

NDB No. 11001 Alfalfa seeds, sprouted, raw
Medicago sativa

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 33g	Measure 2* 3g	Measure 3*
Proximates:						
Water	g	91.14	1.226	10	30.08	2.73
Energy	kcal	29		0	10	1
Energy	kJ	121		0	40	4
Protein (N x 5.95)	g	3.99	0.563	10	1.32	0.12
Total lipid (fat)	g	0.69	0.141	10	0.23	0.02
Carbohydrate, by difference	g	3.78		0	1.25	0.11
Fiber, total dietary	g	2.5		0	0.8	0.1
Ash	g	0.40	0.044	10	0.13	0.01
Sugars, total	g					
Minerals:						
Calcium	mg	32	4.659	10	11	1
Iron	mg	0.96	0.114	10	0.32	0.03
Magnesium	mg	27	3.978	10	9	1
Phosphorus	mg	70	7.914	10	23	2
Potassium	mg	79	9.790	10	26	2
Sodium	mg	6	1.094	10	2	0
Zinc	mg	0.92	0.273	10	0.30	0.03
Copper	mg	0.157	0.017	10	0.052	0.005
Manganese	mg	0.188	0.019	10	0.062	0.006
Selenium	µg	0.6		0	0.2	0.0
Vitamins:						
Ascorbic acid	mg	8.2	0.678	10	2.7	0.2
Thiamin	mg	0.076	0.005	10	0.025	0.002
Riboflavin	mg	0.126	0.017	10	0.042	0.004
Niacin	mg	0.481	0.044	10	0.159	0.014
Pantothenic acid	mg	0.563	0.069	10	0.186	0.017
Vitamin B-6	mg	0.034	0.005	10	0.011	0.001
Folate	µg	36	0.800	10	12	1
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	155	48.516	10	51	5
Vitamin A, RE	µg	16	4.852	10	5	0
Vitamin E, α-TE	mg	0.020		0	0.007	0.001
Lipids:						
Saturated, total	g	0.069		0	0.023	0.002
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.002		0	0.001	0.000
15:0	g					
16:0	g	0.059		0	0.019	0.002
17:0	g					
18:0	g	0.008		0	0.003	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.056	0	0.018	0.002
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.056	0	0.018	0.002
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.409	0	0.135	0.012
18:2	g	0.234	0	0.077	0.007
18:3	g	0.175	0	0.058	0.005
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.134	1	0.044	0.004
Isoleucine	g	0.143	1	0.047	0.004
Leucine	g	0.267	1	0.088	0.008
Lysine	g	0.214	1	0.071	0.006
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g	0.145	1	0.048	0.004
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 tablespoon

NDB No. 11001

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11003 Amaranth leaves, raw
Amaranthus spp.

Refuse: 6% Tough stems

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 14g	Measure 3*
Proximates:						
Water	g	91.69	1	25.67	12.84	
Energy	kcal	23	0	6	3	
Energy	kJ	96	0	27	13	
Protein (N x 5.95)	g	2.46	0.175	6	0.69	0.34
Total lipid (fat)	g	0.33	0.089	6	0.09	0.05
Carbohydrate, by difference	g	4.03		0	1.13	0.56
Fiber, total dietary	g					
Ash	g	1.50	0.320	6	0.42	0.21
Sugars, total	g					
Minerals:						
Calcium	mg	215	59.071	6	60	30
Iron	mg	2.32		0	0.65	0.32
Magnesium	mg	55		1	15	8
Phosphorus	mg	50	1.236	15	14	7
Potassium	mg	611		1	171	86
Sodium	mg	20		1	6	3
Zinc	mg	0.90		0	0.25	0.13
Copper	mg	0.162		0	0.045	0.023
Manganese	mg	0.885		0	0.248	0.124
Selenium	µg	0.9		0	0.3	0.1
Vitamins:						
Ascorbic acid	mg	43.3	8.763	5	12.1	6.1
Thiamin	mg	0.027	0.014	5	0.008	0.004
Riboflavin	mg	0.158	0.032	5	0.044	0.022
Niacin	mg	0.658	0.106	5	0.184	0.092
Pantothenic acid	mg	0.064		0	0.018	0.009
Vitamin B-6	mg	0.192		0	0.054	0.027
Folate	µg	85		0	24	12
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	2917	1200.755	5	817	408
Vitamin A, RE	µg	292	120.076	5	82	41
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.091		0	0.025	0.013
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001		6	0.000	0.000
15:0	g					
16:0	g	0.073		6	0.020	0.010
17:0	g					
18:0	g	0.012		6	0.003	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.076	0	0.021	0.011
14:1	g				
16:1	g				
18:1	g	0.076	6	0.021	0.011
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.147	0	0.041	0.021
18:2	g	0.145	6	0.041	0.020
18:3	g	0.002	6	0.001	0.000
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	14	0.009	0.004
Threonine	g	0.099	12	0.028	0.014
Isoleucine	g	0.119	12	0.033	0.017
Leucine	g	0.195	12	0.055	0.027
Lysine	g	0.127	16	0.036	0.018
Methionine	g	0.036	16	0.010	0.005
Cystine	g	0.029	13	0.008	0.004
Phenylalanine	g	0.133	11	0.037	0.019
Tyrosine	g	0.080	10	0.022	0.011
Valine	g	0.137	12	0.038	0.019
Arginine	g	0.121	11	0.034	0.017
Histidine	g	0.052	11	0.015	0.007
Alanine	g	0.139	6	0.039	0.019
Aspartic acid	g	0.229	6	0.064	0.032
Glutamic acid	g	0.292	6	0.082	0.041
Glycine	g	0.132	6	0.037	0.018
Proline	g	0.121	6	0.034	0.017
Serine	g	0.111	6	0.031	0.016
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 leaf

NDB No. 11003

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11004 Amaranth leaves, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 132g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.49	1	120.77		
Energy	kcal	21	0	28		
Energy	kJ	88	0	116		
Protein (N x 5.95)	g	2.11	1	2.79		
Total lipid (fat)	g	0.18	1	0.24		
Carbohydrate, by difference	g	4.11	0	5.43		
Fiber, total dietary	g					
Ash	g	2.11	1	2.79		
Sugars, total	g					
Minerals:						
Calcium	mg	209	0	276		
Iron	mg	2.26	1	2.98		
Magnesium	mg	55	1	73		
Phosphorus	mg	72	1	95		
Potassium	mg	641	1	846		
Sodium	mg	21	1	28		
Zinc	mg	0.88	0	1.16		
Copper	mg	0.158	0	0.209		
Manganese	mg	0.861	0	1.137		
Selenium	µg	0.9	0	1.2		
Vitamins:						
Ascorbic acid	mg	41.1	8.325	5	54.3	
Thiamin	mg	0.020	0.010	5	0.026	
Riboflavin	mg	0.134	0.027	5	0.177	
Niacin	mg	0.559	0.090	5	0.738	
Pantothenic acid	mg	0.062		0	0.082	
Vitamin B-6	mg	0.177		0	0.234	
Folate	µg	57		0	75	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	2770	1140.712	5	3656	
Vitamin A, RE	µg	277	114.071	5	366	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.050	0	0.066		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.040	0	0.053		
17:0	g					
18:0	g	0.006	0	0.008		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.041	0	0.054
14:1	g			
16:1	g			
18:1	g	0.041	0	0.054
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.080	0	0.106
18:2	g	0.079	0	0.104
18:3	g	0.001	0	0.001
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	0.027	0	0.036
Threonine	g	0.085	0	0.112
Isoleucine	g	0.102	0	0.135
Leucine	g	0.167	0	0.220
Lysine	g	0.109	0	0.144
Methionine	g	0.031	0	0.041
Cystine	g	0.025	0	0.033
Phenylalanine	g	0.114	0	0.150
Tyrosine	g	0.068	0	0.090
Valine	g	0.118	0	0.156
Arginine	g	0.104	0	0.137
Histidine	g	0.044	0	0.058
Alanine	g	0.119	0	0.157
Aspartic acid	g	0.196	0	0.259
Glutamic acid	g	0.250	0	0.330
Glycine	g	0.113	0	0.149
Proline	g	0.104	0	0.137
Serine	g	0.095	0	0.125
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11004

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11005 Arrowhead, raw
Sagittaria latifolia

Refuse: 25% Skin and sprout

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 25g	Measure 2 [*] 12g	Measure 3 [*]
Proximates:						
Water	g	72.48	1	18.12	8.70	
Energy	kcal	99	0	25	12	
Energy	kJ	414	0	104	50	
Protein (N x 5.95)	g	5.33	0	1.33	0.64	
Total lipid (fat)	g	0.29	0	0.07	0.03	
Carbohydrate, by difference	g	20.23	0	5.06	2.43	
Fiber, total dietary	g					
Ash	g	1.67	0	0.42	0.20	
Sugars, total	g					
Minerals:						
Calcium	mg	10	0	3	1	
Iron	mg	2.57	0	0.64	0.31	
Magnesium	mg	51	1	13	6	
Phosphorus	mg	174	0	44	21	
Potassium	mg	922	1	231	111	
Sodium	mg	22	1	6	3	
Zinc	mg	0.28	0	0.07	0.03	
Copper	mg	0.171	0	0.043	0.021	
Manganese	mg	0.360	0	0.090	0.043	
Selenium	µg	0.7	0	0.2	0.1	
Vitamins:						
Ascorbic acid	mg	1.1	1	0.3	0.1	
Thiamin	mg	0.170	1	0.043	0.020	
Riboflavin	mg	0.073	1	0.018	0.009	
Niacin	mg	1.650	1	0.413	0.198	
Pantothenic acid	mg	0.599	0	0.150	0.072	
Vitamin B-6	mg	0.260	0	0.065	0.031	
Folate	µg	14	0	4	2	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 large
 Measure 2: 1 medium

NDB No. 11005

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11006 Arrowhead, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 12g	Measure 2*	Measure 3*
Proximates:						
Water	g	77.08	1	9.25		
Energy	kcal	78	0	9		
Energy	kJ	326	0	39		
Protein (N x 5.95)	g	4.49	1	0.54		
Total lipid (fat)	g	0.10	1	0.01		
Carbohydrate, by difference	g	16.14	0	1.94		
Fiber, total dietary	g					
Ash	g	2.19	1	0.26		
Sugars, total	g					
Minerals:						
Calcium	mg	7	1	1		
Iron	mg	1.21	1	0.15		
Magnesium	mg	49	1	6		
Phosphorus	mg	197	1	24		
Potassium	mg	881	1	106		
Sodium	mg	18	1	2		
Zinc	mg	0.22	0	0.03		
Copper	mg	0.135	0	0.016		
Manganese	mg	0.285	0	0.034		
Selenium	µg	0.6	0	0.1		
Vitamins:						
Ascorbic acid	mg	0.3	1	0.0		
Thiamin	mg	0.144	1	0.017		
Riboflavin	mg	0.060	1	0.007		
Niacin	mg	1.160	1	0.139		
Pantothenic acid	mg	0.449	0	0.054		
Vitamin B-6	mg	0.206	0	0.025		
Folate	µg	9	0	1		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	0	0	0		
Vitamin A, RE	µg	0	0	0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 medium

NDB No. 11006

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11007 Artichokes, (globe or french), raw
Cynara scolymus

Refuse: 60% Stem and inedible parts of bracts and flowers

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 128g	Measure 2* 162g	Measure 3*
Proximates:						
Water	g	84.94	0.547	15	108.72	137.60
Energy	kcal	47		0	60	76
Energy	kJ	197		0	252	319
Protein (N x 5.95)	g	3.27	0.179	11	4.19	5.30
Total lipid (fat)	g	0.15	0.023	11	0.19	0.24
Carbohydrate, by difference	g	10.51		0	13.45	17.03
Fiber, total dietary	g	5.4		0	6.9	8.7
Ash	g	1.13	0.071	6	1.45	1.83
Sugars, total	g					
Minerals:						
Calcium	mg	44	2.801	11	56	71
Iron	mg	1.28	0.118	11	1.64	2.07
Magnesium	mg	60	4.370	11	77	97
Phosphorus	mg	90	3.976	11	115	146
Potassium	mg	370	19.867	12	474	599
Sodium	mg	94	8.974	12	120	152
Zinc	mg	0.49	0.055	6	0.63	0.79
Copper	mg	0.231	0.128	6	0.296	0.374
Manganese	mg	0.256	0.005	6	0.328	0.415
Selenium	µg	0.2		0	0.3	0.3
Vitamins:						
Ascorbic acid	mg	11.7	0.422	11	15.0	19.0
Thiamin	mg	0.072	0.003	11	0.092	0.117
Riboflavin	mg	0.066	0.005	11	0.084	0.107
Niacin	mg	1.046	0.086	11	1.339	1.695
Pantothenic acid	mg	0.338	0.013	6	0.433	0.548
Vitamin B-6	mg	0.116	0.007	6	0.148	0.188
Folate	µg	68	2.845	9	87	110
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	185	14.375	5	237	300
Vitamin A, RE	µg	18		0	23	29
Vitamin E, α-TE	mg	0.190		0	0.243	0.308
Lipids:						
Saturated, total	g	0.035		0	0.045	0.057
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.002		1	0.003	0.003
14:0	g	0.002		1	0.003	0.003
15:0	g					
16:0	g	0.029		1	0.037	0.047
17:0	g					
18:0	g	0.003		1	0.004	0.005
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.006	0.008
14:1	g				
16:1	g				
18:1	g	0.005	1	0.006	0.008
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.063	0	0.081	0.102
18:2	g	0.046	1	0.059	0.075
18:3	g	0.017	1	0.022	0.028
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 medium artichoke
- Measure 2: 1 large artichoke

NDB No. 11007

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt

Refuse: 60% Stem and inedible parts of bracts and flowers

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 120g	Measure 2* 84g	Measure 3*
Proximates:						
Water	g	83.97	0	100.76	70.53	
Energy	kcal	50	0	60	42	
Energy	kJ	209	0	251	176	
Protein (N x 5.95)	g	3.48	0	4.18	2.92	
Total lipid (fat)	g	0.16	0	0.19	0.13	
Carbohydrate, by difference	g	11.18	0	13.42	9.39	
Fiber, total dietary	g	5.4	0	6.5	4.5	
Ash	g	1.21	0	1.45	1.02	
Sugars, total	g					
Minerals:						
Calcium	mg	45	0	54	38	
Iron	mg	1.29	0	1.55	1.08	
Magnesium	mg	60	0	72	50	
Phosphorus	mg	86	0	103	72	
Potassium	mg	354	0	425	297	
Sodium	mg	95	0	114	80	
Zinc	mg	0.49	0	0.59	0.41	
Copper	mg	0.233	0	0.280	0.196	
Manganese	mg	0.259	0	0.311	0.218	
Selenium	µg	0.2	0	0.2	0.2	
Vitamins:						
Ascorbic acid	mg	10.0	0	12.0	8.4	
Thiamin	mg	0.065	0	0.078	0.055	
Riboflavin	mg	0.066	0	0.079	0.055	
Niacin	mg	1.001	0	1.201	0.841	
Pantothenic acid	mg	0.342	0	0.410	0.287	
Vitamin B-6	mg	0.111	0	0.133	0.093	
Folate	µg	51	0	61	43	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	177	0	212	149	
Vitamin A, RE	µg	18	0	22	15	
Vitamin E, α-TE	mg	0.190	0	0.228	0.160	
Lipids:						
Saturated, total	g	0.037	0	0.044	0.031	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.002	0	0.002	0.002	
14:0	g	0.002	0	0.002	0.002	
15:0	g					
16:0	g	0.031	0	0.037	0.026	
17:0	g					
18:0	g	0.003	0	0.004	0.003	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.006	0.004
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.005	0	0.006	0.004
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.068	0	0.082	0.057
18:2	g	0.049	0	0.059	0.041
18:3	g	0.018	0	0.022	0.015
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 medium artichoke
- Measure 2: 1/2 cup hearts

NDB No. 11008

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11009 Artichokes, (globe or french), frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 255g	Measure 2*	Measure 3*
Proximates:						
Water	g	88.59	0.431	7	225.90	
Energy	kcal	38		0	97	
Energy	kJ	159		0	405	
Protein (N x 5.95)	g	2.63	0.100	4	6.71	
Total lipid (fat)	g	0.43	0.103	4	1.10	
Carbohydrate, by difference	g	7.76		0	19.79	
Fiber, total dietary	g	3.9		0	9.9	
Ash	g	0.60	0.041	4	1.53	
Sugars, total	g					
Minerals:						
Calcium	mg	19	2.068	4	48	
Iron	mg	0.50	0.149	4	1.27	
Magnesium	mg	27	2.067	3	69	
Phosphorus	mg	58	4.330	4	148	
Potassium	mg	248	20.763	3	632	
Sodium	mg	47	5.276	3	120	
Zinc	mg	0.32	0.010	3	0.82	
Copper	mg	0.054	0.008	3	0.138	
Manganese	mg	0.243	0.009	3	0.620	
Selenium	µg	0.2		0	0.5	
Vitamins:						
Ascorbic acid	mg	5.3	1.364	3	13.5	
Thiamin	mg	0.058	0.002	4	0.148	
Riboflavin	mg	0.140	0.024	4	0.357	
Niacin	mg	0.860	0.124	4	2.193	
Pantothenic acid	mg	0.188	0.064	2	0.479	
Vitamin B-6	mg	0.082	0.004	2	0.209	
Folate	µg	126	4.115	3	320	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	154	8.056	4	393	
Vitamin A, RE	µg	15	0.806	4	38	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.099		0	0.252	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.004		0	0.010	
14:0	g	0.004		0	0.010	
15:0	g					
16:0	g	0.082		0	0.209	
17:0	g					
18:0	g	0.008		0	0.020	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.012	0	0.031
14:1	g			
16:1	g			
18:1	g	0.012	0	0.031
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.179	0	0.456
18:2	g	0.130	0	0.331
18:3	g	0.049	0	0.125
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 9 oz package

NDB No. 11009

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11010 Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 168g	Measure 2* 240g	Measure 3* 80g
Proximates:						
Water	g	86.50	0	145.32	207.60	69.20
Energy	kcal	45	0	76	108	36
Energy	kJ	188	0	316	451	150
Protein (N x 5.95)	g	3.11	0	5.22	7.46	2.49
Total lipid (fat)	g	0.50	0	0.84	1.20	0.40
Carbohydrate, by difference	g	9.18	0	15.42	22.03	7.34
Fiber, total dietary	g	4.6	0	7.7	11.0	3.7
Ash	g	0.71	0	1.19	1.70	0.57
Sugars, total	g					
Minerals:						
Calcium	mg	21	0	35	50	17
Iron	mg	0.56	0	0.94	1.34	0.45
Magnesium	mg	31	0	52	74	25
Phosphorus	mg	61	0	102	146	49
Potassium	mg	264	0	444	634	211
Sodium	mg	53	0	89	127	42
Zinc	mg	0.36	0	0.60	0.86	0.29
Copper	mg	0.061	0	0.102	0.146	0.049
Manganese	mg	0.273	0	0.459	0.655	0.218
Selenium	µg	0.2	0	0.3	0.5	0.2
Vitamins:						
Ascorbic acid	mg	5.0	0	8.4	12.0	4.0
Thiamin	mg	0.062	0	0.104	0.149	0.050
Riboflavin	mg	0.158	0	0.265	0.379	0.126
Niacin	mg	0.915	0	1.537	2.196	0.732
Pantothenic acid	mg	0.200	0	0.336	0.480	0.160
Vitamin B-6	mg	0.087	0	0.146	0.209	0.070
Folate	µg	119	0	200	285	95
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00
Vitamin A	IU	164	0	276	394	131
Vitamin A, RE	µg	16	0	27	38	13
Vitamin E, α-TE	mg	0.190	0	0.319	0.456	0.152
Lipids:						
Saturated, total	g	0.117	0	0.197	0.281	0.094
4:0	g	0.000	0	0.000	0.000	0.000
6:0	g	0.000	0	0.000	0.000	0.000
8:0	g	0.000	0	0.000	0.000	0.000
10:0	g	0.000	0	0.000	0.000	0.000
12:0	g	0.005	0	0.008	0.012	0.004
14:0	g	0.005	0	0.008	0.012	0.004
15:0	g					
16:0	g	0.097	0	0.163	0.233	0.078
17:0	g					
18:0	g	0.010	0	0.017	0.024	0.008
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.015	0	0.025	0.036	0.012
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.015	0	0.025	0.036	0.012
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.212	0	0.356	0.509	0.170
18:2	g	0.154	0	0.259	0.370	0.123
18:3	g	0.058	0	0.097	0.139	0.046
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 package (9 oz), yields
- Measure 3: yield, 1/3 of 9 oz package

NDB No. 11010

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11011 Asparagus, raw
Asparagus officinalis

Refuse: 47% Butt ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 134g	Measure 2 [*] 12g	Measure 3 [*] 16g	
Proximates:							
Water	g	92.40	0.081	23	123.82	11.09	14.78
Energy	kcal	23		0	31	3	4
Energy	kJ	96		0	129	12	15
Protein (N x 5.95)	g	2.28	0.130	6	3.06	0.27	0.36
Total lipid (fat)	g	0.20	0.038	6	0.27	0.02	0.03
Carbohydrate, by difference	g	4.54		0	6.08	0.54	0.73
Fiber, total dietary	g	2.1		0	2.8	0.3	0.3
Ash	g	0.57	0.025	4	0.76	0.07	0.09
Sugars, total	g						
Minerals:							
Calcium	mg	21	1.148	18	28	3	3
Iron	mg	0.87	0.074	18	1.17	0.10	0.14
Magnesium	mg	18	1.344	17	24	2	3
Phosphorus	mg	56	1.944	18	75	7	9
Potassium	mg	273	4.319	17	366	33	44
Sodium	mg	2	0.257	17	3	0	0
Zinc	mg	0.46	0.029	5	0.62	0.06	0.07
Copper	mg	0.176	0.013	17	0.236	0.021	0.028
Manganese	mg	0.262	0.025	16	0.351	0.031	0.042
Selenium	µg	2.3		2	3.1	0.3	0.4
Vitamins:							
Ascorbic acid	mg	13.2	2.592	16	17.7	1.6	2.1
Thiamin	mg	0.140	0.018	6	0.188	0.017	0.022
Riboflavin	mg	0.128	0.013	6	0.172	0.015	0.020
Niacin	mg	1.170	0.209	6	1.568	0.140	0.187
Pantothenic acid	mg	0.174	0.000	1	0.233	0.021	0.028
Vitamin B-6	mg	0.131	0.004	4	0.176	0.016	0.021
Folate	µg	128	15.075	12	172	15	20
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	583	123.094	6	781	70	93
Vitamin A, RE	µg	58		0	78	7	9
Vitamin E, α-TE	mg	2.000		0	2.680	0.240	0.320
Lipids:							
Saturated, total	g	0.046		0	0.062	0.006	0.007
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		1	0.001	0.000	0.000
14:0	g	0.001		1	0.001	0.000	0.000
15:0	g						
16:0	g	0.041		1	0.055	0.005	0.007
17:0	g						
18:0	g	0.003		1	0.004	0.000	0.000
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.006	0	0.008	0.001	0.001
14:1	g					
16:1	g	0.001	1	0.001	0.000	0.000
18:1	g	0.005	1	0.007	0.001	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.088	0	0.118	0.011	0.014
18:2	g	0.083	1	0.111	0.010	0.013
18:3	g	0.005	1	0.007	0.001	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	24	1	32	3	4
Amino acids:						
Tryptophan	g	0.022	0	0.029	0.003	0.004
Threonine	g	0.064	0	0.086	0.008	0.010
Isoleucine	g	0.084	0	0.113	0.010	0.013
Leucine	g	0.099	0	0.133	0.012	0.016
Lysine	g	0.108	0	0.145	0.013	0.017
Methionine	g	0.022	0	0.029	0.003	0.004
Cystine	g	0.027	0	0.036	0.003	0.004
Phenylalanine	g	0.054	0	0.072	0.006	0.009
Tyrosine	g	0.036	0	0.048	0.004	0.006
Valine	g	0.088	0	0.118	0.011	0.014
Arginine	g	0.107	0	0.143	0.013	0.017
Histidine	g	0.035	0	0.047	0.004	0.006
Alanine	g	0.107	0	0.143	0.013	0.017
Aspartic acid	g	0.265	0	0.355	0.032	0.042
Glutamic acid	g	0.374	0	0.501	0.045	0.060
Glycine	g	0.074	0	0.099	0.009	0.012
Proline	g	0.121	0	0.162	0.015	0.019
Serine	g	0.087	0	0.117	0.010	0.014
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 small spear (5" long or less)
- Measure 3: 1 medium spear (5-1/4" to 7" long)

NDB No. 11011

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11012 Asparagus, cooked, boiled, drained

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 90g	Measure 2* 60g	Measure 3*
Proximates:						
Water	g	92.20	0.493	2	82.98	55.32
Energy	kcal	24		0	22	14
Energy	kJ	100		0	90	60
Protein (N x 5.95)	g	2.59	0.035	2	2.33	1.55
Total lipid (fat)	g	0.31	0.180	2	0.28	0.19
Carbohydrate, by difference	g	4.23		0	3.81	2.54
Fiber, total dietary	g	1.6		0	1.4	1.0
Ash	g	0.66	0.100	2	0.59	0.40
Sugars, total	g					
Minerals:						
Calcium	mg	20	0.538	32	18	12
Iron	mg	0.73	0.052	34	0.66	0.44
Magnesium	mg	10	0.413	33	9	6
Phosphorus	mg	54	1.552	32	49	32
Potassium	mg	160	8.751	33	144	96
Sodium	mg	11	9.316	33	10	7
Zinc	mg	0.42	0.014	33	0.38	0.25
Copper	mg	0.112	0.004	33	0.101	0.067
Manganese	mg	0.152	0.005	32	0.137	0.091
Selenium	µg	1.7	0.359	15	1.5	1.0
Vitamins:						
Ascorbic acid	mg	10.8		1	9.7	6.5
Thiamin	mg	0.123		1	0.111	0.074
Riboflavin	mg	0.126		1	0.113	0.076
Niacin	mg	1.082		1	0.974	0.649
Pantothenic acid	mg	0.161	0.000	1	0.145	0.097
Vitamin B-6	mg	0.122		1	0.110	0.073
Folate	µg	146	8.000	4	131	88
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	539		1	485	323
Vitamin A, RE	µg	54		0	49	32
Vitamin E, α-TE	mg	0.380		0	0.342	0.228
Lipids:						
Saturated, total	g	0.071		0	0.064	0.043
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.001		1	0.001	0.001
14:0	g	0.001		1	0.001	0.001
15:0	g					
16:0	g	0.064		1	0.058	0.038
17:0	g					
18:0	g	0.004		1	0.004	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.009	0.006
14:1	g				
16:1	g	0.001	1	0.001	0.001
18:1	g	0.009	1	0.008	0.005
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.136	0	0.122	0.082
18:2	g	0.129	1	0.116	0.077
18:3	g	0.007	1	0.006	0.004
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	24	1	22	14
Amino acids:					
Tryptophan	g	0.025	0	0.023	0.015
Threonine	g	0.072	0	0.065	0.043
Isoleucine	g	0.095	0	0.086	0.057
Leucine	g	0.113	0	0.102	0.068
Lysine	g	0.123	0	0.111	0.074
Methionine	g	0.025	0	0.023	0.015
Cystine	g	0.031	0	0.028	0.019
Phenylalanine	g	0.061	0	0.055	0.037
Tyrosine	g	0.041	0	0.037	0.025
Valine	g	0.100	0	0.090	0.060
Arginine	g	0.121	0	0.109	0.073
Histidine	g	0.040	0	0.036	0.024
Alanine	g	0.122	0	0.110	0.073
Aspartic acid	g	0.301	0	0.271	0.181
Glutamic acid	g	0.425	0	0.383	0.255
Glycine	g	0.084	0	0.076	0.050
Proline	g	0.138	0	0.124	0.083
Serine	g	0.099	0	0.089	0.059
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 4 spears, (1/2" base)

NDB No. 11012

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11013 Asparagus, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 122g	Measure 2* 411g	Measure 3*
Proximates:						
Water	g	94.32	0.036	186	115.07	387.66
Energy	kcal	15		0	18	62
Energy	kJ	63		0	77	259
Protein (N x 5.95)	g	1.80	0.021	158	2.20	7.40
Total lipid (fat)	g	0.18	0.006	142	0.22	0.74
Carbohydrate, by difference	g	2.47		0	3.01	10.15
Fiber, total dietary	g	1.0		0	1.2	4.1
Ash	g	1.22	0.024	146	1.49	5.01
Sugars, total	g					
Minerals:						
Calcium	mg	15	0.326	166	18	62
Iron	mg	0.60	0.034	195	0.73	2.47
Magnesium	mg	9	0.129	143	11	37
Phosphorus	mg	38	0.385	153	46	156
Potassium	mg	172	3.682	112	210	707
Sodium	mg	284	16.414	21	346	1167
Zinc	mg	0.47	0.009	78	0.57	1.93
Copper	mg	0.107	0.004	78	0.131	0.440
Manganese	mg	0.152		0	0.185	0.625
Selenium	µg	1.6		0	2.0	6.6
Vitamins:						
Ascorbic acid	mg	16.5	0.468	120	20.1	67.8
Thiamin	mg	0.054	0.002	138	0.066	0.222
Riboflavin	mg	0.089	0.002	156	0.109	0.366
Niacin	mg	0.851		153	1.038	3.498
Pantothenic acid	mg	0.124		0	0.151	0.510
Vitamin B-6	mg	0.098		0	0.120	0.403
Folate	µg	85	10.820	3	104	351
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	526	11.237	203	642	2162
Vitamin A, RE	µg	53		0	65	218
Vitamin E, α-TE	mg	2.153		0	2.627	8.849
Lipids:						
Saturated, total	g	0.044		0	0.054	0.181
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.001		0	0.001	0.004
14:0	g	0.001		0	0.001	0.004
15:0	g					
16:0	g	0.039		0	0.048	0.160
17:0	g					
18:0	g	0.003		0	0.004	0.012
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.006	0	0.007	0.025
14:1	g				
16:1	g	0.001	0	0.001	0.004
18:1	g	0.005	0	0.006	0.021
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.085	0	0.104	0.349
18:2	g	0.080	0	0.098	0.329
18:3	g	0.004	0	0.005	0.016
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.018	0	0.022	0.074
Threonine	g	0.050	0	0.061	0.206
Isoleucine	g	0.066	0	0.081	0.271
Leucine	g	0.078	0	0.095	0.321
Lysine	g	0.085	0	0.104	0.349
Methionine	g	0.017	0	0.021	0.070
Cystine	g	0.021	0	0.026	0.086
Phenylalanine	g	0.043	0	0.052	0.177
Tyrosine	g	0.029	0	0.035	0.119
Valine	g	0.069	0	0.084	0.284
Arginine	g	0.084	0	0.102	0.345
Histidine	g	0.028	0	0.034	0.115
Alanine	g	0.085	0	0.104	0.349
Aspartic acid	g	0.209	0	0.255	0.859
Glutamic acid	g	0.295	0	0.360	1.212
Glycine	g	0.058	0	0.071	0.238
Proline	g	0.096	0	0.117	0.395
Serine	g	0.069	0	0.084	0.284
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (300 x 407)

