0. 425			0. 021	0. 060	1. 927
Aspartic acid	g	0. 634			0. 032	0. 090	2. 878
Glutamic acid	g	3. 525			0. 176	0. 500	15. 990
Glycine	g	0. 419			0. 021	0. 059	1. 900
Proline	g	1. 237			0. 062	0. 175	5. 610
Serine	g	0. 581			0. 029	0. 082	2. 633

[1] Values based on product containing partially hydrogenated soybean oil.

CRACKERS
Melba toast, wheat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 toast = 5 g	1/2 oz = 14.175 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	5. 5	0. 591	3	0. 3	0. 8	24. 9
Food energy	kcal	374			19	53	1,697
	kJ	1,566			78	222	7,105
Protein (N x 5.80)	g	12. 9	0. 382	3	0. 6	1. 8	58. 4
Total lipid (fat)	g	2. 3	0. 810	4	0. 1	0. 3	10. 3
Carbohydrate, total	g	76. 4			3. 8	10. 8	346. 7
Crude fiber	g						
Ash	g	2. 9	0. 088	5	0. 1	0. 4	13. 4
Minerals:							
Calcium	mg	43	3. 521	3	2	6	197
Iron	mg	4. 50	0. 557	3	0. 22	0. 64	20. 41
Magnesium	mg	56	5. 961	2	3	8	254
Phosphorus	mg	165	23. 151	2	8	23	748
Potassium	mg	148	21. 249	2	7	21	670
Sodium	mg	837	50. 441	3	42	119	3,797
Zinc	mg	1. 50	0. 452	2	0. 07	0. 21	6. 80
Copper	mg	0. 265	0. 141	2	0. 013	0. 038	1. 202
Manganese	mg	1. 064	0. 129	2	0. 053	0. 151	4. 826
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 422	0. 018	9	0. 021	0. 060	1. 914
Riboflavin	mg	0. 299	0. 004	9	0. 015	0. 042	1. 356
Niacin	mg	5. 083	0. 340	9	0. 254	0. 721	23. 058
Pantothenic acid	mg	0. 517	0. 015	8	0. 026	0. 073	2. 345
Vitamin B-6	mg	0. 103	0. 001	8	0. 005	0. 015	0. 467
Folate	mcg	24	0. 827	8	1	3	108
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[1]							
Fatty acids:							
Saturated, total	g	0. 337			0. 017	0. 048	1. 528
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 000			0. 000	0. 000	0. 002
14:0	g	0. 002			0. 000	0. 000	0. 010
16:0	g	0. 275			0. 014	0. 039	1. 248
18:0	g	0. 056			0. 003	0. 008	0. 256
Monounsaturated, total	g	0. 544			0. 027	0. 077	2. 467
16:1	g	0. 018			0. 001	0. 003	0. 081
18:1	g	0. 526			0. 026	0. 075	2. 386
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 910			0. 045	0. 129	4. 126
18:2	g	0. 858			0. 043	0. 122	3. 893
18:3	g	0. 050			0. 003	0. 007	0. 229
18:4	g						
20:4	g	0. 001			0. 000	0. 000	0. 005
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 171			0. 009	0. 024	0. 776
Threonine	g	0. 371			0. 019	0. 053	1. 682
Isoleucine	g	0. 489			0. 024	0. 069	2. 216
Leucine	g	0. 884			0. 044	0. 125	4. 009
Lysine	g	0. 344			0. 017	0. 049	1. 561
Methionine	g	0. 213			0. 011	0. 030	0. 967
Cystine	g	0. 284			0. 014	0. 040	1. 289
Phenylalanine	g	0. 615			0. 031	0. 087	2. 790
Tyrosine	g	0. 371			0. 019	0. 053	1. 682
Valine	g	0. 571			0. 029	0. 081	2. 589
Arginine	g	0. 533			0. 027	0. 076	2. 418
Histidine	g	0. 286			0. 014	0. 041	1. 299
Alanine	g	0. 446			0. 022	0. 063	2. 025
Aspartic acid	g	0. 628			0. 031	0. 089	2. 851
Glutamic acid	g	4. 122			0. 206	0. 584	18. 696
Glycine	g	0. 484			0. 024	0. 069	2. 196
Proline	g	1. 366			0. 068	0. 194	6. 195
Serine	g	0. 613			0. 031	0. 087	2. 780

[1] Values based on product containing partially hydrogenated soybean oil.

CRACKERS
Milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cracker = 12 g	1/2 oz = 14.175 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	4. 7	0. 442	10	0. 6	0. 7	21. 3
Food energy	*kcal*	455			55	65	2,065
	kJ	1,906			229	270	8,644
Protein (N x 5.70)	*g*	7. 6	0. 127	10	0. 9	1. 1	34. 6
Total lipid (fat)	*g*	15. 8	0. 456	10	1. 9	2. 2	71. 5
Carbohydrate, total	*g*	69. 7			8. 4	9. 9	316. 3
Crude fiber	*g*						
Ash	*g*	2. 2	0. 030	10	0. 3	0. 3	9. 8
Minerals:							
Calcium	*mg*	172	2. 652	9	21	24	778
Iron	*mg*	3. 58	0. 076	9	0. 43	0. 51	16. 24
Magnesium	*mg*	22	0. 656	9	3	3	100
Phosphorus	*mg*	303	4. 473	9	36	43	1,374
Potassium	*mg*	114	5. 834	9	14	16	518
Sodium	*mg*	592	11. 450	10	71	84	2,687
Zinc	*mg*	0. 67	0. 025	9	0. 08	0. 09	3. 04
Copper	*mg*	0. 227	0. 009	9	0. 027	0. 032	1. 030
Manganese	*mg*	0. 552	0. 033	7	0. 066	0. 078	2. 504
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 538	0. 031	9	0. 065	0. 076	2. 440
Riboflavin	*mg*	0. 418	0. 018	9	0. 050	0. 059	1. 896
Niacin	*mg*	4. 430	0. 119	9	0. 532	0. 628	20. 094
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	3. 091			0. 371	0. 438	14. 021
4:0	*g*	0. 016			0. 002	0. 002	0. 074
6:0	*g*	0. 005			0. 001	0. 001	0. 021
8:0	*g*	0. 005			0. 001	0. 001	0. 024
10:0	*g*	0. 012			0. 001	0. 002	0. 052
12:0	*g*	0. 012			0. 001	0. 002	0. 053
14:0	*g*	0. 055			0. 007	0. 008	0. 249
16:0	*g*	1. 728			0. 207	0. 245	7. 837
18:0	*g*	1. 176			0. 141	0. 167	5. 334
Monounsaturated, total	*g*	8. 720			1. 046	1. 236	39. 554
16:1	*g*	0. 048			0. 006	0. 007	0. 218
18:1	*g*	8. 671			1. 040	1. 229	39. 331
20:1	*g*	0. 001			0. 000	0. 000	0. 004
22:1	*g*	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	*g*	2. 268			0. 272	0. 321	10. 287
18:2	*g*	2. 209			0. 265	0. 313	10. 020
18:3	*g*	0. 052			0. 006	0. 007	0. 237
18:4	*g*						
20:4	*g*	0. 005			0. 001	0. 001	0. 024
20:5	*g*	0. 000			0. 000	0. 000	0. 001
22:5	*g*						
22:6	*g*	0. 001			0. 000	0. 000	0. 006
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 100			0. 012	0. 014	0. 455
Threonine	*g*	0. 221			0. 027	0. 031	1. 002
Isoleucine	*g*	0. 289			0. 035	0. 041	1. 312
Leucine	*g*	0. 541			0. 065	0. 077	2. 453
Lysine	*g*	0. 241			0. 029	0. 034	1. 093
Methionine	*g*	0. 138			0. 017	0. 020	0. 625
Cystine	*g*	0. 159			0. 019	0. 023	0. 723
Phenylalanine	*g*	0. 376			0. 045	0. 053	1. 706
Tyrosine	*g*	0. 237			0. 028	0. 034	1. 075
Valine	*g*	0. 333			0. 040	0. 047	1. 512
Arginine	*g*	0. 307			0. 037	0. 043	1. 390
Histidine	*g*	0. 167			0. 020	0. 024	0. 759
Alanine	*g*	0. 246			0. 030	0. 035	1. 117
Aspartic acid	*g*	0. 345			0. 041	0. 049	1. 567
Glutamic acid	*g*	2. 482			0. 298	0. 352	11. 257
Glycine	*g*	0. 264			0. 032	0. 037	1. 196
Proline	*g*	0. 858			0. 103	0. 122	3. 892
Serine	*g*	0. 399			0. 048	0. 057	1. 809

[1] Values based on product containing partially hydrogenated soybean oil.

CRACKERS
Rusk toast

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 rusk = 10 g	1/2 oz = 14.175 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	5. 5	0. 222	15	0. 6	0. 8	25. 0
Food energy	*kcal*	407			41	58	1,846
	kJ	1,704			170	242	7,728
Protein (N x 5.90)	*g*	13. 5	0. 250	15	1. 3	1. 9	61. 2
Total lipid (fat)	*g*	7. 2	0. 180	15	0. 7	1. 0	32. 7
Carbohydrate, total	*g*	72. 3			7. 2	10. 3	328. 1
Crude fiber	*g*						
Ash	*g*	1. 2	0. 029	15	0. 1	0. 2	5. 6
Minerals:							
Calcium	*mg*	27	0. 978	15	3	4	121
Iron	*mg*	2. 72	0. 313	13	0. 27	0. 39	12. 36
Magnesium	*mg*	36	0. 538	12	4	5	163
Phosphorus	*mg*	153	1. 922	15	15	22	692
Potassium	*mg*	245	8. 107	14	25	35	1,113
Sodium	*mg*	253	6. 439	15	25	36	1,150
Zinc	*mg*	1. 10	0. 021	12	0. 11	0. 16	4. 98
Copper	*mg*	0. 245	0. 025	12	0. 024	0. 035	1. 111
Manganese	*mg*	0. 439	0. 022	8	0. 044	0. 062	1. 991
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 404	0. 032	15	0. 040	0. 057	1. 833
Riboflavin	*mg*	0. 399	0. 039	15	0. 040	0. 057	1. 810
Niacin	*mg*	4. 625	0. 426	15	0. 462	0. 656	20. 979
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	1. 538			0. 154	0. 218	6. 976
4:0	*g*						
6:0	*g*						
8:0	*g*	0. 001			0. 000	0. 000	0. 003
10:0	*g*	0. 001			0. 000	0. 000	0. 003
12:0	*g*	0. 001			0. 000	0. 000	0. 005
14:0	*g*	0. 007			0. 001	0. 001	0. 031
16:0	*g*	0. 972			0. 097	0. 138	4. 408
18:0	*g*	0. 529			0. 053	0. 075	2. 398
Monounsaturated, total	*g*	3. 659			0. 366	0. 519	16. 595
16:1	*g*	0. 083			0. 008	0. 012	0. 378
18:1	*g*	3. 569			0. 357	0. 506	16. 190
20:1	*g*	0. 006			0. 001	0. 001	0. 025
22:1	*g*	0. 001			0. 000	0. 000	0. 003
Polyunsaturated, total	*g*	1. 061			0. 106	0. 150	4. 814
18:2	*g*	1. 000			0. 100	0. 142	4. 536
18:3	*g*	0. 025			0. 002	0. 004	0. 113
18:4	*g*						
20:4	*g*	0. 028			0. 003	0. 004	0. 128
20:5	*g*	0. 001			0. 000	0. 000	0. 004
22:5	*g*						
22:6	*g*	0. 007			0. 001	0. 001	0. 033
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 171			0. 017	0. 024	0. 778
Threonine	*g*	0. 512			0. 051	0. 073	2. 323
Isoleucine	*g*	0. 610			0. 061	0. 087	2. 769
Leucine	*g*	1. 010			0. 101	0. 143	4. 584
Lysine	*g*	0. 684			0. 068	0. 097	3. 101
Methionine	*g*	0. 290			0. 029	0. 041	1. 317
Cystine	*g*	0. 272			0. 027	0. 039	1. 234
Phenylalanine	*g*	0. 668			0. 067	0. 095	3. 028
Tyrosine	*g*	0. 471			0. 047	0. 067	2. 136
Valine	*g*	0. 684			0. 068	0. 097	3. 101
Arginine	*g*	0. 649			0. 065	0. 092	2. 945
Histidine	*g*	0. 309			0. 031	0. 044	1. 400
Alanine	*g*	0. 606			0. 061	0. 086	2. 748
Aspartic acid	*g*	0. 944			0. 094	0. 134	4. 283
Glutamic acid	*g*	3. 192			0. 319	0. 452	14. 477
Glycine	*g*	0. 498			0. 050	0. 071	2. 261
Proline	*g*	1. 052			0. 105	0. 149	4. 770
Serine	*g*	0. 768			0. 077	0. 109	3. 484

[1] Values based on product containing partially hydrogenated soybean oil.

CRACKERS
Rye, sandwich-type with cheese filling

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sandwich cracker = 7 g	1/2 oz = 14.175 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	3. 8	0. 167	5	0. 3	0. 5	17. 4
Food energy	kcal	481			34	68	2,182
	kJ	2,013			141	285	9,133
Protein (N x 5.80)	g	9. 2	0. 486	5	0. 6	1. 3	41. 5
Total lipid (fat)	g	22. 3	0. 317	5	1. 6	3. 2	101. 0
Carbohydrate, total	g	60. 8			4. 3	8. 6	275. 9
Crude fiber	g	0. 4		1	0. 0	0. 1	1. 8
Ash	g	3. 9	0. 082	5	0. 3	0. 6	17. 8
Minerals:							
Calcium	mg	222	18. 575	5	16	31	1,008
Iron	mg	2. 45	0. 121	5	0. 17	0. 35	11. 11
Magnesium	mg	37	0. 744	4	3	5	169
Phosphorus	mg	339	4. 557	4	24	48	1,539
Potassium	mg	342	61. 985	5	24	48	1,550
Sodium	mg	1,044	73. 130	5	73	148	4,735
Zinc	mg	0. 70	0. 055	4	0. 05	0. 10	3. 19
Copper	mg	0. 096	0. 015	4	0. 007	0. 014	0. 435
Manganese	mg	0. 635	0. 029	4	0. 044	0. 090	2. 880
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 612	0. 172	5	0. 043	0. 087	2. 776
Riboflavin	mg	0. 494	0. 060	5	0. 035	0. 070	2. 241
Niacin	mg	3. 570	0. 205	5	0. 250	0. 506	16. 195
Pantothenic acid	mg						
Vitamin B-6	mg	0. 183		1	0. 013	0. 026	0. 830
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	g	5. 764			0. 403	0. 817	26. 146
4:0	g	0. 022			0. 002	0. 003	0. 099
6:0	g	0. 011			0. 001	0. 002	0. 051
8:0	g	0. 006			0. 000	0. 001	0. 027
10:0	g	0. 013			0. 001	0. 002	0. 058
12:0	g	0. 013			0. 001	0. 002	0. 060
14:0	g	0. 175			0. 012	0. 025	0. 794
16:0	g	2. 970			0. 208	0. 421	13. 472
18:0	g	2. 552			0. 179	0. 362	11. 575
Monounsaturated, total	g	12. 061			0. 844	1. 710	54. 709
16:1	g	0. 023			0. 002	0. 003	0. 103
18:1	g	12. 038			0. 843	1. 706	54. 606
20:1	g						
22:1	g						
Polyunsaturated, total	g	2. 874			0. 201	0. 407	13. 037
18:2	g	2. 718			0. 190	0. 385	12. 327
18:3	g	0. 157			0. 011	0. 022	0. 710
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	9		1	1	1	41
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 115			0. 008	0. 016	0. 523
Threonine	g	0. 286			0. 020	0. 040	1. 296
Isoleucine	g	0. 354			0. 025	0. 050	1. 604
Leucine	g	0. 649			0. 045	0. 092	2. 943
Lysine	g	0. 333			0. 023	0. 047	1. 511
Methionine	g	0. 161			0. 011	0. 023	0. 730
Cystine	g	0. 185			0. 013	0. 026	0. 838
Phenylalanine	g	0. 442			0. 031	0. 063	2. 005
Tyrosine	g	0. 273			0. 019	0. 039	1. 239
Valine	g	0. 417			0. 029	0. 059	1. 890
Arginine	g	0. 396			0. 028	0. 056	1. 797
Histidine	g	0. 208			0. 015	0. 030	0. 945
Alanine	g	0. 319			0. 022	0. 045	1. 446
Aspartic acid	g	0. 510			0. 036	0. 072	2. 313
Glutamic acid	g	2. 729			0. 191	0. 387	12. 380
Glycine	g	0. 330			0. 023	0. 047	1. 496
Proline	g	0. 972			0. 068	0. 138	4. 411
Serine	g	0. 459			0. 032	0. 065	2. 084

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CRACKERS
Rye, wafers, plain[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 oz = 14.175 g	1 triple cracker = 25 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	5. 0		1	0. 7	1. 2	22. 7
Food energy	*kcal*	334			47	84	1,515
	kJ	1,398			198	350	6,344
Protein (N x 5.90)	*g*	9. 6	0. 101	21	1. 4	2. 4	43. 7
Total lipid (fat)	*g*	0. 9	0. 054	21	0. 1	0. 2	4. 2
Carbohydrate, total	*g*	80. 4			11. 4	20. 1	364. 6
Crude fiber	*g*	1. 8	0. 050	21	0. 3	0. 5	8. 3
Ash	*g*	4. 1	0. 180	21	0. 6	1. 0	18. 4
Minerals:							
Calcium	*mg*	40	1. 353	21	6	10	181
Iron	*mg*	5. 94	0. 536	21	0. 84	1. 48	26. 92
Magnesium	*mg*	121	1. 361	21	17	30	548
Phosphorus	*mg*	334	9. 126	21	47	84	1,516
Potassium	*mg*	495	18. 150	2	70	124	2,246
Sodium	*mg*	794	11. 515	21	113	199	3,602
Zinc	*mg*	2. 80	0. 096	21	0. 40	0. 70	12. 72
Copper	*mg*	0. 461	0. 028	21	0. 065	0. 115	2. 091
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 427	0. 056	14	0. 061	0. 107	1. 937
Riboflavin	*mg*	0. 289	0. 029	14	0. 041	0. 072	1. 311
Niacin	*mg*	1. 581	0. 103	21	0. 224	0. 395	7. 172
Pantothenic acid	*mg*	0. 569	0. 032	17	0. 081	0. 142	2. 583
Vitamin B-6	*mg*	0. 271	0. 017	21	0. 038	0. 068	1. 230
Folate	*mcg*	45	5. 680	17	6	11	203
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	0. 108			0. 015	0. 027	0. 491
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 001			0. 000	0. 000	0. 004
16:0	*g*	0. 101			0. 014	0. 025	0. 457
18:0	*g*	0. 006			0. 001	0. 001	0. 026
Monounsaturated, total	*g*	0. 152			0. 022	0. 038	0. 688
16:1	*g*	0. 003			0. 000	0. 001	0. 015
18:1	*g*	0. 145			0. 021	0. 036	0. 657
20:1	*g*	0. 004			0. 001	0. 001	0. 017
22:1	*g*						
Polyunsaturated, total	*g*	0. 397			0. 056	0. 099	1. 800
18:2	*g*	0. 349			0. 049	0. 087	1. 582
18:3	*g*	0. 048			0. 007	0. 012	0. 218
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:[3]							
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*						

[1] Product contains whole-grain rye, corn bran, and no added fat ingredient.
[2] Each section = 8.3 g.
[3] The amino acid profile was not calculated because amino acid values were unavailable for ingredients comprising over 5% of total protein in this product.

CRACKERS
Rye, wafers, seasoned[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 oz = 14.175 g	1 triple cracker = 22 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	4. 0	1. 000	2	0. 6	0. 9	18. 1
Food energy	*kcal*	381			54	84	1,728
	kJ	1,595			226	351	7,233
Protein (N x 5.90)	*g*	9. 0	0. 147	7	1. 3	2. 0	40. 8
Total lipid (fat)	*g*	9. 2	1. 005	6	1. 3	2. 0	41. 8
Carbohydrate, total	*g*	73. 8			10. 5	16. 2	334. 6
Crude fiber	*g*	1. 1	0. 418	2	0. 2	0. 2	4. 9
Ash	*g*	4. 0	0. 359	3	0. 6	0. 9	18. 3
Minerals:							
Calcium	*mg*	44	4. 717	5	6	10	199
Iron	*mg*	3. 04	0. 199	6	0. 43	0. 67	13. 80
Magnesium	*mg*	106	5. 237	5	15	23	480
Phosphorus	*mg*	307	11. 601	5	44	68	1,395
Potassium	*mg*	454	9. 327	5	64	100	2,060
Sodium	*mg*	887	51. 905	6	126	195	4,022
Zinc	*mg*	2. 55	0. 093	5	0. 36	0. 56	11. 59
Copper	*mg*	0. 495	0. 026	5	0. 070	0. 109	2. 244
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 316	0. 035	6	0. 045	0. 069	1. 432
Riboflavin	*mg*	0. 223	0. 031	6	0. 032	0. 049	1. 010
Niacin	*mg*	2. 474	0. 528	6	0. 351	0. 544	11. 222
Pantothenic acid	*mg*	0. 558	0. 108	2	0. 079	0. 123	2. 533
Vitamin B-6	*mg*	0. 190	0. 005	2	0. 027	0. 042	0. 864
Folate	*mcg*	52	7. 500	2	7	12	238
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	1. 568			0. 222	0. 345	7. 114
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 002			0. 000	0. 000	0. 008
16:0	*g*	0. 923			0. 131	0. 203	4. 188
18:0	*g*	0. 598			0. 085	0. 132	2. 714
Monounsaturated, total	*g*	4. 789			0. 679	1. 054	21. 724
16:1	*g*	0. 013			0. 002	0. 003	0. 059
18:1	*g*	4. 770			0. 676	1. 049	21. 637
20:1	*g*	0. 006			0. 001	0. 001	0. 029
22:1	*g*						
Polyunsaturated, total	*g*	1. 686			0. 239	0. 371	7. 648
18:2	*g*	1. 588			0. 225	0. 349	7. 203
18:3	*g*	0. 098			0. 014	0. 022	0. 446
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:[4]							
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*						

[1] Product contains whole-grain rye and corn bran.
[2] Each section = 7.3 g.
[3] Values based on product containing partially hydrogenated soybean oil.
[4] The amino acid profile was not calculated because amino acid values were unavailable for ingredients comprising over 5% of total protein in this product.

CRACKERS
Saltines
(includes oyster, soda, soup)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 saltine = 3 g[1]	1/2 oz = 14.175 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	4. 1	0. 082	176	0. 1	0. 6	18. 7
Food energy	*kcal*	434			13	62	1,967
	kJ	1,816			54	258	8,235
Protein (N x 5.70)	*g*	9. 2	0. 056	155	0. 3	1. 3	41. 9
Total lipid (fat)	*g*	11. 8	0. 142	161	0. 4	1. 7	53. 3
Carbohydrate, total	*g*	71. 5			2. 1	10. 2	324. 5
Crude fiber	*g*	0. 3	0. 057	3	0. 0	0. 0	1. 5
Ash	*g*	3. 3	0. 080	153	0. 1	0. 5	15. 2
Minerals:							
Calcium	*mg*	119	5. 321	162	4	17	539
Iron	*mg*	5. 40	0. 080	171	0. 16	0. 77	24. 50
Magnesium	*mg*	27	0. 355	162	1	4	120
Phosphorus	*mg*	105	1. 525	165	3	15	479
Potassium[2]	*mg*	128	1. 697	166	4	18	579
Sodium[2]	*mg*	1,302	26. 093	129	39	185	5,904
Zinc	*mg*	0. 77	0. 011	161	0. 02	0. 11	3. 49
Copper	*mg*	0. 199	0. 007	163	0. 006	0. 028	0. 904
Manganese	*mg*	0. 695	0. 008	142	0. 021	0. 099	3. 153
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 565	0. 016	128	0. 017	0. 080	2. 562
Riboflavin	*mg*	0. 462	0. 006	129	0. 014	0. 066	2. 093
Niacin	*mg*	5. 249	0. 072	131	0. 157	0. 745	23. 809
Pantothenic acid	*mg*	0. 456	0. 101	7	0. 014	0. 065	2. 067
Vitamin B-6	*mg*	0. 038	0. 004	5	0. 001	0. 005	0. 171
Folate	*mcg*	31	3. 500	2	1	4	143
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	2. 106			0. 063	0. 299	9. 552
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 000			0. 000	0. 000	0. 002
16:0	*g*	1. 204			0. 036	0. 171	5. 460
18:0	*g*	0. 837			0. 025	0. 119	3. 797
Monounsaturated, total	*g*	6. 476			0. 194	0. 920	29. 377
16:1	*g*	0. 012			0. 000	0. 002	0. 053
18:1	*g*	6. 465			0. 194	0. 918	29. 324
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 849			0. 055	0. 263	8. 387
18:2	*g*	1. 804			0. 054	0. 256	8. 181
18:3	*g*	0. 045			0. 001	0. 006	0. 205
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0	0. 000	9	0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 122			0. 004	0. 017	0. 552
Threonine	*g*	0. 256			0. 008	0. 036	1. 162
Isoleucine	*g*	0. 334			0. 010	0. 047	1. 515
Leucine	*g*	0. 632			0. 019	0. 090	2. 868
Lysine	*g*	0. 258			0. 008	0. 037	1. 169
Methionine	*g*	0. 159			0. 005	0. 023	0. 721
Cystine	*g*	0. 198			0. 006	0. 028	0. 897
Phenylalanine	*g*	0. 452			0. 014	0. 064	2. 052
Tyrosine	*g*	0. 274			0. 008	0. 039	1. 243
Valine	*g*	0. 387			0. 012	0. 055	1. 758
Arginine	*g*	0. 366			0. 011	0. 052	1. 662
Histidine	*g*	0. 198			0. 006	0. 028	0. 897
Alanine	*g*	0. 292			0. 009	0. 041	1. 324
Aspartic acid	*g*	0. 394			0. 012	0. 056	1. 787
Glutamic acid	*g*	3. 066			0. 092	0. 435	13. 907
Glycine	*g*	0. 324			0. 010	0. 046	1. 471
Proline	*g*	1. 046			0. 031	0. 148	4. 743
Serine	*g*	0. 472			0. 014	0. 067	2. 140

[1] Soup and oyster cracker = 1 g.
[2] Low-salt product contains 724 mg potassium and 636 mg sodium per 100 g. Product with unsalted tops contains 766 mg sodium per 100 g.
[3] Values based on product containing partially hydrogenated soybean oil.

CRACKERS
Standard snack-type, regular

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 round cracker = 3 g[1]	1/2 oz = 14.175 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	3. 5	0. 078	157	0. 1	0. 5	15. 8
Food energy	*kcal*	502			15	71	2,278
	kJ	2,103			63	298	9,537
Protein (N x 5.70)	*g*	7. 4	0. 093	159	0. 2	1. 0	33. 5
Total lipid (fat)	*g*	25. 3	0. 329	169	0. 8	3. 6	114. 8
Carbohydrate, total	*g*	61. 0			1. 8	8. 6	276. 7
Crude fiber	*g*	0. 3	0. 009	4	0. 0	0. 0	1. 6
Ash	*g*	2. 8	0. 056	149	0. 1	0. 4	12. 9
Minerals:							
Calcium	*mg*	120	3. 998	145	4	17	546
Iron	*mg*	3. 60	0. 056	147	0. 11	0. 51	16. 33
Magnesium	*mg*	27	1. 161	137	1	4	122
Phosphorus	*mg*	228	6. 627	139	7	32	1,033
Potassium[2]	*mg*	133	4. 352	142	4	19	605
Sodium[2]	*mg*	847	14. 000	164	25	120	3,844
Zinc	*mg*	0. 68	0. 021	143	0. 02	0. 10	3. 08
Copper	*mg*	0. 213	0. 011	138	0. 006	0. 030	0. 965
Manganese	*mg*	0. 556	0. 014	123	0. 017	0. 079	2. 524
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 408	0. 009	129	0. 012	0. 058	1. 853
Riboflavin	*mg*	0. 342	0. 006	131	0. 010	0. 048	1. 550
Niacin	*mg*	4. 048	0. 048	133	0. 121	0. 574	18. 363
Pantothenic acid	*mg*	0. 271	0. 028	5	0. 008	0. 038	1. 228
Vitamin B-6	*mg*	0. 053	0. 003	3	0. 002	0. 008	0. 240
Folate	*mcg*	14	0. 006	3	0	2	64
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	4. 852			0. 146	0. 688	22. 010
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0. 004			0. 000	0. 001	0. 018
12:0	*g*	0. 008			0. 000	0. 001	0. 038
14:0	*g*	0. 077			0. 002	0. 011	0. 350
16:0	*g*	3. 121			0. 094	0. 442	14. 159
18:0	*g*	1. 641			0. 049	0. 233	7. 445
Monounsaturated, total	*g*	10. 775			0. 323	1. 527	48. 877
16:1	*g*	0. 190			0. 006	0. 027	0. 862
18:1	*g*	10. 585			0. 318	1. 500	48. 014
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	8. 282			0. 248	1. 174	37. 566
18:2	*g*	7. 707			0. 231	1. 092	34. 959
18:3	*g*	0. 575			0. 017	0. 081	2. 607
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0	0. 000	7	0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 091			0. 003	0. 013	0. 411
Threonine	*g*	0. 202			0. 006	0. 029	0. 916
Isoleucine	*g*	0. 255			0. 008	0. 036	1. 156
Leucine	*g*	0. 507			0. 015	0. 072	2. 301
Lysine	*g*	0. 164			0. 005	0. 023	0. 745
Methionine	*g*	0. 131			0. 004	0. 019	0. 593
Cystine	*g*	0. 157			0. 005	0. 022	0. 710
Phenylalanine	*g*	0. 371			0. 011	0. 053	1. 685
Tyrosine	*g*	0. 223			0. 007	0. 032	1. 010
Valine	*g*	0. 296			0. 009	0. 042	1. 344
Arginine	*g*	0. 298			0. 009	0. 042	1. 350
Histidine	*g*	0. 164			0. 005	0. 023	0. 745
Alanine	*g*	0. 238			0. 007	0. 034	1. 080
Aspartic acid	*g*	0. 313			0. 009	0. 044	1. 420
Glutamic acid	*g*	2. 475			0. 074	0. 351	11. 228
Glycine	*g*	0. 265			0. 008	0. 038	1. 203
Proline	*g*	0. 854			0. 026	0. 121	3. 874
Serine	*g*	0. 367			0. 011	0. 052	1. 667

[1] 1 rectangular cracker = 4 g.
[2] Low-salt product contains 355 mg potassium and 373 mg sodium per 100 g.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean oil.

CRACKERS
Standard snack-type, sandwich, with cheese filling

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sandwich cracker = 7 g	1/2 oz = 14.175 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	3. 9	0. 278	7	0. 3	0. 6	17. 7
Food energy	kcal	477			33	68	2,164
	kJ	1,997			140	283	9,058
Protein (N x 5.80)	g	9. 3	0. 314	7	0. 7	1. 3	42. 2
Total lipid (fat)	g	21. 1	0. 579	7	1. 5	3. 0	95. 8
Carbohydrate, total	g	61. 7			4. 3	8. 7	279. 9
Crude fiber	g	0. 5		1	0. 0	0. 1	2. 1
Ash	g	4. 0	0. 685	3	0. 3	0. 6	18. 0
Minerals:							
Calcium	mg	257	17. 634	6	18	36	1,167
Iron	mg	2. 39	0. 130	5	0. 17	0. 34	10. 85
Magnesium	mg	36	0. 872	5	2	5	161
Phosphorus	mg	406	9. 721	5	28	58	1,842
Potassium	mg	429	53. 599	6	30	61	1,948
Sodium	mg	1,401	8. 177	5	98	199	6,356
Zinc	mg	0. 62	0. 036	5	0. 04	0. 09	2. 79
Copper	mg	0. 082	0. 002	5	0. 006	0. 012	0. 372
Manganese	mg	0. 290	0. 066	5	0. 020	0. 041	1. 315
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 446	0. 015	7	0. 031	0. 063	2. 023
Riboflavin	mg	0. 684	0. 069	7	0. 048	0. 097	3. 104
Niacin	mg	3. 766	0. 101	7	0. 264	0. 534	17. 083
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	g	5. 653			0. 396	0. 801	25. 642
4:0	g	0. 031			0. 002	0. 004	0. 143
6:0	g	0. 017			0. 001	0. 002	0. 077
8:0	g	0. 009			0. 001	0. 001	0. 042
10:0	g	0. 020			0. 001	0. 003	0. 091
12:0	g	0. 020			0. 001	0. 003	0. 090
14:0	g	0. 196			0. 014	0. 028	0. 889
16:0	g	2. 911			0. 204	0. 413	13. 203
18:0	g	2. 446			0. 171	0. 347	11. 093
Monounsaturated, total	g	11. 468			0. 803	1. 626	52. 021
16:1	g	0. 029			0. 002	0. 004	0. 130
18:1	g	11. 440			0. 801	1. 622	51. 890
20:1	g						
22:1	g						
Polyunsaturated, total	g	2. 740			0. 192	0. 388	12. 430
18:2	g	2. 590			0. 181	0. 367	11. 750
18:3	g	0. 150			0. 010	0. 021	0. 680
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	2		1	0	0	9
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 120			0. 008	0. 017	0. 545
Threonine	g	0. 266			0. 019	0. 038	1. 207
Isoleucine	g	0. 348			0. 024	0. 049	1. 578
Leucine	g	0. 649			0. 045	0. 092	2. 945
Lysine	g	0. 293			0. 021	0. 042	1. 331
Methionine	g	0. 165			0. 012	0. 023	0. 749
Cystine	g	0. 189			0. 013	0. 027	0. 858
Phenylalanine	g	0. 447			0. 031	0. 063	2. 029
Tyrosine	g	0. 279			0. 020	0. 040	1. 265
Valine	g	0. 398			0. 028	0. 056	1. 804
Arginine	g	0. 361			0. 025	0. 051	1. 636
Histidine	g	0. 204			0. 014	0. 029	0. 924
Alanine	g	0. 290			0. 020	0. 041	1. 316
Aspartic acid	g	0. 414			0. 029	0. 059	1. 876
Glutamic acid	g	2. 977			0. 208	0. 422	13. 505
Glycine	g	0. 309			0. 022	0. 044	1. 404
Proline	g	1. 031			0. 072	0. 146	4. 676
Serine	g	0. 470			0. 033	0. 067	2. 131

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CRACKERS
Standard snack-type, sandwich, with peanut butter filling

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sandwich cracker = 7 g	1/2 oz = 14.175 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	3. 1	0. 115	20	0. 2	0. 4	14. 0
Food energy	*kcal*	488			34	69	2,214
	kJ	2,044			143	290	9,269
Protein (N x 5.60)	*g*	11. 1	0. 249	20	0. 8	1. 6	50. 5
Total lipid (fat)	*g*	23. 9	0. 585	20	1. 7	3. 4	108. 2
Carbohydrate, total	*g*	58. 7			4. 1	8. 3	266. 2
Crude fiber	*g*						
Ash	*g*	3. 2	0. 056	20	0. 2	0. 5	14. 7
Minerals:							
Calcium	*mg*	97	8. 077	19	7	14	441
Iron	*mg*	3. 04	0. 125	20	0. 21	0. 43	13. 79
Magnesium	*mg*	53	2. 066	16	4	8	241
Phosphorus	*mg*	241	12. 110	18	17	34	1,093
Potassium	*mg*	223	11. 194	20	16	32	1,010
Sodium	*mg*	942	50. 906	20	66	133	4,271
Zinc	*mg*	1. 06	0. 039	14	0. 07	0. 15	4. 81
Copper	*mg*	0. 255	0. 019	14	0. 018	0. 036	1. 157
Manganese	*mg*	0. 776	0. 017	13	0. 054	0. 110	3. 519
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 425	0. 032	19	0. 030	0. 060	1. 927
Riboflavin	*mg*	0. 337	0. 018	19	0. 024	0. 048	1. 527
Niacin	*mg*	5. 890	0. 267	19	0. 412	0. 835	26. 718
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	5. 099			0. 357	0. 723	23. 131
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 004			0. 000	0. 001	0. 018
14:0	*g*	0. 079			0. 006	0. 011	0. 360
16:0	*g*	2. 916			0. 204	0. 413	13. 228
18:0	*g*	2. 098			0. 147	0. 297	9. 517
Monounsaturated, total	*g*	12. 550			0. 879	1. 779	56. 929
16:1	*g*	0. 001			0. 000	0. 000	0. 003
18:1	*g*	12. 434			0. 870	1. 763	56. 403
20:1	*g*	0. 115			0. 008	0. 016	0. 523
22:1	*g*						
Polyunsaturated, total	*g*	4. 567			0. 320	0. 647	20. 718
18:2	*g*	4. 423			0. 310	0. 627	20. 061
18:3	*g*	0. 110			0. 008	0. 016	0. 499
18:4	*g*						
20:4	*g*	0. 035			0. 002	0. 005	0. 158
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 070			0. 005	0. 010	0. 316
Threonine	*g*	0. 147			0. 010	0. 021	0. 667
Isoleucine	*g*	0. 195			0. 014	0. 028	0. 884
Leucine	*g*	0. 370			0. 026	0. 052	1. 678
Lysine	*g*	0. 147			0. 010	0. 021	0. 667
Methionine	*g*	0. 093			0. 007	0. 013	0. 424
Cystine	*g*	0. 117			0. 008	0. 017	0. 532
Phenylalanine	*g*	0. 266			0. 019	0. 038	1. 209
Tyrosine	*g*	0. 159			0. 011	0. 023	0. 722
Valine	*g*	0. 227			0. 016	0. 032	1. 028
Arginine	*g*	0. 213			0. 015	0. 030	0. 965
Histidine	*g*	0. 115			0. 008	0. 016	0. 523
Alanine	*g*	0. 169			0. 012	0. 024	0. 767
Aspartic acid	*g*	0. 227			0. 016	0. 032	1. 028
Glutamic acid	*g*	1. 807			0. 127	0. 256	8. 199
Glycine	*g*	0. 189			0. 013	0. 027	0. 857
Proline	*g*	0. 616			0. 043	0. 087	2. 796
Serine	*g*	0. 276			0. 019	0. 039	1. 254

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CRACKERS
Wheat, regular

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 thin sq cracker = 2 g[1]	1/2 oz = 14.175 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	3. 1	0. 095	57	0. 1	0. 4	14. 3
Food energy	kcal	473			9	67	2,147
	kJ	1,981			40	281	8,986
Protein (N x 5.80)	g	8. 6	0. 190	58	0. 2	1. 2	39. 0
Total lipid (fat)	g	20. 6	0. 403	56	0. 4	2. 9	93. 3
Carbohydrate, total	g	64. 9			1. 3	9. 2	294. 3
Crude fiber	g	0. 9	0. 199	3	0. 0	0. 1	4. 1
Ash	g	2. 8	0. 091	55	0. 1	0. 4	12. 7
Minerals:							
Calcium	mg	49	4. 931	55	1	7	222
Iron	mg	4. 40	0. 106	56	0. 09	0. 62	19. 98
Magnesium	mg	62	1. 667	52	1	9	280
Phosphorus	mg	220	9. 705	53	4	31	999
Potassium[2]	mg	183	6. 333	55	4	26	830
Sodium[2]	mg	795	26. 881	56	16	113	3,606
Zinc	mg	1. 60	0. 067	52	0. 03	0. 23	7. 28
Copper	mg	0. 318	0. 027	52	0. 006	0. 045	1. 445
Manganese	mg	1. 781	0. 070	46	0. 036	0. 253	8. 080
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 505	0. 015	54	0. 010	0. 072	2. 289
Riboflavin	mg	0. 327	0. 014	55	0. 007	0. 046	1. 485
Niacin	mg	4. 961	0. 140	55	0. 099	0. 703	22. 502
Pantothenic acid	mg	0. 522	0. 151	3	0. 010	0. 074	2. 369
Vitamin B-6	mg	0. 136	0. 010	2	0. 003	0. 019	0. 619
Folate	mcg	18		1	0	3	82
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[3]							
Fatty acids:							
Saturated, total	g	3. 710			0. 074	0. 526	16. 827
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 000			0. 000	0. 000	0. 001
14:0	g	0. 001			0. 000	0. 000	0. 006
16:0	g	2. 075			0. 041	0. 294	9. 411
18:0	g	1. 518			0. 030	0. 215	6. 886
Monounsaturated, total	g	11. 735			0. 235	1. 663	53. 230
16:1	g	0. 024			0. 000	0. 003	0. 110
18:1	g	11. 711			0. 234	1. 660	53. 120
20:1	g						
22:1	g						
Polyunsaturated, total	g	3. 004			0. 060	0. 426	13. 626
18:2	g	2. 943			0. 059	0. 417	13. 350
18:3	g	0. 060			0. 001	0. 009	0. 272
18:4	g						
20:4	g	0. 001			0. 000	0. 000	0. 004
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0	0. 000	2	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 124			0. 002	0. 018	0. 565
Threonine	g	0. 242			0. 005	0. 034	1. 096
Isoleucine	g	0. 314			0. 006	0. 045	1. 425
Leucine	g	0. 582			0. 012	0. 083	2. 642
Lysine	g	0. 236			0. 005	0. 033	1. 069
Methionine	g	0. 138			0. 003	0. 020	0. 625
Cystine	g	0. 193			0. 004	0. 027	0. 874
Phenylalanine	g	0. 412			0. 008	0. 058	1. 869
Tyrosine	g	0. 250			0. 005	0. 036	1. 136
Valine	g	0. 375			0. 007	0. 053	1. 701
Arginine	g	0. 375			0. 007	0. 053	1. 701
Histidine	g	0. 193			0. 004	0. 027	0. 874
Alanine	g	0. 289			0. 006	0. 041	1. 311
Aspartic acid	g	0. 406			0. 008	0. 058	1. 842
Glutamic acid	g	2. 765			0. 055	0. 392	12. 543
Glycine	g	0. 328			0. 007	0. 046	1. 486
Proline	g	0. 925			0. 018	0. 131	4. 195
Serine	g	0. 418			0. 008	0. 059	1. 896

[1] 1 round cracker = 3 g.
[2] Low-salt product contains 203 mg potassium and 283 mg sodium per 100 g.
[3] Values based on product containing partially hydrogenated soybean oil.

CRACKERS
Wheat, sandwich, with cheese filling

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sandwich cracker = 7 g	1/2 oz = 14.175 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	3. 2		1	0. 2	0. 5	14. 7
Food energy	*kcal*	497			35	71	2,257
	kJ	2,083			146	295	9,446
Protein (N x 5.80)	*g*	9. 8	0. 435	2	0. 7	1. 4	44. 3
Total lipid (fat)	*g*	25. 0	0. 745	2	1. 7	3. 5	113. 2
Carbohydrate, total	*g*	58. 2			4. 1	8. 3	264. 2
Crude fiber	*g*	0. 6		1	0. 0	0. 1	2. 8
Ash	*g*	3. 8	0. 390	2	0. 3	0. 5	17. 2
Minerals:							
Calcium	*mg*	204	41. 500	2	14	29	923
Iron	*mg*	2. 62	0. 125	2	0. 18	0. 37	11. 91
Magnesium	*mg*	54		1	4	8	243
Phosphorus	*mg*	382		1	27	54	1,733
Potassium	*mg*	306	128. 290	2	21	43	1,387
Sodium	*mg*	913	235. 000	2	64	129	4,141
Zinc	*mg*	0. 87		1	0. 06	0. 12	3. 95
Copper	*mg*	0. 160		1	0. 011	0. 023	0. 726
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	1. 5		1	0. 1	0. 2	7. 0
Thiamin	*mg*	0. 358	0. 042	2	0. 025	0. 051	1. 624
Riboflavin	*mg*	0. 427	0. 147	2	0. 030	0. 061	1. 937
Niacin	*mg*	3. 185	0. 285	2	0. 223	0. 451	14. 447
Pantothenic acid	*mg*						
Vitamin B-6	*mg*	0. 261		1	0. 018	0. 037	1. 184
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*	9			1	1	41
	IU	71		1	5	10	322
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	6. 625			0. 464	0. 939	30. 053
4:0	*g*	0. 032			0. 002	0. 005	0. 147
6:0	*g*	0. 017			0. 001	0. 002	0. 078
8:0	*g*	0. 009			0. 001	0. 001	0. 043
10:0	*g*	0. 020			0. 001	0. 003	0. 093
12:0	*g*	0. 021			0. 001	0. 003	0. 095
14:0	*g*	0. 219			0. 015	0. 031	0. 993
16:0	*g*	3. 422			0. 240	0. 485	15. 522
18:0	*g*	2. 880			0. 202	0. 408	13. 064
Monounsaturated, total	*g*	13. 565			0. 950	1. 923	61. 529
16:1	*g*	0. 032			0. 002	0. 005	0. 147
18:1	*g*	13. 532			0. 947	1. 918	61. 381
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	3. 313			0. 232	0. 470	15. 029
18:2	*g*	3. 132			0. 219	0. 444	14. 206
18:3	*g*	0. 181			0. 013	0. 026	0. 822
18:4	*g*						
20:4	*g*	0. 000			0. 000	0. 000	0. 001
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	7	0. 877	2	1	1	33
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 130			0. 009	0. 018	0. 589
Threonine	*g*	0. 298			0. 021	0. 042	1. 353
Isoleucine	*g*	0. 383			0. 027	0. 054	1. 735
Leucine	*g*	0. 698			0. 049	0. 099	3. 164
Lysine	*g*	0. 344			0. 024	0. 049	1. 559
Methionine	*g*	0. 167			0. 012	0. 024	0. 757
Cystine	*g*	0. 194			0. 014	0. 027	0. 879
Phenylalanine	*g*	0. 472			0. 033	0. 067	2. 140
Tyrosine	*g*	0. 300			0. 021	0. 043	1. 361
Valine	*g*	0. 438			0. 031	0. 062	1. 987
Arginine	*g*	0. 408			0. 029	0. 058	1. 850
Histidine	*g*	0. 219			0. 015	0. 031	0. 994
Alanine	*g*	0. 322			0. 023	0. 046	1. 460
Aspartic acid	*g*	0. 506			0. 035	0. 072	2. 293
Glutamic acid	*g*	2. 996			0. 210	0. 425	13. 590
Glycine	*g*	0. 339			0. 024	0. 048	1. 536
Proline	*g*	1. 036			0. 073	0. 147	4. 701
Serine	*g*	0. 494			0. 035	0. 070	2. 239

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CRACKERS
Wheat, sandwich, with peanut butter filling

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sandwich cracker = 7 g	1/2 oz = 14.175 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	3. 4	0. 732	3	0. 2	0. 5	15. 4
Food energy	kcal	495			35	70	2,243
	kJ	2,070			145	293	9,390
Protein (N x 5.60)	g	13. 5	0. 545	4	0. 9	1. 9	61. 4
Total lipid (fat)	g	26. 7	0. 984	4	1. 9	3. 8	121. 0
Carbohydrate, total	g	53. 8			3. 8	7. 6	244. 0
Crude fiber	g	0. 9		1	0. 1	0. 1	3. 9
Ash	g	2. 6	0. 224	4	0. 2	0. 4	11. 9
Minerals:							
Calcium	mg	170	70. 050	2	12	24	771
Iron	mg	2. 67	0. 225	2	0. 19	0. 38	12. 13
Magnesium	mg	38		1	3	5	172
Phosphorus	mg	347		1	24	49	1,574
Potassium	mg	297	116. 450	2	21	42	1,345
Sodium	mg	807	247. 450	2	57	114	3,663
Zinc	mg	0. 82		1	0. 06	0. 12	3. 73
Copper	mg	0. 055		1	0. 004	0. 008	0. 249
Manganese	mg	0. 701		1	0. 049	0. 099	3. 180
Vitamins:							
Ascorbic acid	mg	0		1	0	0	0
Thiamin	mg	0. 389	0. 031	4	0. 027	0. 055	1. 766
Riboflavin	mg	0. 293	0. 013	4	0. 021	0. 042	1. 331
Niacin	mg	5. 877	0. 272	3	0. 411	0. 833	26. 658
Pantothenic acid	mg						
Vitamin B-6	mg	0. 137		1	0. 010	0. 019	0. 621
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	g	5. 696			0. 399	0. 807	25. 837
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 005			0. 000	0. 001	0. 021
14:0	g	0. 089			0. 006	0. 013	0. 403
16:0	g	3. 270			0. 229	0. 463	14. 831
18:0	g	2. 331			0. 163	0. 330	10. 572
Monounsaturated, total	g	13. 965			0. 978	1. 980	63. 345
16:1	g	0. 003			0. 000	0. 000	0. 012
18:1	g	13. 834			0. 968	1. 961	62. 752
20:1	g	0. 128			0. 009	0. 018	0. 582
22:1	g						
Polyunsaturated, total	g	5. 162			0. 361	0. 732	23. 416
18:2	g	4. 997			0. 350	0. 708	22. 666
18:3	g	0. 126			0. 009	0. 018	0. 572
18:4	g						
20:4	g	0. 039			0. 003	0. 006	0. 178
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 164			0. 012	0. 023	0. 745
Threonine	g	0. 418			0. 029	0. 059	1. 896
Isoleucine	g	0. 488			0. 034	0. 069	2. 214
Leucine	g	0. 908			0. 064	0. 129	4. 121
Lysine	g	0. 437			0. 031	0. 062	1. 984
Methionine	g	0. 198			0. 014	0. 028	0. 899
Cystine	g	0. 239			0. 017	0. 034	1. 085
Phenylalanine	g	0. 674			0. 047	0. 096	3. 058
Tyrosine	g	0. 464			0. 032	0. 066	2. 104
Valine	g	0. 575			0. 040	0. 082	2. 608
Arginine	g	1. 034			0. 072	0. 147	4. 690
Histidine	g	0. 319			0. 022	0. 045	1. 447
Alanine	g	0. 490			0. 034	0. 070	2. 225
Aspartic acid	g	1. 092			0. 076	0. 155	4. 953
Glutamic acid	g	3. 667			0. 257	0. 520	16. 636
Glycine	g	0. 633			0. 044	0. 090	2. 871
Proline	g	1. 082			0. 076	0. 153	4. 910
Serine	g	0. 674			0. 047	0. 096	3. 058

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CRACKERS
Whole-wheat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sq cracker = 4 g	1/2 oz = 14.175 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	2. 7	0. 170	34	0. 1	0. 4	12. 3
Food energy	kcal	443			18	63	2,011
	kJ	1,856			74	263	8,420
Protein (N x 5.80)	g	8. 8	0. 309	16	0. 4	1. 3	40. 1
Total lipid (fat)	g	17. 2	0. 532	23	0. 7	2. 4	77. 8
Carbohydrate, total	g	68. 6			2. 7	9. 7	311. 1
Crude fiber	g	1. 9		1	0. 1	0. 3	8. 8
Ash	g	2. 7	0. 131	18	0. 1	0. 4	12. 3
Minerals:							
Calcium	mg	50	7. 806	24	2	7	228
Iron	mg	3. 08	0. 199	24	0. 12	0. 44	13. 99
Magnesium	mg	99	2. 966	24	4	14	451
Phosphorus	mg	295	9. 701	23	12	42	1,340
Potassium	mg	297	9. 566	24	12	42	1,348
Sodium[1]	mg	659	47. 959	23	26	93	2,991
Zinc	mg	2. 15	0. 074	26	0. 09	0. 30	9. 76
Copper	mg	0. 444	0. 032	25	0. 018	0. 063	2. 014
Manganese	mg	2. 247	0. 102	21	0. 090	0. 319	10. 194
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 201	0. 007	21	0. 008	0. 029	0. 912
Riboflavin	mg	0. 100	0. 018	22	0. 004	0. 014	0. 452
Niacin	mg	4. 519	0. 103	15	0. 181	0. 641	20. 497
Pantothenic acid	mg	0. 813	0. 026	10	0. 033	0. 115	3. 689
Vitamin B-6	mg	0. 183	0. 005	9	0. 007	0. 026	0. 829
Folate	mcg	28	0. 403	8	1	4	128
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	3. 080			0. 123	0. 437	13. 973
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 000			0. 000	0. 000	0. 002
14:0	g	0. 002			0. 000	0. 000	0. 011
16:0	g	1. 763			0. 071	0. 250	7. 995
18:0	g	1. 220			0. 049	0. 173	5. 535
Monounsaturated, total	g	9. 485			0. 379	1. 344	43. 022
16:1	g	0. 026			0. 001	0. 004	0. 116
18:1	g	9. 459			0. 378	1. 341	42. 906
20:1	g						
22:1	g						
Polyunsaturated, total	g	2. 694			0. 108	0. 382	12. 220
18:2	g	2. 631			0. 105	0. 373	11. 933
18:3	g	0. 061			0. 002	0. 009	0. 279
18:4	g						
20:4	g	0. 002			0. 000	0. 000	0. 009
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 137			0. 005	0. 019	0. 622
Threonine	g	0. 256			0. 010	0. 036	1. 161
Isoleucine	g	0. 329			0. 013	0. 047	1. 493
Leucine	g	0. 600			0. 024	0. 085	2. 724
Lysine	g	0. 245			0. 010	0. 035	1. 113
Methionine	g	0. 137			0. 005	0. 019	0. 622
Cystine	g	0. 206			0. 008	0. 029	0. 933
Phenylalanine	g	0. 419			0. 017	0. 059	1. 901
Tyrosine	g	0. 259			0. 010	0. 037	1. 175
Valine	g	0. 401			0. 016	0. 057	1. 818
Arginine	g	0. 416			0. 017	0. 059	1. 887
Histidine	g	0. 206			0. 008	0. 029	0. 933
Alanine	g	0. 315			0. 013	0. 045	1. 431
Aspartic acid	g	0. 456			0. 018	0. 065	2. 067
Glutamic acid	g	2. 804			0. 112	0. 397	12. 719
Glycine	g	0. 358			0. 014	0. 051	1. 624
Proline	g	0. 922			0. 037	0. 131	4. 182
Serine	g	0. 419			0. 017	0. 059	1. 901

[1] Low-salt product contains 247 mg sodium per 100 g.
[2] Values based on product containing partially hydrogenated soybean oil.

CRACKER MEAL

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 c = 115 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	7. 6	0. 456	13	2. 2	8. 8	34. 6
Food energy	*kcal*	383			108	440	1,737
	kJ	1,603			454	1,843	7,270
Protein (N x 5.70)	*g*	9. 3	0. 267	16	2. 6	10. 6	42. 0
Total lipid (fat)	*g*	1. 7	0. 156	15	0. 5	2. 0	7. 7
Carbohydrate, total	*g*	80. 9			22. 9	93. 0	366. 7
Crude fiber	*g*						
Ash	*g*	0. 6	0. 094	13	0. 2	0. 6	2. 5
Minerals:							
Calcium	*mg*	23	1. 096	15	7	27	106
Iron	*mg*	4. 64	0. 143	16	1. 31	5. 33	21. 04
Magnesium	*mg*	24	0. 894	15	7	28	111
Phosphorus	*mg*	104	3. 643	16	30	120	473
Potassium	*mg*	115	4. 413	14	32	132	519
Sodium	*mg*	28	8. 883	13	8	32	128
Zinc	*mg*	0. 69	0. 042	15	0. 20	0. 79	3. 13
Copper	*mg*	0. 225	0. 031	15	0. 064	0. 259	1. 020
Manganese	*mg*	0. 944	0. 254	11	0. 267	1. 086	4. 282
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 696	0. 036	14	0. 197	0. 801	3. 158
Riboflavin	*mg*	0. 468	0. 024	14	0. 132	0. 538	2. 122
Niacin	*mg*	5. 707	0. 157	15	1. 615	6. 564	25. 889
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	0. 271			0. 077	0. 312	1. 229
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*						
16:0	*g*	0. 259			0. 073	0. 298	1. 177
18:0	*g*	0. 012			0. 003	0. 013	0. 053
Monounsaturated, total	*g*	0. 152			0. 043	0. 175	0. 689
16:1	*g*						
18:1	*g*	0. 152			0. 043	0. 175	0. 689
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 722			0. 204	0. 830	3. 274
18:2	*g*	0. 683			0. 193	0. 786	3. 099
18:3	*g*	0. 039			0. 011	0. 044	0. 175
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 107			0. 030	0. 123	0. 486
Threonine	*g*	0. 247			0. 070	0. 284	1. 119
Isoleucine	*g*	0. 342			0. 097	0. 394	1. 553
Leucine	*g*	0. 639			0. 181	0. 735	2. 901
Lysine	*g*	0. 179			0. 051	0. 205	0. 810
Methionine	*g*	0. 162			0. 046	0. 187	0. 736
Cystine	*g*	0. 208			0. 059	0. 239	0. 942
Phenylalanine	*g*	0. 456			0. 129	0. 524	2. 069
Tyrosine	*g*	0. 253			0. 072	0. 291	1. 149
Valine	*g*	0. 388			0. 110	0. 446	1. 760
Arginine	*g*	0. 321			0. 091	0. 370	1. 458
Histidine	*g*	0. 196			0. 056	0. 226	0. 891
Alanine	*g*	0. 282			0. 080	0. 325	1. 281
Aspartic acid	*g*	0. 373			0. 106	0. 429	1. 693
Glutamic acid	*g*	3. 241			0. 917	3. 727	14. 702
Glycine	*g*	0. 316			0. 090	0. 364	1. 436
Proline	*g*	1. 087			0. 308	1. 251	4. 933
Serine	*g*	0. 448			0. 127	0. 515	2. 032

CREAM PUFFS, PREPARED FROM RECIPE

Shell

(includes eclair)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 cream puff shell = 66 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	40.5			11.5	26.8	183.9
Food energy	kcal	362			103	239	1,640
	kJ	1,514			429	999	6,866
Protein	g	9.0			2.5	5.9	40.7
Total lipid (fat)	g	25.9			7.4	17.1	117.6
Carbohydrate, total	g	22.8			6.5	15.0	103.3
Crude fiber	g	0.1			0.0	0.0	0.3
Ash	g	1.8			0.5	1.2	8.1
Minerals:							
Calcium	mg	36			10	24	164
Iron	mg	2.02			0.57	1.34	9.18
Magnesium	mg	12			3	8	56
Phosphorus	mg	119			34	79	541
Potassium	mg	97			28	64	442
Sodium	mg	557			158	368	2,526
Zinc	mg	0.73			0.21	0.48	3.30
Copper	mg	0.051			0.015	0.034	0.233
Manganese	mg	0.211			0.060	0.139	0.956
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.2
Thiamin	mg	0.206			0.058	0.136	0.935
Riboflavin	mg	0.360			0.102	0.238	1.634
Niacin	mg	1.567			0.444	1.034	7.107
Pantothenic acid	mg	0.624			0.177	0.412	2.832
Vitamin B-6	mg	0.075			0.021	0.049	0.339
Folate	mcg	22			6	14	99
Vitamin B-12	mcg	0.39			0.11	0.26	1.78
Vitamin A	RE	308			87	204	1,399
	IU	1,157			328	763	5,246
Lipids:							
Fatty acids:							
Saturated, total	g	5.599			1.587	3.695	25.395
4:0	g						
6:0	g						
8:0	g	0.001			0.000	0.001	0.006
10:0	g	0.001			0.000	0.001	0.006
12:0	g	0.001			0.000	0.001	0.006
14:0	g	0.068			0.019	0.045	0.307
16:0	g	3.601			1.021	2.377	16.336
18:0	g	1.904			0.540	1.257	8.636
Monounsaturated, total	g	11.128			3.155	7.345	50.478
16:1	g	0.137			0.039	0.091	0.622
18:1	g	10.973			3.111	7.242	49.774
20:1	g	0.013			0.004	0.009	0.059
22:1	g	0.001			0.000	0.001	0.006
Polyunsaturated, total	g	7.380			2.092	4.871	33.475
18:2	g	6.987			1.981	4.611	31.692
18:3	g	0.309			0.088	0.204	1.401
18:4	g						
20:4	g	0.065			0.019	0.043	0.297
20:5	g	0.002			0.000	0.001	0.008
22:5	g						
22:6	g	0.017			0.005	0.011	0.077
Cholesterol	mg	196			56	129	889
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.110			0.031	0.072	0.497
Threonine	g	0.367			0.104	0.242	1.666
Isoleucine	g	0.430			0.122	0.284	1.952
Leucine	g	0.718			0.204	0.474	3.258
Lysine	g	0.497			0.141	0.328	2.254
Methionine	g	0.238			0.067	0.157	1.079
Cystine	g	0.199			0.056	0.131	0.902
Phenylalanine	g	0.466			0.132	0.308	2.115
Tyrosine	g	0.335			0.095	0.221	1.521
Valine	g	0.485			0.138	0.320	2.201
Arginine	g	0.473			0.134	0.312	2.148
Histidine	g	0.209			0.059	0.138	0.946
Alanine	g	0.424			0.120	0.280	1.921
Aspartic acid	g	0.721			0.204	0.476	3.268
Glutamic acid	g	1.801			0.511	1.189	8.169
Glycine	g	0.305			0.086	0.201	1.384
Proline	g	0.596			0.169	0.393	2.703
Serine	g	0.589			0.167	0.389	2.671

[1] 3-1/2 in. diam. Eclair shell (5 in. x 2 in. x 1-3/4 in.) = 48 g.

CREAM PUFFS, PREPARED FROM RECIPE
Shell, with custard filling

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 cream puff = 130 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	53. 5			15. 2	69. 6	242. 9
Food energy	kcal	258			73	336	1,171
	kJ	1,081			306	1,405	4,902
Protein	g	6. 7			1. 9	8. 7	30. 4
Total lipid (fat)	g	15. 5			4. 4	20. 1	70. 3
Carbohydrate, total	g	22. 9			6. 5	29. 8	104. 1
Crude fiber	g	0. 0			0. 0	0. 0	0. 2
Ash	g	1. 3			0. 4	1. 7	6. 0
Minerals:							
Calcium	mg	66			19	86	300
Iron	mg	1. 17			0. 33	1. 52	5. 32
Magnesium	mg	12			3	16	55
Phosphorus	mg	109			31	141	493
Potassium	mg	115			33	149	520
Sodium	mg	341			97	444	1,548
Zinc	mg	0. 60			0. 17	0. 77	2. 70
Copper	mg	0. 035			0. 010	0. 045	0. 157
Manganese	mg	0. 112			0. 032	0. 146	0. 508
Vitamins:							
Ascorbic acid	mg	0. 3			0. 1	0. 4	1. 4
Thiamin	mg	0. 122			0. 034	0. 158	0. 551
Riboflavin	mg	0. 280			0. 079	0. 364	1. 271
Niacin	mg	0. 835			0. 237	1. 086	3. 788
Pantothenic acid	mg	0. 517			0. 147	0. 673	2. 347
Vitamin B-6	mg	0. 062			0. 018	0. 080	0. 280
Folate	mcg	15			4	20	69
Vitamin B-12	mcg	0. 36			0. 10	0. 47	1. 66
Vitamin A	RE	199			56	258	902
	IU	745			211	968	3,378
Lipids:							
Fatty acids:							
Saturated, total	g	3. 679			1. 043	4. 783	16. 688
4:0	g	0. 023			0. 007	0. 030	0. 104
6:0	g	0. 014			0. 004	0. 018	0. 062
8:0	g	0. 009			0. 002	0. 011	0. 040
10:0	g	0. 019			0. 005	0. 024	0. 085
12:0	g	0. 021			0. 006	0. 027	0. 095
14:0	g	0. 111			0. 031	0. 144	0. 503
16:0	g	2. 290			0. 649	2. 976	10. 386
18:0	g	1. 177			0. 334	1. 530	5. 338
Monounsaturated, total	g	6. 527			1. 850	8. 485	29. 606
16:1	g	0. 108			0. 031	0. 140	0. 489
18:1	g	6. 406			1. 816	8. 327	29. 056
20:1	g	0. 009			0. 002	0. 011	0. 039
22:1	g	0. 001			0. 000	0. 001	0. 004
Polyunsaturated, total	g	4. 156			1. 178	5. 403	18. 853
18:2	g	3. 918			1. 111	5. 094	17. 772
18:3	g	0. 182			0. 052	0. 236	0. 825
18:4	g						
20:4	g	0. 044			0. 012	0. 057	0. 199
20:5	g	0. 001			0. 000	0. 001	0. 005
22:5	g						
22:6	g	0. 011			0. 003	0. 015	0. 052
Cholesterol	mg	134			38	174	607
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 083			0. 024	0. 108	0. 377
Threonine	g	0. 283			0. 080	0. 368	1. 286
Isoleucine	g	0. 339			0. 096	0. 441	1. 540
Leucine	g	0. 558			0. 158	0. 726	2. 532
Lysine	g	0. 411			0. 116	0. 534	1. 863
Methionine	g	0. 179			0. 051	0. 232	0. 811
Cystine	g	0. 133			0. 038	0. 173	0. 605
Phenylalanine	g	0. 342			0. 097	0. 445	1. 553
Tyrosine	g	0. 264			0. 075	0. 343	1. 198
Valine	g	0. 381			0. 108	0. 495	1. 727
Arginine	g	0. 338			0. 096	0. 440	1. 535
Histidine	g	0. 160			0. 045	0. 207	0. 723
Alanine	g	0. 307			0. 087	0. 399	1. 393
Aspartic acid	g	0. 547			0. 155	0. 712	2. 483
Glutamic acid	g	1. 280			0. 363	1. 664	5. 807
Glycine	g	0. 211			0. 060	0. 274	0. 957
Proline	g	0. 452			0. 128	0. 588	2. 051
Serine	g	0. 431			0. 122	0. 561	1. 957

[1] 3-1/2 in. diam.

CROISSANTS
Butter

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g[1]	1 med croissant = 57 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	23. 2	0. 731	6	6. 6	13. 2	105. 1
Food energy	*kcal*	406			115	232	1,843
	kJ	1,701			482	970	7,717
Protein (N x 5.80)	*g*	8. 2	0. 030	26	2. 3	4. 7	37. 3
Total lipid (fat)	*g*	21. 0	0. 307	27	6. 0	12. 0	95. 5
Carbohydrate, total	*g*	45. 8			13. 0	26. 1	207. 6
Crude fiber	*g*	0. 4		1	0. 1	0. 2	1. 8
Ash	*g*	1. 6	0. 049	6	0. 5	0. 9	7. 4
Minerals:							
Calcium	*mg*	37	1. 492	26	10	21	167
Iron	*mg*	2. 03	0. 583	4	0. 58	1. 16	9. 23
Magnesium	*mg*	16	0. 504	25	5	9	75
Phosphorus	*mg*	105	4. 790	3	30	60	476
Potassium	*mg*	118	1. 758	25	34	67	536
Sodium	*mg*	744	37. 662	26	211	424	3,375
Zinc	*mg*	0. 75	0. 021	2	0. 21	0. 43	3. 40
Copper	*mg*	0. 080	0. 002	2	0. 023	0. 046	0. 363
Manganese	*mg*	0. 330	0. 007	2	0. 094	0. 188	1. 497
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 388	0. 037	10	0. 110	0. 221	1. 762
Riboflavin	*mg*	0. 241	0. 020	10	0. 068	0. 137	1. 093
Niacin	*mg*	2. 188	0. 147	10	0. 620	1. 247	9. 925
Pantothenic acid	*mg*	0. 861	0. 022	8	0. 244	0. 491	3. 905
Vitamin B-6	*mg*	0. 058	0. 001	8	0. 016	0. 033	0. 263
Folate	*mcg*	28	1. 503	8	8	16	129
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	11. 719			3. 322	6. 680	53. 159
4:0	*g*	0. 597			0. 169	0. 340	2. 709
6:0	*g*	0. 355			0. 101	0. 202	1. 608
8:0	*g*	0. 206			0. 058	0. 117	0. 933
10:0	*g*	0. 467			0. 132	0. 266	2. 119
12:0	*g*	0. 523			0. 148	0. 298	2. 374
14:0	*g*	1. 871			0. 531	1. 067	8. 488
16:0	*g*	5. 323			1. 509	3. 034	24. 147
18:0	*g*	2. 377			0. 674	1. 355	10. 781
Monounsaturated, total	*g*	5. 707			1. 618	3. 253	25. 886
16:1	*g*	0. 471			0. 134	0. 268	2. 136
18:1	*g*	5. 231			1. 483	2. 982	23. 729
20:1	*g*	0. 004			0. 001	0. 002	0. 018
22:1	*g*	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	*g*	1. 306			0. 370	0. 745	5. 925
18:2	*g*	0. 978			0. 277	0. 557	4. 435
18:3	*g*	0. 303			0. 086	0. 173	1. 374
18:4	*g*						
20:4	*g*	0. 020			0. 006	0. 011	0. 091
20:5	*g*	0. 001			0. 000	0. 000	0. 003
22:5	*g*						
22:6	*g*	0. 005			0. 001	0. 003	0. 024
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 099			0. 028	0. 057	0. 451
Threonine	*g*	0. 284			0. 080	0. 162	1. 287
Isoleucine	*g*	0. 365			0. 103	0. 208	1. 654
Leucine	*g*	0. 623			0. 177	0. 355	2. 826
Lysine	*g*	0. 329			0. 093	0. 188	1. 493
Methionine	*g*	0. 175			0. 049	0. 099	0. 792
Cystine	*g*	0. 172			0. 049	0. 098	0. 779
Phenylalanine	*g*	0. 416			0. 118	0. 237	1. 886
Tyrosine	*g*	0. 271			0. 077	0. 154	1. 229
Valine	*g*	0. 410			0. 116	0. 234	1. 860
Arginine	*g*	0. 339			0. 096	0. 193	1. 538
Histidine	*g*	0. 187			0. 053	0. 107	0. 850
Alanine	*g*	0. 325			0. 092	0. 185	1. 474
Aspartic acid	*g*	0. 501			0. 142	0. 286	2. 272
Glutamic acid	*g*	2. 300			0. 652	1. 311	10. 435
Glycine	*g*	0. 288			0. 082	0. 164	1. 307
Proline	*g*	0. 778			0. 220	0. 443	3. 528
Serine	*g*	0. 440			0. 125	0. 251	1. 995

[1] Mini croissant = 1 oz.
[2] 4-1/2 in. x 4 in. x 1-3/4 in. Sm croissant = 42 g. Lg croissant = 67 g.
[3] Values based on product containing butter.

CROISSANTS
Apple

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 med croissant =57 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	45. 6	3. 436	2	12. 9	26. 0	206. 8
Food energy	kcal	254			72	145	1,154
	kJ	1,065			302	607	4,832
Protein (N x 5.90)	g	7. 4	0. 121	2	2. 1	4. 2	33. 7
Total lipid (fat)	g	8. 7	0. 294	3	2. 5	4. 9	39. 4
Carbohydrate, total	g	37. 1			10. 5	21. 1	168. 2
Crude fiber	g						
Ash	g	1. 2	0. 035	2	0. 3	0. 7	5. 4
Minerals:							
Calcium	mg	30	0. 297	2	9	17	136
Iron	mg	1. 10	0. 057	2	0. 31	0. 63	4. 99
Magnesium	mg	13	0. 254	2	4	7	57
Phosphorus	mg	58	0. 556	2	17	33	265
Potassium	mg	90	1. 187	2	26	51	408
Sodium	mg	274	10. 499	2	78	156	1,241
Zinc	mg	1. 03	0. 028	2	0. 29	0. 59	4. 67
Copper	mg	0. 040	0. 001	2	0. 011	0. 023	0. 181
Manganese	mg	0. 210	0. 007	2	0. 060	0. 120	0. 953
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 232	0. 007	8	0. 066	0. 132	1. 052
Riboflavin	mg	0. 164	0. 003	8	0. 046	0. 093	0. 744
Niacin	mg	1. 600	0. 053	8	0. 454	0. 912	7. 258
Pantothenic acid	mg	0. 596	0. 019	8	0. 169	0. 340	2. 703
Vitamin B-6	mg	0. 032	0. 000	8	0. 009	0. 018	0. 145
Folate	mcg	13	0. 435	8	4	7	58
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	4. 444			1. 260	2. 533	20. 159
4:0	g	0. 211			0. 060	0. 120	0. 955
6:0	g	0. 125			0. 035	0. 071	0. 567
8:0	g	0. 073			0. 021	0. 041	0. 330
10:0	g	0. 165			0. 047	0. 094	0. 748
12:0	g	0. 185			0. 053	0. 106	0. 840
14:0	g	0. 663			0. 188	0. 378	3. 008
16:0	g	2. 115			0. 600	1. 206	9. 594
18:0	g	0. 908			0. 257	0. 517	4. 118
Monounsaturated, total	g	2. 373			0. 673	1. 353	10. 766
16:1	g	0. 200			0. 057	0. 114	0. 907
18:1	g	2. 169			0. 615	1. 236	9. 840
20:1	g	0. 004			0. 001	0. 002	0. 017
22:1	g	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	g	0. 742			0. 210	0. 423	3. 365
18:2	g	0. 600			0. 170	0. 342	2. 721
18:3	g	0. 118			0. 033	0. 067	0. 534
18:4	g						
20:4	g	0. 019			0. 005	0. 011	0. 086
20:5	g	0. 001			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 005			0. 001	0. 003	0. 022
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 086			0. 024	0. 049	0. 389
Threonine	g	0. 256			0. 073	0. 146	1. 161
Isoleucine	g	0. 325			0. 092	0. 185	1. 476
Leucine	g	0. 556			0. 158	0. 317	2. 522
Lysine	g	0. 318			0. 090	0. 181	1. 441
Methionine	g	0. 151			0. 043	0. 086	0. 686
Cystine	g	0. 140			0. 040	0. 080	0. 635
Phenylalanine	g	0. 359			0. 102	0. 205	1. 630
Tyrosine	g	0. 243			0. 069	0. 139	1. 104
Valine	g	0. 368			0. 104	0. 210	1. 670
Arginine	g	0. 309			0. 088	0. 176	1. 401
Histidine	g	0. 166			0. 047	0. 095	0. 755
Alanine	g	0. 296			0. 084	0. 169	1. 344
Aspartic acid	g	0. 456			0. 129	0. 260	2. 071
Glutamic acid	g	1. 970			0. 558	1. 123	8. 934
Glycine	g	0. 296			0. 084	0. 169	1. 344
Proline	g	0. 712			0. 202	0. 406	3. 232
Serine	g	0. 383			0. 109	0. 219	1. 739

[1] Sm croissant = 42 g. Lg croissant = 67 g.
[2] Values based on product containing butter.

CROISSANTS
Cheese

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 med croissant = 57 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	21.0	0.346	2	6.0	12.0	95.3
Food energy	kcal	414			117	236	1,876
	kJ	1,732			491	987	7,854
Protein (N x 5.90)	g	9.2	0.088	2	2.6	5.2	41.7
Total lipid (fat)	g	20.9	0.294	3	5.9	11.9	94.9
Carbohydrate, total	g	47.0			13.3	26.8	213.3
Crude fiber	g						
Ash	g	1.9	0.028	2	0.5	1.1	8.5
Minerals:							
Calcium	mg	53	1.831	2	15	30	241
Iron	mg	2.15	0.141	2	0.61	1.23	9.75
Magnesium	mg	24	2.192	2	7	14	108
Phosphorus	mg	130	13.698	2	37	74	590
Potassium	mg	132	18.548	2	38	76	601
Sodium	mg	555	61.548	2	157	316	2,519
Zinc	mg	0.94	0.106	2	0.27	0.54	4.26
Copper	mg	0.100	0.021	2	0.028	0.057	0.454
Manganese	mg	0.340	0.028	2	0.096	0.194	1.542
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.523	0.003	8	0.148	0.298	2.372
Riboflavin	mg	0.325	0.011	8	0.092	0.185	1.474
Niacin	mg	2.160	0.074	8	0.612	1.231	9.798
Pantothenic acid	mg	0.842	0.024	8	0.239	0.480	3.819
Vitamin B-6	mg	0.073	0.001	8	0.021	0.042	0.331
Folate	mcg	33	0.552	8	9	19	150
Vitamin B-12	mcg	0.32	0.011	8	0.09	0.18	1.45
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	9.626			2.729	5.487	43.662
4:0	g	0.432			0.122	0.246	1.959
6:0	g	0.252			0.071	0.143	1.141
8:0	g	0.145			0.041	0.083	0.657
10:0	g	0.326			0.093	0.186	1.481
12:0	g	0.359			0.102	0.205	1.630
14:0	g	1.369			0.388	0.780	6.211
16:0	g	4.618			1.309	2.633	20.949
18:0	g	2.124			0.602	1.211	9.635
Monounsaturated, total	g	6.567			1.862	3.743	29.788
16:1	g	0.366			0.104	0.208	1.658
18:1	g	6.198			1.757	3.533	28.112
20:1	g	0.003			0.001	0.002	0.015
22:1	g	0.000			0.000	0.000	0.002
Polyunsaturated, total	g	2.718			0.771	1.549	12.329
18:2	g	2.407			0.682	1.372	10.917
18:3	g	0.289			0.082	0.165	1.312
18:4	g						
20:4	g	0.017			0.005	0.010	0.078
20:5	g	0.000			0.000	0.000	0.002
22:5	g						
22:6	g	0.004			0.001	0.003	0.020
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.109			0.031	0.062	0.495
Threonine	g	0.304			0.086	0.173	1.378
Isoleucine	g	0.407			0.115	0.232	1.845
Leucine	g	0.692			0.196	0.394	3.138
Lysine	g	0.371			0.105	0.211	1.682
Methionine	g	0.187			0.053	0.107	0.848
Cystine	g	0.176			0.050	0.100	0.799
Phenylalanine	g	0.455			0.129	0.259	2.064
Tyrosine	g	0.302			0.086	0.172	1.371
Valine	g	0.453			0.129	0.258	2.057
Arginine	g	0.363			0.103	0.207	1.647
Histidine	g	0.212			0.060	0.121	0.961
Alanine	g	0.338			0.096	0.193	1.534
Aspartic acid	g	0.527			0.149	0.300	2.389
Glutamic acid	g	2.585			0.733	1.473	11.724
Glycine	g	0.301			0.085	0.171	1.364
Proline	g	0.894			0.254	0.510	4.057
Serine	g	0.478			0.136	0.273	2.170

[1] Sm croissant = 42 g. Lg croissant = 67 g.
[2] Values based on product containing margarine primarily composed of partially hydrogenated soybean oil.