NDB No. 11013

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11015 Asparagus, canned, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 242g	Measure 2* 18g	Measure 3* 248g	
Proximates:							
Water	g	93.98	0.651	4	227.43	16.92	233.07
Energy	kcal	19		0	46	3	47
Energy	kJ	79		0	191	14	196
Protein (N x 5.95)	g	2.14	0.146	4	5.18	0.39	5.31
Total lipid (fat)	g	0.65	0.065	4	1.57	0.12	1.61
Carbohydrate, by difference	g	2.48		0	6.00	0.45	6.15
Fiber, total dietary	g	1.6		0	3.9	0.3	4.0
Ash	g	0.77	0.271	4	1.86	0.14	1.91
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	39	3	40
Iron	mg	1.83	0.783	4	4.43	0.33	4.54
Magnesium	mg	10		0	24	2	25
Phosphorus	mg	43		0	104	8	107
Potassium	mg	172		0	416	31	427
Sodium	mg	287		0	695	52	712
Zinc	mg	0.40	0.022	4	0.97	0.07	0.99
Copper	mg	0.096	0.012	4	0.232	0.017	0.238
Manganese	mg	0.170		0	0.411	0.031	0.422
Selenium	µg	1.7	0.359	15	4.1	0.3	4.2
Vitamins:							
Ascorbic acid	mg	18.4		0	44.5	3.3	45.6
Thiamin	mg	0.061		0	0.148	0.011	0.151
Riboflavin	mg	0.100		0	0.242	0.018	0.248
Niacin	mg	0.954		0	2.309	0.172	2.366
Pantothenic acid	mg	0.139		0	0.336	0.025	0.345
Vitamin B-6	mg	0.110		0	0.266	0.020	0.273
Folate	µg	96		0	231	17	237
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	531		0	1285	96	1317
Vitamin A, RE	µg	53		0	128	10	131
Vitamin E, α-TE	mg	0.430		0	1.041	0.077	1.066
Lipids:							
Saturated, total	g	0.147		0	0.356	0.026	0.365
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.002		0	0.005	0.000	0.005
14:0	g	0.004		0	0.010	0.001	0.010
15:0	g						
16:0	g	0.132		0	0.319	0.024	0.327
17:0	g						
18:0	g	0.009		0	0.022	0.002	0.022
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.021	0	0.051	0.004	0.052
14:1	g					
16:1	g	0.004	0	0.010	0.001	0.010
18:1	g	0.017	0	0.041	0.003	0.042
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.284	0	0.687	0.051	0.704
18:2	g	0.269	0	0.651	0.048	0.667
18:3	g	0.015	0	0.036	0.003	0.037
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.021	0	0.051	0.004	0.052
Threonine	g	0.060	0	0.145	0.011	0.149
Isoleucine	g	0.079	0	0.191	0.014	0.196
Leucine	g	0.093	0	0.225	0.017	0.231
Lysine	g	0.101	0	0.244	0.018	0.250
Methionine	g	0.021	0	0.051	0.004	0.052
Cystine	g	0.025	0	0.061	0.005	0.062
Phenylalanine	g	0.051	0	0.123	0.009	0.126
Tyrosine	g	0.034	0	0.082	0.006	0.084
Valine	g	0.082	0	0.198	0.015	0.203
Arginine	g	0.100	0	0.242	0.018	0.248
Histidine	g	0.033	0	0.080	0.006	0.082
Alanine	g	0.101	0	0.244	0.018	0.250
Aspartic acid	g	0.248	0	0.600	0.045	0.615
Glutamic acid	g	0.350	0	0.847	0.063	0.868
Glycine	g	0.069	0	0.167	0.012	0.171
Proline	g	0.114	0	0.276	0.021	0.283
Serine	g	0.081	0	0.196	0.015	0.201
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 spear (about 5" long)
- Measure 3: 1 can (300 x 407)

NDB No. 11015

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11018 Asparagus, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 58g	Measure 3*
Proximates:						
Water	g	91.82	0.090	46	260.77	53.26
Energy	kcal	24		0	68	14
Energy	kJ	100		0	284	58
Protein (N x 5.95)	g	3.23	0.054	43	9.17	1.87
Total lipid (fat)	g	0.23	0.024	43	0.65	0.13
Carbohydrate, by difference	g	4.10		0	11.64	2.38
Fiber, total dietary	g	1.9		0	5.4	1.1
Ash	g	0.62	0.015	43	1.76	0.36
Sugars, total	g					
Minerals:						
Calcium	mg	25	1.428	43	71	15
Iron	mg	0.73	0.032	43	2.07	0.42
Magnesium	mg	14	0.437	14	40	8
Phosphorus	mg	64	2.255	20	182	37
Potassium	mg	253	13.450	15	719	147
Sodium	mg	8	2.385	15	23	5
Zinc	mg	0.59	0.026	10	1.68	0.34
Copper	mg	0.137	0.007	12	0.389	0.079
Manganese	mg	0.203	0.008	9	0.577	0.118
Selenium	µg	1.7	0.359	15	4.8	1.0
Vitamins:						
Ascorbic acid	mg	31.8	2.676	35	90.3	18.4
Thiamin	mg	0.121	0.007	43	0.344	0.070
Riboflavin	mg	0.131	0.005	43	0.372	0.076
Niacin	mg	1.202	0.055	43	3.414	0.697
Pantothenic acid	mg	0.184	0.024	8	0.523	0.107
Vitamin B-6	mg	0.111	0.008	8	0.315	0.064
Folate	µg	191	9.304	3	542	111
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	948	50.614	39	2692	550
Vitamin A, RE	µg	95	5.061	39	270	55
Vitamin E, α-TE	mg	2.153		0	6.115	1.249
Lipids:						
Saturated, total	g	0.052		0	0.148	0.030
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.001		0	0.003	0.001
14:0	g	0.001		0	0.003	0.001
15:0	g					
16:0	g	0.047		0	0.133	0.027
17:0	g					
18:0	g	0.003		0	0.009	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.020	0.004
14:1	g				
16:1	g	0.001	0	0.003	0.001
18:1	g	0.006	0	0.017	0.003
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.101	0	0.287	0.059
18:2	g	0.096	0	0.273	0.056
18:3	g	0.005	0	0.014	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.031	0	0.088	0.018
Threonine	g	0.090	0	0.256	0.052
Isoleucine	g	0.119	0	0.338	0.069
Leucine	g	0.140	0	0.398	0.081
Lysine	g	0.153	0	0.435	0.089
Methionine	g	0.031	0	0.088	0.018
Cystine	g	0.038	0	0.108	0.022
Phenylalanine	g	0.076	0	0.216	0.044
Tyrosine	g	0.051	0	0.145	0.030
Valine	g	0.124	0	0.352	0.072
Arginine	g	0.151	0	0.429	0.088
Histidine	g	0.050	0	0.142	0.029
Alanine	g	0.152	0	0.432	0.088
Aspartic acid	g	0.374	0	1.062	0.217
Glutamic acid	g	0.528	0	1.500	0.306
Glycine	g	0.105	0	0.298	0.061
Proline	g	0.171	0	0.486	0.099
Serine	g	0.123	0	0.349	0.071
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz)
- Measure 2: 4 spears

NDB No. 11018

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11019 Asparagus, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2* 293g	Measure 3* 60g
Proximates:						
Water	g	91.15	0	164.07	267.07	54.69
Energy	kcal	28	0	50	82	17
Energy	kJ	117	0	211	343	70
Protein (N x 5.95)	g	2.95	0.108	4	5.31	8.64
Total lipid (fat)	g	0.42	0.079	4	0.76	1.23
Carbohydrate, by difference	g	4.87		0	8.77	14.27
Fiber, total dietary	g	1.6		0	2.9	4.7
Ash	g	0.61	0.043	4	1.10	1.79
Sugars, total	g					
Minerals:						
Calcium	mg	23		0	41	67
Iron	mg	0.64	0.065	4	1.15	1.88
Magnesium	mg	13		0	23	38
Phosphorus	mg	55		0	99	161
Potassium	mg	218		0	392	639
Sodium	mg	4	0.482	6	7	12
Zinc	mg	0.56	0.057	4	1.01	1.64
Copper	mg	0.171	0.005	4	0.308	0.501
Manganese	mg	0.185		0	0.333	0.542
Selenium	µg	1.7	0.359	15	3.1	5.0
Vitamins:						
Ascorbic acid	mg	24.4		0	43.9	71.5
Thiamin	mg	0.065	0.025	3	0.117	0.190
Riboflavin	mg	0.103	0.018	3	0.185	0.302
Niacin	mg	1.038		0	1.868	3.041
Pantothenic acid	mg	0.158		0	0.284	0.463
Vitamin B-6	mg	0.020	0.005	3	0.036	0.059
Folate	µg	135	25.658	6	242	395
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	818		0	1472	2397
Vitamin A, RE	µg	82		0	148	240
Vitamin E, α-TE	mg	1.250		0	2.250	3.663
Lipids:						
Saturated, total	g	0.095		0	0.171	0.278
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.001		0	0.002	0.003
14:0	g	0.003		0	0.005	0.009
15:0	g					
16:0	g	0.085		0	0.153	0.249
17:0	g					
18:0	g	0.006		0	0.011	0.018
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.023	0.038	0.008
14:1	g					
16:1	g	0.002	0	0.004	0.006	0.001
18:1	g	0.011	0	0.020	0.032	0.007
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.184	0	0.331	0.539	0.110
18:2	g	0.174	0	0.313	0.510	0.104
18:3	g	0.010	0	0.018	0.029	0.006
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.029	0	0.052	0.085	0.017
Threonine	g	0.082	0	0.148	0.240	0.049
Isoleucine	g	0.109	0	0.196	0.319	0.065
Leucine	g	0.128	0	0.230	0.375	0.077
Lysine	g	0.140	0	0.252	0.410	0.084
Methionine	g	0.028	0	0.050	0.082	0.017
Cystine	g	0.035	0	0.063	0.103	0.021
Phenylalanine	g	0.070	0	0.126	0.205	0.042
Tyrosine	g	0.047	0	0.085	0.138	0.028
Valine	g	0.114	0	0.205	0.334	0.068
Arginine	g	0.138	0	0.248	0.404	0.083
Histidine	g	0.046	0	0.083	0.135	0.028
Alanine	g	0.139	0	0.250	0.407	0.083
Aspartic acid	g	0.342	0	0.616	1.002	0.205
Glutamic acid	g	0.483	0	0.869	1.415	0.290
Glycine	g	0.096	0	0.173	0.281	0.058
Proline	g	0.157	0	0.283	0.460	0.094
Serine	g	0.112	0	0.202	0.328	0.067
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 package (10 oz) yields
- Measure 3: 4 spears

NDB No. 11019

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11022 Balsam-pear (bitter gourd), leafy tips, raw
Momordica charantia

Refuse: 62% Tough stems and leaves

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 4g	Measure 2 [*] 24g	Measure 3 [*]
Proximates:						
Water	g	89.25	1	3.57	21.42	
Energy	kcal	30	0	1	7	
Energy	kJ	126	0	5	30	
Protein (N x 5.95)	g	5.30	0	0.21	1.27	
Total lipid (fat)	g	0.69	0	0.03	0.17	
Carbohydrate, by difference	g	3.29	0	0.13	0.79	
Fiber, total dietary	g					
Ash	g	1.47	0	0.06	0.35	
Sugars, total	g					
Minerals:						
Calcium	mg	84	0	3	20	
Iron	mg	2.04	0	0.08	0.49	
Magnesium	mg	85	1	3	20	
Phosphorus	mg	99	0	4	24	
Potassium	mg	608	1	24	146	
Sodium	mg	11	1	0	3	
Zinc	mg	0.30	0	0.01	0.07	
Copper	mg	0.201	0	0.008	0.048	
Manganese	mg	0.536	0	0.021	0.129	
Selenium	µg	0.9	0	0.0	0.2	
Vitamins:						
Ascorbic acid	mg	88.0	0	3.5	21.1	
Thiamin	mg	0.181	0	0.007	0.043	
Riboflavin	mg	0.362	0	0.014	0.087	
Niacin	mg	1.110	0	0.044	0.266	
Pantothenic acid	mg	0.063	0	0.003	0.015	
Vitamin B-6	mg	0.803	0	0.032	0.193	
Folate	µg	128	0	5	31	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	1734	0	69	416	
Vitamin A, RE	µg	173	0	7	42	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 leaf
 Measure 2: 1/2 cup

NDB No. 11022

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11023 Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 58g	Measure 2*	Measure 3*
Proximates:						
Water	g	88.69	1	51.44		
Energy	kcal	35	0	20		
Energy	kJ	146	0	85		
Protein (N x 5.95)	g	3.60	1	2.09		
Total lipid (fat)	g	0.20	1	0.12		
Carbohydrate, by difference	g	6.78	0	3.93		
Fiber, total dietary	g	1.9	0	1.1		
Ash	g	0.73	1	0.42		
Sugars, total	g					
Minerals:						
Calcium	mg	42	0	24		
Iron	mg	1.02	0	0.59		
Magnesium	mg	94	1	55		
Phosphorus	mg	77	1	45		
Potassium	mg	602	1	349		
Sodium	mg	13	1	8		
Zinc	mg	0.30	0	0.17		
Copper	mg	0.201	0	0.117		
Manganese	mg	0.536	0	0.311		
Selenium	µg	0.9	0	0.5		
Vitamins:						
Ascorbic acid	mg	55.6	0	32.2		
Thiamin	mg	0.147	0	0.085		
Riboflavin	mg	0.282	0	0.164		
Niacin	mg	0.995	0	0.577		
Pantothenic acid	mg	0.060	0	0.035		
Vitamin B-6	mg	0.760	0	0.441		
Folate	µg	88	0	51		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	1733	0	1005		
Vitamin A, RE	µg	173	0	100		
Vitamin E, α-TE	mg	0.500	0	0.290		
Lipids:						
Saturated, total	g	0.032	0	0.019		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.005	0	0.003		
15:0	g					
16:0	g	0.024	0	0.014		
17:0	g					
18:0	g	0.002	0	0.001		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.003
14:1	g			
16:1	g	0.002	0	0.001
18:1	g	0.002	0	0.001
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.083	0	0.048
18:2	g	0.012	0	0.007
18:3	g	0.065	0	0.038
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11023

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11024 Balsam-pear (bitter gourd), pods, raw
Momordica charantia

Refuse: 17% Tough stems and leaves

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 93g	Measure 2 [*] 124g	Measure 3 [*]
Proximates:						
Water	g	94.03	0.030	2	87.45	116.60
Energy	kcal	17		0	16	21
Energy	kJ	71		0	66	88
Protein (N x 5.95)	g	1.00	0.097	2	0.93	1.24
Total lipid (fat)	g	0.17	0.030	2	0.16	0.21
Carbohydrate, by difference	g	3.70		0	3.44	4.59
Fiber, total dietary	g	2.8		0	2.6	3.5
Ash	g	1.10		0	1.02	1.36
Sugars, total	g					
Minerals:						
Calcium	mg	19		1	18	24
Iron	mg	0.43	0.075	2	0.40	0.53
Magnesium	mg	17		1	16	21
Phosphorus	mg	31	3.250	2	29	38
Potassium	mg	296		1	275	367
Sodium	mg	5		1	5	6
Zinc	mg	0.80		0	0.74	0.99
Copper	mg	0.034		0	0.032	0.042
Manganese	mg	0.089		0	0.083	0.110
Selenium	µg	0.2		0	0.2	0.2
Vitamins:						
Ascorbic acid	mg	84.0		1	78.1	104.2
Thiamin	mg	0.040		1	0.037	0.050
Riboflavin	mg	0.040		1	0.037	0.050
Niacin	mg	0.400		1	0.372	0.496
Pantothenic acid	mg	0.212		0	0.197	0.263
Vitamin B-6	mg	0.043		0	0.040	0.053
Folate	µg	72		0	67	89
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	380		1	353	471
Vitamin A, RE	µg	38		1	35	47
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 cup, (1/2" pieces)
 Measure 2: 1 balsam-pear

NDB No. 11024

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11025 Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 62g	Measure 3*
Proximates:						
Water	g	93.95	1	116.50	58.25	
Energy	kcal	19	0	24	12	
Energy	kJ	79	0	98	49	
Protein (N x 5.95)	g	0.84	1	1.04	0.52	
Total lipid (fat)	g	0.18	1	0.22	0.11	
Carbohydrate, by difference	g	4.32	0	5.36	2.68	
Fiber, total dietary	g	2.0	0	2.5	1.2	
Ash	g	0.71	1	0.88	0.44	
Sugars, total	g					
Minerals:						
Calcium	mg	9	1	11	6	
Iron	mg	0.38	1	0.47	0.24	
Magnesium	mg	16	1	20	10	
Phosphorus	mg	36	1	45	22	
Potassium	mg	319	1	396	198	
Sodium	mg	6	1	7	4	
Zinc	mg	0.77	0	0.95	0.48	
Copper	mg	0.033	0	0.041	0.020	
Manganese	mg	0.086	0	0.107	0.053	
Selenium	µg	0.2	0	0.2	0.1	
Vitamins:						
Ascorbic acid	mg	33.0	0	40.9	20.5	
Thiamin	mg	0.051	0	0.063	0.032	
Riboflavin	mg	0.053	0	0.066	0.033	
Niacin	mg	0.280	0	0.347	0.174	
Pantothenic acid	mg	0.193	0	0.239	0.120	
Vitamin B-6	mg	0.041	0	0.051	0.025	
Folate	µg	51	0	63	32	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	113	0	140	70	
Vitamin A, RE	µg	11	0	14	7	
Vitamin E, α-TE	mg	0.700	0	0.868	0.434	
Lipids:						
Saturated, total	g	0.014	0	0.017	0.009	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.010	0	0.012	0.006	
17:0	g					
18:0	g	0.004	0	0.005	0.002	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.033	0	0.041	0.020
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.033	0	0.041	0.020
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.078	0	0.097	0.048
18:2	g	0.078	0	0.097	0.048
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, (1/2" pieces)
- Measure 2: 1/2 cup, 1/2 in pieces

NDB No. 11025

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11026 Bamboo shoots, raw*Phyllostachys spp.*

Refuse: 71% Sheath

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 151g	Measure 2 [*] 76g	Measure 3 [*]
Proximates:						
Water	g	91.00	0	137.41	69.16	
Energy	kcal	27	0	41	21	
Energy	kJ	113	0	171	86	
Protein (N x 5.95)	g	2.60	0	3.93	1.98	
Total lipid (fat)	g	0.30	0	0.45	0.23	
Carbohydrate, by difference	g	5.20	0	7.85	3.95	
Fiber, total dietary	g	2.2	0	3.3	1.7	
Ash	g	0.90	0	1.36	0.68	
Sugars, total	g					
Minerals:						
Calcium	mg	13	0	20	10	
Iron	mg	0.50	0	0.76	0.38	
Magnesium	mg	3	1	5	2	
Phosphorus	mg	59	0	89	45	
Potassium	mg	533	0	805	405	
Sodium	mg	4	1	6	3	
Zinc	mg	1.10	0	1.66	0.84	
Copper	mg	0.190	0	0.287	0.144	
Manganese	mg	0.262	0	0.396	0.199	
Selenium	µg	0.8	0	1.2	0.6	
Vitamins:						
Ascorbic acid	mg	4.0	0	6.0	3.0	
Thiamin	mg	0.150	0	0.226	0.114	
Riboflavin	mg	0.070	0	0.106	0.053	
Niacin	mg	0.600	0	0.906	0.456	
Pantothenic acid	mg	0.161	0	0.243	0.122	
Vitamin B-6	mg	0.240	0	0.362	0.182	
Folate	µg	7	0	11	5	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	20	0	30	15	
Vitamin A, RE	µg	2	0	3	2	
Vitamin E, α-TE	mg	1.000	0	1.510	0.760	
Lipids:						
Saturated, total	g	0.069	0	0.104	0.052	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.002	0	0.003	0.002	
14:0	g	0.002	0	0.003	0.002	
15:0	g					
16:0	g	0.051	0	0.077	0.039	
17:0	g					
18:0	g	0.006	0	0.009	0.005	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.011	0.005
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.007	0	0.011	0.005
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.134	0	0.202	0.102
18:2	g	0.114	0	0.172	0.087
18:3	g	0.020	0	0.030	0.015
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	19	0	29	14
Amino acids:					
Tryptophan	g	0.027	1	0.041	0.021
Threonine	g	0.086	1	0.130	0.065
Isoleucine	g	0.088	1	0.133	0.067
Leucine	g	0.140	1	0.211	0.106
Lysine	g	0.134	1	0.202	0.102
Methionine	g	0.030	1	0.045	0.023
Cystine	g	0.022	1	0.033	0.017
Phenylalanine	g	0.090	1	0.136	0.068
Tyrosine	g				
Valine	g	0.106	1	0.160	0.081
Arginine	g	0.097	1	0.146	0.074
Histidine	g	0.042	1	0.063	0.032
Alanine	g	0.124	1	0.187	0.094
Aspartic acid	g	0.425	1	0.642	0.323
Glutamic acid	g	0.248	1	0.374	0.188
Glycine	g	0.087	1	0.131	0.066
Proline	g	0.219	1	0.331	0.166
Serine	g	0.127	1	0.192	0.097
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, (1/2" slices)
- Measure 2: 1/2 cup, 1/2 in pieces

NDB No. 11026

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11027 Bamboo shoots, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 120g	Measure 2* 144g	Measure 3*
Proximates:						
Water	g	95.92	0	115.10	138.12	
Energy	kcal	12	0	14	17	
Energy	kJ	50	0	60	72	
Protein (N x 5.95)	g	1.53	0	1.84	2.20	
Total lipid (fat)	g	0.22	0	0.26	0.32	
Carbohydrate, by difference	g	1.92	0	2.30	2.76	
Fiber, total dietary	g	1.0	0	1.2	1.4	
Ash	g	0.41	0	0.49	0.59	
Sugars, total	g					
Minerals:						
Calcium	mg	12	0	14	17	
Iron	mg	0.24	0	0.29	0.35	
Magnesium	mg	3	0	4	4	
Phosphorus	mg	20	0	24	29	
Potassium	mg	533	45.174	7	640	768
Sodium	mg	4	0	5	6	
Zinc	mg	0.47	0	0.56	0.68	
Copper	mg	0.082	0	0.098	0.118	
Manganese	mg	0.113	0	0.136	0.163	
Selenium	µg	0.4	0	0.5	0.6	
Vitamins:						
Ascorbic acid	mg	0.0	0	0.0	0.0	
Thiamin	mg	0.020	0	0.024	0.029	
Riboflavin	mg	0.050	0	0.060	0.072	
Niacin	mg	0.300	0	0.360	0.432	
Pantothenic acid	mg	0.066	0	0.079	0.095	
Vitamin B-6	mg	0.098	0	0.118	0.141	
Folate	µg	2	0	3	3	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.051	0	0.061	0.073	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001	0	0.001	0.001	
14:0	g	0.002	0	0.002	0.003	
15:0	g					
16:0	g	0.038	0	0.046	0.055	
17:0	g					
18:0	g	0.004	0	0.005	0.006	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.006	0.007
14:1	g				
16:1	g				
18:1	g	0.005	0	0.006	0.007
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.098	0	0.118	0.141
18:2	g	0.083	0	0.100	0.120
18:3	g	0.015	0	0.018	0.022
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	0.016	0	0.019	0.023
Threonine	g	0.050	0	0.060	0.072
Isoleucine	g	0.051	0	0.061	0.073
Leucine	g	0.082	0	0.098	0.118
Lysine	g	0.079	0	0.095	0.114
Methionine	g	0.017	0	0.020	0.024
Cystine	g	0.013	0	0.016	0.019
Phenylalanine	g	0.053	0	0.064	0.076
Tyrosine	g				
Valine	g	0.062	0	0.074	0.089
Arginine	g	0.057	0	0.068	0.082
Histidine	g	0.025	0	0.030	0.036
Alanine	g	0.072	0	0.086	0.104
Aspartic acid	g	0.249	0	0.299	0.359
Glutamic acid	g	0.145	0	0.174	0.209
Glycine	g	0.051	0	0.061	0.073
Proline	g	0.129	0	0.155	0.186
Serine	g	0.075	0	0.090	0.108
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, (1/2" slices)
- Measure 2: 1 shoot

NDB No. 11027

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11028 Bamboo shoots, canned, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 131g	Measure 2* 262g	Measure 3*
Proximates:						
Water	g	94.32	5.160	9	123.56	247.12
Energy	kcal	19		0	25	50
Energy	kJ	79		0	103	207
Protein (N x 5.95)	g	1.72	0.315	2	2.25	4.51
Total lipid (fat)	g	0.40	0.140	2	0.52	1.05
Carbohydrate, by difference	g	3.22		0	4.22	8.44
Fiber, total dietary	g	1.4		0	1.8	3.7
Ash	g	0.34	0.140	2	0.45	0.89
Sugars, total	g					
Minerals:						
Calcium	mg	8	1.145	7	10	21
Iron	mg	0.32	0.023	7	0.42	0.84
Magnesium	mg	4	2.950	2	5	10
Phosphorus	mg	25	3.400	2	33	66
Potassium	mg	80	10.579	7	105	210
Sodium	mg	7	0.907	7	9	18
Zinc	mg	0.65		0	0.85	1.70
Copper	mg	0.114		0	0.149	0.299
Manganese	mg	0.157		0	0.206	0.411
Selenium	µg	0.5		0	0.7	1.3
Vitamins:						
Ascorbic acid	mg	1.1	0.042	7	1.4	2.9
Thiamin	mg	0.026	0.013	7	0.034	0.068
Riboflavin	mg	0.026	0.003	7	0.034	0.068
Niacin	mg	0.140	0.053	7	0.183	0.367
Pantothenic acid	mg	0.092		0	0.121	0.241
Vitamin B-6	mg	0.136		0	0.178	0.356
Folate	µg	3		0	4	8
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	8	1.538	7	10	21
Vitamin A, RE	µg	1	0.154	7	1	3
Vitamin E, α-TE	mg	0.380		0	0.498	0.996
Lipids:						
Saturated, total	g	0.092		0	0.121	0.241
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.003		0	0.004	0.008
14:0	g	0.003		0	0.004	0.008
15:0	g					
16:0	g	0.069		0	0.090	0.181
17:0	g					
18:0	g	0.008		0	0.010	0.021
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.009	0	0.012	0.024
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.009	0	0.012	0.024
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.178	0	0.233	0.466
18:2	g	0.151	0	0.198	0.396
18:3	g	0.027	0	0.035	0.071
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.018	0	0.024	0.047
Threonine	g	0.057	0	0.075	0.149
Isoleucine	g	0.058	0	0.076	0.152
Leucine	g	0.093	0	0.122	0.244
Lysine	g	0.089	0	0.117	0.233
Methionine	g	0.020	0	0.026	0.052
Cystine	g	0.014	0	0.018	0.037
Phenylalanine	g	0.060	0	0.079	0.157
Tyrosine	g				
Valine	g	0.071	0	0.093	0.186
Arginine	g	0.064	0	0.084	0.168
Histidine	g	0.028	0	0.037	0.073
Alanine	g	0.082	0	0.107	0.215
Aspartic acid	g	0.282	0	0.369	0.739
Glutamic acid	g	0.164	0	0.215	0.430
Glycine	g	0.057	0	0.075	0.149
Proline	g	0.145	0	0.190	0.380
Serine	g	0.084	0	0.110	0.220
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup (1/8" slices)
- Measure 2: 1 can (303 x 406)

NDB No. 11028

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11029 Beans, kidney, mature seeds, sprouted, raw
Phaseolus vulgaris

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 184g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	90.70	1	166.89		
Energy	kcal	29	0	53		
Energy	kJ	121	0	223		
Protein (N x 5.95)	g	4.20	1	7.73		
Total lipid (fat)	g	0.50	1	0.92		
Carbohydrate, by difference	g	4.10	0	7.54		
Fiber, total dietary	g					
Ash	g	0.50	1	0.92		
Sugars, total	g					
Minerals:						
Calcium	mg	17	1	31		
Iron	mg	0.81	1	1.49		
Magnesium	mg	21	1	39		
Phosphorus	mg	37	1	68		
Potassium	mg	187	1	344		
Sodium	mg	6	0	11		
Zinc	mg	0.40	0	0.74		
Copper	mg	0.159	0	0.293		
Manganese	mg	0.182	0	0.335		
Selenium	µg	0.6	0	1.1		
Vitamins:						
Ascorbic acid	mg	38.7	1	71.2		
Thiamin	mg	0.370	1	0.681		
Riboflavin	mg	0.250	1	0.460		
Niacin	mg	2.920	1	5.373		
Pantothenic acid	mg	0.368	0	0.677		
Vitamin B-6	mg	0.085	0	0.156		
Folate	µg	59	0	108		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	2	1	4		
Vitamin A, RE	µg	0	1	0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.072	0	0.132		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.064	1	0.118		
17:0	g					
18:0	g	0.009	1	0.017		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.039	0	0.072
14:1	g			
16:1	g			
18:1	g	0.039	1	0.072
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.276	0	0.508
18:2	g	0.107	1	0.197
18:3	g	0.169	1	0.311
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	0.044	2	0.081
Threonine	g	0.176	2	0.324
Isoleucine	g	0.186	2	0.342
Leucine	g	0.302	2	0.556
Lysine	g	0.239	2	0.440
Methionine	g	0.044	2	0.081
Cystine	g	0.048	2	0.088
Phenylalanine	g	0.212	2	0.390
Tyrosine	g	0.144	2	0.265
Valine	g	0.216	2	0.397
Arginine	g	0.228	2	0.420
Histidine	g	0.118	2	0.217
Alanine	g	0.174	2	0.320
Aspartic acid	g	0.546	2	1.005
Glutamic acid	g	0.512	2	0.942
Glycine	g	0.144	2	0.265
Proline	g	0.169	2	0.311
Serine	g	0.224	2	0.412
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11029

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11030 Beans, kidney, mature seeds, sprouted, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	89.30	0			
Energy	kcal	33	0			
Energy	kJ	138	0			
Protein (N x 5.95)	g	4.83	0			
Total lipid (fat)	g	0.58	0			
Carbohydrate, by difference	g	4.72	0			
Fiber, total dietary	g					
Ash	g	0.58	0			
Sugars, total	g					
Minerals:						
Calcium	mg	19	0			
Iron	mg	0.89	0			
Magnesium	mg	23	0			
Phosphorus	mg	38	0			
Potassium	mg	194	0			
Sodium	mg	7	0			
Zinc	mg	0.44	0			
Copper	mg	0.174	0			
Manganese	mg	0.199	0			
Selenium	µg	0.6	0			
Vitamins:						
Ascorbic acid	mg	35.6	0			
Thiamin	mg	0.362	0			
Riboflavin	mg	0.273	0			
Niacin	mg	3.024	0			
Pantothenic acid	mg	0.381	0			
Vitamin B-6	mg	0.093	0			
Folate	µg	47	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	2	0			
Vitamin A, RE	µg	0	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.083	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.074	0			
17:0	g					
18:0	g	0.010	0			
20:0	g					
22.0	g					
24:0	g					

Monounsaturated, total	g	0.045	0
14:1	g		
16:1	g		
18:1	g	0.045	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.318	0
18:2	g	0.123	0
18:3	g	0.194	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.050	0
Threonine	g	0.203	0
Isoleucine	g	0.214	0
Leucine	g	0.347	0
Lysine	g	0.275	0
Methionine	g	0.050	0
Cystine	g	0.055	0
Phenylalanine	g	0.243	0
Tyrosine	g	0.166	0
Valine	g	0.248	0
Arginine	g	0.263	0
Histidine	g	0.135	0
Alanine	g	0.200	0
Aspartic acid	g	0.628	0
Glutamic acid	g	0.589	0
Glycine	g	0.166	0
Proline	g	0.195	0
Serine	g	0.258	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11030

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11031 Lima beans, immature seeds, raw
Phaseolus lunatus

Refuse: 56% Pods and imperfect beans

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 156g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	70.24		13	109.57	
Energy	kcal	113		0	176	
Energy	kJ	473		0	738	
Protein (N x 5.95)	g	6.84		10	10.67	
Total lipid (fat)	g	0.86		10	1.34	
Carbohydrate, by difference	g	20.16		0	31.45	
Fiber, total dietary	g	4.9		0	7.6	
Ash	g	1.89	0.158	8	2.95	
Sugars, total	g					
Minerals:						
Calcium	mg	34		10	53	
Iron	mg	3.14		10	4.90	
Magnesium	mg	58		8	90	
Phosphorus	mg	136		8	212	
Potassium	mg	467		10	729	
Sodium	mg	8		6	12	
Zinc	mg	0.78	0.046	6	1.22	
Copper	mg	0.318	0.022	6	0.496	
Manganese	mg	1.215	0.108	6	1.895	
Selenium	µg	1.8		0	2.8	
Vitamins:						
Ascorbic acid	mg	23.4		8	36.5	
Thiamin	mg	0.217		10	0.339	
Riboflavin	mg	0.103		10	0.161	
Niacin	mg	1.474		10	2.299	
Pantothenic acid	mg	0.247	0.011	6	0.385	
Vitamin B-6	mg	0.204	0.009	6	0.318	
Folate	µg	34		0	53	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	303		10	473	
Vitamin A, RE	µg	30		10	47	
Vitamin E, α-TE	mg	0.720		0	1.123	
Lipids:						
Saturated, total	g	0.198		0	0.309	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.002		2	0.003	
15:0	g					
16:0	g	0.173		3	0.270	
17:0	g					
18:0	g	0.022		3	0.034	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.050	0	0.078
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.050	3	0.078
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.419	0	0.654
18:2	g	0.283	3	0.441
18:3	g	0.136	3	0.212
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.090	32	0.140
Threonine	g	0.290	32	0.452
Isoleucine	g	0.440	32	0.686
Leucine	g	0.538	32	0.839
Lysine	g	0.452	32	0.705
Methionine	g	0.068	32	0.106
Cystine	g	0.083	4	0.129
Phenylalanine	g	0.337	32	0.526
Tyrosine	g	0.220	4	0.343
Valine	g	0.427	32	0.666
Arginine	g	0.458	29	0.714
Histidine	g	0.232	32	0.362
Alanine	g	0.260	1	0.406
Aspartic acid	g	0.735	1	1.147
Glutamic acid	g	0.881	1	1.374
Glycine	g	0.274	1	0.427
Proline	g	0.102	1	0.159
Serine	g	0.427	1	0.666
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11031

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11032 Lima beans, immature seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:						
Water	g	67.17	0.946	12	114.19	
Energy	kcal	123		0	209	
Energy	kJ	515		0	876	
Protein (N x 5.95)	g	6.81	0.110	12	11.58	
Total lipid (fat)	g	0.32	0.043	12	0.54	
Carbohydrate, by difference	g	23.64		0	40.19	
Fiber, total dietary	g	5.3		0	9.0	
Ash	g	2.06	0.052	12	3.50	
Sugars, total	g					
Minerals:						
Calcium	mg	32	1.150	12	54	
Iron	mg	2.45	0.082	12	4.17	
Magnesium	mg	74	1.821	12	126	
Phosphorus	mg	130	5.484	12	221	
Potassium	mg	570	11.768	12	969	
Sodium	mg	17	0.519	4	29	
Zinc	mg	0.79	0.032	12	1.34	
Copper	mg	0.305	0.012	12	0.518	
Manganese	mg	1.252	0.097	12	2.128	
Selenium	µg	2.0		0	3.4	
Vitamins:						
Ascorbic acid	mg	10.1	0.660	12	17.2	
Thiamin	mg	0.140	0.002	12	0.238	
Riboflavin	mg	0.096	0.001	12	0.163	
Niacin	mg	1.040	0.033	12	1.768	
Pantothenic acid	mg	0.257	0.014	12	0.437	
Vitamin B-6	mg	0.193	0.013	12	0.328	
Folate	µg	26		0	45	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	370	38.105	12	629	
Vitamin A, RE	µg	37	3.811	12	63	
Vitamin E, α-TE	mg	0.140		0	0.238	
Lipids:						
Saturated, total	g	0.073		0	0.124	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.001		0	0.002	
15:0	g					
16:0	g	0.064		0	0.109	
17:0	g					
18:0	g	0.008		0	0.014	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.019	0	0.032
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.019	0	0.032
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.154	0	0.262
18:2	g	0.104	0	0.177
18:3	g	0.050	0	0.085
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.089	0	0.151
Threonine	g	0.289	0	0.491
Isoleucine	g	0.438	0	0.745
Leucine	g	0.535	0	0.910
Lysine	g	0.450	0	0.765
Methionine	g	0.068	0	0.116
Cystine	g	0.083	0	0.141
Phenylalanine	g	0.336	0	0.571
Tyrosine	g	0.219	0	0.372
Valine	g	0.425	0	0.723
Arginine	g	0.456	0	0.775
Histidine	g	0.231	0	0.393
Alanine	g	0.258	0	0.439
Aspartic acid	g	0.731	0	1.243
Glutamic acid	g	0.877	0	1.491
Glycine	g	0.273	0	0.464
Proline	g	0.101	0	0.172
Serine	g	0.425	0	0.723
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11032

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11033 Beans, lima, immature seeds, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	81.17	0.243	106	100.65	368.51
Energy	kcal	71		0	88	322
Energy	kJ	297		0	368	1348
Protein (N x 5.95)	g	4.07	0.068	109	5.05	18.48
Total lipid (fat)	g	0.29	0.016	107	0.36	1.32
Carbohydrate, by difference	g	13.33		0	16.53	60.52
Fiber, total dietary	g	3.6		0	4.5	16.3
Ash	g	1.14	0.039	108	1.41	5.18
Sugars, total	g					
Minerals:						
Calcium	mg	28	0.908	115	35	127
Iron	mg	1.61	0.062	115	2.00	7.31
Magnesium	mg	34	0.578	82	42	154
Phosphorus	mg	71	1.541	120	88	322
Potassium	mg	285	7.240	106	353	1294
Sodium	mg	252	8.572	37	312	1144
Zinc	mg	0.64	0.019	44	0.79	2.91
Copper	mg	0.162	0.008	44	0.201	0.735
Manganese	mg	0.700	0.051	6	0.868	3.178
Selenium	µg	1.1		0	1.4	5.0
Vitamins:						
Ascorbic acid	mg	7.3	0.402	117	9.1	33.1
Thiamin	mg	0.029	0.001	134	0.036	0.132
Riboflavin	mg	0.043	0.000	134	0.053	0.195
Niacin	mg	0.532	0.012	140	0.660	2.415
Pantothenic acid	mg	0.095	0.006	6	0.118	0.431
Vitamin B-6	mg	0.062	0.003	6	0.077	0.281
Folate	µg	16		0	20	73
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	150	8.200	122	186	681
Vitamin A, RE	µg	15		0	19	68
Vitamin E, α-TE	mg	0.290		0	0.360	1.317
Lipids:						
Saturated, total	g	0.066		0	0.082	0.300
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g					
14:0	g	0.001		0	0.001	0.005
15:0	g					
16:0	g	0.057		0	0.071	0.259
17:0	g					
18:0	g	0.007		0	0.009	0.032
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.016	0	0.020	0.073
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.016	0	0.020	0.073
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.139	0	0.172	0.631
18:2	g	0.094	0	0.117	0.427
18:3	g	0.045	0	0.056	0.204
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.054	0	0.067	0.245
Threonine	g	0.173	0	0.215	0.785
Isoleucine	g	0.261	0	0.324	1.185
Leucine	g	0.319	0	0.396	1.448
Lysine	g	0.268	0	0.332	1.217
Methionine	g	0.040	0	0.050	0.182
Cystine	g	0.049	0	0.061	0.222
Phenylalanine	g	0.200	0	0.248	0.908
Tyrosine	g	0.131	0	0.162	0.595
Valine	g	0.254	0	0.315	1.153
Arginine	g	0.272	0	0.337	1.235
Histidine	g	0.138	0	0.171	0.627
Alanine	g	0.154	0	0.191	0.699
Aspartic acid	g	0.436	0	0.541	1.979
Glutamic acid	g	0.523	0	0.649	2.374
Glycine	g	0.163	0	0.202	0.740
Proline	g	0.068	0	0.084	0.309
Serine	g	0.254	0	0.315	1.153
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11033

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11037 Lima beans, immature seeds, frozen, fordhook, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 80g	Measure 2* 284g	Measure 3*
Proximates:						
Water	g	72.05	0.399	22	57.64	204.62
Energy	kcal	106		0	85	301
Energy	kJ	444		0	355	1261
Protein (N x 5.95)	g	6.40	0.102	22	5.12	18.18
Total lipid (fat)	g	0.35	0.048	22	0.28	0.99
Carbohydrate, by difference	g	19.83		0	15.86	56.32
Fiber, total dietary	g	5.5		0	4.4	15.6
Ash	g	1.37	0.068	22	1.10	3.89
Sugars, total	g					
Minerals:						
Calcium	mg	24	1.258	22	19	68
Iron	mg	1.51	0.107	22	1.21	4.29
Magnesium	mg	38	3.183	8	30	108
Phosphorus	mg	74	4.267	10	59	210
Potassium	mg	478	20.340	8	382	1358
Sodium	mg	58	18.654	8	46	165
Zinc	mg	0.49	0.032	7	0.39	1.39
Copper	mg	0.062	0.020	8	0.050	0.176
Manganese	mg	0.345	0.015	7	0.276	0.980
Selenium	µg	1.7	0.548	3	1.4	4.8
Vitamins:						
Ascorbic acid	mg	19.3	0.828	15	15.4	54.8
Thiamin	mg	0.092	0.006	22	0.074	0.261
Riboflavin	mg	0.067	0.002	22	0.054	0.190
Niacin	mg	1.187	0.070	22	0.950	3.371
Pantothenic acid	mg	0.191		1	0.153	0.542
Vitamin B-6	mg	0.136	0.018	5	0.109	0.386
Folate	µg	32		0	26	91
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	223	13.268	22	178	633
Vitamin A, RE	µg	22	1.327	22	18	62
Vitamin E, α-TE	mg	0.720		0	0.576	2.045
Lipids:						
Saturated, total	g	0.081		0	0.065	0.230
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.001		0	0.001	0.003
15:0	g					
16:0	g	0.071		0	0.057	0.202
17:0	g					
18:0	g	0.009		0	0.007	0.026
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.021	0	0.017	0.060
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.021	0	0.017	0.060
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.172	0	0.138	0.488
18:2	g	0.116	0	0.093	0.329
18:3	g	0.056	0	0.045	0.159
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.084	0	0.067	0.239
Threonine	g	0.271	0	0.217	0.770
Isoleucine	g	0.412	0	0.330	1.170
Leucine	g	0.503	0	0.402	1.429
Lysine	g	0.423	0	0.338	1.201
Methionine	g	0.063	0	0.050	0.179
Cystine	g	0.078	0	0.062	0.222
Phenylalanine	g	0.315	0	0.252	0.895
Tyrosine	g	0.206	0	0.165	0.585
Valine	g	0.399	0	0.319	1.133
Arginine	g	0.428	0	0.342	1.216
Histidine	g	0.217	0	0.174	0.616
Alanine	g	0.243	0	0.194	0.690
Aspartic acid	g	0.687	0	0.550	1.951
Glutamic acid	g	0.824	0	0.659	2.340
Glycine	g	0.256	0	0.205	0.727
Proline	g	0.095	0	0.076	0.270
Serine	g	0.399	0	0.319	1.133
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup

Measure 2: 1 package (10 oz)

NDB No. 11037

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11038 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 311g	Measure 2 [*] 85g	Measure 3 [*]
Proximates:						
Water	g	73.50	0	228.59	62.48	
Energy	kcal	100	0	311	85	
Energy	kJ	418	0	1300	355	
Protein (N x 5.95)	g	6.07	0	18.88	5.16	
Total lipid (fat)	g	0.34	0	1.06	0.29	
Carbohydrate, by difference	g	18.80	0	58.47	15.98	
Fiber, total dietary	g	5.8	0	18.0	4.9	
Ash	g	1.30	0	4.04	1.10	
Sugars, total	g					
Minerals:						
Calcium	mg	22	0	68	19	
Iron	mg	1.36	0	4.23	1.16	
Magnesium	mg	34	0	106	29	
Phosphorus	mg	63	0	196	54	
Potassium	mg	408	0	1269	347	
Sodium	mg	53	0	165	45	
Zinc	mg	0.44	0	1.37	0.37	
Copper	mg	0.055	0	0.171	0.047	
Manganese	mg	0.311	0	0.967	0.264	
Selenium	µg	1.6	0	5.0	1.4	
Vitamins:						
Ascorbic acid	mg	12.8	0	39.8	10.9	
Thiamin	mg	0.074	0	0.230	0.063	
Riboflavin	mg	0.061	0	0.190	0.052	
Niacin	mg	1.069	0	3.325	0.909	
Pantothenic acid	mg	0.163	0	0.507	0.139	
Vitamin B-6	mg	0.122	0	0.379	0.104	
Folate	µg	21	0	66	18	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	190	0	591	162	
Vitamin A, RE	µg	19	0	59	16	
Vitamin E, α-TE	mg	0.290	0	0.902	0.247	
Lipids:						
Saturated, total	g	0.077	0	0.239	0.065	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.001	0	0.003	0.001	
15:0	g					
16:0	g	0.067	0	0.208	0.057	
17:0	g					
18:0	g	0.008	0	0.025	0.007	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.020	0	0.062	0.017
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.020	0	0.062	0.017
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.163	0	0.507	0.139
18:2	g	0.110	0	0.342	0.094
18:3	g	0.053	0	0.165	0.045
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.080	0	0.249	0.068
Threonine	g	0.257	0	0.799	0.218
Isoleucine	g	0.390	0	1.213	0.331
Leucine	g	0.477	0	1.483	0.405
Lysine	g	0.401	0	1.247	0.341
Methionine	g	0.060	0	0.187	0.051
Cystine	g	0.074	0	0.230	0.063
Phenylalanine	g	0.299	0	0.930	0.254
Tyrosine	g	0.195	0	0.606	0.166
Valine	g	0.379	0	1.179	0.322
Arginine	g	0.406	0	1.263	0.345
Histidine	g	0.206	0	0.641	0.175
Alanine	g	0.230	0	0.715	0.196
Aspartic acid	g	0.652	0	2.028	0.554
Glutamic acid	g	0.782	0	2.432	0.665
Glycine	g	0.243	0	0.756	0.207
Proline	g	0.090	0	0.280	0.077
Serine	g	0.379	0	1.179	0.322
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11038

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11039 Lima beans, immature seeds, frozen, baby, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 82g	Measure 2* 284g	Measure 3*
Proximates:						
Water	g	65.46	0.458	71	53.68	185.91
Energy	kcal	132		0	108	375
Energy	kJ	552		0	453	1568
Protein (N x 5.95)	g	7.59	0.117	67	6.22	21.56
Total lipid (fat)	g	0.44	0.036	66	0.36	1.25
Carbohydrate, by difference	g	25.13		0	20.61	71.37
Fiber, total dietary	g	6.0		0	4.9	17.0
Ash	g	1.37	0.040	64	1.12	3.89
Sugars, total	g					
Minerals:						
Calcium	mg	35	1.184	66	29	99
Iron	mg	2.21	0.074	66	1.81	6.28
Magnesium	mg	50	2.105	20	41	142
Phosphorus	mg	104	2.598	26	85	295
Potassium	mg	452	22.645	29	371	1284
Sodium	mg	52	9.084	28	43	148
Zinc	mg	0.63	0.025	19	0.52	1.79
Copper	mg	0.128	0.014	20	0.105	0.364
Manganese	mg	0.702	0.036	19	0.576	1.994
Selenium	µg	2.1		0	1.7	6.0
Vitamins:						
Ascorbic acid	mg	8.3		0	6.8	23.6
Thiamin	mg	0.114	0.005	67	0.093	0.324
Riboflavin	mg	0.075	0.008	67	0.061	0.213
Niacin	mg	1.023	0.068	67	0.839	2.905
Pantothenic acid	mg	0.187	0.020	9	0.153	0.531
Vitamin B-6	mg	0.160	0.010	15	0.131	0.454
Folate	µg	28		0	23	78
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	189	14.989	55	155	537
Vitamin A, RE	µg	19	1.499	55	16	54
Vitamin E, α-TE	mg	0.890		0	0.730	2.528
Lipids:						
Saturated, total	g	0.102		0	0.084	0.290
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.001		0	0.001	0.003
15:0	g					
16:0	g	0.089		0	0.073	0.253
17:0	g					
18:0	g	0.011		0	0.009	0.031
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.026	0	0.021	0.074
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.026	0	0.021	0.074
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.216	0	0.177	0.613
18:2	g	0.146	0	0.120	0.415
18:3	g	0.070	0	0.057	0.199
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.100	0	0.082	0.284
Threonine	g	0.322	0	0.264	0.914
Isoleucine	g	0.488	0	0.400	1.386
Leucine	g	0.597	0	0.490	1.695
Lysine	g	0.502	0	0.412	1.426
Methionine	g	0.075	0	0.061	0.213
Cystine	g	0.092	0	0.075	0.261
Phenylalanine	g	0.374	0	0.307	1.062
Tyrosine	g	0.244	0	0.200	0.693
Valine	g	0.474	0	0.389	1.346
Arginine	g	0.508	0	0.417	1.443
Histidine	g	0.258	0	0.212	0.733
Alanine	g	0.288	0	0.236	0.818
Aspartic acid	g	0.815	0	0.668	2.315
Glutamic acid	g	0.978	0	0.802	2.778
Glycine	g	0.304	0	0.249	0.863
Proline	g	0.113	0	0.093	0.321
Serine	g	0.474	0	0.389	1.346
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 package (10 oz)

NDB No. 11039

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11040 Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 311g	Measure 2* 90g	Measure 3*
Proximates:						
Water	g	72.35	0.438	6	225.01	65.11
Energy	kcal	105		0	327	95
Energy	kJ	439		0	1365	395
Protein (N x 5.95)	g	6.65	0.468	6	20.68	5.99
Total lipid (fat)	g	0.30	0.051	6	0.93	0.27
Carbohydrate, by difference	g	19.45		0	60.49	17.50
Fiber, total dietary	g	6.0		0	18.7	5.4
Ash	g	1.25	0.056	6	3.89	1.13
Sugars, total	g					
Minerals:						
Calcium	mg	28	1.613	6	87	25
Iron	mg	1.96	0.087	6	6.10	1.76
Magnesium	mg	56	0.839	6	174	50
Phosphorus	mg	112	2.260	6	348	101
Potassium	mg	411	24.148	6	1278	370
Sodium	mg	29	5.185	6	90	26
Zinc	mg	0.55	0.023	6	1.71	0.50
Copper	mg	0.197	0.020	6	0.613	0.177
Manganese	mg	0.813	0.054	6	2.528	0.732
Selenium	µg	1.7		0	5.3	1.5
Vitamins:						
Ascorbic acid	mg	5.8		0	18.0	5.2
Thiamin	mg	0.070	0.002	6	0.218	0.063
Riboflavin	mg	0.055	0.000	6	0.171	0.050
Niacin	mg	0.770	0.040	6	2.395	0.693
Pantothenic acid	mg	0.177	0.009	6	0.550	0.159
Vitamin B-6	mg	0.115	0.009	6	0.358	0.104
Folate	µg	16		0	48	14
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	167	8.281	6	519	150
Vitamin A, RE	µg	17	0.828	6	53	15
Vitamin E, α-TE	mg	0.640		0	1.990	0.576
Lipids:						
Saturated, total	g	0.068		0	0.211	0.061
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.001		0	0.003	0.001
15:0	g					
16:0	g	0.060		0	0.187	0.054
17:0	g					
18:0	g	0.008		0	0.025	0.007
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.017	0	0.053	0.015
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.017	0	0.053	0.015
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.145	0	0.451	0.130
18:2	g	0.098	0	0.305	0.088
18:3	g	0.047	0	0.146	0.042
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.087	0	0.271	0.078
Threonine	g	0.282	0	0.877	0.254
Isoleucine	g	0.428	0	1.331	0.385
Leucine	g	0.522	0	1.623	0.470
Lysine	g	0.439	0	1.365	0.395
Methionine	g	0.066	0	0.205	0.059
Cystine	g	0.081	0	0.252	0.073
Phenylalanine	g	0.328	0	1.020	0.295
Tyrosine	g	0.214	0	0.666	0.193
Valine	g	0.415	0	1.291	0.374
Arginine	g	0.445	0	1.384	0.401
Histidine	g	0.226	0	0.703	0.203
Alanine	g	0.252	0	0.784	0.227
Aspartic acid	g	0.714	0	2.221	0.643
Glutamic acid	g	0.857	0	2.665	0.771
Glycine	g	0.266	0	0.827	0.239
Proline	g	0.099	0	0.308	0.089
Serine	g	0.415	0	1.291	0.374
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11040

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11043 Mung beans, mature seeds, sprouted, raw
Vigna radiata

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 104g	Measure 2 [*] 340g	Measure 3 [*]
Proximates:						
Water	g	90.40	1.586	8	94.02	307.36
Energy	kcal	30		0	31	102
Energy	kJ	126		0	131	428
Protein (N x 5.95)	g	3.04	0.466	8	3.16	10.34
Total lipid (fat)	g	0.18	0.045	8	0.19	0.61
Carbohydrate, by difference	g	5.93		0	6.17	20.16
Fiber, total dietary	g	1.8		0	1.9	6.1
Ash	g	0.44	0.065	8	0.46	1.50
Sugars, total	g					
Minerals:						
Calcium	mg	13	1.966	8	14	44
Iron	mg	0.91	0.351	8	0.95	3.09
Magnesium	mg	21	3.384	8	22	71
Phosphorus	mg	54	8.476	8	56	184
Potassium	mg	149	23.307	8	155	507
Sodium	mg	6	1.449	4	6	20
Zinc	mg	0.41	0.052	8	0.43	1.39
Copper	mg	0.164	0.058	8	0.171	0.558
Manganese	mg	0.188	0.049	8	0.196	0.639
Selenium	µg	0.6		0	0.6	2.0
Vitamins:						
Ascorbic acid	mg	13.2	1.861	8	13.7	44.9
Thiamin	mg	0.084	0.014	8	0.087	0.286
Riboflavin	mg	0.124	0.020	8	0.129	0.422
Niacin	mg	0.749	0.064	8	0.779	2.547
Pantothenic acid	mg	0.380	0.082	4	0.395	1.292
Vitamin B-6	mg	0.088	0.012	8	0.092	0.299
Folate	µg	61	6.866	16	63	207
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	21	2.252	7	22	71
Vitamin A, RE	µg	2	0.225	7	2	7
Vitamin E, α-TE	mg	0.010		0	0.010	0.034
Lipids:						
Saturated, total	g	0.046		0	0.048	0.156
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		1	0.000	0.000
15:0	g					
16:0	g	0.032		0	0.033	0.109
17:0	g					
18:0	g	0.008		0	0.008	0.027
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.022	0	0.023	0.075
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.022	0	0.023	0.075
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.058	0	0.060	0.197
18:2	g	0.042	0	0.044	0.143
18:3	g	0.016	0	0.017	0.054
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	15	0	16	51
Amino acids:					
Tryptophan	g	0.037	4	0.038	0.126
Threonine	g	0.078	4	0.081	0.265
Isoleucine	g	0.132	4	0.137	0.449
Leucine	g	0.175	4	0.182	0.595
Lysine	g	0.166	4	0.173	0.564
Methionine	g	0.034	3	0.035	0.116
Cystine	g	0.017	1	0.018	0.058
Phenylalanine	g	0.117	4	0.122	0.398
Tyrosine	g	0.052	2	0.054	0.177
Valine	g	0.130	4	0.135	0.442
Arginine	g	0.197	2	0.205	0.670
Histidine	g	0.070	2	0.073	0.238
Alanine	g	0.099	1	0.103	0.337
Aspartic acid	g	0.479	1	0.498	1.629
Glutamic acid	g	0.161	1	0.167	0.547
Glycine	g	0.063	1	0.066	0.214
Proline	g				
Serine	g	0.033	1	0.034	0.112
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 package (12 oz)

NDB No. 11043

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 124g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.39	1	115.80		
Energy	kcal	21	0	26		
Energy	kJ	88	0	109		
Protein (N x 5.95)	g	2.03	0	2.52		
Total lipid (fat)	g	0.09	0	0.11		
Carbohydrate, by difference	g	4.19	0	5.20		
Fiber, total dietary	g	0.8	0	1.0		
Ash	g	0.30	1	0.37		
Sugars, total	g					
Minerals:						
Calcium	mg	12	0	15		
Iron	mg	0.65	0	0.81		
Magnesium	mg	14	1	17		
Phosphorus	mg	28	0	35		
Potassium	mg	101	1	125		
Sodium	mg	10	1	12		
Zinc	mg	0.47	0	0.58		
Copper	mg	0.122	0	0.151		
Manganese	mg	0.140	0	0.174		
Selenium	µg	0.6	0	0.7		
Vitamins:						
Ascorbic acid	mg	11.4	0	14.1		
Thiamin	mg	0.050	0	0.062		
Riboflavin	mg	0.102	0	0.126		
Niacin	mg	0.817	0	1.013		
Pantothenic acid	mg	0.243	0	0.301		
Vitamin B-6	mg	0.054	0	0.067		
Folate	µg	29	0	36		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	14	0	17		
Vitamin A, RE	µg	1	0	1		
Vitamin E, α-TE	mg	0.010	0	0.012		
Lipids:						
Saturated, total	g	0.025	0	0.031		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.018	0	0.022		
17:0	g					
18:0	g	0.005	0	0.006		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.012	0	0.015
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.012	0	0.015
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.032	0	0.040
18:2	g	0.023	0	0.029
18:3	g	0.009	0	0.011
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.028	0	0.035
Threonine	g	0.058	0	0.072
Isoleucine	g	0.098	0	0.122
Leucine	g	0.130	0	0.161
Lysine	g	0.123	0	0.153
Methionine	g	0.025	0	0.031
Cystine	g	0.012	0	0.015
Phenylalanine	g	0.086	0	0.107
Tyrosine	g	0.038	0	0.047
Valine	g	0.097	0	0.120
Arginine	g	0.146	0	0.181
Histidine	g	0.052	0	0.064
Alanine	g	0.073	0	0.091
Aspartic acid	g	0.355	0	0.440
Glutamic acid	g	0.120	0	0.149
Glycine	g	0.046	0	0.057
Proline	g			
Serine	g	0.024	0	0.030
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11044

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11045 Mung beans, mature seeds, sprouted, cooked, stir-fried

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 124g	Measure 2*	Measure 3*
Proximates:						
Water	g	84.30	1	104.53		
Energy	kcal	50	0	62		
Energy	kJ	209	0	259		
Protein (N x 5.95)	g	4.30	1	5.33		
Total lipid (fat)	g	0.21	0	0.26		
Carbohydrate, by difference	g	10.59	0	13.13		
Fiber, total dietary	g	1.9	0	2.4		
Ash	g	0.60	1	0.74		
Sugars, total	g					
Minerals:						
Calcium	mg	13	1	16		
Iron	mg	1.90	1	2.36		
Magnesium	mg	33	0	41		
Phosphorus	mg	79	0	98		
Potassium	mg	219	0	272		
Sodium	mg	9	0	11		
Zinc	mg	0.90	1	1.12		
Copper	mg	0.255	0	0.316		
Manganese	mg	0.292	0	0.362		
Selenium	µg	0.6	0	0.7		
Vitamins:						
Ascorbic acid	mg	16.0	1	19.8		
Thiamin	mg	0.140	1	0.174		
Riboflavin	mg	0.180	1	0.223		
Niacin	mg	1.200	1	1.488		
Pantothenic acid	mg	0.559	0	0.693		
Vitamin B-6	mg	0.130	0	0.161		
Folate	µg	70	0	86		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	31	0	38		
Vitamin A, RE	µg	3	0	4		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.039	0	0.048		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.027	0	0.033		
17:0	g					
18:0	g	0.009	0	0.011		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.056	0	0.069
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.056	0	0.069
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.068	0	0.084
18:2	g	0.058	0	0.072
18:3	g	0.011	0	0.014
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	0.058	0	0.072
Threonine	g	0.122	0	0.151
Isoleucine	g	0.207	0	0.257
Leucine	g	0.275	0	0.341
Lysine	g	0.261	0	0.324
Methionine	g	0.053	0	0.066
Cystine	g	0.026	0	0.032
Phenylalanine	g	0.183	0	0.227
Tyrosine	g	0.081	0	0.100
Valine	g	0.204	0	0.253
Arginine	g	0.309	0	0.383
Histidine	g	0.109	0	0.135
Alanine	g	0.155	0	0.192
Aspartic acid	g	0.752	0	0.932
Glutamic acid	g	0.253	0	0.314
Glycine	g	0.098	0	0.122
Proline	g			
Serine	g	0.052	0	0.064
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11045

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11046 Beans, navy, mature seeds, sprouted, raw
Phaseolus vulgaris

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 104g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	79.15	13.450	2	82.32	
Energy	kcal	67		0	70	
Energy	kJ	280		0	291	
Protein (N x 5.95)	g	6.15	2.550	2	6.40	
Total lipid (fat)	g	0.70	0.300	2	0.73	
Carbohydrate, by difference	g	13.05		0	13.57	
Fiber, total dietary	g					
Ash	g	0.95	0.350	2	0.99	
Sugars, total	g					
Minerals:						
Calcium	mg	15		1	16	
Iron	mg	1.93	0.870	2	2.01	
Magnesium	mg	101	82.350	2	105	
Phosphorus	mg	100	37.600	2	104	
Potassium	mg	307	101.600	2	319	
Sodium	mg	13		0	14	
Zinc	mg	0.89		0	0.93	
Copper	mg	0.356		0	0.370	
Manganese	mg	0.408		0	0.424	
Selenium	µg	0.6		0	0.6	
Vitamins:						
Ascorbic acid	mg	18.8	3.550	2	19.6	
Thiamin	mg	0.390	0.070	2	0.406	
Riboflavin	mg	0.215	0.015	2	0.224	
Niacin	mg	1.220	0.600	2	1.269	
Pantothenic acid	mg	0.825		0	0.858	
Vitamin B-6	mg	0.191		0	0.199	
Folate	µg	132		0	137	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	4	0.175	2	4	
Vitamin A, RE	µg	0	0.018	2	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.085		0	0.088	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.076		0	0.079	
17:0	g					
18:0	g	0.009		0	0.009	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.052	0	0.054
14:1	g			
16:1	g			
18:1	g	0.052	0	0.054
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.407	0	0.423
18:2	g	0.147	0	0.153
18:3	g	0.260	0	0.270
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	0.064	0	0.067
Threonine	g	0.258	0	0.268
Isoleucine	g	0.273	0	0.284
Leucine	g	0.442	0	0.460
Lysine	g	0.350	0	0.364
Methionine	g	0.064	0	0.067
Cystine	g	0.070	0	0.073
Phenylalanine	g	0.310	0	0.322
Tyrosine	g	0.212	0	0.220
Valine	g	0.316	0	0.329
Arginine	g	0.335	0	0.348
Histidine	g	0.172	0	0.179
Alanine	g	0.255	0	0.265
Aspartic acid	g	0.799	0	0.831
Glutamic acid	g	0.750	0	0.780
Glycine	g	0.212	0	0.220
Proline	g	0.248	0	0.258
Serine	g	0.329	0	0.342
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11046

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11047 Beans, navy, mature seeds, sprouted, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	76.02	0			
Energy	kcal	78	0			
Energy	kJ	326	0			
Protein (N x 5.95)	g	7.07	0			
Total lipid (fat)	g	0.81	0			
Carbohydrate, by difference	g	15.01	0			
Fiber, total dietary	g					
Ash	g	1.09	0			
Sugars, total	g					
Minerals:						
Calcium	mg	16	0			
Iron	mg	2.11	0			
Magnesium	mg	111	0			
Phosphorus	mg	103	0			
Potassium	mg	317	0			
Sodium	mg	14	0			
Zinc	mg	0.97	0			
Copper	mg	0.389	0			
Manganese	mg	0.446	0			
Selenium	µg	0.6	0			
Vitamins:						
Ascorbic acid	mg	17.3	0			
Thiamin	mg	0.381	0			
Riboflavin	mg	0.235	0			
Niacin	mg	1.263	0			
Pantothenic acid	mg	0.854	0			
Vitamin B-6	mg	0.198	0			
Folate	µg	106	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	4	0			
Vitamin A, RE	µg	0	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.098	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.087	0			
17:0	g					
18:0	g	0.011	0			
20:0	g					
22.0	g					
24:0	g					

Monounsaturated, total	g	0.060	0
14:1	g		
16:1	g		
18:1	g	0.060	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.468	0
18:2	g	0.169	0
18:3	g	0.299	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.074	0
Threonine	g	0.297	0
Isoleucine	g	0.314	0
Leucine	g	0.508	0
Lysine	g	0.403	0
Methionine	g	0.074	0
Cystine	g	0.080	0
Phenylalanine	g	0.357	0
Tyrosine	g	0.243	0
Valine	g	0.363	0
Arginine	g	0.385	0
Histidine	g	0.198	0
Alanine	g	0.293	0
Aspartic acid	g	0.919	0
Glutamic acid	g	0.863	0
Glycine	g	0.243	0
Proline	g	0.285	0
Serine	g	0.378	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11047