CROUTONS
Plain

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 oz = 14.175 g	1 c = 30 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	5. 5	0. 306	5	0. 8	1. 7	25. 0
Food energy	kcal	407			58	122	1,844
	kJ	1,702			241	511	7,721
Protein (N x 5.70)	g	11. 9	0. 971	5	1. 7	3. 6	54. 1
Total lipid (fat)	g	6. 6	3. 084	6	0. 9	2. 0	29. 7
Carbohydrate, total	g	73. 5			10. 4	22. 0	333. 3
Crude fiber	g	4. 0	3. 508	2	0. 6	1. 2	18. 3
Ash	g	2. 5	0. 133	5	0. 4	0. 8	11. 5
Minerals:							
Calcium	mg	76	10. 262	5	11	23	343
Iron	mg	4. 08	0. 455	5	0. 58	1. 22	18. 51
Magnesium	mg	31	2. 294	5	4	9	139
Phosphorus	mg	115	6. 373	4	16	35	523
Potassium	mg	124	18. 648	6	18	37	562
Sodium	mg	698	60. 698	6	99	209	3,165
Zinc	mg	0. 89	0. 124	5	0. 13	0. 27	4. 06
Copper	mg	0. 163	0. 036	5	0. 023	0. 049	0. 739
Manganese	mg	0. 500	0. 013	4	0. 071	0. 150	2. 267
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 623	0. 061	11	0. 088	0. 187	2. 824
Riboflavin	mg	0. 272	0. 031	11	0. 039	0. 082	1. 234
Niacin	mg	5. 439	0. 547	11	0. 771	1. 632	24. 670
Pantothenic acid	mg	0. 429	0. 049	12	0. 061	0. 129	1. 944
Vitamin B-6	mg	0. 026	0. 006	10	0. 004	0. 008	0. 119
Folate	mcg	22	0. 315	8	3	7	102
Vitamin B-12	mcg	0		1	0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[1]							
Fatty acids:							
Saturated, total	g	1. 566			0. 222	0. 470	7. 105
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 000			0. 000	0. 000	0. 001
14:0	g	0. 028			0. 004	0. 008	0. 128
16:0	g	0. 847			0. 120	0. 254	3. 840
18:0	g	0. 691			0. 098	0. 207	3. 135
Monounsaturated, total	g	3. 354			0. 475	1. 006	15. 213
16:1	g	0. 008			0. 001	0. 002	0. 035
18:1	g	3. 346			0. 474	1. 004	15. 178
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 062			0. 151	0. 319	4. 819
18:2	g	1. 011			0. 143	0. 303	4. 587
18:3	g	0. 051			0. 007	0. 015	0. 232
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 140			0. 020	0. 042	0. 636
Threonine	g	0. 337			0. 048	0. 101	1. 527
Isoleucine	g	0. 456			0. 065	0. 137	2. 068
Leucine	g	0. 832			0. 118	0. 250	3. 776
Lysine	g	0. 278			0. 039	0. 083	1. 262
Methionine	g	0. 211			0. 030	0. 063	0. 958
Cystine	g	0. 261			0. 037	0. 078	1. 186
Phenylalanine	g	0. 586			0. 083	0. 176	2. 656
Tyrosine	g	0. 337			0. 048	0. 101	1. 527
Valine	g	0. 514			0. 073	0. 154	2. 334
Arginine	g	0. 431			0. 061	0. 129	1. 954
Histidine	g	0. 255			0. 036	0. 077	1. 157
Alanine	g	0. 391			0. 055	0. 117	1. 774
Aspartic acid	g	0. 529			0. 075	0. 159	2. 400
Glutamic acid	g	4. 024			0. 570	1. 207	18. 251
Glycine	g	0. 418			0. 059	0. 125	1. 897
Proline	g	1. 345			0. 191	0. 403	6. 100
Serine	g	0. 579			0. 082	0. 174	2. 628

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

CROUTONS
Seasoned

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 oz = 14.175 g	1 c = 40 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	3.6	0.319	9	0.5	1.4	16.4
Food energy	*kcal*	465			66	186	2,108
	kJ	1,946			276	778	8,826
Protein (N x 5.80)	*g*	10.8	0.146	40	1.5	4.3	49.0
Total lipid (fat)	*g*	18.3	0.346	40	2.6	7.3	83.2
Carbohydrate, total	*g*	63.5			9.0	25.4	288.0
Crude fiber	*g*	0.6	0.207	3	0.1	0.3	2.9
Ash	*g*	3.8	0.197	11	0.5	1.5	17.1
Minerals:							
Calcium	*mg*	96	4.583	40	14	38	434
Iron	*mg*	2.82	0.089	40	0.40	1.13	12.80
Magnesium	*mg*	42	2.551	5	6	17	189
Phosphorus	*mg*	140	20.623	5	20	56	635
Potassium	*mg*	181	6.887	15	26	72	821
Sodium	*mg*	1,238	43.584	20	176	495	5,616
Zinc	*mg*	0.94	0.101	5	0.13	0.38	4.26
Copper	*mg*	0.168	0.028	5	0.024	0.067	0.764
Manganese	*mg*	0.514	0.037	4	0.073	0.206	2.332
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0.506	0.006	46	0.072	0.202	2.296
Riboflavin	*mg*	0.421	0.011	46	0.060	0.168	1.910
Niacin	*mg*	4.646	0.060	39	0.659	1.858	21.072
Pantothenic acid	*mg*	0.835	0.062	12	0.118	0.334	3.786
Vitamin B-6	*mg*	0.083	0.001	10	0.012	0.033	0.375
Folate	*mcg*	40	2.001	8	6	16	181
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	5.013			0.711	2.005	22.738
4:0	*g*	0.044			0.006	0.017	0.198
6:0	*g*	0.022			0.003	0.009	0.101
8:0	*g*	0.012			0.002	0.005	0.053
10:0	*g*	0.025			0.004	0.010	0.114
12:0	*g*	0.023			0.003	0.009	0.105
14:0	*g*	0.216			0.031	0.087	0.981
16:0	*g*	2.604			0.369	1.042	11.811
18:0	*g*	2.067			0.293	0.827	9.375
Monounsaturated, total	*g*	9.539			1.352	3.816	43.271
16:1	*g*	0.052			0.007	0.021	0.236
18:1	*g*	9.487			1.345	3.795	43.035
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	2.498			0.354	0.999	11.330
18:2	*g*	2.362			0.335	0.945	10.715
18:3	*g*	0.136			0.019	0.054	0.615
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.125			0.018	0.050	0.566
Threonine	*g*	0.326			0.046	0.130	1.477
Isoleucine	*g*	0.428			0.061	0.171	1.941
Leucine	*g*	0.774			0.110	0.310	3.511
Lysine	*g*	0.344			0.049	0.138	1.562
Methionine	*g*	0.195			0.028	0.078	0.886
Cystine	*g*	0.218			0.031	0.087	0.988
Phenylalanine	*g*	0.525			0.074	0.210	2.380
Tyrosine	*g*	0.331			0.047	0.132	1.503
Valine	*g*	0.488			0.069	0.195	2.212
Arginine	*g*	0.402			0.057	0.161	1.823
Histidine	*g*	0.246			0.035	0.098	1.114
Alanine	*g*	0.357			0.051	0.143	1.621
Aspartic acid	*g*	0.540			0.076	0.216	2.448
Glutamic acid	*g*	3.378			0.479	1.351	15.321
Glycine	*g*	0.361			0.051	0.144	1.638
Proline	*g*	1.163			0.165	0.465	5.276
Serine	*g*	0.527			0.075	0.211	2.389

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

DANISH PASTRY
Cheese[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pastry = 71 g[2] (4-1/4 in. diam.)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	31. 4		1	8. 9	22. 3	142. 4
Food energy	*kcal*	374			106	266	1,698
	kJ	1,567			444	1,113	7,108
Protein (N x 6.00)	*g*	8. 0		1	2. 3	5. 7	36. 1
Total lipid (fat)	*g*	21. 9		1	6. 2	15. 5	99. 3
Carbohydrate, total	*g*	37. 2			10. 6	26. 4	168. 9
Crude fiber	*g*	0. 6		1	0. 2	0. 4	2. 7
Ash	*g*	1. 5		1	0. 4	1. 1	6. 8
Minerals:							
Calcium	*mg*	35		1	10	25	159
Iron	*mg*	1. 60		1	0. 45	1. 14	7. 26
Magnesium	*mg*	15		1	4	11	68
Phosphorus	*mg*	108		1	31	77	490
Potassium	*mg*	98		1	28	70	445
Sodium	*mg*	450		1	128	319	2,041
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 190		1	0. 054	0. 135	0. 862
Riboflavin	*mg*	0. 260		1	0. 074	0. 185	1. 179
Niacin	*mg*	2. 000		1	0. 567	1. 420	9. 072
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	6. 951			1. 971	4. 936	31. 532
4:0	*g*	0. 111			0. 031	0. 078	0. 501
6:0	*g*	0. 032			0. 009	0. 023	0. 147
8:0	*g*	0. 038			0. 011	0. 027	0. 173
10:0	*g*	0. 075			0. 021	0. 053	0. 339
12:0	*g*	0. 052			0. 015	0. 037	0. 234
14:0	*g*	0. 484			0. 137	0. 343	2. 194
16:0	*g*	3. 631			1. 029	2. 578	16. 472
18:0	*g*	2. 529			0. 717	1. 796	11. 471
Monounsaturated, total	*g*	11. 043			3. 131	7. 841	50. 093
16:1	*g*	0. 155			0. 044	0. 110	0. 703
18:1	*g*	10. 884			3. 086	7. 728	49. 371
20:1	*g*	0. 004			0. 001	0. 003	0. 017
22:1	*g*	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	*g*	2. 438			0. 691	1. 731	11. 057
18:2	*g*	2. 249			0. 638	1. 597	10. 203
18:3	*g*	0. 164			0. 046	0. 116	0. 742
18:4	*g*						
20:4	*g*	0. 019			0. 005	0. 014	0. 087
20:5	*g*	0. 000			0. 000	0. 000	0. 002
22:5	*g*						
22:6	*g*	0. 005			0. 001	0. 004	0. 023
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 089			0. 025	0. 063	0. 404
Threonine	*g*	0. 293			0. 083	0. 208	1. 331
Isoleucine	*g*	0. 371			0. 105	0. 263	1. 681
Leucine	*g*	0. 644			0. 183	0. 457	2. 922
Lysine	*g*	0. 430			0. 122	0. 305	1. 952
Methionine	*g*	0. 174			0. 049	0. 124	0. 789
Cystine	*g*	0. 137			0. 039	0. 097	0. 620
Phenylalanine	*g*	0. 402			0. 114	0. 286	1. 825
Tyrosine	*g*	0. 293			0. 083	0. 208	1. 331
Valine	*g*	0. 412			0. 117	0. 292	1. 867
Arginine	*g*	0. 324			0. 092	0. 230	1. 470
Histidine	*g*	0. 205			0. 058	0. 145	0. 928
Alanine	*g*	0. 292			0. 083	0. 207	1. 325
Aspartic acid	*g*	0. 511			0. 145	0. 363	2. 319
Glutamic acid	*g*	2. 021			0. 573	1. 435	9. 168
Glycine	*g*	0. 239			0. 068	0. 170	1. 084
Proline	*g*	0. 717			0. 203	0. 509	3. 253
Serine	*g*	0. 428			0. 121	0. 304	1. 940

[1] Made with cream or neufchatel cheese.
[2] 1/8 of 425 g (15 oz) pastry ring = 53 g.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

DANISH PASTRY
Cinnamon[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pastry = 65 g[2] (4-1/4 in. diam.)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	24. 3	1. 534	3	6. 9	15. 8	110. 4
Food energy	kcal	403			114	262	1,830
	kJ	1,689			479	1,098	7,660
Protein (N x 5.80)	g	7. 0	0. 511	3	2. 0	4. 5	31. 6
Total lipid (fat)	g	22. 4	1. 634	3	6. 3	14. 5	101. 5
Carbohydrate, total	g	44. 6			12. 6	29. 0	202. 1
Crude fiber	g	0. 4		1	0. 1	0. 3	1. 8
Ash	g	1. 7	0. 103	5	0. 5	1. 1	7. 5
Minerals:							
Calcium	mg	71	5. 973	30	20	46	322
Iron[3]	mg	1. 96	0. 096	29	0. 55	1. 27	8. 88
Magnesium	mg	19	0. 467	31	5	12	85
Phosphorus	mg	107	3. 843	30	30	70	486
Potassium	mg	125	4. 168	29	35	81	565
Sodium	mg	371	8. 862	31	105	241	1,684
Zinc	mg	0. 72	0. 027	31	0. 21	0. 47	3. 28
Copper	mg	0. 100	0. 005	30	0. 028	0. 065	0. 453
Manganese	mg	0. 362	0. 017	30	0. 103	0. 236	1. 644
Vitamins:							
Ascorbic acid	mg						
Thiamin[3]	mg	0. 300	0. 040	3	0. 085	0. 195	1. 361
Riboflavin[3]	mg	0. 263	0. 012	3	0. 075	0. 171	1. 194
Niacin[3]	mg	2. 867	0. 240	3	0. 813	1. 863	13. 003
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[4]							
Fatty acids:							
Saturated, total	g	5. 738			1. 627	3. 729	26. 026
4:0	g	0. 001			0. 000	0. 000	0. 003
6:0	g	0. 000			0. 000	0. 000	0. 002
8:0	g	0. 001			0. 000	0. 000	0. 003
10:0	g	0. 001			0. 000	0. 001	0. 004
12:0	g	0. 001			0. 000	0. 001	0. 005
14:0	g	0. 109			0. 031	0. 071	0. 496
16:0	g	3. 029			0. 859	1. 969	13. 740
18:0	g	2. 595			0. 736	1. 687	11. 773
Monounsaturated, total	g	12. 466			3. 534	8. 103	56. 544
16:1	g	0. 046			0. 013	0. 030	0. 207
18:1	g	12. 416			3. 520	8. 070	56. 319
20:1	g	0. 004			0. 001	0. 002	0. 016
22:1	g	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	g	2. 866			0. 812	1. 863	12. 999
18:2	g	2. 703			0. 766	1. 757	12. 263
18:3	g	0. 139			0. 039	0. 090	0. 630
18:4	g						
20:4	g	0. 018			0. 005	0. 012	0. 083
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 005			0. 001	0. 003	0. 021
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 084			0. 024	0. 055	0. 381
Threonine	g	0. 245			0. 069	0. 159	1. 110
Isoleucine	g	0. 310			0. 088	0. 201	1. 404
Leucine	g	0. 532			0. 151	0. 346	2. 411
Lysine	g	0. 296			0. 084	0. 193	1. 344
Methionine	g	0. 139			0. 039	0. 090	0. 631
Cystine	g	0. 139			0. 039	0. 090	0. 631
Phenylalanine	g	0. 348			0. 099	0. 226	1. 579
Tyrosine	g	0. 233			0. 066	0. 151	1. 056
Valine	g	0. 344			0. 098	0. 224	1. 562
Arginine	g	0. 312			0. 088	0. 203	1. 415
Histidine	g	0. 160			0. 045	0. 104	0. 724
Alanine	g	0. 274			0. 078	0. 178	1. 241
Aspartic acid	g	0. 463			0. 131	0. 301	2. 101
Glutamic acid	g	1. 882			0. 533	1. 223	8. 535
Glycine	g	0. 245			0. 069	0. 159	1. 110
Proline	g	0. 637			0. 181	0. 414	2. 890
Serine	g	0. 376			0. 106	0. 244	1. 704

[1] Without fruit or nuts.
[2] Rectangular pastry (approx 6-1/2 in. x 3/4 in.) = 75 g. 1/8 of 425 g (15 oz) pastry ring = 53 g.
[3] Values for enriched product. Unenriched product contains 0.78 mg iron, 0.180 mg thiamin, 0.100 mg riboflavin, and 1.100 mg niacin per 100 g.
[4] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

DANISH PASTRY
Fruit
(includes apple, cinnamon, raisin, lemon, raspberry, strawberry)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pastry = 71 g[1] (4-1/4 in. diam.)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	27. 1	1. 256	18	7. 7	19. 2	122. 9
Food energy	*kcal*	371			105	264	1,684
	kJ	1,554			441	1,104	7,050
Protein (N x 5.80)	*g*	5. 4	0. 230	18	1. 5	3. 8	24. 3
Total lipid (fat)	*g*	18. 5	0. 710	15	5. 2	13. 1	84. 0
Carbohydrate, total	*g*	47. 8			13. 5	33. 9	216. 8
Crude fiber	*g*	0. 4	0. 057	9	0. 1	0. 3	1. 7
Ash	*g*	1. 2	0. 040	18	0. 4	0. 9	5. 6
Minerals:							
Calcium	*mg*	46	9. 200	16	13	33	209
Iron[2]	*mg*	1. 77	0. 101	14	0. 50	1. 26	8. 02
Magnesium	*mg*	15	0. 643	15	4	11	70
Phosphorus	*mg*	89	8. 600	15	25	63	402
Potassium	*mg*	83	6. 753	11	24	59	378
Sodium	*mg*	354	6. 785	16	100	251	1,604
Zinc	*mg*	0. 54	0. 020	6	0. 15	0. 38	2. 45
Copper	*mg*	0. 065	0. 005	6	0. 018	0. 046	0. 295
Manganese	*mg*	0. 253	0. 012	6	0. 072	0. 180	1. 149
Vitamins:							
Ascorbic acid	*mg*	3. 9	1. 837	15	1. 1	2. 8	17. 8
Thiamin[2]	*mg*	0. 263	0. 020	20	0. 075	0. 187	1. 193
Riboflavin[2]	*mg*	0. 220	0. 009	19	0. 062	0. 156	0. 996
Niacin[2]	*mg*	1. 992	0. 074	16	0. 565	1. 414	9. 035
Pantothenic acid	*mg*	0. 634	0. 023	8	0. 180	0. 450	2. 876
Vitamin B-6	*mg*						
Folate	*mcg*	16	1. 032	8	5	12	75
Vitamin B-12	*mcg*						
Vitamin A[3]	*RE*	16			4	11	71
	IU	52	1. 114	5	15	37	237
Lipids:[4]							
Fatty acids:							
Saturated, total	*g*	4. 715			1. 337	3. 348	21. 389
4:0	*g*	0. 001			0. 000	0. 000	0. 003
6:0	*g*	0. 000			0. 000	0. 000	0. 002
8:0	*g*	0. 000			0. 000	0. 000	0. 002
10:0	*g*	0. 001			0. 000	0. 001	0. 003
12:0	*g*	0. 001			0. 000	0. 001	0. 004
14:0	*g*	0. 091			0. 026	0. 064	0. 412
16:0	*g*	2. 473			0. 701	1. 756	11. 216
18:0	*g*	2. 149			0. 609	1. 526	9. 748
Monounsaturated, total	*g*	10. 314			2. 924	7. 323	46. 784
16:1	*g*	0. 022			0. 006	0. 016	0. 100
18:1	*g*	10. 290			2. 917	7. 306	46. 674
20:1	*g*	0. 002			0. 001	0. 001	0. 009
22:1	*g*	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	*g*	2. 394			0. 679	1. 700	10. 860
18:2	*g*	2. 263			0. 642	1. 607	10. 267
18:3	*g*	0. 118			0. 033	0. 084	0. 533
18:4	*g*						
20:4	*g*	0. 010			0. 003	0. 007	0. 046
20:5	*g*	0. 000			0. 000	0. 000	0. 002
22:5	*g*						
22:6	*g*	0. 003			0. 001	0. 002	0. 012
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 064			0. 018	0. 045	0. 289
Threonine	*g*	0. 171			0. 048	0. 121	0. 775
Isoleucine	*g*	0. 224			0. 063	0. 159	1. 014
Leucine	*g*	0. 398			0. 113	0. 283	1. 806
Lysine	*g*	0. 177			0. 050	0. 126	0. 805
Methionine	*g*	0. 110			0. 031	0. 078	0. 499
Cystine	*g*	0. 118			0. 034	0. 084	0. 536
Phenylalanine	*g*	0. 267			0. 076	0. 190	1. 211
Tyrosine	*g*	0. 166			0. 047	0. 118	0. 754
Valine	*g*	0. 252			0. 072	0. 179	1. 144
Arginine	*g*	0. 209			0. 059	0. 148	0. 947
Histidine	*g*	0. 118			0. 034	0. 084	0. 536
Alanine	*g*	0. 191			0. 054	0. 136	0. 868
Aspartic acid	*g*	0. 300			0. 085	0. 213	1. 362
Glutamic acid	*g*	1. 603			0. 454	1. 138	7. 271
Glycine	*g*	0. 178			0. 051	0. 127	0. 809
Proline	*g*	0. 543			0. 154	0. 386	2. 464
Serine	*g*	0. 285			0. 081	0. 202	1. 291

[1] 1/8 of 425 g (15 oz) pastry ring = 53 g.
[2] Values for enriched product. Unenriched product contains 0.75 mg iron, 0.065 mg thiamin, 0.092 mg riboflavin, and 0.769 mg niacin per 100 g.
[3] Values for apple danish. Lemon danish contains 175 IU vitamin A per 100 g. Raspberry danish contains 200 IU vitamin A per 100 g.
[4] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

DANISH PASTRY

Nut

(includes almond, raisin nut, cinnamon nut)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pastry = 65 g[1] (4-1/4 in. diam.)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	20. 4	0. 310	7	5. 8	13. 3	92. 6
Food energy	*kcal*	430			122	280	1,952
	kJ	1,801			511	1,171	8,170
Protein (N x 5.70)	*g*	7. 1	0. 185	7	2. 0	4. 6	32. 0
Total lipid (fat)	*g*	25. 2	0. 583	7	7. 1	16. 4	114. 4
Carbohydrate, total	*g*	45. 7			13. 0	29. 7	207. 4
Crude fiber	*g*	0. 7		1	0. 2	0. 5	3. 2
Ash	*g*	1. 5	0. 061	7	0. 4	1. 0	6. 7
Minerals:							
Calcium	*mg*	94	19. 147	7	27	61	426
Iron	*mg*	1. 80		1	0. 51	1. 17	8. 16
Magnesium	*mg*	32	1. 540	7	9	21	143
Phosphorus	*mg*	110	5. 450	7	31	71	498
Potassium	*mg*	95		1	27	62	431
Sodium	*mg*	363	16. 099	7	103	236	1,649
Zinc	*mg*	0. 87	0. 060	6	0. 25	0. 57	3. 95
Copper	*mg*	0. 195	0. 005	6	0. 055	0. 127	0. 886
Manganese	*mg*	0. 845	0. 049	6	0. 240	0. 549	3. 833
Vitamins:							
Ascorbic acid	*mg*	1. 7	0. 044	6	0. 5	1. 1	7. 8
Thiamin	*mg*	0. 220		1	0. 062	0. 143	0. 998
Riboflavin	*mg*	0. 240		1	0. 068	0. 156	1. 089
Niacin	*mg*	2. 300		1	0. 652	1. 495	10. 433
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*	14			4	9	62
	IU	52		1	15	34	236
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	5. 447			1. 544	3. 541	24. 709
4:0	*g*	0. 001			0. 000	0. 000	0. 003
6:0	*g*	0. 001			0. 000	0. 000	0. 002
8:0	*g*	0. 001			0. 000	0. 000	0. 002
10:0	*g*	0. 001			0. 000	0. 000	0. 003
12:0	*g*	0. 001			0. 000	0. 001	0. 006
14:0	*g*	0. 115			0. 033	0. 075	0. 521
16:0	*g*	2. 976			0. 844	1. 934	13. 498
18:0	*g*	2. 353			0. 667	1. 529	10. 673
Monounsaturated, total	*g*	12. 600			3. 572	8. 190	57. 152
16:1	*g*	0. 048			0. 014	0. 031	0. 217
18:1	*g*	12. 504			3. 545	8. 127	56. 717
20:1	*g*	0. 048			0. 014	0. 031	0. 216
22:1	*g*	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	*g*	5. 755			1. 632	3. 741	26. 105
18:2	*g*	5. 070			1. 437	3. 296	23. 000
18:3	*g*	0. 669			0. 190	0. 435	3. 036
18:4	*g*						
20:4	*g*	0. 012			0. 004	0. 008	0. 056
20:5	*g*	0. 000			0. 000	0. 000	0. 001
22:5	*g*						
22:6	*g*	0. 003			0. 001	0. 002	0. 013
Cholesterol	*mg*	46		1	13	30	209
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 088			0. 025	0. 057	0. 399
Threonine	*g*	0. 238			0. 067	0. 155	1. 079
Isoleucine	*g*	0. 305			0. 086	0. 198	1. 382
Leucine	*g*	0. 529			0. 150	0. 344	2. 400
Lysine	*g*	0. 271			0. 077	0. 176	1. 231
Methionine	*g*	0. 139			0. 039	0. 090	0. 629
Cystine	*g*	0. 139			0. 039	0. 090	0. 629
Phenylalanine	*g*	0. 337			0. 096	0. 219	1. 528
Tyrosine	*g*	0. 235			0. 067	0. 153	1. 068
Valine	*g*	0. 348			0. 099	0. 226	1. 579
Arginine	*g*	0. 430			0. 122	0. 279	1. 950
Histidine	*g*	0. 166			0. 047	0. 108	0. 753
Alanine	*g*	0. 268			0. 076	0. 174	1. 214
Aspartic acid	*g*	0. 479			0. 136	0. 312	2. 175
Glutamic acid	*g*	1. 895			0. 537	1. 232	8. 598
Glycine	*g*	0. 261			0. 074	0. 170	1. 186
Proline	*g*	0. 614			0. 174	0. 399	2. 787
Serine	*g*	0. 369			0. 105	0. 240	1. 675

[1] 1/8 of 425 g (15 oz) pastry ring = 53 g.

[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

DOUGHNUTS
Cake-type, plain
(includes unsugared, old-fashioned)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g[1]	1 med doughnut = 47 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	20. 8	0. 587	25	5. 9	9. 8	94. 5
Food energy	kcal	421			119	198	1,910
	kJ	1,763			500	828	7,996
Protein (N x 5.90)	g	5. 0	0. 292	15	1. 4	2. 3	22. 5
Total lipid (fat)	g	22. 9	1. 396	18	6. 5	10. 8	104. 1
Carbohydrate, total	g	49. 7			14. 1	23. 4	225. 5
Crude fiber	g	0. 2	0. 037	4	0. 1	0. 1	0. 9
Ash	g	1. 5	0. 130	13	0. 4	0. 7	7. 0
Minerals:							
Calcium	mg	44	1. 550	36	13	21	201
Iron	mg	1. 95	0. 084	34	0. 55	0. 92	8. 85
Magnesium	mg	20	0. 507	34	6	9	89
Phosphorus	mg	269	5. 640	28	76	127	1,221
Potassium	mg	127	4. 793	32	36	60	575
Sodium	mg	546	10. 069	36	155	257	2,477
Zinc	mg	0. 55	0. 023	31	0. 16	0. 26	2. 51
Copper	mg	0. 102	0. 003	31	0. 029	0. 048	0. 460
Manganese	mg	0. 341	0. 010	30	0. 097	0. 160	1. 548
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 222	0. 015	11	0. 063	0. 104	1. 006
Riboflavin	mg	0. 240	0. 041	11	0. 068	0. 113	1. 088
Niacin	mg	1. 853	0. 194	11	0. 525	0. 871	8. 404
Pantothenic acid	mg	0. 276	0. 043	4	0. 078	0. 130	1. 254
Vitamin B-6	mg	0. 056	0. 009	2	0. 016	0. 027	0. 256
Folate	mcg	8	0. 989	3	2	4	37
Vitamin B-12	mcg						
Vitamin A	RE	17			5	8	78
	IU	57	9. 000	2	16	27	259
Lipids:[3]							
Fatty acids:							
Saturated, total	g	3. 751			1. 063	1. 763	17. 015
4:0	g	0. 001			0. 000	0. 001	0. 006
6:0	g	0. 001			0. 000	0. 000	0. 004
8:0	g	0. 001			0. 000	0. 001	0. 005
10:0	g	0. 002			0. 001	0. 001	0. 008
12:0	g	0. 002			0. 001	0. 001	0. 008
14:0	g	0. 032			0. 009	0. 015	0. 146
16:0	g	2. 517			0. 714	1. 183	11. 418
18:0	g	1. 193			0. 338	0. 561	5. 412
Monounsaturated, total	g	9. 628			2. 730	4. 525	43. 673
16:1	g	0. 143			0. 041	0. 067	0. 651
18:1	g	9. 478			2. 687	4. 455	42. 994
20:1	g	0. 006			0. 002	0. 003	0. 025
22:1	g	0. 001			0. 000	0. 000	0. 003
Polyunsaturated, total	g	8. 145			2. 309	3. 828	36. 946
18:2	g	7. 558			2. 143	3. 552	34. 284
18:3	g	0. 551			0. 156	0. 259	2. 498
18:4	g						
20:4	g	0. 028			0. 008	0. 013	0. 128
20:5	g	0. 001			0. 000	0. 000	0. 003
22:5	g						
22:6	g	0. 007			0. 002	0. 003	0. 033
Cholesterol	mg	37	4. 333	3	11	18	169
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 065			0. 018	0. 030	0. 293
Threonine	g	0. 174			0. 049	0. 082	0. 788
Isoleucine	g	0. 213			0. 060	0. 100	0. 967
Leucine	g	0. 378			0. 107	0. 177	1. 713
Lysine	g	0. 231			0. 065	0. 108	1. 047
Methionine	g	0. 098			0. 028	0. 046	0. 445
Cystine	g	0. 096			0. 027	0. 045	0. 434
Phenylalanine	g	0. 231			0. 065	0. 108	1. 047
Tyrosine	g	0. 170			0. 048	0. 080	0. 769
Valine	g	0. 242			0. 069	0. 114	1. 096
Arginine	g	0. 218			0. 062	0. 103	0. 990
Histidine	g	0. 112			0. 032	0. 052	0. 506
Alanine	g	0. 174			0. 049	0. 082	0. 788
Aspartic acid	g	0. 286			0. 081	0. 134	1. 298
Glutamic acid	g	1. 351			0. 383	0. 635	6. 128
Glycine	g	0. 155			0. 044	0. 073	0. 704
Proline	g	0. 471			0. 133	0. 221	2. 135
Serine	g	0. 291			0. 083	0. 137	1. 321

[1] Approx 2 in. diam.
[2] Approx 3-1/4 in. diam. Lg doughnut (approx 4 in. diam.) = 71 g.
[3] Values based on product containing partially hydrogenated soybean oil.

DOUGHNUTS
Cake-type, plain, chocolate-coated or frosted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g[1]	1 med doughnut = 43 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	14. 4	0. 802	3	4. 1	6. 2	65. 3
Food energy	*kcal*	474			134	204	2,150
	kJ	1,984			563	853	9,002
Protein (N x 5.70)	*g*	5. 0	0. 045	2	1. 4	2. 1	22. 5
Total lipid (fat)	*g*	31. 0	0. 608	3	8. 8	13. 3	140. 6
Carbohydrate, total	*g*	48. 0			13. 6	20. 6	217. 5
Crude fiber	*g*						
Ash	*g*	1. 5	0. 000	2	0. 4	0. 6	6. 8
Minerals:							
Calcium	*mg*	35	0. 404	3	10	15	157
Iron	*mg*	2. 46	0. 593	3	0. 70	1. 06	11. 17
Magnesium	*mg*	40	0. 450	2	11	17	179
Phosphorus	*mg*	202	0. 468	2	57	87	914
Potassium	*mg*						
Sodium	*mg*	429	50. 363	3	122	185	1,947
Zinc	*mg*	0. 61	0. 005	2	0. 17	0. 26	2. 79
Copper	*mg*	0. 215	0. 005	2	0. 061	0. 092	0. 975
Manganese	*mg*	0. 395	0. 005	2	0. 112	0. 170	1. 792
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 127	0. 027	3	0. 036	0. 054	0. 575
Riboflavin	*mg*	0. 105	0. 007	3	0. 030	0. 045	0. 478
Niacin	*mg*	1. 300	0. 100	3	0. 369	0. 559	5. 897
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	8. 347			2. 366	3. 589	37. 860
4:0	*g*	0. 001			0. 000	0. 000	0. 004
6:0	*g*	0. 001			0. 000	0. 000	0. 003
8:0	*g*	0. 001			0. 000	0. 000	0. 004
10:0	*g*	0. 001			0. 000	0. 001	0. 006
12:0	*g*	0. 002			0. 000	0. 001	0. 007
14:0	*g*	0. 149			0. 042	0. 064	0. 678
16:0	*g*	4. 339			1. 230	1. 866	19. 684
18:0	*g*	3. 851			1. 092	1. 656	17. 470
Monounsaturated, total	*g*	17. 180			4. 870	7. 387	77. 927
16:1	*g*	0. 062			0. 018	0. 027	0. 283
18:1	*g*	17. 111			4. 851	7. 358	77. 617
20:1	*g*	0. 006			0. 002	0. 002	0. 025
22:1	*g*	0. 001			0. 000	0. 000	0. 003
Polyunsaturated, total	*g*	3. 737			1. 060	1. 607	16. 953
18:2	*g*	3. 519			0. 998	1. 513	15. 964
18:3	*g*	0. 181			0. 051	0. 078	0. 823
18:4	*g*						
20:4	*g*	0. 028			0. 008	0. 012	0. 128
20:5	*g*	0. 001			0. 000	0. 000	0. 004
22:5	*g*						
22:6	*g*	0. 007			0. 002	0. 003	0. 034
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 067			0. 019	0. 029	0. 305
Threonine	*g*	0. 187			0. 053	0. 081	0. 850
Isoleucine	*g*	0. 217			0. 062	0. 093	0. 985
Leucine	*g*	0. 373			0. 106	0. 160	1. 693
Lysine	*g*	0. 259			0. 073	0. 111	1. 175
Methionine	*g*	0. 085			0. 024	0. 037	0. 388
Cystine	*g*	0. 085			0. 024	0. 036	0. 384
Phenylalanine	*g*	0. 234			0. 066	0. 100	1. 060
Tyrosine	*g*	0. 177			0. 050	0. 076	0. 803
Valine	*g*	0. 254			0. 072	0. 109	1. 151
Arginine	*g*	0. 255			0. 072	0. 109	1. 155
Histidine	*g*	0. 112			0. 032	0. 048	0. 506
Alanine	*g*	0. 194			0. 055	0. 083	0. 878
Aspartic acid	*g*	0. 380			0. 108	0. 163	1. 725
Glutamic acid	*g*	1. 142			0. 324	0. 491	5. 182
Glycine	*g*	0. 175			0. 050	0. 075	0. 795
Proline	*g*	0. 389			0. 110	0. 167	1. 764
Serine	*g*	0. 280			0. 079	0. 120	1. 270

[1] Approx 2 in. diam.
[2] Approx 3 in. diam. Lg doughnut (approx 3-1/2 in. diam.) = 57 g.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

DOUGHNUTS
Cake-type, plain, sugared or glazed

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g[1]	1 med doughnut = 45 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	19. 6	0. 398	21	5. 6	8. 8	88. 8
Food energy	*kcal*	426			121	192	1,934
	kJ	1,785			506	803	8,096
Protein (N x 5.90)	*g*	5. 2	0. 332	15	1. 5	2. 4	23. 8
Total lipid (fat)	*g*	22. 9	0. 905	20	6. 5	10. 3	103. 7
Carbohydrate, total	*g*	50. 8			14. 4	22. 9	230. 4
Crude fiber	*g*	0. 2		1	0. 1	0. 1	0. 9
Ash	*g*	1. 5	0. 056	13	0. 4	0. 7	6. 9
Minerals:							
Calcium	*mg*	60	12. 662	15	17	27	273
Iron	*mg*	1. 06	0. 072	11	0. 30	0. 48	4. 80
Magnesium	*mg*	17	0. 517	7	5	8	76
Phosphorus	*mg*	117	19. 229	6	33	53	530
Potassium	*mg*	102	5. 941	6	29	46	463
Sodium	*mg*	402	22. 793	19	114	181	1,824
Zinc	*mg*	0. 44	0. 028	7	0. 12	0. 20	1. 99
Copper	*mg*	0. 101	0. 010	7	0. 029	0. 045	0. 458
Manganese	*mg*	0. 334	0. 016	3	0. 095	0. 150	1. 514
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 233	0. 038	12	0. 066	0. 105	1. 055
Riboflavin	*mg*	0. 198	0. 032	13	0. 056	0. 089	0. 898
Niacin	*mg*	1. 512	0. 067	12	0. 429	0. 680	6. 857
Pantothenic acid	*mg*						
Vitamin B-6	*mg*	0. 027		1	0. 008	0. 012	0. 122
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*	3			1	1	14
	IU	10	0. 000	2	3	4	45
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	5. 327			1. 510	2. 397	24. 162
4:0	*g*	0. 001			0. 000	0. 001	0. 006
6:0	*g*	0. 001			0. 000	0. 000	0. 004
8:0	*g*	0. 000			0. 000	0. 000	0. 002
10:0	*g*	0. 001			0. 000	0. 001	0. 005
12:0	*g*	0. 001			0. 000	0. 001	0. 006
14:0	*g*	0. 107			0. 030	0. 048	0. 487
16:0	*g*	2. 719			0. 771	1. 224	12. 334
18:0	*g*	2. 494			0. 707	1. 122	11. 311
Monounsaturated, total	*g*	11. 953			3. 389	5. 379	54. 220
16:1	*g*	0. 002			0. 000	0. 001	0. 007
18:1	*g*	11. 952			3. 388	5. 378	54. 212
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	2. 589			0. 734	1. 165	11. 745
18:2	*g*	2. 459			0. 697	1. 106	11. 153
18:3	*g*	0. 131			0. 037	0. 059	0. 592
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	32	4. 623	15	9	14	146
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 069			0. 019	0. 031	0. 311
Threonine	*g*	0. 189			0. 054	0. 085	0. 860
Isoleucine	*g*	0. 231			0. 066	0. 104	1. 049
Leucine	*g*	0. 405			0. 115	0. 182	1. 836
Lysine	*g*	0. 256			0. 073	0. 115	1. 162
Methionine	*g*	0. 105			0. 030	0. 047	0. 476
Cystine	*g*	0. 100			0. 028	0. 045	0. 452
Phenylalanine	*g*	0. 244			0. 069	0. 110	1. 106
Tyrosine	*g*	0. 183			0. 052	0. 082	0. 831
Valine	*g*	0. 261			0. 074	0. 117	1. 182
Arginine	*g*	0. 238			0. 067	0. 107	1. 077
Histidine	*g*	0. 120			0. 034	0. 054	0. 545
Alanine	*g*	0. 189			0. 053	0. 085	0. 855
Aspartic acid	*g*	0. 316			0. 090	0. 142	1. 433
Glutamic acid	*g*	1. 392			0. 395	0. 627	6. 315
Glycine	*g*	0. 164			0. 046	0. 074	0. 743
Proline	*g*	0. 488			0. 138	0. 220	2. 215
Serine	*g*	0. 314			0. 089	0. 141	1. 424

[1] Approx 2 in. diam.
[2] Approx 3 in. diam. Lg doughnut (approx 3-3/4 in. diam.) = 63 g.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

DOUGHNUTS
Cake-type, chocolate, sugared or glazed

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 med doughnut = 42 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	16. 3	0. 048	2	4. 6	6. 9	74. 2
Food energy	*kcal*	417			118	175	1,891
	kJ	1,745			495	733	7,917
Protein (N x 5.90)	*g*	4. 5	0. 004	2	1. 3	1. 9	20. 6
Total lipid (fat)	*g*	19. 9	0. 048	2	5. 7	8. 4	90. 5
Carbohydrate, total	*g*	57. 4			16. 3	24. 1	260. 2
Crude fiber	*g*						
Ash	*g*	1. 8	0. 000	2	0. 5	0. 8	8. 2
Minerals:							
Calcium[2]	*mg*	213	0. 000	2	60	89	966
Iron[3]	*mg*	2. 27	0. 000	2	0. 64	0. 95	10. 30
Magnesium	*mg*	34	0. 000	2	9	14	152
Phosphorus	*mg*	162	0. 999	2	46	68	735
Potassium	*mg*						
Sodium	*mg*	340	1. 490	2	96	143	1,540
Zinc	*mg*	0. 57	0. 001	2	0. 16	0. 24	2. 59
Copper	*mg*	0. 191	0. 002	2	0. 054	0. 080	0. 866
Manganese	*mg*	0. 370	0. 000	2	0. 105	0. 155	1. 678
Vitamins:							
Ascorbic acid	*mg*						
Thiamin[3]	*mg*	0. 045	0. 005	2	0. 013	0. 019	0. 204
Riboflavin[3]	*mg*	0. 070	0. 000	2	0. 020	0. 029	0. 318
Niacin[3]	*mg*	0. 470	0. 010	2	0. 133	0. 197	2. 132
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[4]							
Fatty acids:							
Saturated, total	*g*	5. 360			1. 520	2. 251	24. 315
4:0	*g*	0. 001			0. 000	0. 000	0. 003
6:0	*g*	0. 000			0. 000	0. 000	0. 001
8:0	*g*	0. 001			0. 000	0. 000	0. 003
10:0	*g*	0. 001			0. 000	0. 000	0. 004
12:0	*g*	0. 001			0. 000	0. 000	0. 004
14:0	*g*	0. 096			0. 027	0. 040	0. 434
16:0	*g*	2. 803			0. 795	1. 177	12. 715
18:0	*g*	2. 457			0. 697	1. 032	11. 145
Monounsaturated, total	*g*	10. 988			3. 115	4. 615	49. 843
16:1	*g*	0. 043			0. 012	0. 018	0. 196
18:1	*g*	10. 941			3. 102	4. 595	49. 629
20:1	*g*	0. 004			0. 001	0. 002	0. 017
22:1	*g*	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	*g*	2. 464			0. 698	1. 035	11. 175
18:2	*g*	2. 319			0. 658	0. 974	10. 521
18:3	*g*	0. 120			0. 034	0. 050	0. 542
18:4	*g*						
20:4	*g*	0. 019			0. 005	0. 008	0. 087
20:5	*g*	0. 001			0. 000	0. 000	0. 003
22:5	*g*						
22:6	*g*	0. 005			0. 001	0. 002	0. 023
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 058			0. 017	0. 025	0. 265
Threonine	*g*	0. 170			0. 048	0. 072	0. 773
Isoleucine	*g*	0. 205			0. 058	0. 086	0. 930
Leucine	*g*	0. 339			0. 096	0. 143	1. 540
Lysine	*g*	0. 234			0. 066	0. 098	1. 063
Methionine	*g*	0. 096			0. 027	0. 040	0. 435
Cystine	*g*	0. 091			0. 026	0. 038	0. 411
Phenylalanine	*g*	0. 224			0. 064	0. 094	1. 017
Tyrosine	*g*	0. 156			0. 044	0. 065	0. 707
Valine	*g*	0. 234			0. 066	0. 098	1. 063
Arginine	*g*	0. 227			0. 064	0. 095	1. 031
Histidine	*g*	0. 100			0. 028	0. 042	0. 453
Alanine	*g*	0. 190			0. 054	0. 080	0. 864
Aspartic acid	*g*	0. 352			0. 100	0. 148	1. 596
Glutamic acid	*g*	0. 998			0. 283	0. 419	4. 529
Glycine	*g*	0. 159			0. 045	0. 067	0. 721
Proline	*g*	0. 327			0. 093	0. 137	1. 484
Serine	*g*	0. 263			0. 075	0. 111	1. 195

[1] Approx 3 in. diam. Lg doughnut (approx 3-3/4 in. diam.) = 60 g.
[2] Value for product containing calcium carbonate, calcium sulfate, and calcium propionate.
[3] Values for unenriched product.
[4] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

DOUGHNUTS
Cake-type, wheat, sugared or glazed

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g[1]	1 med doughnut = 45 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	29. 8		1	8. 4	13. 4	135. 0
Food energy	*kcal*	360			102	162	1,634
	kJ	1,508			427	678	6,839
Protein (N x 5.90)	*g*	6. 3		1	1. 8	2. 8	28. 6
Total lipid (fat)	*g*	19. 3		1	5. 5	8. 7	87. 4
Carbohydrate, total	*g*	42. 6			12. 1	19. 2	193. 0
Crude fiber	*g*						
Ash	*g*	2. 1		1	0. 6	0. 9	9. 5
Minerals:							
Calcium	*mg*	49		1	14	22	220
Iron	*mg*	1. 10		1	0. 31	0. 50	5. 00
Magnesium	*mg*	22		1	6	10	100
Phosphorus	*mg*	104		1	29	47	470
Potassium	*mg*	148		1	42	66	670
Sodium	*mg*	355		1	101	160	1,610
Zinc	*mg*	0. 68		1	0. 19	0. 31	3. 10
Copper	*mg*	0. 110		1	0. 031	0. 050	0. 500
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 220		1	0. 062	0. 099	0. 998
Riboflavin	*mg*	0. 243		1	0. 069	0. 109	1. 102
Niacin	*mg*	1. 852		1	0. 525	0. 833	8. 401
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	3. 098			0. 878	1. 394	14. 051
4:0	*g*	0. 001			0. 000	0. 000	0. 003
6:0	*g*	0. 000			0. 000	0. 000	0. 002
8:0	*g*	0. 001			0. 000	0. 000	0. 003
10:0	*g*	0. 001			0. 000	0. 000	0. 004
12:0	*g*	0. 001			0. 000	0. 000	0. 004
14:0	*g*	0. 025			0. 007	0. 011	0. 112
16:0	*g*	2. 087			0. 592	0. 939	9. 466
18:0	*g*	0. 980			0. 278	0. 441	4. 447
Monounsaturated, total	*g*	8. 009			2. 271	3. 604	36. 330
16:1	*g*	0. 114			0. 032	0. 051	0. 518
18:1	*g*	7. 891			2. 237	3. 551	35. 793
20:1	*g*	0. 004			0. 001	0. 002	0. 017
22:1	*g*	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	*g*	6. 908			1. 958	3. 109	31. 336
18:2	*g*	6. 415			1. 819	2. 887	29. 100
18:3	*g*	0. 467			0. 132	0. 210	2. 117
18:4	*g*						
20:4	*g*	0. 020			0. 006	0. 009	0. 093
20:5	*g*	0. 001			0. 000	0. 000	0. 003
22:5	*g*						
22:6	*g*	0. 005			0. 001	0. 002	0. 024
Cholesterol	*mg*	20		1	6	9	91
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 088			0. 025	0. 039	0. 398
Threonine	*g*	0. 218			0. 062	0. 098	0. 989
Isoleucine	*g*	0. 273			0. 077	0. 123	1. 236
Leucine	*g*	0. 478			0. 135	0. 215	2. 167
Lysine	*g*	0. 284			0. 081	0. 128	1. 290
Methionine	*g*	0. 114			0. 032	0. 051	0. 519
Cystine	*g*	0. 120			0. 034	0. 054	0. 543
Phenylalanine	*g*	0. 296			0. 084	0. 133	1. 343
Tyrosine	*g*	0. 214			0. 061	0. 096	0. 970
Valine	*g*	0. 311			0. 088	0. 140	1. 411
Arginine	*g*	0. 294			0. 083	0. 132	1. 333
Histidine	*g*	0. 148			0. 042	0. 066	0. 669
Alanine	*g*	0. 226			0. 064	0. 101	1. 023
Aspartic acid	*g*	0. 395			0. 112	0. 178	1. 794
Glutamic acid	*g*	1. 709			0. 485	0. 769	7. 753
Glycine	*g*	0. 215			0. 061	0. 097	0. 975
Proline	*g*	0. 598			0. 169	0. 269	2. 710
Serine	*g*	0. 340			0. 096	0. 153	1. 542

[1] Approx 2 in. diam.
[2] Approx 3 in. diam. Lg doughnut (approx 3-3/4 in. diam.) = 66 g.
[3] Values based on product containing partially hydrogenated soybean oil.

DOUGHNUTS
French crullers, glazed

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 cruller = 41 g (3 in. diam.)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	17. 9		1	5. 1	7. 3	81. 0
Food energy	*kcal*	412			117	169	1,869
	kJ	1,724			489	707	7,822
Protein (N x 5.80)	*g*	3. 1		1	0. 9	1. 3	14. 3
Total lipid (fat)	*g*	18. 3		1	5. 2	7. 5	83. 1
Carbohydrate, total	*g*	59. 5			16. 9	24. 4	269. 9
Crude fiber	*g*						
Ash	*g*	1. 1		1	0. 3	0. 5	5. 2
Minerals:							
Calcium	*mg*	26		1	7	11	117
Iron	*mg*						
Magnesium	*mg*	12		1	3	5	54
Phosphorus	*mg*	123		1	35	50	557
Potassium	*mg*	78		1	22	32	352
Sodium	*mg*	345		1	98	142	1,567
Zinc	*mg*	0. 26		1	0. 07	0. 11	1. 17
Copper	*mg*	0. 070		1	0. 020	0. 029	0. 320
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 181		1	0. 051	0. 074	0. 821
Riboflavin	*mg*	0. 230		1	0. 065	0. 094	1. 043
Niacin	*mg*						
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	4. 681			1. 327	1. 919	21. 234
4:0	*g*	0. 001			0. 000	0. 000	0. 002
6:0	*g*	0. 000			0. 000	0. 000	0. 002
8:0	*g*	0. 000			0. 000	0. 000	0. 002
10:0	*g*	0. 001			0. 000	0. 000	0. 002
12:0	*g*	0. 001			0. 000	0. 000	0. 002
14:0	*g*	0. 092			0. 026	0. 038	0. 417
16:0	*g*	2. 408			0. 683	0. 987	10. 923
18:0	*g*	2. 177			0. 617	0. 893	9. 876
Monounsaturated, total	*g*	10. 446			2. 961	4. 283	47. 383
16:1	*g*	0. 009			0. 002	0. 004	0. 040
18:1	*g*	10. 436			2. 959	4. 279	47. 339
20:1	*g*	0. 001			0. 000	0. 000	0. 003
22:1	*g*						
Polyunsaturated, total	*g*	2. 286			0. 648	0. 937	10. 368
18:2	*g*	2. 166			0. 614	0. 888	9. 823
18:3	*g*	0. 115			0. 033	0. 047	0. 523
18:4	*g*						
20:4	*g*	0. 004			0. 001	0. 002	0. 017
20:5	*g*	0. 000			0. 000	0. 000	0. 001
22:5	*g*						
22:6	*g*	0. 001			0. 000	0. 000	0. 004
Cholesterol	*mg*	11		1	3	5	50
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 045			0. 013	0. 018	0. 202
Threonine	*g*	0. 106			0. 030	0. 043	0. 480
Isoleucine	*g*	0. 132			0. 038	0. 054	0. 601
Leucine	*g*	0. 232			0. 066	0. 095	1. 052
Lysine	*g*	0. 146			0. 041	0. 060	0. 663
Methionine	*g*	0. 055			0. 016	0. 022	0. 249
Cystine	*g*	0. 060			0. 017	0. 025	0. 273
Phenylalanine	*g*	0. 147			0. 042	0. 060	0. 667
Tyrosine	*g*	0. 101			0. 029	0. 041	0. 458
Valine	*g*	0. 149			0. 042	0. 061	0. 677
Arginine	*g*	0. 137			0. 039	0. 056	0. 623
Histidine	*g*	0. 068			0. 019	0. 028	0. 310
Alanine	*g*	0. 107			0. 030	0. 044	0. 485
Aspartic acid	*g*	0. 189			0. 054	0. 077	0. 857
Glutamic acid	*g*	0. 891			0. 252	0. 365	4. 039
Glycine	*g*	0. 105			0. 030	0. 043	0. 478
Proline	*g*	0. 305			0. 087	0. 125	1. 384
Serine	*g*	0. 171			0. 048	0. 070	0. 776

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

DOUGHNUTS
Yeast-leavened, glazed
(includes honey buns)[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 med doughnut = 60 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	25. 4	0. 945	23	7. 2	15. 2	115. 3
Food energy	kcal	403			114	242	1,826
	kJ	1,685			478	1,011	7,644
Protein (N x 5.80)	g	6. 4	0. 287	20	1. 8	3. 9	29. 2
Total lipid (fat)	g	22. 8	0. 973	20	6. 5	13. 7	103. 3
Carbohydrate, total	g	44. 3			12. 5	26. 6	200. 8
Crude fiber	g	0. 3	0. 073	4	0. 1	0. 2	1. 3
Ash	g	1. 1	0. 083	19	0. 3	0. 7	5. 1
Minerals:							
Calcium	mg	43	9. 647	13	12	26	194
Iron[3]	mg	2. 04	0. 220	11	0. 58	1. 22	9. 25
Magnesium	mg	22	0. 749	7	6	13	99
Phosphorus	mg	93	2. 900	7	26	56	420
Potassium	mg	108	6. 546	7	31	65	488
Sodium	mg	342	30. 988	14	97	205	1,551
Zinc	mg	0. 77	0. 146	6	0. 22	0. 46	3. 49
Copper	mg	0. 169	0. 032	6	0. 048	0. 101	0. 765
Manganese	mg	0. 263	0. 004	3	0. 074	0. 158	1. 191
Vitamins:							
Ascorbic acid	mg						
Thiamin[3]	mg	0. 364	0. 032	10	0. 103	0. 218	1. 652
Riboflavin[3]	mg	0. 215	0. 020	10	0. 061	0. 129	0. 973
Niacin[3]	mg	2. 852	0. 216	10	0. 808	1. 711	12. 935
Pantothenic acid	mg	0. 473	0. 029	12	0. 134	0. 284	2. 147
Vitamin B-6	mg	0. 057	0. 006	2	0. 016	0. 034	0. 261
Folate	mcg	22	3. 819	3	6	13	98
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[4]							
Fatty acids:							
Saturated, total	g	5. 815			1. 648	3. 489	26. 375
4:0	g						
6:0	g						
8:0	g	0. 000			0. 000	0. 000	0. 001
10:0	g	0. 000			0. 000	0. 000	0. 001
12:0	g	0. 000			0. 000	0. 000	0. 002
14:0	g	0. 111			0. 031	0. 067	0. 503
16:0	g	3. 019			0. 856	1. 811	13. 692
18:0	g	2. 684			0. 761	1. 611	12. 176
Monounsaturated, total	g	12. 892			3. 655	7. 735	58. 477
16:1	g	0. 026			0. 007	0. 016	0. 120
18:1	g	12. 863			3. 647	7. 718	58. 348
20:1	g	0. 002			0. 001	0. 001	0. 008
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	2. 863			0. 812	1. 718	12. 985
18:2	g	2. 710			0. 768	1. 626	12. 290
18:3	g	0. 141			0. 040	0. 085	0. 639
18:4	g						
20:4	g	0. 009			0. 003	0. 006	0. 042
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 003			0. 001	0. 002	0. 011
Cholesterol	mg	6	2. 381	8	2	4	28
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 077			0. 022	0. 046	0. 347
Threonine	g	0. 213			0. 060	0. 128	0. 966
Isoleucine	g	0. 266			0. 075	0. 160	1. 207
Leucine	g	0. 468			0. 133	0. 281	2. 122
Lysine	g	0. 231			0. 065	0. 138	1. 046
Methionine	g	0. 114			0. 032	0. 069	0. 518
Cystine	g	0. 130			0. 037	0. 078	0. 588
Phenylalanine	g	0. 310			0. 088	0. 186	1. 408
Tyrosine	g	0. 200			0. 057	0. 120	0. 905
Valine	g	0. 295			0. 084	0. 177	1. 338
Arginine	g	0. 271			0. 077	0. 162	1. 227
Histidine	g	0. 144			0. 041	0. 086	0. 654
Alanine	g	0. 235			0. 067	0. 141	1. 066
Aspartic acid	g	0. 380			0. 108	0. 228	1. 725
Glutamic acid	g	1. 873			0. 531	1. 124	8. 494
Glycine	g	0. 227			0. 064	0. 136	1. 031
Proline	g	0. 626			0. 178	0. 376	2. 842
Serine	g	0. 330			0. 094	0. 198	1. 499

[1] Sm honey bun (approx 4 in. x 3 in. oval) = 65 g. Med (approx 4-1/2 in. x 3-1/2 in. oval) = 78 g. Lg (approx 5 in. x 3-1/2 in. oval) = 85 g.
[2] Approx 3-3/4 in. diam. Sm doughnut (3 in. diam.) = 31 g.
[3] Values for enriched product. Unenriched product contains 0.60 mg iron, 0.089 mg thiamin, 0.067 mg riboflavin, and 0.650 mg niacin per 100 g.
[4] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

DOUGHNUTS
Yeast-leavened, with creme filling

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 doughnut = 85 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	38.2	5.075	2	10.8	32.5	173.3
Food energy	kcal	361			102	307	1,637
	kJ	1,511			428	1,284	6,854
Protein (N x 5.80)	g	6.4	0.284	2	1.8	5.5	29.2
Total lipid (fat)	g	24.5	0.285	2	7.0	20.9	111.3
Carbohydrate, total	g	30.0			8.5	25.5	136.0
Crude fiber	g						
Ash	g	0.8	0.045	2	0.2	0.7	3.7
Minerals:							
Calcium	mg	25	4.200	2	7	22	115
Iron	mg	1.83	0.000	2	0.52	1.56	8.30
Magnesium	mg	20	0.750	2	6	17	93
Phosphorus	mg	76	5.650	2	22	65	345
Potassium	mg	80	6.350	2	23	68	361
Sodium	mg	309	8.500	2	87	262	1,399
Zinc	mg	0.80	0.021	2	0.23	0.68	3.62
Copper	mg	0.113	0.000	2	0.032	0.096	0.512
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.338	0.000	2	0.096	0.287	1.533
Riboflavin	mg	0.148	0.007	2	0.042	0.126	0.671
Niacin	mg	2.242	0.014	2	0.636	1.906	10.170
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	6.754			1.915	5.741	30.635
4:0	g	0.046			0.013	0.039	0.207
6:0	g	0.027			0.008	0.023	0.122
8:0	g	0.016			0.005	0.014	0.072
10:0	g	0.036			0.010	0.030	0.163
12:0	g	0.040			0.011	0.034	0.183
14:0	g	0.255			0.072	0.217	1.157
16:0	g	3.435			0.974	2.920	15.581
18:0	g	2.899			0.822	2.464	13.150
Monounsaturated, total	g	13.484			3.823	11.461	61.163
16:1	g	0.057			0.016	0.049	0.261
18:1	g	13.424			3.806	11.411	60.893
20:1	g	0.002			0.000	0.001	0.008
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	2.972			0.843	2.526	13.482
18:2	g	2.796			0.793	2.377	12.683
18:3	g	0.164			0.047	0.140	0.746
18:4	g						
20:4	g	0.009			0.003	0.008	0.041
20:5	g	0.000			0.000	0.000	0.001
22:5	g						
22:6	g	0.002			0.001	0.002	0.011
Cholesterol	mg	24	1.000	2	7	20	109
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.078			0.022	0.066	0.353
Threonine	g	0.214			0.061	0.182	0.973
Isoleucine	g	0.271			0.077	0.230	1.230
Leucine	g	0.479			0.136	0.407	2.173
Lysine	g	0.241			0.068	0.205	1.094
Methionine	g	0.118			0.033	0.100	0.534
Cystine	g	0.127			0.036	0.108	0.575
Phenylalanine	g	0.311			0.088	0.264	1.411
Tyrosine	g	0.204			0.058	0.174	0.927
Valine	g	0.301			0.085	0.256	1.366
Arginine	g	0.270			0.077	0.230	1.225
Histidine	g	0.147			0.042	0.125	0.665
Alanine	g	0.236			0.067	0.200	1.069
Aspartic acid	g	0.382			0.108	0.325	1.734
Glutamic acid	g	1.865			0.529	1.585	8.458
Glycine	g	0.223			0.063	0.190	1.013
Proline	g	0.632			0.179	0.537	2.868
Serine	g	0.329			0.093	0.280	1.492

[1] 3-1/2 in. x 2-1/2 in. oval.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

DOUGHNUTS
Yeast-leavened, with jelly filling

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 doughnut = 85 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	35. 6	1. 495	2	10. 1	30. 2	161. 3
Food energy	*kcal*	340			96	289	1,540
	kJ	1,421			403	1,208	6,447
Protein (N x 5.80)	*g*	5. 9	0. 137	2	1. 7	5. 0	26. 9
Total lipid (fat)	*g*	18. 7	0. 069	2	5. 3	15. 9	84. 6
Carbohydrate, total	*g*	39. 0			11. 1	33. 2	177. 0
Crude fiber	*g*						
Ash	*g*	0. 8	0. 021	2	0. 2	0. 7	3. 8
Minerals:							
Calcium	*mg*	25	2. 070	2	7	21	114
Iron	*mg*	1. 76	0. 136	2	0. 50	1. 50	8. 00
Magnesium	*mg*	20	0. 650	2	6	17	89
Phosphorus	*mg*	85	10. 200	2	24	72	385
Potassium	*mg*	79	4. 730	2	23	67	360
Sodium	*mg*	293	7. 500	2	83	249	1,327
Zinc	*mg*	0. 75	0. 007	2	0. 21	0. 64	3. 42
Copper	*mg*	0. 136	0. 000	2	0. 039	0. 116	0. 617
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 312	0. 000	2	0. 088	0. 265	1. 415
Riboflavin	*mg*	0. 142	0. 006	2	0. 040	0. 121	0. 646
Niacin	*mg*	2. 137	0. 007	2	0. 606	1. 816	9. 693
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	4. 762			1. 350	4. 048	21. 601
4:0	*g*						
6:0	*g*						
8:0	*g*	0. 000			0. 000	0. 000	0. 001
10:0	*g*	0. 000			0. 000	0. 000	0. 001
12:0	*g*	0. 000			0. 000	0. 000	0. 001
14:0	*g*	0. 091			0. 026	0. 077	0. 412
16:0	*g*	2. 471			0. 701	2. 100	11. 209
18:0	*g*	2. 200			0. 624	1. 870	9. 977
Monounsaturated, total	*g*	10. 564			2. 995	8. 980	47. 919
16:1	*g*	0. 021			0. 006	0. 018	0. 096
18:1	*g*	10. 541			2. 989	8. 960	47. 816
20:1	*g*	0. 001			0. 000	0. 001	0. 007
22:1	*g*	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	*g*	2. 345			0. 665	1. 993	10. 635
18:2	*g*	2. 220			0. 629	1. 887	10. 068
18:3	*g*	0. 115			0. 033	0. 098	0. 524
18:4	*g*						
20:4	*g*	0. 007			0. 002	0. 006	0. 034
20:5	*g*	0. 000			0. 000	0. 000	0. 001
22:5	*g*						
22:6	*g*	0. 002			0. 001	0. 002	0. 008
Cholesterol	*mg*	26	0. 000	2	7	22	118
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 070			0. 020	0. 060	0. 320
Threonine	*g*	0. 194			0. 055	0. 165	0. 880
Isoleucine	*g*	0. 244			0. 069	0. 207	1. 107
Leucine	*g*	0. 431			0. 122	0. 366	1. 955
Lysine	*g*	0. 209			0. 059	0. 178	0. 950
Methionine	*g*	0. 105			0. 030	0. 089	0. 477
Cystine	*g*	0. 118			0. 034	0. 101	0. 537
Phenylalanine	*g*	0. 284			0. 080	0. 241	1. 288
Tyrosine	*g*	0. 183			0. 052	0. 155	0. 829
Valine	*g*	0. 269			0. 076	0. 228	1. 218
Arginine	*g*	0. 249			0. 071	0. 212	1. 130
Histidine	*g*	0. 132			0. 037	0. 112	0. 598
Alanine	*g*	0. 219			0. 062	0. 186	0. 991
Aspartic acid	*g*	0. 346			0. 098	0. 294	1. 570
Glutamic acid	*g*	1. 733			0. 491	1. 473	7. 860
Glycine	*g*	0. 213			0. 061	0. 181	0. 968
Proline	*g*	0. 583			0. 165	0. 496	2. 645
Serine	*g*	0. 304			0. 086	0. 259	1. 380

[1] 3-1/2 in. x 2-1/2 in. oval.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

ECLAIRS, CUSTARD-FILLED WITH CHOCOLATE GLAZE, PREPARED FROM RECIPE

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 eclair = 100 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52. 4			14. 9	52. 4	237. 6
Food energy	kcal	262			74	262	1,188
	kJ	1,096			311	1,096	4,971
Protein	g	6. 4			1. 8	6. 4	29. 1
Total lipid (fat)	g	15. 7			4. 4	15. 7	71. 1
Carbohydrate, total	g	24. 2			6. 9	24. 2	109. 7
Crude fiber	g	0. 1			0. 0	0. 1	0. 3
Ash	g	1. 3			0. 4	1. 3	6. 0
Minerals:							
Calcium	mg	63			18	63	287
Iron	mg	1. 18			0. 33	1. 18	5. 35
Magnesium	mg	15			4	15	68
Phosphorus	mg	107			30	107	486
Potassium	mg	117			33	117	533
Sodium	mg	337			96	337	1,529
Zinc	mg	0. 61			0. 17	0. 61	2. 76
Copper	mg	0. 058			0. 017	0. 058	0. 265
Manganese	mg	0. 128			0. 036	0. 128	0. 579
Vitamins:							
Ascorbic acid	mg	0. 3			0. 1	0. 3	1. 3
Thiamin	mg	0. 115			0. 033	0. 115	0. 523
Riboflavin	mg	0. 266			0. 075	0. 266	1. 207
Niacin	mg	0. 799			0. 226	0. 799	3. 623
Pantothenic acid	mg	0. 489			0. 139	0. 489	2. 220
Vitamin B-6	mg	0. 059			0. 017	0. 059	0. 269
Folate	mcg	14			4	14	66
Vitamin B-12	mcg	0. 34			0. 10	0. 34	1. 56
Vitamin A	RE	191			54	191	868
	IU	718			204	718	3,258
Lipids:							
Fatty acids:							
Saturated, total	g	4. 119			1. 168	4. 119	18. 682
4:0	g	0. 037			0. 010	0. 037	0. 166
6:0	g	0. 022			0. 006	0. 022	0. 099
8:0	g	0. 013			0. 004	0. 013	0. 061
10:0	g	0. 029			0. 008	0. 029	0. 132
12:0	g	0. 033			0. 009	0. 033	0. 148
14:0	g	0. 152			0. 043	0. 152	0. 687
16:0	g	2. 445			0. 693	2. 445	11. 090
18:0	g	1. 358			0. 385	1. 358	6. 161
Monounsaturated, total	g	6. 484			1. 838	6. 484	29. 412
16:1	g	0. 112			0. 032	0. 112	0. 507
18:1	g	6. 353			1. 801	6. 353	28. 816
20:1	g	0. 008			0. 002	0. 008	0. 037
22:1	g	0. 001			0. 000	0. 001	0. 004
Polyunsaturated, total	g	3. 948			1. 119	3. 948	17. 909
18:2	g	3. 717			1. 054	3. 717	16. 862
18:3	g	0. 178			0. 050	0. 178	0. 807
18:4	g						
20:4	g	0. 041			0. 012	0. 041	0. 187
20:5	g	0. 001			0. 000	0. 001	0. 005
22:5	g						
22:6	g	0. 011			0. 003	0. 011	0. 049
Cholesterol	mg	127			36	127	577
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 080			0. 023	0. 080	0. 363
Threonine	g	0. 271			0. 077	0. 271	1. 231
Isoleucine	g	0. 324			0. 092	0. 324	1. 470
Leucine	g	0. 532			0. 151	0. 532	2. 415
Lysine	g	0. 392			0. 111	0. 392	1. 780
Methionine	g	0. 169			0. 048	0. 169	0. 769
Cystine	g	0. 127			0. 036	0. 127	0. 576
Phenylalanine	g	0. 328			0. 093	0. 328	1. 487
Tyrosine	g	0. 253			0. 072	0. 253	1. 148
Valine	g	0. 365			0. 104	0. 365	1. 657
Arginine	g	0. 325			0. 092	0. 325	1. 475
Histidine	g	0. 152			0. 043	0. 152	0. 690
Alanine	g	0. 294			0. 083	0. 294	1. 336
Aspartic acid	g	0. 527			0. 149	0. 527	2. 390
Glutamic acid	g	1. 223			0. 347	1. 223	5. 547
Glycine	g	0. 204			0. 058	0. 204	0. 925
Proline	g	0. 431			0. 122	0. 431	1. 954
Serine	g	0. 411			0. 117	0. 411	1. 864

[1] 5 in. x 2 in. x 1-3/4 in.

ENGLISH MUFFINS
Plain
(includes sourdough)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 57 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	42. 1	0. 221	140	11. 9	24. 0	191. 1
Food energy	*kcal*	235			67	134	1,066
	kJ	984			279	561	4,462
Protein (N x 5.70)	*g*	7. 7	0. 039	142	2. 2	4. 4	35. 0
Total lipid (fat)	*g*	1. 8	0. 031	141	0. 5	1. 0	8. 3
Carbohydrate, total	*g*	46. 0			13. 0	26. 2	208. 6
Crude fiber	*g*	0. 3	0. 030	5	0. 1	0. 1	1. 2
Ash	*g*	2. 2	0. 107	37	0. 6	1. 3	10. 0
Minerals:							
Calcium[1]	*mg*	174	10. 921	28	49	99	791
Iron[2]	*mg*	2. 50	0. 098	42	0. 71	1. 42	11. 34
Magnesium	*mg*	21	0. 921	16	6	12	93
Phosphorus	*mg*	133	16. 347	11	38	76	604
Potassium	*mg*	131	10. 979	14	37	75	595
Sodium	*mg*	464	21. 312	20	132	265	2,105
Zinc	*mg*	0. 70	0. 039	28	0. 20	0. 40	3. 19
Copper	*mg*	0. 129	0. 016	11	0. 036	0. 073	0. 583
Manganese	*mg*	0. 357	0. 031	10	0. 101	0. 203	1. 618
Vitamins:							
Ascorbic acid	*mg*						
Thiamin[2]	*mg*	0. 442	0. 006	129	0. 125	0. 252	2. 003
Riboflavin[2]	*mg*	0. 281	0. 013	33	0. 080	0. 160	1. 274
Niacin[2]	*mg*	3. 884	0. 125	33	1. 101	2. 214	17. 616
Pantothenic acid	*mg*	0. 446	0. 041	9	0. 127	0. 254	2. 025
Vitamin B-6	*mg*	0. 043	0. 004	4	0. 012	0. 025	0. 195
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	0. 259			0. 073	0. 148	1. 174
4:0	*g*	0. 000			0. 000	0. 000	0. 001
6:0	*g*	0. 000			0. 000	0. 000	0. 001
8:0	*g*	0. 000			0. 000	0. 000	0. 001
10:0	*g*	0. 000			0. 000	0. 000	0. 001
12:0	*g*	0. 001			0. 000	0. 000	0. 004
14:0	*g*	0. 002			0. 001	0. 001	0. 008
16:0	*g*	0. 212			0. 060	0. 121	0. 961
18:0	*g*	0. 041			0. 012	0. 024	0. 187
Monounsaturated, total	*g*	0. 302			0. 086	0. 172	1. 372
16:1	*g*	0. 027			0. 008	0. 015	0. 123
18:1	*g*	0. 274			0. 078	0. 156	1. 241
20:1	*g*	0. 002			0. 000	0. 001	0. 008
22:1	*g*						
Polyunsaturated, total	*g*	0. 888			0. 252	0. 506	4. 027
18:2	*g*	0. 813			0. 230	0. 463	3. 687
18:3	*g*	0. 075			0. 021	0. 043	0. 341
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0	0. 016	4	0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 092			0. 026	0. 052	0. 417
Threonine	*g*	0. 242			0. 069	0. 138	1. 098
Isoleucine	*g*	0. 315			0. 089	0. 180	1. 429
Leucine	*g*	0. 553			0. 157	0. 315	2. 509
Lysine	*g*	0. 241			0. 068	0. 137	1. 092
Methionine	*g*	0. 139			0. 039	0. 079	0. 632
Cystine	*g*	0. 160			0. 045	0. 091	0. 724
Phenylalanine	*g*	0. 379			0. 107	0. 216	1. 717
Tyrosine	*g*	0. 233			0. 066	0. 133	1. 055
Valine	*g*	0. 353			0. 100	0. 201	1. 601
Arginine	*g*	0. 295			0. 084	0. 168	1. 337
Histidine	*g*	0. 170			0. 048	0. 097	0. 773
Alanine	*g*	0. 281			0. 080	0. 160	1. 276
Aspartic acid	*g*	0. 398			0. 113	0. 227	1. 803
Glutamic acid	*g*	2. 419			0. 686	1. 379	10. 973
Glycine	*g*	0. 280			0. 079	0. 160	1. 270
Proline	*g*	0. 809			0. 229	0. 461	3. 668
Serine	*g*	0. 376			0. 107	0. 214	1. 705

[1] Value for product made with calcium propionate. Product made without calcium propionate contains 52 mg calcium per 100 g.
[2] Values for enriched product. Unenriched product contains 0.89 mg iron, 0.181 mg thiamin, 0.154 mg riboflavin, and 1.566 mg niacin per 100 g.
[3] Values based on product containing soybean oil.

ENGLISH MUFFINS
Plain, toasted
(includes sourdough)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 52 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	37.1			10.5	19.3	168.3
Food energy	kcal	255			72	133	1,159
	kJ	1,069			303	556	4,850
Protein	g	8.4			2.4	4.4	38.0
Total lipid (fat)	g	2.0			0.6	1.0	9.1
Carbohydrate, total	g	50.0			14.2	26.0	226.8
Crude fiber	g	0.3			0.1	0.1	1.3
Ash	g	2.4			0.7	1.2	10.8
Minerals:							
Calcium[1]	mg	189			54	99	859
Iron[2]	mg	2.72			0.77	1.41	12.32
Magnesium	mg	22			6	12	101
Phosphorus	mg	145			41	75	657
Potassium	mg	143			40	74	647
Sodium	mg	504			143	262	2,288
Zinc	mg	0.76			0.22	0.40	3.47
Copper	mg	0.140			0.040	0.073	0.634
Manganese	mg	0.388			0.110	0.202	1.758
Vitamins:							
Ascorbic acid	mg						
Thiamin[2]	mg	0.384			0.109	0.200	1.742
Riboflavin[2]	mg	0.275			0.078	0.143	1.247
Niacin[2]	mg	3.799			1.077	1.976	17.233
Pantothenic acid	mg	0.315			0.089	0.164	1.430
Vitamin B-6	mg	0.042			0.012	0.022	0.191
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	g	0.281			0.080	0.146	1.276
4:0	g	0.000			0.000	0.000	0.001
6:0	g	0.000			0.000	0.000	0.001
8:0	g	0.000			0.000	0.000	0.001
10:0	g	0.000			0.000	0.000	0.001
12:0	g	0.001			0.000	0.000	0.004
14:0	g	0.002			0.001	0.001	0.009
16:0	g	0.230			0.065	0.120	1.044
18:0	g	0.045			0.013	0.023	0.204
Monounsaturated, total	g	0.329			0.093	0.171	1.491
16:1	g	0.030			0.008	0.015	0.134
18:1	g	0.297			0.084	0.155	1.349
20:1	g	0.002			0.001	0.001	0.008
22:1	g						
Polyunsaturated, total	g	0.965			0.274	0.502	4.377
18:2	g	0.883			0.250	0.459	4.007
18:3	g	0.082			0.023	0.042	0.370
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.100			0.028	0.052	0.453
Threonine	g	0.263			0.075	0.137	1.193
Isoleucine	g	0.342			0.097	0.178	1.553
Leucine	g	0.601			0.170	0.313	2.727
Lysine	g	0.262			0.074	0.136	1.187
Methionine	g	0.151			0.043	0.079	0.687
Cystine	g	0.173			0.049	0.090	0.787
Phenylalanine	g	0.412			0.117	0.214	1.867
Tyrosine	g	0.253			0.072	0.131	1.147
Valine	g	0.384			0.109	0.199	1.740
Arginine	g	0.320			0.091	0.167	1.453
Histidine	g	0.185			0.053	0.096	0.840
Alanine	g	0.306			0.087	0.159	1.387
Aspartic acid	g	0.432			0.123	0.225	1.960
Glutamic acid	g	2.630			0.745	1.367	11.928
Glycine	g	0.304			0.086	0.158	1.380
Proline	g	0.879			0.249	0.457	3.987
Serine	g	0.409			0.116	0.212	1.853

[1] Value for product made with calcium propionate. Product made without calcium propionate contains 56 mg calcium per 100 g.
[2] Values for enriched product. Unenriched product contains 0.97 mg iron, 0.158 mg thiamin, 0.151 mg riboflavin, and 1.532 mg niacin per 100 g.
[3] Values based on product containing soybean oil.

ENGLISH MUFFINS
Mixed-grain
(includes granola)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 66 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	40. 2	1. 788	2	11. 4	26. 5	182. 4
Food energy	*kcal*	235			66	155	1,064
	kJ	982			278	648	4,454
Protein (N x 5.70)	*g*	9. 1	0. 261	10	2. 6	6. 0	41. 2
Total lipid (fat)	*g*	1. 8	0. 376	9	0. 5	1. 2	8. 1
Carbohydrate, total	*g*	46. 3			13. 1	30. 6	210. 0
Crude fiber	*g*	0. 7	0. 021	5	0. 2	0. 4	3. 1
Ash	*g*	2. 5	0. 218	6	0. 7	1. 6	11. 2
Minerals:							
Calcium	*mg*	196	18. 699	10	55	129	888
Iron	*mg*	3. 02	0. 221	10	0. 86	2. 00	13. 72
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	156	23. 400	2	44	103	706
Sodium	*mg*	416	59. 658	4	118	275	1,889
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0		1	0	0	0
Thiamin	*mg*	0. 430	0. 038	3	0. 122	0. 284	1. 950
Riboflavin	*mg*	0. 313	0. 018	3	0. 089	0. 207	1. 421
Niacin	*mg*	3. 583	0. 509	3	1. 016	2. 365	16. 254
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0		1	0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0. 230			0. 065	0. 152	1. 042
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 001			0. 000	0. 001	0. 005
14:0	*g*	0. 005			0. 002	0. 004	0. 024
16:0	*g*	0. 172			0. 049	0. 113	0. 779
18:0	*g*	0. 048			0. 014	0. 032	0. 218
Monounsaturated, total	*g*	0. 827			0. 235	0. 546	3. 753
16:1	*g*	0. 014			0. 004	0. 009	0. 063
18:1	*g*	0. 813			0. 230	0. 536	3. 687
20:1	*g*	0. 001			0. 000	0. 000	0. 003
22:1	*g*						
Polyunsaturated, total	*g*	0. 559			0. 159	0. 369	2. 537
18:2	*g*	0. 531			0. 150	0. 350	2. 406
18:3	*g*	0. 029			0. 008	0. 019	0. 131
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0	0. 000	4	0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 118			0. 033	0. 078	0. 534
Threonine	*g*	0. 279			0. 079	0. 184	1. 264
Isoleucine	*g*	0. 361			0. 102	0. 238	1. 639
Leucine	*g*	0. 649			0. 184	0. 429	2. 946
Lysine	*g*	0. 291			0. 083	0. 192	1. 321
Methionine	*g*	0. 158			0. 045	0. 104	0. 715
Cystine	*g*	0. 199			0. 056	0. 131	0. 903
Phenylalanine	*g*	0. 449			0 127	0. 296	2. 036
Tyrosine	*g*	0. 280			0. 079	0. 185	1. 271
Valine	*g*	0. 422			0. 120	0. 278	1. 913
Arginine	*g*	0. 441			0. 125	0. 291	2. 000
Histidine	*g*	0. 202			0. 057	0. 133	0. 917
Alanine	*g*	0. 353			0. 100	0. 233	1. 603
Aspartic acid	*g*	0. 549			0. 156	0. 362	2. 491
Glutamic acid	*g*	2. 671			0. 757	1. 763	12. 116
Glycine	*g*	0. 368			0. 104	0. 243	1. 668
Proline	*g*	0. 850			0. 241	0. 561	3. 856
Serine	*g*	0. 435			0. 123	0. 287	1. 971

[1] Values based on product containing partially hydrogenated soybean oil.

ENGLISH MUFFINS
Mixed-grain, toasted
(includes granola)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 61 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	35.0			9.9	21.4	158.8
Food energy	*kcal*	255			72	156	1,157
	kJ	1,067			303	651	4,841
Protein	*g*	9.9			2.8	6.0	44.7
Total lipid (fat)	*g*	1.9			0.6	1.2	8.8
Carbohydrate, total	*g*	50.3			14.3	30.7	228.3
Crude fiber	*g*	0.7			0.2	0.4	3.3
Ash	*g*	2.7			0.8	1.6	12.2
Minerals:							
Calcium	*mg*	213			60	130	965
Iron	*mg*	3.29			0.93	2.00	14.91
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	169			48	103	767
Sodium	*mg*	453			128	276	2,053
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.374			0.106	0.228	1.696
Riboflavin	*mg*	0.307			0.087	0.187	1.390
Niacin	*mg*	3.505			0.994	2.138	15.901
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0.250			0.071	0.152	1.132
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0.001			0.000	0.001	0.005
14:0	*g*	0.006			0.002	0.004	0.026
16:0	*g*	0.187			0.053	0.114	0.847
18:0	*g*	0.052			0.015	0.032	0.237
Monounsaturated, total	*g*	0.899			0.255	0.549	4.079
16:1	*g*	0.015			0.004	0.009	0.068
18:1	*g*	0.884			0.250	0.539	4.008
20:1	*g*	0.001			0.000	0.000	0.004
22:1	*g*						
Polyunsaturated, total	*g*	0.608			0.172	0.371	2.758
18:2	*g*	0.577			0.163	0.352	2.616
18:3	*g*	0.031			0.009	0.019	0.142
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.128			0.036	0.078	0.581
Threonine	*g*	0.303			0.086	0.185	1.373
Isoleucine	*g*	0.393			0.111	0.240	1.782
Leucine	*g*	0.706			0.200	0.431	3.202
Lysine	*g*	0.317			0.090	0.193	1.436
Methionine	*g*	0.171			0.049	0.104	0.777
Cystine	*g*	0.216			0.061	0.132	0.981
Phenylalanine	*g*	0.488			0.138	0.298	2.213
Tyrosine	*g*	0.305			0.086	0.186	1.381
Valine	*g*	0.458			0.130	0.280	2.080
Arginine	*g*	0.479			0.136	0.292	2.174
Histidine	*g*	0.220			0.062	0.134	0.997
Alanine	*g*	0.384			0.109	0.234	1.742
Aspartic acid	*g*	0.597			0.169	0.364	2.708
Glutamic acid	*g*	2.903			0.823	1.771	13.169
Glycine	*g*	0.400			0.113	0.244	1.813
Proline	*g*	0.924			0.262	0.564	4.191
Serine	*g*	0.472			0.134	0.288	2.143

[1] Values based on product containing partially hydrogenated soybean oil.

ENGLISH MUFFINS
Raisin-cinnamon
(includes apple-cinnamon)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 57 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	38. 6	0. 783	9	10. 9	22. 0	175. 1
Food energy	kcal	243			69	138	1,101
	kJ	1,016			288	579	4,607
Protein (N x 5.70)	g	7. 5	0. 112	24	2. 1	4. 3	34. 2
Total lipid (fat)	g	2. 7	0. 112	25	0. 8	1. 5	12. 2
Carbohydrate, total	g	48. 7			13. 8	27. 8	221. 1
Crude fiber	g	0. 6	0. 275	2	0. 2	0. 3	2. 6
Ash	g	2. 3	0. 141	5	0. 7	1. 3	10. 4
Minerals:							
Calcium	mg	147	21. 597	7	42	84	665
Iron	mg	2. 42	0. 076	24	0. 69	1. 38	10. 99
Magnesium	mg	15		1	4	9	70
Phosphorus	mg						
Potassium	mg	208	21. 000	2	59	119	943
Sodium	mg	447	55. 373	8	127	255	2,028
Zinc	mg	1. 00		1	0. 28	0. 57	4. 54
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 380	0. 016	24	0. 108	0. 217	1. 724
Riboflavin	mg	0. 293	0. 006	24	0. 083	0. 167	1. 331
Niacin	mg	3. 553	0. 085	24	1. 007	2. 025	16. 117
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	g	0. 394			0. 112	0. 224	1. 786
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 001			0. 000	0. 000	0. 004
14:0	g	0. 003			0. 001	0. 002	0. 015
16:0	g	0. 309			0. 088	0. 176	1. 400
18:0	g	0. 078			0. 022	0. 045	0. 355
Monounsaturated, total	g	0. 508			0. 144	0. 290	2. 306
16:1	g	0. 028			0. 008	0. 016	0. 128
18:1	g	0. 477			0. 135	0. 272	2. 162
20:1	g	0. 003			0. 001	0. 002	0. 016
22:1	g						
Polyunsaturated, total	g	1. 374			0. 389	0. 783	6. 231
18:2	g	1. 234			0. 350	0. 703	5. 597
18:3	g	0. 140			0. 040	0. 080	0. 634
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0	0. 000	2	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 085			0. 024	0. 048	0. 384
Threonine	g	0. 236			0. 067	0. 134	1. 068
Isoleucine	g	0. 295			0. 084	0. 168	1. 339
Leucine	g	0. 519			0. 147	0. 296	2. 353
Lysine	g	0. 234			0. 066	0. 134	1. 062
Methionine	g	0. 143			0. 041	0. 081	0. 648
Cystine	g	0. 155			0. 044	0. 088	0. 702
Phenylalanine	g	0. 360			0. 102	0. 205	1. 633
Tyrosine	g	0. 221			0. 063	0. 126	1. 002
Valine	g	0. 337			0. 096	0. 192	1. 531
Arginine	g	0. 307			0. 087	0. 175	1. 393
Histidine	g	0. 173			0. 049	0. 099	0. 786
Alanine	g	0. 285			0. 081	0. 162	1. 291
Aspartic acid	g	0. 423			0. 120	0. 241	1. 921
Glutamic acid	g	2. 312			0. 655	1. 318	10. 486
Glycine	g	0. 277			0. 078	0. 158	1. 255
Proline	g	0. 752			0. 213	0. 428	3. 409
Serine	g	0. 368			0. 104	0. 210	1. 669

[1] Values based on product containing soybean oil.

ENGLISH MUFFINS
Raisin-cinnamon, toasted
(includes apple-cinnamon)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 52 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	33.3			9.4	17.3	150.9
Food energy	*kcal*	264			75	137	1,196
	kJ	1,104			313	574	5,008
Protein	*g*	8.2			2.3	4.3	37.2
Total lipid (fat)	*g*	2.9			0.8	1.5	13.3
Carbohydrate, total	*g*	53.0			15.0	27.5	240.3
Crude fiber	*g*	0.6			0.2	0.3	2.8
Ash	*g*	2.5			0.7	1.3	11.3
Minerals:							
Calcium	*mg*	159			45	83	723
Iron	*mg*	2.63			0.75	1.37	11.95
Magnesium	*mg*	17			5	9	76
Phosphorus	*mg*						
Potassium	*mg*	226			64	118	1,026
Sodium	*mg*	486			138	253	2,204
Zinc	*mg*	1.09			0.31	0.57	4.93
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0.330			0.094	0.172	1.499
Riboflavin	*mg*	0.287			0.081	0.149	1.302
Niacin	*mg*	3.476			0.985	1.807	15.766
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0.428			0.121	0.222	1.941
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0.001			0.000	0.000	0.004
14:0	*g*	0.004			0.001	0.002	0.016
16:0	*g*	0.336			0.095	0.174	1.522
18:0	*g*	0.085			0.024	0.044	0.386
Monounsaturated, total	*g*	0.552			0.157	0.287	2.506
16:1	*g*	0.031			0.009	0.016	0.139
18:1	*g*	0.518			0.147	0.269	2.350
20:1	*g*	0.004			0.001	0.002	0.017
22:1	*g*						
Polyunsaturated, total	*g*	1.493			0.423	0.776	6.773
18:2	*g*	1.341			0.380	0.697	6.084
18:3	*g*	0.152			0.043	0.079	0.689
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.092			0.026	0.048	0.418
Threonine	*g*	0.256			0.073	0.133	1.161
Isoleucine	*g*	0.321			0.091	0.167	1.455
Leucine	*g*	0.564			0.160	0.293	2.558
Lysine	*g*	0.255			0.072	0.132	1.155
Methionine	*g*	0.155			0.044	0.081	0.705
Cystine	*g*	0.168			0.048	0.088	0.763
Phenylalanine	*g*	0.391			0.111	0.203	1.775
Tyrosine	*g*	0.240			0.068	0.125	1.090
Valine	*g*	0.367			0.104	0.191	1.664
Arginine	*g*	0.334			0.095	0.174	1.514
Histidine	*g*	0.188			0.053	0.098	0.855
Alanine	*g*	0.309			0.088	0.161	1.403
Aspartic acid	*g*	0.460			0.130	0.239	2.088
Glutamic acid	*g*	2.513			0.712	1.307	11.398
Glycine	*g*	0.301			0.085	0.156	1.364
Proline	*g*	0.817			0.232	0.425	3.706
Serine	*g*	0.400			0.113	0.208	1.814

[1] Values based on product containing soybean oil.

ENGLISH MUFFINS
Wheat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 57 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	42. 3	1. 165	7	12. 0	24. 1	191. 7
Food energy	*kcal*	223			63	127	1,013
	kJ	935			265	533	4,240
Protein (N x 5.80)	*g*	8. 7	0. 380	7	2. 5	4. 9	39. 3
Total lipid (fat)	*g*	2. 0	0. 246	6	0. 6	1. 1	8. 9
Carbohydrate, total	*g*	44. 8			12. 7	25. 5	203. 3
Crude fiber	*g*	0. 7	0. 080	5	0. 2	0. 4	3. 4
Ash	*g*	2. 3	0. 243	5	0. 7	1. 3	10. 4
Minerals:							
Calcium	*mg*	178	22. 876	11	50	101	805
Iron	*mg*	2. 87	0. 194	11	0. 81	1. 63	13. 01
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	186		1	53	106	844
Sodium	*mg*	382	10. 800	2	108	218	1,732
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 431	0. 041	6	0. 122	0. 246	1. 956
Riboflavin	*mg*	0. 292	0. 034	5	0. 083	0. 167	1. 326
Niacin	*mg*	3. 356	0. 154	5	0. 951	1. 913	15. 221
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0. 287			0. 081	0. 164	1. 301
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 001			0. 000	0. 000	0. 004
14:0	*g*	0. 002			0. 000	0. 001	0. 007
16:0	*g*	0. 254			0. 072	0. 145	1. 152
18:0	*g*	0. 024			0. 007	0. 014	0. 110
Monounsaturated, total	*g*	0. 280			0. 080	0. 160	1. 272
16:1	*g*	0. 037			0. 010	0. 021	0. 168
18:1	*g*	0. 243			0. 069	0. 139	1. 102
20:1	*g*	0. 000			0. 000	0. 000	0. 002
22:1	*g*						
Polyunsaturated, total	*g*	0. 834			0. 236	0. 475	3. 782
18:2	*g*	0. 785			0. 223	0. 447	3. 560
18:3	*g*	0. 048			0. 014	0. 027	0. 217
18:4	*g*						
20:4	*g*	0. 001			0. 000	0. 001	0. 005
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 112			0. 032	0. 064	0. 508
Threonine	*g*	0. 266			0. 075	0. 152	1. 206
Isoleucine	*g*	0. 341			0. 097	0. 194	1. 545
Leucine	*g*	0. 596			0. 169	0. 340	2. 704
Lysine	*g*	0. 270			0. 077	0. 154	1. 227
Methionine	*g*	0. 145			0. 041	0. 083	0. 657
Cystine	*g*	0. 181			0. 051	0. 103	0. 820
Phenylalanine	*g*	0. 412			0. 117	0. 235	1. 870
Tyrosine	*g*	0. 255			0. 072	0. 146	1. 159
Valine	*g*	0. 391			0. 111	0. 223	1. 776
Arginine	*g*	0. 359			0. 102	0. 204	1. 627
Histidine	*g*	0. 193			0. 055	0. 110	0. 874
Alanine	*g*	0. 321			0. 091	0. 183	1. 457
Aspartic acid	*g*	0. 456			0. 129	0. 260	2. 067
Glutamic acid	*g*	2. 612			0. 740	1. 489	11. 846
Glycine	*g*	0. 327			0. 093	0. 187	1. 484
Proline	*g*	0. 862			0. 244	0. 491	3. 910
Serine	*g*	0. 409			0. 116	0. 233	1. 857

[1] Values based on product containing soybean oil.

ENGLISH MUFFINS
Wheat, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 52 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	37. 2			10. 6	19. 4	168. 9
Food energy	*kcal*	243			69	126	1,101
	kJ	1,016			288	528	4,609
Protein	*g*	9. 4			2. 7	4. 9	42. 7
Total lipid (fat)	*g*	2. 1			0. 6	1. 1	9. 7
Carbohydrate, total	*g*	48. 7			13. 8	25. 3	221. 0
Crude fiber	*g*	0. 8			0. 2	0. 4	3. 7
Ash	*g*	2. 5			0. 7	1. 3	11. 3
Minerals:							
Calcium	*mg*	193			55	100	875
Iron	*mg*	3. 12			0. 88	1. 62	14. 14
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	202			57	105	917
Sodium	*mg*	415			118	216	1,882
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 375			0. 106	0. 195	1. 701
Riboflavin	*mg*	0. 286			0. 081	0. 149	1. 297
Niacin	*mg*	3. 283			0. 931	1. 707	14. 890
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0. 312			0. 088	0. 162	1. 414
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 001			0. 000	0. 000	0. 004
14:0	*g*	0. 002			0. 000	0. 001	0. 008
16:0	*g*	0. 276			0. 078	0. 144	1. 252
18:0	*g*	0. 026			0. 007	0. 014	0. 119
Monounsaturated, total	*g*	0. 305			0. 086	0. 159	1. 383
16:1	*g*	0. 040			0. 011	0. 021	0. 182
18:1	*g*	0. 264			0. 075	0. 137	1. 198
20:1	*g*	0. 000			0. 000	0. 000	0. 002
22:1	*g*						
Polyunsaturated, total	*g*	0. 906			0. 257	0. 471	4. 110
18:2	*g*	0. 853			0. 242	0. 444	3. 870
18:3	*g*	0. 052			0. 015	0. 027	0. 236
18:4	*g*						
20:4	*g*	0. 001			0. 000	0. 001	0. 005
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 122			0. 035	0. 063	0. 552
Threonine	*g*	0. 289			0. 082	0. 150	1. 311
Isoleucine	*g*	0. 370			0. 105	0. 193	1. 680
Leucine	*g*	0. 648			0. 184	0. 337	2. 939
Lysine	*g*	0. 294			0. 083	0. 153	1. 333
Methionine	*g*	0. 158			0. 045	0. 082	0. 715
Cystine	*g*	0. 197			0. 056	0. 102	0. 891
Phenylalanine	*g*	0. 448			0. 127	0. 233	2. 033
Tyrosine	*g*	0. 278			0. 079	0. 144	1. 260
Valine	*g*	0. 425			0. 121	0. 221	1. 930
Arginine	*g*	0. 390			0. 110	0. 203	1. 768
Histidine	*g*	0. 209			0. 059	0. 109	0. 950
Alanine	*g*	0. 349			0. 099	0. 182	1. 584
Aspartic acid	*g*	0. 495			0. 140	0. 258	2. 247
Glutamic acid	*g*	2. 839			0. 805	1. 476	12. 877
Glycine	*g*	0. 356			0. 101	0. 185	1. 613
Proline	*g*	0. 937			0. 266	0. 487	4. 250
Serine	*g*	0. 445			0. 126	0. 231	2. 018

[1] Values based on product containing soybean oil.

ENGLISH MUFFINS
Whole-wheat[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 66 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	45. 7	0. 230	2	13. 0	30. 2	207. 4
Food energy	*kcal*	203			58	134	921
	kJ	850			241	561	3,857
Protein (N x 5.80)	*g*	8. 8		1	2. 5	5. 8	40. 0
Total lipid (fat)	*g*	2. 1		1	0. 6	1. 4	9. 8
Carbohydrate, total	*g*	40. 4			11. 4	26. 7	183. 2
Crude fiber	*g*						
Ash	*g*	2. 8	0. 002	2	0. 8	1. 8	12. 6
Minerals:							
Calcium[2]	*mg*	265		1	75	175	1,202
Iron	*mg*	2. 45		1	0. 69	1. 62	11. 11
Magnesium	*mg*	71	2. 630	2	20	47	320
Phosphorus	*mg*	282	14. 848	2	80	186	1,280
Potassium	*mg*	210		1	60	139	953
Sodium	*mg*	637		1	181	420	2,889
Zinc	*mg*	1. 60	0. 078	2	0. 45	1. 06	7. 26
Copper	*mg*						
Manganese	*mg*	1. 790	0. 085	2	0. 507	1. 181	8. 119
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 300		1	0. 085	0. 198	1. 361
Riboflavin	*mg*	0. 140		1	0. 040	0. 092	0. 635
Niacin	*mg*	3. 410		1	0. 967	2. 251	15. 468
Pantothenic acid	*mg*	0. 695	0. 023	8	0. 197	0. 459	3. 153
Vitamin B-6	*mg*	0. 163	0. 002	8	0. 046	0. 108	0. 739
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	0. 334			0. 095	0. 221	1. 516
4:0	*g*	0. 000			0. 000	0. 000	0. 001
6:0	*g*	0. 000			0. 000	0. 000	0. 001
8:0	*g*						
10:0	*g*	0. 000			0. 000	0. 000	0. 001
12:0	*g*	0. 001			0. 000	0. 001	0. 004
14:0	*g*	0. 003			0. 001	0. 002	0. 016
16:0	*g*	0. 276			0. 078	0. 182	1. 250
18:0	*g*	0. 049			0. 014	0. 032	0. 221
Monounsaturated, total	*g*	0. 513			0. 145	0. 338	2. 325
16:1	*g*	0. 034			0. 010	0. 022	0. 152
18:1	*g*	0. 479			0. 136	0. 316	2. 173
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 835			0. 237	0. 551	3. 788
18:2	*g*	0. 787			0. 223	0. 520	3. 572
18:3	*g*	0. 046			0. 013	0. 030	0. 209
18:4	*g*						
20:4	*g*	0. 002			0. 000	0. 001	0. 008
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0		1	0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 129			0. 037	0. 085	0. 586
Threonine	*g*	0. 283			0. 080	0. 187	1. 283
Isoleucine	*g*	0. 351			0. 100	0. 232	1. 594
Leucine	*g*	0. 610			0. 173	0. 403	2. 767
Lysine	*g*	0. 309			0. 088	0. 204	1. 401
Methionine	*g*	0. 141			0. 040	0. 093	0. 642
Cystine	*g*	0. 190			0. 054	0. 125	0. 862
Phenylalanine	*g*	0. 417			0. 118	0. 275	1. 890
Tyrosine	*g*	0. 272			0. 077	0. 180	1. 235
Valine	*g*	0. 414			0. 117	0. 273	1. 877
Arginine	*g*	0. 417			0. 118	0. 275	1. 890
Histidine	*g*	0. 205			0. 058	0. 136	0. 931
Alanine	*g*	0. 350			0. 099	0. 231	1. 587
Aspartic acid	*g*	0. 510			0. 144	0. 336	2. 311
Glutamic acid	*g*	2. 560			0. 726	1. 689	11. 611
Glycine	*g*	0. 362			0. 103	0. 239	1. 642
Proline	*g*	0. 841			0. 238	0. 555	3. 815
Serine	*g*	0. 415			0. 118	0. 274	1. 883

[1] Contains 100% whole-wheat flour.
[2] Value for product made with monocalcium phosphate, calcium sulfate, and calcium propionate.
[3] Values based on product containing partially hydrogenated soybean oil.

ENGLISH MUFFINS
Whole-wheat, toasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 61 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	41.0			11.6	25.0	186.0
Food energy	*kcal*	221			63	135	1,002
	kJ	925			262	564	4,194
Protein	*g*	9.6			2.7	5.8	43.5
Total lipid (fat)	*g*	2.3			0.7	1.4	10.6
Carbohydrate, total	*g*	44.1			12.5	26.9	199.9
Crude fiber	*g*						
Ash	*g*	3.0			0.9	1.8	13.7
Minerals:							
Calcium[2]	*mg*	288			82	176	1,307
Iron	*mg*	2.66			0.75	1.62	12.08
Magnesium	*mg*	77			22	47	348
Phosphorus	*mg*	307			87	187	1,391
Potassium	*mg*	228			65	139	1,035
Sodium	*mg*	692			196	422	3,141
Zinc	*mg*	1.74			0.49	1.06	7.89
Copper	*mg*						
Manganese	*mg*	1.946			0.552	1.187	8.825
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.261			0.074	0.159	1.183
Riboflavin	*mg*	0.137			0.039	0.084	0.621
Niacin	*mg*	3.336			0.946	2.035	15.131
Pantothenic acid	*mg*	0.491			0.139	0.300	2.227
Vitamin B-6	*mg*	0.159			0.045	0.097	0.723
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	0.363			0.103	0.222	1.648
4:0	*g*	0.000			0.000	0.000	0.001
6:0	*g*	0.000			0.000	0.000	0.001
8:0	*g*						
10:0	*g*	0.000			0.000	0.000	0.001
12:0	*g*	0.001			0.000	0.001	0.005
14:0	*g*	0.004			0.001	0.002	0.017
16:0	*g*	0.299			0.085	0.183	1.358
18:0	*g*	0.053			0.015	0.032	0.241
Monounsaturated, total	*g*	0.557			0.158	0.340	2.528
16:1	*g*	0.037			0.010	0.022	0.166
18:1	*g*	0.521			0.148	0.318	2.362
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0.908			0.257	0.554	4.118
18:2	*g*	0.856			0.243	0.522	3.883
18:3	*g*	0.050			0.014	0.030	0.227
18:4	*g*						
20:4	*g*	0.002			0.001	0.001	0.008
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.141			0.040	0.086	0.637
Threonine	*g*	0.308			0.087	0.188	1.395
Isoleucine	*g*	0.382			0.108	0.233	1.732
Leucine	*g*	0.663			0.188	0.404	3.007
Lysine	*g*	0.336			0.095	0.205	1.522
Methionine	*g*	0.154			0.044	0.094	0.697
Cystine	*g*	0.207			0.059	0.126	0.937
Phenylalanine	*g*	0.453			0.128	0.276	2.055
Tyrosine	*g*	0.296			0.084	0.181	1.342
Valine	*g*	0.450			0.127	0.274	2.040
Arginine	*g*	0.453			0.128	0.276	2.055
Histidine	*g*	0.223			0.063	0.136	1.012
Alanine	*g*	0.380			0.108	0.232	1.725
Aspartic acid	*g*	0.554			0.157	0.338	2.512
Glutamic acid	*g*	2.782			0.789	1.697	12.621
Glycine	*g*	0.393			0.112	0.240	1.785
Proline	*g*	0.914			0.259	0.558	4.147
Serine	*g*	0.451			0.128	0.275	2.047

[1] Contains 100% whole-wheat flour.
[2] Value for product made with monocalcium phosphate, calcium sulfate, and calcium propionate.
[3] Values based on product containing partially hydrogenated soybean oil.

FRENCH TOAST
Frozen, ready-to-heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 piece = 59 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	52. 6	0. 330	66	14. 9	31. 0	238. 4
Food energy	*kcal*	213			60	126	967
	kJ	892			253	527	4,048
Protein (N x 6.00)	*g*	7. 4	0. 057	54	2. 1	4. 4	33. 6
Total lipid (fat)	*g*	6. 1	0. 148	54	1. 7	3. 6	27. 6
Carbohydrate, total	*g*	32. 1			9. 1	19. 0	145. 8
Crude fiber	*g*	0. 3	0. 037	50	0. 1	0. 2	1. 4
Ash	*g*	1. 8	0. 028	54	0. 5	1. 1	8. 2
Minerals:							
Calcium	*mg*	107	2. 773	52	30	63	486
Iron	*mg*	2. 21	0. 059	63	0. 63	1. 31	10. 04
Magnesium	*mg*	17	0. 839	26	5	10	75
Phosphorus	*mg*	139	2. 965	24	39	82	631
Potassium	*mg*	134	3. 480	46	38	79	609
Sodium	*mg*	495	8. 699	46	140	292	2,246
Zinc	*mg*	0. 77	0. 016	15	0. 22	0. 46	3. 51
Copper	*mg*	0. 084	0. 008	24	0. 024	0. 050	0. 383
Manganese	*mg*	0. 245	0. 023	4	0. 070	0. 145	1. 114
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 277	0. 007	76	0. 079	0. 163	1. 256
Riboflavin	*mg*	0. 381	0. 011	76	0. 108	0. 225	1. 730
Niacin	*mg*	2. 722	0. 076	70	0. 772	1. 606	12. 347
Pantothenic acid	*mg*	0. 940	0. 072	32	0. 266	0. 555	4. 263
Vitamin B-6[1]	*mg*	0. 496	0. 021	61	0. 141	0. 293	2. 250
Folate	*mcg*	24	0. 760	8	7	14	108
Vitamin B-12[1]	*mcg*	1. 68	0. 087	64	0. 48	0. 99	7. 63
Vitamin A	*RE*	54			15	32	245
	IU	187	12. 938	39	53	110	847
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	1. 946			0. 552	1. 148	8. 825
4:0	*g*	0. 042			0. 012	0. 025	0. 189
6:0	*g*	0. 025			0. 007	0. 015	0. 112
8:0	*g*	0. 015			0. 004	0. 009	0. 069
10:0	*g*	0. 033			0. 009	0. 020	0. 152
12:0	*g*	0. 037			0. 011	0. 022	0. 170
14:0	*g*	0. 142			0. 040	0. 083	0. 642
16:0	*g*	1. 195			0. 339	0. 705	5. 422
18:0	*g*	0. 456			0. 129	0. 269	2. 069
Monounsaturated, total	*g*	2. 092			0. 593	1. 234	9. 489
16:1	*g*	0. 123			0. 035	0. 073	0. 560
18:1	*g*	1. 960			0. 556	1. 156	8. 888
20:1	*g*	0. 008			0. 002	0. 005	0. 036
22:1	*g*	0. 001			0. 000	0. 001	0. 004
Polyunsaturated, total	*g*	1. 189			0. 337	0. 702	5. 395
18:2	*g*	1. 060			0. 300	0. 625	4. 808
18:3	*g*	0. 077			0. 022	0. 045	0. 348
18:4	*g*						
20:4	*g*	0. 041			0. 012	0. 024	0. 185
20:5	*g*	0. 001			0. 000	0. 001	0. 005
22:5	*g*						
22:6	*g*	0. 011			0. 003	0. 006	0. 048
Cholesterol	*mg*	82		1	23	48	372
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 094			0. 027	0. 055	0. 426
Threonine	*g*	0. 281			0. 080	0. 166	1. 273
Isoleucine	*g*	0. 339			0. 096	0. 200	1. 536
Leucine	*g*	0. 585			0. 166	0. 345	2. 652
Lysine	*g*	0. 370			0. 105	0. 218	1. 677
Methionine	*g*	0. 167			0. 047	0. 098	0. 757
Cystine	*g*	0. 142			0. 040	0. 084	0. 645
Phenylalanine	*g*	0. 366			0. 104	0. 216	1. 660
Tyrosine	*g*	0. 268			0. 076	0. 158	1. 217
Valine	*g*	0. 380			0. 108	0. 224	1. 721
Arginine	*g*	0. 336			0. 095	0. 198	1. 525
Histidine	*g*	0. 171			0. 048	0. 101	0. 774
Alanine	*g*	0. 297			0. 084	0. 175	1. 346
Aspartic acid	*g*	0. 509			0. 144	0. 300	2. 310
Glutamic acid	*g*	1. 784			0. 506	1. 052	8. 091
Glycine	*g*	0. 240			0. 068	0. 141	1. 088
Proline	*g*	0. 635			0. 180	0. 375	2. 882
Serine	*g*	0. 420			0. 119	0. 248	1. 907

[1] Source added.
[2] Values based on product containing partially hydrogenated soybean oil.

FRENCH TOAST
Prepared from recipe, made with lowfat (2%) milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 65 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54.7			15.5	35.6	248.3
Food energy	kcal	229			65	149	1,037
	kJ	957			271	622	4,341
Protein	g	7.7			2.2	5.0	35.1
Total lipid (fat)	g	10.8			3.1	7.0	49.0
Carbohydrate, total	g	25.0			7.1	16.2	113.2
Crude fiber	g	0.1			0.0	0.1	0.7
Ash	g	1.8			0.5	1.2	8.1
Minerals:							
Calcium	mg	100			28	65	453
Iron	mg	1.67			0.47	1.09	7.58
Magnesium	mg	17			5	11	77
Phosphorus	mg	117			33	76	531
Potassium	mg	134			38	87	606
Sodium	mg	479			136	311	2,172
Zinc	mg	0.67			0.19	0.43	3.03
Copper	mg	0.058			0.017	0.038	0.265
Manganese	mg	0.188			0.053	0.122	0.851
Vitamins:							
Ascorbic acid	mg	0.3			0.1	0.2	1.4
Thiamin	mg	0.204			0.058	0.132	0.923
Riboflavin	mg	0.321			0.091	0.208	1.455
Niacin	mg	1.628			0.462	1.058	7.385
Pantothenic acid	mg	0.549			0.156	0.357	2.490
Vitamin B-6	mg	0.074			0.021	0.048	0.336
Folate	mcg	23			7	15	104
Vitamin B-12	mcg	0.31			0.09	0.20	1.42
Vitamin A[1]	RE	132			38	86	601
	IU	484			137	315	2,196
Lipids:							
Fatty acids:							
Saturated, total	g	2.723			0.772	1.770	12.351
4:0	g	0.021			0.006	0.014	0.095
6:0	g	0.012			0.004	0.008	0.057
8:0	g	0.008			0.002	0.005	0.036
10:0	g	0.017			0.005	0.011	0.077
12:0	g	0.019			0.005	0.012	0.087
14:0	g	0.094			0.027	0.061	0.428
16:0	g	1.677			0.475	1.090	7.605
18:0	g	0.860			0.244	0.559	3.901
Monounsaturated, total	g	4.524			1.283	2.941	20.521
16:1	g	0.099			0.028	0.064	0.447
18:1	g	4.414			1.251	2.869	20.021
20:1	g	0.007			0.002	0.005	0.034
22:1	g	0.001			0.000	0.001	0.004
Polyunsaturated, total	g	2.594			0.735	1.686	11.767
18:2	g	2.431			0.689	1.580	11.026
18:3	g	0.115			0.033	0.075	0.521
18:4	g						
20:4	g	0.038			0.011	0.024	0.171
20:5	g	0.001			0.000	0.001	0.004
22:5	g						
22:6	g	0.010			0.003	0.006	0.044
Cholesterol	mg	116			33	75	524
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.094			0.027	0.061	0.426
Threonine	g	0.305			0.086	0.198	1.383
Isoleucine	g	0.375			0.106	0.244	1.701
Leucine	g	0.621			0.176	0.403	2.815
Lysine	g	0.413			0.117	0.269	1.874
Methionine	g	0.188			0.053	0.122	0.852
Cystine	g	0.156			0.044	0.102	0.708
Phenylalanine	g	0.389			0.110	0.253	1.766
Tyrosine	g	0.282			0.080	0.183	1.280
Valine	g	0.419			0.119	0.272	1.899
Arginine	g	0.364			0.103	0.236	1.649
Histidine	g	0.179			0.051	0.116	0.812
Alanine	g	0.334			0.095	0.217	1.513
Aspartic acid	g	0.578			0.164	0.376	2.623
Glutamic acid	g	1.718			0.487	1.117	7.794
Glycine	g	0.251			0.071	0.163	1.140
Proline	g	0.588			0.167	0.383	2.669
Serine	g	0.465			0.132	0.302	2.108

[1] Values for product fried in margarine.

FRENCH TOAST
Prepared from recipe, made with whole milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 sl = 65 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	54. 4			15. 4	35. 3	246. 5
Food energy	*kcal*	232			66	151	1,054
	kJ	973			276	632	4,414
Protein	*g*	7. 7			2. 2	5. 0	35. 0
Total lipid (fat)	*g*	11. 3			3. 2	7. 3	51. 0
Carbohydrate, total	*g*	24. 9			7. 1	16. 2	113. 0
Crude fiber	*g*	0. 1			0. 0	0. 1	0. 7
Ash	*g*	1. 8			0. 5	1. 2	8. 0
Minerals:							
Calcium	*mg*	99			28	64	450
Iron	*mg*	1. 67			0. 47	1. 09	7. 58
Magnesium	*mg*	17			5	11	76
Phosphorus	*mg*	117			33	76	529
Potassium	*mg*	133			38	86	601
Sodium	*mg*	478			136	311	2,170
Zinc	*mg*	0. 67			0. 19	0. 43	3. 02
Copper	*mg*	0. 059			0. 017	0. 038	0. 268
Manganese	*mg*	0. 188			0. 053	0. 122	0. 851
Vitamins:							
Ascorbic acid	*mg*	0. 3			0. 1	0. 2	1. 4
Thiamin	*mg*	0. 203			0. 058	0. 132	0. 922
Riboflavin	*mg*	0. 320			0. 091	0. 208	1. 450
Niacin	*mg*	1. 627			0. 461	1. 058	7. 382
Pantothenic acid	*mg*	0. 547			0. 155	0. 356	2. 481
Vitamin B-6	*mg*	0. 074			0. 021	0. 048	0. 334
Folate	*mcg*	23			7	15	104
Vitamin B-12	*mcg*	0. 31			0. 09	0. 20	1. 41
Vitamin A[1]	*RE*	124			35	81	563
	IU	459			130	298	2,080
Lipids:							
Fatty acids:							
Saturated, total	*g*	3. 007			0. 853	1. 955	13. 641
4:0	*g*	0. 033			0. 009	0. 022	0. 151
6:0	*g*	0. 020			0. 006	0. 013	0. 093
8:0	*g*	0. 013			0. 004	0. 008	0. 058
10:0	*g*	0. 029			0. 008	0. 019	0. 130
12:0	*g*	0. 032			0. 009	0. 021	0. 147
14:0	*g*	0. 143			0. 040	0. 093	0. 647
16:0	*g*	1. 805			0. 512	1. 173	8. 187
18:0	*g*	0. 920			0. 261	0. 598	4. 172
Monounsaturated, total	*g*	4. 658			1. 320	3. 027	21. 127
16:1	*g*	0. 110			0. 031	0. 071	0. 497
18:1	*g*	4. 538			1. 286	2. 949	20. 583
20:1	*g*	0. 007			0. 002	0. 005	0. 034
22:1	*g*	0. 001			0. 000	0. 001	0. 004
Polyunsaturated, total	*g*	2. 612			0. 741	1. 698	11. 850
18:2	*g*	2. 442			0. 692	1. 587	11. 076
18:3	*g*	0. 122			0. 035	0. 079	0. 554
18:4	*g*						
20:4	*g*	0. 038			0. 011	0. 024	0. 171
20:5	*g*	0. 001			0. 000	0. 001	0. 004
22:5	*g*						
22:6	*g*	0. 010			0. 003	0. 006	0. 044
Cholesterol	*mg*	117			33	76	533
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 094			0. 027	0. 061	0. 425
Threonine	*g*	0. 304			0. 086	0. 198	1. 381
Isoleucine	*g*	0. 374			0. 106	0. 243	1. 698
Leucine	*g*	0. 619			0. 176	0. 403	2. 809
Lysine	*g*	0. 412			0. 117	0. 268	1. 870
Methionine	*g*	0. 188			0. 053	0. 122	0. 851
Cystine	*g*	0. 156			0. 044	0. 101	0. 708
Phenylalanine	*g*	0. 389			0. 110	0. 253	1. 764
Tyrosine	*g*	0. 282			0. 080	0. 183	1. 277
Valine	*g*	0. 418			0. 118	0. 272	1. 895
Arginine	*g*	0. 363			0. 103	0. 236	1. 647
Histidine	*g*	0. 179			0. 051	0. 116	0. 811
Alanine	*g*	0. 333			0. 094	0. 217	1. 511
Aspartic acid	*g*	0. 577			0. 164	0. 375	2. 618
Glutamic acid	*g*	1. 716			0. 486	1. 115	7. 782
Glycine	*g*	0. 251			0. 071	0. 163	1. 138
Proline	*g*	0. 587			0. 166	0. 382	2. 664
Serine	*g*	0. 464			0. 132	0. 302	2. 105

[1] Values for product fried in margarine.

HUSH PUPPIES, PREPARED FROM RECIPE

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 hush puppy = 22 g[1]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	29.0			6.4	8.2	131.7
Food energy	*kcal*	337			74	95	1,527
	kJ	1,409			310	399	6,391
Protein	*g*	7.7			1.7	2.2	34.8
Total lipid (fat)	*g*	13.5			3.0	3.8	61.1
Carbohydrate, total	*g*	46.0			10.1	13.0	208.5
Crude fiber	*g*	0.2			0.1	0.1	1.1
Ash	*g*	3.9			0.9	1.1	17.5
Minerals:							
Calcium	*mg*	278			61	79	1,263
Iron	*mg*	3.04			0.67	0.86	13.81
Magnesium	*mg*	24			5	7	108
Phosphorus	*mg*	189			41	53	855
Potassium	*mg*	144			32	41	652
Sodium	*mg*	668			147	189	3,032
Zinc	*mg*	0.66			0.15	0.19	3.01
Copper	*mg*	0.066			0.015	0.019	0.301
Manganese	*mg*	0.220			0.048	0.062	0.998
Vitamins:							
Ascorbic acid	*mg*	0.2			0.0	0.0	0.7
Thiamin	*mg*	0.352			0.077	0.100	1.598
Riboflavin	*mg*	0.332			0.073	0.094	1.508
Niacin	*mg*	2.782			0.612	0.789	12.618
Pantothenic acid	*mg*	0.357			0.079	0.101	1.620
Vitamin B-6	*mg*	0.102			0.022	0.029	0.461
Folate	*mcg*	20			4	6	89
Vitamin B-12	*mcg*	0.19			0.04	0.05	0.84
Vitamin A	*RE*	43			9	12	194
	IU	142			31	40	645
Lipids:							
Fatty acids:							
Saturated, total	*g*	2.108			0.464	0.598	9.563
4:0	*g*	0.001			0.000	0.000	0.004
6:0	*g*	0.000			0.000	0.000	0.001
8:0	*g*	0.001			0.000	0.000	0.002
10:0	*g*	0.001			0.000	0.000	0.004
12:0	*g*	0.001			0.000	0.000	0.005
14:0	*g*	0.018			0.004	0.005	0.082
16:0	*g*	1.540			0.339	0.437	6.985
18:0	*g*	0.538			0.118	0.153	2.442
Monounsaturated, total	*g*	3.263			0.718	0.925	14.799
16:1	*g*	0.057			0.013	0.016	0.258
18:1	*g*	3.178			0.699	0.901	14.415
20:1	*g*	0.026			0.006	0.007	0.119
22:1	*g*	0.000			0.000	0.000	0.001
Polyunsaturated, total	*g*	7.219			1.588	2.047	32.747
18:2	*g*	6.390			1.406	1.811	28.984
18:3	*g*	0.811			0.178	0.230	3.677
18:4	*g*						
20:4	*g*	0.015			0.003	0.004	0.068
20:5	*g*	0.000			0.000	0.000	0.002
22:5	*g*						
22:6	*g*	0.004			0.001	0.001	0.018
Cholesterol	*mg*	45			10	13	206
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.082			0.018	0.023	0.374
Threonine	*g*	0.279			0.061	0.079	1.267
Isoleucine	*g*	0.321			0.071	0.091	1.454
Leucine	*g*	0.710			0.156	0.201	3.220
Lysine	*g*	0.310			0.068	0.088	1.405
Methionine	*g*	0.169			0.037	0.048	0.765
Cystine	*g*	0.144			0.032	0.041	0.652
Phenylalanine	*g*	0.382			0.084	0.108	1.733
Tyrosine	*g*	0.289			0.064	0.082	1.311
Valine	*g*	0.388			0.085	0.110	1.759
Arginine	*g*	0.352			0.078	0.100	1.599
Histidine	*g*	0.197			0.043	0.056	0.894
Alanine	*g*	0.383			0.084	0.109	1.740
Aspartic acid	*g*	0.501			0.110	0.142	2.274
Glutamic acid	*g*	1.793			0.395	0.508	8.135
Glycine	*g*	0.268			0.059	0.076	1.214
Proline	*g*	0.693			0.152	0.196	3.142
Serine	*g*	0.412			0.091	0.117	1.867

[1] 2-1/4 in. x 1-1/4 in.

ICE CREAM CONES
Cake or wafer-type

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cone = 4 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	5. 3	0. 310	13	0. 2	1. 5	24. 2
Food energy	kcal	417			17	118	1,889
	kJ	1,744			70	494	7,909
Protein (N x 5.70)	g	8. 1	0. 234	11	0. 3	2. 3	36. 8
Total lipid (fat)	g	6. 9	0. 567	10	0. 3	1. 9	31. 1
Carbohydrate, total	g	79. 0			3. 2	22. 4	358. 1
Crude fiber	g						
Ash	g	0. 7	0. 066	11	0. 0	0. 2	3. 4
Minerals:							
Calcium	mg	25	1. 229	13	1	7	114
Iron	mg	3. 60	0. 116	12	0. 14	1. 02	16. 34
Magnesium	mg	26	1. 518	13	1	7	116
Phosphorus	mg	97	3. 302	13	4	28	440
Potassium	mg	112	5. 610	13	4	32	509
Sodium	mg	143	16. 931	13	6	40	646
Zinc	mg	0. 67	0. 038	14	0. 03	0. 19	3. 03
Copper	mg	0. 204	0. 026	10	0. 008	0. 058	0. 925
Manganese	mg	0. 572	0. 031	12	0. 023	0. 162	2. 594
Vitamins:							
Ascorbic acid	mg	0		1	0	0	0
Thiamin	mg	0. 250	0. 027	11	0. 010	0. 071	1. 132
Riboflavin	mg	0. 354	0. 024	19	0. 014	0. 100	1. 604
Niacin	mg	4. 427	0. 145	18	0. 177	1. 255	20. 079
Pantothenic acid	mg	0. 479	0. 016	8	0. 019	0. 136	2. 173
Vitamin B-6	mg	0. 030	0. 003	9	0. 001	0. 008	0. 135
Folate	mcg	5	0. 067	8	0	1	21
Vitamin B-12	mcg	0		1	0	0	0
Vitamin A	RE	0			0	0	0
	IU	0		1	0	0	0
Lipids:[1]							
Fatty acids:							
Saturated, total	g	1. 029			0. 041	0. 292	4. 670
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 006			0. 000	0. 002	0. 027
16:0	g	0. 719			0. 029	0. 204	3. 262
18:0	g	0. 304			0. 012	0. 086	1. 381
Monounsaturated, total	g	2. 639			0. 106	0. 748	11. 970
16:1	g	0. 024			0. 001	0. 007	0. 108
18:1	g	2. 615			0. 105	0. 741	11. 861
20:1	g						
22:1	g						
Polyunsaturated, total	g	2. 611			0. 104	0. 740	11. 846
18:2	g	2. 436			0. 097	0. 691	11. 051
18:3	g	0. 175			0. 007	0. 050	0. 794
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 094			0. 004	0. 027	0. 426
Threonine	g	0. 217			0. 009	0. 061	0. 982
Isoleucine	g	0. 301			0. 012	0. 085	1. 363
Leucine	g	0. 561			0. 022	0. 159	2. 546
Lysine	g	0. 157			0. 006	0. 044	0. 711
Methionine	g	0. 142			0. 006	0. 040	0. 646
Cystine	g	0. 182			0. 007	0. 052	0. 827
Phenylalanine	g	0. 400			0. 016	0. 113	1. 816
Tyrosine	g	0. 222			0. 009	0. 063	1. 008
Valine	g	0. 340			0. 014	0. 097	1. 544
Arginine	g	0. 282			0. 011	0. 080	1. 279
Histidine	g	0. 172			0. 007	0. 049	0. 782
Alanine	g	0. 248			0. 010	0. 070	1. 124
Aspartic acid	g	0. 328			0. 013	0. 093	1. 486
Glutamic acid	g	2. 845			0. 114	0. 807	12. 904
Glycine	g	0. 278			0. 011	0. 079	1. 260
Proline	g	0. 954			0. 038	0. 271	4. 329
Serine	g	0. 393			0. 016	0. 111	1. 783

[1] Values based on product containing partially hydrogenated soybean oil.

ICE CREAM CONES
Sugar, rolled-type

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cone = 10 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	3.0	0.239	13	0.3	0.9	13.7
Food energy	kcal	402			40	114	1,822
	kJ	1,682			168	477	7,628
Protein (N x 5.70)	g	7.9	0.212	13	0.8	2.2	35.9
Total lipid (fat)	g	3.8	0.256	14	0.4	1.1	17.3
Carbohydrate, total	g	84.1			8.4	23.9	381.6
Crude fiber	g						
Ash	g	1.1	0.098	13	0.1	0.3	5.1
Minerals:							
Calcium	mg	44	3.403	13	4	12	200
Iron	mg	4.43	0.422	13	0.44	1.26	20.10
Magnesium	mg	31	1.440	13	3	9	139
Phosphorus	mg	103	3.895	13	10	29	466
Potassium	mg	145	6.381	13	14	41	657
Sodium	mg	320	15.054	11	32	91	1,452
Zinc	mg	0.75	0.037	14	0.07	0.21	3.39
Copper	mg	0.268	0.050	10	0.027	0.076	1.216
Manganese	mg	0.732	0.044	13	0.073	0.207	3.318
Vitamins:							
Ascorbic acid	mg	0		1	0	0	0
Thiamin	mg	0.511	0.042	9	0.051	0.145	2.318
Riboflavin	mg	0.405	0.038	9	0.040	0.115	1.837
Niacin	mg	5.066	0.356	10	0.507	1.436	22.979
Pantothenic acid	mg	0.429	0.029	9	0.043	0.121	1.944
Vitamin B-6	mg	0.052	0.001	9	0.005	0.015	0.237
Folate	mcg	5	0.060	8	1	1	24
Vitamin B-12	mcg	0		1	0	0	0
Vitamin A	RE	0			0	0	0
	IU	0		1	0	0	0
Lipids:[1]							
Fatty acids:							
Saturated, total	g	0.573			0.057	0.162	2.597
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003			0.000	0.001	0.015
16:0	g	0.400			0.040	0.113	1.812
18:0	g	0.170			0.017	0.048	0.770
Monounsaturated, total	g	1.470			0.147	0.417	6.669
16:1	g	0.013			0.001	0.004	0.060
18:1	g	1.457			0.146	0.413	6.609
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.452			0.145	0.412	6.587
18:2	g	1.355			0.135	0.384	6.145
18:3	g	0.097			0.010	0.028	0.442
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.092			0.009	0.026	0.416
Threonine	g	0.211			0.021	0.060	0.958
Isoleucine	g	0.293			0.029	0.083	1.329
Leucine	g	0.547			0.055	0.155	2.482
Lysine	g	0.153			0.015	0.043	0.693
Methionine	g	0.139			0.014	0.039	0.630
Cystine	g	0.178			0.018	0.050	0.806
Phenylalanine	g	0.390			0.039	0.111	1.770
Tyrosine	g	0.217			0.022	0.061	0.983
Valine	g	0.332			0.033	0.094	1.506
Arginine	g	0.275			0.028	0.078	1.247
Histidine	g	0.168			0.017	0.048	0.762
Alanine	g	0.242			0.024	0.069	1.096
Aspartic acid	g	0.319			0.032	0.091	1.449
Glutamic acid	g	2.774			0.277	0.786	12.581
Glycine	g	0.271			0.027	0.077	1.229
Proline	g	0.931			0.093	0.264	4.221
Serine	g	0.383			0.038	0.109	1.739

[1] Values based on product containing partially hydrogenated soybean oil.

MUFFINS
Plain, prepared from recipe, made with lowfat (2%) milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 57 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	37. 7			10. 7	21. 5	170. 9
Food energy	kcal	296			84	169	1,343
	kJ	1,240			351	707	5,622
Protein	g	6. 9			1. 9	3. 9	31. 1
Total lipid (fat)	g	11. 4			3. 2	6. 5	51. 6
Carbohydrate, total	g	41. 4			11. 8	23. 6	188. 0
Crude fiber	g	0. 1			0. 0	0. 1	0. 5
Ash	g	2. 7			0. 8	1. 5	12. 0
Minerals:							
Calcium	mg	200			57	114	906
Iron	mg	2. 39			0. 68	1. 36	10. 84
Magnesium	mg	17			5	9	75
Phosphorus	mg	153			43	87	692
Potassium	mg	121			34	69	548
Sodium	mg	467			132	266	2,120
Zinc	mg	0. 56			0. 16	0. 32	2. 54
Copper	mg	0. 069			0. 020	0. 039	0. 312
Manganese	mg	0. 296			0. 084	0. 169	1. 345
Vitamins:							
Ascorbic acid	mg	0. 3			0. 1	0. 1	1. 2
Thiamin	mg	0. 284			0. 081	0. 162	1. 289
Riboflavin	mg	0. 301			0. 085	0. 171	1. 364
Niacin	mg	2. 308			0. 654	1. 316	10. 471
Pantothenic acid	mg	0. 351			0. 100	0. 200	1. 592
Vitamin B-6	mg	0. 042			0. 012	0. 024	0. 188
Folate	mcg	13			4	7	57
Vitamin B-12	mcg	0. 15			0. 04	0. 09	0. 69
Vitamin A	RE	40			11	23	182
	IU	140			40	80	633
Lipids:							
Fatty acids:							
Saturated, total	g	2. 156			0. 611	1. 229	9. 779
4:0	g	0. 027			0. 008	0. 015	0. 121
6:0	g	0. 016			0. 005	0. 009	0. 072
8:0	g	0. 009			0. 003	0. 005	0. 042
10:0	g	0. 021			0. 006	0. 012	0. 095
12:0	g	0. 024			0. 007	0. 013	0. 107
14:0	g	0. 095			0. 027	0. 054	0. 432
16:0	g	1. 433			0. 406	0. 817	6. 499
18:0	g	0. 525			0. 149	0. 299	2. 381
Monounsaturated, total	g	2. 757			0. 782	1. 572	12. 506
16:1	g	0. 063			0. 018	0. 036	0. 284
18:1	g	2. 671			0. 757	1. 522	12. 115
20:1	g	0. 021			0. 006	0. 012	0. 096
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	5. 721			1. 622	3. 261	25. 952
18:2	g	5. 046			1. 431	2. 876	22. 891
18:3	g	0. 659			0. 187	0. 376	2. 991
18:4	g						
20:4	g	0. 012			0. 003	0. 007	0. 055
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 003			0. 001	0. 002	0. 014
Cholesterol	mg	39			11	22	179
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 086			0. 024	0. 049	0. 388
Threonine	g	0. 231			0. 065	0. 131	1. 046
Isoleucine	g	0. 290			0. 082	0. 166	1. 317
Leucine	g	0. 523			0. 148	0. 298	2. 374
Lysine	g	0. 279			0. 079	0. 159	1. 264
Methionine	g	0. 144			0. 041	0. 082	0. 655
Cystine	g	0. 130			0. 037	0. 074	0. 592
Phenylalanine	g	0. 342			0. 097	0. 195	1. 552
Tyrosine	g	0. 240			0. 068	0. 137	1. 089
Valine	g	0. 330			0. 094	0. 188	1. 499
Arginine	g	0. 290			0. 082	0. 165	1. 313
Histidine	g	0. 159			0. 045	0. 091	0. 722
Alanine	g	0. 246			0. 070	0. 140	1. 117
Aspartic acid	g	0. 393			0. 111	0. 224	1. 782
Glutamic acid	g	1. 900			0. 539	1. 083	8. 618
Glycine	g	0. 222			0. 063	0. 127	1. 008
Proline	g	0. 681			0. 193	0. 388	3. 090
Serine	g	0. 371			0. 105	0. 212	1. 684

[1] 2-3/4 in. diam. x 2 in. Sm muffin (2-1/2 in. diam. x 1-1/2 in.) = 45 g.

MUFFINS
Plain, prepared from recipe, made with whole milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 57 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	37.2			10.5	21.2	168.6
Food energy	kcal	301			85	172	1,365
	kJ	1,260			357	718	5,715
Protein	g	6.8			1.9	3.9	31.0
Total lipid (fat)	g	12.0			3.4	6.8	54.3
Carbohydrate, total	g	41.4			11.7	23.6	187.7
Crude fiber	g	0.1			0.0	0.1	0.5
Ash	g	2.6			0.7	1.5	12.0
Minerals:							
Calcium	mg	199			56	113	902
Iron	mg	2.39			0.68	1.36	10.84
Magnesium	mg	16			5	9	74
Phosphorus	mg	152			43	87	689
Potassium	mg	120			34	68	543
Sodium	mg	467			132	266	2,118
Zinc	mg	0.56			0.16	0.32	2.52
Copper	mg	0.070			0.020	0.040	0.316
Manganese	mg	0.296			0.084	0.169	1.345
Vitamins:							
Ascorbic acid	mg	0.3			0.1	0.1	1.2
Thiamin	mg	0.284			0.080	0.162	1.288
Riboflavin	mg	0.300			0.085	0.171	1.359
Niacin	mg	2.308			0.654	1.315	10.467
Pantothenic acid	mg	0.349			0.099	0.199	1.581
Vitamin B-6	mg	0.041			0.012	0.024	0.187
Folate	mcg	12			4	7	57
Vitamin B-12	mcg	0.15			0.04	0.09	0.68
Vitamin A	RE	29			8	17	132
	IU	107			30	61	484
Lipids:							
Fatty acids:							
Saturated, total	g	2.522			0.715	1.438	11.440
4:0	g	0.043			0.012	0.024	0.194
6:0	g	0.026			0.007	0.015	0.119
8:0	g	0.016			0.004	0.009	0.071
10:0	g	0.036			0.010	0.020	0.163
12:0	g	0.041			0.011	0.023	0.184
14:0	g	0.157			0.045	0.090	0.714
16:0	g	1.598			0.453	0.911	7.247
18:0	g	0.602			0.171	0.343	2.730
Monounsaturated, total	g	2.929			0.830	1.669	13.286
16:1	g	0.077			0.022	0.044	0.348
18:1	g	2.830			0.802	1.613	12.838
20:1	g	0.021			0.006	0.012	0.096
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	5.745			1.629	3.275	26.059
18:2	g	5.061			1.435	2.885	22.955
18:3	g	0.669			0.190	0.381	3.034
18:4	g						
20:4	g	0.012			0.003	0.007	0.055
20:5	g	0.000			0.000	0.000	0.001
22:5	g						
22:6	g	0.003			0.001	0.002	0.014
Cholesterol	mg	42			12	24	190
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.085			0.024	0.049	0.387
Threonine	g	0.230			0.065	0.131	1.042
Isoleucine	g	0.289			0.082	0.165	1.313
Leucine	g	0.522			0.148	0.297	2.367
Lysine	g	0.277			0.079	0.158	1.259
Methionine	g	0.144			0.041	0.082	0.653
Cystine	g	0.130			0.037	0.074	0.591
Phenylalanine	g	0.341			0.097	0.195	1.548
Tyrosine	g	0.239			0.068	0.136	1.086
Valine	g	0.329			0.093	0.188	1.494
Arginine	g	0.289			0.082	0.165	1.311
Histidine	g	0.159			0.045	0.091	0.720
Alanine	g	0.246			0.070	0.140	1.114
Aspartic acid	g	0.392			0.111	0.223	1.776
Glutamic acid	g	1.897			0.538	1.081	8.603
Glycine	g	0.222			0.063	0.127	1.007
Proline	g	0.680			0.193	0.387	3.083
Serine	g	0.370			0.105	0.211	1.680

[1] 2-3/4 in. diam. x 2 in. Sm muffin (2-1/2 in. diam. x 1-1/2 in.) = 45 g.

MUFFINS
Blueberry, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 57 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	38. 3	1. 837	3	10. 9	21. 8	173. 6
Food energy	kcal	277			79	158	1,257
	kJ	1,160			329	661	5,263
Protein (N x 5.90)	g	5. 5		1	1. 6	3. 2	25. 1
Total lipid (fat)	g	6. 5	0. 452	2	1. 9	3. 7	29. 7
Carbohydrate, total	g	48. 0			13. 6	27. 4	217. 8
Crude fiber	g						
Ash	g	1. 6		1	0. 5	0. 9	7. 4
Minerals:							
Calcium	mg	57	5. 270	29	16	33	260
Iron[2]	mg	1. 61	0. 113	29	0. 46	0. 92	7. 31
Magnesium	mg	16	1. 401	28	5	9	73
Phosphorus	mg	197	9. 644	28	56	112	892
Potassium	mg	123	8. 118	28	35	70	560
Sodium	mg	447	16. 071	30	127	255	2,027
Zinc	mg	0. 49	0. 032	28	0. 14	0. 28	2. 23
Copper	mg	0. 074	0. 005	27	0. 021	0. 042	0. 337
Manganese	mg	0. 440	0. 033	26	0. 125	0. 251	1. 998
Vitamins:							
Ascorbic acid	mg	1. 1	0. 080	2	0. 3	0. 6	4. 9
Thiamin[2]	mg	0. 140		1	0. 040	0. 080	0. 635
Riboflavin[2]	mg	0. 120		1	0. 034	0. 068	0. 544
Niacin[2]	mg	1. 100		1	0. 312	0. 627	4. 990
Pantothenic acid	mg	0. 335		1	0. 095	0. 191	1. 520
Vitamin B-6	mg	0. 022		1	0. 006	0. 013	0. 100
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	g	1. 247			0. 353	0. 711	5. 655
4:0	g	0. 001			0. 000	0. 001	0. 007
6:0	g	0. 001			0. 000	0. 000	0. 004
8:0	g	0. 001			0. 000	0. 001	0. 004
10:0	g	0. 002			0. 000	0. 001	0. 007
12:0	g	0. 002			0. 001	0. 001	0. 009
14:0	g	0. 014			0. 004	0. 008	0. 065
16:0	g	0. 882			0. 250	0. 503	4. 000
18:0	g	0. 343			0. 097	0. 196	1. 556
Monounsaturated, total	g	2. 451			0. 695	1. 397	11. 117
16:1	g	0. 067			0. 019	0. 038	0. 305
18:1	g	2. 378			0. 674	1. 356	10. 788
20:1	g	0. 005			0. 001	0. 003	0. 021
22:1	g	0. 001			0. 000	0. 000	0. 002
Polyunsaturated, total	g	2. 038			0. 578	1. 162	9. 244
18:2	g	1. 882			0. 533	1. 073	8. 536
18:3	g	0. 126			0. 036	0. 072	0. 570
18:4	g						
20:4	g	0. 024			0. 007	0. 014	0. 108
20:5	g	0. 001			0. 000	0. 000	0. 003
22:5	g						
22:6	g	0. 006			0. 002	0. 004	0. 028
Cholesterol	mg	30		1	9	17	136
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 066			0. 019	0. 037	0. 298
Threonine	g	0. 181			0. 051	0. 103	0. 821
Isoleucine	g	0. 224			0. 064	0. 128	1. 017
Leucine	g	0. 421			0. 119	0. 240	1. 910
Lysine	g	0. 199			0. 056	0. 113	0. 902
Methionine	g	0. 115			0. 033	0. 066	0. 523
Cystine	g	0. 112			0. 032	0. 064	0. 506
Phenylalanine	g	0. 277			0. 078	0. 158	1. 255
Tyrosine	g	0. 184			0. 052	0. 105	0. 834
Valine	g	0. 257			0. 073	0. 146	1. 166
Arginine	g	0. 243			0. 069	0. 138	1. 102
Histidine	g	0. 128			0. 036	0. 073	0. 579
Alanine	g	0. 211			0. 060	0. 120	0. 957
Aspartic acid	g	0. 319			0. 090	0. 182	1. 446
Glutamic acid	g	1. 527			0. 433	0. 870	6. 926
Glycine	g	0. 189			0. 054	0. 108	0. 859
Proline	g	0. 535			0. 152	0. 305	2. 425
Serine	g	0. 299			0. 085	0. 171	1. 357

[1] 2-1/2 in. diam. x 2-1/4 in. Mini muffin (1-1/4 in. diam. x 1-1/4 in.) = 11 g. Lg muffin (3-1/4 in. diam. x 2-3/4 in.) = 71 g.
[2] Values for unenriched product.
[3] Values based on product containing partially hydrogenated soybean oil.

MUFFINS
Blueberry, dry mix

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	Mix + drained berries = 356 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	20. 0	0. 980	2	5. 7	71. 1	90. 6
Food energy	kcal	366			104	1,304	1,662
	kJ	1,534			435	5,460	6,957
Protein (N x 5.70)	g	4. 9	0. 294	2	1. 4	17. 3	22. 0
Total lipid (fat)	g	10. 0		1	2. 8	35. 6	45. 4
Carbohydrate, total	g	63. 2			17. 9	224. 8	286. 5
Crude fiber	g	0. 1		1	0. 0	0. 4	0. 5
Ash	g	2. 0	0. 098	2	0. 6	7. 1	9. 1
Minerals:							
Calcium	mg	25	7. 750	2	7	90	115
Iron	mg	1. 26	0. 035	2	0. 36	4. 50	5. 74
Magnesium	mg	13	1. 950	2	4	46	59
Phosphorus	mg	220	10. 402	2	62	785	1,000
Potassium	mg	84	25. 600	2	24	300	383
Sodium	mg	548	3. 377	2	155	1,952	2,487
Zinc	mg	0. 33	0. 071	2	0. 09	1. 17	1. 49
Copper	mg	0. 088	0. 008	2	0. 025	0. 315	0. 401
Manganese	mg	0. 276		1	0. 078	0. 983	1. 252
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 233	0. 037	3	0. 066	0. 831	1. 058
Riboflavin	mg	0. 380	0. 075	3	0. 108	1. 353	1. 724
Niacin	mg	3. 212	0. 352	3	0. 911	11. 434	14. 568
Pantothenic acid	mg	0. 553	0. 263	3	0. 157	1. 970	2. 510
Vitamin B-6	mg	0. 082	0. 012	2	0. 023	0. 294	0. 374
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	1. 478			0. 419	5. 260	6. 703
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 010			0. 003	0. 035	0. 044
16:0	g	0. 992			0. 281	3. 532	4. 500
18:0	g	0. 472			0. 134	1. 680	2. 141
Monounsaturated, total	g	4. 072			1. 154	14. 497	18. 472
16:1	g	0. 039			0. 011	0. 139	0. 177
18:1	g	4. 033			1. 143	14. 356	18. 292
20:1	g	0. 001			0. 000	0. 002	0. 003
22:1	g						
Polyunsaturated, total	g	3. 799			1. 077	13. 524	17. 232
18:2	g	3. 526			1. 000	12. 553	15. 994
18:3	g	0. 273			0. 077	0. 972	1. 238
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 069			0. 020	0. 246	0. 313
Threonine	g	0. 135			0. 038	0. 480	0. 611
Isoleucine	g	0. 184			0. 052	0. 656	0. 835
Leucine	g	0. 330			0. 094	1. 175	1. 497
Lysine	g	0. 168			0. 048	0. 598	0. 762
Methionine	g	0. 082			0. 023	0. 291	0. 371
Cystine	g	0. 106			0. 030	0. 376	0. 480
Phenylalanine	g	0. 229			0. 065	0. 816	1. 040
Tyrosine	g	0. 138			0. 039	0. 492	0. 626
Valine	g	0. 213			0. 060	0. 759	0. 967
Arginine	g	0. 187			0. 053	0. 665	0. 847
Histidine	g	0. 099			0. 028	0. 352	0. 449
Alanine	g	0. 147			0. 042	0. 522	0. 665
Aspartic acid	g	0. 205			0. 058	0. 728	0. 928
Glutamic acid	g	1. 596			0. 452	5. 681	7. 239
Glycine	g	0. 165			0. 047	0. 586	0. 746
Proline	g	0. 538			0. 153	1. 915	2. 440
Serine	g	0. 255			0. 072	0. 907	1. 156

[1] Components from 14 oz pkg.
[2] Values based on product containing partially hydrogenated soybean oil.

MUFFINS
Blueberry, dry mix, prepared[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 50 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	35. 6			10. 1	17. 8	161. 4
Food energy	kcal	299			85	149	1,355
	kJ	1,251			355	625	5,673
Protein	g	5. 1			1. 4	2. 6	23. 1
Total lipid (fat)	g	8. 8			2. 5	4. 4	39. 9
Carbohydrate, total	g	48. 8			13. 8	24. 4	221. 6
Crude fiber	g	0. 1			0. 0	0. 0	0. 3
Ash	g	1. 7			0. 5	0. 8	7. 6
Minerals:							
Calcium	mg	25			7	13	115
Iron	mg	1. 13			0. 32	0. 57	5. 15
Magnesium	mg	11			3	6	52
Phosphorus	mg	189			54	95	859
Potassium	mg	78			22	39	355
Sodium	mg	437			124	219	1,984
Zinc	mg	0. 38			0. 11	0. 19	1. 73
Copper	mg	0. 071			0. 020	0. 036	0. 324
Manganese	mg	0. 216			0. 061	0. 108	0. 979
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 149			0. 042	0. 075	0. 677
Riboflavin	mg	0. 316			0. 090	0. 158	1. 434
Niacin	mg	2. 237			0. 634	1. 118	10. 146
Pantothenic acid	mg	0. 400			0. 113	0. 200	1. 813
Vitamin B-6	mg	0. 072			0. 020	0. 036	0. 325
Folate	mcg						
Vitamin B-12	mcg	0. 09			0. 02	0. 04	0. 39
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1. 475			0. 418	0. 738	6. 693
4:0	g						
6:0	g						
8:0	g	0. 000			0. 000	0. 000	0. 001
10:0	g	0. 000			0. 000	0. 000	0. 001
12:0	g	0. 000			0. 000	0. 000	0. 001
14:0	g	0. 011			0. 003	0. 006	0. 051
16:0	g	1. 006			0. 285	0. 503	4. 565
18:0	g	0. 449			0. 127	0. 224	2. 036
Monounsaturated, total	g	3. 554			1. 007	1. 777	16. 119
16:1	g	0. 062			0. 018	0. 031	0. 283
18:1	g	3. 487			0. 988	1. 743	15. 815
20:1	g	0. 004			0. 001	0. 002	0. 016
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	3. 078			0. 873	1. 539	13. 962
18:2	g	2. 844			0. 806	1. 422	12. 901
18:3	g	0. 214			0. 061	0. 107	0. 971
18:4	g						
20:4	g	0. 015			0. 004	0. 008	0. 070
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 004			0. 001	0. 002	0. 018
Cholesterol	mg	46			13	23	209
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 070			0. 020	0. 035	0. 316
Threonine	g	0. 169			0. 048	0. 084	0. 766
Isoleucine	g	0. 216			0. 061	0. 108	0. 979
Leucine	g	0. 370			0. 105	0. 185	1. 679
Lysine	g	0. 227			0. 064	0. 113	1. 029
Methionine	g	0. 105			0. 030	0. 053	0. 478
Cystine	g	0. 113			0. 032	0. 056	0. 512
Phenylalanine	g	0. 249			0. 071	0. 124	1. 128
Tyrosine	g	0. 162			0. 046	0. 081	0. 734
Valine	g	0. 247			0. 070	0. 123	1. 120
Arginine	g	0. 225			0. 064	0. 113	1. 021
Histidine	g	0. 108			0. 031	0. 054	0. 491
Alanine	g	0. 188			0. 053	0. 094	0. 855
Aspartic acid	g	0. 294			0. 083	0. 147	1. 333
Glutamic acid	g	1. 408			0. 399	0. 704	6. 386
Glycine	g	0. 172			0. 049	0. 086	0. 782
Proline	g	0. 469			0. 133	0. 234	2. 127
Serine	g	0. 297			0. 084	0. 149	1. 348

[1] Mix and drained berries from 14 oz pkg prepared with 1/2 c water and 1 egg. Moisture loss: 12%.
[2] 2-1/4 in. diam. x 1-3/4 in.

MUFFINS
Blueberry, toaster-type

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 toaster muffin = 33 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	30. 8	2. 093	2	8. 7	10. 2	139. 7
Food energy	*kcal*	313			89	103	1,421
	kJ	1,312			372	433	5,950
Protein (N x 5.70)	*g*	4. 6	0. 162	2	1. 3	1. 5	20. 8
Total lipid (fat)	*g*	9. 5	0. 629	2	2. 7	3. 1	43. 1
Carbohydrate, total	*g*	53. 3			15. 1	17. 6	241. 8
Crude fiber	*g*	0. 5		1	0. 1	0. 2	2. 3
Ash	*g*	1. 8	0. 021	2	0. 5	0. 6	8. 2
Minerals:							
Calcium	*mg*	13		1	4	4	59
Iron	*mg*	0. 51		1	0. 14	0. 17	2. 31
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	83		1	24	27	376
Sodium	*mg*	478		1	136	158	2,168
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0		1	0	0	0
Thiamin	*mg*	0. 240		1	0. 068	0. 079	1. 089
Riboflavin	*mg*	0. 290		1	0. 082	0. 096	1. 315
Niacin	*mg*	2. 020		1	0. 573	0. 667	9. 163
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*	67			19	22	304
	IU	318		1	90	105	1,442
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	1. 458			0. 413	0. 481	6. 613
4:0	*g*	0. 001			0. 000	0. 000	0. 004
6:0	*g*	0. 001			0. 000	0. 000	0. 003
8:0	*g*	0. 000			0. 000	0. 000	0. 002
10:0	*g*	0. 001			0. 000	0. 000	0. 004
12:0	*g*	0. 001			0. 000	0. 000	0. 004
14:0	*g*	0. 014			0. 004	0. 005	0. 064
16:0	*g*	1. 067			0. 302	0. 352	4. 838
18:0	*g*	0. 373			0. 106	0. 123	1. 694
Monounsaturated, total	*g*	2. 228			0. 632	0. 735	10. 108
16:1	*g*	0. 035			0. 010	0. 012	0. 159
18:1	*g*	2. 175			0. 617	0. 718	9. 867
20:1	*g*	0. 018			0. 005	0. 006	0. 081
22:1	*g*	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	*g*	5. 149			1. 460	1. 699	23. 354
18:2	*g*	4. 549			1. 290	1. 501	20. 634
18:3	*g*	0. 589			0. 167	0. 194	2. 673
18:4	*g*						
20:4	*g*	0. 008			0. 002	0. 003	0. 037
20:5	*g*	0. 000			0. 000	0. 000	0. 001
22:5	*g*						
22:6	*g*	0. 002			0. 001	0. 001	0. 009
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 062			0. 018	0. 020	0. 281
Threonine	*g*	0. 180			0. 051	0. 060	0. 818
Isoleucine	*g*	0. 205			0. 058	0. 068	0. 931
Leucine	*g*	0. 353			0. 100	0. 116	1. 599
Lysine	*g*	0. 259			0. 073	0. 086	1. 176
Methionine	*g*	0. 067			0. 019	0. 022	0. 303
Cystine	*g*	0. 076			0. 021	0. 025	0. 343
Phenylalanine	*g*	0. 228			0. 065	0. 075	1. 033
Tyrosine	*g*	0. 162			0. 046	0. 053	0. 734
Valine	*g*	0. 217			0. 062	0. 072	0. 986
Arginine	*g*	0. 304			0. 086	0. 100	1. 380
Histidine	*g*	0. 115			0. 033	0. 038	0. 522
Alanine	*g*	0. 196			0. 055	0. 065	0. 887
Aspartic acid	*g*	0. 479			0. 136	0. 158	2. 173
Glutamic acid	*g*	0. 967			0. 274	0. 319	4. 385
Glycine	*g*	0. 192			0. 054	0. 063	0. 869
Proline	*g*	0. 307			0. 087	0. 101	1. 391
Serine	*g*	0. 251			0. 071	0. 083	1. 139

[1] Values based on product containing soybean oil.

MUFFINS
Blueberry, toaster-type, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 toasted muffin = 31 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	26.4			7.5	8.2	119.7
Food energy	*kcal*	333			95	103	1,512
	kJ	1,396			396	433	6,330
Protein	*g*	4.9			1.4	1.5	22.1
Total lipid (fat)	*g*	10.1			2.9	3.1	45.8
Carbohydrate, total	*g*	56.7			16.1	17.6	257.3
Crude fiber	*g*	0.5			0.2	0.2	2.4
Ash	*g*	1.9			0.5	0.6	8.7
Minerals:							
Calcium	*mg*	14			4	4	63
Iron	*mg*	0.54			0.15	0.17	2.46
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	88			25	27	401
Sodium	*mg*	509			144	158	2,307
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.204			0.058	0.063	0.927
Riboflavin	*mg*	0.278			0.079	0.086	1.259
Niacin	*mg*	1.934			0.548	0.600	8.773
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*	64			18	20	291
	IU	304			86	94	1,381
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	1.551			0.440	0.481	7.035
4:0	*g*	0.001			0.000	0.000	0.005
6:0	*g*	0.001			0.000	0.000	0.003
8:0	*g*	0.001			0.000	0.000	0.002
10:0	*g*	0.001			0.000	0.000	0.004
12:0	*g*	0.001			0.000	0.000	0.005
14:0	*g*	0.015			0.004	0.005	0.068
16:0	*g*	1.135			0.322	0.352	5.147
18:0	*g*	0.397			0.113	0.123	1.802
Monounsaturated, total	*g*	2.371			0.672	0.735	10.753
16:1	*g*	0.037			0.011	0.012	0.169
18:1	*g*	2.314			0.656	0.717	10.497
20:1	*g*	0.019			0.005	0.006	0.086
22:1	*g*	0.000			0.000	0.000	0.001
Polyunsaturated, total	*g*	5.477			1.553	1.698	24.845
18:2	*g*	4.839			1.372	1.500	21.951
18:3	*g*	0.627			0.178	0.194	2.844
18:4	*g*						
20:4	*g*	0.009			0.002	0.003	0.039
20:5	*g*	0.000			0.000	0.000	0.001
22:5	*g*						
22:6	*g*	0.002			0.001	0.001	0.010
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.066			0.019	0.020	0.299
Threonine	*g*	0.192			0.054	0.059	0.870
Isoleucine	*g*	0.218			0.062	0.068	0.991
Leucine	*g*	0.375			0.106	0.116	1.701
Lysine	*g*	0.276			0.078	0.085	1.251
Methionine	*g*	0.071			0.020	0.022	0.322
Cystine	*g*	0.080			0.023	0.025	0.365
Phenylalanine	*g*	0.242			0.069	0.075	1.099
Tyrosine	*g*	0.172			0.049	0.053	0.781
Valine	*g*	0.231			0.066	0.072	1.049
Arginine	*g*	0.324			0.092	0.100	1.468
Histidine	*g*	0.122			0.035	0.038	0.555
Alanine	*g*	0.208			0.059	0.065	0.944
Aspartic acid	*g*	0.510			0.144	0.158	2.311
Glutamic acid	*g*	1.029			0.292	0.319	4.665
Glycine	*g*	0.204			0.058	0.063	0.925
Proline	*g*	0.326			0.093	0.101	1.480
Serine	*g*	0.267			0.076	0.083	1.212

[1] Values based on product containing soybean oil.

MUFFINS
Blueberry, prepared from recipe, made with lowfat (2%) milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 57 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	39. 5			11. 2	22. 5	179. 2
Food energy	kcal	285			81	163	1,295
	kJ	1,195			339	681	5,419
Protein	g	6. 5			1. 9	3. 7	29. 7
Total lipid (fat)	g	10. 8			3. 0	6. 1	48. 8
Carbohydrate, total	g	40. 7			11. 5	23. 2	184. 5
Crude fiber	g	0. 3			0. 1	0. 1	1. 1
Ash	g	2. 5			0. 7	1. 4	11. 4
Minerals:							
Calcium	mg	189			53	108	856
Iron	mg	2. 27			0. 64	1. 29	10. 30
Magnesium	mg	16			5	9	73
Phosphorus	mg	145			41	83	657
Potassium	mg	123			35	70	558
Sodium	mg	441			125	251	1,999
Zinc	mg	0. 54			0. 15	0. 31	2. 45
Copper	mg	0. 071			0. 020	0. 041	0. 323
Manganese	mg	0. 312			0. 088	0. 178	1. 415
Vitamins:							
Ascorbic acid	mg	1. 5			0. 4	0. 8	6. 6
Thiamin	mg	0. 272			0. 077	0. 155	1. 234
Riboflavin	mg	0. 289			0. 082	0. 165	1. 310
Niacin	mg	2. 211			0. 627	1. 260	10. 031
Pantothenic acid	mg	0. 341			0. 097	0. 194	1. 546
Vitamin B-6	mg	0. 043			0. 012	0. 025	0. 196
Folate	mcg	12			3	7	56
Vitamin B-12	mcg	0. 14			0. 04	0. 08	0. 65
Vitamin A	RE	39			11	22	175
	IU	141			40	81	641
Lipids:							
Fatty acids:							
Saturated, total	g	2. 030			0. 576	1. 157	9. 209
4:0	g	0. 025			0. 007	0. 014	0. 114
6:0	g	0. 015			0. 004	0. 009	0. 068
8:0	g	0. 009			0. 002	0. 005	0. 040
10:0	g	0. 020			0. 006	0. 011	0. 089
12:0	g	0. 022			0. 006	0. 013	0. 100
14:0	g	0. 090			0. 025	0. 051	0. 407
16:0	g	1. 349			0. 382	0. 769	6. 120
18:0	g	0. 494			0. 140	0. 282	2. 242
Monounsaturated, total	g	2. 596			0. 736	1. 480	11. 777
16:1	g	0. 059			0. 017	0. 034	0. 267
18:1	g	2. 515			0. 713	1. 434	11. 408
20:1	g	0. 020			0. 006	0. 011	0. 090
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	5. 388			1. 527	3. 071	24. 438
18:2	g	4. 752			1. 347	2. 709	21. 555
18:3	g	0. 621			0. 176	0. 354	2. 817
18:4	g						
20:4	g	0. 011			0. 003	0. 007	0. 052
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 003			0. 001	0. 002	0. 013
Cholesterol	mg	37			11	21	168
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 081			0. 023	0. 046	0. 367
Threonine	g	0. 219			0. 062	0. 125	0. 994
Isoleucine	g	0. 276			0. 078	0. 157	1. 252
Leucine	g	0. 498			0. 141	0. 284	2. 257
Lysine	g	0. 264			0. 075	0. 150	1. 197
Methionine	g	0. 137			0. 039	0. 078	0. 622
Cystine	g	0. 124			0. 035	0. 070	0. 561
Phenylalanine	g	0. 325			0. 092	0. 185	1. 474
Tyrosine	g	0. 227			0. 064	0. 129	1. 030
Valine	g	0. 314			0. 089	0. 179	1. 426
Arginine	g	0. 277			0. 078	0. 158	1. 255
Histidine	g	0. 151			0. 043	0. 086	0. 686
Alanine	g	0. 235			0. 067	0. 134	1. 067
Aspartic acid	g	0. 376			0. 107	0. 214	1. 705
Glutamic acid	g	1. 799			0. 510	1. 025	8. 159
Glycine	g	0. 213			0. 060	0. 121	0. 964
Proline	g	0. 644			0. 183	0. 367	2. 923
Serine	g	0. 352			0. 100	0. 201	1. 597

[1] 2-3/4 in. diam. x 2 in. Sm muffin (2-1/2 in. diam. x 1-1/2 in.) = 45 g.

MUFFINS
Blueberry, prepared from recipe, made with whole milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 57 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	39. 0			11. 1	22. 2	177. 1
Food energy	kcal	290			82	165	1,315
	kJ	1,214			344	692	5,507
Protein	g	6. 5			1. 8	3. 7	29. 6
Total lipid (fat)	g	11. 3			3. 2	6. 4	51. 3
Carbohydrate, total	g	40. 6			11. 5	23. 2	184. 3
Crude fiber	g	0. 3			0. 1	0. 1	1. 1
Ash	g	2. 5			0. 7	1. 4	11. 4
Minerals:							
Calcium	mg	188			53	107	852
Iron	mg	2. 27			0. 64	1. 29	10. 30
Magnesium	mg	16			5	9	73
Phosphorus	mg	144			41	82	654
Potassium	mg	122			35	70	553
Sodium	mg	440			125	251	1,998
Zinc	mg	0. 54			0. 15	0. 31	2. 43
Copper	mg	0. 072			0. 020	0. 041	0. 327
Manganese	mg	0. 312			0. 088	0. 178	1. 415
Vitamins:							
Ascorbic acid	mg	1. 5			0. 4	0. 8	6. 6
Thiamin	mg	0. 272			0. 077	0. 155	1. 233
Riboflavin	mg	0. 288			0. 082	0. 164	1. 304
Niacin	mg	2. 211			0. 627	1. 260	10. 027
Pantothenic acid	mg	0. 338			0. 096	0. 193	1. 535
Vitamin B-6	mg	0. 043			0. 012	0. 024	0. 194
Folate	mcg	12			3	7	55
Vitamin B-12	mcg	0. 14			0. 04	0. 08	0. 64
Vitamin A	RE	28			8	16	129
	IU	110			31	63	500
Lipids:							
Fatty acids:							
Saturated, total	g	2. 375			0. 673	1. 354	10. 773
4:0	g	0. 040			0. 011	0. 023	0. 183
6:0	g	0. 025			0. 007	0. 014	0. 112
8:0	g	0. 015			0. 004	0. 008	0. 067
10:0	g	0. 034			0. 010	0. 019	0. 153
12:0	g	0. 038			0. 011	0. 022	0. 173
14:0	g	0. 148			0. 042	0. 085	0. 673
16:0	g	1. 504			0. 427	0. 858	6. 824
18:0	g	0. 567			0. 161	0. 323	2. 571
Monounsaturated, total	g	2. 758			0. 782	1. 572	12. 510
16:1	g	0. 072			0. 020	0. 041	0. 328
18:1	g	2. 665			0. 756	1. 519	12. 089
20:1	g	0. 020			0. 006	0. 011	0. 090
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	5. 410			1. 534	3. 084	24. 539
18:2	g	4. 765			1. 351	2. 716	21. 616
18:3	g	0. 630			0. 179	0. 359	2. 857
18:4	g						
20:4	g	0. 011			0. 003	0. 007	0. 052
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 003			0. 001	0. 002	0. 013
Cholesterol	mg	39			11	23	179
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 081			0. 023	0. 046	0. 366
Threonine	g	0. 218			0. 062	0. 125	0. 991
Isoleucine	g	0. 275			0. 078	0. 157	1. 247
Leucine	g	0. 496			0. 141	0. 283	2. 250
Lysine	g	0. 263			0. 074	0. 150	1. 191
Methionine	g	0. 137			0. 039	0. 078	0. 621
Cystine	g	0. 123			0. 035	0. 070	0. 560
Phenylalanine	g	0. 324			0. 092	0. 185	1. 471
Tyrosine	g	0. 226			0. 064	0. 129	1. 027
Valine	g	0. 313			0. 089	0. 179	1. 422
Arginine	g	0. 276			0. 078	0. 157	1. 252
Histidine	g	0. 151			0. 043	0. 086	0. 684
Alanine	g	0. 235			0. 067	0. 134	1. 064
Aspartic acid	g	0. 375			0. 106	0. 214	1. 700
Glutamic acid	g	1. 796			0. 509	1. 023	8. 145
Glycine	g	0. 212			0. 060	0. 121	0. 963
Proline	g	0. 643			0. 182	0. 366	2. 916
Serine	g	0. 351			0. 100	0. 200	1. 593

[1] 2-3/4 in. diam. x 2 in. Sm muffin (2-1/2 in. diam. x 1-1/2 in.) = 45 g.

MUFFINS
Corn, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 57 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	32. 6	1. 403	6	9. 2	18. 6	147. 9
Food energy	kcal	305			87	174	1,385
	kJ	1,279			362	729	5,799
Protein (N x 5.90)	g	5. 9	0. 162	2	1. 7	3. 4	26. 9
Total lipid (fat)	g	8. 4	0. 710	2	2. 4	4. 8	38. 1
Carbohydrate, total	g	50. 9			14. 4	29. 0	231. 0
Crude fiber	g	0. 2		1	0. 1	0. 1	1. 0
Ash	g	2. 1	0. 115	3	0. 6	1. 2	9. 5
Minerals:							
Calcium	mg	74	16. 380	2	21	42	338
Iron	mg	2. 81		1	0. 80	1. 60	12. 75
Magnesium	mg						
Phosphorus	mg	284	51. 715	2	81	162	1,290
Potassium	mg	69		1	20	39	313
Sodium	mg	521	56. 017	2	148	297	2,365
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 273		1	0. 077	0. 156	1. 238
Riboflavin	mg	0. 326		1	0. 092	0. 186	1. 479
Niacin	mg	2. 037		1	0. 577	1. 161	9. 240
Pantothenic acid	mg	0. 444		1	0. 126	0. 253	2. 014
Vitamin B-6	mg	0. 084		1	0. 024	0. 048	0. 381
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	36			10	20	161
	IU	208	29. 770	2	59	118	942
Lipids:[2]							
Fatty acids:							
Saturated, total	g	1. 505			0. 427	0. 858	6. 827
4:0	g	0. 001			0. 000	0. 001	0. 005
6:0	g	0. 001			0. 000	0. 000	0. 003
8:0	g	0. 001			0. 000	0. 000	0. 004
10:0	g	0. 001			0. 000	0. 001	0. 006
12:0	g	0. 002			0. 000	0. 001	0. 008
14:0	g	0. 015			0. 004	0. 009	0. 069
16:0	g	1. 043			0. 296	0. 595	4. 733
18:0	g	0. 439			0. 124	0. 250	1. 992
Monounsaturated, total	g	3. 341			0. 947	1. 904	15. 153
16:1	g	0. 072			0. 020	0. 041	0. 327
18:1	g	3. 264			0. 925	1. 860	14. 805
20:1	g	0. 004			0. 001	0. 002	0. 019
22:1	g	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	g	2. 831			0. 803	1. 614	12. 840
18:2	g	2. 622			0. 743	1. 494	11. 892
18:3	g	0. 181			0. 051	0. 103	0. 822
18:4	g						
20:4	g	0. 022			0. 006	0. 012	0. 098
20:5	g	0. 001			0. 000	0. 000	0. 003
22:5	g						
22:6	g	0. 006			0. 002	0. 003	0. 026
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 068			0. 019	0. 039	0. 311
Threonine	g	0. 226			0. 064	0. 129	1. 023
Isoleucine	g	0. 257			0. 073	0. 146	1. 165
Leucine	g	0. 516			0. 146	0. 294	2. 343
Lysine	g	0. 279			0. 079	0. 159	1. 265
Methionine	g	0. 117			0. 033	0. 067	0. 530
Cystine	g	0. 110			0. 031	0. 063	0. 498
Phenylalanine	g	0. 297			0. 084	0. 169	1. 347
Tyrosine	g	0. 218			0. 062	0. 125	0. 991
Valine	g	0. 294			0. 083	0. 168	1. 333
Arginine	g	0. 319			0. 090	0. 182	1. 448
Histidine	g	0. 151			0. 043	0. 086	0. 685
Alanine	g	0. 285			0. 081	0. 162	1. 292
Aspartic acid	g	0. 480			0. 136	0. 274	2. 178
Glutamic acid	g	1. 326			0. 376	0. 756	6. 014
Glycine	g	0. 224			0. 063	0. 127	1. 014
Proline	g	0. 477			0. 135	0. 272	2. 165
Serine	g	0. 325			0. 092	0. 185	1. 475

[1] 2-1/2 in. diam. x 2-1/4 in. Lg muffin (3-1/4 in. diam. x 2-3/4 in.) = 71 g.
[2] Values based on product containing partially hydrogenated soybean oil.

MUFFINS
Corn, dry mix, prepared[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 50 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	30. 5			8. 6	15. 2	138. 3
Food energy	kcal	321			91	160	1,456
	kJ	1,344			381	672	6,094
Protein	g	7. 4			2. 1	3. 7	33. 3
Total lipid (fat)	g	10. 2			2. 9	5. 1	46. 5
Carbohydrate, total	g	49. 1			13. 9	24. 6	222. 9
Crude fiber	g	0. 3			0. 1	0. 1	1. 3
Ash	g	2. 8			0. 8	1. 4	12. 5
Minerals:							
Calcium	mg	75			21	37	338
Iron	mg	1. 94			0. 55	0. 97	8. 80
Magnesium	mg	21			6	10	95
Phosphorus	mg	384			109	192	1,744
Potassium	mg	131			37	65	593
Sodium	mg	795			225	397	3,606
Zinc	mg	0. 64			0. 18	0. 32	2. 91
Copper	mg	0. 063			0. 018	0. 031	0. 284
Manganese	mg	0. 221			0. 063	0. 110	1. 002
Vitamins:							
Ascorbic acid	mg	0. 1			0. 0	0. 1	0. 7
Thiamin	mg	0. 249			0. 071	0. 125	1. 130
Riboflavin	mg	0. 276			0. 078	0. 138	1. 251
Niacin	mg	2. 101			0. 596	1. 050	9. 530
Pantothenic acid	mg	0. 451			0. 128	0. 225	2. 045
Vitamin B-6	mg	0. 106			0. 030	0. 053	0. 480
Folate	mcg	11			3	6	52
Vitamin B-12	mcg	0. 16			0. 05	0. 08	0. 73
Vitamin A	RE	45			13	23	206
	IU	210			59	105	951
Lipids:							
Fatty acids:							
Saturated, total	g	2. 797			0. 793	1. 398	12. 687
4:0	g	0. 017			0. 005	0. 008	0. 076
6:0	g	0. 010			0. 003	0. 005	0. 045
8:0	g	0. 006			0. 002	0. 003	0. 028
10:0	g	0. 013			0. 004	0. 007	0. 061
12:0	g	0. 015			0. 004	0. 008	0. 068
14:0	g	0. 096			0. 027	0. 048	0. 437
16:0	g	1. 507			0. 427	0. 753	6. 836
18:0	g	1. 124			0. 319	0. 562	5. 099
Monounsaturated, total	g	5. 249			1. 488	2. 625	23. 811
16:1	g	0. 054			0. 015	0. 027	0. 246
18:1	g	5. 189			1. 471	2. 594	23. 536
20:1	g	0. 004			0. 001	0. 002	0. 018
22:1	g	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	g	1. 250			0. 354	0. 625	5. 670
18:2	g	1. 159			0. 329	0. 580	5. 259
18:3	g	0. 064			0. 018	0. 032	0. 293
18:4	g						
20:4	g	0. 020			0. 006	0. 010	0. 092
20:5	g	0. 001			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 005			0. 001	0. 003	0. 024
Cholesterol	mg	62			18	31	283
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 081			0. 023	0. 040	0. 366
Threonine	g	0. 273			0. 077	0. 137	1. 239
Isoleucine	g	0. 317			0. 090	0. 158	1. 438
Leucine	g	0. 660			0. 187	0. 330	2. 994
Lysine	g	0. 323			0. 092	0. 162	1. 466
Methionine	g	0. 166			0. 047	0. 083	0. 753
Cystine	g	0. 139			0. 039	0. 070	0. 632
Phenylalanine	g	0. 367			0. 104	0. 183	1. 664
Tyrosine	g	0. 275			0. 078	0. 137	1. 245
Valine	g	0. 379			0. 107	0. 189	1. 717
Arginine	g	0. 341			0. 097	0. 171	1. 549
Histidine	g	0. 184			0. 052	0. 092	0. 837
Alanine	g	0. 356			0. 101	0. 178	1. 617
Aspartic acid	g	0. 498			0. 141	0. 249	2. 259
Glutamic acid	g	1. 659			0. 470	0. 830	7. 527
Glycine	g	0. 251			0. 071	0. 125	1. 137
Proline	g	0. 634			0. 180	0. 317	2. 878
Serine	g	0. 404			0. 115	0. 202	1. 835

[1] 8.5 oz pkg prepared with 1 egg and 1/3 c lowfat (2%) milk. Moisture loss: 6.5%.
[2] 2-1/4 in. diam. x 1-1/2 in.