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11048 Beans, pinto, immature seeds, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 94g	Measure 3*
Proximates:						
Water	g	55.80	1	158.47	52.45	
Energy	kcal	170	0	483	160	
Energy	kJ	711	0	2019	668	
Protein (N x 5.95)	g	9.80	1	27.83	9.21	
Total lipid (fat)	g	0.50	1	1.42	0.47	
Carbohydrate, by difference	g	32.50	0	92.30	30.55	
Fiber, total dietary	g	5.7	0	16.2	5.4	
Ash	g	1.40	1	3.98	1.32	
Sugars, total	g					
Minerals:						
Calcium	mg	58	1	165	55	
Iron	mg	3.00	1	8.52	2.82	
Magnesium	mg	60	0	170	56	
Phosphorus	mg	117	0	332	110	
Potassium	mg	756	0	2147	711	
Sodium	mg	92	0	261	86	
Zinc	mg	0.77	0	2.19	0.72	
Copper	mg	0.098	0	0.278	0.092	
Manganese	mg	0.546	0	1.551	0.513	
Selenium	µg	1.5	0	4.3	1.4	
Vitamins:						
Ascorbic acid	mg	1.0	1	2.8	0.9	
Thiamin	mg	0.340	1	0.966	0.320	
Riboflavin	mg	0.120	1	0.341	0.113	
Niacin	mg	0.700	1	1.988	0.658	
Pantothenic acid	mg	0.302	0	0.858	0.284	
Vitamin B-6	mg	0.215	0	0.611	0.202	
Folate	µg	50	0	143	47	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	1	0	0	
Vitamin A, RE	µg	0	1	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.061	0	0.173	0.057	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.054	0	0.153	0.051	
17:0	g					
18:0	g	0.007	0	0.020	0.007	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.037	0	0.105	0.035
14:1	g				
16:1	g				
18:1	g	0.037	0	0.105	0.035
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.291	0	0.826	0.274
18:2	g	0.105	0	0.298	0.099
18:3	g	0.186	0	0.528	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				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz)
- Measure 2: 1/3 of 10 oz package

NDB No. 11048

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11049 Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 94g	Measure 3*
Proximates:						
Water	g	58.01	0	164.75	54.53	
Energy	kcal	162	0	460	152	
Energy	kJ	678	0	1926	637	
Protein (N x 5.95)	g	9.31	0	26.44	8.75	
Total lipid (fat)	g	0.48	0	1.36	0.45	
Carbohydrate, by difference	g	30.88	0	87.70	29.03	
Fiber, total dietary	g	8.6	0	24.4	8.1	
Ash	g	1.33	0	3.78	1.25	
Sugars, total	g					
Minerals:						
Calcium	mg	52	0	148	49	
Iron	mg	2.71	0	7.70	2.55	
Magnesium	mg	54	0	153	51	
Phosphorus	mg	100	0	284	94	
Potassium	mg	646	0	1835	607	
Sodium	mg	83	0	236	78	
Zinc	mg	0.69	0	1.96	0.65	
Copper	mg	0.088	0	0.250	0.083	
Manganese	mg	0.493	0	1.400	0.463	
Selenium	µg	1.4	0	4.0	1.3	
Vitamins:						
Ascorbic acid	mg	0.7	0	2.0	0.7	
Thiamin	mg	0.274	0	0.778	0.258	
Riboflavin	mg	0.108	0	0.307	0.102	
Niacin	mg	0.632	0	1.795	0.594	
Pantothenic acid	mg	0.258	0	0.733	0.243	
Vitamin B-6	mg	0.194	0	0.551	0.182	
Folate	µg	34	0	95	31	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.058	0	0.165	0.055	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.051	0	0.145	0.048	
17:0	g					
18:0	g	0.006	0	0.017	0.006	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.035	0	0.099	0.033
14:1	g				
16:1	g				
18:1	g	0.035	0	0.099	0.033
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.276	0	0.784	0.259
18:2	g	0.099	0	0.281	0.093
18:3	g	0.177	0	0.503	0.166
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: yield, 1/3 of 10 oz package

NDB No. 11049

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11050 Beans, shell, canned, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:						
Water	g	90.69	0.222	12	222.19	
Energy	kcal	30		0	74	
Energy	kJ	126		0	309	
Protein (N x 5.95)	g	1.76	0.098	12	4.31	
Total lipid (fat)	g	0.19	0.009	11	0.47	
Carbohydrate, by difference	g	6.19		0	15.17	
Fiber, total dietary	g	3.4		0	8.3	
Ash	g	1.17	0.046	12	2.87	
Sugars, total	g					
Minerals:						
Calcium	mg	29	1.383	12	71	
Iron	mg	0.99	0.078	12	2.43	
Magnesium	mg	15		0	37	
Phosphorus	mg	30		0	74	
Potassium	mg	109	4.359	12	267	
Sodium	mg	334	16.252	12	818	
Zinc	mg	0.27		0	0.66	
Copper	mg	0.080		0	0.196	
Manganese	mg	0.382		0	0.936	
Selenium	µg	0.8		0	2.0	
Vitamins:						
Ascorbic acid	mg	3.1	0.375	12	7.6	
Thiamin	mg	0.032	0.003	12	0.078	
Riboflavin	mg	0.054	0.003	12	0.132	
Niacin	mg	0.205	0.013	12	0.502	
Pantothenic acid	mg	0.133		0	0.326	
Vitamin B-6	mg	0.049		0	0.120	
Folate	µg	18		0	44	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	228	16.743	12	559	
Vitamin A, RE	µg	23	1.674	12	56	
Vitamin E, α-TE	mg	0.030		0	0.074	
Lipids:						
Saturated, total	g	0.023		0	0.056	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15.0	g					
16:0	g	0.021		0	0.051	
17:0	g					
18:0	g	0.003		0	0.007	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.014	0	0.034
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.014	0	0.034
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.110	0	0.270
18:2	g	0.040	0	0.098
18:3	g	0.071	0	0.174
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11050

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11052 Beans, snap, green, raw
Phaseolus vulgaris

Refuse: 12% Ends, strings, trimmings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 110g	Measure 2* 55g	Measure 3*
Proximates:						
Water	g	90.27	0.280	161	99.30	49.65
Energy	kcal	31		0	34	17
Energy	kJ	130		0	143	72
Protein (N x 5.95)	g	1.82	0.050	100	2.00	1.00
Total lipid (fat)	g	0.12	0.033	10	0.13	0.07
Carbohydrate, by difference	g	7.14		0	7.85	3.93
Fiber, total dietary	g	3.4		0	3.7	1.9
Ash	g	0.66	0.019	140	0.73	0.36
Sugars, total	g					
Minerals:						
Calcium	mg	37	1.405	149	41	20
Iron	mg	1.04	0.079	151	1.14	0.57
Magnesium	mg	25	0.647	147	28	14
Phosphorus	mg	38	0.807	136	42	21
Potassium	mg	209	4.557	150	230	115
Sodium	mg	6	0.177	150	7	3
Zinc	mg	0.24	0.022	148	0.26	0.13
Copper	mg	0.069	0.004	157	0.076	0.038
Manganese	mg	0.214	0.008	146	0.235	0.118
Selenium	µg	0.6		1	0.7	0.3
Vitamins:						
Ascorbic acid	mg	16.3	1.289	5	17.9	9.0
Thiamin	mg	0.084	0.002	98	0.092	0.046
Riboflavin	mg	0.105	0.003	98	0.116	0.058
Niacin	mg	0.752		8	0.827	0.414
Pantothenic acid	mg	0.094		0	0.103	0.052
Vitamin B-6	mg	0.074		0	0.081	0.041
Folate	µg	37	3.519	6	40	20
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	668	18.792	97	735	367
Vitamin A, RE	µg	67	1.879	97	74	37
Vitamin E, α-TE	mg	0.410		0	0.451	0.226
Lipids:						
Saturated, total	g	0.026		0	0.029	0.014
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		1	0.000	0.000
15:0	g					
16:0	g	0.022		2	0.024	0.012
17:0	g					
18:0	g	0.004		2	0.004	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.006	0.003
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.004	2	0.004	0.002
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.059	0	0.065	0.032
18:2	g	0.023	2	0.025	0.013
18:3	g	0.036	2	0.040	0.020
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.019	3	0.021	0.010
Threonine	g	0.079	94	0.087	0.043
Isoleucine	g	0.066	94	0.073	0.036
Leucine	g	0.112	94	0.123	0.062
Lysine	g	0.088	94	0.097	0.048
Methionine	g	0.022	15	0.024	0.012
Cystine	g	0.018	15	0.020	0.010
Phenylalanine	g	0.067	94	0.074	0.037
Tyrosine	g	0.042	94	0.046	0.023
Valine	g	0.090	94	0.099	0.050
Arginine	g	0.073	94	0.080	0.040
Histidine	g	0.034	94	0.037	0.019
Alanine	g	0.084	94	0.092	0.046
Aspartic acid	g	0.255	94	0.281	0.140
Glutamic acid	g	0.187	94	0.206	0.103
Glycine	g	0.065	94	0.072	0.036
Proline	g	0.068	94	0.075	0.037
Serine	g	0.099	94	0.109	0.054
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 10 beans (4" long)

NDB No. 11052

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11053 Beans, snap, green, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 125g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.22	1.145	6	111.53	
Energy	kcal	35		0	44	
Energy	kJ	146		0	183	
Protein (N x 5.95)	g	1.89	0.288	5	2.36	
Total lipid (fat)	g	0.28	0.066	5	0.35	
Carbohydrate, by difference	g	7.89		0	9.86	
Fiber, total dietary	g	3.2		0	4.0	
Ash	g	0.73	0.072	5	0.91	
Sugars, total	g					
Minerals:						
Calcium	mg	46		0	58	
Iron	mg	1.28	0.218	5	1.60	
Magnesium	mg	25		1	31	
Phosphorus	mg	39		0	49	
Potassium	mg	299		1	374	
Sodium	mg	3		1	4	
Zinc	mg	0.36	0.045	5	0.45	
Copper	mg	0.103	0.014	5	0.129	
Manganese	mg	0.294	0.036	5	0.368	
Selenium	µg	0.4	0.103	8	0.5	
Vitamins:						
Ascorbic acid	mg	9.7	0.256	9	12.1	
Thiamin	mg	0.074		0	0.093	
Riboflavin	mg	0.097		0	0.121	
Niacin	mg	0.614		0	0.768	
Pantothenic acid	mg	0.074		0	0.093	
Vitamin B-6	mg	0.056		0	0.070	
Folate	µg	33		0	42	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	666		0	833	
Vitamin A, RE	µg	67		0	84	
Vitamin E, α-TE	mg	0.140		0	0.175	
Lipids:						
Saturated, total	g	0.064		0	0.080	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.053		0	0.066	
17:0	g					
18:0	g	0.009		0	0.011	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.011	0	0.014
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.011	0	0.014
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.145	0	0.181
18:2	g	0.056	0	0.070
18:3	g	0.089	0	0.111
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.020	0	0.025
Threonine	g	0.082	0	0.103
Isoleucine	g	0.069	0	0.086
Leucine	g	0.116	0	0.145
Lysine	g	0.091	0	0.114
Methionine	g	0.023	0	0.029
Cystine	g	0.018	0	0.023
Phenylalanine	g	0.069	0	0.086
Tyrosine	g	0.044	0	0.055
Valine	g	0.093	0	0.116
Arginine	g	0.076	0	0.095
Histidine	g	0.035	0	0.044
Alanine	g	0.087	0	0.109
Aspartic acid	g	0.265	0	0.331
Glutamic acid	g	0.194	0	0.243
Glycine	g	0.068	0	0.085
Proline	g	0.070	0	0.088
Serine	g	0.103	0	0.129
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11053

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11054 Beans, snap, green variety, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 120g	Measure 2* 439g	Measure 3*
Proximates:						
Water	g	94.68	0.053	948	113.62	415.65
Energy	kcal	15		0	18	66
Energy	kJ	63		0	76	277
Protein (N x 5.95)	g	0.80	0.010	999	0.96	3.51
Total lipid (fat)	g	0.10	0.005	932	0.12	0.44
Carbohydrate, by difference	g	3.50		0	4.20	15.37
Fiber, total dietary	g	1.5		1	1.8	6.6
Ash	g	0.92	0.012	852	1.10	4.04
Sugars, total	g					
Minerals:						
Calcium	mg	24	0.229	1032	29	105
Iron	mg	0.90	0.026	1016	1.08	3.95
Magnesium	mg	13	0.108	996	16	57
Phosphorus	mg	19	0.278	1082	23	83
Potassium	mg	92	1.886	701	110	404
Sodium	mg	259	8.812	58	311	1137
Zinc	mg	0.20	0.004	454	0.24	0.88
Copper	mg	0.070	0.002	400	0.084	0.307
Manganese	mg	0.335	0.015	115	0.402	1.471
Selenium	µg	0.2		0	0.2	0.9
Vitamins:						
Ascorbic acid	mg	3.4	0.065	1073	4.1	14.9
Thiamin	mg	0.025	0.001	1443	0.030	0.110
Riboflavin	mg	0.051	0.001	1380	0.061	0.224
Niacin	mg	0.200	0.005	1371	0.240	0.878
Pantothenic acid	mg	0.106	0.028	6	0.127	0.465
Vitamin B-6	mg	0.030	0.002	6	0.036	0.132
Folate	µg	18	1.913	3	22	80
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	321	4.211	1113	385	1409
Vitamin A, RE	µg	32		0	38	140
Vitamin E, α-TE	mg	0.115		0	0.138	0.505
Lipids:						
Saturated, total	g	0.023		0	0.028	0.101
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.019		0	0.023	0.083
17:0	g					
18:0	g	0.003		0	0.004	0.013
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.004	0	0.005	0.018
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.005	0.018
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.052	0	0.062	0.228
18:2	g	0.020	0	0.024	0.088
18:3	g	0.032	0	0.038	0.140
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.008	0	0.010	0.035
Threonine	g	0.035	0	0.042	0.154
Isoleucine	g	0.029	0	0.035	0.127
Leucine	g	0.049	0	0.059	0.215
Lysine	g	0.039	0	0.047	0.171
Methionine	g	0.009	0	0.011	0.040
Cystine	g	0.008	0	0.010	0.035
Phenylalanine	g	0.029	0	0.035	0.127
Tyrosine	g	0.019	0	0.023	0.083
Valine	g	0.040	0	0.048	0.176
Arginine	g	0.032	0	0.038	0.140
Histidine	g	0.015	0	0.018	0.066
Alanine	g	0.037	0	0.044	0.162
Aspartic acid	g	0.111	0	0.133	0.487
Glutamic acid	g	0.082	0	0.098	0.360
Glycine	g	0.028	0	0.034	0.123
Proline	g	0.029	0	0.035	0.127
Serine	g	0.043	0	0.052	0.189
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11054

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11056 Beans, snap, green, canned, regular pack, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 135g	Measure 2* 62g	Measure 3* 262g	
Proximates:							
Water	g	93.30	0.184	17	125.95	57.85	244.45
Energy	kcal	20		0	27	12	52
Energy	kJ	84		0	113	52	220
Protein (N x 5.95)	g	1.15	0.045	17	1.55	0.71	3.01
Total lipid (fat)	g	0.10	0.005	17	0.14	0.06	0.26
Carbohydrate, by difference	g	4.50		0	6.08	2.79	11.79
Fiber, total dietary	g	1.9		0	2.6	1.2	5.0
Ash	g	0.95	0.041	17	1.28	0.59	2.49
Sugars, total	g						
Minerals:							
Calcium	mg	26	1.197	12	35	16	68
Iron	mg	0.90	0.106	12	1.22	0.56	2.36
Magnesium	mg	13	0.290	12	18	8	34
Phosphorus	mg	19	0.654	12	26	12	50
Potassium	mg	109	1.286	12	147	68	286
Sodium	mg	262		0	354	162	686
Zinc	mg	0.29	0.036	17	0.39	0.18	0.76
Copper	mg	0.038	0.003	11	0.051	0.024	0.100
Manganese	mg	0.200	0.019	16	0.270	0.124	0.524
Selenium	µg	0.4	0.103	8	0.5	0.2	1.0
Vitamins:							
Ascorbic acid	mg	4.8	0.397	12	6.5	3.0	12.6
Thiamin	mg	0.015	0.001	12	0.020	0.009	0.039
Riboflavin	mg	0.056	0.002	12	0.076	0.035	0.147
Niacin	mg	0.201	0.007	12	0.271	0.125	0.527
Pantothenic acid	mg	0.129		0	0.174	0.080	0.338
Vitamin B-6	mg	0.037		0	0.050	0.023	0.097
Folate	µg	32	7.950	6	43	20	83
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	349	23.568	11	471	216	914
Vitamin A, RE	µg	35	2.357	11	47	22	92
Vitamin E, α-TE	mg	0.140		0	0.189	0.087	0.367
Lipids:							
Saturated, total	g	0.022		0	0.030	0.014	0.058
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.019		0	0.026	0.012	0.050
17:0	g						
18:0	g	0.003		0	0.004	0.002	0.008
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.005	0.002	0.010
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.004	0	0.005	0.002	0.010
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.051	0	0.069	0.032	0.134
18:2	g	0.019	0	0.026	0.012	0.050
18:3	g	0.031	0	0.042	0.019	0.081
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.012	0	0.016	0.007	0.031
Threonine	g	0.050	0	0.068	0.031	0.131
Isoleucine	g	0.042	0	0.057	0.026	0.110
Leucine	g	0.071	0	0.096	0.044	0.186
Lysine	g	0.055	0	0.074	0.034	0.144
Methionine	g	0.014	0	0.019	0.009	0.037
Cystine	g	0.011	0	0.015	0.007	0.029
Phenylalanine	g	0.042	0	0.057	0.026	0.110
Tyrosine	g	0.027	0	0.036	0.017	0.071
Valine	g	0.057	0	0.077	0.035	0.149
Arginine	g	0.046	0	0.062	0.029	0.121
Histidine	g	0.022	0	0.030	0.014	0.058
Alanine	g	0.053	0	0.072	0.033	0.139
Aspartic acid	g	0.161	0	0.217	0.100	0.422
Glutamic acid	g	0.118	0	0.159	0.073	0.309
Glycine	g	0.041	0	0.055	0.025	0.107
Proline	g	0.043	0	0.058	0.027	0.113
Serine	g	0.063	0	0.085	0.039	0.165
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 10 beans
- Measure 3: 1 can (303 x 406)

NDB No. 11056

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11058 Beans, snap, canned, all styles, seasoned, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 114g	Measure 2* 439g	Measure 3*
Proximates:						
Water	g	94.30	0.061	22	107.50	413.98
Energy	kcal	16		0	18	70
Energy	kJ	67		0	76	294
Protein (N x 5.95)	g	0.83	0.012	22	0.95	3.64
Total lipid (fat)	g	0.20	0.011	22	0.23	0.88
Carbohydrate, by difference	g	3.49		0	3.98	15.32
Fiber, total dietary	g	1.5		0	1.7	6.6
Ash	g	1.18	0.018	22	1.35	5.18
Sugars, total	g					
Minerals:						
Calcium	mg	22	1.003	22	25	97
Iron	mg	0.47	0.016	22	0.54	2.06
Magnesium	mg	13	0.160	22	15	57
Phosphorus	mg	16	0.383	22	18	70
Potassium	mg	93	2.107	22	106	408
Sodium	mg	373	6.805	22	425	1637
Zinc	mg	0.14	0.003	22	0.16	0.61
Copper	mg	0.060	0.002	22	0.068	0.263
Manganese	mg	0.312		0	0.356	1.370
Selenium	µg	0.2		0	0.2	0.9
Vitamins:						
Ascorbic acid	mg	3.1	0.173	22	3.5	13.6
Thiamin	mg	0.025	0.001	22	0.029	0.110
Riboflavin	mg	0.049	0.001	22	0.056	0.215
Niacin	mg	0.233	0.011	22	0.266	1.023
Pantothenic acid	mg	0.098		0	0.112	0.430
Vitamin B-6	mg	0.044		0	0.050	0.193
Folate	µg	18		0	20	78
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	525	20.503	22	599	2305
Vitamin A, RE	µg	53	2.050	22	60	233
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.045		0	0.051	0.198
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.037		0	0.042	0.162
17:0	g					
18:0	g	0.007		0	0.008	0.031
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.009	0.035
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.007	0	0.008	0.031
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.102	0	0.116	0.448
18:2	g	0.039	0	0.044	0.171
18:3	g	0.063	0	0.072	0.277
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	0.009	0	0.010	0.040
Threonine	g	0.036	0	0.041	0.158
Isoleucine	g	0.030	0	0.034	0.132
Leucine	g	0.051	0	0.058	0.224
Lysine	g	0.040	0	0.046	0.176
Methionine	g	0.010	0	0.011	0.044
Cystine	g	0.008	0	0.009	0.035
Phenylalanine	g	0.030	0	0.034	0.132
Tyrosine	g	0.019	0	0.022	0.083
Valine	g	0.041	0	0.047	0.180
Arginine	g	0.034	0	0.039	0.149
Histidine	g	0.016	0	0.018	0.070
Alanine	g	0.038	0	0.043	0.167
Aspartic acid	g	0.117	0	0.133	0.514
Glutamic acid	g	0.086	0	0.098	0.378
Glycine	g	0.030	0	0.034	0.132
Proline	g	0.031	0	0.035	0.136
Serine	g	0.045	0	0.051	0.198
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11058

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11060 Beans, snap, green, frozen, all styles, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 284g	Measure 3*
Proximates:						
Water	g	89.88	0.254	95	111.45	255.26
Energy	kcal	33		0	41	94
Energy	kJ	138		0	171	392
Protein (N x 5.95)	g	1.80	0.084	99	2.23	5.11
Total lipid (fat)	g	0.21	0.057	97	0.26	0.60
Carbohydrate, by difference	g	7.57		0	9.39	21.50
Fiber, total dietary	g	2.8		0	3.5	8.0
Ash	g	0.53	0.026	92	0.66	1.51
Sugars, total	g					
Minerals:						
Calcium	mg	42	1.455	99	52	119
Iron	mg	0.86	0.042	98	1.07	2.44
Magnesium	mg	22	0.243	28	27	62
Phosphorus	mg	32	1.777	39	40	91
Potassium	mg	186	12.416	27	231	528
Sodium	mg	3	0.368	34	4	9
Zinc	mg	0.26	0.023	20	0.32	0.74
Copper	mg	0.049	0.009	21	0.061	0.139
Manganese	mg	0.385	0.039	19	0.477	1.093
Selenium	µg	0.4	0.103	8	0.5	1.1
Vitamins:						
Ascorbic acid	mg	12.9	1.481	80	16.0	36.6
Thiamin	mg	0.099	0.034	99	0.123	0.281
Riboflavin	mg	0.092	0.005	99	0.114	0.261
Niacin	mg	0.499	0.031	96	0.619	1.417
Pantothenic acid	mg	0.085	0.018	6	0.105	0.241
Vitamin B-6	mg	0.042		13	0.052	0.119
Folate	µg	15	2.599	3	18	42
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	480	21.406	93	595	1363
Vitamin A, RE	µg	48	2.141	93	60	136
Vitamin E, α-TE	mg	0.426		0	0.528	1.210
Lipids:						
Saturated, total	g	0.047		0	0.058	0.133
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.039		0	0.048	0.111
17:0	g					
18:0	g	0.007		0	0.009	0.020
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.010	0.023
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.008	0	0.010	0.023
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.108	0	0.134	0.307
18:2	g	0.041	0	0.051	0.116
18:3	g	0.066	0	0.082	0.187
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.019	0	0.024	0.054
Threonine	g	0.079	0	0.098	0.224
Isoleucine	g	0.066	0	0.082	0.187
Leucine	g	0.111	0	0.138	0.315
Lysine	g	0.087	0	0.108	0.247
Methionine	g	0.022	0	0.027	0.062
Cystine	g	0.018	0	0.022	0.051
Phenylalanine	g	0.066	0	0.082	0.187
Tyrosine	g	0.042	0	0.052	0.119
Valine	g	0.089	0	0.110	0.253
Arginine	g	0.073	0	0.091	0.207
Histidine	g	0.034	0	0.042	0.097
Alanine	g	0.083	0	0.103	0.236
Aspartic acid	g	0.253	0	0.314	0.719
Glutamic acid	g	0.186	0	0.231	0.528
Glycine	g	0.065	0	0.081	0.185
Proline	g	0.067	0	0.083	0.190
Serine	g	0.099	0	0.123	0.281
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 package (10 oz)

NDB No. 11060

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11061 Beans, snap, green, frozen, cooked, boiled, drained without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 135g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.42	0.441	10	123.42	
Energy	kcal	28		0	38	
Energy	kJ	117		0	158	
Protein (N x 5.95)	g	1.49	0.079	10	2.01	
Total lipid (fat)	g	0.17	0.022	10	0.23	
Carbohydrate, by difference	g	6.45		0	8.71	
Fiber, total dietary	g	3.0	0.138	8	4.0	
Ash	g	0.47	0.030	10	0.63	
Sugars, total	g					
Minerals:						
Calcium	mg	49	2.320	7	66	
Iron	mg	0.88	0.071	10	1.19	
Magnesium	mg	24	1.546	7	32	
Phosphorus	mg	31	2.991	7	42	
Potassium	mg	126	9.529	7	170	
Sodium	mg	9	2.283	11	12	
Zinc	mg	0.48	0.239	10	0.65	
Copper	mg	0.061	0.004	10	0.082	
Manganese	mg	0.323	0.029	10	0.436	
Selenium	µg	0.4	0.103	8	0.5	
Vitamins:						
Ascorbic acid	mg	4.1	0.990	7	5.5	
Thiamin	mg	0.035	0.005	7	0.047	
Riboflavin	mg	0.090	0.007	7	0.122	
Niacin	mg	0.383	0.031	7	0.517	
Pantothenic acid	mg	0.049	0.007	7	0.066	
Vitamin B-6	mg	0.060	0.003	7	0.081	
Folate	µg	23	3.270	7	31	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	401	48.837	7	541	
Vitamin A, RE	µg	40		0	54	
Vitamin E, α-TE	mg	0.140		0	0.189	
Lipids:						
Saturated, total	g	0.044		0	0.059	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.035		0	0.047	
17:0	g					
18:0	g	0.006		0	0.008	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.011
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.007	0	0.009
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.083	0	0.112
18:2	g	0.036	0	0.049
18:3	g	0.047	0	0.063
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.016	0	0.022
Threonine	g	0.065	0	0.088
Isoleucine	g	0.054	0	0.073
Leucine	g	0.091	0	0.123
Lysine	g	0.072	0	0.097
Methionine	g	0.018	0	0.024
Cystine	g	0.014	0	0.019
Phenylalanine	g	0.054	0	0.073
Tyrosine	g	0.034	0	0.046
Valine	g	0.073	0	0.099
Arginine	g	0.060	0	0.081
Histidine	g	0.028	0	0.038
Alanine	g	0.068	0	0.092
Aspartic acid	g	0.208	0	0.281
Glutamic acid	g	0.153	0	0.207
Glycine	g	0.053	0	0.072
Proline	g	0.055	0	0.074
Serine	g	0.081	0	0.109
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11061

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11080 Beets, raw

Beta vulgaris

Refuse: 33% Parings and part tops

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 82g	Measure 3*
Proximates:						
Water	g	87.58	0.723	21	119.11	71.82
Energy	kcal	43		0	58	35
Energy	kJ	180		0	245	148
Protein (N x 5.95)	g	1.61	0.140	9	2.19	1.32
Total lipid (fat)	g	0.17	0.051	9	0.23	0.14
Carbohydrate, by difference	g	9.56		0	13.00	7.84
Fiber, total dietary	g	2.8		0	3.8	2.3
Ash	g	1.08	0.108	8	1.47	0.89
Sugars, total	g					
Minerals:						
Calcium	mg	16	1.810	5	22	13
Iron	mg	0.80	0.195	8	1.09	0.66
Magnesium	mg	23	1.834	5	31	19
Phosphorus	mg	40	4.927	5	54	33
Potassium	mg	325	14.960	11	442	267
Sodium	mg	78	10.198	13	106	64
Zinc	mg	0.35	0.041	14	0.48	0.29
Copper	mg	0.075	0.013	14	0.102	0.061
Manganese	mg	0.329	0.053	15	0.447	0.270
Selenium	µg	0.7		0	1.0	0.6
Vitamins:						
Ascorbic acid	mg	4.9	1.544	5	6.7	4.0
Thiamin	mg	0.031	0.009	5	0.042	0.025
Riboflavin	mg	0.040	0.007	5	0.054	0.033
Niacin	mg	0.334	0.026	5	0.454	0.274
Pantothenic acid	mg	0.155	0.010	4	0.211	0.127
Vitamin B-6	mg	0.067	0.005	4	0.091	0.055
Folate	µg	109	12.313	8	148	89
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	38	15.775	4	52	31
Vitamin A, RE	µg	4		0	5	3
Vitamin E, α-TE	mg	0.300		0	0.408	0.246
Lipids:						
Saturated, total	g	0.027		0	0.037	0.022
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.026		0	0.035	0.021
17:0	g					
18:0	g	0.001		0	0.001	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.033	0	0.045	0.027
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.033	0	0.045	0.027
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.061	0	0.083	0.050
18:2	g	0.056	0	0.076	0.046
18:3	g	0.005	0	0.007	0.004
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	25	1	34	21
Amino acids:					
Tryptophan	g	0.019	0	0.026	0.016
Threonine	g	0.047	0	0.064	0.039
Isoleucine	g	0.048	0	0.065	0.039
Leucine	g	0.068	0	0.092	0.056
Lysine	g	0.058	0	0.079	0.048
Methionine	g	0.018	0	0.024	0.015
Cystine	g	0.019	0	0.026	0.016
Phenylalanine	g	0.046	0	0.063	0.038
Tyrosine	g	0.038	0	0.052	0.031
Valine	g	0.056	0	0.076	0.046
Arginine	g	0.042	0	0.057	0.034
Histidine	g	0.021	0	0.029	0.017
Alanine	g	0.060	0	0.082	0.049
Aspartic acid	g	0.116	0	0.158	0.095
Glutamic acid	g	0.428	0	0.582	0.351
Glycine	g	0.031	0	0.042	0.025
Proline	g	0.042	0	0.057	0.034
Serine	g	0.059	0	0.080	0.048
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 beet (2" dia)

NDB No. 11080

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11081 Beets, cooked, boiled, drained

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 100g	Measure 3*
Proximates:						
Water	g	87.06	0	74.00	87.06	
Energy	kcal	44	0	37	44	
Energy	kJ	184	0	156	184	
Protein (N x 5.95)	g	1.68	0	1.43	1.68	
Total lipid (fat)	g	0.18	0	0.15	0.18	
Carbohydrate, by difference	g	9.96	0	8.47	9.96	
Fiber, total dietary	g	2.0	0	1.7	2.0	
Ash	g	1.12	0	0.95	1.12	
Sugars, total	g					
Minerals:						
Calcium	mg	16	0	14	16	
Iron	mg	0.79	0	0.67	0.79	
Magnesium	mg	23	0	20	23	
Phosphorus	mg	38	0	32	38	
Potassium	mg	305	0	259	305	
Sodium	mg	77	0	65	77	
Zinc	mg	0.35	0	0.30	0.35	
Copper	mg	0.074	0	0.063	0.074	
Manganese	mg	0.326	0	0.277	0.326	
Selenium	µg	0.7	0	0.6	0.7	
Vitamins:						
Ascorbic acid	mg	3.6	0	3.1	3.6	
Thiamin	mg	0.027	0	0.023	0.027	
Riboflavin	mg	0.040	0	0.034	0.040	
Niacin	mg	0.331	0	0.281	0.331	
Pantothenic acid	mg	0.145	0	0.123	0.145	
Vitamin B-6	mg	0.067	0	0.057	0.067	
Folate	µg	80	0	68	80	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	35	0	30	35	
Vitamin A, RE	µg	4	0	3	4	
Vitamin E, α-TE	mg	0.300	0	0.255	0.300	
Lipids:						
Saturated, total	g	0.028	0	0.024	0.028	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.027	0	0.023	0.027	
17:0	g					
18:0	g	0.001	0	0.001	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.035	0	0.030	0.035
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.035	0	0.030	0.035
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.064	0	0.054	0.064
18:2	g	0.058	0	0.049	0.058
18:3	g	0.005	0	0.004	0.005
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.020	0	0.017	0.020
Threonine	g	0.049	0	0.042	0.049
Isoleucine	g	0.050	0	0.043	0.050
Leucine	g	0.071	0	0.060	0.071
Lysine	g	0.060	0	0.051	0.060
Methionine	g	0.019	0	0.016	0.019
Cystine	g	0.020	0	0.017	0.020
Phenylalanine	g	0.048	0	0.041	0.048
Tyrosine	g	0.040	0	0.034	0.040
Valine	g	0.059	0	0.050	0.059
Arginine	g	0.044	0	0.037	0.044
Histidine	g	0.022	0	0.019	0.022
Alanine	g	0.063	0	0.054	0.063
Aspartic acid	g	0.121	0	0.103	0.121
Glutamic acid	g	0.446	0	0.379	0.446
Glycine	g	0.033	0	0.028	0.033
Proline	g	0.043	0	0.037	0.043
Serine	g	0.062	0	0.053	0.062
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup slices
- Measure 2: 2 beets, (2" dia, sphere)