MUFFINS
Corn, toaster-type

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 toaster muffin = 33 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	23. 6	0. 912	2	6. 7	7. 8	107. 0
Food energy	*kcal*	346			98	114	1,571
	kJ	1,450			411	479	6,578
Protein (N x 5.90)	*g*	5. 3	0. 000	2	1. 5	1. 7	24. 0
Total lipid (fat)	*g*	11. 3	0. 778	2	3. 2	3. 7	51. 3
Carbohydrate, total	*g*	57. 9			16. 4	19. 1	262. 6
Crude fiber	*g*						
Ash	*g*	1. 9	0. 262	2	0. 5	0. 6	8. 6
Minerals:							
Calcium	*mg*	19		1	5	6	86
Iron	*mg*	1. 47		1	0. 42	0. 49	6. 67
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	92		1	26	30	417
Sodium	*mg*	430		1	122	142	1,950
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0		1	0	0	0
Thiamin	*mg*	0. 310		1	0. 088	0. 102	1. 406
Riboflavin	*mg*	0. 370		1	0. 105	0. 122	1. 678
Niacin	*mg*	2. 310		1	0. 655	0. 762	10. 478
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*	20			6	7	92
	IU	97		1	27	32	440
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	1. 846			0. 523	0. 609	8. 375
4:0	*g*						
6:0	*g*						
8:0	*g*	0. 000			0. 000	0. 000	0. 002
10:0	*g*	0. 000			0. 000	0. 000	0. 002
12:0	*g*	0. 001			0. 000	0. 000	0. 003
14:0	*g*	0. 014			0. 004	0. 005	0. 066
16:0	*g*	1. 355			0. 384	0. 447	6. 144
18:0	*g*	0. 475			0. 135	0. 157	2. 155
Monounsaturated, total	*g*	2. 796			0. 793	0. 923	12. 683
16:1	*g*	0. 063			0. 018	0. 021	0. 285
18:1	*g*	2. 710			0. 768	0. 894	12. 292
20:1	*g*	0. 023			0. 006	0. 008	0. 103
22:1	*g*	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	*g*	5. 809			1. 647	1. 917	26. 350
18:2	*g*	5. 132			1. 455	1. 694	23. 278
18:3	*g*	0. 650			0. 184	0. 215	2. 950
18:4	*g*						
20:4	*g*	0. 021			0. 006	0. 007	0. 094
20:5	*g*	0. 001			0. 000	0. 000	0. 003
22:5	*g*						
22:6	*g*	0. 005			0. 002	0. 002	0. 025
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 060			0. 017	0. 020	0. 273
Threonine	*g*	0. 186			0. 053	0. 061	0. 844
Isoleucine	*g*	0. 214			0. 061	0. 071	0. 970
Leucine	*g*	0. 441			0. 125	0. 146	2. 001
Lysine	*g*	0. 197			0. 056	0. 065	0. 892
Methionine	*g*	0. 118			0. 033	0. 039	0. 534
Cystine	*g*	0. 113			0. 032	0. 037	0. 513
Phenylalanine	*g*	0. 271			0. 077	0. 090	1. 231
Tyrosine	*g*	0. 186			0. 053	0. 061	0. 844
Valine	*g*	0. 254			0. 072	0. 084	1. 153
Arginine	*g*	0. 252			0. 072	0. 083	1. 145
Histidine	*g*	0. 129			0. 037	0. 043	0. 587
Alanine	*g*	0. 245			0. 070	0. 081	1. 112
Aspartic acid	*g*	0. 336			0. 095	0. 111	1. 524
Glutamic acid	*g*	1. 352			0. 383	0. 446	6. 133
Glycine	*g*	0. 192			0. 055	0. 063	0. 872
Proline	*g*	0. 478			0. 135	0. 158	2. 168
Serine	*g*	0. 300			0. 085	0. 099	1. 361

[1] Values based on product containing soybean oil.

MUFFINS
Corn, toaster-type, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 toasted muffin = 31 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	18. 7			5. 3	5. 8	84. 9
Food energy	*kcal*	369			104	114	1,672
	kJ	1,543			437	478	6,998
Protein	*g*	5. 6			1. 6	1. 7	25. 6
Total lipid (fat)	*g*	12. 0			3. 4	3. 7	54. 5
Carbohydrate, total	*g*	61. 6			17. 5	19. 1	279. 4
Crude fiber	*g*						
Ash	*g*	2. 0			0. 6	0. 6	9. 2
Minerals:							
Calcium	*mg*	20			6	6	92
Iron	*mg*	1. 56			0. 44	0. 48	7. 09
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	98			28	30	444
Sodium	*mg*	457			130	142	2,075
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 264			0. 075	0. 082	1. 197
Riboflavin	*mg*	0. 354			0. 100	0. 110	1. 607
Niacin	*mg*	2. 212			0. 627	0. 686	10. 032
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*	19			6	6	88
	IU	93			26	29	421
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	1. 964			0. 557	0. 609	8. 910
4:0	*g*						
6:0	*g*						
8:0	*g*	0. 000			0. 000	0. 000	0. 002
10:0	*g*	0. 000			0. 000	0. 000	0. 002
12:0	*g*	0. 001			0. 000	0. 000	0. 003
14:0	*g*	0. 015			0. 004	0. 005	0. 070
16:0	*g*	1. 441			0. 409	0. 447	6. 536
18:0	*g*	0. 506			0. 143	0. 157	2. 293
Monounsaturated, total	*g*	2. 975			0. 843	0. 922	13. 493
16:1	*g*	0. 067			0. 019	0. 021	0. 304
18:1	*g*	2. 883			0. 817	0. 894	13. 077
20:1	*g*	0. 024			0. 007	0. 008	0. 110
22:1	*g*	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	*g*	6. 180			1. 752	1. 916	28. 032
18:2	*g*	5. 459			1. 548	1. 692	24. 764
18:3	*g*	0. 692			0. 196	0. 214	3. 138
18:4	*g*						
20:4	*g*	0. 022			0. 006	0. 007	0. 100
20:5	*g*	0. 001			0. 000	0. 000	0. 003
22:5	*g*						
22:6	*g*	0. 006			0. 002	0. 002	0. 026
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 064			0. 018	0. 020	0. 290
Threonine	*g*	0. 198			0. 056	0. 061	0. 897
Isoleucine	*g*	0. 227			0. 064	0. 071	1. 032
Leucine	*g*	0. 469			0. 133	0. 145	2. 128
Lysine	*g*	0. 209			0. 059	0. 065	0. 949
Methionine	*g*	0. 125			0. 035	0. 039	0. 568
Cystine	*g*	0. 120			0. 034	0. 037	0. 546
Phenylalanine	*g*	0. 289			0. 082	0. 089	1. 309
Tyrosine	*g*	0. 198			0. 056	0. 061	0. 897
Valine	*g*	0. 270			0. 077	0. 084	1. 227
Arginine	*g*	0. 269			0. 076	0. 083	1. 218
Histidine	*g*	0. 138			0. 039	0. 043	0. 624
Alanine	*g*	0. 261			0. 074	0. 081	1. 183
Aspartic acid	*g*	0. 357			0. 101	0. 111	1. 621
Glutamic acid	*g*	1. 438			0. 408	0. 446	6. 524
Glycine	*g*	0. 205			0. 058	0. 063	0. 928
Proline	*g*	0. 508			0. 144	0. 158	2. 306
Serine	*g*	0. 319			0. 090	0. 099	1. 448

[1] Values based on product containing soybean oil.

MUFFINS
Corn, prepared from recipe, made with lowfat (2%) milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 57 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	33.0			9.4	18.8	149.7
Food energy	kcal	316			89	180	1,432
	kJ	1,321			375	753	5,993
Protein	g	7.1			2.0	4.0	32.1
Total lipid (fat)	g	12.3			3.5	7.0	55.7
Carbohydrate, total	g	44.2			12.5	25.2	200.6
Crude fiber	g	0.2			0.1	0.1	1.0
Ash	g	3.4			1.0	1.9	15.5
Minerals:							
Calcium	mg	259			73	148	1,176
Iron	mg	2.61			0.74	1.49	11.84
Magnesium	mg	23			7	13	104
Phosphorus	mg	177			50	101	803
Potassium	mg	145			41	83	657
Sodium	mg	585			166	334	2,654
Zinc	mg	0.61			0.17	0.35	2.78
Copper	mg	0.059			0.017	0.034	0.268
Manganese	mg	0.186			0.053	0.106	0.846
Vitamins:							
Ascorbic acid	mg	0.3			0.1	0.2	1.2
Thiamin	mg	0.303			0.086	0.173	1.374
Riboflavin	mg	0.310			0.088	0.177	1.406
Niacin	mg	2.382			0.675	1.358	10.803
Pantothenic acid	mg	0.359			0.102	0.205	1.629
Vitamin B-6	mg	0.093			0.026	0.053	0.422
Folate	mcg	18			5	10	79
Vitamin B-12	mcg	0.16			0.05	0.09	0.73
Vitamin A	RE	51			14	29	232
	IU	241			68	137	1,094
Lipids:							
Fatty acids:							
Saturated, total	g	2.311			0.655	1.317	10.484
4:0	g	0.028			0.008	0.016	0.129
6:0	g	0.017			0.005	0.010	0.077
8:0	g	0.010			0.003	0.006	0.045
10:0	g	0.022			0.006	0.013	0.101
12:0	g	0.025			0.007	0.014	0.115
14:0	g	0.102			0.029	0.058	0.461
16:0	g	1.535			0.435	0.875	6.963
18:0	g	0.562			0.159	0.321	2.551
Monounsaturated, total	g	3.012			0.854	1.717	13.663
16:1	g	0.068			0.019	0.039	0.308
18:1	g	2.919			0.828	1.664	13.241
20:1	g	0.022			0.006	0.013	0.102
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	6.162			1.747	3.512	27.950
18:2	g	5.445			1.544	3.104	24.697
18:3	g	0.700			0.199	0.399	3.177
18:4	g						
20:4	g	0.013			0.004	0.007	0.058
20:5	g	0.000			0.000	0.000	0.001
22:5	g						
22:6	g	0.003			0.001	0.002	0.015
Cholesterol	mg	42			12	24	190
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.077			0.022	0.044	0.350
Threonine	g	0.261			0.074	0.149	1.184
Isoleucine	g	0.304			0.086	0.173	1.377
Leucine	g	0.655			0.186	0.373	2.972
Lysine	g	0.304			0.086	0.173	1.379
Methionine	g	0.156			0.044	0.089	0.709
Cystine	g	0.127			0.036	0.072	0.576
Phenylalanine	g	0.350			0.099	0.199	1.587
Tyrosine	g	0.271			0.077	0.154	1.228
Valine	g	0.364			0.103	0.208	1.653
Arginine	g	0.319			0.090	0.182	1.447
Histidine	g	0.182			0.052	0.104	0.825
Alanine	g	0.345			0.098	0.197	1.566
Aspartic acid	g	0.466			0.132	0.266	2.115
Glutamic acid	g	1.628			0.462	0.928	7.386
Glycine	g	0.239			0.068	0.136	1.084
Proline	g	0.637			0.181	0.363	2.891
Serine	g	0.378			0.107	0.216	1.715

[1] 2-3/4 in. diam. x 2 in. Sm muffin (2-1/2 in. diam. x 1-1/2 in.) = 45 g.

MUFFINS
Corn, prepared from recipe, made with whole milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 57 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	32. 5			9. 2	18. 5	147. 3
Food energy	kcal	321			91	183	1,455
	kJ	1,343			381	766	6,092
Protein	g	7. 1			2. 0	4. 0	32. 0
Total lipid (fat)	g	12. 9			3. 7	7. 4	58. 5
Carbohydrate, total	g	44. 2			12. 5	25. 2	200. 3
Crude fiber	g	0. 2			0. 1	0. 1	1. 0
Ash	g	3. 4			1. 0	1. 9	15. 5
Minerals:							
Calcium	mg	258			73	147	1,171
Iron	mg	2. 61			0. 74	1. 49	11. 84
Magnesium	mg	23			6	13	104
Phosphorus	mg	176			50	100	799
Potassium	mg	144			41	82	651
Sodium	mg	585			166	333	2,653
Zinc	mg	0. 61			0. 17	0. 35	2. 76
Copper	mg	0. 060			0. 017	0. 034	0. 272
Manganese	mg	0. 186			0. 053	0. 106	0. 846
Vitamins:							
Ascorbic acid	mg	0. 3			0. 1	0. 2	1. 2
Thiamin	mg	0. 303			0. 086	0. 172	1. 372
Riboflavin	mg	0. 309			0. 087	0. 176	1. 400
Niacin	mg	2. 381			0. 675	1. 357	10. 799
Pantothenic acid	mg	0. 356			0. 101	0. 203	1. 617
Vitamin B-6	mg	0. 093			0. 026	0. 053	0. 420
Folate	mcg	17			5	10	79
Vitamin B-12	mcg	0. 16			0. 05	0. 09	0. 72
Vitamin A	RE	40			11	23	180
	IU	206			58	118	935
Lipids:							
Fatty acids:							
Saturated, total	g	2. 700			0. 766	1. 539	12. 249
4:0	g	0. 045			0. 013	0. 026	0. 206
6:0	g	0. 028			0. 008	0. 016	0. 126
8:0	g	0. 017			0. 005	0. 010	0. 076
10:0	g	0. 038			0. 011	0. 022	0. 173
12:0	g	0. 043			0. 012	0. 025	0. 197
14:0	g	0. 168			0. 048	0. 096	0. 760
16:0	g	1. 710			0. 485	0. 975	7. 758
18:0	g	0. 644			0. 183	0. 367	2. 921
Monounsaturated, total	g	3. 195			0. 906	1. 821	14. 491
16:1	g	0. 083			0. 023	0. 047	0. 376
18:1	g	3. 089			0. 876	1. 760	14. 010
20:1	g	0. 022			0. 006	0. 013	0. 102
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	6. 187			1. 754	3. 526	28. 063
18:2	g	5. 460			1. 548	3. 112	24. 766
18:3	g	0. 710			0. 201	0. 405	3. 222
18:4	g						
20:4	g	0. 013			0. 004	0. 007	0. 058
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 003			0. 001	0. 002	0. 015
Cholesterol	mg	45			13	25	202
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 077			0. 022	0. 044	0. 349
Threonine	g	0. 260			0. 074	0. 148	1. 181
Isoleucine	g	0. 303			0. 086	0. 172	1. 372
Leucine	g	0. 654			0. 185	0. 373	2. 964
Lysine	g	0. 303			0. 086	0. 173	1. 373
Methionine	g	0. 156			0. 044	0. 089	0. 707
Cystine	g	0. 127			0. 036	0. 072	0. 576
Phenylalanine	g	0. 349			0. 099	0. 199	1. 583
Tyrosine	g	0. 270			0. 077	0. 154	1. 224
Valine	g	0. 363			0. 103	0. 207	1. 648
Arginine	g	0. 318			0. 090	0. 181	1. 444
Histidine	g	0. 181			0. 051	0. 103	0. 823
Alanine	g	0. 345			0. 098	0. 196	1. 563
Aspartic acid	g	0. 465			0. 132	0. 265	2. 109
Glutamic acid	g	1. 625			0. 461	0. 926	7. 369
Glycine	g	0. 239			0. 068	0. 136	1. 082
Proline	g	0. 636			0. 180	0. 362	2. 884
Serine	g	0. 377			0. 107	0. 215	1. 711

[1] 2-3/4 in. diam. x 2 in. Sm muffin (2-1/2 in. diam. x 1-1/2 in.) = 45 g.

MUFFINS
Oat bran[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 57 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	35.0	0.404	2	9.9	19.9	158.7
Food energy	*kcal*	270			77	154	1,227
	kJ	1,132			321	645	5,136
Protein (N x 6.20)	*g*	7.0	0.281	2	2.0	4.0	31.8
Total lipid (fat)	*g*	7.4	0.081	3	2.1	4.2	33.7
Carbohydrate, total	*g*	48.3			13.7	27.5	219.0
Crude fiber	*g*						
Ash	*g*	2.3	0.000	4	0.6	1.3	10.4
Minerals:							
Calcium	*mg*	63	8.068	2	18	36	285
Iron	*mg*	4.20	0.177	2	1.19	2.39	19.05
Magnesium	*mg*	157	12.354	2	44	89	711
Phosphorus	*mg*	376	7.698	2	107	214	1,704
Potassium	*mg*	507	17.698	2	144	289	2,298
Sodium	*mg*	393	11.347	2	111	224	1,782
Zinc	*mg*	1.84	0.134	2	0.52	1.05	8.35
Copper	*mg*	0.330	0.014	2	0.094	0.188	1.497
Manganese	*mg*	2.630	0.113	2	0.746	1.499	11.930
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0.262	0.008	8	0.074	0.149	1.188
Riboflavin	*mg*	0.095	0.002	8	0.027	0.054	0.431
Niacin	*mg*	0.420	0.025	8	0.119	0.239	1.905
Pantothenic acid	*mg*	1.010	0.025	8	0.286	0.576	4.581
Vitamin B-6	*mg*						
Folate	*mcg*	18	0.290	8	5	10	82
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	0.892			0.253	0.509	4.048
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0.008			0.002	0.005	0.038
14:0	*g*	0.012			0.003	0.007	0.053
16:0	*g*	0.713			0.202	0.406	3.232
18:0	*g*	0.134			0.038	0.076	0.606
Monounsaturated, total	*g*	1.420			0.403	0.809	6.441
16:1	*g*	0.025			0.007	0.014	0.112
18:1	*g*	1.395			0.396	0.795	6.329
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	4.559			1.292	2.598	20.677
18:2	*g*	4.494			1.274	2.562	20.385
18:3	*g*	0.064			0.018	0.037	0.292
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.105			0.030	0.060	0.477
Threonine	*g*	0.210			0.060	0.120	0.954
Isoleucine	*g*	0.262			0.074	0.150	1.190
Leucine	*g*	0.506			0.143	0.288	2.294
Lysine	*g*	0.277			0.079	0.158	1.257
Methionine	*g*	0.123			0.035	0.070	0.559
Cystine	*g*	0.182			0.052	0.104	0.826
Phenylalanine	*g*	0.346			0.098	0.197	1.570
Tyrosine	*g*	0.234			0.066	0.133	1.062
Valine	*g*	0.364			0.103	0.208	1.652
Arginine	*g*	0.472			0.134	0.269	2.140
Histidine	*g*	0.156			0.044	0.089	0.708
Alanine	*g*	0.337			0.096	0.192	1.529
Aspartic acid	*g*	0.576			0.163	0.328	2.612
Glutamic acid	*g*	1.430			0.405	0.815	6.486
Glycine	*g*	0.338			0.096	0.193	1.534
Proline	*g*	0.365			0.104	0.208	1.657
Serine	*g*	0.309			0.088	0.176	1.401

[1] Wheat-free product.
[2] 2-1/2 in. diam. x 2-1/4 in.
[3] Values based on product containing sunflower oil.

MUFFINS
Wheat bran, dry mix

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (7 oz) = 198 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	4. 8		1	1. 4	9. 5	21. 8
Food energy	kcal	396			112	785	1,798
	kJ	1,659			470	3,285	7,525
Protein (N x 6.00)	g	7. 1		1	2. 0	14. 1	32. 2
Total lipid (fat)	g	12. 0		1	3. 4	23. 8	54. 4
Carbohydrate, total	g	73. 0			20. 7	144. 5	331. 1
Crude fiber	g	1. 2		1	0. 3	2. 4	5. 4
Ash	g	3. 1		1	0. 9	6. 1	14. 1
Minerals:							
Calcium	mg	36		1	10	71	163
Iron	mg	3. 60		1	1. 02	7. 13	16. 33
Magnesium	mg	87		1	25	172	395
Phosphorus	mg	480		1	136	950	2,177
Potassium	mg	200		1	57	396	907
Sodium	mg	700		1	198	1,386	3,175
Zinc	mg	1. 50		1	0. 43	2. 97	6. 80
Copper	mg	0. 200		1	0. 057	0. 396	0. 907
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 360		1	0. 102	0. 713	1. 633
Riboflavin	mg	0. 280		1	0. 079	0. 554	1. 270
Niacin	mg	5. 000		1	1. 417	9. 900	22. 680
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[1]							
Fatty acids:							
Saturated, total	g	2. 933			0. 832	5. 808	13. 305
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 000			0. 000	0. 001	0. 002
14:0	g	0. 056			0. 016	0. 110	0. 252
16:0	g	1. 562			0. 443	3. 093	7. 086
18:0	g	1. 310			0. 371	2. 594	5. 944
Monounsaturated, total	g	6. 399			1. 814	12. 671	29. 028
16:1	g	0. 005			0. 001	0. 009	0. 022
18:1	g	6. 395			1. 813	12. 661	29. 006
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 917			0. 544	3. 796	8. 696
18:2	g	1. 807			0. 512	3. 577	8. 195
18:3	g	0. 110			0. 031	0. 217	0. 497
18:4	g						
20:4	g	0. 001			0. 000	0. 002	0. 005
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 115			0. 033	0. 227	0. 521
Threonine	g	0. 212			0. 060	0. 420	0. 961
Isoleucine	g	0. 245			0. 069	0. 485	1. 112
Leucine	g	0. 453			0. 129	0. 898	2. 057
Lysine	g	0. 259			0. 074	0. 513	1. 176
Methionine	g	0. 112			0. 032	0. 223	0. 510
Cystine	g	0. 162			0. 046	0. 321	0. 736
Phenylalanine	g	0. 303			0. 086	0. 600	1. 375
Tyrosine	g	0. 201			0. 057	0. 399	0. 913
Valine	g	0. 322			0. 091	0. 638	1. 461
Arginine	g	0. 385			0. 109	0. 762	1. 745
Histidine	g	0. 170			0. 048	0. 338	0. 773
Alanine	g	0. 282			0. 080	0. 558	1. 278
Aspartic acid	g	0. 406			0. 115	0. 804	1. 842
Glutamic acid	g	1. 823			0. 517	3. 610	8. 271
Glycine	g	0. 326			0. 092	0. 645	1. 477
Proline	g	0. 594			0. 169	1. 177	2. 696
Serine	g	0. 343			0. 097	0. 680	1. 557

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

MUFFINS
Wheat bran, dry mix, prepared[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 50 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	35. 4			10. 0	17. 7	160. 7
Food energy	*kcal*	276			78	138	1,252
	kJ	1,156			328	578	5,242
Protein	*g*	6. 5			1. 8	3. 3	29. 6
Total lipid (fat)	*g*	9. 2			2. 6	4. 6	41. 9
Carbohydrate, total	*g*	46. 6			13. 2	23. 3	211. 6
Crude fiber	*g*	0. 8			0. 2	0. 4	3. 5
Ash	*g*	2. 2			0. 6	1. 1	9. 8
Minerals:							
Calcium	*mg*	32			9	16	143
Iron	*mg*	2. 53			0. 72	1. 26	11. 45
Magnesium	*mg*	57			16	29	260
Phosphorus	*mg*	334			95	167	1,515
Potassium	*mg*	147			42	73	665
Sodium	*mg*	467			132	233	2,117
Zinc	*mg*	1. 14			0. 32	0. 57	5. 18
Copper	*mg*	0. 132			0. 037	0. 066	0. 598
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 191			0. 054	0. 096	0. 867
Riboflavin	*mg*	0. 238			0. 067	0. 119	1. 078
Niacin	*mg*	2. 874			0. 815	1. 437	13. 035
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0. 13			0. 04	0. 06	0. 58
Vitamin A	*RE*	31			9	15	139
	IU	102			29	51	462
Lipids:							
Fatty acids:							
Saturated, total	*g*	2. 363			0. 670	1. 182	10. 719
4:0	*g*						
6:0	*g*						
8:0	*g*	0. 000			0. 000	0. 000	0. 002
10:0	*g*	0. 000			0. 000	0. 000	0. 002
12:0	*g*	0. 001			0. 000	0. 000	0. 004
14:0	*g*	0. 041			0. 012	0. 020	0. 185
16:0	*g*	1. 351			0. 383	0. 675	6. 127
18:0	*g*	0. 959			0. 272	0. 480	4. 352
Monounsaturated, total	*g*	4. 682			1. 327	2. 341	21. 239
16:1	*g*	0. 051			0. 014	0. 025	0. 230
18:1	*g*	4. 625			1. 311	2. 313	20. 980
20:1	*g*	0. 004			0. 001	0. 002	0. 020
22:1	*g*	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	*g*	1. 438			0. 408	0. 719	6. 525
18:2	*g*	1. 333			0. 378	0. 667	6. 049
18:3	*g*	0. 075			0. 021	0. 038	0. 340
18:4	*g*						
20:4	*g*	0. 023			0. 007	0. 012	0. 106
20:5	*g*	0. 001			0. 000	0. 000	0. 003
22:5	*g*						
22:6	*g*	0. 006			0. 002	0. 003	0. 027
Cholesterol	*mg*	68			19	34	309
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 097			0. 028	0. 049	0. 442
Threonine	*g*	0. 231			0. 065	0. 115	1. 048
Isoleucine	*g*	0. 265			0. 075	0. 133	1. 203
Leucine	*g*	0. 460			0. 130	0. 230	2. 085
Lysine	*g*	0. 309			0. 088	0. 154	1. 401
Methionine	*g*	0. 134			0. 038	0. 067	0. 608
Cystine	*g*	0. 150			0. 042	0. 075	0. 679
Phenylalanine	*g*	0. 299			0. 085	0. 150	1. 357
Tyrosine	*g*	0. 210			0. 059	0. 105	0. 951
Valine	*g*	0. 327			0. 093	0. 163	1. 483
Arginine	*g*	0. 365			0. 103	0. 182	1. 656
Histidine	*g*	0. 156			0. 044	0. 078	0. 707
Alanine	*g*	0. 291			0. 082	0. 145	1. 319
Aspartic acid	*g*	0. 460			0. 130	0. 230	2. 085
Glutamic acid	*g*	1. 422			0. 403	0. 711	6. 450
Glycine	*g*	0. 274			0. 078	0. 137	1. 245
Proline	*g*	0. 458			0. 130	0. 229	2. 077
Serine	*g*	0. 367			0. 104	0. 184	1. 667

[1] 7 oz pkg prepared with 1/2 c water and 1 egg. Moisture loss: 15%.
[2] 2-1/4 in. diam. x 1-3/4 in.

MUFFINS
Wheat bran, toaster-type with raisins

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 toaster muffin = 36 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	31.4	0.778	2	8.9	11.3	142.4
Food energy	kcal	295			83	106	1,336
	kJ	1,233			350	444	5,592
Protein (N x 5.90)	g	5.2	0.057	2	1.5	1.9	23.6
Total lipid (fat)	g	8.8	0.078	2	2.5	3.2	39.9
Carbohydrate, total	g	52.2			14.8	18.8	236.8
Crude fiber	g	0.9		1	0.3	0.3	4.1
Ash	g	2.4	0.134	2	0.7	0.9	10.9
Minerals:							
Calcium	mg	37		1	10	13	168
Iron	mg	2.66		1	0.75	0.96	12.07
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	166		1	47	60	753
Sodium	mg	495		1	140	178	2,245
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0		1	0	0	0
Thiamin	mg	0.240		1	0.068	0.086	1.089
Riboflavin	mg	0.300		1	0.085	0.108	1.361
Niacin	mg	2.420		1	0.686	0.871	10.977
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	50			14	18	229
	IU	178		1	50	64	807
Lipids:[1]							
Fatty acids:							
Saturated, total	g	1.410			0.400	0.508	6.396
4:0	g	0.001			0.000	0.000	0.002
6:0	g	0.000			0.000	0.000	0.002
8:0	g	0.000			0.000	0.000	0.002
10:0	g	0.001			0.000	0.000	0.003
12:0	g	0.001			0.000	0.000	0.004
14:0	g	0.013			0.004	0.005	0.059
16:0	g	1.043			0.296	0.376	4.732
18:0	g	0.350			0.099	0.126	1.588
Monounsaturated, total	g	2.087			0.592	0.751	9.469
16:1	g	0.042			0.012	0.015	0.189
18:1	g	2.029			0.575	0.730	9.203
20:1	g	0.017			0.005	0.006	0.075
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	4.623			1.311	1.664	20.969
18:2	g	4.089			1.159	1.472	18.546
18:3	g	0.518			0.147	0.187	2.350
18:4	g						
20:4	g	0.012			0.004	0.004	0.057
20:5	g	0.000			0.000	0.000	0.002
22:5	g						
22:6	g	0.003			0.001	0.001	0.014
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.070			0.020	0.025	0.316
Threonine	g	0.185			0.052	0.067	0.840
Isoleucine	g	0.206			0.058	0.074	0.936
Leucine	g	0.370			0.105	0.133	1.679
Lysine	g	0.235			0.067	0.085	1.067
Methionine	g	0.088			0.025	0.032	0.400
Cystine	g	0.100			0.028	0.036	0.452
Phenylalanine	g	0.247			0.070	0.089	1.119
Tyrosine	g	0.168			0.048	0.061	0.764
Valine	g	0.236			0.067	0.085	1.071
Arginine	g	0.306			0.087	0.110	1.387
Histidine	g	0.127			0.036	0.046	0.576
Alanine	g	0.216			0.061	0.078	0.980
Aspartic acid	g	0.433			0.123	0.156	1.963
Glutamic acid	g	1.200			0.340	0.432	5.445
Glycine	g	0.212			0.060	0.076	0.960
Proline	g	0.387			0.110	0.139	1.755
Serine	g	0.276			0.078	0.099	1.251

[1] Values based on product containing soybean oil.

MUFFINS
Wheat bran, toaster-type with raisins, toasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 toasted muffin = 34 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	27.0			7.7	9.2	122.6
Food energy	kcal	313			89	107	1,421
	kJ	1,312			372	446	5,949
Protein	g	5.5			1.6	1.9	25.1
Total lipid (fat)	g	9.4			2.7	3.2	42.5
Carbohydrate, total	g	55.5			15.7	18.9	251.9
Crude fiber	g	1.0			0.3	0.3	4.3
Ash	g	2.6			0.7	0.9	11.6
Minerals:							
Calcium	mg	39			11	13	179
Iron	mg	2.83			0.80	0.96	12.84
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	177			50	60	801
Sodium	mg	527			149	179	2,389
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.204			0.058	0.069	0.927
Riboflavin	mg	0.287			0.081	0.098	1.303
Niacin	mg	2.317			0.657	0.788	10.510
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	48			14	16	219
	IU	170			48	58	773
Lipids:[1]							
Fatty acids:							
Saturated, total	g	1.500			0.425	0.510	6.805
4:0	g	0.001			0.000	0.000	0.003
6:0	g	0.000			0.000	0.000	0.002
8:0	g	0.000			0.000	0.000	0.002
10:0	g	0.001			0.000	0.000	0.003
12:0	g	0.001			0.000	0.000	0.005
14:0	g	0.014			0.004	0.005	0.062
16:0	g	1.110			0.315	0.377	5.034
18:0	g	0.372			0.106	0.127	1.689
Monounsaturated, total	g	2.221			0.630	0.755	10.073
16:1	g	0.044			0.013	0.015	0.201
18:1	g	2.158			0.612	0.734	9.790
20:1	g	0.018			0.005	0.006	0.080
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	4.918			1.394	1.672	22.307
18:2	g	4.350			1.233	1.479	19.730
18:3	g	0.551			0.156	0.187	2.500
18:4	g						
20:4	g	0.013			0.004	0.005	0.060
20:5	g	0.000			0.000	0.000	0.002
22:5	g						
22:6	g	0.003			0.001	0.001	0.015
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.074			0.021	0.025	0.336
Threonine	g	0.197			0.056	0.067	0.893
Isoleucine	g	0.219			0.062	0.075	0.995
Leucine	g	0.394			0.112	0.134	1.786
Lysine	g	0.250			0.071	0.085	1.136
Methionine	g	0.094			0.027	0.032	0.425
Cystine	g	0.106			0.030	0.036	0.481
Phenylalanine	g	0.263			0.074	0.089	1.191
Tyrosine	g	0.179			0.051	0.061	0.812
Valine	g	0.251			0.071	0.085	1.140
Arginine	g	0.325			0.092	0.111	1.476
Histidine	g	0.135			0.038	0.046	0.612
Alanine	g	0.230			0.065	0.078	1.042
Aspartic acid	g	0.460			0.131	0.157	2.088
Glutamic acid	g	1.277			0.362	0.434	5.793
Glycine	g	0.225			0.064	0.077	1.021
Proline	g	0.412			0.117	0.140	1.867
Serine	g	0.293			0.083	0.100	1.331

[1] Values based on product containing soybean oil.

MUFFINS
Wheat bran, prepared from recipe, made with lowfat (2%) milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 57 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	35.4			10.0	20.2	160.8
Food energy	kcal	283			80	161	1,282
	kJ	1,183			335	674	5,365
Protein	g	7.1			2.0	4.1	32.3
Total lipid (fat)	g	12.2			3.5	7.0	55.4
Carbohydrate, total	g	41.9			11.9	23.9	190.0
Crude fiber	g	1.3			0.4	0.7	5.9
Ash	g	3.3			0.9	1.9	15.1
Minerals:							
Calcium	mg	187			53	106	846
Iron[2]	mg	4.19			1.19	2.39	19.01
Magnesium	mg	78			22	45	356
Phosphorus	mg	285			81	163	1,294
Potassium	mg	318			90	181	1,444
Sodium	mg	588			167	335	2,668
Zinc[2]	mg	2.75			0.78	1.57	12.49
Copper	mg	0.040			0.011	0.023	0.183
Manganese	mg	0.155			0.044	0.089	0.704
Vitamins:							
Ascorbic acid[2]	mg	7.8			2.2	4.5	35.5
Thiamin[2]	mg	0.338			0.096	0.193	1.535
Riboflavin[2]	mg	0.444			0.126	0.253	2.012
Niacin[2]	mg	4.025			1.141	2.294	18.257
Pantothenic acid	mg	0.476			0.135	0.271	2.158
Vitamin B-6[2]	mg	0.320			0.091	0.183	1.454
Folate[2]	mcg	52			15	30	237
Vitamin B-12	mcg	0.14			0.04	0.08	0.64
Vitamin A[2]	RE	250			71	143	1,135
	IU	839			238	478	3,807
Lipids:							
Fatty acids:							
Saturated, total	g	2.259			0.640	1.288	10.248
4:0	g	0.027			0.008	0.016	0.124
6:0	g	0.016			0.005	0.009	0.074
8:0	g	0.009			0.003	0.005	0.043
10:0	g	0.021			0.006	0.012	0.097
12:0	g	0.024			0.007	0.014	0.110
14:0	g	0.098			0.028	0.056	0.446
16:0	g	1.504			0.427	0.858	6.824
18:0	g	0.550			0.156	0.313	2.494
Monounsaturated, total	g	2.936			0.832	1.673	13.317
16:1	g	0.062			0.017	0.035	0.279
18:1	g	2.849			0.808	1.624	12.925
20:1	g	0.022			0.006	0.013	0.102
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	6.285			1.782	3.582	28.509
18:2	g	5.545			1.572	3.161	25.154
18:3	g	0.726			0.206	0.414	3.295
18:4	g						
20:4	g	0.010			0.003	0.006	0.047
20:5	g	0.000			0.000	0.000	0.001
22:5	g						
22:6	g	0.003			0.001	0.001	0.012
Cholesterol	mg	33			9	19	149
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.104			0.029	0.059	0.471
Threonine	g	0.247			0.070	0.141	1.120
Isoleucine	g	0.288			0.082	0.164	1.306
Leucine	g	0.515			0.146	0.294	2.338
Lysine	g	0.319			0.090	0.182	1.447
Methionine	g	0.140			0.040	0.080	0.634
Cystine	g	0.142			0.040	0.081	0.643
Phenylalanine	g	0.323			0.092	0.184	1.467
Tyrosine	g	0.241			0.068	0.137	1.094
Valine	g	0.354			0.100	0.202	1.607
Arginine	g	0.372			0.106	0.212	1.688
Histidine	g	0.179			0.051	0.102	0.810
Alanine	g	0.294			0.083	0.168	1.333
Aspartic acid	g	0.472			0.134	0.269	2.142
Glutamic acid	g	1.632			0.463	0.930	7.403
Glycine	g	0.288			0.082	0.164	1.305
Proline	g	0.573			0.162	0.327	2.599
Serine	g	0.365			0.103	0.208	1.654

[1] 2-3/4 in. diam. x 2 in. Sm muffin (2-1/2 in. diam. x 1-1/2 in.) = 45 g.
[2] Values for product made with fortified wheat bran cereal.

MUFFINS
Wheat bran, prepared from recipe, made with whole milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 muffin = 57 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	34.9			9.9	19.9	158.4
Food energy	kcal	288			82	164	1,304
	kJ	1,204			341	686	5,460
Protein	g	7.1			2.0	4.0	32.2
Total lipid (fat)	g	12.8			3.6	7.3	58.2
Carbohydrate, total	g	41.8			11.9	23.8	189.7
Crude fiber	g	1.3			0.4	0.7	5.9
Ash	g	3.3			0.9	1.9	15.1
Minerals:							
Calcium	mg	186			53	106	842
Iron[2]	mg	4.19			1.19	2.39	19.01
Magnesium	mg	78			22	45	355
Phosphorus	mg	285			81	162	1,291
Potassium	mg	317			90	181	1,438
Sodium	mg	588			167	335	2,666
Zinc[2]	mg	2.75			0.78	1.57	12.47
Copper	mg	0.041			0.012	0.023	0.187
Manganese	mg	0.155			0.044	0.089	0.704
Vitamins:							
Ascorbic acid[2]	mg	7.8			2.2	4.5	35.5
Thiamin[2]	mg	0.338			0.096	0.193	1.533
Riboflavin[2]	mg	0.442			0.125	0.252	2.006
Niacin[2]	mg	4.024			1.141	2.294	18.253
Pantothenic acid	mg	0.473			0.134	0.270	2.146
Vitamin B-6[2]	mg	0.320			0.091	0.182	1.452
Folate[2]	mcg	52			15	30	237
Vitamin B-12	mcg	0.14			0.04	0.08	0.63
Vitamin A[2]	RE	239			68	136	1,084
	IU	806			228	459	3,655
Lipids:							
Fatty acids:							
Saturated, total	g	2.634			0.747	1.502	11.949
4:0	g	0.044			0.012	0.025	0.199
6:0	g	0.027			0.008	0.015	0.122
8:0	g	0.016			0.005	0.009	0.073
10:0	g	0.037			0.010	0.021	0.167
12:0	g	0.042			0.012	0.024	0.189
14:0	g	0.162			0.046	0.092	0.734
16:0	g	1.673			0.474	0.954	7.591
18:0	g	0.629			0.178	0.358	2.851
Monounsaturated, total	g	3.112			0.882	1.774	14.115
16:1	g	0.076			0.022	0.043	0.345
18:1	g	3.013			0.854	1.717	13.666
20:1	g	0.022			0.006	0.013	0.102
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	6.309			1.789	3.596	28.618
18:2	g	5.560			1.576	3.169	25.220
18:3	g	0.736			0.209	0.420	3.338
18:4	g						
20:4	g	0.010			0.003	0.006	0.047
20:5	g	0.000			0.000	0.000	0.001
22:5	g						
22:6	g	0.003			0.001	0.001	0.012
Cholesterol	mg	36			10	20	161
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.103			0.029	0.059	0.469
Threonine	g	0.246			0.070	0.140	1.117
Isoleucine	g	0.287			0.081	0.163	1.301
Leucine	g	0.514			0.146	0.293	2.331
Lysine	g	0.318			0.090	0.181	1.441
Methionine	g	0.139			0.040	0.079	0.632
Cystine	g	0.142			0.040	0.081	0.642
Phenylalanine	g	0.323			0.091	0.184	1.463
Tyrosine	g	0.240			0.068	0.137	1.090
Valine	g	0.353			0.100	0.201	1.602
Arginine	g	0.372			0.105	0.212	1.686
Histidine	g	0.178			0.051	0.102	0.808
Alanine	g	0.293			0.083	0.167	1.331
Aspartic acid	g	0.471			0.133	0.268	2.136
Glutamic acid	g	1.629			0.462	0.928	7.387
Glycine	g	0.287			0.081	0.164	1.303
Proline	g	0.571			0.162	0.326	2.592
Serine	g	0.364			0.103	0.207	1.649

[1] 2-3/4 in. diam. x 2 in. Sm muffin (2-1/2 in. diam. x 1-1/2 in.) = 45 g.
[2] Values for product made with fortified wheat bran cereal.

PANCAKES
Plain, dry mix, complete[1]
(includes buttermilk)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 c poured = 130 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	8.8	0.103	105	2.5	11.5	40.1
Food energy	*kcal*	376			107	489	1,705
	kJ	1,573			446	2,045	7,137
Protein (N x 6.00)	*g*	10.1	0.077	104	2.8	13.1	45.6
Total lipid (fat)	*g*	4.9	0.077	102	1.4	6.4	22.3
Carbohydrate, total	*g*	71.3			20.2	92.7	323.4
Crude fiber	*g*	0.3	0.014	82	0.1	0.4	1.5
Ash	*g*	4.9	0.068	89	1.4	6.3	22.1
Minerals:							
Calcium	*mg*	241	14.229	85	68	313	1,093
Iron	*mg*	3.01	0.074	73	0.85	3.92	13.67
Magnesium	*mg*	37	3.696	25	10	47	166
Phosphorus	*mg*	649	12.261	95	184	843	2,943
Potassium	*mg*	341	34.544	64	97	443	1,545
Sodium	*mg*	1,215	37.736	72	344	1,580	5,512
Zinc	*mg*	0.71	0.051	23	0.20	0.92	3.22
Copper	*mg*	0.174	0.020	22	0.049	0.226	0.790
Manganese	*mg*	0.527	0.048	4	0.149	0.685	2.390
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0.511	0.015	74	0.145	0.664	2.317
Riboflavin	*mg*	0.467	0.019	74	0.132	0.607	2.119
Niacin	*mg*	3.690	0.097	73	1.046	4.797	16.737
Pantothenic acid	*mg*	0.727	0.048	16	0.206	0.945	3.298
Vitamin B-6	*mg*	0.197	0.016	13	0.056	0.256	0.895
Folate	*mcg*						
Vitamin B-12	*mcg*	0.38	0.006	10	0.11	0.49	1.72
Vitamin A	*RE*	20			6	26	89
	IU	68	3.424	10	19	89	310
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	0.984			0.279	1.279	4.463
4:0	*g*	0.009			0.003	0.012	0.042
6:0	*g*	0.005			0.002	0.007	0.025
8:0	*g*	0.003			0.001	0.004	0.015
10:0	*g*	0.007			0.002	0.010	0.034
12:0	*g*	0.009			0.003	0.012	0.040
14:0	*g*	0.035			0.010	0.045	0.158
16:0	*g*	0.669			0.190	0.869	3.033
18:0	*g*	0.243			0.069	0.316	1.101
Monounsaturated, total	*g*	1.710			0.485	2.223	7.757
16:1	*g*	0.044			0.013	0.057	0.200
18:1	*g*	1.663			0.472	2.163	7.546
20:1	*g*	0.002			0.001	0.003	0.011
22:1	*g*	0.000			0.000	0.000	0.001
Polyunsaturated, total	*g*	1.592			0.451	2.070	7.223
18:2	*g*	1.484			0.421	1.929	6.730
18:3	*g*	0.093			0.026	0.121	0.422
18:4	*g*						
20:4	*g*	0.012			0.003	0.016	0.055
20:5	*g*	0.000			0.000	0.000	0.002
22:5	*g*						
22:6	*g*	0.003			0.001	0.004	0.014
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.114			0.032	0.148	0.517
Threonine	*g*	0.360			0.102	0.468	1.634
Isoleucine	*g*	0.419			0.119	0.544	1.900
Leucine	*g*	0.863			0.245	1.121	3.913
Lysine	*g*	0.407			0.115	0.529	1.846
Methionine	*g*	0.204			0.058	0.266	0.927
Cystine	*g*	0.186			0.053	0.242	0.843
Phenylalanine	*g*	0.494			0.140	0.642	2.241
Tyrosine	*g*	0.352			0.100	0.457	1.596
Valine	*g*	0.501			0.142	0.651	2.272
Arginine	*g*	0.427			0.121	0.555	1.938
Histidine	*g*	0.245			0.069	0.318	1.109
Alanine	*g*	0.434			0.123	0.564	1.968
Aspartic acid	*g*	0.611			0.173	0.795	2.773
Glutamic acid	*g*	2.571			0.729	3.343	11.663
Glycine	*g*	0.332			0.094	0.431	1.504
Proline	*g*	0.978			0.277	1.272	4.437
Serine	*g*	0.516			0.146	0.671	2.340

[1] Pancake and waffle mix containing milk, egg, and oil.
[2] Values based on product containing partially hydrogenated soybean oil.

PANCAKES
Plain, dry mix, complete, prepared[1] [2]
(includes buttermilk)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 in. pancake = 38 g[3]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	53.0			15.0	20.1	240.3
Food energy	*kcal*	194			55	74	878
	kJ	811			230	308	3,676
Protein	*g*	5.2			1.5	2.0	23.5
Total lipid (fat)	*g*	2.5			0.7	1.0	11.5
Carbohydrate, total	*g*	36.7			10.4	14.0	166.6
Crude fiber	*g*	0.2			0.0	0.1	0.8
Ash	*g*	2.6			0.7	1.0	11.7
Minerals:							
Calcium	*mg*	126			36	48	570
Iron	*mg*	1.56			0.44	0.59	7.07
Magnesium	*mg*	20			6	7	89
Phosphorus	*mg*	334			95	127	1,516
Potassium	*mg*	175			50	67	796
Sodium	*mg*	628			178	239	2,849
Zinc	*mg*	0.39			0.11	0.15	1.75
Copper	*mg*	0.094			0.027	0.036	0.426
Manganese	*mg*	0.272			0.077	0.103	1.235
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0.211			0.060	0.080	0.955
Riboflavin	*mg*	0.217			0.061	0.082	0.982
Niacin	*mg*	1.711			0.485	0.650	7.760
Pantothenic acid	*mg*	0.243			0.069	0.093	1.104
Vitamin B-6	*mg*	0.091			0.026	0.035	0.415
Folate	*mcg*						
Vitamin B-12	*mcg*	0.20			0.06	0.07	0.89
Vitamin A	*RE*	9			3	3	41
	IU	32			9	12	144
Lipids:[4]							
Fatty acids:							
Saturated, total	*g*	0.507			0.144	0.193	2.299
4:0	*g*	0.005			0.001	0.002	0.022
6:0	*g*	0.003			0.001	0.001	0.013
8:0	*g*	0.002			0.000	0.001	0.008
10:0	*g*	0.004			0.001	0.001	0.017
12:0	*g*	0.005			0.001	0.002	0.021
14:0	*g*	0.018			0.005	0.007	0.081
16:0	*g*	0.344			0.098	0.131	1.563
18:0	*g*	0.125			0.035	0.048	0.567
Monounsaturated, total	*g*	0.881			0.250	0.335	3.996
16:1	*g*	0.023			0.006	0.009	0.103
18:1	*g*	0.857			0.243	0.326	3.887
20:1	*g*	0.001			0.000	0.000	0.006
22:1	*g*	0.000			0.000	0.000	0.001
Polyunsaturated, total	*g*	0.820			0.233	0.312	3.721
18:2	*g*	0.764			0.217	0.290	3.467
18:3	*g*	0.048			0.014	0.018	0.217
18:4	*g*						
20:4	*g*	0.006			0.002	0.002	0.028
20:5	*g*	0.000			0.000	0.000	0.001
22:5	*g*						
22:6	*g*	0.002			0.000	0.001	0.007
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.059			0.017	0.022	0.266
Threonine	*g*	0.186			0.053	0.070	0.842
Isoleucine	*g*	0.216			0.061	0.082	0.979
Leucine	*g*	0.444			0.126	0.169	2.016
Lysine	*g*	0.210			0.059	0.080	0.951
Methionine	*g*	0.105			0.030	0.040	0.478
Cystine	*g*	0.096			0.027	0.036	0.434
Phenylalanine	*g*	0.255			0.072	0.097	1.155
Tyrosine	*g*	0.181			0.051	0.069	0.822
Valine	*g*	0.258			0.073	0.098	1.170
Arginine	*g*	0.220			0.062	0.084	0.998
Histidine	*g*	0.126			0.036	0.048	0.571
Alanine	*g*	0.223			0.063	0.085	1.014
Aspartic acid	*g*	0.315			0.089	0.120	1.429
Glutamic acid	*g*	1.325			0.376	0.503	6.008
Glycine	*g*	0.171			0.048	0.065	0.775
Proline	*g*	0.504			0.143	0.191	2.286
Serine	*g*	0.266			0.075	0.101	1.206

[1] Pancake and waffle mix containing milk, egg, and oil.
[2] 1 c mix prepared with 3/4 c water. Moisture loss: 18%.
[3] 6 in. pancake = 77 g.
[4] Mix contains partially hydrogenated soybean oil.

PANCAKES
Plain, dry mix, incomplete[1]
(includes buttermilk)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 c poured = 112 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	9.1	0.120	124	2.6	10.2	41.4
Food energy	kcal	355			101	398	1,611
	kJ	1,487			421	1,665	6,743
Protein (N x 5.80)	g	10.0	0.117	129	2.8	11.2	45.3
Total lipid (fat)	g	1.7	0.050	125	0.5	1.9	7.8
Carbohydrate, total	g	73.6			20.9	82.4	333.8
Crude fiber	g	0.4	0.021	106	0.1	0.5	1.9
Ash	g	5.6	0.042	110	1.6	6.3	25.4
Minerals:							
Calcium	mg	342	13.692	134	97	383	1,550
Iron	mg	3.05	0.128	104	0.86	3.42	13.84
Magnesium	mg	31	1.925	60	9	35	140
Phosphorus	mg	627	16.515	135	178	702	2,845
Potassium	mg	191	3.867	82	54	213	864
Sodium	mg	1,310	52.597	100	371	1,467	5,942
Zinc	mg	0.84	0.025	58	0.24	0.95	3.83
Copper	mg	0.115	0.007	57	0.032	0.128	0.520
Manganese	mg	0.395	0.028	31	0.112	0.442	1.790
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.610	0.021	61	0.173	0.683	2.765
Riboflavin	mg	0.371	0.019	61	0.105	0.416	1.684
Niacin	mg	3.758	0.137	61	1.065	4.209	17.047
Pantothenic acid	mg	0.426	0.032	14	0.121	0.477	1.932
Vitamin B-6	mg	0.183	0.013	12	0.052	0.205	0.829
Folate	mcg	9	0.865	6	3	10	41
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.250			0.071	0.280	1.135
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.002			0.001	0.002	0.009
14:0	g	0.001			0.000	0.002	0.007
16:0	g	0.222			0.063	0.249	1.008
18:0	g	0.017			0.005	0.019	0.076
Monounsaturated, total	g	0.324			0.092	0.363	1.472
16:1	g	0.003			0.001	0.003	0.012
18:1	g	0.322			0.091	0.360	1.458
20:1	g	0.000			0.000	0.000	0.001
22:1	g						
Polyunsaturated, total	g	0.726			0.206	0.813	3.292
18:2	g	0.695			0.197	0.778	3.151
18:3	g	0.031			0.009	0.035	0.141
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		1	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.112			0.032	0.125	0.507
Threonine	g	0.293			0.083	0.328	1.327
Isoleucine	g	0.372			0.105	0.416	1.686
Leucine	g	0.767			0.218	0.860	3.481
Lysine	g	0.236			0.067	0.264	1.069
Methionine	g	0.179			0.051	0.200	0.812
Cystine	g	0.219			0.062	0.245	0.991
Phenylalanine	g	0.494			0.140	0.553	2.240
Tyrosine	g	0.296			0.084	0.331	1.343
Valine	g	0.447			0.127	0.501	2.029
Arginine	g	0.411			0.117	0.461	1.865
Histidine	g	0.227			0.064	0.254	1.030
Alanine	g	0.391			0.111	0.437	1.772
Aspartic acid	g	0.502			0.142	0.563	2.279
Glutamic acid	g	3.094			0.877	3.465	14.034
Glycine	g	0.370			0.105	0.414	1.678
Proline	g	1.055			0.299	1.181	4.785
Serine	g	0.480			0.136	0.538	2.178

[1] Pancake and waffle mix not containing milk, egg, and oil.

PANCAKES

Plain, dry mix, incomplete, prepared[1] [2]

(includes buttermilk)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 in. pancake = 38 g[3]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	52. 9			15. 0	20. 1	240. 1
Food energy	*kcal*	218			62	83	989
	kJ	913			259	347	4,141
Protein	*g*	7. 8			2. 2	3. 0	35. 4
Total lipid (fat)	*g*	7. 7			2. 2	2. 9	35. 0
Carbohydrate, total	*g*	28. 9			8. 2	11. 0	131. 3
Crude fiber	*g*	0. 1			0. 0	0. 1	0. 7
Ash	*g*	2. 6			0. 7	1. 0	11. 8
Minerals:							
Calcium	*mg*	215			61	82	976
Iron	*mg*	1. 30			0. 37	0. 49	5. 91
Magnesium	*mg*	22			6	9	101
Phosphorus	*mg*	313			89	119	1,419
Potassium	*mg*	199			56	76	901
Sodium	*mg*	505			143	192	2,290
Zinc	*mg*	0. 75			0. 21	0. 28	3. 39
Copper	*mg*	0. 047			0. 013	0. 018	0. 215
Manganese	*mg*	0. 140			0. 040	0. 053	0. 636
Vitamins:							
Ascorbic acid	*mg*	0. 6			0. 2	0. 2	2. 7
Thiamin	*mg*	0. 201			0. 057	0. 076	0. 910
Riboflavin	*mg*	0. 311			0. 088	0. 118	1. 411
Niacin	*mg*	1. 232			0. 349	0. 468	5. 587
Pantothenic acid	*mg*	0. 506			0. 143	0. 192	2. 295
Vitamin B-6	*mg*	0. 105			0. 030	0. 040	0. 478
Folate	*mcg*	11			3	4	49
Vitamin B-12	*mcg*	0. 34			0. 10	0. 13	1. 54
Vitamin A	*RE*	72			20	27	325
	IU	250			71	95	1,133
Lipids:							
Fatty acids:							
Saturated, total	*g*	2. 045			0. 580	0. 777	9. 277
4:0	*g*	0. 048			0. 014	0. 018	0. 217
6:0	*g*	0. 029			0. 008	0. 011	0. 129
8:0	*g*	0. 017			0. 005	0. 006	0. 076
10:0	*g*	0. 037			0. 011	0. 014	0. 170
12:0	*g*	0. 043			0. 012	0. 016	0. 194
14:0	*g*	0. 159			0. 045	0. 060	0. 719
16:0	*g*	1. 235			0. 350	0. 469	5. 603
18:0	*g*	0. 464			0. 131	0. 176	2. 104
Monounsaturated, total	*g*	2. 070			0. 587	0. 786	9. 388
16:1	*g*	0. 088			0. 025	0. 033	0. 399
18:1	*g*	1. 964			0. 557	0. 746	8. 910
20:1	*g*	0. 013			0. 004	0. 005	0. 058
22:1	*g*	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	*g*	2. 923			0. 829	1. 111	13. 260
18:2	*g*	2. 574			0. 730	0. 978	11. 677
18:3	*g*	0. 321			0. 091	0. 122	1. 456
18:4	*g*						
20:4	*g*	0. 022			0. 006	0. 008	0. 098
20:5	*g*	0. 001			0. 000	0. 000	0. 002
22:5	*g*						
22:6	*g*	0. 006			0. 002	0. 002	0. 026
Cholesterol	*mg*	71			20	27	320
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 095			0. 027	0. 036	0. 429
Threonine	*g*	0. 298			0. 085	0. 113	1. 353
Isoleucine	*g*	0. 375			0. 106	0. 142	1. 699
Leucine	*g*	0. 657			0. 186	0. 250	2. 981
Lysine	*g*	0. 405			0. 115	0. 154	1. 839
Methionine	*g*	0. 180			0. 051	0. 068	0. 816
Cystine	*g*	0. 141			0. 040	0. 054	0. 639
Phenylalanine	*g*	0. 384			0. 109	0. 146	1. 744
Tyrosine	*g*	0. 293			0. 083	0. 111	1. 330
Valine	*g*	0. 428			0. 121	0. 163	1. 941
Arginine	*g*	0. 341			0. 097	0. 130	1. 546
Histidine	*g*	0. 187			0. 053	0. 071	0. 849
Alanine	*g*	0. 321			0. 091	0. 122	1. 457
Aspartic acid	*g*	0. 543			0. 154	0. 206	2. 463
Glutamic acid	*g*	1. 803			0. 511	0. 685	8. 179
Glycine	*g*	0. 241			0. 068	0. 092	1. 093
Proline	*g*	0. 666			0. 189	0. 253	3. 020
Serine	*g*	0. 435			0. 123	0. 165	1. 972

[1] Pancake and waffle mix not containing milk, egg, and oil.
[2] 1 c mix prepared with 1 c lowfat (2%) milk, 1 egg, and 1 tbsp vegetable oil. Moisture loss: 22%.
[3] 6 in. pancake = 77 g.

PANCAKES
Plain, frozen, ready-to-heat
(includes buttermilk)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 in. pancake = 36 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	45. 2	0. 526	2	12. 8	16. 3	204. 8
Food energy	kcal	229			65	83	1,041
	kJ	960			272	346	4,356
Protein (N x 5.90)	g	5. 2	0. 894	2	1. 5	1. 9	23. 6
Total lipid (fat)	g	3. 3	0. 124	2	0. 9	1. 2	15. 1
Carbohydrate, total	g	43. 6			12. 4	15. 7	197. 9
Crude fiber	g	0. 1		1	0. 0	0. 0	0. 5
Ash	g	2. 7	0. 100	2	0. 8	1. 0	12. 2
Minerals:							
Calcium	mg	62	0. 244	2	18	22	282
Iron	mg	3. 48		1	0. 99	1. 25	15. 79
Magnesium	mg	14		1	4	5	64
Phosphorus	mg	372	0. 453	3	106	134	1,689
Potassium	mg	73		1	21	26	332
Sodium	mg	509		1	144	183	2,307
Zinc	mg	0. 66	0. 155	2	0. 19	0. 24	3. 02
Copper	mg	0. 040		1	0. 011	0. 014	0. 181
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 379	0. 057	3	0. 107	0. 136	1. 718
Riboflavin	mg	0. 469	0. 055	3	0. 133	0. 169	2. 129
Niacin	mg	4. 010		1	1. 137	1. 444	18. 189
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	29			8	10	132
	IU	100		1	28	36	454
Lipids:[2]							
Fatty acids:							
Saturated, total	g	0. 767			0. 218	0. 276	3. 480
4:0	g	0. 010			0. 003	0. 003	0. 044
6:0	g	0. 006			0. 002	0. 002	0. 026
8:0	g	0. 004			0. 001	0. 001	0. 016
10:0	g	0. 008			0. 002	0. 003	0. 035
12:0	g	0. 009			0. 002	0. 003	0. 040
14:0	g	0. 035			0. 010	0. 013	0. 159
16:0	g	0. 502			0. 142	0. 181	2. 276
18:0	g	0. 194			0. 055	0. 070	0. 881
Monounsaturated, total	g	1. 207			0. 342	0. 435	5. 475
16:1	g	0. 040			0. 011	0. 014	0. 180
18:1	g	1. 165			0. 330	0. 419	5. 283
20:1	g	0. 002			0. 001	0. 001	0. 011
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	0. 963			0. 273	0. 347	4. 370
18:2	g	0. 887			0. 251	0. 319	4. 023
18:3	g	0. 061			0. 017	0. 022	0. 276
18:4	g						
20:4	g	0. 012			0. 003	0. 004	0. 055
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 003			0. 001	0. 001	0. 014
Cholesterol	mg	9		1	2	3	39
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 061			0. 017	0. 022	0. 276
Threonine	g	0. 184			0. 052	0. 066	0. 835
Isoleucine	g	0. 225			0. 064	0. 081	1. 018
Leucine	g	0. 416			0. 118	0. 150	1. 889
Lysine	g	0. 223			0. 063	0. 080	1. 010
Methionine	g	0. 112			0. 032	0. 040	0. 507
Cystine	g	0. 099			0. 028	0. 036	0. 451
Phenylalanine	g	0. 265			0. 075	0. 095	1. 202
Tyrosine	g	0. 181			0. 051	0. 065	0. 819
Valine	g	0. 262			0. 074	0. 094	1. 190
Arginine	g	0. 229			0. 065	0. 082	1. 038
Histidine	g	0. 125			0. 035	0. 045	0. 567
Alanine	g	0. 205			0. 058	0. 074	0. 931
Aspartic acid	g	0. 318			0. 090	0. 114	1. 442
Glutamic acid	g	1. 368			0. 388	0. 493	6. 207
Glycine	g	0. 173			0. 049	0. 062	0. 783
Proline	g	0. 505			0. 143	0. 182	2. 293
Serine	g	0. 283			0. 080	0. 102	1. 282

[1] 6 in. pancake = 73 g.
[2] Values based on product containing partially hydrogenated soybean oil.

PANCAKES
Plain, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 in. pancake = 38 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	52.9			15.0	20.1	240.1
Food energy	*kcal*	227			64	86	1,028
	kJ	948			269	360	4,302
Protein	*g*	6.4			1.8	2.4	29.1
Total lipid (fat)	*g*	9.7			2.8	3.7	44.1
Carbohydrate, total	*g*	28.3			8.0	10.8	128.4
Crude fiber	*g*	0.1			0.0	0.0	0.3
Ash	*g*	2.6			0.7	1.0	12.0
Minerals:							
Calcium	*mg*	219			62	83	992
Iron	*mg*	1.80			0.51	0.69	8.18
Magnesium	*mg*	16			4	6	72
Phosphorus	*mg*	159			45	60	722
Potassium	*mg*	132			38	50	600
Sodium	*mg*	439			125	167	1,992
Zinc	*mg*	0.56			0.16	0.21	2.55
Copper	*mg*	0.049			0.014	0.019	0.222
Manganese	*mg*	0.200			0.057	0.076	0.908
Vitamins:							
Ascorbic acid	*mg*	0.3			0.1	0.1	1.6
Thiamin	*mg*	0.201			0.057	0.076	0.913
Riboflavin	*mg*	0.281			0.080	0.107	1.276
Niacin	*mg*	1.567			0.444	0.596	7.110
Pantothenic acid	*mg*	0.405			0.115	0.154	1.839
Vitamin B-6	*mg*	0.046			0.013	0.018	0.210
Folate	*mcg*	12			3	5	55
Vitamin B-12	*mcg*	0.22			0.06	0.08	0.98
Vitamin A	*RE*	54			15	21	245
	IU	196			56	75	890
Lipids:							
Fatty acids:							
Saturated, total	*g*	2.122			0.602	0.806	9.626
4:0	*g*	0.036			0.010	0.014	0.161
6:0	*g*	0.021			0.006	0.008	0.096
8:0	*g*	0.012			0.004	0.005	0.056
10:0	*g*	0.028			0.008	0.011	0.127
12:0	*g*	0.031			0.009	0.012	0.142
14:0	*g*	0.122			0.035	0.046	0.555
16:0	*g*	1.354			0.384	0.515	6.142
18:0	*g*	0.508			0.144	0.193	2.304
Monounsaturated, total	*g*	2.474			0.701	0.940	11.223
16:1	*g*	0.078			0.022	0.029	0.352
18:1	*g*	2.375			0.673	0.903	10.773
20:1	*g*	0.018			0.005	0.007	0.081
22:1	*g*	0.000			0.000	0.000	0.002
Polyunsaturated, total	*g*	4.447			1.261	1.690	20.171
18:2	*g*	3.913			1.109	1.487	17.748
18:3	*g*	0.510			0.145	0.194	2.315
18:4	*g*						
20:4	*g*	0.018			0.005	0.007	0.084
20:5	*g*	0.000			0.000	0.000	0.002
22:5	*g*						
22:6	*g*	0.005			0.001	0.002	0.022
Cholesterol	*mg*	59			17	23	270
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.080			0.023	0.031	0.365
Threonine	*g*	0.237			0.067	0.090	1.076
Isoleucine	*g*	0.297			0.084	0.113	1.346
Leucine	*g*	0.513			0.145	0.195	2.327
Lysine	*g*	0.321			0.091	0.122	1.457
Methionine	*g*	0.147			0.042	0.056	0.666
Cystine	*g*	0.116			0.033	0.044	0.527
Phenylalanine	*g*	0.319			0.090	0.121	1.447
Tyrosine	*g*	0.240			0.068	0.091	1.087
Valine	*g*	0.335			0.095	0.127	1.519
Arginine	*g*	0.280			0.079	0.106	1.268
Histidine	*g*	0.152			0.043	0.058	0.688
Alanine	*g*	0.245			0.070	0.093	1.112
Aspartic acid	*g*	0.420			0.119	0.160	1.907
Glutamic acid	*g*	1.570			0.445	0.597	7.121
Glycine	*g*	0.198			0.056	0.075	0.896
Proline	*g*	0.576			0.163	0.219	2.611
Serine	*g*	0.363			0.103	0.138	1.648

[1] 6 in. pancake = 77 g.

PANCAKES
Blueberry, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 in. pancake = 38 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	53. 2			15. 1	20. 2	241. 4
Food energy	kcal	222			63	84	1,007
	kJ	929			263	353	4,214
Protein	g	6. 1			1. 7	2. 3	27. 7
Total lipid (fat)	g	9. 2			2. 6	3. 5	41. 6
Carbohydrate, total	g	29. 0			8. 2	11. 0	131. 4
Crude fiber	g	0. 3			0. 1	0. 1	1. 3
Ash	g	2. 5			0. 7	1. 0	11. 4
Minerals:							
Calcium	mg	206			58	78	933
Iron	mg	1. 72			0. 49	0. 65	7. 79
Magnesium	mg	16			4	6	71
Phosphorus	mg	151			43	57	683
Potassium	mg	138			39	52	626
Sodium	mg	412			117	157	1,869
Zinc	mg	0. 54			0. 15	0. 21	2. 47
Copper	mg	0. 055			0. 016	0. 021	0. 251
Manganese	mg	0. 237			0. 067	0. 090	1. 075
Vitamins:							
Ascorbic acid	mg	2. 2			0. 6	0. 8	9. 8
Thiamin	mg	0. 195			0. 055	0. 074	0. 885
Riboflavin	mg	0. 272			0. 077	0. 103	1. 232
Niacin	mg	1. 524			0. 432	0. 579	6. 912
Pantothenic acid	mg	0. 395			0. 112	0. 150	1. 791
Vitamin B-6	mg	0. 049			0. 014	0. 019	0. 224
Folate	mcg	12			3	5	54
Vitamin B-12	mcg	0. 20			0. 06	0. 08	0. 91
Vitamin A	RE	51			15	20	233
	IU	199			56	76	901
Lipids:							
Fatty acids:							
Saturated, total	g	1. 986			0. 563	0. 755	9. 009
4:0	g	0. 033			0. 009	0. 013	0. 151
6:0	g	0. 020			0. 006	0. 008	0. 090
8:0	g	0. 012			0. 003	0. 004	0. 053
10:0	g	0. 026			0. 007	0. 010	0. 119
12:0	g	0. 029			0. 008	0. 011	0. 133
14:0	g	0. 114			0. 032	0. 043	0. 519
16:0	g	1. 267			0. 359	0. 482	5. 748
18:0	g	0. 475			0. 135	0. 181	2. 156
Monounsaturated, total	g	2. 316			0. 656	0. 880	10. 504
16:1	g	0. 073			0. 021	0. 028	0. 329
18:1	g	2. 223			0. 630	0. 845	10. 082
20:1	g	0. 017			0. 005	0. 006	0. 076
22:1	g	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	g	4. 162			1. 180	1. 581	18. 878
18:2	g	3. 662			1. 038	1. 392	16. 610
18:3	g	0. 478			0. 135	0. 182	2. 167
18:4	g						
20:4	g	0. 017			0. 005	0. 007	0. 078
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 004			0. 001	0. 002	0. 020
Cholesterol	mg	56			16	21	252
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 076			0. 021	0. 029	0. 344
Threonine	g	0. 225			0. 064	0. 086	1. 021
Isoleucine	g	0. 281			0. 080	0. 107	1. 276
Leucine	g	0. 487			0. 138	0. 185	2. 210
Lysine	g	0. 303			0. 086	0. 115	1. 373
Methionine	g	0. 139			0. 039	0. 053	0. 632
Cystine	g	0. 110			0. 031	0. 042	0. 499
Phenylalanine	g	0. 303			0. 086	0. 115	1. 373
Tyrosine	g	0. 226			0. 064	0. 086	1. 024
Valine	g	0. 318			0. 090	0. 121	1. 444
Arginine	g	0. 268			0. 076	0. 102	1. 214
Histidine	g	0. 144			0. 041	0. 055	0. 652
Alanine	g	0. 234			0. 066	0. 089	1. 063
Aspartic acid	g	0. 403			0. 114	0. 153	1. 826
Glutamic acid	g	1. 484			0. 421	0. 564	6. 731
Glycine	g	0. 190			0. 054	0. 072	0. 861
Proline	g	0. 543			0. 154	0. 206	2. 464
Serine	g	0. 343			0. 097	0. 131	1. 558

[1] 6 in. pancake = 77 g.

PANCAKES
Buckwheat, dry mix, incomplete[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 c poured = 122 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	9. 1	0. 172	43	2. 6	11. 1	41. 2
Food energy	kcal	340			96	415	1,543
	kJ	1,424			404	1,737	6,458
Protein (N x 6.00)	g	10. 9	0. 152	43	3. 1	13. 3	49. 6
Total lipid (fat)	g	2. 7	0. 089	43	0. 8	3. 3	12. 3
Carbohydrate, total	g	71. 3			20. 2	86. 9	323. 2
Crude fiber	g	2. 4	0. 147	35	0. 7	2. 9	10. 8
Ash	g	6. 0	0. 045	34	1. 7	7. 3	27. 3
Minerals:							
Calcium	mg	476	4. 463	33	135	580	2,158
Iron	mg	4. 73	0. 152	26	1. 34	5. 78	21. 48
Magnesium	mg						
Phosphorus	mg	913	19. 971	33	259	1,114	4,142
Potassium	mg	316	11. 861	20	89	385	1,432
Sodium	mg	1,387	28. 160	19	393	1,692	6,291
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 542	0. 013	26	0. 154	0. 661	2. 458
Riboflavin	mg	0. 249	0. 021	26	0. 070	0. 303	1. 127
Niacin	mg	4. 095	0. 111	25	1. 161	4. 996	18. 575
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0. 439			0. 124	0. 535	1. 990
4:0	g						
6:0	g						
8:0	g	0. 011			0. 003	0. 013	0. 048
10:0	g	0. 005			0. 002	0. 006	0. 024
12:0	g	0. 004			0. 001	0. 005	0. 020
14:0	g	0. 010			0. 003	0. 012	0. 043
16:0	g	0. 364			0. 103	0. 444	1. 652
18:0	g	0. 029			0. 008	0. 035	0. 132
Monounsaturated, total	g	0. 581			0. 165	0. 709	2. 636
16:1	g	0. 014			0. 004	0. 017	0. 062
18:1	g	0. 564			0. 160	0. 688	2. 558
20:1	g						
22:1	g	0. 003			0. 001	0. 004	0. 016
Polyunsaturated, total	g	1. 000			0. 283	1. 220	4. 536
18:2	g	0. 945			0. 268	1. 153	4. 287
18:3	g	0. 054			0. 015	0. 066	0. 245
18:4	g						
20:4	g	0. 001			0. 000	0. 001	0. 005
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 159			0. 045	0. 193	0. 719
Threonine	g	0. 352			0. 100	0. 429	1. 595
Isoleucine	g	0. 408			0. 116	0. 498	1. 851
Leucine	g	0. 756			0. 214	0. 923	3. 430
Lysine	g	0. 381			0. 108	0. 465	1. 727
Methionine	g	0. 166			0. 047	0. 202	0. 752
Cystine	g	0. 228			0. 065	0. 278	1. 033
Phenylalanine	g	0. 488			0. 138	0. 596	2. 215
Tyrosine	g	0. 286			0. 081	0. 349	1. 298
Valine	g	0. 514			0. 146	0. 627	2. 331
Arginine	g	0. 605			0. 172	0. 738	2. 744
Histidine	g	0. 257			0. 073	0. 313	1. 165
Alanine	g	0. 483			0. 137	0. 589	2. 190
Aspartic acid	g	0. 689			0. 195	0. 840	3. 124
Glutamic acid	g	2. 808			0. 796	3. 426	12. 737
Glycine	g	0. 570			0. 162	0. 696	2. 587
Proline	g	0. 895			0. 254	1. 091	4. 058
Serine	g	0. 530			0. 150	0. 647	2. 405

[1] Pancake and waffle mix not containing milk, egg, and oil.

PANCAKES
Buckwheat, dry mix, incomplete, prepared[1] [2]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 in. pancake = 30 g[3]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	53. 7			15. 2	16. 1	243. 5
Food energy	*kcal*	208			59	62	941
	kJ	869			246	261	3,940
Protein	*g*	7. 9			2. 2	2. 4	35. 7
Total lipid (fat)	*g*	7. 6			2. 1	2. 3	34. 3
Carbohydrate, total	*g*	28. 2			8. 0	8. 5	127. 8
Crude fiber	*g*	0. 8			0. 2	0. 2	3. 7
Ash	*g*	2. 7			0. 8	0. 8	12. 4
Minerals:							
Calcium	*mg*	256			73	77	1,161
Iron	*mg*	1. 88			0. 53	0. 56	8. 53
Magnesium	*mg*						
Phosphorus	*mg*	407			115	122	1,848
Potassium	*mg*	233			66	70	1,059
Sodium	*mg*	533			151	160	2,417
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0. 6			0. 2	0. 2	2. 5
Thiamin	*mg*	0. 181			0. 051	0. 054	0. 823
Riboflavin	*mg*	0. 260			0. 074	0. 078	1. 181
Niacin	*mg*	1. 345			0. 381	0. 404	6. 102
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0. 32			0. 09	0. 09	1. 43
Vitamin A	*RE*	67			19	20	302
	IU	232			66	70	1,053
Lipids:							
Fatty acids:							
Saturated, total	*g*	1. 973			0. 559	0. 592	8. 948
4:0	*g*	0. 044			0. 013	0. 013	0. 201
6:0	*g*	0. 027			0. 008	0. 008	0. 120
8:0	*g*	0. 019			0. 005	0. 006	0. 087
10:0	*g*	0. 037			0. 010	0. 011	0. 166
12:0	*g*	0. 041			0. 012	0. 012	0. 184
14:0	*g*	0. 150			0. 043	0. 045	0. 681
16:0	*g*	1. 203			0. 341	0. 361	5. 457
18:0	*g*	0. 436			0. 123	0. 131	1. 976
Monounsaturated, total	*g*	2. 021			0. 573	0. 606	9. 167
16:1	*g*	0. 086			0. 024	0. 026	0. 388
18:1	*g*	1. 918			0. 544	0. 575	8. 701
20:1	*g*	0. 012			0. 003	0. 004	0. 053
22:1	*g*	0. 002			0. 000	0. 000	0. 007
Polyunsaturated, total	*g*	2. 832			0. 803	0. 849	12. 844
18:2	*g*	2. 498			0. 708	0. 749	11. 332
18:3	*g*	0. 307			0. 087	0. 092	1. 393
18:4	*g*						
20:4	*g*	0. 021			0. 006	0. 006	0. 093
20:5	*g*	0. 001			0. 000	0. 000	0. 002
22:5	*g*						
22:6	*g*	0. 005			0. 001	0. 002	0. 024
Cholesterol	*mg*	66			19	20	297
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 107			0. 030	0. 032	0. 486
Threonine	*g*	0. 306			0. 087	0. 092	1. 388
Isoleucine	*g*	0. 371			0. 105	0. 111	1. 683
Leucine	*g*	0. 628			0. 178	0. 189	2. 851
Lysine	*g*	0. 434			0. 123	0. 130	1. 966
Methionine	*g*	0. 168			0. 048	0. 050	0. 761
Cystine	*g*	0. 140			0. 040	0. 042	0. 636
Phenylalanine	*g*	0. 369			0. 105	0. 111	1. 675
Tyrosine	*g*	0. 277			0. 079	0. 083	1. 258
Valine	*g*	0. 433			0. 123	0. 130	1. 965
Arginine	*g*	0. 395			0. 112	0. 119	1. 794
Histidine	*g*	0. 191			0. 054	0. 057	0. 865
Alanine	*g*	0. 342			0. 097	0. 102	1. 549
Aspartic acid	*g*	0. 583			0. 165	0. 175	2. 646
Glutamic acid	*g*	1. 664			0. 472	0. 499	7. 548
Glycine	*g*	0. 304			0. 086	0. 091	1. 378
Proline	*g*	0. 593			0. 168	0. 178	2. 690
Serine	*g*	0. 435			0. 123	0. 130	1. 973

[1] Pancake and waffle mix not containing milk, egg, and oil.
[2] 1 c mix prepared with 1 c lowfat (2%) milk, 1 egg, and 1 tbsp vegetable oil. Moisture loss: 18%.
[3] 6 in. pancake = 70 g.

PANCAKES
Buttermilk, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 in. pancake = 38 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52.5			14.9	20.0	238.3
Food energy	kcal	227			64	86	1,030
	kJ	951			269	361	4,312
Protein	g	6.8			1.9	2.6	30.7
Total lipid (fat)	g	9.3			2.6	3.6	42.4
Carbohydrate, total	g	28.7			8.1	10.9	130.3
Crude fiber	g	0.1			0.0	0.0	0.3
Ash	g	2.2			0.6	0.9	10.2
Minerals:							
Calcium	mg	157			45	60	713
Iron	mg	1.70			0.48	0.64	7.70
Magnesium	mg	15			4	6	68
Phosphorus	mg	139			39	53	629
Potassium	mg	145			41	55	656
Sodium	mg	522			148	198	2,368
Zinc	mg	0.62			0.18	0.24	2.81
Copper	mg	0.052			0.015	0.020	0.236
Manganese	mg	0.203			0.058	0.077	0.920
Vitamins:							
Ascorbic acid	mg	0.4			0.1	0.2	1.9
Thiamin	mg	0.204			0.058	0.077	0.925
Riboflavin	mg	0.292			0.083	0.111	1.323
Niacin	mg	1.577			0.447	0.599	7.155
Pantothenic acid	mg	0.408			0.116	0.155	1.852
Vitamin B-6	mg	0.045			0.013	0.017	0.205
Folate	mcg	13			4	5	57
Vitamin B-12	mcg	0.18			0.05	0.07	0.83
Vitamin A	RE	30			9	12	137
	IU	105			30	40	476
Lipids:							
Fatty acids:							
Saturated, total	g	1.832			0.519	0.696	8.308
4:0	g	0.019			0.005	0.007	0.085
6:0	g	0.011			0.003	0.004	0.050
8:0	g	0.007			0.002	0.003	0.031
10:0	g	0.015			0.004	0.006	0.066
12:0	g	0.017			0.005	0.006	0.075
14:0	g	0.069			0.020	0.026	0.313
16:0	g	1.228			0.348	0.466	5.568
18:0	g	0.448			0.127	0.170	2.033
Monounsaturated, total	g	2.361			0.669	0.897	10.710
16:1	g	0.067			0.019	0.025	0.302
18:1	g	2.268			0.643	0.862	10.290
20:1	g	0.018			0.005	0.007	0.082
22:1	g	0.000			0.000	0.000	0.002
Polyunsaturated, total	g	4.486			1.272	1.705	20.349
18:2	g	3.953			1.121	1.502	17.930
18:3	g	0.509			0.144	0.194	2.310
18:4	g						
20:4	g	0.019			0.005	0.007	0.085
20:5	g	0.000			0.000	0.000	0.002
22:5	g						
22:6	g	0.005			0.001	0.002	0.022
Cholesterol	mg	58			17	22	264
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.082			0.023	0.031	0.370
Threonine	g	0.254			0.072	0.097	1.153
Isoleucine	g	0.316			0.090	0.120	1.436
Leucine	g	0.545			0.155	0.207	2.473
Lysine	g	0.349			0.099	0.133	1.584
Methionine	g	0.154			0.044	0.059	0.700
Cystine	g	0.120			0.034	0.046	0.546
Phenylalanine	g	0.339			0.096	0.129	1.539
Tyrosine	g	0.248			0.070	0.094	1.127
Valine	g	0.362			0.103	0.138	1.643
Arginine	g	0.294			0.083	0.112	1.334
Histidine	g	0.162			0.046	0.062	0.734
Alanine	g	0.258			0.073	0.098	1.172
Aspartic acid	g	0.448			0.127	0.170	2.034
Glutamic acid	g	1.627			0.461	0.618	7.379
Glycine	g	0.206			0.058	0.078	0.935
Proline	g	0.611			0.173	0.232	2.772
Serine	g	0.379			0.107	0.144	1.719

[1] 6 in. pancake = 77 g.

PANCAKES
Special dietary, dry mix[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (8 oz) = 226.8 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	10. 8		1	3. 1	24. 5	49. 0
Food energy	*kcal*	349			99	791	1,582
	kJ	1,460			414	3,311	6,623
Protein (N x 5.90)	*g*	8. 9		1	2. 5	20. 1	40. 3
Total lipid (fat)	*g*	1. 4		1	0. 4	3. 2	6. 4
Carbohydrate, total	*g*	73. 9			21. 0	167. 7	335. 3
Crude fiber	*g*						
Ash	*g*	5. 0		1	1. 4	11. 3	22. 5
Minerals:							
Calcium	*mg*	99		1	28	224	447
Iron	*mg*	3. 05		1	0. 86	6. 92	13. 83
Magnesium	*mg*	47		1	13	106	212
Phosphorus	*mg*	596		1	169	1,352	2,703
Potassium	*mg*	676		1	192	1,533	3,066
Sodium	*mg*	456		1	129	1,034	2,068
Zinc	*mg*	1. 19		1	0. 34	2. 70	5. 40
Copper	*mg*	0. 137		1	0. 039	0. 311	0. 621
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0		1	0	0	0
Thiamin	*mg*	0. 370		1	0. 105	0. 839	1. 678
Riboflavin	*mg*	0. 209		1	0. 059	0. 474	0. 948
Niacin	*mg*	3. 270		1	0. 927	7. 416	14. 833
Pantothenic acid	*mg*	0. 364		1	0. 103	0. 826	1. 651
Vitamin B-6	*mg*	0. 037		1	0. 010	0. 084	0. 168
Folate	*mcg*	14		1	4	31	62
Vitamin B-12	*mcg*	0		1	0	0	0
Vitamin A	*RE*	19			5	43	86
	IU	126		1	36	286	572
Lipids:							
Fatty acids:							
Saturated, total	*g*	0. 202			0. 057	0. 457	0. 914
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 001			0. 000	0. 002	0. 003
14:0	*g*	0. 001			0. 000	0. 002	0. 004
16:0	*g*	0. 177			0. 050	0. 402	0. 803
18:0	*g*	0. 018			0. 005	0. 042	0. 084
Monounsaturated, total	*g*	0. 276			0. 078	0. 626	1. 253
16:1	*g*	0. 003			0. 001	0. 007	0. 014
18:1	*g*	0. 273			0. 077	0. 620	1. 239
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 611			0. 173	1. 385	2. 770
18:2	*g*	0. 586			0. 166	1. 329	2. 658
18:3	*g*	0. 025			0. 007	0. 056	0. 112
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0		1	0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 090			0. 026	0. 205	0. 410
Threonine	*g*	0. 271			0. 077	0. 615	1. 229
Isoleucine	*g*	0. 337			0. 096	0. 765	1. 530
Leucine	*g*	0. 796			0. 226	1. 806	3. 613
Lysine	*g*	0. 251			0. 071	0. 570	1. 141
Methionine	*g*	0. 158			0. 045	0. 359	0. 717
Cystine	*g*	0. 178			0. 050	0. 403	0. 806
Phenylalanine	*g*	0. 450			0. 128	1. 021	2. 042
Tyrosine	*g*	0. 295			0. 084	0. 669	1. 339
Valine	*g*	0. 394			0. 112	0. 895	1. 789
Arginine	*g*	0. 420			0. 119	0. 953	1. 905
Histidine	*g*	0. 223			0. 063	0. 505	1. 011
Alanine	*g*	0. 400			0. 114	0. 908	1. 817
Aspartic acid	*g*	0. 572			0. 162	1. 298	2. 595
Glutamic acid	*g*	2. 415			0. 685	5. 477	10. 954
Glycine	*g*	0. 322			0. 091	0. 731	1. 461
Proline	*g*	0. 878			0. 249	1. 991	3. 982
Serine	*g*	0. 429			0. 122	0. 973	1. 946

[1] Sucrose-free, low-sodium product.

PANCAKES
Special dietary, dry mix, prepared[1 2]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 in. pancake = 22 g[3]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	49. 0			10. 8	13. 9	222. 4
Food energy	kcal	199			44	56	903
	kJ	833			183	236	3,779
Protein	g	5. 1			1. 1	1. 4	23. 0
Total lipid (fat)	g	0. 8			0. 2	0. 2	3. 7
Carbohydrate, total	g	42. 2			9. 3	12. 0	191. 3
Crude fiber	g	0. 0			0. 0	0. 0	0. 0
Ash	g	2. 9			0. 6	0. 8	13. 2
Minerals:							
Calcium	mg	58			13	16	262
Iron	mg	1. 75			0. 38	0. 50	7. 93
Magnesium	mg	27			6	8	124
Phosphorus	mg	340			75	96	1,543
Potassium	mg	386			85	109	1,750
Sodium	mg	262			58	74	1,190
Zinc	mg	0. 70			0. 15	0. 20	3. 18
Copper	mg	0. 083			0. 018	0. 023	0. 375
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 169			0. 037	0. 048	0. 766
Riboflavin	mg	0. 107			0. 024	0. 030	0. 487
Niacin	mg	1. 679			0. 369	0. 476	7. 617
Pantothenic acid	mg	0. 135			0. 030	0. 038	0. 612
Vitamin B-6	mg	0. 019			0. 004	0. 005	0. 086
Folate	mcg	5			1	2	25
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	10			2	3	44
	IU	65			14	18	294
Lipids:							
Fatty acids:							
Saturated, total	g	0. 115			0. 025	0. 033	0. 522
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 000			0. 000	0. 000	0. 002
14:0	g	0. 000			0. 000	0. 000	0. 002
16:0	g	0. 101			0. 022	0. 029	0. 458
18:0	g	0. 011			0. 002	0. 003	0. 048
Monounsaturated, total	g	0. 158			0. 035	0. 045	0. 715
16:1	g	0. 002			0. 000	0. 000	0. 008
18:1	g	0. 156			0. 034	0. 044	0. 707
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 348			0. 077	0. 099	1. 581
18:2	g	0. 334			0. 074	0. 095	1. 517
18:3	g	0. 014			0. 003	0. 004	0. 064
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 052			0. 011	0. 015	0. 234
Threonine	g	0. 155			0. 034	0. 044	0. 701
Isoleucine	g	0. 192			0. 042	0. 055	0. 873
Leucine	g	0. 454			0. 100	0. 129	2. 061
Lysine	g	0. 143			0. 032	0. 041	0. 651
Methionine	g	0. 090			0. 020	0. 026	0. 409
Cystine	g	0. 101			0. 022	0. 029	0. 460
Phenylalanine	g	0. 257			0. 057	0. 073	1. 165
Tyrosine	g	0. 168			0. 037	0. 048	0. 764
Valine	g	0. 225			0. 050	0. 064	1. 021
Arginine	g	0. 240			0. 053	0. 068	1. 087
Histidine	g	0. 127			0. 028	0. 036	0. 577
Alanine	g	0. 229			0. 050	0. 065	1. 037
Aspartic acid	g	0. 326			0. 072	0. 093	1. 481
Glutamic acid	g	1. 378			0. 303	0. 391	6. 250
Glycine	g	0. 184			0. 040	0. 052	0. 834
Proline	g	0. 501			0. 110	0. 142	2. 272
Serine	g	0. 245			0. 054	0. 069	1. 111

[1] Sucrose-free, low-sodium product.
[2] 8 oz pkg prepared with 1-1/4 c water. Moisture loss: 26%.
[3] Serving size information from product label.

PANCAKES
Whole-wheat, dry mix, incomplete[1 2]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 c poured = 140 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	8. 8	0. 097	19	2. 5	12. 3	39. 7
Food energy	kcal	344			97	481	1,560
	kJ	1,439			408	2,015	6,529
Protein (N x 5.80)	g	12. 8	0. 062	19	3. 6	17. 9	58. 0
Total lipid (fat)	g	1. 5	0. 065	19	0. 4	2. 1	6. 7
Carbohydrate, total	g	71. 0			20. 1	99. 5	322. 3
Crude fiber	g	1. 2	0. 076	19	0. 3	1. 6	5. 3
Ash	g	5. 9	0. 034	19	1. 7	8. 3	27. 0
Minerals:							
Calcium	mg	449	11. 622	19	127	628	2,036
Iron	mg	7. 84	0. 136	19	2. 22	10. 98	35. 56
Magnesium	mg						
Phosphorus	mg	782	8. 358	19	222	1,095	3,549
Potassium	mg	445	16. 348	9	126	623	2,018
Sodium	mg	1,419	32. 951	9	402	1,987	6,439
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 569	0. 021	19	0. 161	0. 796	2. 579
Riboflavin	mg	1. 083	0. 058	19	0. 307	1. 516	4. 911
Niacin	mg	6. 767	0. 191	19	1. 919	9. 474	30. 697
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	3			1	4	14
	IU	31	3. 600	10	9	43	140
Lipids:							
Fatty acids:							
Saturated, total	g	0. 244			0. 069	0. 342	1. 107
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 002			0. 001	0. 003	0. 009
14:0	g	0. 002			0. 001	0. 003	0. 011
16:0	g	0. 217			0. 062	0. 304	0. 985
18:0	g	0. 012			0. 003	0. 017	0. 055
Monounsaturated, total	g	0. 279			0. 079	0. 391	1. 267
16:1	g	0. 007			0. 002	0. 009	0. 030
18:1	g	0. 273			0. 077	0. 382	1. 237
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 605			0. 172	0. 847	2. 744
18:2	g	0. 575			0. 163	0. 804	2. 606
18:3	g	0. 030			0. 008	0. 041	0. 134
18:4	g						
20:4	g	0. 001			0. 000	0. 001	0. 004
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 187			0. 053	0. 262	0. 849
Threonine	g	0. 394			0. 112	0. 552	1. 789
Isoleucine	g	0. 496			0. 141	0. 694	2. 248
Leucine	g	0. 908			0. 257	1. 271	4. 117
Lysine	g	0. 430			0. 122	0. 601	1. 949
Methionine	g	0. 216			0. 061	0. 302	0. 979
Cystine	g	0. 300			0. 085	0. 419	1. 359
Phenylalanine	g	0. 634			0. 180	0. 888	2. 878
Tyrosine	g	0. 397			0. 112	0. 555	1. 799
Valine	g	0. 628			0. 178	0. 879	2. 848
Arginine	g	0. 705			0. 200	0. 987	3. 198
Histidine	g	0. 297			0. 084	0. 416	1. 349
Alanine	g	0. 529			0. 150	0. 740	2. 398
Aspartic acid	g	0. 813			0. 230	1. 138	3. 687
Glutamic acid	g	3. 602			1. 021	5. 042	16. 338
Glycine	g	0. 555			0. 157	0. 777	2. 518
Proline	g	1. 108			0. 314	1. 551	5. 026
Serine	g	0. 599			0. 170	0. 839	2. 718

[1] Pancake and waffle mix not containing milk, egg, and oil.
[2] Mix contains whole-wheat flour and enriched wheat flour.

PANCAKES
Whole-wheat, dry mix, incomplete, prepared[1 2 3]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 in. pancake = 44 g[4]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52. 8			15. 0	23. 2	239. 6
Food energy	kcal	208			59	92	944
	kJ	871			247	383	3,952
Protein	g	8. 5			2. 4	3. 7	38. 5
Total lipid (fat)	g	6. 5			1. 8	2. 8	29. 3
Carbohydrate, total	g	29. 4			8. 3	13. 0	133. 5
Crude fiber	g	0. 4			0. 1	0. 2	2. 0
Ash	g	2. 8			0. 8	1. 2	12. 7
Minerals:							
Calcium	mg	250			71	110	1,134
Iron	mg	3. 11			0. 88	1. 37	14. 12
Magnesium	mg						
Phosphorus	mg	373			106	164	1,692
Potassium	mg	279			79	123	1,266
Sodium	mg	572			162	252	2,594
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0. 5			0. 1	0. 2	2. 4
Thiamin	mg	0. 197			0. 056	0. 087	0. 892
Riboflavin	mg	0. 529			0. 150	0. 233	2. 398
Niacin	mg	2. 309			0. 655	1. 016	10. 474
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0. 29			0. 08	0. 13	1. 33
Vitamin A	RE	64			18	28	292
	IU	226			64	99	1,023
Lipids:							
Fatty acids:							
Saturated, total	g	1. 749			0. 496	0. 769	7. 932
4:0	g	0. 041			0. 012	0. 018	0. 187
6:0	g	0. 025			0. 007	0. 011	0. 112
8:0	g	0. 014			0. 004	0. 006	0. 065
10:0	g	0. 032			0. 009	0. 014	0. 146
12:0	g	0. 037			0. 010	0. 016	0. 168
14:0	g	0. 137			0. 039	0. 060	0. 621
16:0	g	1. 057			0. 300	0. 465	4. 796
18:0	g	0. 391			0. 111	0. 172	1. 774
Monounsaturated, total	g	1. 742			0. 494	0. 766	7. 901
16:1	g	0. 077			0. 022	0. 034	0. 349
18:1	g	1. 650			0. 468	0. 726	7. 486
20:1	g	0. 010			0. 003	0. 005	0. 047
22:1	g	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	g	2. 406			0. 682	1. 059	10. 914
18:2	g	2. 118			0. 600	0. 932	9. 606
18:3	g	0. 264			0. 075	0. 116	1. 198
18:4	g						
20:4	g	0. 019			0. 005	0. 008	0. 086
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 005			0. 001	0. 002	0. 022
Cholesterol	mg	61			17	27	276
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 118			0. 033	0. 052	0. 533
Threonine	g	0. 316			0. 090	0. 139	1. 434
Isoleucine	g	0. 396			0. 112	0. 174	1. 796
Leucine	g	0. 675			0. 191	0. 297	3. 060
Lysine	g	0. 438			0. 124	0. 193	1. 987
Methionine	g	0. 182			0. 052	0. 080	0. 825
Cystine	g	0. 167			0. 047	0. 074	0. 759
Phenylalanine	g	0. 419			0. 119	0. 185	1. 903
Tyrosine	g	0. 312			0. 088	0. 137	1. 413
Valine	g	0. 468			0. 133	0. 206	2. 124
Arginine	g	0. 432			0. 123	0. 190	1. 961
Histidine	g	0. 204			0. 058	0. 090	0. 925
Alanine	g	0. 357			0. 101	0. 157	1. 617
Aspartic acid	g	0. 620			0. 176	0. 273	2. 810
Glutamic acid	g	1. 969			0. 558	0. 866	8. 933
Glycine	g	0. 303			0. 086	0. 133	1. 375
Proline	g	0. 671			0. 190	0. 295	3. 045
Serine	g	0. 454			0. 129	0. 200	2. 059

[1] Pancake and waffle mix not containing milk, egg, and oil.
[2] Mix contains whole-wheat flour and enriched wheat flour.
[3] 1 c mix prepared with 1 c lowfat (2%) milk, 1 egg, and 1 tbsp vegetable oil. Moisture loss: 15%.
[4] 6 in. pancake = 129 g.

PHYLLO DOUGH

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sheet dough = 19 g[1]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	32. 6			6. 2	9. 2	147. 9
Food energy	kcal	299			57	85	1,356
	kJ	1,251			238	355	5,675
Protein	g	7. 1			1. 4	2. 0	32. 3
Total lipid (fat)	g	6. 0			1. 1	1. 7	27. 4
Carbohydrate, total	g	52. 6			10. 0	14. 9	238. 8
Crude fiber	g	0. 2			0. 0	0. 0	0. 8
Ash	g	1. 6			0. 3	0. 4	7. 2
Minerals:							
Calcium	mg	11			2	3	50
Iron	mg	3. 21			0. 61	0. 91	14. 55
Magnesium	mg	15			3	4	69
Phosphorus	mg	75			14	21	338
Potassium	mg	74			14	21	335
Sodium	mg	483			92	137	2,189
Zinc	mg	0. 49			0. 09	0. 14	2. 24
Copper	mg	0. 101			0. 019	0. 029	0. 458
Manganese	mg	0. 476			0. 090	0. 135	2. 157
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 541			0. 103	0. 153	2. 456
Riboflavin	mg	0. 341			0. 065	0. 097	1. 546
Niacin	mg	4. 073			0. 774	1. 155	18. 477
Pantothenic acid	mg	0. 302			0. 057	0. 086	1. 370
Vitamin B-6	mg	0. 030			0. 006	0. 009	0. 137
Folate	mcg	18			3	5	82
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	0. 873			0. 166	0. 247	3. 958
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 005			0. 001	0. 002	0. 024
16:0	g	0. 658			0. 125	0. 186	2. 984
18:0	g	0. 209			0. 040	0. 059	0. 950
Monounsaturated, total	g	1. 311			0. 249	0. 372	5. 946
16:1	g	0. 011			0. 002	0. 003	0. 049
18:1	g	1. 289			0. 245	0. 366	5. 848
20:1	g	0. 011			0. 002	0. 003	0. 049
22:1	g						
Polyunsaturated, total	g	3. 402			0. 646	0. 964	15. 429
18:2	g	3. 020			0. 574	0. 856	13. 697
18:3	g	0. 382			0. 073	0. 108	1. 732
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 088			0. 017	0. 025	0. 397
Threonine	g	0. 194			0. 037	0. 055	0. 879
Isoleucine	g	0. 246			0. 047	0. 070	1. 117
Leucine	g	0. 490			0. 093	0. 139	2. 223
Lysine	g	0. 158			0. 030	0. 045	0. 714
Methionine	g	0. 126			0. 024	0. 036	0. 573
Cystine	g	0. 151			0. 029	0. 043	0. 686
Phenylalanine	g	0. 359			0. 068	0. 102	1. 627
Tyrosine	g	0. 215			0. 041	0. 061	0. 975
Valine	g	0. 286			0. 054	0. 081	1. 298
Arginine	g	0. 288			0. 055	0. 082	1. 304
Histidine	g	0. 159			0. 030	0. 045	0. 720
Alanine	g	0. 229			0. 043	0. 065	1. 038
Aspartic acid	g	0. 300			0. 057	0. 085	1. 361
Glutamic acid	g	2. 400			0. 456	0. 680	10. 887
Glycine	g	0. 256			0. 049	0. 073	1. 162
Proline	g	0. 826			0. 157	0. 234	3. 748
Serine	g	0. 356			0. 068	0. 101	1. 616

[1] 16-1/2 in. x 12 in. and paper-thin.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

PIE
Apple, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 125 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	52. 2	1. 308	21	14. 8	65. 2	236. 7
Food energy	*kcal*	237			67	297	1,077
	kJ	994			282	1,242	4,507
Protein (N x 5.70)	*g*	1. 9	0. 103	17	0. 5	2. 4	8. 6
Total lipid (fat)	*g*	11. 0	0. 514	21	3. 1	13. 8	50. 1
Carbohydrate, total	*g*	34. 0			9. 6	42. 5	154. 2
Crude fiber	*g*	0. 4	0. 015	4	0. 1	0. 5	1. 7
Ash	*g*	0. 9	0. 097	23	0. 3	1. 1	4. 0
Minerals:							
Calcium	*mg*	11	0. 328	40	3	13	48
Iron[2]	*mg*	0. 45	0. 029	36	0. 13	0. 56	2. 05
Magnesium	*mg*	7	0. 289	36	2	9	33
Phosphorus	*mg*	24	0. 530	35	7	29	107
Potassium	*mg*	65	1. 999	39	19	82	296
Sodium	*mg*	266	7. 937	41	75	333	1,207
Zinc	*mg*	0. 16	0. 008	36	0. 04	0. 20	0. 72
Copper	*mg*	0. 046	0. 002	36	0. 013	0. 057	0. 207
Manganese	*mg*	0. 182	0. 006	36	0. 052	0. 227	0. 825
Vitamins:							
Ascorbic acid	*mg*	3. 2	0. 680	15	0. 9	3. 9	14. 3
Thiamin[2]	*mg*	0. 028	0. 006	16	0. 008	0. 035	0. 126
Riboflavin[2]	*mg*	0. 027	0. 003	15	0. 008	0. 034	0. 122
Niacin[2]	*mg*	0. 263	0. 053	15	0. 075	0. 329	1. 194
Pantothenic acid	*mg*	0. 119	0. 008	5	0. 034	0. 148	0. 539
Vitamin B-6	*mg*	0. 038	0. 003	5	0. 011	0. 047	0. 171
Folate	*mcg*	4	0. 246	11	1	5	19
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	30			9	38	138
	IU	124	24. 922	7	35	154	561
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	2. 113			0. 599	2. 641	9. 585
4:0	*g*	0. 000			0. 000	0. 000	0. 002
6:0	*g*	0. 000			0. 000	0. 000	0. 001
8:0	*g*	0. 000			0. 000	0. 000	0. 001
10:0	*g*	0. 000			0. 000	0. 000	0. 002
12:0	*g*	0. 001			0. 000	0. 001	0. 005
14:0	*g*	0. 011			0. 003	0. 014	0. 052
16:0	*g*	1. 191			0. 338	1. 489	5. 403
18:0	*g*	0. 871			0. 247	1. 088	3. 949
Monounsaturated, total	*g*	5. 932			1. 682	7. 415	26. 907
16:1	*g*	0. 016			0. 005	0. 020	0. 073
18:1	*g*	5. 916			1. 677	7. 395	26. 834
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	2. 084			0. 591	2. 605	9. 454
18:2	*g*	1. 978			0. 561	2. 472	8. 971
18:3	*g*	0. 106			0. 030	0. 133	0. 483
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 026			0. 007	0. 033	0. 119
Threonine	*g*	0. 054			0. 015	0. 068	0. 247
Isoleucine	*g*	0. 073			0. 021	0. 091	0. 331
Leucine	*g*	0. 129			0. 037	0. 162	0. 586
Lysine	*g*	0. 070			0. 020	0. 087	0. 317
Methionine	*g*	0. 032			0. 009	0. 040	0. 144
Cystine	*g*	0. 040			0. 011	0. 050	0. 182
Phenylalanine	*g*	0. 088			0. 025	0. 110	0. 398
Tyrosine	*g*	0. 054			0. 015	0. 067	0. 244
Valine	*g*	0. 084			0. 024	0. 105	0. 382
Arginine	*g*	0. 074			0. 021	0. 092	0. 334
Histidine	*g*	0. 038			0. 011	0. 048	0. 174
Alanine	*g*	0. 060			0. 017	0. 075	0. 272
Aspartic acid	*g*	0. 095			0. 027	0. 119	0. 431
Glutamic acid	*g*	0. 587			0. 166	0. 734	2. 664
Glycine	*g*	0. 065			0. 018	0. 081	0. 293
Proline	*g*	0. 199			0. 056	0. 248	0. 900
Serine	*g*	0. 099			0. 028	0. 124	0. 449

[1] Baked from frozen. Double-crust 9 in. pie = 998 g. 1/6 of 8 in. pie (700 g) = 117 g.
[2] Values for product made with unenriched flour. Product made with enriched flour contains 1.21 mg iron, 0.134 mg thiamin, 0.158 mg riboflavin, and 1.123 mg niacin per 100 g.
[3] Values based on product containing vegetable shortening and margarine composed of partially hydrogenated soybean oil.

PIE
Apple, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 155 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	47. 3			13. 4	73. 3	214. 5
Food energy	*kcal*	265			75	411	1,203
	kJ	1,110			315	1,721	5,036
Protein	*g*	2. 4			0. 7	3. 7	10. 9
Total lipid (fat)	*g*	12. 5			3. 5	19. 3	56. 6
Carbohydrate, total	*g*	37. 1			10. 5	57. 5	168. 1
Crude fiber	*g*	0. 4			0. 1	0. 6	1. 7
Ash	*g*	0. 8			0. 2	1. 2	3. 5
Minerals:							
Calcium	*mg*	7			2	11	33
Iron	*mg*	1. 12			0. 32	1. 74	5. 08
Magnesium	*mg*	7			2	10	30
Phosphorus	*mg*	28			8	44	129
Potassium	*mg*	79			22	123	359
Sodium	*mg*	211			60	327	956
Zinc	*mg*	0. 19			0. 05	0. 29	0. 84
Copper	*mg*	0. 053			0. 015	0. 082	0. 240
Manganese	*mg*	0. 185			0. 052	0. 287	0. 839
Vitamins:							
Ascorbic acid	*mg*	1. 7			0. 5	2. 7	7. 9
Thiamin	*mg*	0. 148			0. 042	0. 229	0. 669
Riboflavin	*mg*	0. 107			0. 030	0. 166	0. 485
Niacin	*mg*	1. 230			0. 349	1. 906	5. 579
Pantothenic acid	*mg*	0. 093			0. 027	0. 145	0. 424
Vitamin B-6	*mg*	0. 032			0. 009	0. 050	0. 147
Folate	*mcg*	4			1	7	19
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	12			3	19	55
	IU	58			16	90	263
Lipids:							
Fatty acids:							
Saturated, total	*g*	3. 050			0. 865	4. 728	13. 836
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 001			0. 000	0. 001	0. 003
14:0	*g*	0. 058			0. 017	0. 091	0. 265
16:0	*g*	1. 738			0. 493	2. 694	7. 884
18:0	*g*	1. 253			0. 355	1. 942	5. 683
Monounsaturated, total	*g*	5. 393			1. 529	8. 360	24. 464
16:1	*g*	0. 001			0. 000	0. 002	0. 006
18:1	*g*	5. 392			1. 529	8. 358	24. 458
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	3. 338			0. 946	5. 174	15. 142
18:2	*g*	3. 134			0. 888	4. 858	14. 216
18:3	*g*	0. 204			0. 058	0. 317	0. 926
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 029			0. 008	0. 045	0. 131
Threonine	*g*	0. 066			0. 019	0. 102	0. 298
Isoleucine	*g*	0. 083			0. 024	0. 129	0. 378
Leucine	*g*	0. 164			0. 047	0. 254	0. 744
Lysine	*g*	0. 056			0. 016	0. 087	0. 256
Methionine	*g*	0. 042			0. 012	0. 065	0. 191
Cystine	*g*	0. 050			0. 014	0. 078	0. 227
Phenylalanine	*g*	0. 118			0. 034	0. 184	0. 537
Tyrosine	*g*	0. 072			0. 020	0. 111	0. 324
Valine	*g*	0. 097			0. 027	0. 150	0. 439
Arginine	*g*	0. 096			0. 027	0. 149	0. 435
Histidine	*g*	0. 053			0. 015	0. 082	0. 239
Alanine	*g*	0. 077			0. 022	0. 119	0. 349
Aspartic acid	*g*	0. 111			0. 032	0. 173	0. 506
Glutamic acid	*g*	0. 786			0. 223	1. 218	3. 565
Glycine	*g*	0. 086			0. 024	0. 134	0. 391
Proline	*g*	0. 271			0. 077	0. 419	1. 227
Serine	*g*	0. 119			0. 034	0. 184	0. 539

[1] Double-crust 9 in. pie = 1,237 g.

PIE
Banana cream, prepared from mix, no-bake type[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 92 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	50. 9		1	14. 4	46. 9	231. 1
Food energy	kcal	251			71	231	1,138
	kJ	1,050			298	966	4,764
Protein (N x 6.00)	g	3. 4		1	1. 0	3. 2	15. 6
Total lipid (fat)	g	12. 9		1	3. 7	11. 9	58. 7
Carbohydrate, total	g	31. 6			9. 0	29. 1	143. 3
Crude fiber	g	0. 1		1	0. 0	0. 1	0. 3
Ash	g	1. 1		1	0. 3	1. 0	4. 9
Minerals:							
Calcium	mg	73		1	21	67	330
Iron	mg	0. 46		1	0. 13	0. 43	2. 10
Magnesium	mg	12		1	3	11	55
Phosphorus	mg	167		1	47	154	758
Potassium	mg	113		1	32	104	514
Sodium	mg	290		1	82	267	1,315
Zinc	mg	0. 33		1	0. 09	0. 31	1. 52
Copper	mg	0. 043		1	0. 012	0. 040	0. 195
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0. 5		1	0. 1	0. 5	2. 4
Thiamin	mg	0. 102		1	0. 029	0. 094	0. 463
Riboflavin	mg	0. 146		1	0. 041	0. 134	0. 662
Niacin	mg	0. 709		1	0. 201	0. 652	3. 216
Pantothenic acid	mg	0. 259		1	0. 073	0. 238	1. 175
Vitamin B-6	mg	0. 035		1	0. 010	0. 032	0. 159
Folate	mcg	7		1	2	6	30
Vitamin B-12	mcg	0. 21		1	0. 06	0. 20	0. 97
Vitamin A	RE	100			28	92	456
	IU	408		1	116	375	1,851
Lipids:[3]							
Fatty acids:							
Saturated, total	g	6. 926			1. 964	6. 372	31. 417
4:0	g	0. 341			0. 097	0. 314	1. 548
6:0	g	0. 184			0. 052	0. 169	0. 834
8:0	g	0. 115			0. 033	0. 106	0. 523
10:0	g	0. 261			0. 074	0. 240	1. 185
12:0	g	0. 288			0. 082	0. 265	1. 308
14:0	g	1. 084			0. 307	0. 998	4. 919
16:0	g	3. 126			0. 886	2. 876	14. 179
18:0	g	1. 526			0. 433	1. 404	6. 921
Monounsaturated, total	g	4. 181			1. 185	3. 847	18. 966
16:1	g	0. 276			0. 078	0. 254	1. 250
18:1	g	3. 906			1. 107	3. 593	17. 716
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 701			0. 199	0. 645	3. 180
18:2	g	0. 538			0. 152	0. 495	2. 439
18:3	g	0. 163			0. 046	0. 150	0. 741
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 046			0. 013	0. 042	0. 208
Threonine	g	0. 137			0. 039	0. 126	0. 620
Isoleucine	g	0. 168			0. 048	0. 154	0. 761
Leucine	g	0. 285			0. 081	0. 262	1. 293
Lysine	g	0. 202			0. 057	0. 186	0. 916
Methionine	g	0. 066			0. 019	0. 061	0. 299
Cystine	g	0. 050			0. 014	0. 046	0. 226
Phenylalanine	g	0. 161			0. 046	0. 148	0. 732
Tyrosine	g	0. 132			0. 037	0. 121	0. 597
Valine	g	0. 181			0. 051	0. 167	0. 823
Arginine	g	0. 156			0. 044	0. 143	0. 706
Histidine	g	0. 084			0. 024	0. 077	0. 379
Alanine	g	0. 125			0. 035	0. 115	0. 566
Aspartic acid	g	0. 265			0. 075	0. 244	1. 202
Glutamic acid	g	0. 792			0. 225	0. 729	3. 593
Glycine	g	0. 104			0. 029	0. 095	0. 470
Proline	g	0. 301			0. 085	0. 277	1. 366
Serine	g	0. 178			0. 050	0. 164	0. 807

[1] 8.87 oz pkg prepared. Crust: crumbs pkg and 1/3 c butter. Filling: filling pkg and 1-2/3 c whole milk.
[2] 8 or 9 in. pie = 737 g. 1/6 of 8 in. pie = 123 g.
[3] Values based on product containing butter and vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

PIE
Banana cream, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 148 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	47. 9			13. 6	70. 8	217. 1
Food energy	kcal	269			76	398	1,219
	kJ	1,125			319	1,665	5,104
Protein	g	4. 4			1. 2	6. 5	19. 9
Total lipid (fat)	g	13. 6			3. 9	20. 1	61. 7
Carbohydrate, total	g	32. 9			9. 3	48. 8	149. 4
Crude fiber	g	0. 1			0. 0	0. 2	0. 6
Ash	g	1. 2			0. 3	1. 8	5. 5
Minerals:							
Calcium	mg	75			21	110	338
Iron	mg	1. 04			0. 29	1. 53	4. 70
Magnesium	mg	16			5	24	75
Phosphorus	mg	92			26	136	416
Potassium	mg	165			47	245	750
Sodium	mg	240			68	355	1,088
Zinc	mg	0. 48			0. 14	0. 71	2. 17
Copper	mg	0. 052			0. 015	0. 077	0. 237
Manganese	mg	0. 152			0. 043	0. 225	0. 688
Vitamins:							
Ascorbic acid	mg	1. 6			0. 5	2. 4	7. 5
Thiamin	mg	0. 139			0. 039	0. 206	0. 632
Riboflavin	mg	0. 207			0. 059	0. 306	0. 937
Niacin	mg	1. 054			0. 299	1. 560	4. 780
Pantothenic acid	mg	0. 388			0. 110	0. 575	1. 762
Vitamin B-6	mg	0. 133			0. 038	0. 197	0. 602
Folate	mcg	11			3	17	52
Vitamin B-12	mcg	0. 25			0. 07	0. 37	1. 13
Vitamin A	RE	70			20	104	318
	IU	261			74	386	1,182
Lipids:							
Fatty acids:							
Saturated, total	g	3. 758			1. 065	5. 562	17. 047
4:0	g	0. 034			0. 010	0. 051	0. 156
6:0	g	0. 020			0. 006	0. 030	0. 093
8:0	g	0. 012			0. 003	0. 018	0. 054
10:0	g	0. 027			0. 008	0. 040	0. 123
12:0	g	0. 031			0. 009	0. 045	0. 139
14:0	g	0. 153			0. 043	0. 227	0. 696
16:0	g	2. 122			0. 602	3. 141	9. 626
18:0	g	1. 350			0. 383	1. 998	6. 123
Monounsaturated, total	g	5. 719			1. 621	8. 464	25. 940
16:1	g	0. 060			0. 017	0. 088	0. 270
18:1	g	5. 652			1. 602	8. 366	25. 639
20:1	g	0. 003			0. 001	0. 005	0. 014
22:1	g	0. 000			0. 000	0. 001	0. 002
Polyunsaturated, total	g	3. 292			0. 933	4. 872	14. 931
18:2	g	3. 067			0. 869	4. 538	13. 910
18:3	g	0. 205			0. 058	0. 303	0. 928
18:4	g						
20:4	g	0. 016			0. 005	0. 024	0. 072
20:5	g	0. 000			0. 000	0. 001	0. 002
22:5	g						
22:6	g	0. 004			0. 001	0. 006	0. 019
Cholesterol	mg	51			14	75	230
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 055			0. 016	0. 082	0. 251
Threonine	g	0. 165			0. 047	0. 244	0. 746
Isoleucine	g	0. 203			0. 057	0. 300	0. 919
Leucine	g	0. 358			0. 101	0. 530	1. 624
Lysine	g	0. 232			0. 066	0. 344	1. 054
Methionine	g	0. 092			0. 026	0. 136	0. 417
Cystine	g	0. 068			0. 019	0. 100	0. 308
Phenylalanine	g	0. 206			0. 058	0. 305	0. 934
Tyrosine	g	0. 168			0. 048	0. 249	0. 764
Valine	g	0. 229			0. 065	0. 339	1. 040
Arginine	g	0. 186			0. 053	0. 276	0. 845
Histidine	g	0. 116			0. 033	0. 172	0. 527
Alanine	g	0. 155			0. 044	0. 229	0. 703
Aspartic acid	g	0. 285			0. 081	0. 422	1. 292
Glutamic acid	g	1. 062			0. 301	1. 572	4. 818
Glycine	g	0. 126			0. 036	0. 187	0. 573
Proline	g	0. 407			0. 115	0. 603	1. 848
Serine	g	0. 243			0. 069	0. 360	1. 104

[1] 9 in. pie = 1,186 g.

PIE
Blueberry, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 125 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52. 5		1	14. 9	65. 6	238. 0
Food energy	kcal	232			66	289	1,050
	kJ	969			275	1,211	4,396
Protein (N x 5.70)	g	1. 8		1	0. 5	2. 3	8. 3
Total lipid (fat)	g	10. 0		1	2. 8	12. 5	45. 4
Carbohydrate, total	g	34. 9			9. 9	43. 7	158. 4
Crude fiber	g						
Ash	g	0. 8		1	0. 2	1. 0	3. 5
Minerals:							
Calcium	mg	8		1	2	10	36
Iron[2]	mg	0. 30		1	0. 09	0. 37	1. 36
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	50		1	14	63	227
Sodium	mg	325		1	92	406	1,474
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin[2]	mg	0. 010		1	0. 003	0. 012	0. 045
Riboflavin[2]	mg	0. 030		1	0. 009	0. 037	0. 136
Niacin[2]	mg	0. 300		1	0. 085	0. 375	1. 361
Pantothenic acid	mg						
Vitamin B-6	mg	0. 037	0. 006	3	0. 010	0. 046	0. 168
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	34			10	42	152
	IU	140		1	40	175	635
Lipids:[3]							
Fatty acids:							
Saturated, total	g	1. 876			0. 532	2. 345	8. 510
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 008			0. 002	0. 010	0. 035
16:0	g	1. 055			0. 299	1. 319	4. 788
18:0	g	0. 778			0. 221	0. 972	3. 529
Monounsaturated, total	g	5. 349			1. 517	6. 687	24. 264
16:1	g	0. 014			0. 004	0. 017	0. 062
18:1	g	5. 334			1. 512	6. 668	24. 196
20:1	g	0. 001			0. 000	0. 002	0. 006
22:1	g						
Polyunsaturated, total	g	1. 943			0. 551	2. 428	8. 811
18:2	g	1. 818			0. 515	2. 273	8. 248
18:3	g	0. 124			0. 035	0. 155	0. 563
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 025			0. 007	0. 032	0. 115
Threonine	g	0. 051			0. 014	0. 064	0. 231
Isoleucine	g	0. 069			0. 020	0. 086	0. 312
Leucine	g	0. 125			0. 035	0. 156	0. 568
Lysine	g	0. 062			0. 018	0. 077	0. 280
Methionine	g	0. 031			0. 009	0. 039	0. 141
Cystine	g	0. 039			0. 011	0. 048	0. 176
Phenylalanine	g	0. 086			0. 024	0. 107	0. 389
Tyrosine	g	0. 051			0. 014	0. 063	0. 229
Valine	g	0. 080			0. 023	0. 100	0. 364
Arginine	g	0. 072			0. 020	0. 090	0. 325
Histidine	g	0. 037			0. 011	0. 046	0. 168
Alanine	g	0. 057			0. 016	0. 072	0. 260
Aspartic acid	g	0. 082			0. 023	0. 102	0. 370
Glutamic acid	g	0. 580			0. 164	0. 725	2. 632
Glycine	g	0. 063			0. 018	0. 079	0. 286
Proline	g	0. 195			0. 055	0. 244	0. 885
Serine	g	0. 094			0. 027	0. 117	0. 425

[1] Baked from frozen. Double-crust 9 in. pie = 998 g. 1/6 of 8 in. pie = 117 g.
[2] Product made with unenriched flour.
[3] Values based on product containing vegetable shortening and margarine composed of partially hydrogenated soybean oil.

PIE
Blueberry, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 147 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	51. 2			14. 5	75. 3	232. 2
Food energy	*kcal*	245			69	360	1,111
	kJ	1,026			291	1,508	4,653
Protein	*g*	2. 7			0. 8	3. 9	12. 1
Total lipid (fat)	*g*	11. 9			3. 4	17. 5	54. 1
Carbohydrate, total	*g*	33. 5			9. 5	49. 2	151. 9
Crude fiber	*g*	0. 7			0. 2	1. 1	3. 4
Ash	*g*	0. 7			0. 2	1. 0	3. 2
Minerals:							
Calcium	*mg*	7			2	10	32
Iron	*mg*	1. 23			0. 35	1. 81	5. 59
Magnesium	*mg*	8			2	11	35
Phosphorus	*mg*	30			9	45	138
Potassium	*mg*	50			14	74	227
Sodium	*mg*	185			53	272	841
Zinc	*mg*	0. 20			0. 06	0. 30	0. 92
Copper	*mg*	0. 067			0. 019	0. 099	0. 306
Manganese	*mg*	0. 300			0. 085	0. 442	1. 363
Vitamins:							
Ascorbic acid	*mg*	0. 7			0. 2	1. 0	3. 0
Thiamin	*mg*	0. 153			0. 043	0. 224	0. 692
Riboflavin	*mg*	0. 132			0. 037	0. 194	0. 598
Niacin	*mg*	1. 194			0. 338	1. 755	5. 416
Pantothenic acid	*mg*	0. 124			0. 035	0. 183	0. 564
Vitamin B-6	*mg*	0. 034			0. 010	0. 051	0. 156
Folate	*mcg*	5			1	7	21
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	4			1	6	18
	IU	42			12	61	188
Lipids:							
Fatty acids:							
Saturated, total	*g*	2. 911			0. 825	4. 279	13. 203
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 046			0. 013	0. 067	0. 208
16:0	*g*	1. 648			0. 467	2. 423	7. 475
18:0	*g*	1. 217			0. 345	1. 789	5. 520
Monounsaturated, total	*g*	5. 121			1. 452	7. 528	23. 228
16:1	*g*						
18:1	*g*	5. 121			1. 452	7. 528	23. 228
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	3. 080			0. 873	4. 527	13. 969
18:2	*g*	2. 892			0. 820	4. 251	13. 116
18:3	*g*	0. 188			0. 053	0. 277	0. 853
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 029			0. 008	0. 043	0. 131
Threonine	*g*	0. 073			0. 021	0. 107	0. 329
Isoleucine	*g*	0. 090			0. 026	0. 133	0. 410
Leucine	*g*	0. 179			0. 051	0. 263	0. 813
Lysine	*g*	0. 057			0. 016	0. 084	0. 259
Methionine	*g*	0. 046			0. 013	0. 068	0. 210
Cystine	*g*	0. 051			0. 015	0. 075	0. 233
Phenylalanine	*g*	0. 127			0. 036	0. 187	0. 576
Tyrosine	*g*	0. 072			0. 020	0. 105	0. 325
Valine	*g*	0. 108			0. 031	0. 159	0. 490
Arginine	*g*	0. 113			0. 032	0. 166	0. 512
Histidine	*g*	0. 056			0. 016	0. 082	0. 254
Alanine	*g*	0. 091			0. 026	0. 134	0. 412
Aspartic acid	*g*	0. 130			0. 037	0. 191	0. 591
Glutamic acid	*g*	0. 793			0. 225	1. 165	3. 596
Glycine	*g*	0. 099			0. 028	0. 145	0. 448
Proline	*g*	0. 270			0. 077	0. 397	1. 226
Serine	*g*	0. 124			0. 035	0. 182	0. 561

[1] Double-crust 9 in. pie = 1,179 g.

PIE
Butterscotch, pudding-type, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 127 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	46. 3			13. 1	58. 8	210. 2
Food energy	kcal	279			79	355	1,267
	kJ	1,169			331	1,485	5,302
Protein	g	4. 7			1. 3	6. 0	21. 5
Total lipid (fat)	g	14. 3			4. 1	18. 2	64. 9
Carbohydrate, total	g	33. 3			9. 4	42. 2	150. 9
Crude fiber	g	0. 0			0. 0	0. 1	0. 2
Ash	g	1. 3			0. 4	1. 7	6. 1
Minerals:							
Calcium	mg	101			29	128	457
Iron	mg	1. 29			0. 37	1. 64	5. 85
Magnesium	mg	17			5	22	79
Phosphorus	mg	106			30	135	481
Potassium	mg	174			49	221	791
Sodium	mg	264			75	335	1,195
Zinc	mg	0. 54			0. 15	0. 69	2. 45
Copper	mg	0. 077			0. 022	0. 097	0. 347
Manganese	mg	0. 173			0. 049	0. 220	0. 787
Vitamins:							
Ascorbic acid	mg	0. 5			0. 1	0. 7	2. 4
Thiamin	mg	0. 140			0. 040	0. 177	0. 633
Riboflavin	mg	0. 213			0. 060	0. 270	0. 966
Niacin	mg	0. 995			0. 282	1. 263	4. 512
Pantothenic acid	mg	0. 426			0. 121	0. 541	1. 931
Vitamin B-6	mg	0. 052			0. 015	0. 066	0. 237
Folate	mcg	11			3	14	49
Vitamin B-12	mcg	0. 30			0. 09	0. 38	1. 36
Vitamin A	RE	84			24	106	379
	IU	301			85	383	1,366
Lipids:							
Fatty acids:							
Saturated, total	g	4. 007			1. 136	5. 088	18. 174
4:0	g	0. 041			0. 012	0. 053	0. 188
6:0	g	0. 025			0. 007	0. 031	0. 112
8:0	g	0. 014			0. 004	0. 018	0. 066
10:0	g	0. 033			0. 009	0. 041	0. 148
12:0	g	0. 037			0. 010	0. 046	0. 166
14:0	g	0. 177			0. 050	0. 224	0. 802
16:0	g	2. 250			0. 638	2. 858	10. 207
18:0	g	1. 420			0. 402	1. 803	6. 439
Monounsaturated, total	g	6. 017			1. 706	7. 642	27. 293
16:1	g	0. 069			0. 020	0. 088	0. 314
18:1	g	5. 940			1. 684	7. 544	26. 943
20:1	g	0. 004			0. 001	0. 005	0. 017
22:1	g	0. 000			0. 000	0. 001	0. 002
Polyunsaturated, total	g	3. 425			0. 971	4. 349	15. 534
18:2	g	3. 193			0. 905	4. 055	14. 483
18:3	g	0. 207			0. 059	0. 263	0. 938
18:4	g						
20:4	g	0. 019			0. 005	0. 024	0. 087
20:5	g	0. 000			0. 000	0. 001	0. 002
22:5	g						
22:6	g	0. 005			0. 001	0. 006	0. 023
Cholesterol	mg	61			17	78	278
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 060			0. 017	0. 076	0. 271
Threonine	g	0. 182			0. 052	0. 231	0. 825
Isoleucine	g	0. 225			0. 064	0. 286	1. 022
Leucine	g	0. 393			0. 111	0. 499	1. 781
Lysine	g	0. 263			0. 075	0. 334	1. 193
Methionine	g	0. 102			0. 029	0. 130	0. 464
Cystine	g	0. 071			0. 020	0. 090	0. 321
Phenylalanine	g	0. 222			0. 063	0. 283	1. 009
Tyrosine	g	0. 187			0. 053	0. 238	0. 850
Valine	g	0. 253			0. 072	0. 321	1. 146
Arginine	g	0. 201			0. 057	0. 255	0. 910
Histidine	g	0. 116			0. 033	0. 147	0. 525
Alanine	g	0. 168			0. 047	0. 213	0. 760
Aspartic acid	g	0. 306			0. 087	0. 388	1. 387
Glutamic acid	g	1. 135			0. 322	1. 442	5. 149
Glycine	g	0. 132			0. 037	0. 167	0. 598
Proline	g	0. 441			0. 125	0. 560	2. 000
Serine	g	0. 266			0. 075	0. 338	1. 206

[1] 9 in. pie = 1,016 g.

PIE
Cherry, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 125 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	46. 2	1. 634	5	13. 1	57. 8	209. 7
Food energy	kcal	260			74	325	1,179
	kJ	1,088			309	1,360	4,936
Protein (N x 5.80)	g	2. 0	0. 188	5	0. 6	2. 5	9. 2
Total lipid (fat)	g	11. 0	0. 555	6	3. 1	13. 7	49. 7
Carbohydrate, total	g	39. 8			11. 3	49. 8	180. 7
Crude fiber	g						
Ash	g	0. 9	0. 042	7	0. 3	1. 2	4. 2
Minerals:							
Calcium	mg	12	2. 275	5	3	15	54
Iron[2]	mg	0. 48	0. 099	5	0. 13	0. 59	2. 16
Magnesium	mg	8	0. 361	2	2	10	35
Phosphorus	mg	29	0. 686	2	8	36	130
Potassium	mg	81	8. 946	5	23	102	368
Sodium	mg	246	43. 379	5	70	308	1,118
Zinc	mg	0. 18	0. 101	3	0. 05	0. 22	0. 82
Copper	mg	0. 040	0. 007	2	0. 011	0. 050	0. 181
Manganese	mg	0. 140	0. 007	2	0. 040	0. 175	0. 635
Vitamins:							
Ascorbic acid	mg						
Thiamin[2]	mg	0. 023	0. 002	11	0. 007	0. 029	0. 105
Riboflavin[2]	mg	0. 029	0. 008	11	0. 008	0. 037	0. 134
Niacin[2]	mg	0. 200	0. 028	11	0. 057	0. 250	0. 907
Pantothenic acid	mg	0. 319	0. 019	8	0. 090	0. 399	1. 447
Vitamin B-6	mg	0. 041	0. 000	8	0. 012	0. 051	0. 186
Folate	mcg	8	0. 499	8	2	10	35
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	g	2. 081			0. 590	2. 601	9. 439
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 008			0. 002	0. 010	0. 036
16:0	g	1. 168			0. 331	1. 460	5. 299
18:0	g	0. 863			0. 245	1. 079	3. 916
Monounsaturated, total	g	5. 993			1. 699	7. 491	27. 183
16:1	g	0. 015			0. 004	0. 019	0. 068
18:1	g	5. 978			1. 695	7. 472	27. 115
20:1	g						
22:1	g						
Polyunsaturated, total	g	2. 000			0. 567	2. 500	9. 071
18:2	g	1. 900			0. 539	2. 375	8. 619
18:3	g	0. 100			0. 028	0. 125	0. 453
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 028			0. 008	0. 036	0. 129
Threonine	g	0. 078			0. 022	0. 097	0. 352
Isoleucine	g	0. 103			0. 029	0. 128	0. 466
Leucine	g	0. 173			0. 049	0. 217	0. 786
Lysine	g	0. 120			0. 034	0. 150	0. 546
Methionine	g	0. 043			0. 012	0. 054	0. 197
Cystine	g	0. 031			0. 009	0. 038	0. 138
Phenylalanine	g	0. 099			0. 028	0. 123	0. 447
Tyrosine	g	0. 080			0. 023	0. 100	0. 364
Valine	g	0. 119			0. 034	0. 148	0. 538
Arginine	g	0. 102			0. 029	0. 128	0. 463
Histidine	g	0. 050			0. 014	0. 063	0. 227
Alanine	g	0. 072			0. 020	0. 089	0. 325
Aspartic acid	g	0. 136			0. 038	0. 170	0. 616
Glutamic acid	g	0. 518			0. 147	0. 647	2. 348
Glycine	g	0. 059			0. 017	0. 074	0. 267
Proline	g	0. 196			0. 056	0. 245	0. 889
Serine	g	0. 108			0. 031	0. 135	0. 490

[1] Baked from frozen. Double-crust 9 in. pie = 998 g. 1/6 of 8 in. pie = 117 g.
[2] Product made with unenriched flour.
[3] Values based on product containing vegetable shortening and margarine composed of partially hydrogenated soybean oil.

PIE
Cherry, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 180 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	45.8			13.0	82.5	207.8
Food energy	kcal	270			77	486	1,225
	kJ	1,131			321	2,035	5,129
Protein	g	2.8			0.8	5.0	12.5
Total lipid (fat)	g	12.2			3.4	21.9	55.1
Carbohydrate, total	g	38.5			10.9	69.4	174.8
Crude fiber	g	0.1			0.0	0.2	0.5
Ash	g	0.7			0.2	1.3	3.4
Minerals:							
Calcium	mg	10			3	18	46
Iron	mg	1.85			0.53	3.34	8.41
Magnesium	mg	9			2	15	39
Phosphorus	mg	30			9	55	138
Potassium	mg	77			22	138	348
Sodium	mg	191			54	343	864
Zinc	mg	0.20			0.06	0.37	0.93
Copper	mg	0.077			0.022	0.138	0.348
Manganese	mg	0.200			0.057	0.359	0.906
Vitamins:							
Ascorbic acid	mg	1.0			0.3	1.8	4.5
Thiamin	mg	0.148			0.042	0.266	0.670
Riboflavin	mg	0.125			0.036	0.226	0.569
Niacin	mg	1.276			0.362	2.298	5.790
Pantothenic acid	mg	0.123			0.035	0.221	0.558
Vitamin B-6	mg	0.034			0.010	0.060	0.152
Folate	mcg	7			2	12	31
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	48			14	86	216
	IU	409			116	737	1,856
Lipids:							
Fatty acids:							
Saturated, total	g	2.985			0.846	5.372	13.538
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.047			0.013	0.084	0.213
16:0	g	1.700			0.482	3.060	7.711
18:0	g	1.238			0.351	2.228	5.614
Monounsaturated, total	g	5.314			1.507	9.566	24.106
16:1	g						
18:1	g	5.314			1.507	9.566	24.106
20:1	g						
22:1	g						
Polyunsaturated, total	g	3.247			0.920	5.844	14.727
18:2	g	3.045			0.863	5.480	13.811
18:3	g	0.202			0.057	0.364	0.916
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.031			0.009	0.055	0.140
Threonine	g	0.072			0.020	0.129	0.325
Isoleucine	g	0.088			0.025	0.158	0.399
Leucine	g	0.170			0.048	0.307	0.773
Lysine	g	0.067			0.019	0.120	0.303
Methionine	g	0.043			0.012	0.077	0.193
Cystine	g	0.050			0.014	0.091	0.228
Phenylalanine	g	0.124			0.035	0.223	0.562
Tyrosine	g	0.075			0.021	0.134	0.339
Valine	g	0.104			0.029	0.187	0.471
Arginine	g	0.100			0.028	0.180	0.453
Histidine	g	0.057			0.016	0.102	0.257
Alanine	g	0.086			0.024	0.155	0.391
Aspartic acid	g	0.341			0.097	0.613	1.545
Glutamic acid	g	0.791			0.224	1.424	3.587
Glycine	g	0.092			0.026	0.166	0.419
Proline	g	0.280			0.079	0.505	1.271
Serine	g	0.128			0.036	0.231	0.581

[1] Double-crust 9 in. pie = 1,437 g.

PIE
Chocolate creme, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/6 of 8 in. pie = 113 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	43. 5	1. 656	5	12. 3	49. 1	197. 2
Food energy	kcal	304			86	344	1,379
	kJ	1,273			361	1,438	5,773
Protein (N x 5.40)	g	2. 6	0. 276	5	0. 7	3. 0	11. 9
Total lipid (fat)	g	19. 4	1. 816	6	5. 5	21. 9	88. 0
Carbohydrate, total	g	33. 6			9. 5	37. 9	152. 3
Crude fiber	g	0. 4	0. 050	2	0. 1	0. 5	2. 0
Ash	g	0. 8	0. 032	7	0. 2	0. 9	3. 6
Minerals:							
Calcium	mg	36	9. 208	5	10	41	165
Iron	mg	1. 07	0. 129	5	0. 30	1. 21	4. 86
Magnesium	mg	21	3. 096	4	6	24	95
Phosphorus	mg	68	5. 831	4	19	77	308
Potassium	mg	127	26. 951	5	36	144	578
Sodium	mg	136	36. 259	5	38	153	615
Zinc	mg	0. 23	0. 028	2	0. 07	0. 26	1. 04
Copper	mg	0. 050	0. 007	2	0. 014	0. 056	0. 227
Manganese	mg	0. 200	0. 021	2	0. 057	0. 226	0. 907
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 036	0. 002	11	0. 010	0. 040	0. 162
Riboflavin	mg	0. 107	0. 008	11	0. 030	0. 120	0. 483
Niacin	mg	0. 678	0. 054	11	0. 192	0. 766	3. 076
Pantothenic acid	mg	0. 393	0. 019	8	0. 111	0. 444	1. 783
Vitamin B-6	mg	0. 020	0. 000	8	0. 006	0. 023	0. 091
Folate	mcg	7	0. 346	8	2	8	33
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	5. 276			1. 496	5. 962	23. 933
4:0	g	0. 001			0. 000	0. 001	0. 003
6:0	g	0. 000			0. 000	0. 000	0. 002
8:0	g	0. 000			0. 000	0. 000	0. 001
10:0	g	0. 001			0. 000	0. 001	0. 003
12:0	g	0. 001			0. 000	0. 001	0. 003
14:0	g	0. 094			0. 027	0. 107	0. 428
16:0	g	2. 647			0. 750	2. 991	12. 005
18:0	g	2. 532			0. 718	2. 862	11. 487
Monounsaturated, total	g	10. 920			3. 096	12. 340	49. 533
16:1	g	0. 003			0. 001	0. 004	0. 015
18:1	g	10. 917			3. 095	12. 336	49. 518
20:1	g						
22:1	g						
Polyunsaturated, total	g	2. 292			0. 650	2. 590	10. 397
18:2	g	2. 177			0. 617	2. 460	9. 876
18:3	g	0. 115			0. 033	0. 130	0. 520
18:4	g						
20:4	g	0. 000			0. 000	0. 000	0. 001
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	5	0. 000	2	1	6	23
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 034			0. 010	0. 038	0. 154
Threonine	g	0. 088			0. 025	0. 099	0. 398
Isoleucine	g	0. 095			0. 027	0. 107	0. 431
Leucine	g	0. 165			0. 047	0. 187	0. 749
Lysine	g	0. 113			0. 032	0. 128	0. 512
Methionine	g	0. 035			0. 010	0. 040	0. 160
Cystine	g	0. 042			0. 012	0. 047	0. 189
Phenylalanine	g	0. 113			0. 032	0. 128	0. 512
Tyrosine	g	0. 072			0. 020	0. 082	0. 327
Valine	g	0. 125			0. 035	0. 141	0. 565
Arginine	g	0. 137			0. 039	0. 154	0. 620
Histidine	g	0. 048			0. 014	0. 054	0. 218
Alanine	g	0. 127			0. 036	0. 143	0. 576
Aspartic acid	g	0. 184			0. 052	0. 207	0. 833
Glutamic acid	g	0. 605			0. 172	0. 684	2. 745
Glycine	g	0. 180			0. 051	0. 203	0. 815
Proline	g	0. 245			0. 069	0. 277	1. 112
Serine	g	0. 120			0. 034	0. 136	0. 545

[1] Frozen, ready-to-serve: 8 in. pie = 680 g. 1/4 of 6 in. pie (397 g) = 99 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

PIE
Chocolate cream, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 142 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	46. 6			13. 2	66. 2	211. 4
Food energy	kcal	282			80	401	1,280
	kJ	1,181			335	1,677	5,356
Protein	g	4. 8			1. 4	6. 8	21. 8
Total lipid (fat)	g	16. 1			4. 6	22. 9	73. 1
Carbohydrate, total	g	31. 2			8. 8	44. 2	141. 3
Crude fiber	g	0. 2			0. 0	0. 2	0. 7
Ash	g	1. 3			0. 4	1. 8	5. 7
Minerals:							
Calcium	mg	81			23	115	367
Iron	mg	1. 27			0. 36	1. 80	5. 75
Magnesium	mg	26			7	36	116
Phosphorus	mg	110			31	157	501
Potassium	mg	147			42	209	666
Sodium	mg	245			70	348	1,112
Zinc	mg	0. 64			0. 18	0. 91	2. 92
Copper	mg	0. 131			0. 037	0. 186	0. 594
Manganese	mg	0. 210			0. 059	0. 298	0. 951
Vitamins:							
Ascorbic acid	mg	0. 5			0. 1	0. 7	2. 1
Thiamin	mg	0. 138			0. 039	0. 196	0. 627
Riboflavin	mg	0. 204			0. 058	0. 290	0. 927
Niacin	mg	1. 024			0. 290	1. 454	4. 643
Pantothenic acid	mg	0. 373			0. 106	0. 529	1. 691
Vitamin B-6	mg	0. 047			0. 013	0. 067	0. 215
Folate	mcg	10			3	14	46
Vitamin B-12	mcg	0. 26			0. 07	0. 37	1. 19
Vitamin A	RE	73			21	104	332
	IU	264			75	375	1,198
Lipids:							
Fatty acids:							
Saturated, total	g	5. 216			1. 479	7. 406	23. 658
4:0	g	0. 036			0. 010	0. 051	0. 164
6:0	g	0. 022			0. 006	0. 031	0. 098
8:0	g	0. 013			0. 004	0. 018	0. 057
10:0	g	0. 028			0. 008	0. 040	0. 129
12:0	g	0. 032			0. 009	0. 045	0. 145
14:0	g	0. 163			0. 046	0. 232	0. 741
16:0	g	2. 784			0. 789	3. 954	12. 630
18:0	g	2. 110			0. 598	2. 996	9. 569
Monounsaturated, total	g	6. 592			1. 869	9. 361	29. 902
16:1	g	0. 060			0. 017	0. 086	0. 274
18:1	g	6. 525			1. 850	9. 265	29. 597
20:1	g	0. 003			0. 001	0. 005	0. 015
22:1	g	0. 000			0. 000	0. 001	0. 002
Polyunsaturated, total	g	3. 391			0. 961	4. 815	15. 382
18:2	g	3. 169			0. 898	4. 500	14. 375
18:3	g	0. 200			0. 057	0. 285	0. 909
18:4	g						
20:4	g	0. 017			0. 005	0. 024	0. 076
20:5	g	0. 000			0. 000	0. 001	0. 002
22:5	g						
22:6	g	0. 004			0. 001	0. 006	0. 020
Cholesterol	mg	53			15	76	243
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 062			0. 017	0. 088	0. 280
Threonine	g	0. 183			0. 052	0. 259	0. 829
Isoleucine	g	0. 222			0. 063	0. 315	1. 007
Leucine	g	0. 386			0. 109	0. 548	1. 749
Lysine	g	0. 257			0. 073	0. 365	1. 166
Methionine	g	0. 098			0. 028	0. 139	0. 444
Cystine	g	0. 072			0. 020	0. 102	0. 327
Phenylalanine	g	0. 227			0. 064	0. 323	1. 030
Tyrosine	g	0. 187			0. 053	0. 266	0. 849
Valine	g	0. 257			0. 073	0. 364	1. 164
Arginine	g	0. 210			0. 059	0. 298	0. 951
Histidine	g	0. 114			0. 032	0. 162	0. 517
Alanine	g	0. 174			0. 049	0. 247	0. 790
Aspartic acid	g	0. 321			0. 091	0. 456	1. 456
Glutamic acid	g	1. 135			0. 322	1. 612	5. 150
Glycine	g	0. 143			0. 041	0. 203	0. 650
Proline	g	0. 431			0. 122	0. 611	1. 953
Serine	g	0. 263			0. 075	0. 373	1. 193

[1] 9 in. pie = 1,133 g.

PIE
Chocolate mousse, prepared from mix, no-bake type[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 95 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	49. 7		1	14. 1	47. 2	225. 5
Food energy	kcal	260			74	247	1,178
	kJ	1,087			308	1,033	4,930
Protein (N x 5.80)	g	3. 5		1	1. 0	3. 4	16. 1
Total lipid (fat)	g	15. 4		1	4. 4	14. 6	69. 7
Carbohydrate, total	g	29. 6			8. 4	28. 1	134. 1
Crude fiber	g	0. 2		1	0. 1	0. 2	0. 9
Ash	g	1. 7		1	0. 5	1. 6	7. 6
Minerals:							
Calcium	mg	77		1	22	74	351
Iron	mg	1. 08		1	0. 31	1. 03	4. 92
Magnesium	mg	32		1	9	30	143
Phosphorus	mg	231		1	66	220	1,048
Potassium	mg	285		1	81	270	1,291
Sodium	mg	460		1	130	437	2,086
Zinc	mg	0. 60		1	0. 17	0. 57	2. 70
Copper	mg	0. 203		1	0. 058	0. 193	0. 921
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0. 5		1	0. 1	0. 5	2. 3
Thiamin	mg	0. 051		1	0. 014	0. 048	0. 231
Riboflavin	mg	0. 147		1	0. 042	0. 140	0. 667
Niacin	mg	0. 595		1	0. 169	0. 565	2. 699
Pantothenic acid	mg	0. 202		1	0. 057	0. 192	0. 916
Vitamin B-6	mg	0. 029		1	0. 008	0. 028	0. 132
Folate	mcg	3		1	1	3	13
Vitamin B-12	mcg	0. 21		1	0. 06	0. 20	0. 95
Vitamin A	RE	101			29	96	460
	IU	413		1	117	392	1,872
Lipids:[3]							
Fatty acids:							
Saturated, total	g	8. 195			2. 323	7. 785	37. 171
4:0	g	0. 337			0. 096	0. 320	1. 529
6:0	g	0. 179			0. 051	0. 170	0. 812
8:0	g	0. 114			0. 032	0. 108	0. 515
10:0	g	0. 257			0. 073	0. 244	1. 167
12:0	g	0. 283			0. 080	0. 269	1. 285
14:0	g	1. 076			0. 305	1. 022	4. 881
16:0	g	3. 688			1. 045	3. 503	16. 727
18:0	g	2. 261			0. 641	2. 148	10. 255
Monounsaturated, total	g	5. 084			1. 441	4. 829	23. 059
16:1	g	0. 282			0. 080	0. 268	1. 280
18:1	g	4. 802			1. 361	4. 561	21. 780
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 814			0. 231	0. 774	3. 693
18:2	g	0. 650			0. 184	0. 617	2. 947
18:3	g	0. 165			0. 047	0. 156	0. 746
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 048			0. 014	0. 046	0. 219
Threonine	g	0. 139			0. 040	0. 132	0. 633
Isoleucine	g	0. 165			0. 047	0. 157	0. 749
Leucine	g	0. 278			0. 079	0. 264	1. 260
Lysine	g	0. 201			0. 057	0. 191	0. 910
Methionine	g	0. 062			0. 018	0. 059	0. 280
Cystine	g	0. 050			0. 014	0. 048	0. 228
Phenylalanine	g	0. 166			0. 047	0. 157	0. 752
Tyrosine	g	0. 133			0. 038	0. 126	0. 602
Valine	g	0. 190			0. 054	0. 180	0. 860
Arginine	g	0. 167			0. 047	0. 159	0. 757
Histidine	g	0. 082			0. 023	0. 078	0. 372
Alanine	g	0. 133			0. 038	0. 127	0. 605
Aspartic acid	g	0. 284			0. 080	0. 270	1. 287
Glutamic acid	g	0. 769			0. 218	0. 731	3. 490
Glycine	g	0. 115			0. 033	0. 109	0. 522
Proline	g	0. 283			0. 080	0. 268	1. 282
Serine	g	0. 178			0. 050	0. 169	0. 807

[1] 9.62 oz pkg prepared. Crust: chocolate crumbs pkg and 1/3 c butter. Filling: filling pkg and 1-2/3 c whole milk.
[2] 8 or 9 in. pie = 760 g. 1/6 of 8 in. pie = 127 g.
[3] Values based on product containing butter and vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

PIE
Coconut creme, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/6 of 7 in. pie = 64 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	43. 2		1	12. 2	27. 6	196. 0
Food energy	kcal	298			85	191	1,352
	kJ	1,248			354	799	5,660
Protein (N x 6.00)	g	2. 1		1	0. 6	1. 3	9. 5
Total lipid (fat)	g	16. 6		1	4. 7	10. 6	75. 3
Carbohydrate, total	g	37. 2			10. 6	23. 8	169. 0
Crude fiber	g						
Ash	g	0. 8		1	0. 2	0. 5	3. 9
Minerals:							
Calcium	mg	29		1	8	19	132
Iron	mg	0. 80		1	0. 23	0. 51	3. 63
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	65		1	18	42	295
Sodium	mg	255		1	72	163	1,157
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0		1	0	0	0
Thiamin	mg	0. 050		1	0. 014	0. 032	0. 227
Riboflavin	mg	0. 080		1	0. 023	0. 051	0. 363
Niacin	mg	0. 200		1	0. 057	0. 128	0. 907
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	20			6	13	91
	IU	90		1	26	58	408
Lipids:[2]							
Fatty acids:							
Saturated, total	g	7. 518			2. 131	4. 811	34. 101
4:0	g	0. 002			0. 000	0. 001	0. 008
6:0	g	0. 030			0. 009	0. 019	0. 138
8:0	g	0. 363			0. 103	0. 232	1. 648
10:0	g	0. 290			0. 082	0. 185	1. 313
12:0	g	2. 298			0. 652	1. 471	10. 424
14:0	g	0. 968			0. 274	0. 620	4. 391
16:0	g	1. 934			0. 548	1. 237	8. 771
18:0	g	1. 633			0. 463	1. 045	7. 406
Monounsaturated, total	g	6. 759			1. 916	4. 325	30. 657
16:1	g	0. 002			0. 001	0. 001	0. 009
18:1	g	6. 757			1. 915	4. 324	30. 648
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 475			0. 418	0. 944	6. 692
18:2	g	1. 404			0. 398	0 898	6. 366
18:3	g	0. 072			0. 020	0. 046	0. 325
18:4	g						
20:4	g	0. 000			0. 000	0. 000	0. 001
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		1	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 029			0. 008	0. 018	0. 130
Threonine	g	0. 078			0. 022	0. 050	0. 354
Isoleucine	g	0. 103			0. 029	0. 066	0. 465
Leucine	g	0. 174			0. 049	0. 111	0. 789
Lysine	g	0. 119			0. 034	0. 076	0. 541
Methionine	g	0. 043			0. 012	0. 028	0. 197
Cystine	g	0. 030			0. 009	0. 019	0. 138
Phenylalanine	g	0. 098			0. 028	0. 063	0. 445
Tyrosine	g	0. 081			0. 023	0. 052	0. 367
Valine	g	0. 120			0. 034	0. 077	0. 545
Arginine	g	0. 108			0. 031	0. 069	0. 489
Histidine	g	0. 051			0. 014	0. 032	0. 230
Alanine	g	0. 074			0. 021	0. 047	0. 333
Aspartic acid	g	0. 140			0. 040	0. 090	0. 637
Glutamic acid	g	0. 507			0. 144	0. 324	2. 299
Glycine	g	0. 060			0. 017	0. 039	0. 273
Proline	g	0. 191			0. 054	0. 123	0. 869
Serine	g	0. 107			0. 030	0. 068	0. 484

[1] Frozen, ready-to-serve 7 in. pie = 383 g. 1/8 of 7 in. pie = 48 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

PIE
Coconut cream, prepared from mix, no-bake type[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 94 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	49. 7		1	14. 1	46. 8	225. 6
Food energy	kcal	276			78	259	1,251
	kJ	1,155			327	1,086	5,239
Protein (N x 6.10)	g	2. 8		1	0. 8	2. 7	12. 9
Total lipid (fat)	g	17. 6		1	5. 0	16. 5	79. 8
Carbohydrate, total	g	28. 5			8. 1	26. 8	129. 2
Crude fiber	g	0. 3		1	0. 1	0. 2	1. 2
Ash	g	1. 3		1	0. 4	1. 2	6. 0
Minerals:							
Calcium	mg	72		1	20	67	325
Iron	mg	0. 40		1	0. 11	0. 37	1. 80
Magnesium	mg	17		1	5	16	75
Phosphorus	mg	169		1	48	159	766
Potassium	mg	141		1	40	132	638
Sodium	mg	329		1	93	309	1,492
Zinc	mg	0. 38		1	0. 11	0. 36	1. 73
Copper	mg	0. 080		1	0. 023	0. 075	0. 363
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0. 6		1	0. 2	0. 6	2. 7
Thiamin	mg	0. 028		1	0. 008	0. 026	0. 127
Riboflavin	mg	0. 104		1	0. 029	0. 098	0. 472
Niacin	mg	0. 132		1	0. 037	0. 124	0. 599
Pantothenic acid	mg	0. 257		1	0. 073	0. 242	1. 166
Vitamin B-6	mg	0. 045		1	0. 013	0. 042	0. 204
Folate	mcg	4		1	1	4	19
Vitamin B-12	mcg	0. 21		1	0. 06	0. 20	0. 96
Vitamin A	RE	100			28	94	453
	IU	405		1	115	381	1,838
Lipids:[3]							
Fatty acids:							
Saturated, total	g	10. 213			2. 895	9. 601	46. 328
4:0	g	0. 394			0. 112	0. 370	1. 786
6:0	g	0. 225			0. 064	0. 211	1. 020
8:0	g	0. 304			0. 086	0. 286	1. 380
10:0	g	0. 437			0. 124	0. 411	1. 984
12:0	g	1. 417			0. 402	1. 332	6. 428
14:0	g	1. 681			0. 477	1. 580	7. 625
16:0	g	3. 842			1. 089	3. 612	17. 428
18:0	g	1. 913			0. 542	1. 798	8. 675
Monounsaturated, total	g	5. 055			1. 433	4. 752	22. 931
16:1	g	0. 320			0. 091	0. 301	1. 453
18:1	g	4. 735			1. 342	4. 451	21. 479
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 853			0. 242	0. 802	3. 868
18:2	g	0. 666			0. 189	0. 626	3. 020
18:3	g	0. 187			0. 053	0. 176	0. 849
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 037			0. 011	0. 035	0. 169
Threonine	g	0. 110			0. 031	0. 103	0. 497
Isoleucine	g	0. 137			0. 039	0. 129	0. 622
Leucine	g	0. 236			0. 067	0. 222	1. 070
Lysine	g	0. 159			0. 045	0. 149	0. 719
Methionine	g	0. 059			0. 017	0. 055	0. 266
Cystine	g	0. 041			0. 011	0. 038	0. 184
Phenylalanine	g	0. 130			0. 037	0. 122	0. 590
Tyrosine	g	0. 108			0. 031	0. 101	0. 489
Valine	g	0. 154			0. 044	0. 145	0. 698
Arginine	g	0. 119			0. 034	0. 112	0. 539
Histidine	g	0. 067			0. 019	0. 063	0. 305
Alanine	g	0. 097			0. 027	0. 091	0. 440
Aspartic acid	g	0. 184			0. 052	0. 173	0. 833
Glutamic acid	g	0. 690			0. 196	0. 649	3. 130
Glycine	g	0. 076			0. 021	0. 071	0. 343
Proline	g	0. 268			0. 076	0. 252	1. 214
Serine	g	0. 143			0. 040	0. 134	0. 647

[1] 9.5 oz pkg prepared. Crust: crumbs pkg and 1/3 c butter. Filling: filling pkg and 1-2/3 c whole milk.
[2] 8 or 9 in. pie = 754 g. 1/6 of 8 in. pie = 126 g.
[3] Values based on product containing butter and vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

PIE
Coconut cream, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 133 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	43. 7			12. 4	58. 1	198. 2
Food energy	*kcal*	298			84	396	1,351
	kJ	1,247			354	1,659	5,657
Protein	*g*	4. 8			1. 4	6. 3	21. 6
Total lipid (fat)	*g*	16. 0			4. 5	21. 3	72. 8
Carbohydrate, total	*g*	34. 2			9. 7	45. 5	155. 3
Crude fiber	*g*	0. 2			0. 0	0. 2	0. 8
Ash	*g*	1. 3			0. 4	1. 7	5. 7
Minerals:							
Calcium	*mg*	85			24	113	384
Iron	*mg*	1. 12			0. 32	1. 49	5. 08
Magnesium	*mg*	16			4	21	71
Phosphorus	*mg*	105			30	139	474
Potassium	*mg*	138			39	183	625
Sodium	*mg*	268			76	356	1,216
Zinc	*mg*	0. 61			0. 17	0. 81	2. 75
Copper	*mg*	0. 057			0. 016	0. 075	0. 257
Manganese	*mg*	0. 275			0. 078	0. 366	1. 247
Vitamins:							
Ascorbic acid	*mg*	0. 5			0. 1	0. 7	2. 3
Thiamin	*mg*	0. 138			0. 039	0. 184	0. 627
Riboflavin	*mg*	0. 208			0. 059	0. 277	0. 944
Niacin	*mg*	0. 997			0. 283	1. 326	4. 523
Pantothenic acid	*mg*	0. 429			0. 121	0. 570	1. 944
Vitamin B-6	*mg*	0. 062			0. 017	0. 082	0. 279
Folate	*mcg*	11			3	14	49
Vitamin B-12	*mcg*	0. 28			0. 08	0. 38	1. 29
Vitamin A	*RE*	79			22	105	358
	IU	285			81	379	1,291
Lipids:							
Fatty acids:							
Saturated, total	*g*	5. 682			1. 611	7. 557	25. 772
4:0	*g*	0. 039			0. 011	0. 052	0. 178
6:0	*g*	0. 034			0. 010	0. 045	0. 155
8:0	*g*	0. 149			0. 042	0. 199	0. 677
10:0	*g*	0. 140			0. 040	0. 186	0. 635
12:0	*g*	0. 915			0. 259	1. 217	4. 151
14:0	*g*	0. 520			0. 147	0. 691	2. 357
16:0	*g*	2. 373			0. 673	3. 155	10. 762
18:0	*g*	1. 502			0. 426	1. 998	6. 813
Monounsaturated, total	*g*	6. 006			1. 703	7. 988	27. 244
16:1	*g*	0. 065			0. 019	0. 087	0. 296
18:1	*g*	5. 933			1. 682	7. 891	26. 914
20:1	*g*	0. 004			0. 001	0. 005	0. 016
22:1	*g*	0. 000			0. 000	0. 001	0. 002
Polyunsaturated, total	*g*	3. 399			0. 964	4. 521	15. 418
18:2	*g*	3. 172			0. 899	4. 218	14. 386
18:3	*g*	0. 204			0. 058	0. 271	0. 926
18:4	*g*						
20:4	*g*	0. 018			0. 005	0. 024	0. 083
20:5	*g*	0. 000			0. 000	0. 001	0. 002
22:5	*g*						
22:6	*g*	0. 005			0. 001	0. 006	0. 021
Cholesterol	*mg*	58			16	77	262
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 060			0. 017	0. 079	0. 271
Threonine	*g*	0. 181			0. 051	0. 240	0. 820
Isoleucine	*g*	0. 223			0. 063	0. 297	1. 012
Leucine	*g*	0. 391			0. 111	0. 520	1. 772
Lysine	*g*	0. 258			0. 073	0. 344	1. 172
Methionine	*g*	0. 102			0. 029	0. 135	0. 461
Cystine	*g*	0. 072			0. 021	0. 096	0. 328
Phenylalanine	*g*	0. 224			0. 063	0. 298	1. 016
Tyrosine	*g*	0. 185			0. 053	0. 247	0. 841
Valine	*g*	0. 253			0. 072	0. 337	1. 148
Arginine	*g*	0. 222			0. 063	0. 295	1. 006
Histidine	*g*	0. 116			0. 033	0. 154	0. 524
Alanine	*g*	0. 170			0. 048	0. 226	0. 772
Aspartic acid	*g*	0. 310			0. 088	0. 412	1. 406
Glutamic acid	*g*	1. 145			0. 325	1. 523	5. 196
Glycine	*g*	0. 136			0. 039	0. 181	0. 618
Proline	*g*	0. 435			0. 123	0. 579	1. 974
Serine	*g*	0. 265			0. 075	0. 353	1. 203

[1] 9 in. pie = 1,063 g.

PIE
Coconut custard, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/6 of 8 in. pie = 104 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	49.2	3.683	3	14.0	51.2	223.3
Food energy	kcal	260			74	271	1,180
	kJ	1,089			309	1,132	4,939
Protein (N x 6.00)	g	5.9	0.055	3	1.7	6.1	26.6
Total lipid (fat)	g	13.2	1.617	3	3.8	13.8	60.0
Carbohydrate, total	g	30.2			8.6	31.5	137.2
Crude fiber	g						
Ash	g	1.4	0.030	3	0.4	1.5	6.5
Minerals:							
Calcium	mg	81	0.000	3	23	84	367
Iron	mg	0.80	0.049	3	0.23	0.83	3.64
Magnesium	mg	18	0.099	2	5	19	81
Phosphorus	mg	122	0.999	2	35	127	553
Potassium	mg	175		1	50	182	794
Sodium	mg	335	12.583	3	95	348	1,520
Zinc	mg	0.68	0.000	2	0.19	0.71	3.08
Copper	mg	0.063	0.000	2	0.018	0.066	0.286
Manganese	mg	0.210	0.000	2	0.060	0.218	0.953
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.088	0.043	4	0.025	0.092	0.400
Riboflavin	mg	0.148	0.026	4	0.042	0.154	0.672
Niacin	mg	0.403	0.048	3	0.114	0.419	1.830
Pantothenic acid	mg						
Vitamin B-6	mg	0.011		1	0.003	0.011	0.050
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	27			8	28	123
	IU	110		1	31	114	499
Lipids:[2]							
Fatty acids:							
Saturated, total	g	5.765			1.634	5.996	26.151
4:0	g	0.040			0.011	0.042	0.182
6:0	g	0.042			0.012	0.043	0.188
8:0	g	0.232			0.066	0.241	1.051
10:0	g	0.204			0.058	0.213	0.928
12:0	g	1.414			0.401	1.471	6.414
14:0	g	0.714			0.202	0.743	3.239
16:0	g	1.746			0.495	1.815	7.918
18:0	g	1.373			0.389	1.428	6.229
Monounsaturated, total	g	5.564			1.577	5.786	25.236
16:1	g	0.028			0.008	0.029	0.128
18:1	g	5.535			1.569	5.757	25.108
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.189			0.337	1.237	5.395
18:2	g	1.115			0.316	1.160	5.060
18:3	g	0.074			0.021	0.077	0.335
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	35	0.000	2	10	36	159
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.079			0.022	0.082	0.359
Threonine	g	0.216			0.061	0.224	0.978
Isoleucine	g	0.286			0.081	0.297	1.297
Leucine	g	0.482			0.137	0.501	2.187
Lysine	g	0.335			0.095	0.348	1.519
Methionine	g	0.121			0.034	0.126	0.549
Cystine	g	0.085			0.024	0.088	0.385
Phenylalanine	g	0.274			0.078	0.285	1.244
Tyrosine	g	0.224			0.063	0.232	1.014
Valine	g	0.330			0.094	0.343	1.496
Arginine	g	0.284			0.081	0.295	1.288
Histidine	g	0.140			0.040	0.145	0.633
Alanine	g	0.199			0.056	0.207	0.903
Aspartic acid	g	0.378			0.107	0.393	1.713
Glutamic acid	g	1.441			0.408	1.498	6.534
Glycine	g	0.164			0.046	0.171	0.744
Proline	g	0.546			0.155	0.567	2.475
Serine	g	0.301			0.085	0.313	1.364

[1] Ready-to-serve 8 in. pie = 624 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

PIE
Egg custard, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/6 of 8 in. pie = 105 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	60. 9	1. 930	4	17. 3	63. 9	276. 0
Food energy	*kcal*	210			59	220	952
	kJ	878			249	922	3,985
Protein (N x 6.20)	*g*	5. 5	0. 196	6	1. 5	5. 7	24. 8
Total lipid (fat)	*g*	11. 6	0. 241	6	3. 3	12. 2	52. 6
Carbohydrate, total	*g*	20. 8			5. 9	21. 8	94. 3
Crude fiber	*g*	0. 2		1	0. 0	0. 2	0. 8
Ash	*g*	1. 3	0. 090	8	0. 4	1. 4	5. 9
Minerals:							
Calcium	*mg*	80	12. 917	4	23	84	364
Iron	*mg*	0. 58	0. 134	4	0. 17	0. 61	2. 65
Magnesium	*mg*	11	1. 997	3	3	12	50
Phosphorus	*mg*	112	4. 648	3	32	118	509
Potassium	*mg*	106	23. 551	4	30	112	482
Sodium	*mg*	240	42. 840	4	68	252	1,087
Zinc	*mg*	0. 52	0. 098	3	0. 15	0. 54	2. 34
Copper	*mg*	0. 024	0. 024	3	0. 007	0. 025	0. 107
Manganese	*mg*	0. 060	0. 010	3	0. 017	0. 063	0. 271
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 039	0. 008	11	0. 011	0. 041	0. 176
Riboflavin	*mg*	0. 208	0. 008	11	0. 059	0. 218	0. 944
Niacin	*mg*	0. 292	0. 099	11	0. 083	0. 307	1. 327
Pantothenic acid	*mg*	0. 662	0. 039	11	0. 188	0. 695	3. 003
Vitamin B-6	*mg*	0. 048	0. 001	10	0. 013	0. 050	0. 216
Folate	*mcg*	20	0. 407	8	6	21	89
Vitamin B-12	*mcg*	0. 43	0. 034	9	0. 12	0. 45	1. 94
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	2. 778			0. 788	2. 917	12. 602
4:0	*g*	0. 027			0. 008	0. 028	0. 123
6:0	*g*	0. 015			0. 004	0. 016	0. 068
8:0	*g*	0. 010			0. 003	0. 010	0. 045
10:0	*g*	0. 021			0. 006	0. 023	0. 097
12:0	*g*	0. 024			0. 007	0. 025	0. 108
14:0	*g*	0. 099			0. 028	0. 103	0. 447
16:0	*g*	1. 600			0. 454	1. 681	7. 260
18:0	*g*	0. 950			0. 269	0. 998	4. 310
Monounsaturated, total	*g*	5. 763			1. 634	6. 051	26. 140
16:1	*g*	0. 093			0. 026	0. 097	0. 421
18:1	*g*	5. 664			1. 606	5. 947	25. 691
20:1	*g*	0. 006			0. 002	0. 006	0. 025
22:1	*g*	0. 001			0. 000	0. 001	0. 003
Polyunsaturated, total	*g*	1. 920			0. 544	2. 016	8. 709
18:2	*g*	1. 789			0. 507	1. 879	8. 116
18:3	*g*	0. 094			0. 027	0. 099	0. 427
18:4	*g*						
20:4	*g*	0. 028			0. 008	0. 030	0. 129
20:5	*g*	0. 001			0. 000	0. 001	0. 004
22:5	*g*						
22:6	*g*	0. 007			0. 002	0. 008	0. 034
Cholesterol	*mg*	33	5. 933	6	9	35	150
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 071			0. 020	0. 075	0. 324
Threonine	*g*	0. 225			0. 064	0. 236	1. 020
Isoleucine	*g*	0. 281			0. 080	0. 295	1. 276
Leucine	*g*	0. 455			0. 129	0. 478	2. 064
Lysine	*g*	0. 348			0. 099	0. 366	1. 580
Methionine	*g*	0. 138			0. 039	0. 145	0. 628
Cystine	*g*	0. 099			0. 028	0. 104	0. 448
Phenylalanine	*g*	0. 269			0. 076	0. 282	1. 220
Tyrosine	*g*	0. 214			0. 061	0. 225	0. 972
Valine	*g*	0. 315			0. 089	0. 330	1. 428
Arginine	*g*	0. 251			0. 071	0. 264	1. 140
Histidine	*g*	0. 127			0. 036	0. 133	0. 576
Alanine	*g*	0. 229			0. 065	0. 241	1. 040
Aspartic acid	*g*	0. 421			0. 119	0. 443	1. 912
Glutamic acid	*g*	1. 085			0. 308	1. 140	4. 923
Glycine	*g*	0. 159			0. 045	0. 167	0. 720
Proline	*g*	0. 400			0. 113	0. 420	1. 816
Serine	*g*	0. 334			0. 095	0. 351	1. 516

[1] Baked-from-frozen 8 in. pie = 631 g. 1/6 of 8 in. ready-to-serve pie (567 g) = 94 g.
[2] Values based on product containing vegetable shortening and margarine composed of partially hyrogenated soybean oil.