NDB No. 11081

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11082 Beets, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 246g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.62	0.096	196	225.39	
Energy	kcal	28		0	69	
Energy	kJ	117		0	288	
Protein (N x 5.95)	g	0.80	0.013	203	1.97	
Total lipid (fat)	g	0.07	0.003	197	0.17	
Carbohydrate, by difference	g	6.58		0	16.19	
Fiber, total dietary	g	1.2		0	3.0	
Ash	g	0.94	0.015	197	2.31	
Sugars, total	g					
Minerals:						
Calcium	mg	13	0.336	200	32	
Iron	mg	0.63	0.023	206	1.55	
Magnesium	mg	16	0.246	134	39	
Phosphorus	mg	16	0.336	198	39	
Potassium	mg	132	2.385	145	325	
Sodium	mg	252	8.572	37	620	
Zinc	mg	0.23	0.009	67	0.57	
Copper	mg	0.097	0.006	67	0.239	
Manganese	mg	0.241		0	0.593	
Selenium	µg	0.5		0	1.2	
Vitamins:						
Ascorbic acid	mg	2.8	0.155	168	6.9	
Thiamin	mg	0.010	0.000	141	0.025	
Riboflavin	mg	0.038	0.002	174	0.093	
Niacin	mg	0.151	0.003	215	0.371	
Pantothenic acid	mg	0.150		0	0.369	
Vitamin B-6	mg	0.055		0	0.135	
Folate	µg	29	4.663	3	71	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	26	3.441	43	64	
Vitamin A, RE	µg	3		0	7	
Vitamin E, α-TE	mg	0.288		0	0.708	
Lipids:						
Saturated, total	g	0.011		0	0.027	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g					
15.0	g					
16:0	g	0.011		0	0.027	
17:0	g					
18:0	g	0.000		0	0.000	
20:0	g					
22.0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.032
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.013	0	0.032
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.025	0	0.062
18:2	g	0.023	0	0.057
18:3	g	0.002	0	0.005
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.010	0	0.025
Threonine	g	0.023	0	0.057
Isoleucine	g	0.024	0	0.059
Leucine	g	0.034	0	0.084
Lysine	g	0.029	0	0.071
Methionine	g	0.009	0	0.022
Cystine	g	0.010	0	0.025
Phenylalanine	g	0.023	0	0.057
Tyrosine	g	0.019	0	0.047
Valine	g	0.028	0	0.069
Arginine	g	0.021	0	0.052
Histidine	g	0.011	0	0.027
Alanine	g	0.030	0	0.074
Aspartic acid	g	0.058	0	0.143
Glutamic acid	g	0.213	0	0.524
Glycine	g	0.015	0	0.037
Proline	g	0.020	0	0.049
Serine	g	0.029	0	0.071
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11082

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11084 Beets, canned, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 157g	Measure 2* 195g	Measure 3* 170g	
Proximates:							
Water	g	90.96	0.739	5	142.81	177.37	154.63
Energy	kcal	31		0	49	60	53
Energy	kJ	130		0	204	254	221
Protein (N x 5.95)	g	0.91	0.082	5	1.43	1.77	1.55
Total lipid (fat)	g	0.14	0.046	5	0.22	0.27	0.24
Carbohydrate, by difference	g	7.20		0	11.30	14.04	12.24
Fiber, total dietary	g	1.7		0	2.7	3.3	2.9
Ash	g	0.78	0.060	5	1.22	1.52	1.33
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	24	29	26
Iron	mg	1.82	0.060	5	2.86	3.55	3.09
Magnesium	mg	17		0	27	33	29
Phosphorus	mg	17		0	27	33	29
Potassium	mg	148		0	232	289	252
Sodium	mg	194		0	305	378	330
Zinc	mg	0.21	0.021	5	0.33	0.41	0.36
Copper	mg	0.059	0.014	5	0.093	0.115	0.100
Manganese	mg	0.287	0.034	5	0.451	0.560	0.488
Selenium	µg	0.5		0	0.8	1.0	0.9
Vitamins:							
Ascorbic acid	mg	4.1		0	6.4	8.0	7.0
Thiamin	mg	0.010		0	0.016	0.020	0.017
Riboflavin	mg	0.040		0	0.063	0.078	0.068
Niacin	mg	0.157		0	0.246	0.306	0.267
Pantothenic acid	mg	0.156		0	0.245	0.304	0.265
Vitamin B-6	mg	0.057		0	0.089	0.111	0.097
Folate	µg	30		0	47	59	51
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	11		0	17	21	19
Vitamin A, RE	µg	1		0	2	2	2
Vitamin E, α-TE	mg	0.300		0	0.471	0.585	0.510
Lipids:							
Saturated, total	g	0.023		0	0.036	0.045	0.039
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.022		0	0.035	0.043	0.037
17:0	g						
18:0	g	0.001		0	0.002	0.002	0.002
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.028	0	0.044	0.055	0.048
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.028	0	0.044	0.055	0.048
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.051	0	0.080	0.099	0.087
18:2	g	0.046	0	0.072	0.090	0.078
18:3	g	0.004	0	0.006	0.008	0.007
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.011	0	0.017	0.021	0.019
Threonine	g	0.027	0	0.042	0.053	0.046
Isoleucine	g	0.027	0	0.042	0.053	0.046
Leucine	g	0.039	0	0.061	0.076	0.066
Lysine	g	0.033	0	0.052	0.064	0.056
Methionine	g	0.010	0	0.016	0.020	0.017
Cystine	g	0.011	0	0.017	0.021	0.019
Phenylalanine	g	0.026	0	0.041	0.051	0.044
Tyrosine	g	0.022	0	0.035	0.043	0.037
Valine	g	0.032	0	0.050	0.062	0.054
Arginine	g	0.024	0	0.038	0.047	0.041
Histidine	g	0.012	0	0.019	0.023	0.020
Alanine	g	0.034	0	0.053	0.066	0.058
Aspartic acid	g	0.066	0	0.104	0.129	0.112
Glutamic acid	g	0.242	0	0.380	0.472	0.411
Glycine	g	0.018	0	0.028	0.035	0.031
Proline	g	0.024	0	0.038	0.047	0.041
Serine	g	0.033	0	0.052	0.064	0.056
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, diced
- Measure 2: 1 cup, shredded
- Measure 3: 1 cup, slices

NDB No. 11084

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11086 Beet greens, raw
Beta vulgaris

Refuse: 44% Stems, bruised and old leaves

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 38g	Measure 2* 32g	Measure 3* 19g	
Proximates:							
Water	g	92.15	0.466	6	35.02	29.49	17.51
Energy	kcal	19		0	7	6	4
Energy	kJ	79		0	30	25	15
Protein (N x 5.95)	g	1.82		1	0.69	0.58	0.35
Total lipid (fat)	g	0.06		1	0.02	0.02	0.01
Carbohydrate, by difference	g	3.97		0	1.51	1.27	0.75
Fiber, total dietary	g	3.7		0	1.4	1.2	0.7
Ash	g	2.01		1	0.76	0.64	0.38
Sugars, total	g						
Minerals:							
Calcium	mg	119		1	45	38	23
Iron	mg	3.30		0	1.25	1.06	0.63
Magnesium	mg	72		1	27	23	14
Phosphorus	mg	40		0	15	13	8
Potassium	mg	547	103.041	5	208	175	104
Sodium	mg	201	39.962	5	76	64	38
Zinc	mg	0.38		1	0.14	0.12	0.07
Copper	mg	0.191		1	0.073	0.061	0.036
Manganese	mg	0.391		0	0.149	0.125	0.074
Selenium	µg	0.9		0	0.3	0.3	0.2
Vitamins:							
Ascorbic acid	mg	30.0		0	11.4	9.6	5.7
Thiamin	mg	0.100		0	0.038	0.032	0.019
Riboflavin	mg	0.220		0	0.084	0.070	0.042
Niacin	mg	0.400		0	0.152	0.128	0.076
Pantothenic acid	mg	0.250		0	0.095	0.080	0.048
Vitamin B-6	mg	0.106		0	0.040	0.034	0.020
Folate	µg	15		0	6	5	3
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	6100		0	2318	1952	1159
Vitamin A, RE	µg	610		0	232	195	116
Vitamin E, α-TE	mg	1.500		0	0.570	0.480	0.285
Lipids:							
Saturated, total	g	0.009		0	0.003	0.003	0.002
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.009		0	0.003	0.003	0.002
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.005	0.004	0.002
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.012	0	0.005	0.004	0.002
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.021	0	0.008	0.007	0.004
18:2	g	0.019	0	0.007	0.006	0.004
18:3	g	0.002	0	0.001	0.001	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	21	0	8	7	4
Amino acids:						
Tryptophan	g	0.029	5	0.011	0.009	0.006
Threonine	g	0.054	5	0.021	0.017	0.010
Isoleucine	g	0.038	5	0.014	0.012	0.007
Leucine	g	0.081	5	0.031	0.026	0.015
Lysine	g	0.053	5	0.020	0.017	0.010
Methionine	g	0.015	5	0.006	0.005	0.003
Cystine	g	0.017	5	0.006	0.005	0.003
Phenylalanine	g	0.048	5	0.018	0.015	0.009
Tyrosine	g	0.043	5	0.016	0.014	0.008
Valine	g	0.054	5	0.021	0.017	0.010
Arginine	g	0.052	5	0.020	0.017	0.010
Histidine	g	0.028	5	0.011	0.009	0.005
Alanine	g	0.067	4	0.025	0.021	0.013
Aspartic acid	g	0.107	4	0.041	0.034	0.020
Glutamic acid	g	0.221	4	0.084	0.071	0.042
Glycine	g	0.067	4	0.025	0.021	0.013
Proline	g	0.043	4	0.016	0.014	0.008
Serine	g	0.058	4	0.022	0.019	0.011
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 leaf
- Measure 3: 1/2 cup, 1 in pieces

NDB No. 11086

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11087 Beet greens, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 144g	Measure 2* 72g	Measure 3*
Proximates:						
Water	g	89.13	0	128.35	64.17	
Energy	kcal	27	0	39	19	
Energy	kJ	113	0	163	81	
Protein (N x 5.95)	g	2.57	1	3.70	1.85	
Total lipid (fat)	g	0.20	1	0.29	0.14	
Carbohydrate, by difference	g	5.46	0	7.86	3.93	
Fiber, total dietary	g	2.9	0	4.2	2.1	
Ash	g	2.64	1	3.80	1.90	
Sugars, total	g					
Minerals:						
Calcium	mg	114	1	164	82	
Iron	mg	1.90	0	2.74	1.37	
Magnesium	mg	68	1	98	49	
Phosphorus	mg	41	1	59	30	
Potassium	mg	909	1	1309	654	
Sodium	mg	241	1	347	174	
Zinc	mg	0.50	0	0.72	0.36	
Copper	mg	0.251	0	0.361	0.181	
Manganese	mg	0.514	0	0.740	0.370	
Selenium	µg	0.9	0	1.3	0.6	
Vitamins:						
Ascorbic acid	mg	24.9	0	35.9	17.9	
Thiamin	mg	0.117	0	0.168	0.084	
Riboflavin	mg	0.289	0	0.416	0.208	
Niacin	mg	0.499	0	0.719	0.359	
Pantothenic acid	mg	0.329	0	0.474	0.237	
Vitamin B-6	mg	0.132	0	0.190	0.095	
Folate	µg	14	0	21	10	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	5100	0	7344	3672	
Vitamin A, RE	µg	510	0	734	367	
Vitamin E, α-TE	mg	0.300	0	0.432	0.216	
Lipids:						
Saturated, total	g	0.031	0	0.045	0.022	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.030	0	0.043	0.022	
17:0	g					
18:0	g	0.001	0	0.001	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.038	0	0.055	0.027
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.038	0	0.055	0.027
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.070	0	0.101	0.050
18:2	g	0.065	0	0.094	0.047
18:3	g	0.006	0	0.009	0.004
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.040	0	0.058	0.029
Threonine	g	0.076	0	0.109	0.055
Isoleucine	g	0.053	0	0.076	0.038
Leucine	g	0.115	0	0.166	0.083
Lysine	g	0.075	0	0.108	0.054
Methionine	g	0.021	0	0.030	0.015
Cystine	g	0.024	0	0.035	0.017
Phenylalanine	g	0.068	0	0.098	0.049
Tyrosine	g	0.061	0	0.088	0.044
Valine	g	0.076	0	0.109	0.055
Arginine	g	0.073	0	0.105	0.053
Histidine	g	0.039	0	0.056	0.028
Alanine	g	0.095	0	0.137	0.068
Aspartic acid	g	0.152	0	0.219	0.109
Glutamic acid	g	0.312	0	0.449	0.225
Glycine	g	0.094	0	0.135	0.068
Proline	g	0.061	0	0.088	0.044
Serine	g	0.082	0	0.118	0.059
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, (1" pieces)
- Measure 2: 1/2 cup, 1 in pieces

NDB No. 11087

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11088 Broadbeans, immature seeds, raw

Vicia faba

Refuse: 3% Ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 109g	Measure 2 [*] 8g	Measure 3 [*]
Proximates:						
Water	g	81.00	1	88.29	6.48	
Energy	kcal	72	0	78	6	
Energy	kJ	301	0	328	24	
Protein (N x 5.95)	g	5.60	1	6.10	0.45	
Total lipid (fat)	g	0.60	1	0.65	0.05	
Carbohydrate, by difference	g	11.70	0	12.75	0.94	
Fiber, total dietary	g	4.2	0	4.6	0.3	
Ash	g	1.10	0	1.20	0.09	
Sugars, total	g					
Minerals:						
Calcium	mg	22	1	24	2	
Iron	mg	1.90	1	2.07	0.15	
Magnesium	mg	38	1	41	3	
Phosphorus	mg	95	1	104	8	
Potassium	mg	250	1	273	20	
Sodium	mg	50	1	55	4	
Zinc	mg	0.58	0	0.63	0.05	
Copper	mg	0.074	0	0.081	0.006	
Manganese	mg	0.320	0	0.349	0.026	
Selenium	µg	1.2	0	1.3	0.1	
Vitamins:						
Ascorbic acid	mg	33.0	1	36.0	2.6	
Thiamin	mg	0.170	1	0.185	0.014	
Riboflavin	mg	0.110	1	0.120	0.009	
Niacin	mg	1.500	1	1.635	0.120	
Pantothenic acid	mg	0.086	0	0.094	0.007	
Vitamin B-6	mg	0.038	0	0.041	0.003	
Folate	µg	96	0	105	8	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	350	1	382	28	
Vitamin A, RE	µg	35	1	38	3	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.138	0	0.150	0.011	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.121	0	0.132	0.010	
17:0	g					
18:0	g	0.017	0	0.019	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.017	0	0.019	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.017	0	0.019	0.001
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.310	0	0.338	0.025
18:2	g	0.120	0	0.131	0.010
18:3	g	0.189	0	0.206	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	0.056	2	0.061	0.004
Threonine	g	0.208	3	0.227	0.017
Isoleucine	g	0.251	3	0.274	0.020
Leucine	g	0.432	3	0.471	0.035
Lysine	g	0.366	3	0.399	0.029
Methionine	g	0.043	3	0.047	0.003
Cystine	g	0.077	3	0.084	0.006
Phenylalanine	g	0.228	3	0.249	0.018
Tyrosine	g	0.196	3	0.214	0.016
Valine	g	0.274	3	0.299	0.022
Arginine	g	0.463	3	0.505	0.037
Histidine	g	0.134	3	0.146	0.011
Alanine	g	0.228	3	0.249	0.018
Aspartic acid	g	0.631	3	0.688	0.050
Glutamic acid	g	0.855	3	0.932	0.068
Glycine	g	0.230	3	0.251	0.018
Proline	g	0.252	3	0.275	0.020
Serine	g	0.246	3	0.268	0.020
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 broadbean

NDB No. 11088

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11089 Broadbeans, immature seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	83.70	0			
Energy	kcal	62	0			
Energy	kJ	259	0			
Protein (N x 5.95)	g	4.80	0			
Total lipid (fat)	g	0.50	0			
Carbohydrate, by difference	g	10.10	0			
Fiber, total dietary	g	3.6	0			
Ash	g	0.90	0			
Sugars, total	g					
Minerals:						
Calcium	mg	18	0			
Iron	mg	1.50	0			
Magnesium	mg	31	0			
Phosphorus	mg	73	0			
Potassium	mg	193	0			
Sodium	mg	41	0			
Zinc	mg	0.47	0			
Copper	mg	0.060	0			
Manganese	mg	0.261	0			
Selenium	µg	1.0	0			
Vitamins:						
Ascorbic acid	mg	19.8	0			
Thiamin	mg	0.128	0			
Riboflavin	mg	0.090	0			
Niacin	mg	1.200	0			
Pantothenic acid	mg	0.066	0			
Vitamin B-6	mg	0.029	0			
Folate	µg	58	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	270	0			
Vitamin A, RE	µg	27	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.142	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0			
15.0	g					
16:0	g	0.121	0			
17:0	g					
18:0	g	0.020	0			
20:0	g					
22.0	g					
24:0	g					

Monounsaturated, total	g	0.020	0
14:1	g		
16:1	g	0.000	0
18:1	g	0.020	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.303	0
18:2	g	0.121	0
18:3	g	0.182	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.048	0
Threonine	g	0.178	0
Isoleucine	g	0.215	0
Leucine	g	0.370	0
Lysine	g	0.313	0
Methionine	g	0.037	0
Cystine	g	0.066	0
Phenylalanine	g	0.195	0
Tyrosine	g	0.168	0
Valine	g	0.235	0
Arginine	g	0.397	0
Histidine	g	0.115	0
Alanine	g	0.195	0
Aspartic acid	g	0.541	0
Glutamic acid	g	0.733	0
Glycine	g	0.197	0
Proline	g	0.216	0
Serine	g	0.210	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11089

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11090 Broccoli, raw
Brassica oleracea (Botrytis Group)

Refuse: 39% Leaves and tough stalks with trimmings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 88g	Measure 2 [*] 608g	Measure 3 [*] 151g	
Proximates:							
Water	g	90.69	0.333	33	79.81	551.40	136.94
Energy	kcal	28		0	25	170	42
Energy	kJ	117		0	103	711	177
Protein (N x 5.95)	g	2.98	0.109	22	2.62	18.12	4.50
Total lipid (fat)	g	0.35	0.034	22	0.31	2.13	0.53
Carbohydrate, by difference	g	5.24		0	4.61	31.86	7.91
Fiber, total dietary	g	3.0		0	2.6	18.2	4.5
Ash	g	0.92	0.027	23	0.81	5.59	1.39
Sugars, total	g						
Minerals:							
Calcium	mg	48	2.510	28	42	292	72
Iron	mg	0.88	0.082	34	0.77	5.35	1.33
Magnesium	mg	25	3.601	27	22	152	38
Phosphorus	mg	66	1.593	27	58	401	100
Potassium	mg	325	7.243	25	286	1976	491
Sodium	mg	27	1.782	30	24	164	41
Zinc	mg	0.40	0.014	33	0.35	2.43	0.60
Copper	mg	0.045	0.003	33	0.040	0.274	0.068
Manganese	mg	0.229	0.016	22	0.202	1.392	0.346
Selenium	µg	3.0	0.434	5	2.6	18.2	4.5
Vitamins:							
Ascorbic acid	mg	93.2	2.068	15	82.0	566.7	140.7
Thiamin	mg	0.065	0.008	15	0.057	0.395	0.098
Riboflavin	mg	0.119	0.004	15	0.105	0.724	0.180
Niacin	mg	0.638	0.021	15	0.561	3.879	0.963
Pantothenic acid	mg	0.535	0.049	15	0.471	3.253	0.808
Vitamin B-6	mg	0.159	0.011	15	0.140	0.967	0.240
Folate	µg	71	7.000	26	62	432	107
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	1542	44.938	5	1357	9375	2328
Vitamin A, RE	µg	154	4.494	5	136	936	233
Vitamin E, α-TE	mg	1.660		0	1.461	10.093	2.507
Lipids:							
Saturated, total	g	0.054		0	0.048	0.328	0.082
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.047		0	0.041	0.286	0.071
17:0	g						
18:0	g	0.007		0	0.006	0.043	0.011
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.024	0	0.021	0.146	0.036
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.024	0	0.021	0.146	0.036
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.167	0	0.147	1.015	0.252
18:2	g	0.038	0	0.033	0.231	0.057
18:3	g	0.129	0	0.114	0.784	0.195
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.029	26	0.026	0.176	0.044
Threonine	g	0.091	26	0.080	0.553	0.137
Isoleucine	g	0.109	26	0.096	0.663	0.165
Leucine	g	0.131	26	0.115	0.796	0.198
Lysine	g	0.141	26	0.124	0.857	0.213
Methionine	g	0.034	26	0.030	0.207	0.051
Cystine	g	0.020	4	0.018	0.122	0.030
Phenylalanine	g	0.084	26	0.074	0.511	0.127
Tyrosine	g	0.063	4	0.055	0.383	0.095
Valine	g	0.128	26	0.113	0.778	0.193
Arginine	g	0.145	26	0.128	0.882	0.219
Histidine	g	0.050	24	0.044	0.304	0.076
Alanine	g	0.118	4	0.104	0.717	0.178
Aspartic acid	g	0.213	4	0.187	1.295	0.322
Glutamic acid	g	0.375	4	0.330	2.280	0.566
Glycine	g	0.095	4	0.084	0.578	0.143
Proline	g	0.114	4	0.100	0.693	0.172
Serine	g	0.100	4	0.088	0.608	0.151
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 cup, chopped
 Measure 2: 1 bunch
 Measure 3: 1 spear

NDB No. 11090

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11091 Broccoli, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 280g	Measure 2* 180g	Measure 3* 140g
Proximates:						
Water	g	90.69	0	253.93	163.24	126.97
Energy	kcal	28	0	78	50	39
Energy	kJ	117	0	328	211	164
Protein (N x 5.95)	g	2.98	0	8.34	5.36	4.17
Total lipid (fat)	g	0.35	0	0.98	0.63	0.49
Carbohydrate, by difference	g	5.06	0	14.17	9.11	7.08
Fiber, total dietary	g	2.9	0	8.1	5.2	4.1
Ash	g	0.92	0	2.58	1.66	1.29
Sugars, total	g					
Minerals:						
Calcium	mg	46	0	129	83	64
Iron	mg	0.84	0	2.35	1.51	1.18
Magnesium	mg	24	0	67	43	34
Phosphorus	mg	59	0	165	106	83
Potassium	mg	292	0	818	526	409
Sodium	mg	26	0	73	47	36
Zinc	mg	0.38	0	1.06	0.68	0.53
Copper	mg	0.043	0	0.120	0.077	0.060
Manganese	mg	0.218	0	0.610	0.392	0.305
Selenium	µg	1.9	0.307	5.3	3.4	2.7
Vitamins:						
Ascorbic acid	mg	74.6	0	208.9	134.3	104.4
Thiamin	mg	0.055	0	0.154	0.099	0.077
Riboflavin	mg	0.113	0	0.316	0.203	0.158
Niacin	mg	0.574	0	1.607	1.033	0.804
Pantothenic acid	mg	0.508	0	1.422	0.914	0.711
Vitamin B-6	mg	0.143	0	0.400	0.257	0.200
Folate	µg	50	0	140	90	70
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00
Vitamin A	IU	1388	0	3886	2498	1943
Vitamin A, RE	µg	139	0	389	250	195
Vitamin E, α-TE	mg	1.690	0	4.732	3.042	2.366
Lipids:						
Saturated, total	g	0.054	0	0.151	0.097	0.076
4:0	g	0.000	0	0.000	0.000	0.000
6:0	g	0.000	0	0.000	0.000	0.000
8:0	g	0.000	0	0.000	0.000	0.000
10:0	g	0.000	0	0.000	0.000	0.000
12:0	g	0.000	0	0.000	0.000	0.000
14:0	g	0.000	0	0.000	0.000	0.000
15.0	g					
16:0	g	0.047	0	0.132	0.085	0.066
17:0	g					
18:0	g	0.007	0	0.020	0.013	0.010
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.024	0	0.067	0.043	0.034
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.024	0	0.067	0.043	0.034
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.167	0	0.468	0.301	0.234
18:2	g	0.038	0	0.106	0.068	0.053
18:3	g	0.129	0	0.361	0.232	0.181
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.031	0	0.087	0.056	0.043
Threonine	g	0.097	0	0.272	0.175	0.136
Isoleucine	g	0.116	0	0.325	0.209	0.162
Leucine	g	0.139	0	0.389	0.250	0.195
Lysine	g	0.150	0	0.420	0.270	0.210
Methionine	g	0.036	0	0.101	0.065	0.050
Cystine	g	0.021	0	0.059	0.038	0.029
Phenylalanine	g	0.090	0	0.252	0.162	0.126
Tyrosine	g	0.067	0	0.188	0.121	0.094
Valine	g	0.136	0	0.381	0.245	0.190
Arginine	g	0.155	0	0.434	0.279	0.217
Histidine	g	0.053	0	0.148	0.095	0.074
Alanine	g	0.125	0	0.350	0.225	0.175
Aspartic acid	g	0.227	0	0.636	0.409	0.318
Glutamic acid	g	0.401	0	1.123	0.722	0.561
Glycine	g	0.101	0	0.283	0.182	0.141
Proline	g	0.122	0	0.342	0.220	0.171
Serine	g	0.106	0	0.297	0.191	0.148
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 large stalk (11" - 12" long)
- Measure 2: 1 medium stalk (7-1/2" - 8" long)
- Measure 3: 1 small stalk (5" long)

NDB No. 11091

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11092 Broccoli, frozen, chopped, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 284g	Measure 3*
Proximates:						
Water	g	91.46	0.134	48	142.68	259.75
Energy	kcal	26		0	41	74
Energy	kJ	109		0	170	310
Protein (N x 5.95)	g	2.81	0.045	49	4.38	7.98
Total lipid (fat)	g	0.29	0.022	49	0.45	0.82
Carbohydrate, by difference	g	4.79		0	7.47	13.60
Fiber, total dietary	g	3.0		0	4.7	8.5
Ash	g	0.66	0.013	48	1.03	1.87
Sugars, total	g					
Minerals:						
Calcium	mg	56	2.393	45	87	159
Iron	mg	0.81	0.042	48	1.26	2.30
Magnesium	mg	18	1.303	13	28	51
Phosphorus	mg	50	1.712	18	78	142
Potassium	mg	212	14.022	11	331	602
Sodium	mg	24	4.771	14	37	68
Zinc	mg	0.48	0.191	15	0.75	1.36
Copper	mg	0.038	0.003	16	0.059	0.108
Manganese	mg	0.294	0.026	14	0.459	0.835
Selenium	µg	2.8		0	4.4	8.0
Vitamins:						
Ascorbic acid	mg	56.4	2.850	32	88.0	160.2
Thiamin	mg	0.053	0.002	45	0.083	0.151
Riboflavin	mg	0.096	0.003	45	0.150	0.273
Niacin	mg	0.470	0.026	45	0.733	1.335
Pantothenic acid	mg	0.279	0.024	5	0.435	0.792
Vitamin B-6	mg	0.130	0.007	12	0.203	0.369
Folate	µg	67	1.844	3	105	190
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	2066	79.945	45	3223	5867
Vitamin A, RE	µg	207	7.995	45	323	588
Vitamin E, α-TE	mg	1.520		0	2.371	4.317
Lipids:						
Saturated, total	g	0.044		0	0.069	0.125
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.039		0	0.061	0.111
17:0	g					
18:0	g	0.005		0	0.008	0.014
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.020	0	0.031	0.057
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.020	0	0.031	0.057
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.136	0	0.212	0.386
18:2	g	0.031	0	0.048	0.088
18:3	g	0.105	0	0.164	0.298
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.029	0	0.045	0.082
Threonine	g	0.091	0	0.142	0.258
Isoleucine	g	0.109	0	0.170	0.310
Leucine	g	0.131	0	0.204	0.372
Lysine	g	0.141	0	0.220	0.400
Methionine	g	0.034	0	0.053	0.097
Cystine	g	0.020	0	0.031	0.057
Phenylalanine	g	0.085	0	0.133	0.241
Tyrosine	g	0.063	0	0.098	0.179
Valine	g	0.128	0	0.200	0.364
Arginine	g	0.146	0	0.228	0.415
Histidine	g	0.050	0	0.078	0.142
Alanine	g	0.118	0	0.184	0.335
Aspartic acid	g	0.214	0	0.334	0.608
Glutamic acid	g	0.377	0	0.588	1.071
Glycine	g	0.095	0	0.148	0.270
Proline	g	0.115	0	0.179	0.327
Serine	g	0.100	0	0.156	0.284
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 package (10 oz)

NDB No. 11092

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 184g	Measure 2*	Measure 3*
Proximates:						
Water	g	90.72	0.303	9	166.92	
Energy	kcal	28		0	52	
Energy	kJ	117		0	215	
Protein (N x 5.95)	g	3.10	0.132	6	5.70	
Total lipid (fat)	g	0.12	0.021	6	0.22	
Carbohydrate, by difference	g	5.35		0	9.84	
Fiber, total dietary	g	3.0		0	5.5	
Ash	g	0.71	0.030	6	1.31	
Sugars, total	g					
Minerals:						
Calcium	mg	51	4.683	6	94	
Iron	mg	0.61	0.043	6	1.12	
Magnesium	mg	20	0.594	6	37	
Phosphorus	mg	55	3.268	6	101	
Potassium	mg	180	18.064	6	331	
Sodium	mg	24	1.353	12	44	
Zinc	mg	0.30	0.018	6	0.55	
Copper	mg	0.043	0.003	6	0.079	
Manganese	mg	0.325	0.034	6	0.598	
Selenium	µg	3.0		0	5.5	
Vitamins:						
Ascorbic acid	mg	40.1	5.569	6	73.8	
Thiamin	mg	0.055	0.004	7	0.101	
Riboflavin	mg	0.081	0.004	7	0.149	
Niacin	mg	0.458	0.036	6	0.843	
Pantothenic acid	mg	0.274	0.013	6	0.504	
Vitamin B-6	mg	0.130	0.009	7	0.239	
Folate	µg	56	4.028	3	104	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	1892	188.685	6	3481	
Vitamin A, RE	µg	189	18.869	6	348	
Vitamin E, α-TE	mg	1.650		0	3.036	
Lipids:						
Saturated, total	g	0.018		0	0.033	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15.0	g					
16:0	g	0.016		0	0.029	
17:0	g					
18:0	g	0.002		0	0.004	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.015
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.008	0	0.015
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.055	0	0.101
18:2	g	0.013	0	0.024
18:3	g	0.042	0	0.077
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.032	0	0.059
Threonine	g	0.101	0	0.186
Isoleucine	g	0.121	0	0.223
Leucine	g	0.145	0	0.267
Lysine	g	0.156	0	0.287
Methionine	g	0.037	0	0.068
Cystine	g	0.022	0	0.040
Phenylalanine	g	0.094	0	0.173
Tyrosine	g	0.070	0	0.129
Valine	g	0.142	0	0.261
Arginine	g	0.161	0	0.296
Histidine	g	0.055	0	0.101
Alanine	g	0.130	0	0.239
Aspartic acid	g	0.236	0	0.434
Glutamic acid	g	0.417	0	0.767
Glycine	g	0.105	0	0.193
Proline	g	0.127	0	0.234
Serine	g	0.111	0	0.204
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11093