PIE
Egg custard, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 127 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58. 2			16. 5	73. 9	263. 8
Food energy	kcal	206			59	262	937
	kJ	864			245	1,098	3,921
Protein	g	5. 1			1. 4	6. 5	23. 1
Total lipid (fat)	g	8. 9			2. 5	11. 4	40. 6
Carbohydrate, total	g	26. 8			7. 6	34. 0	121. 4
Crude fiber	g	0. 0			0. 0	0. 0	0. 1
Ash	g	1. 0			0. 3	1. 3	4. 7
Minerals:							
Calcium	mg	84			24	107	381
Iron	mg	0. 78			0. 22	0. 99	3. 54
Magnesium	mg	13			4	16	57
Phosphorus	mg	98			28	124	443
Potassium	mg	125			36	159	569
Sodium	mg	202			57	256	916
Zinc	mg	0. 49			0. 14	0. 62	2. 23
Copper	mg	0. 031			0. 009	0. 039	0. 139
Manganese	mg	0. 086			0. 024	0. 109	0. 389
Vitamins:							
Ascorbic acid	mg	0. 4			0. 1	0. 5	1. 7
Thiamin	mg	0. 096			0. 027	0. 122	0. 435
Riboflavin	mg	0. 227			0. 064	0. 288	1. 028
Niacin	mg	0. 659			0. 187	0. 836	2. 988
Pantothenic acid	mg	0. 399			0. 113	0. 506	1. 808
Vitamin B-6	mg	0. 044			0. 013	0. 056	0. 201
Folate	mcg	10			3	13	45
Vitamin B-12	mcg	0. 24			0. 07	0. 31	1. 10
Vitamin A	RE	64			18	81	289
	IU	221			63	281	1,004
Lipids:							
Fatty acids:							
Saturated, total	g	2. 770			0. 785	3. 517	12. 562
4:0	g	0. 039			0. 011	0. 050	0. 178
6:0	g	0. 023			0. 007	0. 030	0. 106
8:0	g	0. 014			0. 004	0. 017	0. 062
10:0	g	0. 031			0. 009	0. 039	0. 140
12:0	g	0. 035			0. 010	0. 044	0. 158
14:0	g	0. 166			0. 047	0. 210	0. 751
16:0	g	1. 536			0. 435	1. 950	6. 966
18:0	g	0. 915			0. 259	1. 162	4. 150
Monounsaturated, total	g	3. 642			1. 033	4. 626	16. 522
16:1	g	0. 073			0. 021	0. 093	0. 331
18:1	g	3. 561			1. 010	4. 522	16. 152
20:1	g	0. 004			0. 001	0. 005	0. 019
22:1	g	0. 000			0. 000	0. 001	0. 002
Polyunsaturated, total	g	1. 893			0. 537	2. 404	8. 586
18:2	g	1. 742			0. 494	2. 213	7. 903
18:3	g	0. 123			0. 035	0. 156	0. 558
18:4	g						
20:4	g	0. 021			0. 006	0. 027	0. 097
20:5	g	0. 001			0. 000	0. 001	0. 002
22:5	g						
22:6	g	0. 006			0. 002	0. 007	0. 025
Cholesterol	mg	69			19	87	312
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 064			0. 018	0. 082	0. 292
Threonine	g	0. 210			0. 059	0. 266	0. 950
Isoleucine	g	0. 260			0. 074	0. 331	1. 181
Leucine	g	0. 431			0. 122	0. 547	1. 954
Lysine	g	0. 315			0. 089	0. 400	1. 429
Methionine	g	0. 128			0. 036	0. 162	0. 580
Cystine	g	0. 086			0. 024	0. 109	0. 391
Phenylalanine	g	0. 252			0. 071	0. 320	1. 143
Tyrosine	g	0. 205			0. 058	0. 261	0. 932
Valine	g	0. 291			0. 083	0. 370	1. 322
Arginine	g	0. 230			0. 065	0. 292	1. 043
Histidine	g	0. 123			0. 035	0. 156	0. 559
Alanine	g	0. 209			0. 059	0. 265	0. 947
Aspartic acid	g	0. 385			0. 109	0. 489	1. 748
Glutamic acid	g	1. 043			0. 296	1. 324	4. 730
Glycine	g	0. 146			0. 041	0. 186	0. 663
Proline	g	0. 397			0. 113	0. 505	1. 802
Serine	g	0. 304			0. 086	0. 385	1. 377

[1] 9 in. pie = 1,017 g.

PIE

Fried pies, fruit

(includes apple, blueberry, cherry, lemon, peach, strawberry)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 fried pie = 128 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	37. 6	0. 542	28	10. 7	48. 1	170. 4
Food energy	*kcal*	316			90	404	1,433
	kJ	1,322			375	1,692	5,997
Protein (N x 5.80)	*g*	3. 0	0. 165	23	0. 9	3. 9	13. 7
Total lipid (fat)	*g*	16. 1	0. 484	30	4. 6	20. 7	73. 2
Carbohydrate, total	*g*	42. 6			12. 1	54. 5	193. 1
Crude fiber	*g*	0. 2	0. 020	7	0. 0	0. 2	0. 7
Ash	*g*	1. 1	0. 064	15	0. 3	1. 4	5. 1
Minerals:							
Calcium	*mg*	22	2. 244	23	6	28	98
Iron	*mg*	1. 22	0. 129	22	0. 35	1. 56	5. 52
Magnesium	*mg*	10	0. 912	8	3	13	46
Phosphorus	*mg*	43	6. 343	11	12	54	193
Potassium	*mg*	65	11. 539	6	18	83	295
Sodium	*mg*	374	12. 764	23	106	479	1,697
Zinc	*mg*	0. 23	0. 026	8	0. 06	0. 29	1. 04
Copper	*mg*	0. 047	0. 003	8	0. 013	0. 060	0. 214
Manganese	*mg*	0. 224	0. 036	8	0. 064	0. 287	1. 018
Vitamins:							
Ascorbic acid[2]	*mg*	1. 3	0. 163	6	0. 4	1. 7	6. 1
Thiamin	*mg*	0. 141	0. 020	22	0. 040	0. 181	0. 641
Riboflavin	*mg*	0. 106	0. 013	22	0. 030	0. 136	0. 482
Niacin	*mg*	1. 425	0. 171	22	0. 404	1. 823	6. 462
Pantothenic acid	*mg*	0. 110	0. 014	5	0. 031	0. 141	0. 500
Vitamin B-6	*mg*	0. 030	0. 010	7	0. 009	0. 039	0. 138
Folate	*mcg*	3	0. 500	2	1	4	16
Vitamin B-12	*mcg*	0. 08	0. 044	4	0. 02	0. 11	0. 38
Vitamin A[3]	*RE*	3			1	4	13
	IU	27	8. 236	5	8	35	124
Lipids:[4]							
Fatty acids:							
Saturated, total	*g*	2. 413			0. 684	3. 088	10. 944
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 001			0. 000	0. 001	0. 003
14:0	*g*	0. 028			0. 008	0. 036	0. 127
16:0	*g*	1. 514			0. 429	1. 938	6. 866
18:0	*g*	0. 832			0. 236	1. 065	3. 775
Monounsaturated, total	*g*	7. 447			2. 111	9. 532	33. 779
16:1	*g*	0. 012			0. 003	0. 015	0. 053
18:1	*g*	7. 314			2. 073	9. 362	33. 176
20:1	*g*	0. 090			0. 025	0. 115	0. 407
22:1	*g*	0. 032			0. 009	0. 040	0. 143
Polyunsaturated, total	*g*	5. 404			1. 532	6. 917	24. 514
18:2	*g*	4. 834			1. 370	6. 187	21. 927
18:3	*g*	0. 570			0. 162	0. 730	2. 587
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 042			0. 012	0. 053	0. 189
Threonine	*g*	0. 089			0. 025	0. 114	0. 404
Isoleucine	*g*	0. 120			0. 034	0. 153	0. 543
Leucine	*g*	0. 211			0. 060	0. 270	0. 958
Lysine	*g*	0. 121			0. 034	0. 155	0. 550
Methionine	*g*	0. 052			0. 015	0. 066	0. 234
Cystine	*g*	0. 059			0. 017	0. 076	0. 269
Phenylalanine	*g*	0. 138			0. 039	0. 177	0. 628
Tyrosine	*g*	0. 090			0. 026	0. 115	0. 408
Valine	*g*	0. 138			0. 039	0. 177	0. 628
Arginine	*g*	0. 112			0. 032	0. 144	0. 510
Histidine	*g*	0. 062			0. 018	0. 079	0. 281
Alanine	*g*	0. 093			0. 026	0. 119	0. 422
Aspartic acid	*g*	0. 156			0. 044	0. 200	0. 708
Glutamic acid	*g*	0. 906			0. 257	1. 160	4. 112
Glycine	*g*	0. 098			0. 028	0. 125	0. 444
Proline	*g*	0. 314			0. 089	0. 402	1. 423
Serine	*g*	0. 154			0. 044	0. 197	0. 699

[1] Approx 5 in. x 3-3/4 in.
[2] Value for apple and cherry fried pies. Lemon fried pie = 0 mg ascorbic acid per 100 g.
[3] Value for apple fried pie. Cherry fried pie = 172 IU vitamin A per 100 g; lemon fried pie = 32 IU vitamin A per 100 g.
[4] Values based on product containing canola oil and vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

PIE
Lemon meringue, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/6 of 8 in. pie = 113 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	41.7	2.582	5	11.8	47.1	189.0
Food energy	kcal	268			76	303	1,216
	kJ	1,122			318	1,268	5,088
Protein (N x 6.00)	g	1.5	0.207	3	0.4	1.7	6.9
Total lipid (fat)	g	8.7	1.114	6	2.5	9.8	39.5
Carbohydrate, total	g	47.2			13.4	53.3	214.1
Crude fiber	g						
Ash	g	0.9	0.114	7	0.3	1.0	4.1
Minerals:							
Calcium	mg	56	21.880	3	16	63	253
Iron	mg	0.61	0.088	3	0.17	0.69	2.75
Magnesium	mg	15	0.863	2	4	16	66
Phosphorus	mg	105	5.360	2	30	119	476
Potassium	mg	89	29.958	3	25	100	402
Sodium	mg	146	57.082	3	41	165	663
Zinc	mg	0.49	0.014	2	0.14	0.55	2.22
Copper	mg	0.001	0.001	2	0.000	0.001	0.005
Manganese	mg	0.060	0.007	2	0.017	0.068	0.272
Vitamins:							
Ascorbic acid	mg	3.2	0.278	9	0.9	3.6	14.6
Thiamin	mg	0.062	0.001	10	0.017	0.070	0.280
Riboflavin	mg	0.209	0.025	10	0.059	0.237	0.949
Niacin	mg	0.649	0.046	9	0.184	0.733	2.943
Pantothenic acid	mg	0.793	0.020	8	0.225	0.896	3.597
Vitamin B-6	mg	0.030	0.003	9	0.009	0.034	0.138
Folate	mcg	8	0.580	8	2	10	38
Vitamin B-12	mcg						
Vitamin A	RE	52			15	59	236
	IU	175		1	50	198	794
Lipids:[2]							
Fatty acids:							
Saturated, total	g	1.550			0.439	1.751	7.031
4:0	g	0.000			0.000	0.000	0.001
6:0	g	0.000			0.000	0.000	0.001
8:0	g	0.001			0.000	0.001	0.003
10:0	g	0.001			0.000	0.001	0.003
12:0	g	0.001			0.000	0.001	0.003
14:0	g	0.013			0.004	0.015	0.060
16:0	g	1.056			0.299	1.194	4.792
18:0	g	0.477			0.135	0.539	2.164
Monounsaturated, total	g	3.625			1.028	4.096	16.443
16:1	g	0.076			0.022	0.086	0.345
18:1	g	3.544			1.005	4.005	16.077
20:1	g	0.004			0.001	0.005	0.020
22:1	g	0.000			0.000	0.000	0.002
Polyunsaturated, total	g	2.890			0.819	3.266	13.110
18:2	g	2.671			0.757	3.018	12.115
18:3	g	0.190			0.054	0.215	0.863
18:4	g						
20:4	g	0.023			0.006	0.026	0.102
20:5	g	0.001			0.000	0.001	0.003
22:5	g						
22:6	g	0.006			0.002	0.007	0.027
Cholesterol	mg	45	15.000	2	13	51	204
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.019			0.005	0.022	0.088
Threonine	g	0.060			0.017	0.068	0.274
Isoleucine	g	0.066			0.019	0.074	0.298
Leucine	g	0.116			0.033	0.131	0.526
Lysine	g	0.084			0.024	0.095	0.381
Methionine	g	0.030			0.009	0.034	0.138
Cystine	g	0.029			0.008	0.033	0.134
Phenylalanine	g	0.066			0.019	0.075	0.300
Tyrosine	g	0.054			0.015	0.061	0.243
Valine	g	0.074			0.021	0.083	0.335
Arginine	g	0.081			0.023	0.091	0.365
Histidine	g	0.034			0.010	0.038	0.154
Alanine	g	0.061			0.017	0.069	0.275
Aspartic acid	g	0.106			0.030	0.119	0.480
Glutamic acid	g	0.342			0.097	0.386	1.551
Glycine	g	0.048			0.014	0.054	0.218
Proline	g	0.116			0.033	0.131	0.525
Serine	g	0.101			0.029	0.114	0.457

[1] Frozen, ready-to-serve 8 in. pie = 680 g.
[2] Values based on product containing partially hydrogenated soybean oil.

PIE
Lemon meringue, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 127 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	43. 3			12. 3	55. 0	196. 4
Food energy	*kcal*	285			81	362	1,292
	kJ	1,192			338	1,514	5,406
Protein	*g*	3. 8			1. 1	4. 8	17. 2
Total lipid (fat)	*g*	12. 9			3. 7	16. 4	58. 4
Carbohydrate, total	*g*	39. 1			11. 1	49. 7	177. 6
Crude fiber	*g*	0. 0			0. 0	0. 1	0. 2
Ash	*g*	0. 9			0. 2	1. 1	4. 0
Minerals:							
Calcium	*mg*	12			3	15	53
Iron	*mg*	1. 00			0. 28	1. 27	4. 53
Magnesium	*mg*	6			2	8	29
Phosphorus	*mg*	42			12	54	192
Potassium	*mg*	65			18	83	296
Sodium	*mg*	242			69	307	1,098
Zinc	*mg*	0. 28			0. 08	0. 35	1. 25
Copper	*mg*	0. 042			0. 012	0. 054	0. 192
Manganese	*mg*	0. 128			0. 036	0. 163	0. 582
Vitamins:							
Ascorbic acid	*mg*	3. 3			0. 9	4. 1	14. 8
Thiamin	*mg*	0. 118			0. 033	0. 150	0. 535
Riboflavin	*mg*	0. 159			0. 045	0. 202	0. 722
Niacin	*mg*	0. 944			0. 268	1. 199	4. 283
Pantothenic acid	*mg*	0. 214			0. 061	0. 271	0. 970
Vitamin B-6	*mg*	0. 027			0. 008	0. 034	0. 121
Folate	*mcg*	9			2	11	39
Vitamin B-12	*mcg*	0. 12			0. 04	0. 16	0. 56
Vitamin A	*RE*	44			13	56	201
	IU	160			45	204	728
Lipids:							
Fatty acids:							
Saturated, total	*g*	3. 185			0. 903	4. 045	14. 446
4:0	*g*						
6:0	*g*						
8:0	*g*	0. 000			0. 000	0. 000	0. 002
10:0	*g*	0. 000			0. 000	0. 000	0. 002
12:0	*g*	0. 000			0. 000	0. 000	0. 002
14:0	*g*	0. 047			0. 013	0. 060	0. 214
16:0	*g*	1. 881			0. 533	2. 389	8. 534
18:0	*g*	1. 249			0. 354	1. 587	5. 666
Monounsaturated, total	*g*	5. 582			1. 583	7. 089	25. 320
16:1	*g*	0. 038			0. 011	0. 048	0. 173
18:1	*g*	5. 539			1. 570	7. 035	25. 125
20:1	*g*	0. 004			0. 001	0. 005	0. 016
22:1	*g*	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	*g*	3. 331			0. 944	4. 230	15. 107
18:2	*g*	3. 121			0. 885	3. 963	14. 156
18:3	*g*	0. 186			0. 053	0. 237	0. 845
18:4	*g*						
20:4	*g*	0. 018			0. 005	0. 023	0. 082
20:5	*g*	0. 000			0. 000	0. 001	0. 002
22:5	*g*						
22:6	*g*	0. 005			0. 001	0. 006	0. 021
Cholesterol	*mg*	53			15	68	241
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 046			0. 013	0. 058	0. 208
Threonine	*g*	0. 143			0. 041	0. 182	0. 650
Isoleucine	*g*	0. 169			0. 048	0. 214	0. 766
Leucine	*g*	0. 292			0. 083	0. 371	1. 325
Lysine	*g*	0. 181			0. 051	0. 230	0. 821
Methionine	*g*	0. 092			0. 026	0. 117	0. 419
Cystine	*g*	0. 083			0. 024	0. 106	0. 377
Phenylalanine	*g*	0. 194			0. 055	0. 246	0. 880
Tyrosine	*g*	0. 135			0. 038	0. 171	0. 611
Valine	*g*	0. 192			0. 054	0. 243	0. 869
Arginine	*g*	0. 191			0. 054	0. 242	0. 865
Histidine	*g*	0. 087			0. 025	0. 110	0. 394
Alanine	*g*	0. 166			0. 047	0. 211	0. 754
Aspartic acid	*g*	0. 272			0. 077	0. 345	1. 233
Glutamic acid	*g*	0. 864			0. 245	1. 098	3. 921
Glycine	*g*	0. 130			0. 037	0. 165	0. 591
Proline	*g*	0. 288			0. 082	0. 366	1. 308
Serine	*g*	0. 236			0. 067	0. 300	1. 071

[1] 9 in. pie = 1,016 g.

PIE
Mince, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 165 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	37. 4			10. 6	61. 8	169. 8
Food energy	*kcal*	289			82	477	1,312
	kJ	1,211			343	1,998	5,493
Protein	*g*	2. 6			0. 7	4. 3	11. 8
Total lipid (fat)	*g*	10. 8			3. 1	17. 8	48. 9
Carbohydrate, total	*g*	48. 0			13. 6	79. 1	217. 5
Crude fiber	*g*	0. 4			0. 1	0. 7	2. 0
Ash	*g*	1. 2			0. 3	2. 0	5. 5
Minerals:							
Calcium	*mg*	22			6	37	102
Iron	*mg*	1. 49			0. 42	2. 45	6. 74
Magnesium	*mg*	14			4	23	63
Phosphorus	*mg*	42			12	69	188
Potassium	*mg*	203			57	335	920
Sodium	*mg*	254			72	419	1,151
Zinc	*mg*	0. 22			0. 06	0. 36	0. 99
Copper	*mg*	0. 113			0. 032	0. 186	0. 511
Manganese	*mg*	0. 263			0. 074	0. 433	1. 192
Vitamins:							
Ascorbic acid	*mg*	5. 9			1. 7	9. 8	26. 9
Thiamin	*mg*	0. 150			0. 043	0. 248	0. 681
Riboflavin	*mg*	0. 105			0. 030	0. 174	0. 477
Niacin	*mg*	1. 189			0. 337	1. 963	5. 395
Pantothenic acid	*mg*	0. 100			0. 028	0. 165	0. 453
Vitamin B-6	*mg*	0. 065			0. 018	0. 107	0. 295
Folate	*mcg*	5			2	9	25
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	2			1	4	10
	IU	22			6	36	100
Lipids:							
Fatty acids:							
Saturated, total	*g*	2. 682			0. 760	4. 425	12. 165
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 000			0. 000	0. 001	0. 002
14:0	*g*	0. 043			0. 012	0. 071	0. 194
16:0	*g*	1. 529			0. 433	2. 522	6. 933
18:0	*g*	1. 110			0. 315	1. 832	5. 036
Monounsaturated, total	*g*	4. 654			1. 320	7. 680	21. 112
16:1	*g*	0. 001			0. 000	0. 001	0. 002
18:1	*g*	4. 654			1. 319	7. 679	21. 110
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	2. 842			0. 806	4. 689	12. 889
18:2	*g*	2. 661			0. 754	4. 391	12. 071
18:3	*g*	0. 180			0. 051	0. 298	0. 818
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 027			0. 008	0. 044	0. 121
Threonine	*g*	0. 070			0. 020	0. 115	0. 316
Isoleucine	*g*	0. 074			0. 021	0. 122	0. 337
Leucine	*g*	0. 149			0. 042	0. 246	0. 677
Lysine	*g*	0. 058			0. 016	0. 096	0. 264
Methionine	*g*	0. 053			0. 015	0. 088	0. 242
Cystine	*g*	0. 051			0. 014	0. 084	0. 231
Phenylalanine	*g*	0. 112			0. 032	0. 184	0. 506
Tyrosine	*g*	0. 070			0. 020	0. 115	0. 316
Valine	*g*	0. 096			0. 027	0. 158	0. 435
Arginine	*g*	0. 122			0. 035	0. 201	0. 553
Histidine	*g*	0. 064			0. 018	0. 106	0. 290
Alanine	*g*	0. 087			0. 025	0. 144	0. 395
Aspartic acid	*g*	0. 157			0. 045	0. 260	0. 714
Glutamic acid	*g*	0. 779			0. 221	1. 285	3. 532
Glycine	*g*	0. 073			0. 021	0. 120	0. 330
Proline	*g*	0. 232			0. 066	0. 382	1. 051
Serine	*g*	0. 101			0. 029	0. 166	0. 456

[1] Double-crust 9 in. pie = 1,322 g.

PIE
Peach

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/6 of 8 in. pie = 117[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	54. 4	0. 640	2	15. 4	63. 7	246. 9
Food energy	*kcal*	223			63	261	1,014
	kJ	936			265	1,095	4,244
Protein (N x 5.80)	*g*	1. 9		1	0. 5	2. 2	8. 4
Total lipid (fat)	*g*	10. 0		1	2. 8	11. 7	45. 4
Carbohydrate, total	*g*	32. 9			9. 3	38. 5	149. 2
Crude fiber	*g*						
Ash	*g*	0. 8		1	0. 2	1. 0	3. 7
Minerals:							
Calcium	*mg*	8		1	2	9	36
Iron[2]	*mg*	0. 50		1	0. 14	0. 58	2. 27
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	125		1	35	146	567
Sodium	*mg*	270		1	77	316	1,225
Zinc	*mg*	0. 09	0. 005	2	0. 03	0. 11	0. 43
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin[2]	*mg*	0. 061	0. 021	2	0. 017	0. 072	0. 279
Riboflavin[2]	*mg*	0. 033	0. 013	2	0. 009	0. 039	0. 150
Niacin[2]	*mg*	0. 200		1	0. 057	0. 234	0. 907
Pantothenic acid	*mg*						
Vitamin B-6	*mg*	0. 023		1	0. 007	0. 027	0. 104
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	22			6	25	98
	IU	105		1	30	123	476
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	1. 894			0. 537	2. 216	8. 592
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 008			0. 002	0. 009	0. 035
16:0	*g*	1. 067			0. 303	1. 249	4. 842
18:0	*g*	0. 784			0. 222	0. 917	3. 556
Monounsaturated, total	*g*	5. 412			1. 534	6. 332	24. 548
16:1	*g*	0. 015			0. 004	0. 017	0. 067
18:1	*g*	5. 397			1. 530	6. 315	24. 481
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 901			0. 539	2. 224	8. 624
18:2	*g*	1. 811			0. 513	2. 119	8. 215
18:3	*g*	0. 090			0. 025	0. 105	0. 407
18:4	*g*						
20:4	*g*	0. 000			0. 000	0. 000	0. 001
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 022			0. 006	0. 025	0. 099
Threonine	*g*	0. 057			0. 016	0. 066	0. 257
Isoleucine	*g*	0. 067			0. 019	0. 078	0. 303
Leucine	*g*	0. 122			0. 035	0. 143	0. 554
Lysine	*g*	0. 064			0. 018	0. 075	0. 289
Methionine	*g*	0. 035			0. 010	0. 040	0. 157
Cystine	*g*	0. 035			0. 010	0. 041	0. 158
Phenylalanine	*g*	0. 081			0. 023	0. 095	0. 369
Tyrosine	*g*	0. 052			0. 015	0. 061	0. 237
Valine	*g*	0. 086			0. 024	0. 101	0. 390
Arginine	*g*	0. 066			0. 019	0. 077	0. 298
Histidine	*g*	0. 037			0. 011	0. 044	0. 170
Alanine	*g*	0. 069			0. 020	0. 081	0. 314
Aspartic acid	*g*	0. 132			0. 037	0. 154	0. 598
Glutamic acid	*g*	0. 538			0. 152	0. 629	2. 439
Glycine	*g*	0. 064			0. 018	0. 075	0. 289
Proline	*g*	0. 178			0. 050	0. 208	0. 806
Serine	*g*	0. 095			0. 027	0. 111	0. 431

[1] Baked from frozen. Double-crust 8 in. pie = 700 g.
[2] Product made with unenriched flour.
[3] Values based on product containing vegetable shortening and margarine composed of partially hydrogenated soybean oil.

PIE
Pecan, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/6 of 8 in. pie = 113 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	19. 3	1. 065	8	5. 5	21. 8	87. 7
Food energy	kcal	400			114	452	1,816
	kJ	1,676			475	1,894	7,603
Protein (N x 5.80)	g	4. 0	0. 316	8	1. 1	4. 6	18. 3
Total lipid (fat)	g	18. 5	0. 616	9	5. 2	20. 9	84. 0
Carbohydrate, total	g	57. 2			16. 2	64. 7	259. 6
Crude fiber	g	1. 1		1	0. 3	1. 2	5. 0
Ash	g	0. 9	0. 081	10	0. 3	1. 0	4. 1
Minerals:							
Calcium	mg	17	1. 906	7	5	19	78
Iron	mg	1. 04	0. 268	8	0. 29	1. 17	4. 70
Magnesium	mg	18	1. 808	6	5	20	80
Phosphorus	mg	77	14. 015	6	22	87	351
Potassium	mg	74	5. 321	7	21	84	338
Sodium	mg	424	34. 100	8	120	480	1,925
Zinc	mg	0. 57	0. 080	6	0. 16	0. 65	2. 59
Copper	mg	0. 195	0. 027	6	0. 055	0. 221	0. 886
Manganese	mg	0. 789	0. 259	6	0. 224	0. 891	3. 577
Vitamins:							
Ascorbic acid	mg	1. 1	0. 696	3	0. 3	1. 3	5. 2
Thiamin	mg	0. 091	0. 039	14	0. 026	0. 103	0. 415
Riboflavin	mg	0. 122	0. 017	14	0. 035	0. 138	0. 552
Niacin	mg	0. 249	0. 039	11	0. 071	0. 281	1. 130
Pantothenic acid	mg	0. 424	0. 019	8	0. 120	0. 479	1. 923
Vitamin B-6	mg	0. 021	0. 000	8	0. 006	0. 024	0. 095
Folate	mcg	6	0. 258	8	2	7	28
Vitamin B-12	mcg						
Vitamin A	RE	47			13	53	212
	IU	175	28. 358	4	50	198	794
Lipids:[2]							
Fatty acids:							
Saturated, total	g	3. 761			1. 066	4. 250	17. 059
4:0	g						
6:0	g						
8:0	g	0. 000			0. 000	0. 000	0. 001
10:0	g	0. 000			0. 000	0. 000	0. 001
12:0	g	0. 000			0. 000	0. 000	0. 001
14:0	g	0. 063			0. 018	0. 071	0. 285
16:0	g	2. 098			0. 595	2. 370	9. 514
18:0	g	1. 599			0. 453	1. 807	7. 254
Monounsaturated, total	g	10. 743			3. 046	12. 140	48. 731
16:1	g	0. 051			0. 014	0. 057	0. 230
18:1	g	10. 652			3. 020	12. 036	48. 316
20:1	g	0. 041			0. 012	0. 046	0. 185
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	2. 969			0. 842	3. 355	13. 468
18:2	g	2. 821			0. 800	3. 187	12. 795
18:3	g	0. 133			0. 038	0. 150	0. 603
18:4	g						
20:4	g	0. 012			0. 003	0. 013	0. 054
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 003			0. 001	0. 004	0. 014
Cholesterol	mg	32	7. 394	5	9	36	144
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 065			0. 018	0. 073	0. 294
Threonine	g	0. 148			0. 042	0. 167	0. 670
Isoleucine	g	0. 181			0. 051	0. 205	0. 821
Leucine	g	0. 299			0. 085	0. 338	1. 358
Lysine	g	0. 201			0. 057	0. 227	0. 910
Methionine	g	0. 097			0. 028	0. 110	0. 442
Cystine	g	0. 094			0. 027	0. 106	0. 426
Phenylalanine	g	0. 203			0. 058	0. 230	0. 922
Tyrosine	g	0. 141			0. 040	0. 160	0. 641
Valine	g	0. 208			0. 059	0. 235	0. 945
Arginine	g	0. 287			0. 081	0. 324	1. 301
Histidine	g	0. 095			0. 027	0. 108	0. 433
Alanine	g	0. 173			0. 049	0. 196	0. 787
Aspartic acid	g	0. 308			0. 087	0. 348	1. 396
Glutamic acid	g	0. 875			0. 248	0. 989	3. 971
Glycine	g	0. 148			0. 042	0. 168	0. 673
Proline	g	0. 269			0. 076	0. 304	1. 219
Serine	g	0. 241			0. 068	0. 272	1. 093

[1] Ready-to-serve 8 in. pie = 680 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

PIE
Pecan, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 122 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	19. 5			5. 5	23. 8	88. 5
Food energy	*kcal*	412			117	502	1,868
	kJ	1,724			489	2,103	7,818
Protein	*g*	4. 9			1. 4	6. 0	22. 4
Total lipid (fat)	*g*	22. 2			6. 3	27. 1	100. 8
Carbohydrate, total	*g*	52. 2			14. 8	63. 7	236. 7
Crude fiber	*g*	0. 2			0. 1	0. 3	1. 0
Ash	*g*	1. 1			0. 3	1. 3	4. 9
Minerals:							
Calcium	*mg*	32			9	39	146
Iron	*mg*	1. 48			0. 42	1. 81	6. 71
Magnesium	*mg*	26			7	32	119
Phosphorus	*mg*	94			27	115	426
Potassium	*mg*	133			38	163	606
Sodium	*mg*	262			74	320	1,189
Zinc	*mg*	1. 02			0. 29	1. 24	4. 61
Copper	*mg*	0. 211			0. 060	0. 257	0. 956
Manganese	*mg*	0. 712			0. 202	0. 868	3. 228
Vitamins:							
Ascorbic acid	*mg*	0. 2			0. 1	0. 2	0. 9
Thiamin	*mg*	0. 188			0. 053	0. 229	0. 853
Riboflavin	*mg*	0. 180			0. 051	0. 219	0. 815
Niacin	*mg*	0. 847			0. 240	1. 034	3. 844
Pantothenic acid	*mg*	0. 479			0. 136	0. 584	2. 171
Vitamin B-6	*mg*	0. 060			0. 017	0. 074	0. 273
Folate	*mcg*	14			4	17	62
Vitamin B-12	*mcg*	0. 17			0. 05	0. 21	0. 77
Vitamin A	*RE*	89			25	109	406
	IU	336			95	410	1,524
Lipids:							
Fatty acids:							
Saturated, total	*g*	3. 989			1. 131	4. 867	18. 096
4:0	*g*						
6:0	*g*						
8:0	*g*	0. 001			0. 000	0. 001	0. 003
10:0	*g*	0. 001			0. 000	0. 001	0. 003
12:0	*g*	0. 001			0. 000	0. 001	0. 003
14:0	*g*	0. 047			0. 013	0. 057	0. 213
16:0	*g*	2. 549			0. 723	3. 110	11. 564
18:0	*g*	1. 382			0. 392	1. 686	6. 267
Monounsaturated, total	*g*	11. 181			3. 170	13. 641	50. 719
16:1	*g*	0. 099			0. 028	0. 121	0. 448
18:1	*g*	11. 018			3. 123	13. 441	49. 976
20:1	*g*	0. 063			0. 018	0. 077	0. 285
22:1	*g*	0. 001			0. 000	0. 001	0. 003
Polyunsaturated, total	*g*	5. 710			1. 619	6. 966	25. 899
18:2	*g*	5. 402			1. 531	6. 590	24. 502
18:3	*g*	0. 271			0. 077	0. 330	1. 228
18:4	*g*						
20:4	*g*	0. 029			0. 008	0. 035	0. 132
20:5	*g*	0. 001			0. 000	0. 001	0. 003
22:5	*g*						
22:6	*g*	0. 008			0. 002	0. 009	0. 034
Cholesterol	*mg*	87			25	106	394
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 069			0. 020	0. 085	0. 314
Threonine	*g*	0. 189			0. 053	0. 230	0. 856
Isoleucine	*g*	0. 223			0. 063	0. 273	1. 014
Leucine	*g*	0. 372			0. 106	0. 454	1. 688
Lysine	*g*	0. 248			0. 070	0. 303	1. 126
Methionine	*g*	0. 125			0. 035	0. 152	0. 565
Cystine	*g*	0. 111			0. 031	0. 135	0. 502
Phenylalanine	*g*	0. 250			0. 071	0. 305	1. 135
Tyrosine	*g*	0. 178			0. 050	0. 217	0. 806
Valine	*g*	0. 255			0. 072	0. 311	1. 155
Arginine	*g*	0. 325			0. 092	0. 396	1. 474
Histidine	*g*	0. 116			0. 033	0. 142	0. 527
Alanine	*g*	0. 223			0. 063	0. 272	1. 013
Aspartic acid	*g*	0. 392			0. 111	0. 478	1. 777
Glutamic acid	*g*	0. 972			0. 275	1. 186	4. 408
Glycine	*g*	0. 176			0. 050	0. 214	0. 797
Proline	*g*	0. 305			0. 086	0. 372	1. 383
Serine	*g*	0. 301			0. 085	0. 367	1. 364

[1] 9 in. pie = 976 g.

PIE
Pumpkin, commercially prepared

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/6 of 8 in. pie = 109 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58. 1	0. 104	3	16. 5	63. 3	263. 5
Food energy	kcal	210			59	229	951
	kJ	878			249	957	3,982
Protein (N x 6.20)	g	3. 9	0. 134	3	1. 1	4. 3	17. 9
Total lipid (fat)	g	9. 5	0. 843	4	2. 7	10. 4	43. 2
Carbohydrate, total	g	27. 3			7. 8	29. 8	124. 0
Crude fiber	g						
Ash	g	1. 1	0. 051	5	0. 3	1. 2	5. 0
Minerals:							
Calcium	mg	60	2. 309	30	17	66	273
Iron[2]	mg	0. 79	0. 045	31	0. 23	0. 87	3. 60
Magnesium	mg	15	0. 506	30	4	16	68
Phosphorus	mg	71	2. 260	29	20	77	321
Potassium	mg	154	4. 917	31	44	168	699
Sodium	mg	282	11. 691	31	80	308	1,281
Zinc	mg	0. 45	0. 021	29	0. 13	0. 50	2. 06
Copper	mg	0. 048	0. 003	30	0. 014	0. 053	0. 219
Manganese	mg	0. 240	0. 008	30	0. 068	0. 262	1. 090
Vitamins:							
Ascorbic acid	mg						
Thiamin[2]	mg	0. 055	0. 016	12	0. 016	0. 060	0. 249
Riboflavin[2]	mg	0. 153	0. 011	12	0. 043	0. 167	0. 693
Niacin[2]	mg	0. 187	0. 025	9	0. 053	0. 203	0. 847
Pantothenic acid	mg	0. 507	0. 010	8	0. 144	0. 553	2. 300
Vitamin B-6	mg	0. 057	0. 016	3	0. 016	0. 062	0. 259
Folate	mcg	15	0. 407	8	4	17	70
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	g	2. 021			0. 573	2. 203	9. 168
4:0	g	0. 008			0. 002	0. 009	0. 036
6:0	g	0. 005			0. 001	0. 005	0. 021
8:0	g	0. 003			0. 001	0. 003	0. 013
10:0	g	0. 006			0. 002	0. 007	0. 029
12:0	g	0. 008			0. 002	0. 009	0. 036
14:0	g	0. 038			0. 011	0. 041	0. 171
16:0	g	1. 162			0. 330	1. 267	5. 272
18:0	g	0. 759			0. 215	0. 827	3. 441
Monounsaturated, total	g	5. 010			1. 420	5. 461	22. 724
16:1	g	0. 047			0. 013	0. 051	0. 214
18:1	g	4. 960			1. 406	5. 406	22. 498
20:1	g	0. 002			0. 001	0. 003	0. 011
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	1. 603			0. 454	1. 747	7. 270
18:2	g	1. 514			0. 429	1. 650	6. 868
18:3	g	0. 073			0. 021	0. 079	0. 329
18:4	g						
20:4	g	0. 013			0. 004	0. 014	0. 057
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 003			0. 001	0. 004	0. 015
Cholesterol	mg	20	0. 000	2	6	22	91
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 051			0. 015	0. 056	0. 234
Threonine	g	0. 159			0. 045	0. 173	0. 721
Isoleucine	g	0. 205			0. 058	0. 224	0. 931
Leucine	g	0. 335			0. 095	0. 365	1. 520
Lysine	g	0. 261			0. 074	0. 284	1. 182
Methionine	g	0. 092			0. 026	0. 100	0. 418
Cystine	g	0. 054			0. 015	0. 059	0. 245
Phenylalanine	g	0. 184			0. 052	0. 201	0. 836
Tyrosine	g	0. 163			0. 046	0. 178	0. 741
Valine	g	0. 229			0. 065	0. 250	1. 041
Arginine	g	0. 161			0. 046	0. 176	0. 732
Histidine	g	0. 094			0. 027	0. 103	0. 427
Alanine	g	0. 144			0. 041	0. 157	0. 652
Aspartic acid	g	0. 289			0. 082	0. 315	1. 309
Glutamic acid	g	0. 826			0. 234	0. 901	3. 749
Glycine	g	0. 100			0. 028	0. 109	0. 456
Proline	g	0. 327			0. 093	0. 356	1. 482
Serine	g	0. 219			0. 062	0. 239	0. 995

[1] Ready-to-serve 8 in. pie = 652 g.
[2] Product made with unenriched flour.
[3] Values based on product containing vegetable shortening and margarine composed of partially hydrogenated soybean oil.

PIE
Pumpkin, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 155 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58. 5			16. 6	90. 7	265. 3
Food energy	kcal	204			58	316	924
	kJ	853			242	1,322	3,867
Protein	g	4. 5			1. 3	7. 0	20. 5
Total lipid (fat)	g	9. 3			2. 6	14. 4	42. 1
Carbohydrate, total	g	26. 4			7. 5	41. 0	119. 9
Crude fiber	g	0. 7			0. 2	1. 0	3. 0
Ash	g	1. 3			0. 4	2. 0	5. 7
Minerals:							
Calcium	mg	94			27	145	425
Iron	mg	1. 27			0. 36	1. 97	5. 76
Magnesium	mg	19			5	29	86
Phosphorus	mg	98			28	152	445
Potassium	mg	186			53	289	844
Sodium	mg	225			64	349	1,021
Zinc	mg	0. 46			0. 13	0. 72	2. 10
Copper	mg	0. 066			0. 019	0. 103	0. 301
Manganese	mg	0. 198			0. 056	0. 307	0. 898
Vitamins:							
Ascorbic acid	mg	1. 7			0. 5	2. 7	7. 8
Thiamin	mg	0. 092			0. 026	0. 142	0. 416
Riboflavin	mg	0. 201			0. 057	0. 311	0. 910
Niacin	mg	0. 782			0. 222	1. 212	3. 547
Pantothenic acid	mg	0. 445			0. 126	0. 690	2. 019
Vitamin B-6	mg	0. 047			0. 013	0. 072	0. 211
Folate	mcg	11			3	16	48
Vitamin B-12	mcg	0. 09			0. 03	0. 14	0. 41
Vitamin A	RE	782			222	1,213	3,548
	IU	7,634			2,164	11,833	34,629
Lipids:							
Fatty acids:							
Saturated, total	g	3. 171			0. 899	4. 915	14. 383
4:0	g	0. 057			0. 016	0. 088	0. 257
6:0	g	0. 039			0. 011	0. 060	0. 177
8:0	g	0. 016			0. 005	0. 025	0. 073
10:0	g	0. 032			0. 009	0. 050	0. 147
12:0	g	0. 049			0. 014	0. 075	0. 220
14:0	g	0. 247			0. 070	0. 383	1. 121
16:0	g	1. 675			0. 475	2. 597	7. 600
18:0	g	0. 977			0. 277	1. 514	4. 430
Monounsaturated, total	g	3. 697			1. 048	5. 730	16. 770
16:1	g	0. 077			0. 022	0. 119	0. 348
18:1	g	3. 594			1. 019	5. 571	16. 302
20:1	g	0. 002			0. 001	0. 003	0. 010
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	1. 810			0. 513	2. 806	8. 212
18:2	g	1. 668			0. 473	2. 586	7. 567
18:3	g	0. 128			0. 036	0. 198	0. 580
18:4	g						
20:4	g	0. 011			0. 003	0. 017	0. 051
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 003			0. 001	0. 005	0. 013
Cholesterol	mg	42			12	65	191
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 059			0. 017	0. 091	0. 267
Threonine	g	0. 180			0. 051	0. 279	0. 816
Isoleucine	g	0. 226			0. 064	0. 350	1. 025
Leucine	g	0. 376			0. 107	0. 583	1. 707
Lysine	g	0. 276			0. 078	0. 427	1. 250
Methionine	g	0. 105			0. 030	0. 163	0. 477
Cystine	g	0. 067			0. 019	0. 103	0. 302
Phenylalanine	g	0. 219			0. 062	0. 339	0. 992
Tyrosine	g	0. 187			0. 053	0. 290	0. 850
Valine	g	0. 253			0. 072	0. 392	1. 148
Arginine	g	0. 199			0. 056	0. 308	0. 901
Histidine	g	0. 109			0. 031	0. 169	0. 494
Alanine	g	0. 171			0. 049	0. 266	0. 778
Aspartic acid	g	0. 339			0. 096	0. 526	1. 538
Glutamic acid	g	1. 004			0. 285	1. 556	4. 552
Glycine	g	0. 127			0. 036	0. 197	0. 576
Proline	g	0. 375			0. 106	0. 581	1. 701
Serine	g	0. 256			0. 073	0. 397	1. 162

[1] 9 in. pie = 1,240 g.

PIE
Vanilla cream, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1/8 of 9 in. pie = 126 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	47. 0			13. 3	59. 2	213. 3
Food energy	kcal	278			79	350	1,259
	kJ	1,162			329	1,464	5,270
Protein	g	4. 8			1. 4	6. 0	21. 6
Total lipid (fat)	g	14. 4			4. 1	18. 1	65. 2
Carbohydrate, total	g	32. 6			9. 2	41. 1	147. 9
Crude fiber	g	0. 0			0. 0	0. 1	0. 2
Ash	g	1. 2			0. 3	1. 5	5. 5
Minerals:							
Calcium	mg	90			25	113	407
Iron	mg	1. 02			0. 29	1. 29	4. 64
Magnesium	mg	13			4	17	61
Phosphorus	mg	104			30	131	473
Potassium	mg	126			36	158	570
Sodium	mg	260			74	327	1,177
Zinc	mg	0. 53			0. 15	0. 66	2. 38
Copper	mg	0. 039			0. 011	0. 049	0. 177
Manganese	mg	0. 128			0. 036	0. 161	0. 580
Vitamins:							
Ascorbic acid	mg	0. 5			0. 2	0. 7	2. 4
Thiamin	mg	0. 139			0. 039	0. 175	0. 629
Riboflavin	mg	0. 216			0. 061	0. 273	0. 982
Niacin	mg	0. 984			0. 279	1. 239	4. 461
Pantothenic acid	mg	0. 415			0. 118	0. 523	1. 882
Vitamin B-6	mg	0. 049			0. 014	0. 062	0. 223
Folate	mcg	11			3	14	50
Vitamin B-12	mcg	0. 30			0. 09	0. 38	1. 38
Vitamin A	RE	85			24	107	384
	IU	306			87	385	1,387
Lipids:							
Fatty acids:							
Saturated, total	g	4. 030			1. 143	5. 078	18. 282
4:0	g	0. 042			0. 012	0. 053	0. 191
6:0	g	0. 025			0. 007	0. 032	0. 114
8:0	g	0. 015			0. 004	0. 018	0. 067
10:0	g	0. 033			0. 009	0. 042	0. 150
12:0	g	0. 037			0. 011	0. 047	0. 168
14:0	g	0. 179			0. 051	0. 225	0. 811
16:0	g	2. 263			0. 642	2. 852	10. 267
18:0	g	1. 426			0. 404	1. 796	6. 467
Monounsaturated, total	g	6. 043			1. 713	7. 615	27. 413
16:1	g	0. 070			0. 020	0. 088	0. 318
18:1	g	5. 965			1. 691	7. 516	27. 058
20:1	g	0. 004			0. 001	0. 005	0. 018
22:1	g	0. 000			0. 000	0. 001	0. 002
Polyunsaturated, total	g	3. 438			0. 975	4. 331	15. 593
18:2	g	3. 205			0. 909	4. 038	14. 537
18:3	g	0. 208			0. 059	0. 262	0. 942
18:4	g						
20:4	g	0. 020			0. 006	0. 025	0. 089
20:5	g	0. 000			0. 000	0. 001	0. 002
22:5	g						
22:6	g	0. 005			0. 001	0. 006	0. 023
Cholesterol	mg	62			18	78	282
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 060			0. 017	0. 076	0. 274
Threonine	g	0. 184			0. 052	0. 232	0. 834
Isoleucine	g	0. 228			0. 065	0. 287	1. 033
Leucine	g	0. 397			0. 112	0. 500	1. 799
Lysine	g	0. 266			0. 075	0. 336	1. 208
Methionine	g	0. 103			0. 029	0. 130	0. 468
Cystine	g	0. 071			0. 020	0. 090	0. 323
Phenylalanine	g	0. 224			0. 064	0. 283	1. 018
Tyrosine	g	0. 189			0. 054	0. 239	0. 859
Valine	g	0. 255			0. 072	0. 322	1. 158
Arginine	g	0. 203			0. 057	0. 255	0. 919
Histidine	g	0. 117			0. 033	0. 147	0. 530
Alanine	g	0. 169			0. 048	0. 213	0. 767
Aspartic acid	g	0. 309			0. 088	0. 390	1. 403
Glutamic acid	g	1. 143			0. 324	1. 440	5. 185
Glycine	g	0. 133			0. 038	0. 167	0. 602
Proline	g	0. 444			0. 126	0. 560	2. 015
Serine	g	0. 269			0. 076	0. 338	1. 218

[1] 9 in. pie = 1,004 g.

PIE CRUST
Cookie-type, prepared from recipe, chilled (unbaked)[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/8 of 9 in. crust = 28 g	9 in. crust = 223 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	7. 3			2. 1	16. 4	33. 3
Food energy	*kcal*	506			142	1,127	2,293
	kJ	2,116			593	4,719	9,600
Protein	*g*	5. 1			1. 4	11. 5	23. 3
Total lipid (fat)	*g*	31. 1			8. 7	69. 2	140. 8
Carbohydrate, total	*g*	54. 4			15. 2	121. 4	246. 9
Crude fiber	*g*	0. 0			0. 0	0. 0	0. 0
Ash	*g*	2. 0			0. 6	4. 5	9. 2
Minerals:							
Calcium	*mg*	30			9	68	138
Iron	*mg*	3. 00			0. 84	6. 70	13. 63
Magnesium	*mg*	40			11	90	183
Phosphorus	*mg*	105			29	233	475
Potassium	*mg*	168			47	374	761
Sodium	*mg*	672			188	1,499	3,050
Zinc	*mg*	0. 82			0. 23	1. 82	3. 70
Copper	*mg*	0. 346			0. 097	0. 771	1. 568
Manganese	*mg*	0. 519			0. 145	1. 157	2. 354
Vitamins:							
Ascorbic acid	*mg*	0. 0			0. 0	0. 1	0. 2
Thiamin	*mg*	0. 154			0. 043	0. 343	0. 699
Riboflavin	*mg*	0. 208			0. 058	0. 464	0. 943
Niacin	*mg*	2. 138			0. 599	4. 768	9. 698
Pantothenic acid	*mg*	0. 275			0. 077	0. 613	1. 248
Vitamin B-6	*mg*	0. 002			0. 001	0. 005	0. 010
Folate	*mcg*	0			0	1	1
Vitamin B-12	*mcg*	0. 02			0. 01	0. 05	0. 11
Vitamin A	*RE*	219			61	488	992
	IU	839			235	1,872	3,807
Lipids:							
Fatty acids:							
Saturated, total	*g*	6. 732			1. 885	15. 012	30. 535
4:0	*g*	0. 001			0. 000	0. 001	0. 003
6:0	*g*	0. 000			0. 000	0. 001	0. 002
8:0	*g*	0. 000			0. 000	0. 001	0. 001
10:0	*g*	0. 001			0. 000	0. 001	0. 002
12:0	*g*	0. 001			0. 000	0. 001	0. 003
14:0	*g*	0. 056			0. 016	0. 124	0. 252
16:0	*g*	3. 835			1. 074	8. 552	17. 396
18:0	*g*	2. 789			0. 781	6. 220	12. 653
Monounsaturated, total	*g*	14. 729			4. 124	32. 847	66. 812
16:1	*g*	0. 018			0. 005	0. 040	0. 080
18:1	*g*	14. 711			4. 119	32. 806	66. 730
20:1	*g*	0. 000			0. 000	0. 001	0. 002
22:1	*g*						
Polyunsaturated, total	*g*	7. 713			2. 160	17. 201	34. 988
18:2	*g*	7. 407			2. 074	16. 517	33. 596
18:3	*g*	0. 304			0. 085	0. 678	1. 378
18:4	*g*						
20:4	*g*	0. 002			0. 001	0. 005	0. 010
20:5	*g*						
22:5	*g*						
22:6	*g*	0. 001			0. 000	0. 001	0. 003
Cholesterol	*mg*	1			0	3	7
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 075			0. 021	0. 166	0. 338
Threonine	*g*	0. 174			0. 049	0. 389	0. 791
Isoleucine	*g*	0. 208			0. 058	0. 464	0. 943
Leucine	*g*	0. 355			0. 099	0. 791	1. 608
Lysine	*g*	0. 227			0. 064	0. 507	1. 031
Methionine	*g*	0. 084			0. 024	0. 187	0. 381
Cystine	*g*	0. 097			0. 027	0. 216	0. 439
Phenylalanine	*g*	0. 240			0. 067	0. 535	1. 089
Tyrosine	*g*	0. 163			0. 046	0. 364	0. 740
Valine	*g*	0. 256			0. 072	0. 570	1. 160
Arginine	*g*	0. 221			0. 062	0. 494	1. 004
Histidine	*g*	0. 101			0. 028	0. 226	0. 460
Alanine	*g*	0. 185			0. 052	0. 413	0. 840
Aspartic acid	*g*	0. 320			0. 090	0. 714	1. 453
Glutamic acid	*g*	1. 353			0. 379	3. 018	6. 139
Glycine	*g*	0. 181			0. 051	0. 403	0. 819
Proline	*g*	0. 452			0. 126	1. 007	2. 049
Serine	*g*	0. 262			0. 073	0. 584	1. 188

[1] For pie crust with filling, refer to fruit filling or pudding selection in Agriculture Handbook No. 8-19.

PIE CRUST
Cookie-type, prepared from recipe, chocolate wafer, baked[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/8 of 9 in. crust = 27 g	9 in. crust = 219 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	5. 5			1. 5	12. 0	24. 8
Food energy	*kcal*	516			139	1,130	2,340
	kJ	2,160			583	4,729	9,796
Protein	*g*	5. 2			1. 4	11. 5	23. 8
Total lipid (fat)	*g*	31. 7			8. 6	69. 4	143. 7
Carbohydrate, total	*g*	55. 5			15. 0	121. 6	251. 9
Crude fiber	*g*	0. 0			0. 0	0. 0	0. 0
Ash	*g*	2. 1			0. 6	4. 5	9. 4
Minerals:							
Calcium	*mg*	31			8	68	141
Iron	*mg*	3. 07			0. 83	6. 71	13. 91
Magnesium	*mg*	41			11	90	186
Phosphorus	*mg*	107			29	234	484
Potassium	*mg*	171			46	375	776
Sodium	*mg*	686			185	1,502	3,112
Zinc	*mg*	0. 83			0. 22	1. 82	3. 77
Copper	*mg*	0. 353			0. 095	0. 773	1. 600
Manganese	*mg*	0. 530			0. 143	1. 160	2. 402
Vitamins:							
Ascorbic acid	*mg*	0. 0			0. 0	0. 1	0. 2
Thiamin	*mg*	0. 157			0. 042	0. 344	0. 713
Riboflavin	*mg*	0. 212			0. 057	0. 465	0. 963
Niacin	*mg*	2. 182			0. 589	4. 778	9. 896
Pantothenic acid	*mg*	0. 281			0. 076	0. 615	1. 273
Vitamin B-6	*mg*	0. 002			0. 001	0. 005	0. 011
Folate	*mcg*	0			0	1	1
Vitamin B-12	*mcg*	0. 02			0. 01	0. 05	0. 11
Vitamin A	*RE*	223			60	489	1,012
	IU	856			231	1,876	3,885
Lipids:							
Fatty acids:							
Saturated, total	*g*	6. 869			1. 855	15. 043	31. 159
4:0	*g*	0. 001			0. 000	0. 001	0. 003
6:0	*g*	0. 000			0. 000	0. 001	0. 002
8:0	*g*	0. 000			0. 000	0. 001	0. 001
10:0	*g*	0. 001			0. 000	0. 001	0. 002
12:0	*g*	0. 001			0. 000	0. 001	0. 003
14:0	*g*	0. 057			0. 015	0. 124	0. 257
16:0	*g*	3. 913			1. 057	8. 570	17. 751
18:0	*g*	2. 846			0. 768	6. 233	12. 911
Monounsaturated, total	*g*	15. 030			4. 058	32. 916	68. 176
16:1	*g*	0. 018			0. 005	0. 040	0. 082
18:1	*g*	15. 011			4. 053	32. 875	68. 092
20:1	*g*	0. 000			0. 000	0. 001	0. 002
22:1	*g*						
Polyunsaturated, total	*g*	7. 871			2. 125	17. 237	35. 702
18:2	*g*	7. 558			2. 041	16. 551	34. 282
18:3	*g*	0. 310			0. 084	0. 679	1. 407
18:4	*g*						
20:4	*g*	0. 002			0. 001	0. 005	0. 010
20:5	*g*						
22:5	*g*						
22:6	*g*	0. 001			0. 000	0. 001	0. 003
Cholesterol	*mg*	2			0	3	7
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 076			0. 021	0. 167	0. 345
Threonine	*g*	0. 178			0. 048	0. 389	0. 807
Isoleucine	*g*	0. 212			0. 057	0. 465	0. 963
Leucine	*g*	0. 362			0. 098	0. 792	1. 641
Lysine	*g*	0. 232			0. 063	0. 508	1. 052
Methionine	*g*	0. 086			0. 023	0. 188	0. 389
Cystine	*g*	0. 099			0. 027	0. 216	0. 448
Phenylalanine	*g*	0. 245			0. 066	0. 536	1. 111
Tyrosine	*g*	0. 167			0. 045	0. 365	0. 755
Valine	*g*	0. 261			0. 070	0. 571	1. 184
Arginine	*g*	0. 226			0. 061	0. 495	1. 025
Histidine	*g*	0. 104			0. 028	0. 227	0. 469
Alanine	*g*	0. 189			0. 051	0. 414	0. 857
Aspartic acid	*g*	0. 327			0. 088	0. 716	1. 482
Glutamic acid	*g*	1. 381			0. 373	3. 025	6. 265
Glycine	*g*	0. 184			0. 050	0. 404	0. 836
Proline	*g*	0. 461			0. 124	1. 009	2. 091
Serine	*g*	0. 267			0. 072	0. 585	1. 212

[1] For pie crust with filling, refer to fruit filling or pudding selection in Agriculture Handbook No. 8-19.

PIE CRUST
Cookie-type, prepared from recipe, graham cracker, chilled (unbaked)[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/8 of 9 in. crust = 30 g	9 in. crust = 244 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	6. 1			1. 9	14. 9	27. 8
Food energy	kcal	484			150	1,182	2,197
	kJ	2,028			629	4,948	9,198
Protein	g	4. 1			1. 3	10. 0	18. 5
Total lipid (fat)	g	24. 4			7. 6	59. 5	110. 7
Carbohydrate, total	g	63. 9			19. 8	155. 9	289. 8
Crude fiber	g	0. 4			0. 1	1. 0	1. 8
Ash	g	1. 5			0. 5	3. 6	6. 8
Minerals:							
Calcium	mg	20			6	50	93
Iron	mg	2. 12			0. 66	5. 18	9. 62
Magnesium	mg	18			5	43	80
Phosphorus	mg	64			20	156	290
Potassium	mg	86			27	211	391
Sodium	mg	560			173	1,365	2,538
Zinc	mg	0. 46			0. 14	1. 12	2. 09
Copper	mg	0. 122			0. 038	0. 298	0. 555
Manganese	mg	0. 453			0. 141	1. 106	2. 056
Vitamins:							
Ascorbic acid	mg	0. 0			0. 0	0. 1	0. 2
Thiamin	mg	0. 102			0. 032	0. 249	0. 464
Riboflavin	mg	0. 172			0. 053	0. 419	0. 778
Niacin	mg	2. 091			0. 648	5. 101	9. 483
Pantothenic acid	mg	0. 216			0. 067	0. 527	0. 979
Vitamin B-6	mg	0. 035			0. 011	0. 086	0. 160
Folate	mcg	7			2	17	31
Vitamin B-12	mcg	0. 02			0. 01	0. 05	0. 10
Vitamin A	RE	198			61	483	899
	IU	769			239	1,877	3,490
Lipids:							
Fatty acids:							
Saturated, total	g	5. 092			1. 579	12. 425	23. 098
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 003			0. 001	0. 008	0. 015
12:0	g	0. 003			0. 001	0. 008	0. 015
14:0	g	0. 073			0. 022	0. 177	0. 329
16:0	g	3. 094			0. 959	7. 550	14. 036
18:0	g	1. 903			0. 590	4. 643	8. 631
Monounsaturated, total	g	11. 142			3. 454	27. 188	50. 542
16:1	g	0. 049			0. 015	0. 119	0. 220
18:1	g	11. 094			3. 439	27. 069	50. 322
20:1	g						
22:1	g						
Polyunsaturated, total	g	6. 769			2. 099	16. 517	30. 706
18:2	g	6. 475			2. 007	15. 800	29. 373
18:3	g	0. 294			0. 091	0. 717	1. 332
18:4	g						
20:4	g	0. 000			0. 000	0. 000	0. 001
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	1
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 054			0. 017	0. 131	0. 244
Threonine	g	0. 117			0. 036	0. 284	0. 528
Isoleucine	g	0. 149			0. 046	0. 363	0. 675
Leucine	g	0. 287			0. 089	0. 700	1. 301
Lysine	g	0. 107			0. 033	0. 261	0. 485
Methionine	g	0. 072			0. 022	0. 175	0. 324
Cystine	g	0. 086			0. 027	0. 210	0. 391
Phenylalanine	g	0. 203			0. 063	0. 496	0. 923
Tyrosine	g	0. 127			0. 039	0. 309	0. 574
Valine	g	0. 174			0. 054	0. 426	0. 791
Arginine	g	0. 171			0. 053	0. 418	0. 776
Histidine	g	0. 092			0. 029	0. 225	0. 419
Alanine	g	0. 135			0. 042	0. 328	0. 611
Aspartic acid	g	0. 189			0. 058	0. 460	0. 855
Glutamic acid	g	1. 335			0. 414	3. 258	6. 056
Glycine	g	0. 148			0. 046	0. 362	0. 673
Proline	g	0. 460			0. 143	1. 122	2. 087
Serine	g	0. 202			0. 063	0. 494	0. 918

[1] For pie crust with filling, refer to fruit filling or pudding selection in Agriculture Handbook No. 8-19.

PIE CRUST
Cookie-type, prepared from recipe, graham cracker, baked[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/8 of 9 in. crust = 30 g	9 in. crust = 239 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	4. 2			1. 3	10. 1	19. 1
Food energy	*kcal*	494			148	1,181	2,242
	kJ	2,069			621	4,945	9,385
Protein	*g*	4. 2			1. 3	10. 0	18. 9
Total lipid (fat)	*g*	24. 9			7. 5	59. 5	113. 0
Carbohydrate, total	*g*	65. 2			19. 6	155. 8	295. 7
Crude fiber	*g*	0. 4			0. 1	1. 0	1. 8
Ash	*g*	1. 5			0. 5	3. 6	6. 9
Minerals:							
Calcium	*mg*	21			6	50	95
Iron	*mg*	2. 17			0. 65	5. 17	9. 82
Magnesium	*mg*	18			5	43	81
Phosphorus	*mg*	65			20	156	296
Potassium	*mg*	88			26	210	399
Sodium	*mg*	571			171	1,365	2,590
Zinc	*mg*	0. 47			0. 14	1. 12	2. 13
Copper	*mg*	0. 125			0. 037	0. 298	0. 566
Manganese	*mg*	0. 463			0. 139	1. 105	2. 098
Vitamins:							
Ascorbic acid	*mg*	0. 0			0. 0	0. 1	0. 2
Thiamin	*mg*	0. 104			0. 031	0. 249	0. 473
Riboflavin	*mg*	0. 175			0. 053	0. 418	0. 794
Niacin	*mg*	2. 133			0. 640	5. 099	9. 677
Pantothenic acid	*mg*	0. 220			0. 066	0. 526	0. 999
Vitamin B-6	*mg*	0. 036			0. 011	0. 086	0. 163
Folate	*mcg*	7			2	17	32
Vitamin B-12	*mcg*	0. 02			0. 01	0. 05	0. 10
Vitamin A	*RE*	202			61	483	917
	IU	785			236	1,876	3,561
Lipids:							
Fatty acids:							
Saturated, total	*g*	5. 196			1. 559	12. 418	23. 569
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0. 003			0. 001	0. 008	0. 016
12:0	*g*	0. 003			0. 001	0. 008	0. 016
14:0	*g*	0. 074			0. 022	0. 177	0. 336
16:0	*g*	3. 157			0. 947	7. 546	14. 322
18:0	*g*	1. 942			0. 583	4. 641	8. 808
Monounsaturated, total	*g*	11. 370			3. 411	27. 174	51. 574
16:1	*g*	0. 050			0. 015	0. 119	0. 225
18:1	*g*	11. 320			3. 396	27. 055	51. 349
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	6. 908			2. 072	16. 509	31. 333
18:2	*g*	6. 608			1. 982	15. 792	29. 972
18:3	*g*	0. 300			0. 090	0. 716	1. 360
18:4	*g*						
20:4	*g*	0. 000			0. 000	0. 000	0. 001
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	1
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 055			0. 016	0. 131	0. 249
Threonine	*g*	0. 119			0. 036	0. 284	0. 539
Isoleucine	*g*	0. 152			0. 046	0. 363	0. 689
Leucine	*g*	0. 293			0. 088	0. 699	1. 327
Lysine	*g*	0. 109			0. 033	0. 261	0. 495
Methionine	*g*	0. 073			0. 022	0. 174	0. 331
Cystine	*g*	0. 088			0. 026	0. 210	0. 399
Phenylalanine	*g*	0. 208			0. 062	0. 496	0. 941
Tyrosine	*g*	0. 129			0. 039	0. 309	0. 586
Valine	*g*	0. 178			0. 053	0. 425	0. 807
Arginine	*g*	0. 175			0. 052	0. 417	0. 792
Histidine	*g*	0. 094			0. 028	0. 225	0. 428
Alanine	*g*	0. 137			0. 041	0. 328	0. 623
Aspartic acid	*g*	0. 192			0. 058	0. 460	0. 873
Glutamic acid	*g*	1. 362			0. 409	3. 256	6. 180
Glycine	*g*	0. 151			0. 045	0. 362	0. 687
Proline	*g*	0. 469			0. 141	1. 122	2. 129
Serine	*g*	0. 207			0. 062	0. 494	0. 937

[1] For pie crust with filling, refer to fruit filling or pudding selection in Agriculture Handbook No. 8-19.

PIE CRUST
Cookie-type, prepared from recipe, vanilla wafer, chilled (unbaked)[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/8 of 9 in. crust = 22 g	9 in. crust = 176 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	8. 5			1. 9	15. 0	38. 7
Food energy	*kcal*	531			117	934	2,407
	kJ	2,221			489	3,909	10,075
Protein	*g*	3. 7			0. 8	6. 5	16. 7
Total lipid (fat)	*g*	36. 2			8. 0	63. 7	164. 3
Carbohydrate, total	*g*	50. 2			11. 0	88. 4	227. 7
Crude fiber	*g*	0. 3			0. 1	0. 6	1. 6
Ash	*g*	1. 4			0. 3	2. 4	6. 3
Minerals:							
Calcium	*mg*	42			9	74	190
Iron	*mg*	1. 63			0. 36	2. 87	7. 39
Magnesium	*mg*	10			2	18	47
Phosphorus	*mg*	78			17	137	352
Potassium	*mg*	79			17	140	361
Sodium	*mg*	515			113	906	2,336
Zinc	*mg*	0. 24			0. 05	0. 43	1. 10
Copper	*mg*	0. 068			0. 015	0. 120	0. 308
Manganese	*mg*	0. 178			0. 039	0. 313	0. 806
Vitamins:							
Ascorbic acid	*mg*	0. 1			0. 0	0. 1	0. 2
Thiamin	*mg*	0. 189			0. 042	0. 333	0. 859
Riboflavin	*mg*	0. 229			0. 050	0. 403	1. 038
Niacin	*mg*	2. 113			0. 465	3. 719	9. 585
Pantothenic acid	*mg*	0. 305			0. 067	0. 537	1. 383
Vitamin B-6	*mg*	0. 052			0. 012	0. 092	0. 238
Folate	*mcg*	6			1	11	29
Vitamin B-12	*mcg*	0. 09			0. 02	0. 16	0. 42
Vitamin A	*RE*	285			63	501	1,292
	IU	1,105			243	1,944	5,010
Lipids:							
Fatty acids:							
Saturated, total	*g*	7. 434			1. 635	13. 084	33. 721
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 102			0. 022	0. 179	0. 460
16:0	*g*	4. 453			0. 980	7. 837	20. 197
18:0	*g*	2. 878			0. 633	5. 066	13. 056
Monounsaturated, total	*g*	15. 647			3. 442	27. 538	70. 974
16:1	*g*	0. 001			0. 000	0. 001	0. 003
18:1	*g*	15. 646			3. 442	27. 537	70. 971
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	10. 682			2. 350	18. 800	48. 454
18:2	*g*	10. 175			2. 238	17. 907	46. 152
18:3	*g*	0. 508			0. 112	0. 893	2. 302
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	39			9	69	177
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 050			0. 011	0. 088	0. 226
Threonine	*g*	0. 127			0. 028	0. 224	0. 577
Isoleucine	*g*	0. 161			0. 035	0. 284	0. 732
Leucine	*g*	0. 274			0. 060	0. 483	1. 244
Lysine	*g*	0. 178			0. 039	0. 313	0. 807
Methionine	*g*	0. 078			0. 017	0. 137	0. 353
Cystine	*g*	0. 077			0. 017	0. 136	0. 350
Phenylalanine	*g*	0. 178			0. 039	0. 313	0. 807
Tyrosine	*g*	0. 122			0. 027	0. 214	0. 552
Valine	*g*	0. 184			0. 040	0. 323	0. 833
Arginine	*g*	0. 160			0. 035	0. 281	0. 725
Histidine	*g*	0. 079			0. 017	0. 139	0. 359
Alanine	*g*	0. 137			0. 030	0. 241	0. 620
Aspartic acid	*g*	0. 222			0. 049	0. 391	1. 008
Glutamic acid	*g*	0. 963			0. 212	1. 695	4. 368
Glycine	*g*	0. 119			0. 026	0. 209	0. 539
Proline	*g*	0. 328			0. 072	0. 577	1. 487
Serine	*g*	0. 213			0. 047	0. 375	0. 968

[1] For pie crust with filling, refer to fruit filling or pudding selection in Agriculture Handbook No. 8-19.

PIE CRUST
Cookie-type, prepared from recipe, vanilla wafer, baked[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/8 of 9 in. crust = 22 g	9 in. crust = 173 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	6. 7			1. 5	11. 5	30. 2
Food energy	*kcal*	541			119	937	2,456
	kJ	2,267			499	3,921	10,281
Protein	*g*	3. 7			0. 8	6. 5	17. 0
Total lipid (fat)	*g*	37. 0			8. 1	63. 9	167. 6
Carbohydrate, total	*g*	51. 2			11. 3	88. 6	232. 4
Crude fiber	*g*	0. 4			0. 1	0. 6	1. 6
Ash	*g*	1. 4			0. 3	2. 4	6. 4
Minerals:							
Calcium	*mg*	43			9	74	194
Iron	*mg*	1. 66			0. 37	2. 88	7. 55
Magnesium	*mg*	11			2	18	48
Phosphorus	*mg*	79			17	137	359
Potassium	*mg*	81			18	140	368
Sodium	*mg*	526			116	909	2,384
Zinc	*mg*	0. 25			0. 05	0. 43	1. 12
Copper	*mg*	0. 069			0. 015	0. 120	0. 315
Manganese	*mg*	0. 181			0. 040	0. 314	0. 823
Vitamins:							
Ascorbic acid	*mg*	0. 1			0. 0	0. 1	0. 2
Thiamin	*mg*	0. 193			0. 043	0. 334	0. 877
Riboflavin	*mg*	0. 233			0. 051	0. 404	1. 059
Niacin	*mg*	2. 156			0. 474	3. 730	9. 780
Pantothenic acid	*mg*	0. 311			0. 068	0. 538	1. 411
Vitamin B-6	*mg*	0. 053			0. 012	0. 092	0. 243
Folate	*mcg*	7			1	11	30
Vitamin B-12	*mcg*	0. 09			0. 02	0. 16	0. 42
Vitamin A	*RE*	291			64	503	1,318
	IU	1,127			248	1,950	5,113
Lipids:							
Fatty acids:							
Saturated, total	*g*	7. 586			1. 669	13. 123	34. 409
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 104			0. 023	0. 179	0. 470
16:0	*g*	4. 544			1. 000	7. 860	20. 609
18:0	*g*	2. 937			0. 646	5. 081	13. 323
Monounsaturated	*g*	15. 966			3. 513	27. 622	72. 423
16:1	*g*	0. 001			0. 000	0. 001	0. 003
18:1	*g*	15. 965			3. 512	27. 620	72. 419
20:1	*g*						
22:1	*g*						
Polyunsaturated	*g*	10. 900			2. 398	18. 857	49. 443
18:2	*g*	10. 382			2. 284	17. 961	47. 094
18:3	*g*	0. 518			0. 114	0. 896	2. 349
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	40			9	69	181
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 051			0. 011	0. 088	0. 230
Threonine	*g*	0. 130			0. 029	0. 225	0. 589
Isoleucine	*g*	0. 165			0. 036	0. 285	0. 747
Leucine	*g*	0. 280			0. 062	0. 484	1. 270
Lysine	*g*	0. 182			0. 040	0. 314	0. 824
Methionine	*g*	0. 079			0. 017	0. 138	0. 361
Cystine	*g*	0. 079			0. 017	0. 136	0. 357
Phenylalanine	*g*	0. 182			0. 040	0. 314	0. 823
Tyrosine	*g*	0. 124			0. 027	0. 215	0. 563
Valine	*g*	0. 187			0. 041	0. 324	0. 850
Arginine	*g*	0. 163			0. 036	0. 282	0. 739
Histidine	*g*	0. 081			0. 018	0. 140	0. 366
Alanine	*g*	0. 140			0. 031	0. 241	0. 633
Aspartic acid	*g*	0. 227			0. 050	0. 392	1. 029
Glutamic acid	*g*	0. 983			0. 216	1. 700	4. 457
Glycine	*g*	0. 121			0. 027	0. 210	0. 550
Proline	*g*	0. 335			0. 074	0. 579	1. 518
Serine	*g*	0. 218			0. 048	0. 377	0. 987

[1] For pie crust with filling, refer to fruit filling or pudding selection in Agriculture Handbook No. 8-19.

PIE CRUST
Standard-type, dry mix

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (10 oz) = 284 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	7.6	0.302	28	2.1	21.5	34.3
Food energy	kcal	518			147	1,470	2,348
	kJ	2,167			614	6,153	9,828
Protein (N x 5.70)	g	6.9	0.152	30	2.0	19.6	31.2
Total lipid (fat)	g	31.4	0.442	34	8.9	89.2	142.4
Carbohydrate, total	g	52.1			14.8	148.0	236.5
Crude fiber	g	0.2	0.019	22	0.0	0.4	0.7
Ash	g	2.0	0.044	28	0.6	5.7	9.2
Minerals:							
Calcium[1]	mg	61	12.445	20	17	174	278
Iron	mg	2.22	0.094	20	0.63	6.31	10.07
Magnesium	mg	15	1.364	15	4	44	70
Phosphorus	mg	86	6.061	21	24	245	392
Potassium	mg	64	2.769	8	18	182	291
Sodium	mg	753	22.024	16	214	2,139	3,416
Zinc	mg	0.40	0.049	10	0.11	1.12	1.79
Copper	mg	0.075	0.007	10	0.021	0.212	0.339
Manganese	mg	0.315	0.035	2	0.089	0.895	1.429
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.392	0.010	20	0.111	1.113	1.777
Riboflavin	mg	0.213	0.017	20	0.061	0.606	0.968
Niacin	mg	2.727	0.099	20	0.773	7.744	12.369
Pantothenic acid	mg	0.268	0.087	3	0.076	0.760	1.214
Vitamin B-6	mg	0.064	0.010	2	0.018	0.182	0.290
Folate	mcg						
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	7.974			2.260	22.645	36.168
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.154			0.044	0.436	0.697
16:0	g	4.098			1.162	11.639	18.590
18:0	g	3.722			1.055	10.570	16.881
Monounsaturated, total	g	17.878			5.068	50.773	81.093
16:1	g						
18:1	g	17.878			5.068	50.773	81.093
20:1	g						
22:1	g						
Polyunsaturated, total	g	3.978			1.128	11.298	18.045
18:2	g	3.778			1.071	10.730	17.138
18:3	g	0.200			0.057	0.568	0.908
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		1	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.080			0.023	0.226	0.362
Threonine	g	0.184			0.052	0.521	0.833
Isoleucine	g	0.255			0.072	0.724	1.156
Leucine	g	0.476			0.135	1.352	2.159
Lysine	g	0.133			0.038	0.377	0.603
Methionine	g	0.121			0.034	0.343	0.548
Cystine	g	0.155			0.044	0.439	0.701
Phenylalanine	g	0.339			0.096	0.964	1.540
Tyrosine	g	0.188			0.053	0.535	0.855
Valine	g	0.289			0.082	0.820	1.310
Arginine	g	0.239			0.068	0.679	1.085
Histidine	g	0.146			0.041	0.415	0.663
Alanine	g	0.210			0.060	0.597	0.953
Aspartic acid	g	0.278			0.079	0.789	1.260
Glutamic acid	g	2.412			0.684	6.851	10.943
Glycine	g	0.236			0.067	0.669	1.069
Proline	g	0.809			0.229	2.299	3.671
Serine	g	0.333			0.095	0.947	1.512

[1] Values range from 19 to 200 mg calcium per 100 g. The higher value reflects the use of baking powder in some formulations.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

PIE CRUST
Standard-type, dry mix, prepared, baked[1] [2]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/8 of 9 in. shell = 20 g[3]	9 in. shell = 160 g[4]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	10. 6			2. 1	16. 9	48. 0
Food energy	*kcal*	501			100	801	2,271
	kJ	2,095			419	3,353	9,505
Protein	*g*	6. 7			1. 3	10. 7	30. 2
Total lipid (fat)	*g*	30. 4			6. 1	48. 6	137. 7
Carbohydrate, total	*g*	50. 4			10. 1	80. 7	228. 7
Crude fiber	*g*	0. 2			0. 0	0. 2	0. 7
Ash	*g*	2. 0			0. 4	3. 2	9. 0
Minerals:							
Calcium	*mg*	60			12	96	271
Iron	*mg*	2. 15			0. 43	3. 44	9. 75
Magnesium	*mg*	15			3	24	69
Phosphorus	*mg*	84			17	134	379
Potassium	*mg*	62			12	99	282
Sodium	*mg*	729			146	1,167	3,307
Zinc	*mg*	0. 39			0. 08	0. 62	1. 77
Copper	*mg*	0. 074			0. 015	0. 118	0. 335
Manganese	*mg*	0. 305			0. 061	0. 488	1. 383
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 303			0. 061	0. 485	1. 375
Riboflavin	*mg*	0. 186			0. 037	0. 297	0. 843
Niacin	*mg*	2. 373			0. 475	3. 797	10. 765
Pantothenic acid	*mg*	0. 168			0. 034	0. 269	0. 763
Vitamin B-6	*mg*	0. 056			0. 011	0. 089	0. 253
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:[5]							
Fatty acids:							
Saturated, total	*g*	7. 711			1. 542	12. 338	34. 977
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 149			0. 030	0. 238	0. 674
16:0	*g*	3. 963			0. 793	6. 341	17. 978
18:0	*g*	3. 599			0. 720	5. 759	16. 326
Monounsaturated, total	*g*	17. 289			3. 458	27. 663	78. 424
16:1	*g*						
18:1	*g*	17. 289			3. 458	27. 663	78. 424
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	3. 847			0. 769	6. 156	17. 451
18:2	*g*	3. 654			0. 731	5. 846	16. 574
18:3	*g*	0. 193			0. 039	0. 310	0. 878
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 077			0. 015	0. 123	0. 350
Threonine	*g*	0. 178			0. 036	0. 284	0. 805
Isoleucine	*g*	0. 247			0. 049	0. 394	1. 118
Leucine	*g*	0. 460			0. 092	0. 736	2. 088
Lysine	*g*	0. 129			0. 026	0. 206	0. 583
Methionine	*g*	0. 117			0. 023	0. 187	0. 530
Cystine	*g*	0. 150			0. 030	0. 239	0. 678
Phenylalanine	*g*	0. 328			0. 066	0. 525	1. 489
Tyrosine	*g*	0. 182			0. 036	0. 292	0. 827
Valine	*g*	0. 279			0. 056	0. 447	1. 267
Arginine	*g*	0. 231			0. 046	0. 370	1. 049
Histidine	*g*	0. 141			0. 028	0. 226	0. 641
Alanine	*g*	0. 203			0. 041	0. 325	0. 922
Aspartic acid	*g*	0. 269			0. 054	0. 430	1. 219
Glutamic acid	*g*	2. 333			0. 467	3. 733	10. 583
Glycine	*g*	0. 228			0. 046	0. 365	1. 033
Proline	*g*	0. 783			0. 157	1. 252	3. 551
Serine	*g*	0. 322			0. 064	0. 516	1. 463

[1] For pie crust with filling, refer to fruit filling or pudding selection in Agriculture Handbook No. 8-19.
[2] 10 oz pkg prepared with 5 tbsp water. Moisture loss: 18%.
[3] 1/8 of double 9 in. crust = 40 g.
[4] Double 9 in. crust = 320 g.
[5] Mix contains vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

PIE CRUST
Standard-type, frozen, ready-to-bake

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/8 of 9 in. shell = 18 g[1]	9 in. shell = 142 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	21. 0	0. 166	7	3. 8	29. 8	95. 1
Food energy	kcal	457			82	649	2,073
	kJ	1,913			344	2,717	8,679
Protein (N x 5.70)	g	3. 9	0. 505	7	0. 7	5. 5	17. 6
Total lipid (fat)	g	29. 2	0. 270	4	5. 3	41. 5	132. 6
Carbohydrate, total	g	44. 1			7. 9	62. 7	200. 2
Crude fiber	g	0. 2	0. 027	3	0. 0	0. 3	0. 9
Ash	g	1. 8	0. 274	7	0. 3	2. 5	8. 0
Minerals:							
Calcium	mg	18	5. 004	7	3	26	84
Iron[3]	mg	2. 01	0. 210	2	0. 36	2. 85	9. 12
Magnesium	mg	16	4. 416	7	3	22	71
Phosphorus	mg	53	7. 776	7	9	75	238
Potassium	mg	98	18. 739	7	18	139	443
Sodium	mg	576	60. 193	7	104	818	2,612
Zinc	mg	0. 30	0. 055	7	0. 05	0. 43	1. 37
Copper	mg	0. 068	0. 017	7	0. 012	0. 096	0. 307
Manganese	mg	0. 547	0. 065	3	0. 098	0. 777	2. 481
Vitamins:							
Ascorbic acid	mg						
Thiamin[3]	mg	0. 312	0. 069	3	0. 056	0. 443	1. 414
Riboflavin[3]	mg	0. 377	0. 052	3	0. 068	0. 535	1. 709
Niacin[3]	mg	2. 409	0. 085	2	0. 434	3. 421	10. 927
Pantothenic acid	mg	0. 231	0. 036	6	0. 042	0. 328	1. 048
Vitamin B-6	mg	0. 071	0. 005	3	0. 013	0. 100	0. 321
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[4]							
Fatty acids:							
Saturated, total	g	9. 419			1. 695	13. 375	42. 723
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 020			0. 004	0. 029	0. 091
12:0	g	0. 040			0. 007	0. 057	0. 183
14:0	g	0. 263			0. 047	0. 373	1. 191
16:0	g	5. 654			1. 018	8. 028	25. 646
18:0	g	3. 392			0. 611	4. 817	15. 388
Monounsaturated, total	g	13. 986			2. 518	19. 860	63. 442
16:1	g	0. 554			0. 100	0. 786	2. 511
18:1	g	13. 433			2. 418	19. 074	60. 930
20:1	g						
22:1	g						
Polyunsaturated, total	g	3. 590			0. 646	5. 098	16. 284
18:2	g	3. 372			0. 607	4. 788	15. 294
18:3	g	0. 218			0. 039	0. 310	0. 991
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 056			0. 010	0. 080	0. 256
Threonine	g	0. 112			0. 020	0. 159	0. 509
Isoleucine	g	0. 150			0. 027	0. 212	0. 678
Leucine	g	0. 267			0. 048	0. 379	1. 212
Lysine	g	0. 140			0. 025	0. 199	0. 635
Methionine	g	0. 065			0. 012	0. 093	0. 296
Cystine	g	0. 085			0. 015	0. 121	0. 385
Phenylalanine	g	0. 182			0. 033	0. 259	0. 827
Tyrosine	g	0. 111			0. 020	0. 157	0. 503
Valine	g	0. 172			0. 031	0. 244	0. 780
Arginine	g	0. 148			0. 027	0. 210	0. 669
Histidine	g	0. 079			0. 014	0. 112	0. 358
Alanine	g	0. 119			0. 021	0. 169	0. 540
Aspartic acid	g	0. 169			0. 030	0. 240	0. 768
Glutamic acid	g	1. 266			0. 228	1. 798	5. 742
Glycine	g	0. 131			0. 023	0. 185	0. 592
Proline	g	0. 427			0. 077	0. 606	1. 937
Serine	g	0. 205			0. 037	0. 291	0. 928

[1] 1/8 of double 9 in. crust = 36 g.
[2] Double 9 in. crust = 284 g. Deep-dish 9 in. single crust = 170 g.
[3] Values for enriched product. Unenriched product contains 0.38 mg iron, 0.050 mg thiamin, 0.010 mg riboflavin, and 0.550 mg niacin per 100 g.
[4] Values based on product containing partially hydrogenated soybean oil.

PIE CRUST
Standard-type, frozen, ready-to-bake, baked[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/8 of 9 in. shell = 16 g[2]	9 in. shell = 126 g[3]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	11. 2			1. 8	14. 1	50. 8
Food energy	*kcal*	514			82	647	2,330
	kJ	2,150			344	2,709	9,752
Protein	*g*	4. 4			0. 7	5. 5	19. 8
Total lipid (fat)	*g*	32. 8			5. 3	41. 4	149. 0
Carbohydrate, total	*g*	49. 6			7. 9	62. 5	225. 0
Crude fiber	*g*	0. 2			0. 0	0. 3	1. 1
Ash	*g*	2. 0			0. 3	2. 5	9. 0
Minerals:							
Calcium	*mg*	21			3	26	94
Iron	*mg*	2. 26			0. 36	2. 85	10. 24
Magnesium	*mg*	18			3	22	80
Phosphorus	*mg*	59			9	74	268
Potassium	*mg*	110			18	138	497
Sodium	*mg*	647			104	815	2,935
Zinc	*mg*	0. 34			0. 05	0. 43	1. 54
Copper	*mg*	0. 076			0. 012	0. 096	0. 345
Manganese	*mg*	0. 615			0. 098	0. 774	2. 788
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 280			0. 045	0. 353	1. 271
Riboflavin	*mg*	0. 381			0. 061	0. 480	1. 728
Niacin	*mg*	2. 436			0. 390	3. 069	11. 050
Pantothenic acid	*mg*	0. 169			0. 027	0. 213	0. 765
Vitamin B-6	*mg*	0. 071			0. 011	0. 090	0. 324
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[4]							
Fatty acids:							
Saturated, total	*g*	10. 583			1. 693	13. 334	48. 003
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0. 023			0. 004	0. 029	0. 103
12:0	*g*	0. 045			0. 007	0. 057	0. 206
14:0	*g*	0. 295			0. 047	0. 372	1. 338
16:0	*g*	6. 353			1. 016	8. 004	28. 815
18:0	*g*	3. 812			0. 610	4. 803	17. 290
Monounsaturated, total	*g*	15. 715			2. 514	19. 801	71. 283
16:1	*g*	0. 622			0. 100	0. 784	2. 822
18:1	*g*	15. 093			2. 415	19. 017	68. 461
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	4. 034			0. 645	5. 083	18. 297
18:2	*g*	3. 788			0. 606	4. 773	17. 184
18:3	*g*	0. 245			0. 039	0. 309	1. 113
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 063			0. 010	0. 080	0. 288
Threonine	*g*	0. 126			0. 020	0. 159	0. 572
Isoleucine	*g*	0. 168			0. 027	0. 212	0. 762
Leucine	*g*	0. 300			0. 048	0. 378	1. 362
Lysine	*g*	0. 157			0. 025	0. 198	0. 714
Methionine	*g*	0. 073			0. 012	0. 092	0. 333
Cystine	*g*	0. 095			0. 015	0. 120	0. 433
Phenylalanine	*g*	0. 205			0. 033	0. 258	0. 929
Tyrosine	*g*	0. 125			0. 020	0. 157	0. 565
Valine	*g*	0. 193			0. 031	0. 244	0. 877
Arginine	*g*	0. 166			0. 027	0. 209	0. 752
Histidine	*g*	0. 089			0. 014	0. 112	0. 402
Alanine	*g*	0. 134			0. 021	0. 168	0. 606
Aspartic acid	*g*	0. 190			0. 030	0. 240	0. 863
Glutamic acid	*g*	1. 422			0. 228	1. 792	6. 452
Glycine	*g*	0. 147			0. 023	0. 185	0. 665
Proline	*g*	0. 480			0. 077	0. 604	2. 176
Serine	*g*	0. 230			0. 037	0. 290	1. 043

[1] For pie crust with filling, refer to fruit filling or pudding selection in Agriculture Handbook No. 8-19.
[2] 1/8 of double 9 in. crust = 32 g. Baked deep-dish 9 in. single crust = 151 g.
[3] Double 9 in. crust = 253 g.
[4] Values based on product containing partially hydrogenated soybean oil.

PIE CRUST
Standard-type, prepared from recipe, unbaked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/8 of 9 in. shell = 24 g[1]	9 in. shell = 194 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	19. 7			4. 7	38. 2	89. 4
Food energy	kcal	469			113	910	2,129
	kJ	1,965			472	3,811	8,912
Protein	g	5. 7			1. 4	11. 1	25. 9
Total lipid (fat)	g	30. 8			7. 4	59. 8	139. 7
Carbohydrate, total	g	42. 3			10. 1	82. 0	191. 7
Crude fiber	g	0. 1			0. 0	0. 3	0. 6
Ash	g	1. 5			0. 4	2. 9	6. 9
Minerals:							
Calcium	mg	9			2	17	40
Iron	mg	2. 57			0. 62	4. 99	11. 68
Magnesium	mg	12			3	24	55
Phosphorus	mg	60			14	116	271
Potassium	mg	59			14	115	269
Sodium	mg	482			116	936	2,188
Zinc	mg	0. 39			0. 09	0. 76	1. 79
Copper	mg	0. 081			0. 019	0. 157	0. 366
Manganese	mg	0. 383			0. 092	0. 742	1. 736
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 348			0. 083	0. 675	1. 577
Riboflavin	mg	0. 246			0. 059	0. 478	1. 117
Niacin	mg	2. 943			0. 706	5. 709	13. 349
Pantothenic acid	mg	0. 158			0. 038	0. 306	0. 715
Vitamin B-6	mg	0. 022			0. 005	0. 042	0. 099
Folate	mcg	10			2	20	46
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	7. 674			1. 842	14. 887	34. 807
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 121			0. 029	0. 235	0. 548
16:0	g	4. 345			1. 043	8. 429	19. 707
18:0	g	3. 208			0. 770	6. 224	14. 552
Monounsaturated, total	g	13. 500			3. 240	26. 191	61. 237
16:1	g						
18:1	g	13. 500			3. 240	26. 191	61. 237
20:1	g						
22:1	g						
Polyunsaturated, total	g	8. 119			1. 948	15. 750	36. 826
18:2	g	7. 623			1. 829	14. 788	34. 577
18:3	g	0. 496			0. 119	0. 962	2. 249
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg	61			15	117	275
Amino acids:							
Tryptophan	g	0. 070			0. 017	0. 136	0. 319
Threonine	g	0. 156			0. 037	0. 302	0. 706
Isoleucine	g	0. 198			0. 047	0. 384	0. 897
Leucine	g	0. 393			0. 094	0. 763	1. 784
Lysine	g	0. 126			0. 030	0. 245	0. 574
Methionine	g	0. 101			0. 024	0. 197	0. 460
Cystine	g	0. 121			0. 029	0. 236	0. 551
Phenylalanine	g	0. 288			0. 069	0. 559	1. 306
Tyrosine	g	0. 173			0. 041	0. 335	0. 783
Valine	g	0. 230			0. 055	0. 446	1. 042
Arginine	g	0. 231			0. 055	0. 448	1. 047
Histidine	g	0. 127			0. 031	0. 247	0. 578
Alanine	g	0. 184			0. 044	0. 356	0. 833
Aspartic acid	g	0. 241			0. 058	0. 467	1. 092
Glutamic acid	g	1. 927			0. 462	3. 738	8. 739
Glycine	g	0. 206			0. 049	0. 399	0. 933
Proline	g	0. 663			0. 159	1. 287	3. 009
Serine	g	0. 286			0. 069	0. 555	1. 297

[1] 1/8 of double 9 in. crust = 48 g.
[2] Double 9 in. crust = 388 g.

PIE CRUST
Standard-type, prepared from recipe, baked[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/8 of 9 in. shell = 23 g[2]	9 in. shell = 180 g[3]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	9. 8			2. 2	17. 6	44. 4
Food energy	*kcal*	527			119	949	2,392
	kJ	2,207			497	3,973	10,013
Protein	*g*	6. 4			1. 4	11. 6	29. 2
Total lipid (fat)	*g*	34. 6			7. 8	62. 3	157. 0
Carbohydrate, total	*g*	47. 5			10. 7	85. 5	215. 4
Crude fiber	*g*	0. 2			0. 0	0. 3	0. 7
Ash	*g*	1. 7			0. 4	3. 1	7. 7
Minerals:							
Calcium	*mg*	10			2	18	45
Iron	*mg*	2. 89			0. 65	5. 21	13. 12
Magnesium	*mg*	14			3	25	62
Phosphorus	*mg*	67			15	121	305
Potassium	*mg*	67			15	120	302
Sodium	*mg*	542			122	975	2,458
Zinc	*mg*	0. 44			0. 10	0. 80	2. 01
Copper	*mg*	0. 091			0. 020	0. 163	0. 411
Manganese	*mg*	0. 430			0. 097	0. 774	1. 950
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 391			0. 088	0. 703	1. 772
Riboflavin	*mg*	0. 277			0. 062	0. 498	1. 255
Niacin	*mg*	3. 307			0. 744	5. 952	14. 999
Pantothenic acid	*mg*	0. 177			0. 040	0. 319	0. 803
Vitamin B-6	*mg*	0. 025			0. 006	0. 044	0. 111
Folate	*mcg*	11			3	21	52
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	8. 622			1. 940	15. 520	39. 109
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 136			0. 031	0. 245	0. 616
16:0	*g*	4. 882			1. 098	8. 787	22. 143
18:0	*g*	3. 605			0. 811	6. 488	16. 350
Monounsaturated, total	*g*	15. 169			3. 413	27. 304	68. 806
16:1	*g*						
18:1	*g*	15. 169			3. 413	27. 304	68. 806
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	9. 122			2. 052	16. 420	41. 378
18:2	*g*	8. 565			1. 927	15. 417	38. 850
18:3	*g*	0. 557			0. 125	1. 003	2. 528
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 079			0. 018	0. 142	0. 358
Threonine	*g*	0. 175			0. 039	0. 315	0. 793
Isoleucine	*g*	0. 222			0. 050	0. 400	1. 008
Leucine	*g*	0. 442			0. 099	0. 796	2. 005
Lysine	*g*	0. 142			0. 032	0. 256	0. 644
Methionine	*g*	0. 114			0. 026	0. 205	0. 517
Cystine	*g*	0. 136			0. 031	0. 246	0. 619
Phenylalanine	*g*	0. 324			0. 073	0. 582	1. 468
Tyrosine	*g*	0. 194			0. 044	0. 349	0. 880
Valine	*g*	0. 258			0. 058	0. 465	1. 171
Arginine	*g*	0. 259			0. 058	0. 467	1. 176
Histidine	*g*	0. 143			0. 032	0. 258	0. 650
Alanine	*g*	0. 206			0. 046	0. 371	0. 936
Aspartic acid	*g*	0. 271			0. 061	0. 487	1. 227
Glutamic acid	*g*	2. 165			0. 487	3. 897	9. 819
Glycine	*g*	0. 231			0. 052	0. 416	1. 048
Proline	*g*	0. 745			0. 168	1. 341	3. 381
Serine	*g*	0. 321			0. 072	0. 578	1. 458

[1] For pie crust with filling, refer to fruit filling or pudding selection in Agriculture Handbook No. 8-19.
[2] 1/8 of double 9 in. crust = 45 g.
[3] Double 9 in. crust = 360 g.

POPOVERS
Dry mix

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 pkg (6 oz) = 170 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	11. 7	0. 123	19	3. 3	19. 9	53. 0
Food energy	kcal	371			105	631	1,682
	kJ	1,553			440	2,640	7,043
Protein (N x 5.70)	g	10. 4	0. 079	15	3. 0	17. 8	47. 4
Total lipid (fat)	g	4. 3	0. 133	19	1. 2	7. 3	19. 4
Carbohydrate, total	g	71. 0			20. 1	120. 6	321. 9
Crude fiber	g	0. 2	0. 030	11	0. 0	0. 3	0. 8
Ash	g	2. 6	0. 033	11	0. 7	4. 5	12. 0
Minerals:							
Calcium	mg	32	0. 853	11	9	54	145
Iron[1]	mg	2. 97	0. 583	4	0. 84	5. 04	13. 45
Magnesium	mg	25	0. 707	5	7	42	113
Phosphorus	mg	100	2. 288	11	28	170	452
Potassium	mg	100	2. 638	5	28	171	455
Sodium	mg	906	34. 871	5	257	1,540	4,110
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin[1]	mg	0. 430	0. 098	5	0. 122	0. 731	1. 950
Riboflavin[1]	mg	0. 147	0. 028	5	0. 042	0. 250	0. 667
Niacin[1]	mg	3. 378	0. 567	4	0. 958	5. 743	15. 323
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	0. 983			0. 279	1. 671	4. 459
4:0	g	0. 001			0. 000	0. 001	0. 003
6:0	g	0. 000			0. 000	0. 001	0. 002
8:0	g	0. 000			0. 000	0. 000	0. 001
10:0	g	0. 000			0. 000	0. 001	0. 002
12:0	g	0. 000			0. 000	0. 001	0. 002
14:0	g	0. 018			0. 005	0. 031	0. 083
16:0	g	0. 555			0. 157	0. 943	2. 516
18:0	g	0. 408			0. 116	0. 694	1. 851
Monounsaturated, total	g	1. 984			0. 563	3. 373	9. 001
16:1	g	0. 000			0. 000	0. 001	0. 002
18:1	g	1. 984			0. 562	3. 373	8. 999
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 823			0. 233	1. 399	3. 733
18:2	g	0. 784			0. 222	1. 332	3. 555
18:3	g	0. 039			0. 011	0. 067	0. 178
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 123			0. 035	0. 209	0. 557
Threonine	g	0. 293			0. 083	0. 498	1. 329
Isoleucine	g	0. 407			0. 115	0. 691	1. 845
Leucine	g	0. 747			0. 212	1. 271	3. 390
Lysine	g	0. 249			0. 071	0. 424	1. 130
Methionine	g	0. 191			0. 054	0. 324	0. 864
Cystine	g	0. 225			0. 064	0. 383	1. 022
Phenylalanine	g	0. 517			0. 146	0. 878	2. 343
Tyrosine	g	0. 304			0. 086	0. 517	1. 379
Valine	g	0. 458			0. 130	0. 779	2. 077
Arginine	g	0. 365			0. 103	0. 620	1. 654
Histidine	g	0. 229			0. 065	0. 389	1. 039
Alanine	g	0. 324			0. 092	0. 551	1. 471
Aspartic acid	g	0. 451			0. 128	0. 766	2. 044
Glutamic acid	g	3. 565			1. 011	6. 060	16. 170
Glycine	g	0. 348			0. 099	0. 592	1. 579
Proline	g	1. 216			0. 345	2. 068	5. 517
Serine	g	0. 513			0. 145	0. 872	2. 327

[1] Values for enriched product. Unenriched product contains 0.816 mg iron, 0.101 mg thiamin, 0.026 mg riboflavin, and 1.041 mg niacin per 100 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

POPOVERS
Dry mix, prepared[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 popover = 33 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54. 6			15. 5	18. 0	247. 5
Food energy	kcal	202			57	67	918
	kJ	847			240	280	3,844
Protein	g	7. 8			2. 2	2. 6	35. 6
Total lipid (fat)	g	4. 5			1. 3	1. 5	20. 3
Carbohydrate, total	g	31. 6			9. 0	10. 4	143. 5
Crude fiber	g	0. 1			0. 0	0. 0	0. 4
Ash	g	1. 5			0. 4	0. 5	6. 7
Minerals:							
Calcium	mg	28			8	9	128
Iron	mg	1. 69			0. 48	0. 56	7. 66
Magnesium	mg	14			4	5	65
Phosphorus	mg	90			26	30	409
Potassium	mg	76			21	25	343
Sodium	mg	434			123	143	1,971
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 165			0. 047	0. 054	0. 747
Riboflavin	mg	0. 184			0. 052	0. 061	0. 833
Niacin	mg	1. 359			0. 385	0. 448	6. 164
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1. 238			0. 351	0. 409	5. 616
4:0	g	0. 000			0. 000	0. 000	0. 001
6:0	g	0. 000			0. 000	0. 000	0. 001
8:0	g	0. 001			0. 000	0. 000	0. 004
10:0	g	0. 001			0. 000	0. 000	0. 004
12:0	g	0. 001			0. 000	0. 000	0. 005
14:0	g	0. 017			0. 005	0. 006	0. 076
16:0	g	0. 822			0. 233	0. 271	3. 731
18:0	g	0. 384			0. 109	0. 127	1. 740
Monounsaturated, total	g	1. 864			0. 528	0. 615	8. 456
16:1	g	0. 077			0. 022	0. 026	0. 351
18:1	g	1. 777			0. 504	0. 586	8. 059
20:1	g	0. 007			0. 002	0. 002	0. 033
22:1	g	0. 001			0. 000	0. 000	0. 004
Polyunsaturated, total	g	0. 717			0. 203	0. 237	3. 253
18:2	g	0. 644			0. 183	0. 212	2. 920
18:3	g	0. 026			0. 007	0. 009	0. 118
18:4	g						
20:4	g	0. 037			0. 010	0. 012	0. 167
20:5	g	0. 001			0. 000	0. 000	0. 004
22:5	g						
22:6	g	0. 010			0. 003	0. 003	0. 043
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 094			0. 027	0. 031	0. 424
Threonine	g	0. 285			0. 081	0. 094	1. 292
Isoleucine	g	0. 356			0. 101	0. 118	1. 616
Leucine	g	0. 607			0. 172	0. 200	2. 752
Lysine	g	0. 343			0. 097	0. 113	1. 555
Methionine	g	0. 185			0. 053	0. 061	0. 840
Cystine	g	0. 175			0. 050	0. 058	0. 792
Phenylalanine	g	0. 400			0. 113	0. 132	1. 815
Tyrosine	g	0. 266			0. 076	0. 088	1. 209
Valine	g	0. 400			0. 113	0. 132	1. 813
Arginine	g	0. 355			0. 101	0. 117	1. 612
Histidine	g	0. 178			0. 050	0. 059	0. 807
Alanine	g	0. 324			0. 092	0. 107	1. 468
Aspartic acid	g	0. 525			0. 149	0. 173	2. 379
Glutamic acid	g	1. 997			0. 566	0. 659	9. 059
Glycine	g	0. 263			0. 074	0. 087	1. 191
Proline	g	0. 666			0. 189	0. 220	3. 021
Serine	g	0. 468			0. 133	0. 154	2. 121

[1] 6 oz pkg prepared with 1 c water and 2 eggs. Moisture loss: 24%.
[2] 2 in. diam. x 2 in.

POPOVERS
Prepared from recipe, made with lowfat (2%) milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 popover = 40 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54.5			15.5	21.8	247.3
Food energy	kcal	219			62	87	991
	kJ	915			259	366	4,150
Protein	g	8.7			2.5	3.5	39.3
Total lipid (fat)	g	7.6			2.2	3.1	34.6
Carbohydrate, total	g	28.0			7.9	11.2	126.9
Crude fiber	g	0.1			0.0	0.0	0.4
Ash	g	1.2			0.3	0.5	5.5
Minerals:							
Calcium	mg	94			27	38	427
Iron	mg	1.90			0.54	0.76	8.63
Magnesium	mg	18			5	7	83
Phosphorus	mg	141			40	56	639
Potassium	mg	163			46	65	739
Sodium	mg	205			58	82	929
Zinc	mg	0.76			0.21	0.30	3.44
Copper	mg	0.055			0.016	0.022	0.250
Manganese	mg	0.229			0.065	0.092	1.039
Vitamins:							
Ascorbic acid	mg	0.4			0.1	0.2	1.8
Thiamin	mg	0.234			0.066	0.094	1.061
Riboflavin	mg	0.372			0.106	0.149	1.688
Niacin	mg	1.787			0.507	0.715	8.104
Pantothenic acid	mg	0.585			0.166	0.234	2.655
Vitamin B-6	mg	0.067			0.019	0.027	0.305
Folate	mcg	18			5	7	80
Vitamin B-12	mcg	0.33			0.09	0.13	1.51
Vitamin A	RE	85			24	34	387
	IU	293			83	117	1,330
Lipids:							
Fatty acids:							
Saturated, total	g	2.107			0.597	0.843	9.556
4:0	g	0.040			0.011	0.016	0.183
6:0	g	0.024			0.007	0.010	0.109
8:0	g	0.014			0.004	0.006	0.066
10:0	g	0.032			0.009	0.013	0.145
12:0	g	0.036			0.010	0.014	0.163
14:0	g	0.138			0.039	0.055	0.626
16:0	g	1.315			0.373	0.526	5.966
18:0	g	0.491			0.139	0.196	2.225
Monounsaturated, total	g	2.176			0.617	0.870	9.868
16:1	g	0.112			0.032	0.045	0.508
18:1	g	2.044			0.579	0.818	9.271
20:1	g	0.014			0.004	0.006	0.065
22:1	g	0.001			0.000	0.000	0.004
Polyunsaturated, total	g	2.571			0.729	1.028	11.660
18:2	g	2.250			0.638	0.900	10.204
18:3	g	0.274			0.078	0.110	1.242
18:4	g						
20:4	g	0.037			0.010	0.015	0.166
20:5	g	0.001			0.000	0.000	0.004
22:5	g						
22:6	g	0.010			0.003	0.004	0.043
Cholesterol	mg	115			32	46	519
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.108			0.031	0.043	0.490
Threonine	g	0.336			0.095	0.134	1.522
Isoleucine	g	0.412			0.117	0.165	1.870
Leucine	g	0.701			0.199	0.280	3.178
Lysine	g	0.464			0.132	0.186	2.105
Methionine	g	0.210			0.059	0.084	0.951
Cystine	g	0.164			0.047	0.066	0.744
Phenylalanine	g	0.436			0.123	0.174	1.976
Tyrosine	g	0.329			0.093	0.131	1.491
Valine	g	0.464			0.132	0.186	2.107
Arginine	g	0.400			0.114	0.160	1.817
Histidine	g	0.205			0.058	0.082	0.930
Alanine	g	0.355			0.101	0.142	1.612
Aspartic acid	g	0.616			0.175	0.246	2.795
Glutamic acid	g	1.963			0.557	0.785	8.905
Glycine	g	0.271			0.077	0.108	1.228
Proline	g	0.709			0.201	0.283	3.214
Serine	g	0.515			0.146	0.206	2.337

[1] 2-3/4 in. diam. x 4 in.

POPOVERS
Prepared from recipe, made with whole milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 popover = 40 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	53. 8			15. 2	21. 5	243. 8
Food energy	kcal	226			64	90	1,025
	kJ	946			268	378	4,291
Protein	g	8. 6			2. 4	3. 5	39. 2
Total lipid (fat)	g	8. 5			2. 4	3. 4	38. 6
Carbohydrate, total	g	27. 9			7. 9	11. 2	126. 5
Crude fiber	g	0. 1			0. 0	0. 0	0. 4
Ash	g	1. 2			0. 3	0. 5	5. 5
Minerals:							
Calcium	mg	93			26	37	421
Iron	mg	1. 90			0. 54	0. 76	8. 63
Magnesium	mg	18			5	7	82
Phosphorus	mg	140			40	56	634
Potassium	mg	161			46	64	731
Sodium	mg	204			58	82	927
Zinc	mg	0. 75			0. 21	0. 30	3. 41
Copper	mg	0. 056			0. 016	0. 023	0. 256
Manganese	mg	0. 229			0. 065	0. 092	1. 039
Vitamins:							
Ascorbic acid	mg	0. 4			0. 1	0. 2	1. 7
Thiamin	mg	0. 233			0. 066	0. 093	1. 059
Riboflavin	mg	0. 370			0. 105	0. 148	1. 680
Niacin	mg	1. 785			0. 506	0. 714	8. 099
Pantothenic acid	mg	0. 581			0. 165	0. 233	2. 637
Vitamin B-6	mg	0. 067			0. 019	0. 027	0. 303
Folate	mcg	18			5	7	80
Vitamin B-12	mcg	0. 33			0. 09	0. 13	1. 50
Vitamin A	RE	69			20	28	312
	IU	243			69	97	1,104
Lipids:							
Fatty acids:							
Saturated, total	g	2. 661			0. 754	1. 064	12. 070
4:0	g	0. 065			0. 018	0. 026	0. 293
6:0	g	0. 040			0. 011	0. 016	0. 180
8:0	g	0. 024			0. 007	0. 010	0. 110
10:0	g	0. 055			0. 016	0. 022	0. 248
12:0	g	0. 062			0. 018	0. 025	0. 280
14:0	g	0. 232			0. 066	0. 093	1. 053
16:0	g	1. 565			0. 444	0. 626	7. 099
18:0	g	0. 607			0. 172	0. 243	2. 753
Monounsaturated, total	g	2. 436			0. 690	0. 974	11. 048
16:1	g	0. 133			0. 038	0. 053	0. 605
18:1	g	2. 285			0. 648	0. 914	10. 365
20:1	g	0. 014			0. 004	0. 006	0. 065
22:1	g	0. 001			0. 000	0. 000	0. 004
Polyunsaturated, total	g	2. 606			0. 739	1. 043	11. 822
18:2	g	2. 271			0. 644	0. 908	10. 302
18:3	g	0. 288			0. 082	0. 115	1. 306
18:4	g						
20:4	g	0. 037			0. 010	0. 015	0. 166
20:5	g	0. 001			0. 000	0. 000	0. 004
22:5	g						
22:6	g	0. 010			0. 003	0. 004	0. 043
Cholesterol	mg	118			34	47	537
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 108			0. 031	0. 043	0. 489
Threonine	g	0. 335			0. 095	0. 134	1. 518
Isoleucine	g	0. 411			0. 116	0. 164	1. 864
Leucine	g	0. 698			0. 198	0. 279	3. 167
Lysine	g	0. 462			0. 131	0. 185	2. 096
Methionine	g	0. 209			0. 059	0. 084	0. 949
Cystine	g	0. 164			0. 046	0. 066	0. 743
Phenylalanine	g	0. 434			0. 123	0. 174	1. 971
Tyrosine	g	0. 327			0. 093	0. 131	1. 485
Valine	g	0. 463			0. 131	0. 185	2. 100
Arginine	g	0. 400			0. 113	0. 160	1. 813
Histidine	g	0. 204			0. 058	0. 082	0. 927
Alanine	g	0. 355			0. 101	0. 142	1. 608
Aspartic acid	g	0. 614			0. 174	0. 246	2. 787
Glutamic acid	g	1. 958			0. 555	0. 783	8. 882
Glycine	g	0. 270			0. 077	0. 108	1. 226
Proline	g	0. 706			0. 200	0. 282	3. 203
Serine	g	0. 514			0. 146	0. 206	2. 331

[1] 2-3/4 in. diam. x 4 in.

PUFF PASTRY, FROZEN, READY-TO-BAKE

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 shell = 47 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	8.5			2.4	4.0	38.8
Food energy	*kcal*	551			156	259	2,501
	kJ	2,308			654	1,085	10,469
Protein	*g*	7.3			2.1	3.5	33.3
Total lipid (fat)	*g*	38.1			10.8	17.9	172.6
Carbohydrate, total	*g*	45.1			12.8	21.2	204.6
Crude fiber	*g*	0.0			0.0	0.0	0.0
Ash	*g*	1.0			0.3	0.4	4.3
Minerals:							
Calcium	*mg*	10			3	5	47
Iron	*mg*	2.56			0.73	1.20	11.63
Magnesium	*mg*	16			4	7	71
Phosphorus	*mg*	60			17	28	270
Potassium	*mg*	61			17	29	277
Sodium	*mg*	249			71	117	1,131
Zinc	*mg*	0.53			0.15	0.25	2.41
Copper	*mg*	0.114			0.032	0.054	0.516
Manganese	*mg*	0.488			0.138	0.230	2.216
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.398			0.113	0.187	1.806
Riboflavin	*mg*	0.283			0.080	0.133	1.282
Niacin	*mg*	4.168			1.182	1.959	18.906
Pantothenic acid	*mg*	0.000			0.000	0.000	0.000
Vitamin B-6	*mg*	0.021			0.006	0.010	0.094
Folate	*mcg*	13			4	6	57
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	5.431			1.540	2.553	24.635
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0.038			0.011	0.018	0.172
16:0	*g*	3.965			1.124	1.863	17.984
18:0	*g*	1.419			0.402	0.667	6.438
Monounsaturated, total	*g*	8.714			2.471	4.096	39.528
16:1	*g*	0.077			0.022	0.036	0.351
18:1	*g*	8.563			2.427	4.024	38.840
20:1	*g*	0.074			0.021	0.035	0.337
22:1	*g*						
Polyunsaturated, total	*g*	21.943			6.221	10.313	99.534
18:2	*g*	19.388			5.497	9.112	87.944
18:3	*g*	2.555			0.724	1.201	11.590
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.085			0.024	0.040	0.386
Threonine	*g*	0.196			0.056	0.092	0.889
Isoleucine	*g*	0.272			0.077	0.128	1.234
Leucine	*g*	0.508			0.144	0.239	2.303
Lysine	*g*	0.142			0.040	0.067	0.643
Methionine	*g*	0.129			0.037	0.061	0.585
Cystine	*g*	0.165			0.047	0.078	0.748
Phenylalanine	*g*	0.362			0.103	0.170	1.643
Tyrosine	*g*	0.201			0.057	0.094	0.912
Valine	*g*	0.308			0.087	0.145	1.397
Arginine	*g*	0.255			0.072	0.120	1.158
Histidine	*g*	0.156			0.044	0.073	0.707
Alanine	*g*	0.224			0.064	0.105	1.017
Aspartic acid	*g*	0.296			0.084	0.139	1.345
Glutamic acid	*g*	2.574			0.730	1.210	11.675
Glycine	*g*	0.251			0.071	0.118	1.140
Proline	*g*	0.864			0.245	0.406	3.917
Serine	*g*	0.356			0.101	0.167	1.614

[1] Puff pastry sheet = 245 g.
[2] Values based on product containing partially hydrogenated soybean oil.

PUFF PASTRY, FROZEN, READY-TO-BAKE, BAKED

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 shell = 40 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	7. 4			2. 1	2. 9	33. 4
Food energy	kcal	558			158	223	2,533
	kJ	2,338			663	935	10,605
Protein	g	7. 4			2. 1	3. 0	33. 8
Total lipid (fat)	g	38. 5			10. 9	15. 4	174. 9
Carbohydrate, total	g	45. 7			13. 0	18. 3	207. 2
Crude fiber	g	0. 0			0. 0	0. 0	0. 0
Ash	g	1. 0			0. 3	0. 4	4. 4
Minerals:							
Calcium	mg	10			3	4	47
Iron	mg	2. 60			0. 74	1. 04	11. 78
Magnesium	mg	16			4	6	72
Phosphorus	mg	60			17	24	274
Potassium	mg	62			18	25	281
Sodium	mg	253			72	101	1,145
Zinc	mg	0. 54			0. 15	0. 21	2. 44
Copper	mg	0. 115			0. 033	0. 046	0. 523
Manganese	mg	0. 495			0. 140	0. 198	2. 244
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 323			0. 091	0. 129	1. 463
Riboflavin	mg	0. 258			0. 073	0. 103	1. 169
Niacin	mg	3. 800			1. 077	1. 520	17. 236
Pantothenic acid	mg	0. 000			0. 000	0. 000	0. 000
Vitamin B-6	mg	0. 019			0. 005	0. 008	0. 086
Folate	mcg	9			3	4	41
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	5. 502			1. 560	2. 201	24. 955
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 039			0. 011	0. 015	0. 175
16:0	g	4. 016			1. 139	1. 606	18. 217
18:0	g	1. 438			0. 408	0. 575	6. 521
Monounsaturated, total	g	8. 828			2. 503	3. 531	40. 042
16:1	g	0. 078			0. 022	0. 031	0. 356
18:1	g	8. 674			2. 459	3. 470	39. 344
20:1	g	0. 075			0. 021	0. 030	0. 342
22:1	g						
Polyunsaturated, total	g	22. 228			6. 302	8. 891	100. 827
18:2	g	19. 640			5. 568	7. 856	89. 086
18:3	g	2. 588			0. 734	1. 035	11. 741
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 086			0. 024	0. 034	0. 391
Threonine	g	0. 198			0. 056	0. 079	0. 900
Isoleucine	g	0. 275			0. 078	0. 110	1. 250
Leucine	g	0. 514			0. 146	0. 206	2. 333
Lysine	g	0. 144			0. 041	0. 057	0. 651
Methionine	g	0. 131			0. 037	0. 052	0. 592
Cystine	g	0. 167			0. 047	0. 067	0. 758
Phenylalanine	g	0. 367			0. 104	0. 147	1. 664
Tyrosine	g	0. 204			0. 058	0. 081	0. 924
Valine	g	0. 312			0. 088	0. 125	1. 415
Arginine	g	0. 259			0. 073	0. 103	1. 173
Histidine	g	0. 158			0. 045	0. 063	0. 717
Alanine	g	0. 227			0. 064	0. 091	1. 030
Aspartic acid	g	0. 300			0. 085	0. 120	1. 362
Glutamic acid	g	2. 607			0. 739	1. 043	11. 826
Glycine	g	0. 255			0. 072	0. 102	1. 155
Proline	g	0. 875			0. 248	0. 350	3. 968
Serine	g	0. 360			0. 102	0. 144	1. 634

[1] Puff pastry sheet = 208 g.
[2] Values based on product containing partially hydrogenated soybean oil.

ROLLS
Dinner, plain, commercially prepared
(includes brown-and-serve)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g (1 roll)		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	31.9	0.330	130	9.1		144.8
Food energy	kcal	300			85		1,360
	kJ	1,255			356		5,691
Protein (N x 5.70)	g	8.4	0.051	144	2.4		38.2
Total lipid (fat)	g	7.3	0.219	149	2.1		33.3
Carbohydrate, total	g	50.4			14.3		228.4
Crude fiber	g	0.3	0.016	8	0.1		1.2
Ash	g	2.0	0.024	141	0.6		8.9
Minerals:							
Calcium[1]	mg	119	3.514	201	34		539
Iron	mg	3.13	0.053	156	0.89		14.19
Magnesium	mg	23	0.389	112	7		104
Phosphorus	mg	116	3.041	42	33		525
Potassium	mg	133	2.456	71	38		601
Sodium	mg	521	7.107	96	148		2,366
Zinc	mg	0.77	0.022	96	0.22		3.51
Copper	mg	0.152	0.011	40	0.043		0.691
Manganese	mg	0.466	0.010	31	0.132		2.113
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.493	0.010	132	0.140		2.238
Riboflavin	mg	0.319	0.005	142	0.091		1.449
Niacin	mg	4.034	0.050	128	1.144		18.300
Pantothenic acid	mg	0.505	0.114	4	0.143		2.291
Vitamin B-6	mg	0.054	0.002	2	0.015		0.245
Folate	mcg	30	1.300	2	8		134
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	1.751			0.496		7.942
4:0	g	0.000			0.000		0.002
6:0	g	0.000			0.000		0.001
8:0	g	0.000			0.000		0.001
10:0	g	0.000			0.000		0.002
12:0	g	0.001			0.000		0.003
14:0	g	0.033			0.009		0.148
16:0	g	0.952			0.270		4.317
18:0	g	0.764			0.217		3.468
Monounsaturated, total	g	3.717			1.054		16.860
16:1	g	0.015			0.004		0.070
18:1	g	3.702			1.049		16.790
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.218			0.345		5.525
18:2	g	1.159			0.329		5.259
18:3	g	0.059			0.017		0.266
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	1	0.059	7	0		4
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.099			0.028		0.449
Threonine	g	0.251			0.071		1.138
Isoleucine	g	0.338			0.096		1.533
Leucine	g	0.604			0.171		2.738
Lysine	g	0.236			0.067		1.071
Methionine	g	0.152			0.043		0.690
Cystine	g	0.177			0.050		0.803
Phenylalanine	g	0.416			0.118		1.888
Tyrosine	g	0.251			0.071		1.138
Valine	g	0.379			0.108		1.720
Arginine	g	0.310			0.088		1.406
Histidine	g	0.184			0.052		0.837
Alanine	g	0.286			0.081		1.299
Aspartic acid	g	0.401			0.114		1.821
Glutamic acid	g	2.744			0.778		12.445
Glycine	g	0.294			0.083		1.332
Proline	g	0.927			0.263		4.204
Serine	g	0.412			0.117		1.868

[1] Values range from 45 to 257 mg calcium per 100 g. The higher value reflects a greater percentage of calcium-containing ingredients.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

ROLLS
Dinner, plain, prepared from recipe, made with lowfat (2%) milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 roll = 35 g (2-1/2 in.)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	29. 1			8. 2	10. 2	131. 8
Food energy	kcal	316			90	111	1,435
	kJ	1,324			375	463	6,006
Protein	g	8. 5			2. 4	3. 0	38. 7
Total lipid (fat)	g	7. 3			2. 1	2. 5	33. 0
Carbohydrate, total	g	53. 4			15. 1	18. 7	242. 3
Crude fiber	g	0. 1			0. 0	0. 0	0. 6
Ash	g	1. 7			0. 5	0. 6	7. 5
Minerals:							
Calcium	mg	60			17	21	273
Iron	mg	2. 96			0. 84	1. 04	13. 43
Magnesium	mg	19			6	7	88
Phosphorus	mg	126			36	44	570
Potassium	mg	152			43	53	688
Sodium	mg	415			118	145	1,882
Zinc	mg	0. 70			0. 20	0. 25	3. 18
Copper	mg	0. 114			0. 032	0. 040	0. 518
Manganese	mg	0. 401			0. 114	0. 140	1. 819
Vitamins:							
Ascorbic acid	mg	0. 2			0. 1	0. 1	1. 1
Thiamin	mg	0. 393			0. 111	0. 138	1. 783
Riboflavin	mg	0. 408			0. 116	0. 143	1. 849
Niacin	mg	3. 448			0. 977	1. 207	15. 639
Pantothenic acid	mg	0. 450			0. 128	0. 158	2. 043
Vitamin B-6	mg	0. 060			0. 017	0. 021	0. 272
Folate	mcg	43			12	15	195
Vitamin B-12	mcg	0. 14			0. 04	0. 05	0. 64
Vitamin A	RE	90			26	32	409
	IU	338			96	118	1,533
Lipids:							
Fatty acids:							
Saturated, total	g	1. 795			0. 509	0. 628	8. 142
4:0	g	0. 024			0. 007	0. 008	0. 108
6:0	g	0. 014			0. 004	0. 005	0. 064
8:0	g	0. 008			0. 002	0. 003	0. 038
10:0	g	0. 019			0. 005	0. 007	0. 085
12:0	g	0. 021			0. 006	0. 007	0. 096
14:0	g	0. 089			0. 025	0. 031	0. 406
16:0	g	1. 078			0. 306	0. 377	4. 891
18:0	g	0. 535			0. 152	0. 187	2. 428
Monounsaturated, total	g	2. 881			0. 817	1. 008	13. 068
16:1	g	0. 054			0. 015	0. 019	0. 243
18:1	g	2. 823			0. 800	0. 988	12. 804
20:1	g	0. 002			0. 001	0. 001	0. 010
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	2. 006			0. 569	0. 702	9. 101
18:2	g	1. 896			0. 537	0. 663	8. 598
18:3	g	0. 097			0. 027	0. 034	0. 439
18:4	g						
20:4	g	0. 011			0. 003	0. 004	0. 049
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 003			0. 001	0. 001	0. 013
Cholesterol	mg	35			10	12	159
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 106			0. 030	0. 037	0. 482
Threonine	g	0. 282			0. 080	0. 099	1. 281
Isoleucine	g	0. 353			0. 100	0. 124	1. 601
Leucine	g	0. 639			0. 181	0. 224	2. 899
Lysine	g	0. 330			0. 093	0. 115	1. 495
Methionine	g	0. 173			0. 049	0. 060	0. 784
Cystine	g	0. 164			0. 046	0. 057	0. 743
Phenylalanine	g	0. 426			0. 121	0. 149	1. 932
Tyrosine	g	0. 293			0. 083	0. 102	1. 327
Valine	g	0. 402			0. 114	0. 141	1. 823
Arginine	g	0. 362			0. 103	0. 127	1. 640
Histidine	g	0. 198			0. 056	0. 069	0. 897
Alanine	g	0. 311			0. 088	0. 109	1. 411
Aspartic acid	g	0. 478			0. 136	0. 167	2. 169
Glutamic acid	g	2. 425			0. 687	0. 849	10. 999
Glycine	g	0. 290			0. 082	0. 101	1. 313
Proline	g	0. 857			0. 243	0. 300	3. 888
Serine	g	0. 452			0. 128	0. 158	2. 050

ROLLS
Dinner, plain, prepared from recipe, made with whole milk

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 roll = 35 g (2-1/2 in.)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	28. 6			8. 1	10. 0	129. 8
Food energy	kcal	321			91	112	1,455
	kJ	1,342			381	470	6,089
Protein	g	8. 5			2. 4	3. 0	38. 7
Total lipid (fat)	g	7. 8			2. 2	2. 7	35. 4
Carbohydrate, total	g	53. 4			15. 1	18. 7	242. 1
Crude fiber	g	0. 1			0. 0	0. 0	0. 6
Ash	g	1. 6			0. 5	0. 6	7. 5
Minerals:							
Calcium	mg	59			17	21	269
Iron	mg	2. 96			0. 84	1. 04	13. 43
Magnesium	mg	19			6	7	88
Phosphorus	mg	125			35	44	567
Potassium	mg	151			43	53	683
Sodium	mg	414			118	145	1,880
Zinc	mg	0. 70			0. 20	0. 24	3. 16
Copper	mg	0. 115			0. 033	0. 040	0. 521
Manganese	mg	0. 401			0. 114	0. 140	1. 819
Vitamins:							
Ascorbic acid	mg	0. 2			0. 1	0. 1	1. 1
Thiamin	mg	0. 393			0. 111	0. 138	1. 782
Riboflavin	mg	0. 406			0. 115	0. 142	1. 844
Niacin	mg	3. 447			0. 977	1. 206	15. 636
Pantothenic acid	mg	0. 448			0. 127	0. 157	2. 032
Vitamin B-6	mg	0. 060			0. 017	0. 021	0. 271
Folate	mcg	43			12	15	195
Vitamin B-12	mcg	0. 14			0. 04	0. 05	0. 63
Vitamin A	RE	81			23	28	366
	IU	309			87	108	1,400
Lipids:							
Fatty acids:							
Saturated, total	g	2. 121			0. 601	0. 742	9. 621
4:0	g	0. 038			0. 011	0. 013	0. 173
6:0	g	0. 023			0. 007	0. 008	0. 106
8:0	g	0. 014			0. 004	0. 005	0. 064
10:0	g	0. 032			0. 009	0. 011	0. 145
12:0	g	0. 036			0. 010	0. 013	0. 165
14:0	g	0. 145			0. 041	0. 051	0. 657
16:0	g	1. 225			0. 347	0. 429	5. 557
18:0	g	0. 604			0. 171	0. 211	2. 738
Monounsaturated, total	g	3. 034			0. 860	1. 062	13. 762
16:1	g	0. 066			0. 019	0. 023	0. 300
18:1	g	2. 965			0. 841	1. 038	13. 449
20:1	g	0. 002			0. 001	0. 001	0. 010
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	2. 027			0. 575	0. 710	9. 196
18:2	g	1. 908			0. 541	0. 668	8. 656
18:3	g	0. 105			0. 030	0. 037	0. 477
18:4	g						
20:4	g	0. 011			0. 003	0. 004	0. 049
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 003			0. 001	0. 001	0. 013
Cholesterol	mg	37			11	13	169
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 106			0. 030	0. 037	0. 481
Threonine	g	0. 282			0. 080	0. 099	1. 278
Isoleucine	g	0. 352			0. 100	0. 123	1. 597
Leucine	g	0. 638			0. 181	0. 223	2. 893
Lysine	g	0. 329			0. 093	0. 115	1. 490
Methionine	g	0. 172			0. 049	0. 060	0. 782
Cystine	g	0. 164			0. 046	0. 057	0. 742
Phenylalanine	g	0. 425			0. 121	0. 149	1. 929
Tyrosine	g	0. 292			0. 083	0. 102	1. 324
Valine	g	0. 401			0. 114	0. 140	1. 818
Arginine	g	0. 361			0. 102	0. 126	1. 638
Histidine	g	0. 197			0. 056	0. 069	0. 895
Alanine	g	0. 311			0. 088	0. 109	1. 409
Aspartic acid	g	0. 477			0. 135	0. 167	2. 164
Glutamic acid	g	2. 422			0. 687	0. 848	10. 986
Glycine	g	0. 289			0. 082	0. 101	1. 312
Proline	g	0. 856			0. 243	0. 299	3. 881
Serine	g	0. 451			0. 128	0. 158	2. 046

ROLLS
Dinner, egg

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 roll = 35 g (2-1/2 in.)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	30. 4	0. 269	2	8. 6	10. 7	138. 1
Food energy	*kcal*	307			87	107	1,391
	kJ	1,284			364	449	5,822
Protein (N x 5.80)	*g*	9. 5	0. 154	3	2. 7	3. 3	43. 0
Total lipid (fat)	*g*	6. 4	0. 122	4	1. 8	2. 2	29. 1
Carbohydrate, total	*g*	52. 0			14. 7	18. 2	235. 9
Crude fiber	*g*						
Ash	*g*	1. 7	0. 015	4	0. 5	0. 6	7. 6
Minerals:							
Calcium	*mg*	59	3. 882	2	17	21	268
Iron	*mg*	3. 52	0. 544	3	1. 00	1. 23	15. 95
Magnesium	*mg*	25	1. 683	2	7	9	114
Phosphorus	*mg*						
Potassium	*mg*						
Sodium	*mg*	545		1	154	191	2,471
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 527	0. 095	3	0. 149	0. 184	2. 389
Riboflavin	*mg*	0. 517	0. 092	3	0. 147	0. 181	2. 345
Niacin	*mg*	3. 287	0. 267	3	0. 932	1. 151	14. 911
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0. 24	0. 007	8	0. 07	0. 08	1. 09
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	1. 604			0. 455	0. 561	7. 274
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 001			0. 000	0. 000	0. 004
14:0	*g*	0. 025			0. 007	0. 009	0. 116
16:0	*g*	0. 958			0. 272	0. 335	4. 347
18:0	*g*	0. 618			0. 175	0. 216	2. 803
Monounsaturated, total	*g*	3. 024			0. 857	1. 059	13. 718
16:1	*g*	0. 063			0. 018	0. 022	0. 284
18:1	*g*	2. 957			0. 838	1. 035	13. 415
20:1	*g*	0. 004			0. 001	0. 001	0. 018
22:1	*g*	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	*g*	1. 046			0. 297	0. 366	4. 746
18:2	*g*	0. 975			0. 276	0. 341	4. 423
18:3	*g*	0. 045			0. 013	0. 016	0. 206
18:4	*g*						
20:4	*g*	0. 020			0. 006	0. 007	0. 091
20:5	*g*	0. 001			0. 000	0. 000	0. 003
22:5	*g*						
22:6	*g*	0. 005			0. 001	0. 002	0. 024
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 111			0. 031	0. 039	0. 504
Threonine	*g*	0. 310			0. 088	0. 109	1. 408
Isoleucine	*g*	0. 395			0. 112	0. 138	1. 793
Leucine	*g*	0. 686			0. 194	0. 240	3. 112
Lysine	*g*	0. 328			0. 093	0. 115	1. 489
Methionine	*g*	0. 186			0. 053	0. 065	0. 845
Cystine	*g*	0. 201			0. 057	0. 070	0. 911
Phenylalanine	*g*	0. 467			0. 132	0. 164	2. 119
Tyrosine	*g*	0. 292			0. 083	0. 102	1. 326
Valine	*g*	0. 443			0. 125	0. 155	2. 008
Arginine	*g*	0. 384			0. 109	0. 134	1. 741
Histidine	*g*	0. 209			0. 059	0. 073	0. 948
Alanine	*g*	0. 364			0. 103	0. 127	1. 652
Aspartic acid	*g*	0. 533			0. 151	0. 186	2. 415
Glutamic acid	*g*	2. 769			0. 785	0. 969	12. 559
Glycine	*g*	0. 338			0. 096	0. 118	1. 534
Proline	*g*	0. 915			0 259	0. 320	4. 149
Serine	*g*	0. 490			0 139	0. 172	2. 223

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

ROLLS
Dinner, oat bran

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 roll = 33 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	44. 0		1	12. 5	14. 5	199. 6
Food energy	*kcal*	236			67	78	1,070
	kJ	988			280	326	4,481
Protein (N x 5.80)	*g*	9. 5		1	2. 7	3. 1	43. 1
Total lipid (fat)	*g*	4. 6		1	1. 3	1. 5	20. 9
Carbohydrate, total	*g*	40. 2			11. 4	13. 3	182. 2
Crude fiber	*g*						
Ash	*g*	1. 7		1	0. 5	0. 6	7. 8
Minerals:							
Calcium	*mg*	85		1	24	28	384
Iron	*mg*	4. 14		1	1. 17	1. 37	18. 78
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*						
Sodium	*mg*	413		1	117	136	1,871
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 448		1	0. 127	0. 148	2. 032
Riboflavin	*mg*	0. 289		1	0. 082	0. 095	1. 311
Niacin	*mg*	4. 954		1	1. 404	1. 635	22. 471
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0. 619			0. 175	0. 204	2. 808
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 002			0. 001	0. 001	0. 010
14:0	*g*	0. 004			0. 001	0. 001	0. 018
16:0	*g*	0. 448			0. 127	0. 148	2. 034
18:0	*g*	0. 157			0. 045	0. 052	0. 713
Monounsaturated, total	*g*	1. 488			0. 422	0. 491	6. 749
16:1	*g*	0. 030			0. 009	0. 010	0. 137
18:1	*g*	1. 458			0. 413	0. 481	6. 613
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 568			0. 445	0. 517	7. 113
18:2	*g*	1. 471			0. 417	0. 485	6. 672
18:3	*g*	0. 097			0. 028	0. 032	0. 441
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 120			0. 034	0. 039	0. 543
Threonine	*g*	0. 274			0. 078	0. 090	1. 241
Isoleucine	*g*	0. 367			0. 104	0. 121	1. 665
Leucine	*g*	0. 672			0. 190	0. 222	3. 047
Lysine	*g*	0. 270			0. 077	0. 089	1. 226
Methionine	*g*	0. 164			0. 046	0. 054	0. 743
Cystine	*g*	0. 215			0. 061	0. 071	0. 974
Phenylalanine	*g*	0. 475			0. 135	0. 157	2. 155
Tyrosine	*g*	0. 297			0. 084	0. 098	1. 345
Valine	*g*	0. 423			0. 120	0. 139	1. 917
Arginine	*g*	0. 408			0. 116	0. 135	1. 851
Histidine	*g*	0. 206			0. 059	0. 068	0. 936
Alanine	*g*	0. 339			0. 096	0. 112	1. 538
Aspartic acid	*g*	0. 500			0. 142	0. 165	2. 267
Glutamic acid	*g*	2. 902			0. 823	0. 958	13. 162
Glycine	*g*	0. 360			0. 102	0. 119	1. 635
Proline	*g*	0. 970			0. 275	0. 320	4. 400
Serine	*g*	0. 460			0. 131	0. 152	2. 088

[1] Values based on product containing partially hydrogenated soybean oil.

ROLLS
Dinner, rye

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g (1 roll)		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	30. 1		1	8. 5		136. 5
Food energy	*kcal*	286			81		1,298
	kJ	1,198			340		5,433
Protein (N x 5.70)	*g*	10. 3		1	2. 9		46. 7
Total lipid (fat)	*g*	3. 4		1	1. 0		15. 4
Carbohydrate, total	*g*	53. 1			15. 1		240. 9
Crude fiber	*g*	0. 4		1	0. 1		1. 8
Ash	*g*	2. 9		1	0. 8		13. 2
Minerals:							
Calcium	*mg*	30		1	9		136
Iron	*mg*	2. 70		1	0. 77		12. 25
Magnesium	*mg*	54		1	15		245
Phosphorus	*mg*	159		1	45		721
Potassium	*mg*	180		1	51		816
Sodium	*mg*	892		1	253		4,046
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0			0		0
Thiamin	*mg*	0. 380		1	0. 108		1. 724
Riboflavin	*mg*	0. 270		1	0. 077		1. 225
Niacin	*mg*	3. 900		1	1. 106		17. 690
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0		0
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0. 605			0. 171		2. 743
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 000			0. 000		0. 001
14:0	*g*	0. 010			0. 003		0. 045
16:0	*g*	0. 367			0. 104		1. 665
18:0	*g*	0. 227			0. 064		1. 031
Monounsaturated, total	*g*	1. 236			0. 350		5. 607
16:1	*g*	0. 009			0. 002		0. 040
18:1	*g*	1. 225			0. 347		5. 557
20:1	*g*	0. 002			0. 001		0. 010
22:1	*g*						
Polyunsaturated, total	*g*	0. 708			0. 201		3. 214
18:2	*g*	0. 656			0. 186		2. 977
18:3	*g*	0. 052			0. 015		0. 237
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0		0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 119			0. 034		0. 541
Threonine	*g*	0. 313			0. 089		1. 419
Isoleucine	*g*	0. 396			0. 112		1. 796
Leucine	*g*	0. 712			0. 202		3. 231
Lysine	*g*	0. 282			0. 080		1. 279
Methionine	*g*	0. 172			0. 049		0. 779
Cystine	*g*	0. 215			0. 061		0. 976
Phenylalanine	*g*	0. 510			0. 145		2. 313
Tyrosine	*g*	0. 262			0. 074		1. 189
Valine	*g*	0. 468			0. 133		2. 124
Arginine	*g*	0. 403			0. 114		1. 829
Histidine	*g*	0. 224			0. 064		1. 017
Alanine	*g*	0. 362			0. 103		1. 640
Aspartic acid	*g*	0. 532			0. 151		2. 411
Glutamic acid	*g*	3. 231			0. 916		14. 655
Glycine	*g*	0. 369			0. 105		1. 673
Proline	*g*	1. 125			0. 319		5. 101
Serine	*g*	0. 512			0. 145		2. 321

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

ROLLS
Dinner, wheat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g (1 roll)		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	37.0	1.000	2	10.5		167.8
Food energy	*kcal*	273			77		1,240
	kJ	1,144			324		5,189
Protein (N x 5.70)	*g*	8.6		1	2.4		39.0
Total lipid (fat)	*g*	6.3	1.654	2	1.8		28.8
Carbohydrate, total	*g*	46.0			13.0		208.5
Crude fiber	*g*	0.3		1	0.1		1.4
Ash	*g*	2.1		1	0.6		9.4
Minerals:							
Calcium[1]	*mg*	176	5.905	2	50		798
Iron	*mg*	3.55	0.550	2	1.01		16.11
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*						
Sodium	*mg*	340	85.160	2	96		1,543
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0			0		0
Thiamin	*mg*	0.433	0.033	2	0.123		1.966
Riboflavin	*mg*	0.273	0.023	2	0.077		1.238
Niacin	*mg*	4.072	0.573	2	1.155		18.473
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0		0
Vitamin A	*RE*	0			0		0
	IU	0			0		0
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	1.526			0.433		6.923
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0.000			0.000		0.001
14:0	*g*	0.028			0.008		0.127
16:0	*g*	0.831			0.236		3.771
18:0	*g*	0.664			0.188		3.014
Monounsaturated, total	*g*	3.241			0.919		14.703
16:1	*g*	0.003			0.001		0.015
18:1	*g*	3.238			0.918		14.688
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1.046			0.296		4.744
18:2	*g*	0.994			0.282		4.509
18:3	*g*	0.051			0.014		0.232
18:4	*g*						
20:4	*g*	0.001			0.000		0.003
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0		0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.118			0.033		0.534
Threonine	*g*	0.241			0.068		1.095
Isoleucine	*g*	0.321			0.091		1.458
Leucine	*g*	0.594			0.169		2.696
Lysine	*g*	0.205			0.058		0.931
Methionine	*g*	0.145			0.041		0.657
Cystine	*g*	0.199			0.056		0.903
Phenylalanine	*g*	0.419			0.119		1.902
Tyrosine	*g*	0.246			0.070		1.115
Valine	*g*	0.379			0.107		1.718
Arginine	*g*	0.353			0.100		1.601
Histidine	*g*	0.193			0.055		0.876
Alanine	*g*	0.287			0.081		1.300
Aspartic acid	*g*	0.400			0.113		1.813
Glutamic acid	*g*	2.897			0.821		13.139
Glycine	*g*	0.324			0.092		1.471
Proline	*g*	0.964			0.273		4.373
Serine	*g*	0.416			0.118		1.889

[1] Calcium-containing ingredients added.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

ROLLS
Dinner, whole-wheat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g (1 roll)		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	33.1			9.4		150.4
Food energy	*kcal*	266			75		1,207
	kJ	1,114			316		5,052
Protein	*g*	8.7			2.5		39.6
Total lipid (fat)	*g*	4.7			1.3		21.3
Carbohydrate, total	*g*	51.1			14.5		231.8
Crude fiber	*g*	1.3			0.4		5.7
Ash	*g*	2.3			0.7		10.5
Minerals:							
Calcium	*mg*	106			30		481
Iron	*mg*	2.42			0.68		10.96
Magnesium	*mg*	85			24		387
Phosphorus	*mg*	224			63		1,014
Potassium	*mg*	272			77		1,233
Sodium	*mg*	478			135		2,167
Zinc	*mg*	2.01			0.57		9.12
Copper	*mg*	0.239			0.068		1.082
Manganese	*mg*	2.298			0.651		10.422
Vitamins:							
Ascorbic acid	*mg*	0			0		0
Thiamin	*mg*	0.248			0.070		1.123
Riboflavin	*mg*	0.152			0.043		0.688
Niacin	*mg*	3.677			1.042		16.679
Pantothenic acid	*mg*	0.489			0.139		2.218
Vitamin B-6	*mg*	0.195			0.055		0.885
Folate	*mcg*	30			8		134
Vitamin B-12	*mcg*	0			0		0
Vitamin A	*RE*	0			0		0
	IU	0			0		1
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0.836			0.237		3.793
4:0	*g*	0.000			0.000		0.001
6:0	*g*						
8:0	*g*	0.011			0.003		0.050
10:0	*g*	0.000			0.000		0.001
12:0	*g*	0.001			0.000		0.003
14:0	*g*	0.013			0.004		0.059
16:0	*g*	0.661			0.187		2.998
18:0	*g*	0.141			0.040		0.639
Monounsaturated, total	*g*	1.199			0.340		5.441
16:1	*g*	0.026			0.007		0.117
18:1	*g*	1.173			0.333		5.322
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	2.161			0.613		9.801
18:2	*g*	2.038			0.578		9.244
18:3	*g*	0.121			0.034		0.551
18:4	*g*						
20:4	*g*	0.001			0.000		0.006
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0		1
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.134			0.038		0.607
Threonine	*g*	0.260			0.074		1.180
Isoleucine	*g*	0.333			0.095		1.513
Leucine	*g*	0.601			0.170		2.724
Lysine	*g*	0.266			0.075		1.205
Methionine	*g*	0.138			0.039		0.627
Cystine	*g*	0.196			0.056		0.889
Phenylalanine	*g*	0.412			0.117		1.868
Tyrosine	*g*	0.262			0.074		1.189
Valine	*g*	0.403			0.114		1.827
Arginine	*g*	0.407			0.115		1.844
Histidine	*g*	0.204			0.058		0.924
Alanine	*g*	0.314			0.089		1.426
Aspartic acid	*g*	0.463			0.131		2.100
Glutamic acid	*g*	2.692			0.763		12.212
Glycine	*g*	0.347			0.098		1.574
Proline	*g*	0.893			0.253		4.049
Serine	*g*	0.414			0.117		1.877

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

ROLLS
French

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 roll = 38 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	34. 8	0. 477	31	9. 9	13. 2	158. 0
Food energy	*kcal*	277			79	105	1,257
	kJ	1,160			329	441	5,261
Protein (N x 5.70)	*g*	8. 6	0. 354	13	2. 4	3. 3	38. 8
Total lipid (fat)	*g*	4. 3	0. 398	14	1. 2	1. 6	19. 4
Carbohydrate, total	*g*	50. 2			14. 2	19. 1	227. 9
Crude fiber	*g*	0. 2	0. 050	2	0. 1	0. 1	1. 1
Ash	*g*	1. 9	0. 048	27	0. 6	0. 7	8. 8
Minerals:							
Calcium	*mg*	91	6. 946	27	26	35	414
Iron	*mg*	2. 71	0. 090	27	0. 77	1. 03	12. 29
Magnesium	*mg*	20		1	6	8	91
Phosphorus	*mg*	84		1	24	32	381
Potassium	*mg*	114	10. 125	6	32	43	516
Sodium	*mg*	609	28. 031	8	173	232	2,764
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 523	0. 014	28	0. 148	0. 199	2. 373
Riboflavin	*mg*	0. 300	0. 010	20	0. 085	0. 114	1. 362
Niacin	*mg*	4. 352	0. 138	27	1. 234	1. 654	19. 739
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	0. 962			0. 273	0. 365	4. 362
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0. 000			0. 000	0. 000	0. 002
14:0	*g*	0. 016			0. 005	0. 006	0. 073
16:0	*g*	0. 549			0. 156	0. 209	2. 491
18:0	*g*	0. 396			0. 112	0. 150	1. 796
Monounsaturated, total	*g*	1. 961			0. 556	0. 745	8. 895
16:1	*g*	0. 019			0. 005	0. 007	0. 085
18:1	*g*	1. 942			0. 551	0. 738	8. 810
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 834			0. 236	0. 317	3. 783
18:2	*g*	0. 795			0. 225	0. 302	3. 605
18:3	*g*	0. 039			0. 011	0. 015	0. 178
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 099			0. 028	0. 038	0. 450
Threonine	*g*	0. 255			0. 072	0. 097	1. 158
Isoleucine	*g*	0. 336			0. 095	0. 128	1. 526
Leucine	*g*	0. 608			0. 172	0. 231	2. 758
Lysine	*g*	0. 231			0. 066	0. 088	1. 049
Methionine	*g*	0. 153			0. 043	0. 058	0. 695
Cystine	*g*	0. 182			0. 052	0. 069	0. 824
Phenylalanine	*g*	0. 422			0. 120	0. 160	1. 914
Tyrosine	*g*	0. 249			0. 071	0. 095	1. 131
Valine	*g*	0. 380			0. 108	0. 144	1. 723
Arginine	*g*	0. 320			0. 091	0. 122	1. 451
Histidine	*g*	0. 188			0. 053	0. 071	0. 851
Alanine	*g*	0. 302			0. 086	0. 115	1. 369
Aspartic acid	*g*	0. 414			0. 117	0. 157	1. 880
Glutamic acid	*g*	2. 772			0. 786	1. 053	12. 573
Glycine	*g*	0. 309			0. 088	0. 118	1. 403
Proline	*g*	0. 926			0. 263	0. 352	4. 202
Serine	*g*	0. 416			0. 118	0. 158	1. 887

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

ROLLS
Hamburger or hotdog, plain

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 roll = 43 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	34. 0	0. 095	285	9. 6	14. 6	154. 2
Food energy	*kcal*	286			81	123	1,295
	kJ	1,195			339	514	5,423
Protein (N x 5.70)	*g*	8. 5	0. 031	253	2. 4	3. 6	38. 5
Total lipid (fat)	*g*	5. 1	0. 052	251	1. 4	2. 2	23. 2
Carbohydrate, total	*g*	50. 3			14. 3	21. 6	228. 0
Crude fiber	*g*						
Ash	*g*	2. 0	0. 014	276	0. 6	0. 9	9. 1
Minerals:							
Calcium[1]	*mg*	139	2. 983	267	39	60	631
Iron	*mg*	3. 17	0. 022	234	0. 90	1. 36	14. 37
Magnesium	*mg*	20	0. 226	151	6	8	89
Phosphorus	*mg*						
Potassium	*mg*	141	6. 739	4	40	60	637
Sodium	*mg*	560	17. 572	8	159	241	2,541
Zinc	*mg*	0. 62	0. 010	165	0. 18	0. 27	2. 83
Copper	*mg*	0. 113	0. 020	6	0. 032	0. 049	0. 513
Manganese	*mg*	0. 327	0. 045	6	0. 093	0. 140	1. 481
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 484	0. 004	212	0. 137	0. 208	2. 197
Riboflavin	*mg*	0. 312	0. 004	233	0. 088	0. 134	1. 415
Niacin	*mg*	3. 933	0. 027	208	1. 115	1. 691	17. 842
Pantothenic acid	*mg*	0. 529	0. 042	3	0. 150	0. 227	2. 400
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	1. 195			0. 339	0. 514	5. 418
4:0	*g*	0. 000			0. 000	0. 000	0. 001
6:0	*g*						
8:0	*g*						
10:0	*g*	0. 000			0. 000	0. 000	0. 001
12:0	*g*	0. 000			0. 000	0. 000	0. 002
14:0	*g*	0. 021			0. 006	0. 009	0. 097
16:0	*g*	0. 661			0. 187	0. 284	3. 000
18:0	*g*	0. 511			0. 145	0. 220	2. 318
Monounsaturated, total	*g*	2. 494			0. 707	1. 073	11. 315
16:1	*g*	0. 011			0. 003	0. 005	0. 048
18:1	*g*	2. 484			0. 704	1. 068	11. 267
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0. 908			0. 258	0. 391	4. 121
18:2	*g*	0. 865			0. 245	0. 372	3. 924
18:3	*g*	0. 043			0. 012	0. 019	0. 197
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 100			0. 028	0. 043	0. 452
Threonine	*g*	0. 247			0. 070	0. 106	1. 121
Isoleucine	*g*	0. 332			0. 094	0. 143	1. 506
Leucine	*g*	0. 600			0. 170	0. 258	2. 721
Lysine	*g*	0. 220			0. 062	0. 095	0. 999
Methionine	*g*	0. 152			0. 043	0. 065	0. 689
Cystine	*g*	0. 182			0. 051	0. 078	0. 824
Phenylalanine	*g*	0. 417			0. 118	0. 179	1. 891
Tyrosine	*g*	0. 246			0. 070	0. 106	1. 114
Valine	*g*	0. 375			0. 106	0. 161	1. 702
Arginine	*g*	0. 310			0. 088	0. 133	1. 404
Histidine	*g*	0. 186			0. 053	0. 080	0. 844
Alanine	*g*	0. 284			0. 081	0. 122	1. 290
Aspartic acid	*g*	0. 391			0. 111	0. 168	1. 776
Glutamic acid	*g*	2. 810			0. 797	1. 208	12. 748
Glycine	*g*	0. 298			0. 084	0. 128	1. 350
Proline	*g*	0. 944			0. 268	0. 406	4. 281
Serine	*g*	0. 412			0. 117	0. 177	1. 870

[1] Values range from 26 to 278 mg calcium per 100 g. The higher value reflects a greater percentage of calcium-containing ingredients.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

ROLLS
Hamburger or hotdog, mixed-grain

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 roll = 43 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	38. 0	0. 152	3	10. 8	16. 4	172. 6
Food energy	*kcal*	263			75	113	1,194
	kJ	1,102			312	474	4,997
Protein (N x 5.80)	*g*	9. 6	0. 215	15	2. 7	4. 1	43. 6
Total lipid (fat)	*g*	6. 0	0. 587	15	1. 7	2. 6	27. 2
Carbohydrate, total	*g*	44. 6			12. 6	19. 2	202. 1
Crude fiber	*g*	0. 6	0. 027	9	0. 2	0. 3	2. 8
Ash	*g*	1. 8	0. 207	9	0. 5	0. 8	8. 1
Minerals:							
Calcium	*mg*	95	8. 221	15	27	41	430
Iron	*mg*	3. 95	0. 243	15	1. 12	1. 70	17. 94
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*						
Sodium	*mg*	458	18. 078	3	130	197	2,076
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0. 463	0. 031	15	0. 131	0. 199	2. 100
Riboflavin	*mg*	0. 310	0. 023	15	0. 088	0. 133	1. 404
Niacin	*mg*	4. 468	0. 203	15	1. 267	1. 921	20. 266
Pantothenic acid	*mg*						
Vitamin B-6	*mg*	0. 092	0. 004	3	0. 026	0. 039	0. 416
Folate	*mcg*						
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	1. 425			0. 404	0. 613	6. 462
4:0	*g*	0. 000			0. 000	0. 000	0. 001
6:0	*g*	0. 000			0. 000	0. 000	0. 001
8:0	*g*						
10:0	*g*	0. 000			0. 000	0. 000	0. 001
12:0	*g*	0. 001			0. 000	0. 000	0. 002
14:0	*g*	0. 026			0. 007	0. 011	0. 117
16:0	*g*	0. 793			0. 225	0. 341	3. 598
18:0	*g*	0. 603			0. 171	0. 259	2. 735
Monounsaturated, total	*g*	2. 969			0. 842	1. 277	13. 467
16:1	*g*	0. 012			0. 004	0. 005	0. 056
18:1	*g*	2. 956			0. 838	1. 271	13. 410
20:1	*g*	0. 000			0. 000	0. 000	0. 001
22:1	*g*						
Polyunsaturated, total	*g*	1. 132			0. 321	0. 487	5. 133
18:2	*g*	1. 071			0. 304	0. 461	4. 860
18:3	*g*	0. 060			0. 017	0. 026	0. 271
18:4	*g*						
20:4	*g*	0. 000			0. 000	0. 000	0. 002
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0		1	0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 121			0. 034	0. 052	0. 549
Threonine	*g*	0. 282			0. 080	0. 121	1. 279
Isoleucine	*g*	0. 357			0. 101	0. 153	1. 617
Leucine	*g*	0. 655			0. 186	0. 282	2. 971
Lysine	*g*	0. 254			0. 072	0. 109	1. 151
Methionine	*g*	0. 161			0. 046	0. 069	0. 730
Cystine	*g*	0. 214			0. 061	0. 092	0. 970
Phenylalanine	*g*	0. 459			0. 130	0. 198	2. 084
Tyrosine	*g*	0. 264			0. 075	0. 113	1. 196
Valine	*g*	0. 425			0. 120	0. 183	1. 926
Arginine	*g*	0. 405			0. 115	0. 174	1. 835
Histidine	*g*	0. 212			0. 060	0. 091	0. 963
Alanine	*g*	0. 342			0. 097	0. 147	1. 550
Aspartic acid	*g*	0. 491			0. 139	0. 211	2. 227
Glutamic acid	*g*	3. 015			0. 855	1. 296	13. 676
Glycine	*g*	0. 371			0. 105	0. 160	1. 685
Proline	*g*	1. 030			0. 292	0. 443	4. 671
Serine	*g*	0. 458			0. 130	0. 197	2. 076

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

ROLLS
Hamburger or hotdog, reduced-calorie

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 roll = 43 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	46.0		1	13.0	19.8	208.7
Food energy[1]	*kcal*	196			56	84	891
	kJ	823			233	354	3,731
Protein (N x 5.80)	*g*	8.3		1	2.3	3.6	37.6
Total lipid (fat)	*g*	2.0		1	0.6	0.8	8.9
Carbohydrate, total	*g*	42.1			11.9	18.1	191.1
Crude fiber	*g*						
Ash	*g*	1.6		1	0.5	0.7	7.3
Minerals:							
Calcium	*mg*	59		1	17	26	269
Iron	*mg*	2.99		1	0.85	1.28	13.55
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	78		1	22	34	355
Sodium	*mg*	442		1	125	190	2,006
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0.393		1	0.111	0.169	1.783
Riboflavin	*mg*	0.175		1	0.050	0.075	0.794
Niacin	*mg*	4.935		1	1.399	2.122	22.385
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	0.325			0.092	0.140	1.473
4:0	*g*	0.003			0.001	0.001	0.014
6:0	*g*	0.002			0.001	0.001	0.008
8:0	*g*	0.001			0.000	0.000	0.005
10:0	*g*	0.002			0.001	0.001	0.011
12:0	*g*	0.003			0.001	0.001	0.014
14:0	*g*	0.011			0.003	0.005	0.050
16:0	*g*	0.233			0.066	0.100	1.055
18:0	*g*	0.068			0.019	0.029	0.309
Monounsaturated, total	*g*	0.524			0.149	0.225	2.377
16:1	*g*	0.023			0.006	0.010	0.103
18:1	*g*	0.501			0.142	0.216	2.274
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0.763			0.216	0.328	3.460
18:2	*g*	0.714			0.203	0.307	3.240
18:3	*g*	0.048			0.014	0.021	0.220
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0		1	0	0	1
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.083			0.023	0.036	0.376
Threonine	*g*	0.229			0.065	0.098	1.038
Isoleucine	*g*	0.296			0.084	0.127	1.343
Leucine	*g*	0.512			0.145	0.220	2.324
Lysine	*g*	0.299			0.085	0.129	1.356
Methionine	*g*	0.119			0.034	0.051	0.541
Cystine	*g*	0.112			0.032	0.048	0.509
Phenylalanine	*g*	0.321			0.091	0.138	1.458
Tyrosine	*g*	0.229			0.065	0.098	1.038
Valine	*g*	0.324			0.092	0.139	1.471
Arginine	*g*						
Histidine	*g*	0.157			0.045	0.068	0.713
Alanine	*g*	0.229			0.065	0.098	1.038
Aspartic acid	*g*	0.452			0.128	0.194	2.050
Glutamic acid	*g*	1.777			0.504	0.764	8.060
Glycine	*g*	0.216			0.061	0.093	0.980
Proline	*g*	0.632			0.179	0.272	2.865
Serine	*g*	0.337			0.095	0.145	1.528

[1] Food energy values, calculated by procedures used for nutrition labeling, range from 80 to 85 calories per 43 g roll. See Explanation of Table, discussion of calorie calculation, p 2.

[2] Values based on product containing partially hydrogenated soybean oil.

ROLLS
Hard
(includes kaiser)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 roll = 57 g (3-1/2 in. diam.)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	31.0	0.454	46	8.8	17.7	140.7
Food energy	*kcal*	293			83	167	1,328
	kJ	1,226			348	699	5,560
Protein (N x 5.70)	*g*	9.9	0.185	29	2.8	5.7	45.0
Total lipid (fat)	*g*	4.3	0.191	26	1.2	2.4	19.4
Carbohydrate, total	*g*	52.7			15.0	30.1	239.3
Crude fiber	*g*	0.3	0.088	3	0.1	0.2	1.5
Ash	*g*	2.0	0.046	39	0.6	1.2	9.2
Minerals:							
Calcium[1]	*mg*	95	6.497	35	27	54	430
Iron	*mg*	3.28	0.083	23	0.93	1.87	14.90
Magnesium	*mg*	27	1.610	9	8	16	124
Phosphorus	*mg*	100	6.081	6	28	57	453
Potassium	*mg*	108	5.048	9	31	61	489
Sodium	*mg*	544	28.954	5	154	310	2,469
Zinc	*mg*	0.94	0.052	9	0.27	0.54	4.27
Copper	*mg*	0.163	0.024	8	0.046	0.093	0.741
Manganese	*mg*	0.460	0.021	8	0.130	0.262	2.087
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.478	0.017	22	0.135	0.272	2.167
Riboflavin	*mg*	0.336	0.019	20	0.095	0.191	1.524
Niacin	*mg*	4.239	0.188	18	1.202	2.416	19.228
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*	15	1.206	4	4	8	67
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0		1	0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	0.606			0.172	0.345	2.749
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0.001			0.000	0.000	0.002
14:0	*g*	0.002			0.001	0.001	0.010
16:0	*g*	0.476			0.135	0.271	2.160
18:0	*g*	0.127			0.036	0.073	0.577
Monounsaturated, total	*g*	1.133			0.321	0.646	5.139
16:1	*g*	0.033			0.009	0.019	0.149
18:1	*g*	1.100			0.312	0.627	4.991
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1.719			0.487	0.980	7.797
18:2	*g*	1.621			0.460	0.924	7.355
18:3	*g*	0.097			0.028	0.056	0.442
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.117			0.033	0.066	0.529
Threonine	*g*	0.285			0.081	0.163	1.295
Isoleucine	*g*	0.383			0.109	0.218	1.737
Leucine	*g*	0.693			0.196	0.395	3.142
Lysine	*g*	0.242			0.069	0.138	1.097
Methionine	*g*	0.176			0.050	0.100	0.797
Cystine	*g*	0.216			0.061	0.123	0.979
Phenylalanine	*g*	0.489			0.139	0.279	2.219
Tyrosine	*g*	0.284			0.080	0.162	1.287
Valine	*g*	0.432			0.122	0.246	1.958
Arginine	*g*	0.360			0.102	0.205	1.634
Histidine	*g*	0.214			0.061	0.122	0.971
Alanine	*g*	0.331			0.094	0.189	1.500
Aspartic acid	*g*	0.449			0.127	0.256	2.037
Glutamic acid	*g*	3.314			0.940	1.889	15.033
Glycine	*g*	0.350			0.099	0.199	1.587
Proline	*g*	1.105			0.313	0.630	5.014
Serine	*g*	0.480			0.136	0.274	2.179

[1] Values range from 24 to 168 mg calcium per 100 g. The higher value reflects a greater percentage of calcium-containing ingredients.
[2] Values based on product containing partially hydrogenated soybean oil.