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11094 Broccoli, frozen, spears, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 907g	Measure 3*
Proximates:						
Water	g	90.55	0.284	53	257.16	821.29
Energy	kcal	29		0	82	263
Energy	kJ	121		0	344	1097
Protein (N x 5.95)	g	3.06	0.240	49	8.69	27.75
Total lipid (fat)	g	0.34	0.041	49	0.97	3.08
Carbohydrate, by difference	g	5.35		0	15.19	48.52
Fiber, total dietary	g	3.0		0	8.5	27.2
Ash	g	0.70	0.019	47	1.99	6.35
Sugars, total	g					
Minerals:						
Calcium	mg	41	2.305	49	116	372
Iron	mg	0.72	0.060	47	2.04	6.53
Magnesium	mg	16	0.552	17	45	145
Phosphorus	mg	59	2.745	30	168	535
Potassium	mg	250	13.672	21	710	2268
Sodium	mg	17	1.682	24	48	154
Zinc	mg	0.34	0.016	15	0.97	3.08
Copper	mg	0.036	0.005	17	0.102	0.327
Manganese	mg	0.256	0.015	15	0.727	2.322
Selenium	µg	1.9	0.307	9	5.4	17.2
Vitamins:						
Ascorbic acid	mg	68.3	2.837	39	194.0	619.5
Thiamin	mg	0.072	0.006	49	0.204	0.653
Riboflavin	mg	0.114	0.008	48	0.324	1.034
Niacin	mg	0.462	0.032	49	1.312	4.190
Pantothenic acid	mg	0.242	0.024	7	0.687	2.195
Vitamin B-6	mg	0.175	0.013	16	0.497	1.587
Folate	µg	94	9.155	9	268	855
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	1429	66.242	43	4058	12961
Vitamin A, RE	µg	143	6.624	43	406	1297
Vitamin E, α-TE	mg	1.680		0	4.771	15.238
Lipids:						
Saturated, total	g	0.052		0	0.148	0.472
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.046		0	0.131	0.417
17:0	g					
18:0	g	0.006		0	0.017	0.054
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.024	0	0.068	0.218
14:1	g				
16:1	g				
18:1	g	0.024	0	0.068	0.218
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.162	0	0.460	1.469
18:2	g	0.037	0	0.105	0.336
18:3	g	0.125	0	0.355	1.134
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	0.032	0	0.091	0.290
Threonine	g	0.099	0	0.281	0.898
Isoleucine	g	0.119	0	0.338	1.079
Leucine	g	0.143	0	0.406	1.297
Lysine	g	0.154	0	0.437	1.397
Methionine	g	0.037	0	0.105	0.336
Cystine	g	0.022	0	0.062	0.200
Phenylalanine	g	0.092	0	0.261	0.834
Tyrosine	g	0.069	0	0.196	0.626
Valine	g	0.140	0	0.398	1.270
Arginine	g	0.159	0	0.452	1.442
Histidine	g	0.054	0	0.153	0.490
Alanine	g	0.129	0	0.366	1.170
Aspartic acid	g	0.233	0	0.662	2.113
Glutamic acid	g	0.411	0	1.167	3.728
Glycine	g	0.104	0	0.295	0.943
Proline	g	0.125	0	0.355	1.134
Serine	g	0.109	0	0.310	0.989
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz)
- Measure 2: 2 lb package

NDB No. 11094

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11095 Broccoli, frozen, spears, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 92g	Measure 3*
Proximates:						
Water	g	90.72	0.303	9	226.80	83.46
Energy	kcal	28		0	70	26
Energy	kJ	117		0	293	108
Protein (N x 5.95)	g	3.10	0.131	6	7.75	2.85
Total lipid (fat)	g	0.11	0.021	6	0.28	0.10
Carbohydrate, by difference	g	5.35		0	13.38	4.92
Fiber, total dietary	g	3.0		0	7.5	2.8
Ash	g	0.71	0.030	6	1.77	0.65
Sugars, total	g					
Minerals:						
Calcium	mg	51	4.684	6	128	47
Iron	mg	0.61	0.043	6	1.52	0.56
Magnesium	mg	20	0.594	6	50	18
Phosphorus	mg	55	3.268	6	138	51
Potassium	mg	180	18.064	6	450	166
Sodium	mg	24	1.353	12	60	22
Zinc	mg	0.30	0.018	6	0.75	0.28
Copper	mg	0.043	0.003	6	0.108	0.040
Manganese	mg	0.325	0.034	6	0.813	0.299
Selenium	µg	1.9	0.307	9	4.8	1.7
Vitamins:						
Ascorbic acid	mg	40.1	5.568	6	100.3	36.9
Thiamin	mg	0.055	0.004	7	0.138	0.051
Riboflavin	mg	0.081	0.004	7	0.203	0.075
Niacin	mg	0.458	0.035	6	1.145	0.421
Pantothenic acid	mg	0.274	0.013	6	0.685	0.252
Vitamin B-6	mg	0.130	0.009	7	0.325	0.120
Folate	µg	30	6.888	16	75	28
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	1892	188.683	6	4730	1741
Vitamin A, RE	µg	189		0	473	174
Vitamin E, α-TE	mg	1.030		0	2.575	0.948
Lipids:						
Saturated, total	g	0.018		0	0.045	0.017
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.016		1	0.040	0.015
17:0	g					
18:0	g	0.002		1	0.005	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.020	0.007
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.008	1	0.020	0.007
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.055	0	0.138	0.051
18:2	g	0.013	1	0.033	0.012
18:3	g	0.042	1	0.105	0.039
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.032	0	0.080	0.029
Threonine	g	0.101	0	0.253	0.093
Isoleucine	g	0.121	0	0.303	0.111
Leucine	g	0.145	0	0.363	0.133
Lysine	g	0.156	0	0.390	0.144
Methionine	g	0.037	0	0.093	0.034
Cystine	g	0.022	0	0.055	0.020
Phenylalanine	g	0.094	0	0.235	0.086
Tyrosine	g	0.070	0	0.175	0.064
Valine	g	0.142	0	0.355	0.131
Arginine	g	0.161	0	0.403	0.148
Histidine	g	0.055	0	0.138	0.051
Alanine	g	0.131	0	0.328	0.121
Aspartic acid	g	0.236	0	0.590	0.217
Glutamic acid	g	0.417	0	1.042	0.384
Glycine	g	0.105	0	0.263	0.097
Proline	g	0.127	0	0.318	0.117
Serine	g	0.111	0	0.278	0.102
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11095

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11098 Brussels sprouts, raw
Brassica oleracea (Gemmifera Group)

Refuse: 10% Outer leaves

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 88g	Measure 2* 19g	Measure 3*
Proximates:						
Water	g	86.00	0.435	8	75.68	16.34
Energy	kcal	43		0	38	8
Energy	kJ	180		0	158	34
Protein (N x 5.95)	g	3.38	0.122	2	2.97	0.64
Total lipid (fat)	g	0.30	0.100	2	0.26	0.06
Carbohydrate, by difference	g	8.96		0	7.88	1.70
Fiber, total dietary	g	3.8		0	3.3	0.7
Ash	g	1.37		1	1.21	0.26
Sugars, total	g					
Minerals:						
Calcium	mg	42	2.500	2	37	8
Iron	mg	1.40	0.500	2	1.23	0.27
Magnesium	mg	23		1	20	4
Phosphorus	mg	69		1	61	13
Potassium	mg	389	21.971	4	342	74
Sodium	mg	25	2.873	4	22	5
Zinc	mg	0.42		1	0.37	0.08
Copper	mg	0.070		1	0.062	0.013
Manganese	mg	0.337		0	0.297	0.064
Selenium	µg	1.6		0	1.4	0.3
Vitamins:						
Ascorbic acid	mg	85.0		1	74.8	16.1
Thiamin	mg	0.139	0.009	2	0.122	0.026
Riboflavin	mg	0.090	0.050	2	0.079	0.017
Niacin	mg	0.745	0.145	2	0.656	0.142
Pantothenic acid	mg	0.309		0	0.272	0.059
Vitamin B-6	mg	0.219		0	0.193	0.042
Folate	µg	61	6.336	3	54	12
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	883	67.000	2	777	168
Vitamin A, RE	µg	88	6.700	2	77	17
Vitamin E, α-TE	mg	0.880		0	0.774	0.167
Lipids:						
Saturated, total	g	0.062		0	0.055	0.012
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.002		2	0.002	0.000
10:0	g	0.000		2	0.000	0.000
12:0	g	0.000		2	0.000	0.000
14:0	g	0.000		1	0.000	0.000
15:0	g					
16:0	g	0.053		2	0.047	0.010
17:0	g					
18:0	g	0.003		2	0.003	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.023	0	0.020	0.004
14:1	g				
16:1	g	0.002	2	0.002	0.000
18:1	g	0.019	2	0.017	0.004
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.153	0	0.135	0.029
18:2	g	0.045	2	0.040	0.009
18:3	g	0.099	2	0.087	0.019
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	2	0.001	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	24	0	21	5
Amino acids:					
Tryptophan	g	0.037	14	0.033	0.007
Threonine	g	0.120	14	0.106	0.023
Isoleucine	g	0.132	14	0.116	0.025
Leucine	g	0.152	14	0.134	0.029
Lysine	g	0.154	14	0.136	0.029
Methionine	g	0.032	14	0.028	0.006
Cystine	g	0.022	1	0.019	0.004
Phenylalanine	g	0.098	14	0.086	0.019
Tyrosine	g				
Valine	g	0.155	14	0.136	0.029
Arginine	g	0.203	14	0.179	0.039
Histidine	g	0.076	14	0.067	0.014
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 sprout

NDB No. 11098

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11099 Brussels sprouts, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 21g	Measure 2* 78g	Measure 3*
Proximates:						
Water	g	87.32	0	18.34	68.11	
Energy	kcal	39	0	8	30	
Energy	kJ	163	0	34	127	
Protein (N x 5.95)	g	2.55	0.486	5	0.54	1.99
Total lipid (fat)	g	0.51	0.111	5	0.11	0.40
Carbohydrate, by difference	g	8.67		0	1.82	6.76
Fiber, total dietary	g	2.6		0	0.5	2.0
Ash	g	0.95	0.042	5	0.20	0.74
Sugars, total	g					
Minerals:						
Calcium	mg	36		0	8	28
Iron	mg	1.20		0	0.25	0.94
Magnesium	mg	20		0	4	16
Phosphorus	mg	56		0	12	44
Potassium	mg	317		0	67	247
Sodium	mg	21		0	4	16
Zinc	mg	0.33	0.019	6	0.07	0.26
Copper	mg	0.083	0.009	5	0.017	0.065
Manganese	mg	0.227	0.027	5	0.048	0.177
Selenium	µg	1.5		0	0.3	1.2
Vitamins:						
Ascorbic acid	mg	62.0		0	13.0	48.4
Thiamin	mg	0.107		0	0.022	0.083
Riboflavin	mg	0.080		0	0.017	0.062
Niacin	mg	0.607		0	0.127	0.473
Pantothenic acid	mg	0.252		0	0.053	0.197
Vitamin B-6	mg	0.178		0	0.037	0.139
Folate	µg	60		1	13	47
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	719		0	151	561
Vitamin A, RE	µg	72		0	15	56
Vitamin E, α-TE	mg	0.850		0	0.179	0.663
Lipids:						
Saturated, total	g	0.105		0	0.022	0.082
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.003		0	0.001	0.002
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.001		0	0.000	0.001
15:0	g					
16:0	g	0.090		0	0.019	0.070
17:0	g					
18:0	g	0.005		0	0.001	0.004
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.039	0	0.008	0.030
14:1	g				
16:1	g	0.004	0	0.001	0.003
18:1	g	0.033	0	0.007	0.026
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.260	0	0.055	0.203
18:2	g	0.077	0	0.016	0.060
18:3	g	0.168	0	0.035	0.131
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.000	0.002
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.028	0	0.006	0.022
Threonine	g	0.091	0	0.019	0.071
Isoleucine	g	0.100	0	0.021	0.078
Leucine	g	0.114	0	0.024	0.089
Lysine	g	0.116	0	0.024	0.090
Methionine	g	0.024	0	0.005	0.019
Cystine	g	0.016	0	0.003	0.012
Phenylalanine	g	0.074	0	0.016	0.058
Tyrosine	g				
Valine	g	0.117	0	0.025	0.091
Arginine	g	0.153	0	0.032	0.119
Histidine	g	0.057	0	0.012	0.044
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 sprout
 Measure 2: 1/2 cup

NDB No. 11099

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11100 Brussels sprouts, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 907g	Measure 3*
Proximates:						
Water	g	87.07	0.309	41	247.28	789.72
Energy	kcal	41		0	116	372
Energy	kJ	172		0	488	1560
Protein (N x 5.95)	g	3.78	0.089	37	10.74	34.28
Total lipid (fat)	g	0.41	0.034	36	1.16	3.72
Carbohydrate, by difference	g	7.87		0	22.35	71.38
Fiber, total dietary	g	3.8		0	10.8	34.5
Ash	g	0.88	0.033	35	2.50	7.98
Sugars, total	g					
Minerals:						
Calcium	mg	26	1.312	36	74	236
Iron	mg	0.93	0.074	35	2.64	8.44
Magnesium	mg	20	0.555	14	57	181
Phosphorus	mg	62	2.320	25	176	562
Potassium	mg	370	12.326	19	1051	3356
Sodium	mg	10	1.275	19	28	91
Zinc	mg	0.31	0.013	13	0.88	2.81
Copper	mg	0.033	0.006	14	0.094	0.299
Manganese	mg	0.311	0.015	13	0.883	2.821
Selenium	µg	1.5		0	4.3	13.6
Vitamins:						
Ascorbic acid	mg	74.1	3.678	28	210.4	672.1
Thiamin	mg	0.105	0.004	37	0.298	0.952
Riboflavin	mg	0.122	0.008	36	0.346	1.107
Niacin	mg	0.638	0.036	37	1.812	5.787
Pantothenic acid	mg	0.285		5	0.809	2.585
Vitamin B-6	mg	0.202	0.011	13	0.574	1.832
Folate	µg	123	25.454	9	350	1119
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	815	37.844	32	2315	7392
Vitamin A, RE	µg	81	3.784	32	230	735
Vitamin E, α-TE	mg	0.813		0	2.309	7.374
Lipids:						
Saturated, total	g	0.084		0	0.239	0.762
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.003		0	0.009	0.027
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.001		0	0.003	0.009
15:0	g					
16:0	g	0.072		0	0.204	0.653
17:0	g					
18:0	g	0.004		0	0.011	0.036
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.031	0	0.088	0.281
14:1	g				
16:1	g	0.003	0	0.009	0.027
18:1	g	0.026	0	0.074	0.236
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.207	0	0.588	1.877
18:2	g	0.061	0	0.173	0.553
18:3	g	0.134	0	0.381	1.215
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.006	0.018
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.042	0	0.119	0.381
Threonine	g	0.135	0	0.383	1.224
Isoleucine	g	0.148	0	0.420	1.342
Leucine	g	0.170	0	0.483	1.542
Lysine	g	0.172	0	0.488	1.560
Methionine	g	0.036	0	0.102	0.327
Cystine	g	0.024	0	0.068	0.218
Phenylalanine	g	0.110	0	0.312	0.998
Tyrosine	g				
Valine	g	0.173	0	0.491	1.569
Arginine	g	0.227	0	0.645	2.059
Histidine	g	0.085	0	0.241	0.771
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz)
- Measure 2: 2 lb package

NDB No. 11100

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11101 Brussels sprouts, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 155g	Measure 2*	Measure 3*
Proximates:						
Water	g	86.74	0.416	10	134.45	
Energy	kcal	42		0	65	
Energy	kJ	176		0	273	
Protein (N x 5.95)	g	3.64	0.166	7	5.64	
Total lipid (fat)	g	0.39	0.095	7	0.60	
Carbohydrate, by difference	g	8.32		0	12.90	
Fiber, total dietary	g	4.1		0	6.4	
Ash	g	0.91	0.057	7	1.41	
Sugars, total	g					
Minerals:						
Calcium	mg	24	0.400	3	37	
Iron	mg	0.74	0.059	7	1.15	
Magnesium	mg	24	1.330	3	37	
Phosphorus	mg	54	0.733	3	84	
Potassium	mg	325	48.254	3	504	
Sodium	mg	23	2.474	8	36	
Zinc	mg	0.36	0.023	7	0.56	
Copper	mg	0.070	0.013	7	0.109	
Manganese	mg	0.320	0.036	6	0.496	
Selenium	µg	1.5		0	2.3	
Vitamins:						
Ascorbic acid	mg	45.7	4.175	3	70.8	
Thiamin	mg	0.103	0.009	6	0.160	
Riboflavin	mg	0.113	0.006	6	0.175	
Niacin	mg	0.537	0.145	3	0.832	
Pantothenic acid	mg	0.342	0.009	3	0.530	
Vitamin B-6	mg	0.289	0.037	6	0.448	
Folate	µg	101	19.059	8	157	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	589	44.024	3	913	
Vitamin A, RE	µg	59	4.402	3	91	
Vitamin E, α-TE	mg	0.580		0	0.899	
Lipids:						
Saturated, total	g	0.081		0	0.126	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.002		0	0.003	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.001		0	0.002	
15:0	g					
16:0	g	0.069		0	0.107	
17:0	g					
18:0	g	0.004		0	0.006	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.030	0	0.046
14:1	g			
16:1	g	0.003	0	0.005
18:1	g	0.025	0	0.039
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.200	0	0.310
18:2	g	0.059	0	0.091
18:3	g	0.129	0	0.200
18:4	g	0.000	0	0.000
20:4	g	0.002	0	0.003
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.040	0	0.062
Threonine	g	0.130	0	0.202
Isoleucine	g	0.143	0	0.222
Leucine	g	0.164	0	0.254
Lysine	g	0.166	0	0.257
Methionine	g	0.035	0	0.054
Cystine	g	0.023	0	0.036
Phenylalanine	g	0.106	0	0.164
Tyrosine	g			
Valine	g	0.167	0	0.259
Arginine	g	0.218	0	0.338
Histidine	g	0.082	0	0.127
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11101

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11104 Burdock root, raw
Arctium lappa

Refuse: 25% Skin, root and tips

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 118g	Measure 2* 156g	Measure 3*
Proximates:						
Water	g	80.09	6.020	3	94.51	124.94
Energy	kcal	72		0	85	112
Energy	kJ	301		0	355	470
Protein (N x 5.95)	g	1.53	0.425	2	1.81	2.39
Total lipid (fat)	g	0.15	0.045	2	0.18	0.23
Carbohydrate, by difference	g	17.35		0	20.47	27.07
Fiber, total dietary	g	3.3		0	3.9	5.1
Ash	g	0.89		0	1.05	1.39
Sugars, total	g					
Minerals:						
Calcium	mg	41		1	48	64
Iron	mg	0.80		1	0.94	1.25
Magnesium	mg	38		1	45	59
Phosphorus	mg	51		1	60	80
Potassium	mg	308		1	363	480
Sodium	mg	5		0	6	8
Zinc	mg	0.33		0	0.39	0.51
Copper	mg	0.077		0	0.091	0.120
Manganese	mg	0.232		0	0.274	0.362
Selenium	µg	0.7		0	0.8	1.1
Vitamins:						
Ascorbic acid	mg	3.0		1	3.5	4.7
Thiamin	mg	0.010		1	0.012	0.016
Riboflavin	mg	0.030		1	0.035	0.047
Niacin	mg	0.300		1	0.354	0.468
Pantothenic acid	mg	0.321		0	0.379	0.501
Vitamin B-6	mg	0.240		0	0.283	0.374
Folate	µg	23		0	27	36
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	µg	0		1	0	0
Vitamin E, α-TE	mg	0.380		0	0.448	0.593
Lipids:						
Saturated, total	g	0.025		0	0.030	0.039
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.025		0	0.030	0.039
17:0	g					
18:0	g	0.000		0	0.000	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.037	0	0.044	0.058
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.037	0	0.044	0.058
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.059	0	0.070	0.092
18:2	g	0.056	0	0.066	0.087
18:3	g	0.002	0	0.002	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.006	2	0.007	0.009
Threonine	g	0.026	2	0.031	0.041
Isoleucine	g	0.030	2	0.035	0.047
Leucine	g	0.032	2	0.038	0.050
Lysine	g	0.067	2	0.079	0.105
Methionine	g	0.009	2	0.011	0.014
Cystine	g	0.006	2	0.007	0.009
Phenylalanine	g	0.033	2	0.039	0.051
Tyrosine	g	0.018	2	0.021	0.028
Valine	g	0.033	2	0.039	0.051
Arginine	g	0.105	2	0.124	0.164
Histidine	g	0.031	2	0.037	0.048
Alanine	g	0.025	2	0.030	0.039
Aspartic acid	g	0.177	2	0.209	0.276
Glutamic acid	g	0.157	2	0.185	0.245
Glycine	g	0.031	2	0.037	0.048
Proline	g	0.052	2	0.061	0.081
Serine	g	0.025	2	0.030	0.039
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, (1" pieces)
- Measure 2: 1 root

NDB No. 11104

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11105 Burdock root, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 125g	Measure 2* 166g	Measure 3*
Proximates:						
Water	g	75.64	1	94.55	125.56	
Energy	kcal	88	0	110	146	
Energy	kJ	368	0	460	611	
Protein (N x 5.95)	g	2.09	1	2.61	3.47	
Total lipid (fat)	g	0.14	1	0.18	0.23	
Carbohydrate, by difference	g	21.15	0	26.44	35.11	
Fiber, total dietary	g	1.8	0	2.3	3.0	
Ash	g	0.98	1	1.23	1.63	
Sugars, total	g					
Minerals:						
Calcium	mg	49	1	61	81	
Iron	mg	0.77	1	0.96	1.28	
Magnesium	mg	39	1	49	65	
Phosphorus	mg	93	1	116	154	
Potassium	mg	360	1	450	598	
Sodium	mg	4	1	5	7	
Zinc	mg	0.38	0	0.48	0.63	
Copper	mg	0.089	0	0.111	0.148	
Manganese	mg	0.270	0	0.338	0.448	
Selenium	µg	0.9	0	1.1	1.5	
Vitamins:						
Ascorbic acid	mg	2.6	0	3.3	4.3	
Thiamin	mg	0.039	0	0.049	0.065	
Riboflavin	mg	0.058	0	0.072	0.096	
Niacin	mg	0.320	0	0.400	0.531	
Pantothenic acid	mg	0.353	0	0.441	0.586	
Vitamin B-6	mg	0.279	0	0.349	0.463	
Folate	µg	20	0	24	32	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg	0.190	0	0.238	0.315	
Lipids:						
Saturated, total	g	0.023	0	0.029	0.038	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.023	0	0.029	0.038	
17:0	g					
18:0	g	0.000	0	0.000	0.000	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.035	0	0.044	0.058
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.035	0	0.044	0.058
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.055	0	0.069	0.091
18:2	g	0.052	0	0.065	0.086
18:3	g	0.002	0	0.003	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.008	0	0.010	0.013
Threonine	g	0.035	0	0.044	0.058
Isoleucine	g	0.041	0	0.051	0.068
Leucine	g	0.044	0	0.055	0.073
Lysine	g	0.092	0	0.115	0.153
Methionine	g	0.012	0	0.015	0.020
Cystine	g	0.008	0	0.010	0.013
Phenylalanine	g	0.045	0	0.056	0.075
Tyrosine	g	0.024	0	0.030	0.040
Valine	g	0.046	0	0.058	0.076
Arginine	g	0.144	0	0.180	0.239
Histidine	g	0.042	0	0.053	0.070
Alanine	g	0.034	0	0.043	0.056
Aspartic acid	g	0.242	0	0.303	0.402
Glutamic acid	g	0.215	0	0.269	0.357
Glycine	g	0.042	0	0.053	0.070
Proline	g	0.071	0	0.089	0.118
Serine	g	0.034	0	0.043	0.056
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, (1" pieces)
- Measure 2: 1 root

NDB No. 11105

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11106 Butterbur, (fuki), raw

Petasites japonicus

Refuse: 12% Leaves, stem ends, peels

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 94g	Measure 2 [*] 5g	Measure 3 [*]
Proximates:						
Water	g	94.50	0	88.83	4.72	
Energy	kcal	14	0	13	1	
Energy	kJ	59	0	55	3	
Protein (N x 5.95)	g	0.39	0	0.37	0.02	
Total lipid (fat)	g	0.04	0	0.04	0.00	
Carbohydrate, by difference	g	3.61	0	3.39	0.18	
Fiber, total dietary	g					
Ash	g	1.46	0	1.37	0.07	
Sugars, total	g					
Minerals:						
Calcium	mg	103	0	97	5	
Iron	mg	0.10	0	0.09	0.01	
Magnesium	mg	14	0	13	1	
Phosphorus	mg	12	0	11	1	
Potassium	mg	655	0	616	33	
Sodium	mg	7	0	7	0	
Zinc	mg	0.16	0	0.15	0.01	
Copper	mg	0.103	0	0.097	0.005	
Manganese	mg	0.274	0	0.258	0.014	
Selenium	µg	0.9	0	0.8	0.0	
Vitamins:						
Ascorbic acid	mg	31.5	0	29.6	1.6	
Thiamin	mg	0.020	0	0.019	0.001	
Riboflavin	mg	0.020	0	0.019	0.001	
Niacin	mg	0.200	0	0.188	0.010	
Pantothenic acid	mg	0.032	0	0.030	0.002	
Vitamin B-6	mg	0.096	0	0.090	0.005	
Folate	µg	10	0	10	1	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	50	0	47	3	
Vitamin A, RE	µg	5	0	5	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 petiole

NDB No. 11106

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11107 Butterbur, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	96.70	0			
Energy	kcal	8	0			
Energy	kJ	33	0			
Protein (N x 5.95)	g	0.23	0			
Total lipid (fat)	g	0.02	0			
Carbohydrate, by difference	g	2.16	0			
Fiber, total dietary	g					
Ash	g	0.88	0			
Sugars, total	g					
Minerals:						
Calcium	mg	59	0			
Iron	mg	0.10	0			
Magnesium	mg	8	0			
Phosphorus	mg	7	0			
Potassium	mg	354	0			
Sodium	mg	4	0			
Zinc	mg	0.09	0			
Copper	mg	0.059	0			
Manganese	mg	0.156	0			
Selenium	µg	0.9	0			
Vitamins:						
Ascorbic acid	mg	18.9	0			
Thiamin	mg	0.010	0			
Riboflavin	mg	0.010	0			
Niacin	mg	0.100	0			
Pantothenic acid	mg	0.018	0			
Vitamin B-6	mg	0.052	0			
Folate	µg	4	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	27	0			
Vitamin A, RE	µg	3	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g		
14:1	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
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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11107

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11108 Butterbur, canned

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 45g	Measure 3*
Proximates:						
Water	g	97.92	0.005	2	121.42	44.06
Energy	kcal	3		0	4	1
Energy	kJ	13		0	16	6
Protein (N x 5.95)	g	0.11		0	0.14	0.05
Total lipid (fat)	g	0.13		0	0.16	0.06
Carbohydrate, by difference	g	0.38		0	0.47	0.17
Fiber, total dietary	g					
Ash	g	1.46		0	1.81	0.66
Sugars, total	g					
Minerals:						
Calcium	mg	34		0	42	15
Iron	mg	0.63		0	0.78	0.28
Magnesium	mg	2		0	2	1
Phosphorus	mg	4		0	5	2
Potassium	mg	12		0	15	5
Sodium	mg	4		0	5	2
Zinc	mg	0.06		0	0.07	0.03
Copper	mg	0.037		0	0.046	0.017
Manganese	mg	0.098		0	0.122	0.044
Selenium	µg	0.9		0	1.1	0.4
Vitamins:						
Ascorbic acid	mg	11.9		0	14.8	5.4
Thiamin	mg	0.006		0	0.007	0.003
Riboflavin	mg	0.006		0	0.007	0.003
Niacin	mg	0.140		0	0.174	0.063
Pantothenic acid	mg	0.011		0	0.014	0.005
Vitamin B-6	mg	0.033		0	0.041	0.015
Folate	µg	3		0	3	1
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 cup, chopped
 Measure 2: 3 stalks

NDB No. 11108

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11109 Cabbage, raw
Brassica oleracea (Capitata Group)

Refuse: 20% Outer leaves and core

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 89g	Measure 2 [*] 70g	Measure 3 [*] 1248g	
Proximates:							
Water	g	92.15	0.258	62	82.01	64.50	1150.03
Energy	kcal	25		0	22	18	312
Energy	kJ	105		0	93	74	1310
Protein (N x 5.95)	g	1.44	0.253	7	1.28	1.01	17.97
Total lipid (fat)	g	0.27	0.104	6	0.24	0.19	3.37
Carbohydrate, by difference	g	5.43		0	4.83	3.80	67.77
Fiber, total dietary	g	2.3		0	2.0	1.6	28.7
Ash	g	0.71	0.021	28	0.63	0.50	8.86
Sugars, total	g						
Minerals:							
Calcium	mg	47	2.322	37	42	33	587
Iron	mg	0.59	0.149	30	0.53	0.41	7.36
Magnesium	mg	15	1.621	38	13	11	187
Phosphorus	mg	23	1.589	35	20	16	287
Potassium	mg	246	9.164	30	219	172	3070
Sodium	mg	18	1.651	46	16	13	225
Zinc	mg	0.18	0.010	39	0.16	0.13	2.25
Copper	mg	0.023	0.001	49	0.020	0.016	0.287
Manganese	mg	0.159	0.016	35	0.142	0.111	1.984
Selenium	µg	0.9	0.318	6	0.8	0.6	11.2
Vitamins:							
Ascorbic acid	mg	32.2	4.147	19	28.7	22.5	401.9
Thiamin	mg	0.050	0.000	2	0.045	0.035	0.624
Riboflavin	mg	0.040	0.010	2	0.036	0.028	0.499
Niacin	mg	0.300	0.000	2	0.267	0.210	3.744
Pantothenic acid	mg	0.140	0.005	6	0.125	0.098	1.747
Vitamin B-6	mg	0.096	0.005	2	0.085	0.067	1.198
Folate	µg	43	7.223	19	38	30	537
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	133	20.102	9	118	93	1660
Vitamin A, RE	µg	13		0	12	9	162
Vitamin E, α-TE	mg	0.105		0	0.093	0.074	1.310
Lipids:							
Saturated, total	g	0.033		0	0.029	0.023	0.412
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.001	0.001	0.012
14:0	g	0.001		0	0.001	0.001	0.012
15:0	g						
16:0	g	0.029		0	0.026	0.020	0.362
17:0	g						
18:0	g	0.001		0	0.001	0.001	0.012
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.019	0	0.017	0.013	0.237
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.019	0	0.017	0.013	0.237
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.122	0	0.109	0.085	1.523
18:2	g	0.052	0	0.046	0.036	0.649
18:3	g	0.068	0	0.061	0.048	0.849
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.001	0	0.001	0.001	0.012
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	11	1	10	8	137
Amino acids:						
Tryptophan	g	0.015	0	0.013	0.011	0.187
Threonine	g	0.049	0	0.044	0.034	0.612
Isoleucine	g	0.072	0	0.064	0.050	0.899
Leucine	g	0.073	0	0.065	0.051	0.911
Lysine	g	0.067	0	0.060	0.047	0.836
Methionine	g	0.014	0	0.012	0.010	0.175
Cystine	g	0.012	0	0.011	0.008	0.150
Phenylalanine	g	0.045	0	0.040	0.032	0.562
Tyrosine	g	0.024	0	0.021	0.017	0.300
Valine	g	0.061	0	0.054	0.043	0.761
Arginine	g	0.081	0	0.072	0.057	1.011
Histidine	g	0.029	0	0.026	0.020	0.362
Alanine	g	0.050	0	0.045	0.035	0.624
Aspartic acid	g	0.140	0	0.125	0.098	1.747
Glutamic acid	g	0.316	0	0.281	0.221	3.944
Glycine	g	0.032	0	0.028	0.022	0.399
Proline	g	0.279	0	0.248	0.195	3.482
Serine	g	0.083	0	0.074	0.058	1.036
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, chopped
- Measure 2: 1 cup, shredded
- Measure 3: 1 large head (about 7" dia)