STRUDEL, APPLE

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 strudel = 71 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	43. 5	0. 152	2	12. 3	30. 9	197. 5
Food energy	*kcal*	274			78	195	1,244
	kJ	1,148			325	815	5,208
Protein (N x 6.00)	*g*	3. 3	0. 003	2	0. 9	2. 3	14. 8
Total lipid (fat)	*g*	11. 2	0. 050	2	3. 2	8. 0	51. 0
Carbohydrate, total	*g*	41. 1			11. 7	29. 2	186. 6
Crude fiber	*g*						
Ash	*g*	0. 8	0. 001	2	0. 2	0. 6	3. 6
Minerals:							
Calcium	*mg*	15	0. 450	2	4	11	68
Iron	*mg*	0. 42	0. 090	2	0. 12	0. 30	1. 91
Magnesium	*mg*	9	0. 011	2	3	6	41
Phosphorus	*mg*	33	0. 102	2	9	24	151
Potassium	*mg*						
Sodium	*mg*	269	1. 992	2	76	191	1,220
Zinc	*mg*	0. 19	0. 000	2	0. 05	0. 13	0. 86
Copper	*mg*	0. 030	0. 000	2	0. 009	0. 021	0. 136
Manganese	*mg*	0. 190	0. 000	2	0. 054	0. 135	0. 862
Vitamins:							
Ascorbic acid	*mg*	1. 7	0. 000	2	0. 5	1. 2	7. 9
Thiamin	*mg*	0. 040	0. 001	2	0. 011	0. 028	0. 181
Riboflavin	*mg*	0. 025	0. 005	2	0. 007	0. 018	0. 113
Niacin	*mg*	0. 330	0. 000	2	0. 094	0. 234	1. 497
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*	9			2	6	39
	IU	30	0. 000	2	9	21	136
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	2. 931			0. 831	2. 081	13. 294
4:0	*g*	0. 001			0. 000	0. 000	0. 003
6:0	*g*	0. 000			0. 000	0. 000	0. 002
8:0	*g*	0. 001			0. 000	0. 000	0. 003
10:0	*g*	0. 001			0. 000	0. 001	0. 005
12:0	*g*	0. 001			0. 000	0. 001	0. 005
14:0	*g*	0. 055			0. 016	0. 039	0. 252
16:0	*g*	1. 586			0. 450	1. 126	7. 196
18:0	*g*	1. 285			0. 364	0. 912	5. 829
Monounsaturated, total	*g*	6. 163			1. 747	4. 376	27. 954
16:1	*g*	0. 040			0. 011	0. 028	0. 180
18:1	*g*	6. 119			1. 735	4. 344	27. 755
20:1	*g*	0. 004			0. 001	0. 003	0. 017
22:1	*g*	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	*g*	1. 425			0. 404	1. 012	6. 465
18:2	*g*	1. 334			0. 378	0. 947	6. 050
18:3	*g*	0. 067			0. 019	0. 048	0. 305
18:4	*g*						
20:4	*g*	0. 019			0. 005	0. 013	0. 085
20:5	*g*	0. 001			0. 000	0. 000	0. 003
22:5	*g*						
22:6	*g*	0. 005			0. 001	0. 003	0. 022
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 039			0. 011	0. 028	0. 178
Threonine	*g*	0. 119			0. 034	0. 084	0. 538
isoleucine	*g*	0. 147			0. 042	0. 104	0. 666
Leucine	*g*	0. 257			0. 073	0. 183	1. 167
Lysine	*g*	0. 153			0. 043	0. 109	0. 696
Methionine	*g*	0. 067			0. 019	0. 048	0. 304
Cystine	*g*	0. 058			0. 016	0. 041	0. 262
Phenylalanine	*g*	0. 151			0. 043	0. 107	0. 686
Tyrosine	*g*	0. 115			0. 033	0. 081	0. 521
Valine	*g*	0. 164			0. 047	0. 117	0. 745
Arginine	*g*	0. 135			0. 038	0. 096	0. 614
Histidine	*g*	0. 076			0. 021	0. 054	0. 343
Alanine	*g*	0. 116			0. 033	0. 082	0. 526
Aspartic acid	*g*	0. 206			0. 058	0. 146	0. 935
Glutamic acid	*g*	0. 848			0. 240	0. 602	3. 844
Glycine	*g*	0. 097			0. 028	0. 069	0. 442
Proline	*g*	0. 305			0. 087	0. 217	1. 384
Serine	*g*	0. 183			0. 052	0. 130	0. 832

[1] 1/6 of 425 g (15 oz) strudel.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

SWEET ROLLS
Cheese[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 roll = 66 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	29. 4	0. 049	2	8. 3	19. 4	133. 6
Food energy	*kcal*	360			102	238	1,633
	kJ	1,507			427	995	6,838
Protein (N x 6.00)	*g*	7. 1	0. 048	2	2. 0	4. 7	32. 0
Total lipid (fat)	*g*	18. 3	0. 048	2	5. 2	12. 1	83. 2
Carbohydrate, total	*g*	43. 7			12. 4	28. 8	198. 2
Crude fiber	*g*						
Ash	*g*	1. 4	0. 050	2	0. 4	1. 0	6. 6
Minerals:							
Calcium	*mg*	118	0. 999	2	33	78	535
Iron[2]	*mg*	0. 76	0. 050	2	0. 22	0. 50	3. 45
Magnesium	*mg*	19	0. 099	2	5	12	84
Phosphorus	*mg*	98	0. 548	2	28	65	446
Potassium	*mg*						
Sodium	*mg*	357	1. 992	2	101	236	1,619
Zinc	*mg*	0. 63	0. 005	2	0. 18	0. 42	2. 88
Copper	*mg*	0. 095	0. 015	2	0. 027	0. 063	0. 431
Manganese	*mg*	0. 210	0. 000	2	0. 060	0. 139	0. 953
Vitamins:							
Ascorbic acid	*mg*						
Thiamin[2]	*mg*	0. 150	0. 000	2	0. 043	0. 099	0. 680
Riboflavin[2]	*mg*	0. 130	0. 000	2	0. 037	0. 086	0. 590
Niacin[2]	*mg*	0. 830	0. 030	2	0. 235	0. 548	3. 765
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	*g*	5. 767			1. 635	3. 806	26. 158
4:0	*g*	0. 087			0. 025	0. 057	0. 394
6:0	*g*	0. 025			0. 007	0. 017	0. 114
8:0	*g*	0. 030			0. 008	0. 020	0. 136
10:0	*g*	0. 059			0. 017	0. 039	0. 265
12:0	*g*	0. 041			0. 012	0. 027	0. 185
14:0	*g*	0. 386			0. 109	0. 254	1. 749
16:0	*g*	3. 028			0. 858	1. 998	13. 733
18:0	*g*	2. 112			0. 599	1. 394	9. 582
Monounsaturated, total	*g*	9. 286			2. 633	6. 129	42. 122
16:1	*g*	0. 135			0. 038	0. 089	0. 612
18:1	*g*	9. 147			2. 593	6. 037	41. 493
20:1	*g*	0. 004			0. 001	0. 002	0. 017
22:1	*g*	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	*g*	2. 067			0. 586	1. 364	9. 376
18:2	*g*	1. 906			0. 540	1. 258	8. 648
18:3	*g*	0: 137			0. 039	0. 090	0. 620
18:4	*g*						
20:4	*g*	0. 019			0. 005	0. 012	0. 084
20:5	*g*	0. 001			0. 000	0. 000	0. 002
22:5	*g*						
22:6	*g*	0. 005			0. 001	0. 003	0. 022
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 078			0. 022	0. 051	0. 352
Threonine	*g*	0. 262			0. 074	0. 173	1. 190
Isoleucine	*g*	0. 319			0. 090	0. 210	1. 446
Leucine	*g*	0. 555			0. 157	0. 366	2. 518
Lysine	*g*	0. 388			0. 110	0. 256	1. 760
Methionine	*g*	0. 142			0. 040	0. 094	0. 645
Cystine	*g*	0. 112			0. 032	0. 074	0. 507
Phenylalanine	*g*	0. 343			0. 097	0. 227	1. 558
Tyrosine	*g*	0. 256			0. 073	0. 169	1. 163
Valine	*g*	0. 354			0. 100	0. 234	1. 606
Arginine	*g*	0. 313			0. 089	0. 206	1. 419
Histidine	*g*	0. 183			0. 052	0. 121	0. 832
Alanine	*g*	0. 267			0. 076	0. 176	1. 211
Aspartic acid	*g*	0. 485			0. 137	0. 320	2. 198
Glutamic acid	*g*	1. 725			0. 489	1. 139	7. 825
Glycine	*g*	0. 221			0. 063	0. 146	1. 003
Proline	*g*	0. 600			0. 170	0. 396	2. 721
Serine	*g*	0. 374			0. 106	0. 247	1. 696

[1] Made with cream or neufchatel cheese.
[2] Product made with unenriched flour.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

SWEET ROLLS
Cinnamon, commercially prepared with raisins

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 roll = 60 g (2-3/4 in. sq)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	24. 8	0. 752	12	7. 0	14. 9	112. 5
Food energy	kcal	372			106	223	1,689
	kJ	1,559			442	935	7,071
Protein (N x 5.80)	g	6. 2	0. 312	8	1. 8	3. 7	28. 2
Total lipid (fat)	g	16. 4	1. 183	8	4. 7	9. 9	74. 5
Carbohydrate, total	g	50. 9			14. 4	30. 5	230. 9
Crude fiber	g	0. 4	0. 025	4	0. 1	0. 3	1. 9
Ash	g	1. 7	0. 144	8	0. 5	1. 0	7. 5
Minerals:							
Calcium	mg	72	19. 482	10	20	43	327
Iron	mg	1. 60	0. 065	13	0. 45	0. 96	7. 27
Magnesium	mg	17	1. 067	10	5	10	76
Phosphorus	mg	76	4. 954	10	22	46	344
Potassium	mg	111	6. 286	8	32	67	505
Sodium	mg	383	15. 935	6	108	229	1,735
Zinc	mg	0. 59	0. 045	6	0. 17	0. 36	2. 69
Copper	mg	0. 088	0. 005	6	0. 025	0. 053	0. 398
Manganese	mg	0. 300	0. 011	6	0. 085	0. 180	1. 361
Vitamins:							
Ascorbic acid	mg	2. 0	0. 200	2	0. 6	1. 2	9. 1
Thiamin	mg	0. 324	0. 054	12	0. 092	0. 195	1. 471
Riboflavin	mg	0. 265	0. 046	9	0. 075	0. 159	1. 201
Niacin	mg	2. 384	0. 099	10	0. 676	1. 430	10. 814
Pantothenic acid	mg						
Vitamin B-6	mg	0. 107		1	0. 030	0. 064	0. 485
Folate	mcg	24	1. 042	4	7	14	109
Vitamin B-12	mcg						
Vitamin A	RE	64			18	38	290
	IU	215	36. 603	6	61	129	974
Lipids:[1]							
Fatty acids:							
Saturated, total	g	4. 209			1. 193	2. 525	19. 092
4:0	g	0. 001			0. 000	0. 001	0. 004
6:0	g	0. 001			0. 000	0. 000	0. 003
8:0	g	0. 001			0. 000	0. 000	0. 003
10:0	g	0. 001			0. 000	0. 001	0. 005
12:0	g	0. 001			0. 000	0. 001	0. 006
14:0	g	0. 081			0. 023	0. 049	0. 369
16:0	g	2. 227			0. 631	1. 336	10. 100
18:0	g	1. 896			0. 538	1. 138	8. 601
Monounsaturated, total	g	9. 103			2. 581	5. 462	41. 292
16:1	g	0. 035			0. 010	0. 021	0. 160
18:1	g	9. 065			2. 570	5. 439	41. 117
20:1	g	0. 003			0. 001	0. 002	0. 013
22:1	g	0. 000			0. 000	0. 000	0. 001
Polyunsaturated, total	g	2. 111			0. 598	1. 267	9. 575
18:2	g	1. 991			0. 564	1. 194	9. 029
18:3	g	0. 102			0. 029	0. 061	0. 463
18:4	g						
20:4	g	0. 014			0. 004	0. 008	0. 064
20:5	g	0. 000			0. 000	0. 000	0. 001
22:5	g						
22:6	g	0. 004			0. 001	0. 002	0. 017
Cholesterol	mg	66	2. 915	2	19	40	301
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 074			0. 021	0. 044	0. 336
Threonine	g	0. 211			0. 060	0. 127	0. 958
Isoleucine	g	0. 259			0. 074	0. 156	1. 177
Leucine	g	0. 458			0. 130	0. 275	2. 076
Lysine	g	0. 243			0. 069	0. 146	1. 104
Methionine	g	0. 117			0. 033	0. 070	0. 530
Cystine	g	0. 120			0. 034	0. 072	0. 545
Phenylalanine	g	0. 300			0. 085	0. 180	1. 362
Tyrosine	g	0. 200			0. 057	0. 120	0. 909
Valine	g	0. 291			0. 082	0. 174	1. 318
Arginine	g	0. 283			0. 080	0. 170	1. 284
Histidine	g	0. 145			0. 041	0. 087	0. 656
Alanine	g	0. 233			0. 066	0. 140	1. 055
Aspartic acid	g	0. 407			0. 115	0. 244	1. 848
Glutamic acid	g	1. 732			0. 491	1. 039	7. 858
Glycine	g	0. 219			0. 062	0. 131	0. 992
Proline	g	0. 582			0. 165	0. 349	2. 641
Serine	g	0. 331			0. 094	0. 199	1. 503

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

SWEET ROLLS
Cinnamon, refrigerated dough with frosting

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 roll = 30 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	28. 9	0. 671	16	8. 2	8. 7	130. 9
Food energy	*kcal*	333			95	100	1,512
	kJ	1,395			396	419	6,330
Protein (N x 5.70)	*g*	5. 0	0. 138	16	1. 4	1. 5	22. 5
Total lipid (fat)	*g*	12. 2	0. 640	16	3. 4	3. 6	55. 1
Carbohydrate, total	*g*	51. 6			14. 6	15. 5	234. 2
Crude fiber	*g*						
Ash	*g*	2. 4	0. 043	16	0. 7	0. 7	10. 8
Minerals:							
Calcium	*mg*	31	10. 831	14	9	9	140
Iron	*mg*	2. 44	0. 163	10	0. 69	0. 73	11. 06
Magnesium	*mg*	11	0. 344	11	3	3	51
Phosphorus	*mg*	321	10. 313	11	91	96	1,454
Potassium	*mg*	58	8. 078	11	16	17	263
Sodium	*mg*	765	15. 494	14	217	230	3,471
Zinc	*mg*	0. 31	0. 017	8	0. 09	0. 09	1. 41
Copper	*mg*	0. 065	0. 004	11	0. 019	0. 020	0. 297
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*	0. 470	0. 068	10	0. 133	0. 141	2. 132
Riboflavin	*mg*	0. 249	0. 028	10	0. 071	0. 075	1. 129
Niacin	*mg*	3. 703	0. 331	10	1. 050	1. 111	16. 797
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	*g*	3. 081			0. 873	0. 924	13. 974
4:0	*g*	0. 001			0. 000	0. 000	0. 003
6:0	*g*	0. 000			0. 000	0. 000	0. 002
8:0	*g*	0. 000			0. 000	0. 000	0. 001
10:0	*g*	0. 001			0. 000	0. 000	0. 003
12:0	*g*	0. 001			0. 000	0. 000	0. 004
14:0	*g*	0. 062			0. 017	0. 018	0. 280
16:0	*g*	1. 595			0. 452	0. 479	7. 237
18:0	*g*	1. 421			0. 403	0. 426	6. 444
Monounsaturated, total	*g*	6. 827			1. 935	2. 048	30. 967
16:1	*g*	0. 001			0. 000	0. 000	0. 004
18:1	*g*	6. 826			1. 935	2. 048	30. 963
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	1. 590			0. 451	0. 477	7. 212
18:2	*g*	1. 509			0. 428	0. 453	6. 846
18:3	*g*	0. 081			0. 023	0. 024	0. 366
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*						
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 063			0. 018	0. 019	0. 285
Threonine	*g*	0. 147			0. 042	0. 044	0. 668
Isoleucine	*g*	0. 180			0. 051	0. 054	0. 814
Leucine	*g*	0. 351			0. 100	0. 105	1. 593
Lysine	*g*	0. 128			0. 036	0. 038	0. 581
Methionine	*g*	0. 089			0. 025	0. 027	0. 403
Cystine	*g*	0. 105			0. 030	0. 032	0. 478
Phenylalanine	*g*	0. 245			0. 069	0. 073	1. 111
Tyrosine	*g*	0. 152			0. 043	0. 045	0. 688
Valine	*g*	0. 205			0. 058	0. 061	0. 929
Arginine	*g*	0. 200			0. 057	0. 060	0. 909
Histidine	*g*	0. 110			0. 031	0. 033	0. 498
Alanine	*g*	0. 166			0. 047	0. 050	0. 755
Aspartic acid	*g*	0. 231			0. 065	0. 069	1. 048
Glutamic acid	*g*	1. 613			0. 457	0. 484	7. 318
Glycine	*g*	0. 175			0. 050	0. 053	0. 795
Proline	*g*	0. 555			0. 157	0. 167	2. 518
Serine	*g*	0. 248			0. 070	0. 075	1. 127

[1] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

SWEET ROLLS
Cinnamon, refrigerated dough with frosting, baked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 frosted roll = 30 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	22. 7			6. 4	6. 8	102. 8
Food energy	kcal	362			103	109	1,644
	kJ	1,517			430	455	6,880
Protein	g	5. 4			1. 5	1. 6	24. 5
Total lipid (fat)	g	13. 2			3. 7	4. 0	59. 9
Carbohydrate, total	g	56. 1			15. 9	16. 8	254. 6
Crude fiber	g						
Ash	g	2. 6			0. 7	0. 8	11. 8
Minerals:							
Calcium	mg	34			10	10	153
Iron	mg	2. 65			0. 75	0. 79	12. 02
Magnesium	mg	12			3	4	55
Phosphorus	mg	348			99	105	1,580
Potassium	mg	63			18	19	286
Sodium	mg	832			236	250	3,773
Zinc	mg	0. 34			0. 10	0. 10	1. 53
Copper	mg	0. 071			0. 020	0. 021	0. 323
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 409			0. 116	0. 123	1. 854
Riboflavin	mg	0. 244			0. 069	0. 073	1. 105
Niacin	mg	3. 622			1. 027	1. 087	16. 432
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	g	3. 348			0. 949	1. 005	15. 189
4:0	g	0. 001			0. 000	0. 000	0. 004
6:0	g	0. 001			0. 000	0. 000	0. 002
8:0	g	0. 000			0. 000	0. 000	0. 001
10:0	g	0. 001			0. 000	0. 000	0. 003
12:0	g	0. 001			0. 000	0. 000	0. 004
14:0	g	0. 067			0. 019	0. 020	0. 304
16:0	g	1. 734			0. 492	0. 520	7. 866
18:0	g	1. 544			0. 438	0. 463	7. 004
Monounsaturated, total	g	7. 421			2. 104	2. 226	33. 660
16:1	g	0. 001			0. 000	0. 000	0. 004
18:1	g	7. 420			2. 103	2. 226	33. 656
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 728			0. 490	0. 518	7. 839
18:2	g	1. 641			0. 465	0. 492	7. 442
18:3	g	0. 088			0. 025	0. 026	0. 397
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 068			0. 019	0. 020	0. 309
Threonine	g	0. 160			0. 045	0. 048	0. 726
Isoleucine	g	0. 195			0. 055	0. 059	0. 885
Leucine	g	0. 382			0. 108	0. 115	1. 732
Lysine	g	0. 139			0. 039	0. 042	0. 632
Methionine	g	0. 097			0. 027	0. 029	0. 438
Cystine	g	0. 115			0. 032	0. 034	0. 520
Phenylalanine	g	0. 266			0. 075	0. 080	1. 207
Tyrosine	g	0. 165			0. 047	0. 049	0. 748
Valine	g	0. 223			0. 063	0. 067	1. 010
Arginine	g	0. 218			0. 062	0. 065	0. 988
Histidine	g	0. 119			0. 034	0. 036	0. 541
Alanine	g	0. 181			0. 051	0. 054	0. 821
Aspartic acid	g	0. 251			0. 071	0. 075	1. 139
Glutamic acid	g	1. 753			0. 497	0. 526	7. 954
Glycine	g	0. 190			0. 054	0. 057	0. 864
Proline	g	0. 603			0. 171	0. 181	2. 737
Serine	g	0. 270			0. 077	0. 081	1. 225

[1] Unfrosted roll = 28 g.
[2] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

SWEET ROLLS
Prepared from recipe with raisins and nuts

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 roll = 57 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	27.1			7.7	15.5	123.1
Food energy	kcal	344			97	196	1,558
	kJ	1,438			408	820	6,523
Protein	g	6.6			1.9	3.8	30.1
Total lipid (fat)	g	12.8			3.6	7.3	58.1
Carbohydrate, total	g	51.9			14.7	29.6	235.2
Crude fiber	g	0.6			0.2	0.3	2.5
Ash	g	1.5			0.4	0.9	6.9
Minerals:							
Calcium	mg	64			18	36	289
Iron	mg	2.57			0.73	1.47	11.67
Magnesium	mg	28			8	16	128
Phosphorus	mg	110			31	63	500
Potassium	mg	216			61	123	982
Sodium	mg	325			92	185	1,472
Zinc	mg	0.66			0.19	0.37	2.98
Copper	mg	0.207			0.059	0.118	0.940
Manganese	mg	0.559			0.158	0.318	2.534
Vitamins:							
Ascorbic acid	mg	0.6			0.2	0.4	2.9
Thiamin	mg	0.282			0.080	0.161	1.281
Riboflavin	mg	0.279			0.079	0.159	1.268
Niacin	mg	2.341			0.664	1.335	10.621
Pantothenic acid	mg	0.342			0.097	0.195	1.552
Vitamin B-6	mg	0.091			0.026	0.052	0.411
Folate	mcg	31			9	18	141
Vitamin B-12	mcg	0.10			0.03	0.05	0.44
Vitamin A	RE	106			30	60	481
	IU	409			116	233	1,854
Lipids:							
Fatty acids:							
Saturated, total	g	2.369			0.672	1.350	10.745
4:0	g	0.015			0.004	0.009	0.069
6:0	g	0.009			0.003	0.005	0.041
8:0	g	0.005			0.002	0.003	0.024
10:0	g	0.012			0.003	0.007	0.054
12:0	g	0.014			0.004	0.008	0.063
14:0	g	0.080			0.023	0.046	0.365
16:0	g	1.493			0.423	0.851	6.770
18:0	g	0.736			0.209	0.420	3.341
Monounsaturated, total	g	4.667			1.323	2.660	21.168
16:1	g	0.044			0.013	0.025	0.200
18:1	g	4.589			1.301	2.616	20.815
20:1	g	0.032			0.009	0.018	0.146
22:1	g	0.000			0.000	0.000	0.001
Polyunsaturated, total	g	5.000			1.418	2.850	22.681
18:2	g	4.460			1.264	2.542	20.230
18:3	g	0.530			0.150	0.302	2.404
18:4	g						
20:4	g	0.008			0.002	0.005	0.038
20:5	g	0.000			0.000	0.000	0.001
22:5	g						
22:6	g	0.002			0.001	0.001	0.008
Cholesterol	mg	23			6	13	102
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.079			0.022	0.045	0.359
Threonine	g	0.212			0.060	0.121	0.962
Isoleucine	g	0.260			0.074	0.148	1.178
Leucine	g	0.469			0.133	0.268	2.129
Lysine	g	0.240			0.068	0.137	1.088
Methionine	g	0.134			0.038	0.076	0.607
Cystine	g	0.126			0.036	0.072	0.574
Phenylalanine	g	0.312			0.088	0.178	1.415
Tyrosine	g	0.216			0.061	0.123	0.980
Valine	g	0.303			0.086	0.173	1.376
Arginine	g	0.355			0.101	0.203	1.612
Histidine	g	0.154			0.044	0.088	0.701
Alanine	g	0.241			0.068	0.138	1.095
Aspartic acid	g	0.412			0.117	0.235	1.868
Glutamic acid	g	1.755			0.498	1.000	7.961
Glycine	g	0.225			0.064	0.128	1.019
Proline	g	0.583			0.165	0.332	2.643
Serine	g	0.332			0.094	0.189	1.505

[1] 2-1/2 in. diam. or 2-1/2 in. square. 18 rolls (baked in two 8 in. square pans) = 1,024 g.

TACO SHELLS, BAKED

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 med = 13 g (5 in. diam.)	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	6.0	0.396	5	0.8	1.7	27.2
Food energy	*kcal*	468			61	133	2,123
	kJ	1,959			255	555	8,888
Protein (N x 6.20)	*g*	7.2	0.544	3	0.9	2.0	32.5
Total lipid (fat)	*g*	22.6	0.156	3	2.9	6.4	102.7
Carbohydrate, total	*g*	62.4			8.1	17.7	283.0
Crude fiber	*g*	1.4		1	0.2	0.4	6.2
Ash	*g*	1.8	0.218	3	0.2	0.5	8.3
Minerals:							
Calcium	*mg*	160	45.511	3	21	45	724
Iron	*mg*	2.50	1.097	3	0.33	0.71	11.36
Magnesium	*mg*	105	15.717	3	14	30	477
Phosphorus	*mg*	248	25.045	3	32	70	1,124
Potassium	*mg*	179	35.176	3	23	51	813
Sodium[1]	*mg*	367	55.847	2	48	104	1,663
Zinc	*mg*	1.40	0.099	3	0.18	0.40	6.35
Copper	*mg*	0.120	0.042	3	0.016	0.034	0.543
Manganese	*mg*	0.435	0.029	3	0.057	0.123	1.973
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.228	0.015	9	0.030	0.065	1.036
Riboflavin	*mg*	0.053	0.001	8	0.007	0.015	0.240
Niacin	*mg*	1.350	0.067	8	0.175	0.383	6.124
Pantothenic acid	*mg*	0.470	0.035	9	0.061	0.133	2.130
Vitamin B-6	*mg*						
Folate	*mcg*	6	0.081	8	1	2	27
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*						
	IU						
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	3.355			0.436	0.951	15.219
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0.021			0.003	0.006	0.097
16:0	*g*	2.250			0.293	0.638	10.208
18:0	*g*	1.083			0.141	0.307	4.915
Monounsaturated, total	*g*	9.478			1.232	2.687	42.993
16:1	*g*	0.086			0.011	0.024	0.390
18:1	*g*	9.392			1.221	2.663	42.603
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	8.607			1.119	2.440	39.040
18:2	*g*	8.035			1.045	2.278	36.449
18:3	*g*	0.571			0.074	0.162	2.591
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.052			0.007	0.015	0.236
Threonine	*g*	0.271			0.035	0.077	1.231
Isoleucine	*g*	0.259			0.034	0.073	1.173
Leucine	*g*	0.886			0.115	0.251	4.017
Lysine	*g*	0.203			0.026	0.058	0.922
Methionine	*g*	0.151			0.020	0.043	0.686
Cystine	*g*	0.130			0.017	0.037	0.592
Phenylalanine	*g*	0.354			0.046	0.100	1.608
Tyrosine	*g*	0.294			0.038	0.083	1.336
Valine	*g*	0.366			0.048	0.104	1.660
Arginine	*g*	0.360			0.047	0.102	1.634
Histidine	*g*	0.221			0.029	0.063	1.000
Alanine	*g*	0.540			0.070	0.153	2.451
Aspartic acid	*g*	0.502			0.065	0.142	2.278
Glutamic acid	*g*	1.354			0.176	0.384	6.144
Glycine	*g*	0.297			0.039	0.084	1.346
Proline	*g*	0.630			0.082	0.179	2.860
Serine	*g*	0.343			0.045	0.097	1.556

[1] Value for product made with added salt. Product made without added salt contains 15 mg sodium per 100 g.
[2] Values based on product containing partially hydrogenated soybean oil.

TOASTER PASTRIES
Brown-sugar-cinnamon[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 toaster pastry = 50 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	10. 8	0. 624	4	3. 1	5. 4	49. 0
Food energy	kcal	412			117	206	1,867
	kJ	1,723			488	862	7,816
Protein (N x 5.80)	g	5. 1	0. 279	4	1. 5	2. 6	23. 2
Total lipid (fat)	g	14. 2	1. 089	4	4. 0	7. 1	64. 4
Carbohydrate, total	g	68. 1			19. 3	34. 1	309. 1
Crude fiber	g	0. 3	0. 033	2	0. 1	0. 2	1. 4
Ash	g	1. 8	0. 230	2	0. 5	0. 9	8. 0
Minerals:							
Calcium	mg	34	7. 560	2	10	17	153
Iron	mg	4. 03	0. 278	5	1. 14	2. 01	18. 28
Magnesium	mg	24	2. 850	4	7	12	108
Phosphorus	mg	133	54. 550	2	38	66	602
Potassium	mg	114	21. 433	4	32	57	518
Sodium	mg	424	17. 242	4	120	212	1,924
Zinc	mg	0. 63	0. 090	5	0. 18	0. 31	2. 86
Copper	mg	0. 132	0. 007	5	0. 037	0. 066	0. 599
Manganese	mg	0. 322	0. 024	3	0. 091	0. 161	1. 459
Vitamins:							
Ascorbic acid	mg						
Thiamin [2]	mg	0. 373	0. 046	4	0. 106	0. 187	1. 693
Riboflavin[2]	mg	0. 576	0. 137	4	0. 163	0. 288	2. 615
Niacin[2]	mg	4. 574	0. 347	4	1. 297	2. 287	20. 750
Pantothenic acid	mg	0. 265	0. 025	4	0. 075	0. 133	1. 204
Vitamin B-6[2]	mg	0. 425	0. 015	4	0. 121	0. 213	1. 929
Folate[2]	mcg	80	0. 000	2	23	40	363
Vitamin B-12	mcg						
Vitamin A[2]	RE	224			64	112	1,016
	IU	986	24. 000	2	280	493	4,472
Lipids:[3]							
Fatty acids:							
Saturated, total	g	3. 604			1. 022	1. 802	16. 346
4:0	g	0. 002			0. 001	0. 001	0. 008
6:0	g	0. 001			0. 000	0. 001	0. 005
8:0	g	0. 001			0. 000	0. 000	0. 003
10:0	g	0. 001			0. 000	0. 001	0. 006
12:0	g	0. 002			0. 000	0. 001	0. 007
14:0	g	0. 074			0. 021	0. 037	0. 335
16:0	g	1. 861			0. 528	0. 931	8. 442
18:0	g	1. 662			0. 471	0. 831	7. 539
Monounsaturated, total	g	7. 975			2. 261	3. 988	36. 175
16:1	g	0. 001			0. 000	0. 001	0. 006
18:1	g	7. 974			2. 261	3. 987	36. 169
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 847			0. 524	0. 923	8. 376
18:2	g	1. 753			0. 497	0. 877	7. 952
18:3	g	0. 094			0. 027	0. 047	0. 424
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 057			0. 016	0. 029	0. 260
Threonine	g	0. 146			0. 041	0. 073	0. 660
Isoleucine	g	0. 169			0. 048	0. 085	0. 768
Leucine	g	0. 324			0. 092	0. 162	1. 468
Lysine	g	0. 137			0. 039	0. 068	0. 620
Methionine	g	0. 080			0. 023	0. 040	0. 364
Cystine	g	0. 094			0. 027	0. 047	0. 428
Phenylalanine	g	0. 214			0. 061	0. 107	0. 972
Tyrosine	g	0. 134			0. 038	0. 067	0. 608
Valine	g	0. 189			0. 054	0. 094	0. 856
Arginine	g	0. 174			0. 049	0. 087	0. 788
Histidine	g	0. 098			0. 028	0. 049	0. 444
Alanine	g	0. 153			0. 044	0. 077	0. 696
Aspartic acid	g	0. 226			0. 064	0. 113	1. 024
Glutamic acid	g	1. 405			0. 398	0. 703	6. 373
Glycine	g	0. 152			0. 043	0. 076	0. 688
Proline	g	0. 484			0. 137	0. 242	2. 196
Serine	g	0. 223			0. 063	0. 112	1. 012

[1] Includes frosted and unfrosted products.
[2] Values for fortified product.
[3] Values based on product containing vegetable shortening composed of partially hydrogenated soybean and cottonseed oils.

TOASTER PASTRIES

Fruit[1]

(includes apple, blueberry, cherry, strawberry)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 toaster pastry = 52 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	12. 3	0. 208	10	3. 5	6. 4	56. 0
Food energy	kcal	393			111	204	1,783
	kJ	1,646			467	856	7,464
Protein (N x 5.70)	g	4. 7	0. 070	20	1. 3	2. 4	21. 2
Total lipid (fat)	g	10. 2	0. 270	20	2. 9	5. 3	46. 3
Carbohydrate, total	g	71. 1			20. 2	37. 0	322. 6
Crude fiber	g	0. 4	0. 057	2	0. 1	0. 2	1. 8
Ash	g	1. 6	0. 064	11	0. 5	0. 9	7. 5
Minerals:							
Calcium	mg	26	0. 582	15	7	14	118
Iron	mg	3. 49	0. 007	19	0. 99	1. 81	15. 81
Magnesium	mg	18	0. 576	20	5	10	83
Phosphorus	mg	111	7. 467	17	32	58	504
Potassium	mg	112	3. 805	20	32	58	510
Sodium	mg	419	3. 378	19	119	218	1,900
Zinc	mg	0. 66	0. 025	20	0. 19	0. 34	3. 00
Copper	mg	0. 189	0. 017	19	0. 054	0. 098	0. 856
Manganese	mg	0. 296	0. 010	2	0. 084	0. 154	1. 345
Vitamins:							
Ascorbic acid	mg						
Thiamin[2]	mg	0. 293	0. 003	20	0. 083	0. 152	1. 329
Riboflavin[2]	mg	0. 363	0. 024	20	0 103	0. 189	1. 645
Niacin[2]	mg	3. 942	0. 021	20	1 118	2. 050	17. 882
Pantothenic acid	mg	0. 551	0. 143	4	0 156	0. 287	2. 500
Vitamin B-6[2]	mg	0. 389	0. 003	20	0 110	0. 202	1. 763
Folate[2]	mcg	80	0. 048	9	23	42	363
Vitamin B-12	mcg						
Vitamin A[2]	RE	106			30	55	479
	IU	964	2. 692	18	273	502	4,375
Lipids:[3]							
Fatty acids:							
Saturated, total	g	1. 529			0. 433	0. 795	6. 934
4:0	g	0. 001			0. 000	0. 000	0. 003
6:0	g	0. 000			0. 000	0. 000	0. 002
8:0	g	0. 000			0. 000	0. 000	0. 001
10:0	g	0. 001			0. 000	0. 000	0. 002
12:0	g	0. 001			0. 000	0. 000	0. 003
14:0	g	0. 011			0. 003	0. 006	0. 052
16:0	g	1. 036			0. 294	0. 539	4. 699
18:0	g	0. 479			0. 136	0. 249	2. 172
Monounsaturated, total	g	4. 117			1. 167	2. 141	18. 676
16:1	g	0. 038			0. 011	0. 020	0. 173
18:1	g	4. 079			1. 156	2. 121	18. 501
20:1	g	0. 000			0. 000	0. 000	0. 002
22:1	g						
Polyunsaturated, total	g	3. 864			1. 096	2. 009	17. 528
18:2	g	3. 591			1. 018	1. 868	16. 291
18:3	g	0. 273			0. 077	0. 142	1. 237
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 057			0. 016	0. 030	0. 261
Threonine	g	0. 135			0. 038	0. 070	0. 610
Isoleucine	g	0. 166			0. 047	0. 086	0. 752
Leucine	g	0. 327			0. 093	0. 170	1. 481
Lysine	g	0. 115			0. 033	0. 060	0. 521
Methionine	g	0. 084			0. 024	0. 044	0. 380
Cystine	g	0. 098			0. 028	0. 051	0 447
Phenylalanine	g	0. 231			0. 066	0. 120	1. 050
Tyrosine	g	0. 140			0. 040	0. 073	0. 633
Valine	g	0. 191			0. 054	0. 099	0. 867
Arginine	g	0. 188			0. 053	0. 098	0. 852
Histidine	g	0. 103			0. 029	0. 054	0. 469
Alanine	g	0. 154			0. 044	0. 080	0. 700
Aspartic acid	g	0. 211			0. 060	0. 110	0. 957
Glutamic acid	g	1. 537			0. 436	0. 799	6. 972
Glycine	g	0. 167			0. 047	0. 087	0. 759
Proline	g	0. 528			0. 150	0. 275	2. 397
Serine	g	0. 233			0. 066	0. 121	1. 057

[1] Includes frosted and unfrosted products.
[2] Values for fortified product.
[3] Values based on product containing partially hydrogenated soybean oil.

TORTILLAS, READY-TO-BAKE OR -FRY
Corn

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 med = 25 g (6 to 7 in. diam.)	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	44.1	0.662	42	11.0	12.5	199.9
Food energy	kcal	222			56	63	1,009
	kJ	931			233	264	4,223
Protein (N x 6.20)	g	5.7	0.127	29	1.4	1.6	26.1
Total lipid (fat)	g	2.5	0.238	25	0.6	0.7	11.2
Carbohydrate, total	g	46.6			11.6	13.2	211.2
Crude fiber	g	1.0	0.069	21	0.3	0.3	4.6
Ash	g	1.2	0.058	29	0.3	0.3	5.3
Minerals:							
Calcium[1]	mg	175	7.154	53	44	50	793
Iron	mg	1.40	0.071	44	0.35	0.40	6.33
Magnesium	mg	65	1.531	30	16	19	296
Phosphorus	mg	314	26.162	42	79	89	1,426
Potassium	mg	154	7.238	35	39	44	700
Sodium[2]	mg	161	15.026	3	40	46	729
Zinc	mg	0.94	0.076	33	0.23	0.27	4.26
Copper	mg	0.154	0.015	13	0.038	0.044	0.697
Manganese	mg	0.402	0.010	12	0.100	0.114	1.823
Vitamins:							
Ascorbic acid	mg	0	0.000	5	0	0	0
Thiamin	mg	0.112	0.015	31	0.028	0.032	0.509
Riboflavin	mg	0.073	0.008	23	0.018	0.021	0.329
Niacin	mg	1.498	0.096	33	0.374	0.425	6.795
Pantothenic acid	mg	0.194	0.014	12	0.049	0.055	0.881
Vitamin B-6	mg	0.219	0.027	11	0.055	0.062	0.993
Folate	mcg	15	1.288	11	4	4	70
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.334			0.084	0.095	1.516
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.295			0.074	0.084	1.340
18:0	g	0.039			0.010	0.011	0.177
Monounsaturated, total	g	0.649			0.162	0.184	2.945
16:1	g	0.002			0.001	0.001	0.009
18:1	g	0.647			0.162	0.183	2.936
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.122			0.281	0.318	5.090
18:2	g	1.088			0.272	0.309	4.937
18:3	g	0.034			0.008	0.010	0.153
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.042			0.010	0.012	0.189
Threonine	g	0.218			0.054	0.062	0.988
Isoleucine	g	0.208			0.052	0.059	0.942
Leucine	g	0.711			0.178	0.202	3.225
Lysine	g	0.163			0.041	0.046	0.740
Methionine	g	0.121			0.030	0.034	0.551
Cystine	g	0.105			0.026	0.030	0.475
Phenylalanine	g	0.285			0.071	0.081	1.291
Tyrosine	g	0.236			0.059	0.067	1.072
Valine	g	0.294			0.073	0.083	1.333
Arginine	g	0.289			0.072	0.082	1.312
Histidine	g	0.177			0.044	0.050	0.803
Alanine	g	0.434			0.108	0.123	1.968
Aspartic acid	g	0.403			0.101	0.114	1.829
Glutamic acid	g	1.087			0.272	0.308	4.933
Glycine	g	0.238			0.060	0.068	1.081
Proline	g	0.506			0.127	0.144	2.296
Serine	g	0.275			0.069	0.078	1.249

[1] High value due to calcium hydroxide treatment of corn.
[2] Value for product made with added salt. Product made without added salt contains about 11 mg sodium per 100 g.

TORTILLAS, READY-TO-BAKE OR -FRY
Flour

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 med = 35 g (7 to 8 in. diam.)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	26. 8	0. 902	14	7. 6	9. 4	121. 6
Food energy	*kcal*	325			92	114	1,476
	kJ	1,362			386	477	6,177
Protein (N x 5.70)	*g*	8. 7	0. 581	12	2. 5	3. 0	39. 3
Total lipid (fat)	*g*	7. 1	0. 579	11	2. 0	2. 5	32. 4
Carbohydrate, total	*g*	55. 6			15. 8	19. 5	252. 1
Crude fiber	*g*	1. 0	0. 263	6	0. 3	0. 3	4. 4
Ash	*g*	1. 8	0. 151	12	0. 5	0. 6	8. 2
Minerals:							
Calcium[1]	*mg*	125	7. 475	20	35	44	565
Iron	*mg*	3. 30	0. 125	38	0. 93	1. 15	14. 96
Magnesium	*mg*	26	1. 328	38	7	9	116
Phosphorus	*mg*	124	7. 926	38	35	44	565
Potassium	*mg*	131	7. 293	40	37	46	596
Sodium	*mg*	478	24. 050	40	136	167	2,170
Zinc	*mg*	0. 71	0. 083	40	0. 20	0. 25	3. 23
Copper	*mg*	0. 267	0. 141	36	0. 076	0. 094	1. 212
Manganese	*mg*	0. 462	0. 011	35	0. 131	0. 162	2. 096
Vitamins:							
Ascorbic acid	*mg*	0	0. 000	4	0	0	0
Thiamin	*mg*	0. 531	0. 025	14	0. 150	0. 186	2. 407
Riboflavin	*mg*	0. 293	0. 069	14	0. 083	0. 102	1. 328
Niacin	*mg*	3. 572	0. 135	14	1. 013	1. 250	16. 203
Pantothenic acid	*mg*	0. 582	0. 061	12	0. 165	0. 204	2. 642
Vitamin B-6	*mg*	0. 050	0. 000	2	0. 014	0. 017	0. 227
Folate	*mcg*	12	1. 079	10	3	4	56
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	1. 102			0. 312	0. 386	4. 999
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0. 007			0. 002	0. 002	0. 030
16:0	*g*	0. 763			0. 216	0. 267	3. 461
18:0	*g*	0. 332			0. 094	0. 116	1. 508
Monounsaturated, total	*g*	2. 881			0. 817	1. 008	13. 068
16:1	*g*	0. 030			0. 009	0. 011	0. 138
18:1	*g*	2. 851			0. 808	0. 998	12. 930
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	2. 787			0. 790	0. 976	12. 644
18:2	*g*	2. 600			0. 737	0. 910	11. 792
18:3	*g*	0. 188			0. 053	0. 066	0. 852
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 106			0. 030	0. 037	0. 483
Threonine	*g*	0. 245			0. 069	0. 086	1. 110
Isoleucine	*g*	0. 307			0. 087	0. 107	1. 393
Leucine	*g*	0. 600			0. 170	0. 210	2. 723
Lysine	*g*	0. 213			0. 060	0. 074	0. 965
Methionine	*g*	0. 155			0. 044	0. 054	0. 703
Cystine	*g*	0. 181			0. 051	0. 063	0. 820
Phenylalanine	*g*	0. 435			0. 123	0. 152	1. 972
Tyrosine	*g*	0. 266			0. 075	0. 093	1. 207
Valine	*g*	0. 356			0. 101	0. 124	1. 613
Arginine	*g*	0. 356			0. 101	0. 124	1. 613
Histidine	*g*	0. 195			0. 055	0. 068	0. 883
Alanine	*g*	0. 289			0. 082	0. 101	1. 310
Aspartic acid	*g*	0. 386			0. 109	0. 135	1. 751
Glutamic acid	*g*	2. 850			0. 808	0. 998	12. 928
Glycine	*g*	0. 316			0. 090	0. 111	1. 434
Proline	*g*	0. 979			0. 278	0. 343	4. 440
Serine	*g*	0. 432			0. 122	0. 151	1. 958

[1] Value for enriched product. Unenriched product contains 39 mg calcium per 100 g.
[2] Values based on product containing partially hydrogenated soybean oil.

WAFFLES
Plain, dry mix, prepared from complete-type[1] [2]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 waffle = 75 g[3] (7 in. diam.)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	42.5			12.0	31.8	192.6
Food energy	kcal	290			82	218	1,316
	kJ	1,215			344	911	5,509
Protein	g	6.1			1.7	4.6	27.8
Total lipid (fat)	g	13.7			3.9	10.3	62.0
Carbohydrate, total	g	35.2			10.0	26.4	159.6
Crude fiber	g	0.2			0.0	0.1	0.8
Ash	g	2.5			0.7	1.9	11.5
Minerals:							
Calcium	mg	124			35	93	564
Iron	mg	1.63			0.46	1.22	7.38
Magnesium	mg	20			6	15	89
Phosphorus	mg	336			95	252	1,524
Potassium	mg	179			51	134	811
Sodium	mg	611			173	458	2,773
Zinc	mg	0.47			0.13	0.35	2.13
Copper	mg	0.090			0.026	0.068	0.410
Manganese	mg	0.262			0.074	0.197	1.189
Vitamins:							
Ascorbic acid	mg	0.2			0.0	0.1	0.7
Thiamin	mg	0.206			0.058	0.154	0.933
Riboflavin	mg	0.252			0.072	0.189	1.145
Niacin	mg	1.640			0.465	1.230	7.438
Pantothenic acid	mg	0.339			0.096	0.254	1.539
Vitamin B-6	mg	0.100			0.028	0.075	0.453
Folate	mcg	12			3	9	55
Vitamin B-12	mcg	0.26			0.07	0.20	1.19
Vitamin A	RE	26			7	19	118
	IU	90			26	68	409
Lipids:							
Fatty acids:							
Saturated, total	g	2.247			0.637	1.686	10.194
4:0	g	0.005			0.001	0.003	0.021
6:0	g	0.003			0.001	0.002	0.012
8:0	g	0.002			0.001	0.001	0.009
10:0	g	0.004			0.001	0.003	0.018
12:0	g	0.005			0.001	0.003	0.021
14:0	g	0.031			0.009	0.023	0.139
16:0	g	1.606			0.455	1.204	7.284
18:0	g	0.587			0.166	0.440	2.663
Monounsaturated, total	g	3.604			1.022	2.703	16.346
16:1	g	0.071			0.020	0.053	0.320
18:1	g	3.507			0.994	2.630	15.909
20:1	g	0.025			0.007	0.018	0.111
22:1	g	0.000			0.000	0.000	0.002
Polyunsaturated, total	g	6.897			1.955	5.172	31.283
18:2	g	6.119			1.735	4.589	27.754
18:3	g	0.753			0.213	0.565	3.415
18:4	g	0.000			0.000	0.000	0.000
20:4	g	0.019			0.005	0.015	0.088
20:5	g	0.001			0.000	0.000	0.002
22:5	g	0.000			0.000	0.000	0.000
22:6	g	0.005			0.001	0.004	0.023
Cholesterol	mg	51			15	39	233
Phytosterols	mg	26			7	19	117
Amino acids:							
Tryptophan	g	0.070			0.020	0.053	0.319
Threonine	g	0.234			0.066	0.175	1.061
Isoleucine	g	0.270			0.077	0.203	1.227
Leucine	g	0.525			0.149	0.394	2.383
Lysine	g	0.285			0.081	0.214	1.293
Methionine	g	0.137			0.039	0.103	0.623
Cystine	g	0.119			0.034	0.089	0.539
Phenylalanine	g	0.306			0.087	0.229	1.387
Tyrosine	g	0.221			0.063	0.166	1.003
Valine	g	0.318			0.090	0.239	1.444
Arginine	g	0.281			0.080	0.211	1.275
Histidine	g	0.148			0.042	0.111	0.673
Alanine	g	0.279			0.079	0.209	1.266
Aspartic acid	g	0.419			0.119	0.315	1.903
Glutamic acid	g	1.419			0.402	1.064	6.437
Glycine	g	0.203			0.058	0.152	0.920
Proline	g	0.528			0.150	0.396	2.396
Serine	g	0.342			0.097	0.256	1.550

[1] Pancake and waffle mix containing milk, egg, and oil.
[2] 2 c mix prepared with 1-1/4 c water, 1/4 c vegetable oil, and 1 egg. Moisture loss: 20%.
[3] 9 in. square waffle = 200 g. Section (4-1/2 in. square) of 9 in. square waffle = 50 g.

WAFFLES
Plain, frozen, ready-to-heat
(includes buttermilk)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 waffle = 35 g[1] (4 in. sq)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	44. 9	0. 190	132	12. 7	15. 7	203. 9
Food energy	kcal	251			71	88	1,138
	kJ	1,050			298	367	4,763
Protein (N x 5.80)	g	5. 9	0. 046	98	1. 7	2. 1	26. 6
Total lipid (fat)	g	7. 8	0. 224	98	2. 2	2. 7	35. 3
Carbohydrate, total	g	38. 6			11. 0	13. 5	175. 2
Crude fiber	g	0. 2	0. 015	75	0. 1	0. 1	0. 8
Ash	g	2. 8	0. 029	80	0. 8	1. 0	12. 6
Minerals:							
Calcium[2]	mg	221	7. 001	84	63	77	1,001
Iron[2]	mg	4. 25	0. 108	113	1. 21	1. 49	19. 28
Magnesium	mg	21	0. 517	29	6	7	93
Phosphorus	mg	399	13. 081	35	113	139	1,808
Potassium	mg	122	2. 547	58	35	43	553
Sodium	mg	748	12. 695	53	212	262	3,393
Zinc	mg	0. 55	0. 006	30	0. 16	0. 19	2. 50
Copper	mg	0. 073	0. 001	30	0. 021	0. 025	0. 330
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0	0. 000	3	0	0	0
Thiamin[2]	mg	0. 457	0. 012	95	0. 130	0. 160	2. 074
Riboflavin[2]	mg	0. 503	0. 017	94	0. 143	0. 176	2. 280
Niacin[2]	mg	4. 681	0. 155	95	1. 327	1. 638	21. 235
Pantothenic acid	mg	0. 589	0. 035	30	0. 167	0. 206	2. 673
Vitamin B-6[2]	mg	0. 945	0. 019	72	0. 268	0. 331	4. 286
Folate[2]	mcg	48	2. 376	30	14	17	217
Vitamin B-12[2]	mcg	2. 38	0. 061	84	0. 67	0. 83	10. 80
Vitamin A[2]	RE	384			109	134	1,741
	IU	1,281	0. 490	5	363	448	5,810
Lipids:[3]							
Fatty acids:							
Saturated, total	g	1. 367			0. 387	0. 478	6. 199
4:0	g	0. 000			0. 000	0. 000	0. 002
6:0	g	0. 000			0. 000	0. 000	0. 001
8:0	g	0. 001			0. 000	0. 000	0. 002
10:0	g	0. 001			0. 000	0. 000	0. 004
12:0	g	0. 001			0. 000	0. 000	0. 004
14:0	g	0. 012			0. 003	0. 004	0. 053
16:0	g	0. 955			0. 271	0. 334	4. 332
18:0	g	0. 397			0. 113	0. 139	1. 801
Monounsaturated, total	g	3. 050			0. 865	1. 067	13. 833
16:1	g	0. 061			0. 017	0. 021	0. 277
18:1	g	2. 985			0. 846	1. 045	13. 538
20:1	g	0. 003			0. 001	0. 001	0. 016
22:1	g	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	g	2. 643			0. 749	0. 925	11. 989
18:2	g	2. 449			0. 694	0. 857	11. 108
18:3	g	0. 171			0. 049	0. 060	0. 777
18:4	g						
20:4	g	0. 018			0. 005	0. 006	0. 080
20:5	g	0. 000			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 005			0. 001	0. 002	0. 021
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 072			0. 020	0. 025	0. 326
Threonine	g	0. 184			0. 052	0. 064	0. 835
Isoleucine	g	0. 225			0. 064	0. 079	1. 018
Leucine	g	0. 423			0. 120	0. 148	1. 918
Lysine	g	0. 185			0. 052	0. 065	0. 840
Methionine	g	0. 117			0. 033	0. 041	0. 532
Cystine	g	0. 126			0. 036	0. 044	0. 573
Phenylalanine	g	0. 294			0. 083	0. 103	1. 335
Tyrosine	g	0. 187			0. 053	0. 065	0. 849
Valine	g	0. 258			0. 073	0. 090	1. 170
Arginine	g	0. 254			0. 072	0. 089	1. 151
Histidine	g	0. 131			0. 037	0. 046	0. 596
Alanine	g	0. 212			0. 060	0. 074	0. 963
Aspartic acid	g	0. 310			0. 088	0. 109	1. 408
Glutamic acid	g	1. 755			0. 497	0. 614	7. 959
Glycine	g	0. 207			0. 059	0. 073	0. 940
Proline	g	0. 601			0. 170	0. 210	2. 725
Serine	g	0. 317			0. 090	0. 111	1. 436

[1] Waffle (4 in. diam.) = 39 g. Waffle (4 in. x 3 in.) = 24 g.
[2] Values for fortified product.
[3] Values based on product containing partially hydrogenated soybean oil.

WAFFLES
Plain, frozen, ready-to-heat, toasted
(includes buttermilk)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 waffle = 33 g[1] (4 in. sq)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	42.1			11.9	13.9	190.7
Food energy	kcal	264			75	87	1,198
	kJ	1,105			313	365	5,013
Protein	g	6.2			1.8	2.0	28.0
Total lipid (fat)	g	8.2			2.3	2.7	37.1
Carbohydrate, total	g	40.7			11.5	13.4	184.4
Crude fiber	g	0.2			0.1	0.1	0.9
Ash	g	2.9			0.8	1.0	13.3
Minerals:							
Calcium[2]	mg	232			66	77	1,054
Iron[2]	mg	4.47			1.27	1.48	20.30
Magnesium	mg	22			6	7	98
Phosphorus	mg	420			119	138	1,903
Potassium	mg	128			36	42	583
Sodium	mg	787			223	260	3,572
Zinc	mg	0.58			0.16	0.19	2.63
Copper	mg	0.076			0.022	0.025	0.347
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin[2]	mg	0.385			0.109	0.127	1.746
Riboflavin[2]	mg	0.476			0.135	0.157	2.160
Niacin[2]	mg	4.435			1.257	1.464	20.117
Pantothenic acid	mg	0.403			0.114	0.133	1.829
Vitamin B-6[2]	mg	0.895			0.254	0.295	4.061
Folate[2]	mcg	35			10	12	160
Vitamin B-12[2]	mcg	2.51			0.71	0.83	11.36
Vitamin A[2]	RE	364			103	120	1,649
	IU	1,213			344	400	5,504
Lipids:[3]							
Fatty acids:							
Saturated, total	g	1.439			0.408	0.475	6.526
4:0	g	0.000			0.000	0.000	0.002
6:0	g	0.000			0.000	0.000	0.001
8:0	g	0.001			0.000	0.000	0.003
10:0	g	0.001			0.000	0.000	0.004
12:0	g	0.001			0.000	0.000	0.004
14:0	g	0.012			0.003	0.004	0.056
16:0	g	1.005			0.285	0.332	4.560
18:0	g	0.418			0.118	0.138	1.896
Monounsaturated, total	g	3.210			0.910	1.059	14.561
16:1	g	0.064			0.018	0.021	0.291
18:1	g	3.142			0.891	1.037	14.251
20:1	g	0.004			0.001	0.001	0.017
22:1	g	0.000			0.000	0.000	0.002
Polyunsaturated, total	g	2.782			0.789	0.918	12.620
18:2	g	2.578			0.731	0.851	11.693
18:3	g	0.180			0.051	0.060	0.818
18:4	g						
20:4	g	0.019			0.005	0.006	0.085
20:5	g	0.000			0.000	0.000	0.002
22:5	g						
22:6	g	0.005			0.001	0.002	0.022
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.076			0.021	0.025	0.343
Threonine	g	0.194			0.055	0.064	0.879
Isoleucine	g	0.236			0.067	0.078	1.072
Leucine	g	0.445			0.126	0.147	2.019
Lysine	g	0.195			0.055	0.064	0.884
Methionine	g	0.123			0.035	0.041	0.560
Cystine	g	0.133			0.038	0.044	0.604
Phenylalanine	g	0.310			0.088	0.102	1.405
Tyrosine	g	0.197			0.056	0.065	0.893
Valine	g	0.271			0.077	0.090	1.231
Arginine	g	0.267			0.076	0.088	1.212
Histidine	g	0.138			0.039	0.046	0.628
Alanine	g	0.224			0.063	0.074	1.014
Aspartic acid	g	0.327			0.093	0.108	1.483
Glutamic acid	g	1.847			0.524	0.610	8.378
Glycine	g	0.218			0.062	0.072	0.990
Proline	g	0.632			0.179	0.209	2.868
Serine	g	0.333			0.094	0.110	1.511

[1] Waffle (4 in. diam.) = 37 g.
[2] Values for fortified product.
[3] Values based on product containing partially hydrogenated soybean oil.

WAFFLES
Plain, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 waffle = 75 g[1] (7 in. diam.)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	42. 0			11. 9	31. 5	190. 5
Food energy	kcal	291			82	218	1,319
	kJ	1,217			345	913	5,522
Protein	g	7. 9			2. 3	6. 0	36. 0
Total lipid (fat)	g	14. 1			4. 0	10. 6	64. 0
Carbohydrate, total	g	32. 9			9. 3	24. 7	149. 1
Crude fiber	g	0. 1			0. 0	0. 1	0. 4
Ash	g	3. 1			0. 9	2. 3	14. 0
Minerals:							
Calcium	mg	255			72	191	1,156
Iron	mg	2. 31			0. 66	1. 73	10. 49
Magnesium	mg	19			5	15	88
Phosphorus	mg	190			54	143	862
Potassium	mg	159			45	119	720
Sodium	mg	511			145	383	2,316
Zinc	mg	0. 68			0. 19	0. 51	3. 11
Copper	mg	0. 062			0. 018	0. 046	0. 281
Manganese	mg	0. 265			0. 075	0. 198	1. 200
Vitamins:							
Ascorbic acid	mg	0. 4			0. 1	0. 3	1. 8
Thiamin	mg	0. 263			0. 075	0. 198	1. 195
Riboflavin	mg	0. 347			0. 098	0. 260	1. 575
Niacin	mg	2. 073			0. 588	1. 554	9. 401
Pantothenic acid	mg	0. 485			0. 137	0. 363	2. 198
Vitamin B-6	mg	0. 056			0. 016	0. 042	0. 253
Folate	mcg	15			4	11	67
Vitamin B-12	mcg	0. 25			0. 07	0. 19	1. 13
Vitamin A	RE	65			19	49	297
	IU	228			65	171	1,035
Lipids:							
Fatty acids:							
Saturated, total	g	2. 866			0. 813	2. 150	13. 002
4:0	g	0. 041			0. 012	0. 031	0. 188
6:0	g	0. 025			0. 007	0. 019	0. 112
8:0	g	0. 014			0. 004	0. 011	0. 066
10:0	g	0. 032			0. 009	0. 024	0. 147
12:0	g	0. 036			0. 010	0. 027	0. 166
14:0	g	0. 145			0. 041	0. 109	0. 657
16:0	g	1. 865			0. 529	1. 399	8. 461
18:0	g	0. 696			0. 197	0. 522	3. 155
Monounsaturated, total	g	3. 521			0. 998	2. 641	15. 971
16:1	g	0. 096			0. 027	0. 072	0. 434
18:1	g	3. 395			0. 962	2. 546	15. 398
20:1	g	0. 026			0. 007	0. 020	0. 119
22:1	g	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	g	6. 785			1. 923	5. 089	30. 776
18:2	g	5. 975			1. 694	4. 481	27. 103
18:3	g	0. 782			0. 222	0. 587	3. 548
18:4	g						
20:4	g	0. 021			0. 006	0. 016	0. 097
20:5	g	0. 001			0. 000	0. 000	0. 002
22:5	g						
22:6	g	0. 006			0. 002	0. 004	0. 025
Cholesterol	mg	69			20	52	313
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 099			0. 028	0. 075	0. 451
Threonine	g	0. 289			0. 082	0. 217	1. 311
Isoleucine	g	0. 362			0. 103	0. 271	1. 641
Leucine	g	0. 630			0. 179	0. 472	2. 857
Lysine	g	0. 384			0. 109	0. 288	1. 742
Methionine	g	0. 179			0. 051	0. 134	0. 813
Cystine	g	0. 145			0. 041	0. 109	0. 660
Phenylalanine	g	0. 395			0. 112	0. 296	1. 793
Tyrosine	g	0. 293			0. 083	0. 220	1. 331
Valine	g	0. 409			0. 116	0. 307	1. 854
Arginine	g	0. 345			0. 098	0. 259	1. 564
Histidine	g	0. 187			0. 053	0. 140	0. 849
Alanine	g	0. 301			0. 085	0. 226	1. 364
Aspartic acid	g	0. 509			0. 144	0. 382	2. 309
Glutamic acid	g	1. 989			0. 564	1. 492	9. 022
Glycine	g	0. 247			0. 070	0. 185	1. 121
Proline	g	0. 726			0. 206	0. 544	3. 291
Serine	g	0. 447			0. 127	0. 335	2. 026

[1] 9 in. square waffle = 200 g. Section (4-1/2 in. square) of 9 in. square waffle = 50 g.

WAFFLES
Buttermilk, prepared from recipe

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 waffle = 75 g[1] (7 in. diam.)	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	42. 1			11. 9	31. 6	190. 9
Food energy	*kcal*	289			82	217	1,310
	kJ	1,209			343	907	5,485
Protein	*g*	8. 3			2. 3	6. 2	37. 5
Total lipid (fat)	*g*	13. 6			3. 8	10. 2	61. 5
Carbohydrate, total	*g*	33. 0			9. 4	24. 8	149. 9
Crude fiber	*g*	0. 1			0. 0	0. 1	0. 4
Ash	*g*	2. 6			0. 7	1. 9	11. 8
Minerals:							
Calcium	*mg*	182			51	136	824
Iron	*mg*	2. 17			0. 62	1. 63	9. 85
Magnesium	*mg*	18			5	14	83
Phosphorus	*mg*	165			47	124	747
Potassium	*mg*	171			49	129	778
Sodium	*mg*	601			170	451	2,725
Zinc	*mg*	0. 75			0. 21	0. 56	3. 38
Copper	*mg*	0. 065			0. 018	0. 049	0. 295
Manganese	*mg*	0. 265			0. 075	0. 199	1. 204
Vitamins:							
Ascorbic acid	*mg*	0. 5			0. 1	0. 4	2. 1
Thiamin	*mg*	0. 264			0. 075	0. 198	1. 199
Riboflavin	*mg*	0. 356			0. 101	0. 267	1. 615
Niacin	*mg*	2. 066			0. 586	1. 550	9. 373
Pantothenic acid	*mg*	0. 483			0. 137	0. 362	2. 192
Vitamin B-6	*mg*	0. 054			0. 015	0. 040	0. 245
Folate	*mcg*	15			4	11	69
Vitamin B-12	*mcg*	0. 21			0. 06	0. 16	0. 96
Vitamin A	*RE*	35			10	26	158
	IU	121			34	91	548
Lipids:							
Fatty acids:							
Saturated, total	*g*	2. 508			0. 711	1. 881	11. 378
4:0	*g*	0. 022			0. 006	0. 016	0. 098
6:0	*g*	0. 013			0. 004	0. 009	0. 057
8:0	*g*	0. 008			0. 002	0. 006	0. 036
10:0	*g*	0. 017			0. 005	0. 013	0. 076
12:0	*g*	0. 019			0. 005	0. 014	0. 086
14:0	*g*	0. 082			0. 023	0. 062	0. 373
16:0	*g*	1. 705			0. 483	1. 279	7. 733
18:0	*g*	0. 621			0. 176	0. 466	2. 818
Monounsaturated, total	*g*	3. 364			0. 954	2. 523	15. 258
16:1	*g*	0. 082			0. 023	0. 062	0. 372
18:1	*g*	3. 246			0. 920	2. 435	14. 725
20:1	*g*	0. 026			0. 007	0. 020	0. 120
22:1	*g*	0. 000			0. 000	0. 000	0. 002
Polyunsaturated, total	*g*	6. 783			1. 923	5. 087	30. 768
18:2	*g*	5. 980			1. 695	4. 485	27. 125
18:3	*g*	0. 775			0. 220	0. 582	3. 518
18:4	*g*						
20:4	*g*	0. 022			0. 006	0. 016	0. 098
20:5	*g*	0. 001			0. 000	0. 000	0. 002
22:5	*g*						
22:6	*g*	0. 006			0. 002	0. 004	0. 025
Cholesterol	*mg*	67			19	50	304
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0. 100			0. 028	0. 075	0. 453
Threonine	*g*	0. 306			0. 087	0. 229	1. 387
Isoleucine	*g*	0. 381			0. 108	0. 286	1. 729
Leucine	*g*	0. 661			0. 187	0. 496	2. 999
Lysine	*g*	0. 413			0. 117	0. 309	1. 872
Methionine	*g*	0. 186			0. 053	0. 140	0. 845
Cystine	*g*	0. 149			0. 042	0. 112	0. 675
Phenylalanine	*g*	0. 415			0. 118	0. 311	1. 883
Tyrosine	*g*	0. 301			0. 085	0. 226	1. 364
Valine	*g*	0. 436			0. 124	0. 327	1. 979
Arginine	*g*	0. 358			0. 102	0. 269	1. 625
Histidine	*g*	0. 197			0. 056	0. 148	0. 894
Alanine	*g*	0. 313			0. 089	0. 235	1. 419
Aspartic acid	*g*	0. 537			0. 152	0. 402	2. 434
Glutamic acid	*g*	2. 036			0. 577	1. 527	9. 237
Glycine	*g*	0. 255			0. 072	0. 191	1. 156
Proline	*g*	0. 760			0. 215	0. 570	3. 446
Serine	*g*	0. 461			0. 131	0. 345	2. 089

[1] 9 in. square = 200 g. Section (4-1/2 in. square) of 9 in. square waffle = 50 g.

WONTON WRAPPERS

(includes egg roll wrappers)[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 wonton wrapper = 8 g[2]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:[3]							
Water	g	28. 8			2. 3	8. 2	130. 8
Food energy	kcal	291			23	83	1,322
	kJ	1,220			98	346	5,533
Protein	g	9. 8			0. 8	2. 8	44. 6
Total lipid (fat)	g	1. 5			0. 1	0. 4	7. 0
Carbohydrate, total	g	57. 9			4. 6	16. 4	262. 5
Crude fiber	g	0. 0			0. 0	0. 0	0. 0
Ash	g	1. 9			0. 2	0. 5	8. 5
Minerals:[3]							
Calcium	mg	47			4	13	214
Iron	mg	3. 36			0. 27	0. 95	15. 22
Magnesium	mg	20			2	6	93
Phosphorus	mg	81			7	23	369
Potassium	mg	82			7	23	372
Sodium	mg	572			46	162	2,595
Zinc	mg	0. 71			0. 06	0. 20	3. 22
Copper	mg	0. 147			0. 012	0. 042	0. 669
Manganese	mg	0. 638			0. 051	0. 181	2. 895
Vitamins:[3]							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0. 519			0. 042	0. 147	2. 354
Riboflavin	mg	0. 378			0. 030	0. 107	1. 715
Niacin	mg	5. 424			0. 434	1. 538	24. 604
Pantothenic acid	mg	0. 025			0. 002	0. 007	0. 112
Vitamin B-6	mg	0. 030			0. 002	0. 008	0. 135
Folate	mcg	17			1	5	78
Vitamin B-12	mcg	0. 02			0. 00	0. 00	0. 08
Vitamin A	RE	4			0	1	19
	IU	14			1	4	63
Lipids:[3]							
Fatty acids:							
Saturated, total	g	0. 263			0. 021	0. 074	1. 191
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 002			0. 000	0. 001	0. 008
16:0	g	0. 223			0. 018	0. 063	1. 010
18:0	g	0. 025			0. 002	0. 007	0. 113
Monounsaturated, total	g	0. 195			0. 016	0. 055	0. 883
16:1	g	0. 010			0. 001	0. 003	0. 047
18:1	g	0. 183			0. 015	0. 052	0. 832
20:1	g	0. 001			0. 000	0. 000	0. 003
22:1	g						
Polyunsaturated, total	g	0. 610			0. 049	0. 173	2. 767
18:2	g	0. 571			0. 046	0. 162	2. 591
18:3	g	0. 035			0. 003	0. 010	0. 157
18:4	g						
20:4	g	0. 003			0. 000	0. 001	0. 014
20:5	g						
22:5	g						
22:6	g	0. 001			0. 000	0. 000	0. 004
Cholesterol	mg	9			1	3	42
Phytosterols	mg						
Amino acids:[3]							
Tryptophan	g	0. 114			0. 009	0. 032	0. 517
Threonine	g	0. 268			0. 021	0. 076	1. 216
Isoleucine	g	0. 369			0. 029	0. 105	1. 672
Leucine	g	0. 684			0. 055	0. 194	3. 103
Lysine	g	0. 204			0. 016	0. 058	0. 926
Methionine	g	0. 176			0. 014	0. 050	0. 799
Cystine	g	0. 221			0. 018	0. 063	1. 002
Phenylalanine	g	0. 486			0. 039	0. 138	2. 203
Tyrosine	g	0. 273			0. 022	0. 077	1. 237
Valine	g	0. 417			0. 033	0. 118	1. 893
Arginine	g	0. 348			0. 028	0. 099	1. 580
Histidine	g	0. 209			0. 017	0. 059	0. 950
Alanine	g	0. 307			0. 025	0. 087	1. 392
Aspartic acid	g	0. 413			0. 033	0. 117	1. 874
Glutamic acid	g	3. 384			0. 271	0. 959	15. 351
Glycine	g	0. 336			0. 027	0. 095	1. 525
Proline	g	1. 134			0. 091	0. 322	5. 145
Serine	g	0. 483			0. 039	0. 137	2. 191

[1] Egg roll wrapper (approx 7 in. square) = 32 g.
[2] Approx 3-1/2 in. square.
[3] Values for product made with eggs.

LEAVENING AGENTS
Baking powder, double-acting, sodium aluminum sulfate[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 tsp = 2.3 g	1 tsp = 4.6 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water[2]	*g*	5. 0		1	0. 1	0. 2	22. 8
Food energy[2]	*kcal*	53			1	2	239
	kJ	221			5	10	1,001
Protein (N x 6.20)[2]	*g*	0. 0		1	0. 0	0. 0	0. 2
Total lipid (fat)[2]	*g*	0		1	0	0	0
Carbohydrate, total[2]	*g*	27. 7			0. 6	1. 3	125. 4
Crude fiber	*g*						
Ash	*g*	67. 3		1	1. 5	3. 1	305. 1
Minerals:							
Calcium	*mg*	5,876	72. 415	2	135	270	26,651
Iron	*mg*	11. 02	1. 171	4	0. 25	0. 51	50. 00
Magnesium	*mg*	27	1. 895	4	1	1	121
Phosphorus	*mg*	2,191	40. 266	4	50	101	9,940
Potassium	*mg*	20		1	0	1	90
Sodium	*mg*	10,600	5. 657	2	244	488	48,082
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0			0	0	0
Riboflavin	*mg*	0			0	0	0
Niacin	*mg*	0			0	0	0
Pantothenic acid	*mg*	0			0	0	0
Vitamin B-6	*mg*	0			0	0	0
Folate	*mcg*	0			0	0	0
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*						
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*						
16:0	*g*						
18:0	*g*						
Monounsaturated, total	*g*						
16:1	*g*						
18:1	*g*						
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*						
18:2	*g*						
18:3	*g*						
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
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*						

[1] Values based on product containing baking soda (bicarbonate of soda), cornstarch, sodium aluminum sulfate, calcium sulfate, and calcium acid phosphate.
[2] Values based on cornstarch content.

LEAVENING AGENTS
Baking powder, double-acting, straight phosphate[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 tsp = 2.3 g	1 tsp = 4.6 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water[2]	g	4. 0	0. 350	2	0. 1	0. 2	18. 4
Food energy[2]	kcal	51			1	2	231
	kJ	213			5	10	965
Protein (N x 6.20)[2]	g	0. 1		1	0. 0	0. 0	0. 3
Total lipid (fat)[2]	g	0. 0		1	0. 0	0. 0	0. 1
Carbohydrate, total[2]	g	24. 1			0. 6	1. 1	109. 3
Crude fiber	g						
Ash	g	71. 8		1	1. 7	3. 3	325. 5
Minerals:							
Calcium	mg	7,364	32. 166	3	169	339	33,403
Iron	mg	11. 27	2. 867	3	0. 26	0. 52	51. 11
Magnesium	mg	39	12. 657	3	1	2	178
Phosphorus	mg	9,918	309. 356	3	228	456	44,988
Potassium	mg	5		1	0	0	20
Sodium	mg	7,893	404. 206	3	182	363	35,804
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0			0	0	0
Riboflavin	mg	0			0	0	0
Niacin	mg	0			0	0	0
Pantothenic acid	mg	0			0	0	0
Vitamin B-6	mg	0			0	0	0
Folate	mcg	0			0	0	0
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
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						

[1] Values based on product containing calcium acid phosphate, baking soda (bicarbonate of soda), and cornstarch.
[2] Values based on cornstarch content.

LEAVENING AGENTS
Baking powder, low-sodium[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 tsp = 2.5 g[2]	1 tsp = 5 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water[3]	g	6. 2	0. 040	2	0. 2	0. 3	28. 3
Food energy[3]	kcal	97			2	5	441
	kJ	407			10	20	1,846
Protein (N x 6.20)[3]	g	0. 1		1	0. 0	0. 0	0. 7
Total lipid (fat)[3]	g	0. 4	0. 033	3	0. 0	0. 0	1. 7
Carbohydrate, total[3]	g	46. 9			1. 2	2. 3	212. 6
Crude fiber	g						
Ash	g	46. 4	1. 915	2	1. 2	2. 3	210. 4
Minerals:							
Calcium	mg	4,332	321. 994	2	108	217	19,650
Iron	mg	8. 17	0. 410	2	0. 20	0. 41	37. 06
Magnesium	mg	29	0. 149	2	1	1	131
Phosphorus	mg	6,869	18. 439	2	172	343	31,156
Potassium	mg	10,100		1	252	505	45,814
Sodium	mg	90		1	2	4	408
Zinc	mg	0. 72	0. 055	2	0. 02	0. 04	3. 29
Copper	mg	0. 019	0. 002	2	0. 000	0. 001	0. 086
Manganese	mg	0. 420	0. 000	2	0. 010	0. 021	1. 905
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0			0	0	0
Riboflavin	mg	0			0	0	0
Niacin	mg	0			0	0	0
Pantothenic acid	mg	0			0	0	0
Vitamin B-6	mg	0			0	0	0
Folate	mcg	0			0	0	0
Vitamin B-12	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
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						

[1] Values based on potato starch, calcium phosphate, and potassium bicarbonate.
[2] To substitute low-sodium for double-acting baking powder, use 1.5 times more low-sodium baking powder (1 tsp double-acting = 1-1/2 tsp low-sodium).
[3] Values based on potato starch content.

LEAVENING AGENTS
Baking soda[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 tsp = 2.3 g	1 tsp = 4.6 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	0. 2		1	0. 0	0. 0	0. 9
Food energy	*kcal*	0			0	0	0
	kJ	0			0	0	0
Protein	*g*	0			0	0	0
Total lipid (fat)	*g*	0			0	0	0
Carbohydrate, total	*g*	0			0	0	0
Crude fiber	*g*						
Ash	*g*	36. 9		1	0. 8	1. 7	167. 3
Minerals:							
Calcium	*mg*	0			0	0	0
Iron	*mg*	0			0	0	0
Magnesium	*mg*	0			0	0	0
Phosphorus	*mg*	0			0	0	0
Potassium	*mg*	0			0	0	0
Sodium	*mg*	27,360		1	629	1,259	124,105
Zinc	*mg*	0			0	0	0
Copper	*mg*	0			0	0	0
Manganese	*mg*	0			0	0	0
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0			0	0	0
Riboflavin	*mg*	0			0	0	0
Niacin	*mg*	0			0	0	0
Pantothenic acid	*mg*	0			0	0	0
Vitamin B-6	*mg*	0			0	0	0
Folate	*mcg*	0			0	0	0
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*						
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*						
16:0	*g*						
18:0	*g*						
Monounsaturated, total	*g*						
16:1	*g*						
18:1	*g*						
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*						
18:2	*g*						
18:3	*g*						
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
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*						

[1] Sodium bicarbonate.

LEAVENING AGENTS
Cream of tartar[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 tsp = 1.5 g	1 tsp = 3 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water[2]	*g*	1.7		1	0.0	0.0	7.5
Food energy[2]	*kcal*	258			4	8	1,172
	kJ	1,082			16	32	4,908
Protein (N x 6.20)[2]	*g*	0.0		1	0.0	0.0	0.2
Total lipid (fat)	*g*	0		1	0	0	0
Carbohydrate, total[2]	*g*	61.5			0.9	1.8	278.9
Crude fiber	*g*						
Ash	*g*	36.8	0.027	2	0.6	1.1	166.9
Minerals:							
Calcium	*mg*	8	2.900	2	0	0	36
Iron	*mg*	3.72	0.245	2	0.06	0.11	16.90
Magnesium	*mg*	2	0.250	2	0	0	7
Phosphorus	*mg*	5	0.000	2	0	0	23
Potassium	*mg*	16,500		1	247	495	74,844
Sodium	*mg*	52	32.000	2	1	2	236
Zinc	*mg*	0.42	0.110	2	0.01	0.01	1.91
Copper	*mg*	0.195	0.025	2	0.003	0.006	0.885
Manganese	*mg*	0.205	0.015	2	0.003	0.006	0.930
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0			0	0	0
Riboflavin	*mg*	0			0	0	0
Niacin	*mg*	0			0	0	0
Pantothenic acid	*mg*	0			0	0	0
Vitamin B-6	*mg*	0			0	0	0
Folate	*mcg*	0			0	0	0
Vitamin B-12	*mcg*	0			0	0	0
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*						
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*						
16:0	*g*						
18:0	*g*						
Monounsaturated, total	*g*						
16:1	*g*						
18:1	*g*						
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*						
18:2	*g*						
18:3	*g*						
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	0			0	0	0
Phytosterols	*mg*						
Amino acids:							
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*						

[1] Potassium acid tartrate.
[2] Values based on cornstarch content.

LEAVENING AGENTS
Yeast, baker's, active dry

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 pkg (1/4 oz) = 7 g[1]	1 tbsp = 12 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	7. 6		1	0. 5	0. 9	34. 5
Food energy	kcal	295			21	35	1,338
	kJ	1,235			86	148	5,600
Protein (N x 5.70)[2]	g	38. 3		1	2. 7	4. 6	173. 7
Total lipid (fat)	g	4. 6		1	0. 3	0. 6	21. 1
Carbohydrate, total	g	38. 2			2. 7	4. 6	173. 3
Crude fiber	g						
Ash	g	7. 0		1	0. 5	0. 8	31. 8
Minerals:							
Calcium	mg	64	21. 428	2	5	8	292
Iron	mg	16. 60		1	1. 16	1. 99	75. 30
Magnesium	mg	98		1	7	12	443
Phosphorus	mg						
Potassium	mg	2,000		1	140	240	9,072
Sodium	mg						
Zinc	mg	6. 40		1	0. 45	0. 77	29. 03
Copper	mg	0. 500		1	0. 035	0. 060	2. 268
Manganese	mg	0. 550	0. 010	2	0. 038	0. 066	2. 495
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg	39. 750	2. 750	2	2. 782	4. 770	180. 306
Pantothenic acid	mg	11. 300		1	0. 791	1. 356	51. 257
Vitamin B-6	mg	1. 550	0. 350	2	0. 108	0. 186	7. 031
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0. 595			0. 042	0. 071	2. 700
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 029			0. 002	0. 004	0. 133
14:0	g						
16:0	g	0. 420			0. 029	0. 050	1. 905
18:0	g	0. 146			0. 010	0. 018	0. 662
Monounsaturated, total	g	2. 562			0. 179	0. 307	11. 620
16:1	g	1. 361			0. 095	0. 163	6. 172
18:1	g	1. 201			0. 084	0. 144	5. 448
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 010			0. 001	0. 001	0. 044
18:2	g	0. 010			0. 001	0. 001	0. 044
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 484	0. 003		0. 034	0. 058	2. 194
Threonine	g	1. 989	0. 003		0. 139	0. 239	9. 021
Isoleucine	g	2. 177	0. 006		0. 152	0. 261	9. 875
Leucine	g	3. 057	0. 007		0. 214	0. 367	13. 867
Lysine	g	3. 158	0. 009		0. 221	0. 379	14. 324
Methionine	g	0. 759	0. 004		0. 053	0. 091	3. 444
Cystine	g	0. 511	0. 004		0. 036	0. 061	2. 316
Phenylalanine	g	1. 861	0. 006		0. 130	0. 223	8. 442
Tyrosine	g	1. 579	0. 005		0. 111	0. 189	7. 162
Valine	g	2. 345	0. 006		0. 164	0. 281	10. 637
Arginine	g	2. 116	0. 007		0. 148	0. 254	9. 600
Histidine	g	0. 994	0. 005		0. 070	0. 119	4. 511
Alanine	g	2. 533	0. 009		0. 177	0. 304	11. 490
Aspartic acid	g	3. 904	0. 011		0. 273	0. 468	17. 707
Glutamic acid	g	5. 651	0. 014		0. 396	0. 678	25. 631
Glycine	g	1. 861	0. 009		0. 130	0. 223	8. 442
Proline	g	1. 633	0. 012		0. 114	0. 196	7. 406
Serine	g	1. 888	0. 006		0. 132	0. 227	8. 564

[1] 1 pkg = 1 cake (0.6 oz) compressed yeast.
[2] See Explanation of Table, discussion of foods with appreciable nonprotein nitrogen, p 2.

LEAVENING AGENTS
Yeast, baker's, compressed

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cake (0.6 oz) = 17 g[1]		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69. 0		1	11. 7		313. 0
Food energy	kcal	105			18		476
	kJ	439			75		1,993
Protein (N x 5.70)[2]	g	8. 4		1	1. 4		38. 0
Total lipid (fat)	g	1. 9		1	0. 3		8. 6
Carbohydrate, total	g	18. 1			3. 1		82. 3
Crude fiber	g						
Ash	g	1. 8	0. 050	2	0. 3		8. 4
Minerals:							
Calcium	mg	19	0. 800	2	3		87
Iron	mg	3. 25	0. 175	2	0. 55		14. 76
Magnesium	mg	40	6. 600	2	7		181
Phosphorus	mg	336		1	57		1,524
Potassium	mg	601		1	102		2,726
Sodium	mg	30		1	5		136
Zinc	mg	9. 97		1	1. 69		45. 22
Copper	mg	0. 148		1	0. 025		0. 671
Manganese	mg	0. 200		1	0. 034		0. 907
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	1. 880		1	0. 320		8. 528
Riboflavin	mg	1. 130	0. 070	2	0. 192		5. 126
Niacin	mg	12. 300		1	2. 091		55. 793
Pantothenic acid	mg	4. 900		1	0. 833		22. 226
Vitamin B-6	mg	0. 430		1	0. 073		1. 950
Folate	mcg	785		1	133		3,561
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0. 243			0. 041		1. 103
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 012			0. 002		0. 054
14:0	g						
16:0	g	0. 172			0. 029		0. 778
18:0	g	0. 060			0. 010		0. 271
Monounsaturated, total	g	1. 047			0. 178		4. 748
16:1	g	0. 556			0. 095		2. 522
18:1	g	0. 491			0. 083		2. 226
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 004			0. 001		0. 018
18:2	g	0. 004			0. 001		0. 018
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		1	0		0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 106	0. 004		0. 018		0. 479
Threonine	g	0. 435	0. 005		0. 074		1. 971
Isoleucine	g	0. 476	0. 009		0. 081		2. 158
Leucine	g	0. 668	0. 009		0. 114		3. 030
Lysine	g	0. 690	0. 013		0. 117		3. 130
Methionine	g	0. 166	0. 005		0. 028		0. 752
Cystine	g	0. 112	0. 006		0. 019		0. 506
Phenylalanine	g	0. 407	0. 009		0. 069		1. 845
Tyrosine	g	0. 345	0. 007		0. 059		1. 565
Valine	g	0. 512	0. 009		0. 087		2. 324
Arginine	g	0. 462	0. 009		0. 079		2. 098
Histidine	g	0. 217	0. 008		0. 037		0. 986
Alanine	g	0. 553	0. 012		0. 094		2. 511
Aspartic acid	g	0. 853	0. 016		0. 145		3. 869
Glutamic acid	g	1. 235	0. 020		0. 210		5. 600
Glycine	g	0. 407	0. 013		0. 069		1. 845
Proline	g	0. 357	0. 016		0. 061		1. 618
Serine	g	0. 413	0. 008		0. 070		1. 871

[1] 1 cake = 1 pkg (1/4 oz) active dry yeast.
[2] See Explanation of Table, discussion of foods with appreciable nonprotein nitrogen, p 2.

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ISBN 0-16-038044-8

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