NDB No. 11109

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11110 Cabbage, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 1262g	Measure 2* 75g	Measure 3*
Proximates:						
Water	g	93.60	0.315	4	1181.23	70.20
Energy	kcal	22		0	278	17
Energy	kJ	92		0	1161	69
Protein (N x 5.95)	g	1.02		1	12.87	0.77
Total lipid (fat)	g	0.43	0.340	2	5.43	0.32
Carbohydrate, by difference	g	4.46		0	56.29	3.35
Fiber, total dietary	g	2.3		0	29.0	1.7
Ash	g	0.49		1	6.18	0.37
Sugars, total	g					
Minerals:						
Calcium	mg	31	1.168	28	391	23
Iron	mg	0.17	0.010	29	2.15	0.13
Magnesium	mg	8	0.346	29	101	6
Phosphorus	mg	15	0.670	28	189	11
Potassium	mg	97	5.676	29	1224	73
Sodium	mg	8	0.909	29	101	6
Zinc	mg	0.09	0.006	28	1.14	0.07
Copper	mg	0.012	0.002	28	0.151	0.009
Manganese	mg	0.117	0.012	28	1.477	0.088
Selenium	µg	0.6	0.170	5	7.6	0.5
Vitamins:						
Ascorbic acid	mg	20.1		1	253.7	15.1
Thiamin	mg	0.057		1	0.719	0.043
Riboflavin	mg	0.055		1	0.694	0.041
Niacin	mg	0.282		1	3.559	0.212
Pantothenic acid	mg	0.139		1	1.754	0.104
Vitamin B-6	mg	0.113		1	1.426	0.085
Folate	µg	20	4.028	3	252	15
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	132		1	1666	99
Vitamin A, RE	µg	13		0	164	10
Vitamin E, α-TE	mg	0.105		0	1.325	0.079
Lipids:						
Saturated, total	g	0.053		0	0.669	0.040
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.001		0	0.013	0.001
14:0	g	0.002		0	0.025	0.002
15:0	g					
16:0	g	0.047		0	0.593	0.035
17:0	g					
18:0	g	0.002		0	0.025	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.030	0	0.379	0.023
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.030	0	0.379	0.023
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.196	0	2.474	0.147
18:2	g	0.085	0	1.073	0.064
18:3	g	0.110	0	1.388	0.083
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	0	0.013	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	0	0.126	0.008
Threonine	g	0.035	0	0.442	0.026
Isoleucine	g	0.051	0	0.644	0.038
Leucine	g	0.052	0	0.656	0.039
Lysine	g	0.047	0	0.593	0.035
Methionine	g	0.010	0	0.126	0.008
Cystine	g	0.008	0	0.101	0.006
Phenylalanine	g	0.032	0	0.404	0.024
Tyrosine	g	0.017	0	0.215	0.013
Valine	g	0.043	0	0.543	0.032
Arginine	g	0.057	0	0.719	0.043
Histidine	g	0.020	0	0.252	0.015
Alanine	g	0.035	0	0.442	0.026
Aspartic acid	g	0.099	0	1.249	0.074
Glutamic acid	g	0.224	0	2.827	0.168
Glycine	g	0.022	0	0.278	0.017
Proline	g	0.197	0	2.486	0.148
Serine	g	0.059	0	0.745	0.044
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 head
- Measure 2: 1/2 cup shredded

NDB No. 11110

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11112 Cabbage, red, raw
Brassica oleracea (Capitata Group)

Refuse: 20% Outer leaves and core

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 89g	Measure 2 [*] 70g	Measure 3 [*] 1134g	
Proximates:							
Water	g	91.55	0.267	7	81.48	64.08	1038.18
Energy	kcal	27		0	24	19	306
Energy	kJ	113		0	101	79	1281
Protein (N x 5.95)	g	1.39	0.136	3	1.24	0.97	15.76
Total lipid (fat)	g	0.26	0.085	3	0.23	0.18	2.95
Carbohydrate, by difference	g	6.12		0	5.45	4.28	69.40
Fiber, total dietary	g	2.0		0	1.8	1.4	22.7
Ash	g	0.68	0.030	2	0.61	0.48	7.71
Sugars, total	g						
Minerals:							
Calcium	mg	51		1	45	36	578
Iron	mg	0.49	0.115	3	0.44	0.34	5.56
Magnesium	mg	15	1.600	2	13	11	170
Phosphorus	mg	42		1	37	29	476
Potassium	mg	206	15.500	2	183	144	2336
Sodium	mg	11	6.450	2	10	8	125
Zinc	mg	0.21	0.018	3	0.19	0.15	2.38
Copper	mg	0.097	0.057	3	0.086	0.068	1.100
Manganese	mg	0.180		0	0.160	0.126	2.041
Selenium	µg	0.9		0	0.8	0.6	10.2
Vitamins:							
Ascorbic acid	mg	57.0		1	50.7	39.9	646.4
Thiamin	mg	0.050		1	0.045	0.035	0.567
Riboflavin	mg	0.030		1	0.027	0.021	0.340
Niacin	mg	0.300		1	0.267	0.210	3.402
Pantothenic acid	mg	0.324		0	0.288	0.227	3.674
Vitamin B-6	mg	0.210		0	0.187	0.147	2.381
Folate	µg	21	1.359	3	18	14	235
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	40		1	36	28	454
Vitamin A, RE	µg	4		1	4	3	45
Vitamin E, α-TE	mg	0.105		0	0.093	0.074	1.191
Lipids:							
Saturated, total	g	0.034		0	0.030	0.024	0.386
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.001	0.001	0.011
14:0	g	0.001		0	0.001	0.001	0.011
15:0	g						
16:0	g	0.028		0	0.025	0.020	0.318
17:0	g						
18:0	g	0.001		0	0.001	0.001	0.011
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.019	0	0.017	0.013	0.215
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.018	0	0.016	0.013	0.204
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.125	0	0.111	0.088	1.418
18:2	g	0.051	0	0.045	0.036	0.578
18:3	g	0.067	0	0.060	0.047	0.760
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.001	0	0.001	0.001	0.011
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.014	0	0.012	0.010	0.159
Threonine	g	0.048	0	0.043	0.034	0.544
Isoleucine	g	0.070	0	0.062	0.049	0.794
Leucine	g	0.072	0	0.064	0.050	0.816
Lysine	g	0.065	0	0.058	0.046	0.737
Methionine	g	0.014	0	0.012	0.010	0.159
Cystine	g	0.012	0	0.011	0.008	0.136
Phenylalanine	g	0.044	0	0.039	0.031	0.499
Tyrosine	g	0.024	0	0.021	0.017	0.272
Valine	g	0.059	0	0.053	0.041	0.669
Arginine	g	0.079	0	0.070	0.055	0.896
Histidine	g	0.028	0	0.025	0.020	0.318
Alanine	g	0.048	0	0.043	0.034	0.544
Aspartic acid	g	0.137	0	0.122	0.096	1.554
Glutamic acid	g	0.309	0	0.275	0.216	3.504
Glycine	g	0.031	0	0.028	0.022	0.352
Proline	g	0.272	0	0.242	0.190	3.084
Serine	g	0.081	0	0.072	0.057	0.919
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, chopped
- Measure 2: 1 cup, shredded
- Measure 3: 1 large head (about 5-1/2" dia)

NDB No. 11112

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11113 Cabbage, red, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 22g	Measure 2* 75g	Measure 3*
Proximates:						
Water	g	93.60	0	20.59	70.20	
Energy	kcal	21	0	5	16	
Energy	kJ	88	0	19	66	
Protein (N x 5.95)	g	1.05	0	0.23	0.79	
Total lipid (fat)	g	0.20	0	0.04	0.15	
Carbohydrate, by difference	g	4.64	0	1.02	3.48	
Fiber, total dietary	g	2.0	0	0.4	1.5	
Ash	g	0.52	0	0.11	0.39	
Sugars, total	g					
Minerals:						
Calcium	mg	37	0	8	28	
Iron	mg	0.35	0	0.08	0.26	
Magnesium	mg	11	0	2	8	
Phosphorus	mg	29	0	6	22	
Potassium	mg	140	0	31	105	
Sodium	mg	8	0	2	6	
Zinc	mg	0.15	0	0.03	0.11	
Copper	mg	0.069	0	0.015	0.052	
Manganese	mg	0.129	0	0.028	0.097	
Selenium	µg	0.6	0	0.1	0.5	
Vitamins:						
Ascorbic acid	mg	34.4	0	7.6	25.8	
Thiamin	mg	0.034	0	0.007	0.026	
Riboflavin	mg	0.020	0	0.004	0.015	
Niacin	mg	0.200	0	0.044	0.150	
Pantothenic acid	mg	0.220	0	0.048	0.165	
Vitamin B-6	mg	0.140	0	0.031	0.105	
Folate	µg	13	0	3	9	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	27	0	6	20	
Vitamin A, RE	µg	3	0	1	2	
Vitamin E, α-TE	mg	0.120	0	0.026	0.090	
Lipids:						
Saturated, total	g	0.026	0	0.006	0.020	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.001	0	0.000	0.001	
14:0	g	0.001	0	0.000	0.001	
15:0	g					
16:0	g	0.021	0	0.005	0.016	
17:0	g					
18:0	g	0.001	0	0.000	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	ug	0.015	0	0.003	0.011
14:1	ug				
16:1	ug	0.000	0	0.000	0.000
18:1	ug	0.014	0	0.003	0.011
20:1	ug	0.000	0	0.000	0.000
22:1	ug	0.000	0	0.000	0.000
Polyunsaturated, total	ug	0.095	0	0.021	0.071
18:2	ug	0.039	0	0.009	0.029
18:3	ug	0.051	0	0.011	0.038
18:4	ug	0.000	0	0.000	0.000
20:4	ug	0.000	0	0.000	0.000
20:5	ug	0.000	0	0.000	0.000
22:5	ug	0.000	0	0.000	0.000
22:6	ug	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	ug	0.011	0	0.002	0.008
Threonine	ug	0.036	0	0.008	0.027
Isoleucine	ug	0.053	0	0.012	0.040
Leucine	ug	0.054	0	0.012	0.041
Lysine	ug	0.050	0	0.011	0.038
Methionine	ug	0.011	0	0.002	0.008
Cystine	ug	0.009	0	0.002	0.007
Phenylalanine	ug	0.034	0	0.007	0.026
Tyrosine	ug	0.018	0	0.004	0.013
Valine	ug	0.045	0	0.010	0.034
Arginine	ug	0.060	0	0.013	0.045
Histidine	ug	0.021	0	0.005	0.016
Alanine	ug	0.037	0	0.008	0.028
Aspartic acid	ug	0.103	0	0.023	0.077
Glutamic acid	ug	0.234	0	0.051	0.176
Glycine	ug	0.023	0	0.005	0.017
Proline	ug	0.206	0	0.045	0.155
Serine	ug	0.061	0	0.013	0.046
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 leaf
- Measure 2: 1/2 cup shredded

NDB No. 11113

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11114 Cabbage, savoy, raw
Brassica oleracea (Capitata Group)

Refuse: 20% Outer leaves and core

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 70g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	91.00	1	63.70		
Energy	kcal	27	0	19		
Energy	kJ	113	0	79		
Protein (N x 5.95)	g	2.00	0	1.40		
Total lipid (fat)	g	0.10	1	0.07		
Carbohydrate, by difference	g	6.10	0	4.27		
Fiber, total dietary	g	3.1	0	2.2		
Ash	g	0.80	0	0.56		
Sugars, total	g					
Minerals:						
Calcium	mg	35	1	25		
Iron	mg	0.40	1	0.28		
Magnesium	mg	28	1	20		
Phosphorus	mg	42	1	29		
Potassium	mg	230	1	161		
Sodium	mg	28	1	20		
Zinc	mg	0.27	0	0.19		
Copper	mg	0.062	0	0.043		
Manganese	mg	0.180	0	0.126		
Selenium	µg	0.9	0	0.6		
Vitamins:						
Ascorbic acid	mg	31.0	1	21.7		
Thiamin	mg	0.070	1	0.049		
Riboflavin	mg	0.030	1	0.021		
Niacin	mg	0.300	1	0.210		
Pantothenic acid	mg	0.187	0	0.131		
Vitamin B-6	mg	0.190	0	0.133		
Folate	µg	80	0	56		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	1000	1	700		
Vitamin A, RE	µg	100	1	70		
Vitamin E, α-TE	mg	0.105	0	0.074		
Lipids:						
Saturated, total	g	0.013	0	0.009		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.011	0	0.008		
17:0	g					
18:0	g	0.001	0	0.001		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.005
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.007	0	0.005
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.048	0	0.034
18:2	g	0.020	0	0.014
18:3	g	0.026	0	0.018
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.020	0	0.014
Threonine	g	0.069	0	0.048
Isoleucine	g	0.101	0	0.071
Leucine	g	0.103	0	0.072
Lysine	g	0.094	0	0.066
Methionine	g	0.020	0	0.014
Cystine	g	0.017	0	0.012
Phenylalanine	g	0.064	0	0.045
Tyrosine	g	0.034	0	0.024
Valine	g	0.085	0	0.060
Arginine	g	0.114	0	0.080
Histidine	g	0.041	0	0.029
Alanine	g	0.070	0	0.049
Aspartic acid	g	0.197	0	0.138
Glutamic acid	g	0.445	0	0.312
Glycine	g	0.044	0	0.031
Proline	g	0.393	0	0.275
Serine	g	0.116	0	0.081
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, shredded

NDB No. 11114

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11115 Cabbage, savoy, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 145g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.00	0	133.40		
Energy	kcal	24	0	35		
Energy	kJ	100	0	145		
Protein (N x 5.95)	g	1.80	0	2.61		
Total lipid (fat)	g	0.09	0	0.13		
Carbohydrate, by difference	g	5.41	0	7.84		
Fiber, total dietary	g	2.8	0	4.1		
Ash	g	0.70	0	1.01		
Sugars, total	g					
Minerals:						
Calcium	mg	30	0	44		
Iron	mg	0.38	0	0.55		
Magnesium	mg	24	0	35		
Phosphorus	mg	33	0	48		
Potassium	mg	184	0	267		
Sodium	mg	24	0	35		
Zinc	mg	0.23	0	0.33		
Copper	mg	0.052	0	0.075		
Manganese	mg	0.152	0	0.220		
Selenium	µg	0.7	0	1.0		
Vitamins:						
Ascorbic acid	mg	17.0	0	24.6		
Thiamin	mg	0.051	0	0.074		
Riboflavin	mg	0.020	0	0.029		
Niacin	mg	0.024	0	0.035		
Pantothenic acid	mg	0.159	0	0.231		
Vitamin B-6	mg	0.152	0	0.220		
Folate	µg	46	0	67		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	889	0	1289		
Vitamin A, RE	µg	89	0	129		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.012	0	0.017		
4:0	g					
6:0	g					
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.010	0	0.015		
17:0	g					
18:0	g	0.000	0	0.000		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.010
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.006	0	0.009
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.043	0	0.062
18:2	g	0.018	0	0.026
18:3	g	0.023	0	0.033
18:4	g			
20:4	g	0.000	0	0.000
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.018	0	0.026
Threonine	g	0.062	0	0.090
Isoleucine	g	0.091	0	0.132
Leucine	g	0.093	0	0.135
Lysine	g	0.085	0	0.123
Methionine	g	0.018	0	0.026
Cystine	g	0.015	0	0.022
Phenylalanine	g	0.058	0	0.084
Tyrosine	g	0.031	0	0.045
Valine	g	0.077	0	0.112
Arginine	g	0.102	0	0.148
Histidine	g	0.037	0	0.054
Alanine	g	0.063	0	0.091
Aspartic acid	g	0.177	0	0.257
Glutamic acid	g	0.400	0	0.580
Glycine	g	0.040	0	0.058
Proline	g	0.353	0	0.512
Serine	g	0.105	0	0.152
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, shredded

NDB No. 11115

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11116 Cabbage, chinese (pak-choi), raw
Brassica rapa (Chinensis Group)

Refuse: 12% Base and damaged leaves

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 70g	Measure 2 [*] 840g	Measure 3 [*] 14g	
Proximates:							
Water	g	95.32	0.320	2	66.72	800.69	13.34
Energy	kcal	13		0	9	109	2
Energy	kJ	54		0	38	454	8
Protein (N x 5.95)	g	1.50		1	1.05	12.60	0.21
Total lipid (fat)	g	0.20		1	0.14	1.68	0.03
Carbohydrate, by difference	g	2.18		0	1.53	18.31	0.31
Fiber, total dietary	g	1.0		0	0.7	8.4	0.1
Ash	g	0.80		0	0.56	6.72	0.11
Sugars, total	g						
Minerals:							
Calcium	mg	105		1	74	882	15
Iron	mg	0.80		1	0.56	6.72	0.11
Magnesium	mg	19	8.350	2	13	160	3
Phosphorus	mg	37		1	26	311	5
Potassium	mg	252	71.550	2	176	2117	35
Sodium	mg	65	35.500	2	46	546	9
Zinc	mg	0.19		0	0.13	1.60	0.03
Copper	mg	0.021		0	0.015	0.176	0.003
Manganese	mg	0.159		0	0.111	1.336	0.022
Selenium	µg	0.5		0	0.4	4.2	0.1
Vitamins:							
Ascorbic acid	mg	45.0		1	31.5	378.0	6.3
Thiamin	mg	0.040		1	0.028	0.336	0.006
Riboflavin	mg	0.070		1	0.049	0.588	0.010
Niacin	mg	0.500		1	0.350	4.200	0.070
Pantothenic acid	mg	0.088		0	0.062	0.739	0.012
Vitamin B-6	mg	0.194		0	0.136	1.630	0.027
Folate	µg	66		0	46	552	9
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	3000		1	2100	25200	420
Vitamin A, RE	µg	300		1	210	2520	42
Vitamin E, α-TE	mg	0.120		0	0.084	1.008	0.017
Lipids:							
Saturated, total	g	0.026		0	0.018	0.218	0.004
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.001	0.008	0.000
14:0	g	0.001		0	0.001	0.008	0.000
15:0	g						
16:0	g	0.022		0	0.015	0.185	0.003
17:0	g						
18:0	g	0.001		0	0.001	0.008	0.000
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.015	0	0.011	0.126	0.002
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.014	0	0.010	0.118	0.002
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.096	0	0.067	0.806	0.013
18:2	g	0.039	0	0.027	0.328	0.005
18:3	g	0.051	0	0.036	0.428	0.007
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.015	17	0.011	0.126	0.002
Threonine	g	0.049	17	0.034	0.412	0.007
Isoleucine	g	0.085	17	0.060	0.714	0.012
Leucine	g	0.088	17	0.062	0.739	0.012
Lysine	g	0.089	17	0.062	0.748	0.012
Methionine	g	0.009	17	0.006	0.076	0.001
Cystine	g	0.017	1	0.012	0.143	0.002
Phenylalanine	g	0.044	17	0.031	0.370	0.006
Tyrosine	g	0.029	1	0.020	0.244	0.004
Valine	g	0.066	17	0.046	0.554	0.009
Arginine	g	0.084	17	0.059	0.706	0.012
Histidine	g	0.026	17	0.018	0.218	0.004
Alanine	g	0.086	1	0.060	0.722	0.012
Aspartic acid	g	0.108	1	0.076	0.907	0.015
Glutamic acid	g	0.360	1	0.252	3.024	0.050
Glycine	g	0.043	1	0.030	0.361	0.006
Proline	g	0.031	1	0.022	0.260	0.004
Serine	g	0.048	1	0.034	0.403	0.007
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, shredded
- Measure 2: 1 head
- Measure 3: 1 leaf

NDB No. 11116

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11117 Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:						
Water	g	95.55	0	162.44		
Energy	kcal	12	0	20		
Energy	kJ	50	0	85		
Protein (N x 5.95)	g	1.56	1	2.65		
Total lipid (fat)	g	0.16	1	0.27		
Carbohydrate, by difference	g	1.78	0	3.03		
Fiber, total dietary	g	1.6	0	2.7		
Ash	g	0.95	1	1.62		
Sugars, total	g					
Minerals:						
Calcium	mg	93	1	158		
Iron	mg	1.04	1	1.77		
Magnesium	mg	11	1	19		
Phosphorus	mg	29	1	49		
Potassium	mg	371	1	631		
Sodium	mg	34	1	58		
Zinc	mg	0.17	0	0.29		
Copper	mg	0.019	0	0.032		
Manganese	mg	0.144	0	0.245		
Selenium	µg	0.4	0	0.7		
Vitamins:						
Ascorbic acid	mg	26.0	0	44.2		
Thiamin	mg	0.032	0	0.054		
Riboflavin	mg	0.063	0	0.107		
Niacin	mg	0.428	0	0.728		
Pantothenic acid	mg	0.079	0	0.134		
Vitamin B-6	mg	0.166	0	0.282		
Folate	µg	41	0	69		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	2568	0	4366		
Vitamin A, RE	µg	257	0	437		
Vitamin E, α-TE	mg	0.120	0	0.204		
Lipids:						
Saturated, total	g	0.021	0	0.036		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.001	0	0.002		
14:0	g	0.001	0	0.002		
15:0	g					
16:0	g	0.017	0	0.029		
17:0	g					
18:0	g	0.001	0	0.002		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.012	0	0.020
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.011	0	0.019
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.077	0	0.131
18:2	g	0.031	0	0.053
18:3	g	0.041	0	0.070
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.015	0	0.026
Threonine	g	0.051	0	0.087
Isoleucine	g	0.089	0	0.151
Leucine	g	0.091	0	0.155
Lysine	g	0.093	0	0.158
Methionine	g	0.009	0	0.015
Cystine	g	0.017	0	0.029
Phenylalanine	g	0.046	0	0.078
Tyrosine	g	0.030	0	0.051
Valine	g	0.069	0	0.117
Arginine	g	0.087	0	0.148
Histidine	g	0.027	0	0.046
Alanine	g	0.090	0	0.153
Aspartic acid	g	0.112	0	0.190
Glutamic acid	g	0.374	0	0.636
Glycine	g	0.045	0	0.077
Proline	g	0.032	0	0.054
Serine	g	0.050	0	0.085
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, shredded

NDB No. 11117

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11119 Cabbage, chinese (pe-tsai), raw
Brassica rapa (Pekinensis Group)

Refuse: 7% Outer leaves and root base

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 76g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	94.39	0.438	20	71.74	
Energy	kcal	16		0	12	
Energy	kJ	67		0	51	
Protein (N x 5.95)	g	1.20		1	0.91	
Total lipid (fat)	g	0.20		1	0.15	
Carbohydrate, by difference	g	3.23		0	2.45	
Fiber, total dietary	g	3.1		0	2.4	
Ash	g	0.98	0.037	2	0.74	
Sugars, total	g					
Minerals:						
Calcium	mg	77	9.098	3	59	
Iron	mg	0.31	0.096	3	0.24	
Magnesium	mg	13	1.084	4	10	
Phosphorus	mg	29	4.601	3	22	
Potassium	mg	238	22.214	9	181	
Sodium	mg	9	2.109	15	7	
Zinc	mg	0.23	0.021	12	0.17	
Copper	mg	0.036	0.005	11	0.027	
Manganese	mg	0.190	0.077	11	0.144	
Selenium	µg	0.6		0	0.5	
Vitamins:						
Ascorbic acid	mg	27.0		1	20.5	
Thiamin	mg	0.040		1	0.030	
Riboflavin	mg	0.050		1	0.038	
Niacin	mg	0.400		1	0.304	
Pantothenic acid	mg	0.105		0	0.080	
Vitamin B-6	mg	0.232		1	0.176	
Folate	µg	79	6.032	3	60	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	1200		1	912	
Vitamin A, RE	µg	120		1	91	
Vitamin E, α-TE	mg	0.120		0	0.091	
Lipids:						
Saturated, total	g	0.043		0	0.033	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.038		3	0.029	
17:0	g					
18:0	g	0.005		3	0.004	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.023	0	0.017
14:1	g			
16:1	g	0.002	2	0.002
18:1	g	0.021	3	0.016
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.072	0	0.055
18:2	g	0.015	3	0.011
18:3	g	0.057	3	0.043
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.012	17	0.009
Threonine	g	0.039	17	0.030
Isoleucine	g	0.068	17	0.052
Leucine	g	0.070	17	0.053
Lysine	g	0.071	17	0.054
Methionine	g	0.007	17	0.005
Cystine	g	0.013	1	0.010
Phenylalanine	g	0.035	17	0.027
Tyrosine	g	0.023	1	0.017
Valine	g	0.053	17	0.040
Arginine	g	0.067	17	0.051
Histidine	g	0.021	17	0.016
Alanine	g	0.069	1	0.052
Aspartic acid	g	0.086	1	0.065
Glutamic acid	g	0.288	1	0.219
Glycine	g	0.035	1	0.027
Proline	g	0.025	1	0.019
Serine	g	0.038	1	0.029
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, shredded

NDB No. 11119

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11120 Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 119g	Measure 2* 14g	Measure 3*
Proximates:						
Water	g	95.24	0.830	2	113.34	13.33
Energy	kcal	14		0	17	2
Energy	kJ	59		0	70	8
Protein (N x 5.95)	g	1.50		0	1.78	0.21
Total lipid (fat)	g	0.17		0	0.20	0.02
Carbohydrate, by difference	g	2.41		0	2.87	0.34
Fiber, total dietary	g	2.7		0	3.2	0.4
Ash	g	0.68		1	0.81	0.10
Sugars, total	g					
Minerals:						
Calcium	mg	32		0	38	4
Iron	mg	0.30		0	0.36	0.04
Magnesium	mg	10		1	12	1
Phosphorus	mg	39		0	46	5
Potassium	mg	225		1	268	32
Sodium	mg	9		1	11	1
Zinc	mg	0.18		0	0.21	0.03
Copper	mg	0.029		0	0.035	0.004
Manganese	mg	0.153		0	0.182	0.021
Selenium	µg	0.4		0	0.5	0.1
Vitamins:						
Ascorbic acid	mg	15.8		0	18.8	2.2
Thiamin	mg	0.044		0	0.052	0.006
Riboflavin	mg	0.044		0	0.052	0.006
Niacin	mg	0.500		0	0.595	0.070
Pantothenic acid	mg	0.080		0	0.095	0.011
Vitamin B-6	mg	0.177		0	0.211	0.025
Folate	µg	53		0	64	7
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	967		0	1151	135
Vitamin A, RE	µg	97		0	115	14
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.036		0	0.043	0.005
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.032		0	0.038	0.004
17:0	g					
18:0	g	0.004		0	0.005	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.020	0	0.024	0.003
14:1	g				
16:1	g	0.002	0	0.002	0.000
18:1	g	0.018	0	0.021	0.003
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.061	0	0.073	0.009
18:2	g	0.013	0	0.015	0.002
18:3	g	0.048	0	0.057	0.007
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	0.015	0	0.018	0.002
Threonine	g	0.049	0	0.058	0.007
Isoleucine	g	0.085	0	0.101	0.012
Leucine	g	0.088	0	0.105	0.012
Lysine	g	0.089	0	0.106	0.012
Methionine	g	0.009	0	0.011	0.001
Cystine	g	0.017	0	0.020	0.002
Phenylalanine	g	0.044	0	0.052	0.006
Tyrosine	g	0.029	0	0.035	0.004
Valine	g	0.066	0	0.079	0.009
Arginine	g	0.084	0	0.100	0.012
Histidine	g	0.026	0	0.031	0.004
Alanine	g	0.086	0	0.102	0.012
Aspartic acid	g	0.108	0	0.129	0.015
Glutamic acid	g	0.360	0	0.428	0.050
Glycine	g	0.043	0	0.051	0.006
Proline	g	0.031	0	0.037	0.004
Serine	g	0.048	0	0.057	0.007
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, shredded
 Measure 2: 1 leaf

NDB No. 11120

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11122 Cardoon, raw
Cynara cardunculus

Refuse: 51% Tough stems and leaves

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 178g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	94.00	1	167.32		
Energy	kcal	20	0	36		
Energy	kJ	84	0	150		
Protein (N x 5.95)	g	0.70	1	1.25		
Total lipid (fat)	g	0.10	1	0.18		
Carbohydrate, by difference	g	4.89	0	8.70		
Fiber, total dietary	g	1.6	0	2.8		
Ash	g	0.31	0	0.55		
Sugars, total	g					
Minerals:						
Calcium	mg	70	1	125		
Iron	mg	0.70	1	1.25		
Magnesium	mg	42	1	75		
Phosphorus	mg	23	1	41		
Potassium	mg	400	1	712		
Sodium	mg	170	1	303		
Zinc	mg	0.17	0	0.30		
Copper	mg	0.028	0	0.050		
Manganese	mg	0.128	0	0.228		
Selenium	µg	0.9	0	1.6		
Vitamins:						
Ascorbic acid	mg	2.0	1	3.6		
Thiamin	mg	0.020	1	0.036		
Riboflavin	mg	0.030	1	0.053		
Niacin	mg	0.300	1	0.534		
Pantothenic acid	mg	0.099	0	0.176		
Vitamin B-6	mg	0.043	0	0.077		
Folate	µg	28	0	50		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	120	1	214		
Vitamin A, RE	µg	12	1	21		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.011	0	0.020		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.009	0	0.016		
17:0	g					
18:0	g	0.002	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.018	0	0.032
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.018	0	0.032
20:1	g	0.000	0	0.000
22:1	g			
Polyunsaturated, total	g	0.041	0	0.073
18:2	g	0.041	0	0.073
18:3	g			
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, shredded

NDB No. 11122

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11123 Cardoon, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	93.46	0			
Energy	kcal	22	0			
Energy	kJ	92	0			
Protein (N x 5.95)	g	0.76	0			
Total lipid (fat)	g	0.11	0			
Carbohydrate, by difference	g	5.33	0			
Fiber, total dietary	g	1.7	0			
Ash	g	0.34	0			
Sugars, total	g					
Minerals:						
Calcium	mg	72	0			
Iron	mg	0.73	0			
Magnesium	mg	43	0			
Phosphorus	mg	23	0			
Potassium	mg	392	0			
Sodium	mg	176	0			
Zinc	mg	0.18	0			
Copper	mg					
Manganese	mg	0.133	0			
Selenium	µg	1.0	0			
Vitamins:						
Ascorbic acid	mg	1.7	0			
Thiamin	mg	0.018	0			
Riboflavin	mg	0.031	0			
Niacin	mg	0.294	0			
Pantothenic acid	mg	0.097	0			
Vitamin B-6	mg	0.042	0			
Folate	µg	22	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	118	0			
Vitamin A, RE	µg	12	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.012	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.010	0			
17:0	g					
18:0	g	0.002	0			
20:0	g					
22.0	g					
24:0	g					

Monounsaturated, total	g	0.020	0
14:1	g		
16:1	g	0.000	0
18:1	g	0.020	0
20:1	g	0.000	0
22:1	g		
Polyunsaturated, total	g	0.044	0
18:2	g	0.044	0
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11123

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11124 Carrots, raw

Daucus carota

Refuse: 11% Crown, tops and scrapings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 128g	Measure 2 [*] 110g	Measure 3 [*] 122g	
Proximates:							
Water	g	87.79	0.070	237	112.37	96.57	107.10
Energy	kcal	43		0	55	47	52
Energy	kJ	180		0	230	198	220
Protein (N x 5.95)	g	1.03	0.010	182	1.32	1.13	1.26
Total lipid (fat)	g	0.19	0.020	28	0.24	0.21	0.23
Carbohydrate, by difference	g	10.14		0	12.98	11.15	12.37
Fiber, total dietary	g	3.0		0	3.8	3.3	3.7
Ash	g	0.87	0.026	46	1.11	0.96	1.06
Sugars, total	g						
Minerals:							
Calcium	mg	27	0.667	235	35	30	33
Iron	mg	0.50	0.019	241	0.64	0.55	0.61
Magnesium	mg	15	0.348	236	19	17	18
Phosphorus	mg	44	0.803	236	56	48	54
Potassium	mg	323	2.680	238	413	355	394
Sodium	mg	35	1.218	243	45	39	43
Zinc	mg	0.20	0.024	222	0.26	0.22	0.24
Copper	mg	0.047	0.002	90	0.060	0.052	0.057
Manganese	mg	0.142	0.007	229	0.182	0.156	0.173
Selenium	µg	1.1	0.355	6	1.4	1.2	1.3
Vitamins:							
Ascorbic acid	mg	9.3	0.168	162	11.9	10.2	11.3
Thiamin	mg	0.097	0.002	179	0.124	0.107	0.118
Riboflavin	mg	0.059	0.001	177	0.076	0.065	0.072
Niacin	mg	0.928	0.082	23	1.188	1.021	1.132
Pantothenic acid	mg	0.197	0.020	11	0.252	0.217	0.240
Vitamin B-6	mg	0.147	0.013	21	0.188	0.162	0.179
Folate	µg	14	0.874	9	18	15	17
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	28129	152.919	162	36005	30942	34317
Vitamin A, RE	µg	2813	15.292	162	3601	3094	3432
Vitamin E, α-TE	mg	0.460		0	0.589	0.506	0.561
Lipids:							
Saturated, total	g	0.030		0	0.038	0.033	0.037
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.002		1	0.003	0.002	0.002
14:0	g	0.001		1	0.001	0.001	0.001
15:0	g						
16:0	g	0.023		2	0.029	0.025	0.028
17:0	g						
18:0	g	0.001		2	0.001	0.001	0.001
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.010	0.009	0.010
14:1	g					
16:1	g	0.002	1	0.003	0.002	0.002
18:1	g	0.006	2	0.008	0.007	0.007
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.077	0	0.099	0.085	0.094
18:2	g	0.067	2	0.086	0.074	0.082
18:3	g	0.010	2	0.013	0.011	0.012
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	12	0	15	13	15
Amino acids:						
Tryptophan	g	0.011	57	0.014	0.012	0.013
Threonine	g	0.038	60	0.049	0.042	0.046
Isoleucine	g	0.041	60	0.052	0.045	0.050
Leucine	g	0.043	60	0.055	0.047	0.052
Lysine	g	0.040	64	0.051	0.044	0.049
Methionine	g	0.007	64	0.009	0.008	0.009
Cystine	g	0.008	12	0.010	0.009	0.010
Phenylalanine	g	0.032	60	0.041	0.035	0.039
Tyrosine	g	0.020	13	0.026	0.022	0.024
Valine	g	0.044	60	0.056	0.048	0.054
Arginine	g	0.043	59	0.055	0.047	0.052
Histidine	g	0.016	59	0.020	0.018	0.020
Alanine	g	0.059	12	0.076	0.065	0.072
Aspartic acid	g	0.137	12	0.175	0.151	0.167
Glutamic acid	g	0.202	12	0.259	0.222	0.246
Glycine	g	0.030	12	0.038	0.033	0.037
Proline	g	0.029	11	0.037	0.032	0.035
Serine	g	0.035	12	0.045	0.039	0.043
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, chopped
- Measure 2: 1 cup, grated
- Measure 3: 1 cup, strips or slices

NDB No. 11124

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11125 Carrots, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 10g	Measure 2* 78g	Measure 3* 46g	
Proximates:							
Water	g	87.38	0.293	13	8.48	68.16	40.19
Energy	kcal	45		0	4	35	21
Energy	kJ	188		0	18	147	86
Protein (N x 5.95)	g	1.09	0.039	13	0.11	0.85	0.50
Total lipid (fat)	g	0.18	0.015	13	0.02	0.14	0.08
Carbohydrate, by difference	g	10.48		0	1.02	8.17	4.82
Fiber, total dietary	g	3.3		0	0.3	2.6	1.5
Ash	g	0.87	0.028	13	0.08	0.68	0.40
Sugars, total	g						
Minerals:							
Calcium	mg	31	1.023	13	3	24	14
Iron	mg	0.62	0.042	12	0.06	0.48	0.29
Magnesium	mg	13	0.705	13	1	10	6
Phosphorus	mg	30	2.356	13	3	23	14
Potassium	mg	227	21.761	13	22	177	104
Sodium	mg	66	6.491	13	6	51	30
Zinc	mg	0.30	0.010	12	0.03	0.23	0.14
Copper	mg	0.134	0.010	12	0.013	0.105	0.062
Manganese	mg	0.752	0.061	12	0.073	0.587	0.346
Selenium	µg	0.8	0.264	5	0.1	0.6	0.4
Vitamins:							
Ascorbic acid	mg	2.3	0.176	12	0.2	1.8	1.1
Thiamin	mg	0.034	0.001	12	0.003	0.027	0.016
Riboflavin	mg	0.056	0.002	12	0.005	0.044	0.026
Niacin	mg	0.506	0.017	12	0.049	0.395	0.233
Pantothenic acid	mg	0.304	0.007	12	0.029	0.237	0.140
Vitamin B-6	mg	0.246	0.007	12	0.024	0.192	0.113
Folate	µg	14	0.944	12	1	11	6
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	24554	670.300	12	2382	19152	11295
Vitamin A, RE	µg	2455	67.030	12	238	1915	1129
Vitamin E, α-TE	mg	0.420		0	0.041	0.328	0.193
Lipids:							
Saturated, total	g	0.034		0	0.003	0.027	0.016
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.002		0	0.000	0.002	0.001
14:0	g	0.001		0	0.000	0.001	0.000
15:0	g						
16:0	g	0.026		0	0.003	0.020	0.012
17:0	g						
18:0	g	0.001		0	0.000	0.001	0.000
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.001	0.007	0.004
14:1	g					
16:1	g	0.002	0	0.000	0.002	0.001
18:1	g	0.006	0	0.001	0.005	0.003
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.088	0	0.009	0.069	0.040
18:2	g	0.076	0	0.007	0.059	0.035
18:3	g	0.011	0	0.001	0.009	0.005
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.012	0	0.001	0.009	0.006
Threonine	g	0.040	0	0.004	0.031	0.018
Isoleucine	g	0.043	0	0.004	0.034	0.020
Leucine	g	0.046	0	0.004	0.036	0.021
Lysine	g	0.043	0	0.004	0.034	0.020
Methionine	g	0.007	0	0.001	0.005	0.003
Cystine	g	0.009	0	0.001	0.007	0.004
Phenylalanine	g	0.034	0	0.003	0.027	0.016
Tyrosine	g	0.021	0	0.002	0.016	0.010
Valine	g	0.046	0	0.004	0.036	0.021
Arginine	g	0.045	0	0.004	0.035	0.021
Histidine	g	0.017	0	0.002	0.013	0.008
Alanine	g	0.062	0	0.006	0.048	0.029
Aspartic acid	g	0.144	0	0.014	0.112	0.066
Glutamic acid	g	0.213	0	0.021	0.166	0.098
Glycine	g	0.031	0	0.003	0.024	0.014
Proline	g	0.031	0	0.003	0.024	0.014
Serine	g	0.037	0	0.004	0.029	0.017
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 tablespoon
- Measure 2: 1/2 cup slices
- Measure 3: 1 carrot

NDB No. 11125

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11126 Carrots, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 123g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	92.99	0.711	133	114.38	422.17
Energy	kcal	23		0	28	104
Energy	kJ	96		0	118	436
Protein (N x 5.95)	g	0.58	0.020	155	0.71	2.63
Total lipid (fat)	g	0.14	0.007	152	0.17	0.64
Carbohydrate, by difference	g	5.37		0	6.61	24.38
Fiber, total dietary	g	1.8		0	2.2	8.2
Ash	g	0.92	0.024	124	1.13	4.18
Sugars, total	g					
Minerals:						
Calcium	mg	31	1.325	152	38	141
Iron	mg	0.52	0.038	147	0.64	2.36
Magnesium	mg	9	0.173	109	11	41
Phosphorus	mg	20	0.347	152	25	91
Potassium	mg	173	4.591	116	213	785
Sodium	mg	240	10.560	51	295	1090
Zinc	mg	0.29	0.006	73	0.36	1.32
Copper	mg	0.103	0.007	73	0.127	0.468
Manganese	mg	0.450	0.027	6	0.554	2.043
Selenium	µg	0.4		0	0.5	1.8
Vitamins:						
Ascorbic acid	mg	2.0	0.123	122	2.5	9.1
Thiamin	mg	0.019	0.000	167	0.023	0.086
Riboflavin	mg	0.027	0.000	167	0.033	0.123
Niacin	mg	0.421	0.012	164	0.518	1.911
Pantothenic acid	mg	0.139	0.005	6	0.171	0.631
Vitamin B-6	mg	0.112	0.002	6	0.138	0.508
Folate	µg	8	0.707	9	10	37
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	9670	413.553	136	11894	43902
Vitamin A, RE	µg	967		0	1189	4390
Vitamin E, α-TE	mg	0.402		0	0.494	1.825
Lipids:						
Saturated, total	g	0.025		0	0.031	0.114
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.002		0	0.002	0.009
14:0	g	0.001		0	0.001	0.005
15:0	g					
16:0	g	0.019		0	0.023	0.086
17:0	g					
18:0	g	0.001		0	0.001	0.005
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.006	0	0.007	0.027
14:1	g				
16:1	g	0.002	0	0.002	0.009
18:1	g	0.005	0	0.006	0.023
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.065	0	0.080	0.295
18:2	g	0.056	0	0.069	0.254
18:3	g	0.008	0	0.010	0.036
18:4	g	0.000	0	0.000	0.000
20:4	g				
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.006	0	0.007	0.027
Threonine	g	0.021	0	0.026	0.095
Isoleucine	g	0.023	0	0.028	0.104
Leucine	g	0.024	0	0.030	0.109
Lysine	g	0.023	0	0.028	0.104
Methionine	g	0.004	0	0.005	0.018
Cystine	g	0.005	0	0.006	0.023
Phenylalanine	g	0.018	0	0.022	0.082
Tyrosine	g	0.011	0	0.014	0.050
Valine	g	0.025	0	0.031	0.114
Arginine	g	0.024	0	0.030	0.109
Histidine	g	0.009	0	0.011	0.041
Alanine	g	0.033	0	0.041	0.150
Aspartic acid	g	0.077	0	0.095	0.350
Glutamic acid	g	0.113	0	0.139	0.513
Glycine	g	0.017	0	0.021	0.077
Proline	g	0.016	0	0.020	0.073
Serine	g	0.019	0	0.023	0.086
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup slices
- Measure 2: 1 can (303 x 406)

NDB No. 11126

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11128 Carrots, canned, regular pack, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 228g	Measure 2* 146g	Measure 3* 3g	
Proximates:							
Water	g	92.95	0.290	11	211.93	135.71	2.60
Energy	kcal	25		0	57	37	1
Energy	kJ	105		0	239	153	3
Protein (N x 5.95)	g	0.64	0.029	11	1.46	0.93	0.02
Total lipid (fat)	g	0.19	0.013	11	0.43	0.28	0.01
Carbohydrate, by difference	g	5.54		0	12.63	8.09	0.16
Fiber, total dietary	g	1.5		0	3.4	2.2	0.0
Ash	g	0.68	0.068	11	1.55	0.99	0.02
Sugars, total	g						
Minerals:							
Calcium	mg	25	0.353	6	57	37	1
Iron	mg	0.64	0.025	6	1.46	0.93	0.02
Magnesium	mg	8	0.183	6	18	12	0
Phosphorus	mg	24	0.281	6	55	35	1
Potassium	mg	179	14.472	6	408	261	5
Sodium	mg	242		0	552	353	7
Zinc	mg	0.26	0.020	11	0.59	0.38	0.01
Copper	mg	0.104	0.013	10	0.237	0.152	0.003
Manganese	mg	0.450	0.027	6	1.026	0.657	0.013
Selenium	µg	0.4		0	0.9	0.6	0.0
Vitamins:							
Ascorbic acid	mg	2.7	0.062	6	6.2	3.9	0.1
Thiamin	mg	0.018	0.002	6	0.041	0.026	0.001
Riboflavin	mg	0.030	0.000	6	0.068	0.044	0.001
Niacin	mg	0.552	0.021	6	1.259	0.806	0.015
Pantothenic acid	mg	0.135	0.005	6	0.308	0.197	0.004
Vitamin B-6	mg	0.112	0.002	6	0.255	0.164	0.003
Folate	µg	9	0.297	6	21	13	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	13774		0	31405	20110	386
Vitamin A, RE	µg	1377		0	3140	2010	39
Vitamin E, α-TE	mg	0.420		0	0.958	0.613	0.012
Lipids:							
Saturated, total	g	0.036		0	0.082	0.053	0.001
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.002		0	0.005	0.003	0.000
14:0	g	0.001		0	0.002	0.001	0.000
15:0	g						
16:0	g	0.027		0	0.062	0.039	0.001
17:0	g						
18:0	g	0.001		0	0.002	0.001	0.000
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.021	0.013	0.000
14:1	g					
16:1	g	0.002	0	0.005	0.003	0.000
18:1	g	0.007	0	0.016	0.010	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.092	0	0.210	0.134	0.003
18:2	g	0.079	0	0.180	0.115	0.002
18:3	g	0.011	0	0.025	0.016	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.007	0	0.016	0.010	0.000
Threonine	g	0.023	0	0.052	0.034	0.001
Isoleucine	g	0.025	0	0.057	0.037	0.001
Leucine	g	0.027	0	0.062	0.039	0.001
Lysine	g	0.025	0	0.057	0.037	0.001
Methionine	g	0.004	0	0.009	0.006	0.000
Cystine	g	0.005	0	0.011	0.007	0.000
Phenylalanine	g	0.020	0	0.046	0.029	0.001
Tyrosine	g	0.012	0	0.027	0.018	0.000
Valine	g	0.027	0	0.062	0.039	0.001
Arginine	g	0.026	0	0.059	0.038	0.001
Histidine	g	0.010	0	0.023	0.015	0.000
Alanine	g	0.036	0	0.082	0.053	0.001
Aspartic acid	g	0.084	0	0.192	0.123	0.002
Glutamic acid	g	0.124	0	0.283	0.181	0.003
Glycine	g	0.018	0	0.041	0.026	0.001
Proline	g	0.018	0	0.041	0.026	0.001
Serine	g	0.021	0	0.048	0.031	0.001
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, mashed
- Measure 2: 1 cup, sliced
- Measure 3: 1 slice

NDB No. 11128

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11130 Carrots, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 64g	Measure 3*
Proximates:						
Water	g	89.05	0.245	39	252.90	56.99
Energy	kcal	39		0	111	25
Energy	kJ	163		0	463	104
Protein (N x 5.95)	g	1.09	0.039	44	3.10	0.70
Total lipid (fat)	g	0.21	0.013	44	0.60	0.13
Carbohydrate, by difference	g	8.99		0	25.53	5.75
Fiber, total dietary	g	3.2		0	9.1	2.0
Ash	g	0.66	0.036	38	1.87	0.42
Sugars, total	g					
Minerals:						
Calcium	mg	32	1.349	44	91	20
Iron	mg	0.61	0.060	39	1.73	0.39
Magnesium	mg	11	0.358	9	31	7
Phosphorus	mg	23	1.271	16	65	15
Potassium	mg	181	8.997	16	514	116
Sodium	mg	59	2.757	18	168	38
Zinc	mg	0.25	0.009	6	0.71	0.16
Copper	mg	0.074	0.003	8	0.210	0.047
Manganese	mg	0.392	0.021	6	1.113	0.251
Selenium	µg	0.7		0	2.0	0.4
Vitamins:						
Ascorbic acid	mg	4.3	0.302	32	12.2	2.8
Thiamin	mg	0.039	0.002	44	0.111	0.025
Riboflavin	mg	0.045	0.002	44	0.128	0.029
Niacin	mg	0.632	0.039	44	1.795	0.404
Pantothenic acid	mg	0.187	0.004	6	0.531	0.120
Vitamin B-6	mg	0.181	0.001	6	0.514	0.116
Folate	µg	10	0.308	6	27	6
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	21282	1286.724	38	60441	13620
Vitamin A, RE	µg	2128	128.672	38	6044	1362
Vitamin E, α-TE	mg	0.460		0	1.306	0.294
Lipids:						
Saturated, total	g	0.039		0	0.111	0.025
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.002		0	0.006	0.001
14:0	g	0.001		0	0.003	0.001
15:0	g					
16:0	g	0.030		0	0.085	0.019
17:0	g					
18:0	g	0.001		0	0.003	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.028	0.006
14:1	g				
16:1	g	0.003	0	0.009	0.002
18:1	g	0.007	0	0.020	0.004
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.101	0	0.287	0.065
18:2	g	0.088	0	0.250	0.056
18:3	g	0.012	0	0.034	0.008
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.011	0	0.031	0.007
Threonine	g	0.040	0	0.114	0.026
Isoleucine	g	0.043	0	0.122	0.028
Leucine	g	0.045	0	0.128	0.029
Lysine	g	0.042	0	0.119	0.027
Methionine	g	0.007	0	0.020	0.004
Cystine	g	0.009	0	0.026	0.006
Phenylalanine	g	0.034	0	0.097	0.022
Tyrosine	g	0.021	0	0.060	0.013
Valine	g	0.046	0	0.131	0.029
Arginine	g	0.045	0	0.128	0.029
Histidine	g	0.017	0	0.048	0.011
Alanine	g	0.062	0	0.176	0.040
Aspartic acid	g	0.144	0	0.409	0.092
Glutamic acid	g	0.212	0	0.602	0.136
Glycine	g	0.031	0	0.088	0.020
Proline	g	0.030	0	0.085	0.019
Serine	g	0.036	0	0.102	0.023
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz)
- Measure 2: 1/2 cup slices

NDB No. 11130

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11131 Carrots, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 146g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.88	0.128	6	131.22	
Energy	kcal	36		0	53	
Energy	kJ	151		0	220	
Protein (N x 5.95)	g	1.19	0.037	6	1.74	
Total lipid (fat)	g	0.11	0.007	6	0.16	
Carbohydrate, by difference	g	8.25		0	12.04	
Fiber, total dietary	g	3.5		0	5.1	
Ash	g	0.58	0.004	6	0.85	
Sugars, total	g					
Minerals:						
Calcium	mg	28	0.285	6	41	
Iron	mg	0.47	0.007	6	0.69	
Magnesium	mg	10	0.192	6	15	
Phosphorus	mg	26	0.525	6	38	
Potassium	mg	158	4.023	6	231	
Sodium	mg	59	1.288	6	86	
Zinc	mg	0.24	0.005	6	0.35	
Copper	mg	0.073	0.002	6	0.107	
Manganese	mg	0.405	0.011	6	0.591	
Selenium	µg	0.6		0	0.9	
Vitamins:						
Ascorbic acid	mg	2.8	0.096	6	4.1	
Thiamin	mg	0.027	0.001	6	0.039	
Riboflavin	mg	0.037	0.000	6	0.054	
Niacin	mg	0.438	0.024	6	0.639	
Pantothenic acid	mg	0.161	0.006	6	0.235	
Vitamin B-6	mg	0.129	0.002	6	0.188	
Folate	µg	11	0.452	6	16	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	17702		0	25845	
Vitamin A, RE	µg	1770		0	2584	
Vitamin E, α-TE	mg	0.420		0	0.613	
Lipids:						
Saturated, total	g	0.021		0	0.031	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.001		0	0.001	
14:0	g	0.001		0	0.001	
15:0	g					
16:0	g	0.016		0	0.023	
17:0	g					
18:0	g	0.001		0	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.007
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.004	0	0.006
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.053	0	0.077
18:2	g	0.046	0	0.067
18:3	g	0.007	0	0.010
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.013	0	0.019
Threonine	g	0.043	0	0.063
Isoleucine	g	0.047	0	0.069
Leucine	g	0.049	0	0.072
Lysine	g	0.046	0	0.067
Methionine	g	0.008	0	0.012
Cystine	g	0.010	0	0.015
Phenylalanine	g	0.037	0	0.054
Tyrosine	g	0.023	0	0.034
Valine	g	0.050	0	0.073
Arginine	g	0.049	0	0.072
Histidine	g	0.018	0	0.026
Alanine	g	0.068	0	0.099
Aspartic acid	g	0.157	0	0.229
Glutamic acid	g	0.232	0	0.339
Glycine	g	0.034	0	0.050
Proline	g	0.033	0	0.048
Serine	g	0.040	0	0.058
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced

NDB No. 11131

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11134 Cassava, raw
Manihot esculenta

Refuse: %

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 206g	Measure 2* 408g	Measure 3*
Proximates:						
Water	g	59.68	0.975	2	122.94	243.49
Energy	kcal	160		0	330	653
Energy	kJ	669		0	1378	2730
Protein (N x 5.95)	g	1.36	0.088	2	2.80	5.55
Total lipid (fat)	g	0.28	0.095	2	0.58	1.14
Carbohydrate, by difference	g	38.05		0	78.38	155.24
Fiber, total dietary	g	1.8	0.117	2	3.7	7.3
Ash	g	0.62	0.059	2	1.28	2.53
Sugars, total	g					
Minerals:						
Calcium	mg	16	0.636	2	33	65
Iron	mg	0.27	0.019	2	0.56	1.10
Magnesium	mg	21	2.369	2	43	86
Phosphorus	mg	27	3.359	2	56	110
Potassium	mg	271	19.940	2	558	1106
Sodium	mg	14	4.844	2	29	57
Zinc	mg	0.34	0.027	2	0.70	1.39
Copper	mg	0.100		1	0.206	0.408
Manganese	mg	0.384		1	0.791	1.567
Selenium	µg	0.7		0	1.4	2.9
Vitamins:						
Ascorbic acid	mg	20.6	1.747	2	42.4	84.0
Thiamin	mg	0.087	0.100	2	0.179	0.355
Riboflavin	mg	0.048	0.005	2	0.099	0.196
Niacin	mg	0.854	0.084	2	1.759	3.484
Pantothenic acid	mg	0.107	0.039	2	0.220	0.437
Vitamin B-6	mg	0.088	0.007	2	0.181	0.359
Folate	µg	27	13.117	2	56	110
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	25	0.615	2	52	102
Vitamin A, RE	µg	2		0	4	8
Vitamin E, α-TE	mg	0.190		0	0.391	0.775
Lipids:						
Saturated, total	g	0.074		0	0.152	0.302
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.001		0	0.002	0.004
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.069		0	0.142	0.282
17:0	g					
18:0	g	0.005		0	0.010	0.020
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.075	0	0.155	0.306
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.075	0	0.155	0.306
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.048	0	0.099	0.196
18:2	g	0.032	0	0.066	0.131
18:3	g	0.017	0	0.035	0.069
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.019	23	0.039	0.078
Threonine	g	0.028	23	0.058	0.114
Isoleucine	g	0.027	23	0.056	0.110
Leucine	g	0.039	23	0.080	0.159
Lysine	g	0.044	23	0.091	0.180
Methionine	g	0.011	23	0.023	0.045
Cystine	g	0.028	20	0.058	0.114
Phenylalanine	g	0.026	23	0.054	0.106
Tyrosine	g	0.017	23	0.035	0.069
Valine	g	0.035	23	0.072	0.143
Arginine	g	0.137	23	0.282	0.559
Histidine	g	0.020	23	0.041	0.082
Alanine	g	0.038	22	0.078	0.155
Aspartic acid	g	0.079	22	0.163	0.322
Glutamic acid	g	0.206	22	0.424	0.840
Glycine	g	0.028	22	0.058	0.114
Proline	g	0.033	22	0.068	0.135
Serine	g	0.033	22	0.068	0.135
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 root

NDB No. 11134

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11135 Cauliflower, raw
Brassica oleracea (Botrytis Group)

Refuse: 61% Leaf stalks, cores and trimmings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 100g	Measure 2* 13g	Measure 3* 840g	
Proximates:							
Water	g	91.91	0.280	31	91.91	11.95	772.04
Energy	kcal	25		0	25	3	210
Energy	kJ	105		0	105	14	882
Protein (N x 5.95)	g	1.98	0.061	16	1.98	0.26	16.63
Total lipid (fat)	g	0.21	0.025	16	0.21	0.03	1.76
Carbohydrate, by difference	g	5.20		0	5.20	0.68	43.68
Fiber, total dietary	g	2.5		0	2.5	0.3	21.0
Ash	g	0.71	0.024	15	0.71	0.09	5.96
Sugars, total	g						
Minerals:							
Calcium	mg	22	1.202	19	22	3	185
Iron	mg	0.44	0.028	19	0.44	0.06	3.70
Magnesium	mg	15	0.518	18	15	2	126
Phosphorus	mg	44	1.384	18	44	6	370
Potassium	mg	303	12.741	20	303	39	2545
Sodium	mg	30	2.935	33	30	4	252
Zinc	mg	0.28	0.010	15	0.28	0.04	2.35
Copper	mg	0.042	0.004	15	0.042	0.005	0.353
Manganese	mg	0.156	0.006	15	0.156	0.020	1.310
Selenium	µg	0.6		1	0.6	0.1	5.0
Vitamins:							
Ascorbic acid	mg	46.4	4.398	24	46.4	6.0	389.8
Thiamin	mg	0.057	0.003	15	0.057	0.007	0.479
Riboflavin	mg	0.063	0.004	15	0.063	0.008	0.529
Niacin	mg	0.526	0.024	15	0.526	0.068	4.418
Pantothenic acid	mg	0.652	0.028	12	0.652	0.085	5.477
Vitamin B-6	mg	0.222	0.009	13	0.222	0.029	1.865
Folate	µg	57	5.290	27	57	7	479
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	19	2.108	15	19	2	160
Vitamin A, RE	µg	2		0	2	0	17
Vitamin E, α-TE	mg	0.040		0	0.040	0.005	0.336
Lipids:							
Saturated, total	g	0.032		0	0.032	0.004	0.269
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.028		0	0.028	0.004	0.235
17:0	g						
18:0	g	0.004		0	0.004	0.001	0.034
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.014	0.002	0.118
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.014	0	0.014	0.002	0.118
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.099	0	0.099	0.013	0.832
18:2	g	0.023	0	0.023	0.003	0.193
18:3	g	0.076	0	0.076	0.010	0.638
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	18	0	18	2	151
Amino acids:						
Tryptophan	g	0.026	0	0.026	0.003	0.218
Threonine	g	0.072	0	0.072	0.009	0.605
Isoleucine	g	0.075	0	0.075	0.010	0.630
Leucine	g	0.116	0	0.116	0.015	0.974
Lysine	g	0.106	0	0.106	0.014	0.890
Methionine	g	0.028	0	0.028	0.004	0.235
Cystine	g	0.023	0	0.023	0.003	0.193
Phenylalanine	g	0.071	0	0.071	0.009	0.596
Tyrosine	g	0.043	0	0.043	0.006	0.361
Valine	g	0.099	0	0.099	0.013	0.832
Arginine	g	0.095	0	0.095	0.012	0.798
Histidine	g	0.040	0	0.040	0.005	0.336
Alanine	g	0.104	0	0.104	0.014	0.874
Aspartic acid	g	0.232	0	0.232	0.030	1.949
Glutamic acid	g	0.264	0	0.264	0.034	2.218
Glycine	g	0.064	0	0.064	0.008	0.538
Proline	g	0.085	0	0.085	0.011	0.714
Serine	g	0.104	0	0.104	0.014	0.874
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 floweret
- Measure 3: 1 large head (6-7" dia)

NDB No. 11135

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11136 Cauliflower, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 62g	Measure 2* 54g	Measure 3*
Proximates:						
Water	g	93.00	0.336	7	57.66	50.22
Energy	kcal	23		0	14	12
Energy	kJ	96		0	60	52
Protein (N x 5.95)	g	1.84	0.087	4	1.14	0.99
Total lipid (fat)	g	0.45	0.111	4	0.28	0.24
Carbohydrate, by difference	g	4.11		0	2.55	2.22
Fiber, total dietary	g	2.7		0	1.7	1.5
Ash	g	0.60	0.062	4	0.37	0.32
Sugars, total	g					
Minerals:						
Calcium	mg	16	0.459	27	10	9
Iron	mg	0.33	0.014	32	0.20	0.18
Magnesium	mg	9	0.350	28	6	5
Phosphorus	mg	32	1.127	27	20	17
Potassium	mg	142	6.193	28	88	77
Sodium	mg	15	1.367	28	9	8
Zinc	mg	0.18	0.007	32	0.11	0.10
Copper	mg	0.027	0.005	32	0.017	0.015
Manganese	mg	0.138	0.005	32	0.086	0.075
Selenium	µg	0.5		0	0.3	0.3
Vitamins:						
Ascorbic acid	mg	44.3	0.257	8	27.5	23.9
Thiamin	mg	0.042		0	0.026	0.023
Riboflavin	mg	0.052		0	0.032	0.028
Niacin	mg	0.410		0	0.254	0.221
Pantothenic acid	mg	0.508		0	0.315	0.274
Vitamin B-6	mg	0.173		0	0.107	0.093
Folate	µg	44	2.277	8	27	24
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	17		1	11	9
Vitamin A, RE	µg	2		0	1	1
Vitamin E, α-TE	mg	0.040		0	0.025	0.022
Lipids:						
Saturated, total	g	0.070		0	0.043	0.038
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.062		0	0.038	0.033
17:0	g					
18:0	g	0.008		0	0.005	0.004
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.032	0	0.020	0.017
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.032	0	0.020	0.017
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.217	0	0.135	0.117
18:2	g	0.050	0	0.031	0.027
18:3	g	0.167	0	0.104	0.090
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.024	0	0.015	0.013
Threonine	g	0.067	0	0.042	0.036
Isoleucine	g	0.070	0	0.043	0.038
Leucine	g	0.107	0	0.066	0.058
Lysine	g	0.099	0	0.061	0.053
Methionine	g	0.026	0	0.016	0.014
Cystine	g	0.021	0	0.013	0.011
Phenylalanine	g	0.066	0	0.041	0.036
Tyrosine	g	0.040	0	0.025	0.022
Valine	g	0.092	0	0.057	0.050
Arginine	g	0.089	0	0.055	0.048
Histidine	g	0.037	0	0.023	0.020
Alanine	g	0.097	0	0.060	0.052
Aspartic acid	g	0.216	0	0.134	0.117
Glutamic acid	g	0.245	0	0.152	0.132
Glycine	g	0.059	0	0.037	0.032
Proline	g	0.079	0	0.049	0.043
Serine	g	0.096	0	0.060	0.052
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup, (1" pieces)
- Measure 2: 3 flowerets

NDB No. 11136

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11137 Cauliflower, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 66g	Measure 3*
Proximates:						
Water	g	92.51	0.119	38	262.73	61.06
Energy	kcal	24		0	68	16
Energy	kJ	100		0	284	66
Protein (N x 5.95)	g	2.01	0.033	40	5.71	1.33
Total lipid (fat)	g	0.27	0.041	40	0.77	0.18
Carbohydrate, by difference	g	4.68		0	13.29	3.09
Fiber, total dietary	g	2.3		0	6.5	1.5
Ash	g	0.53	0.010	38	1.51	0.35
Sugars, total	g					
Minerals:						
Calcium	mg	22	0.999	40	62	15
Iron	mg	0.54	0.035	40	1.53	0.36
Magnesium	mg	12	0.550	11	34	8
Phosphorus	mg	35	1.418	19	99	23
Potassium	mg	193	10.411	13	548	127
Sodium	mg	24	3.924	23	68	16
Zinc	mg	0.17	0.011	7	0.48	0.11
Copper	mg	0.031	0.006	5	0.088	0.020
Manganese	mg	0.197	0.015	7	0.559	0.130
Selenium	µg	0.8	0.265	4	2.3	0.5
Vitamins:						
Ascorbic acid	mg	48.8	1.674	34	138.6	32.2
Thiamin	mg	0.051	0.003	40	0.145	0.034
Riboflavin	mg	0.070	0.004	40	0.199	0.046
Niacin	mg	0.429	0.018	40	1.218	0.283
Pantothenic acid	mg	0.136		1	0.386	0.090
Vitamin B-6	mg	0.123	0.013	8	0.349	0.081
Folate	µg	64		0	181	42
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	31	3.403	12	88	20
Vitamin A, RE	µg	3	0.340	12	9	2
Vitamin E, α-TE	mg	0.040		0	0.114	0.026
Lipids:						
Saturated, total	g	0.041		0	0.116	0.027
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.036		0	0.102	0.024
17:0	g					
18:0	g	0.005		0	0.014	0.003
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.019	0	0.054	0.013
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.019	0	0.054	0.013
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.128	0	0.364	0.084
18:2	g	0.029	0	0.082	0.019
18:3	g	0.098	0	0.278	0.065
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.026	0	0.074	0.017
Threonine	g	0.073	0	0.207	0.048
Isoleucine	g	0.077	0	0.219	0.051
Leucine	g	0.118	0	0.335	0.078
Lysine	g	0.108	0	0.307	0.071
Methionine	g	0.028	0	0.080	0.018
Cystine	g	0.023	0	0.065	0.015
Phenylalanine	g	0.072	0	0.204	0.048
Tyrosine	g	0.044	0	0.125	0.029
Valine	g	0.101	0	0.287	0.067
Arginine	g	0.097	0	0.275	0.064
Histidine	g	0.041	0	0.116	0.027
Alanine	g	0.106	0	0.301	0.070
Aspartic acid	g	0.236	0	0.670	0.156
Glutamic acid	g	0.268	0	0.761	0.177
Glycine	g	0.065	0	0.185	0.043
Proline	g	0.087	0	0.247	0.057
Serine	g	0.105	0	0.298	0.069
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz)
- Measure 2: 1/2 cup, (1" pieces)

NDB No. 11137

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11138 Cauliflower, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:						
Water	g	94.00	0	169.20		
Energy	kcal	19	0	34		
Energy	kJ	79	0	142		
Protein (N x 5.95)	g	1.61	0	2.90		
Total lipid (fat)	g	0.22	0	0.40		
Carbohydrate, by difference	g	3.75	0	6.75		
Fiber, total dietary	g	2.7	0	4.9		
Ash	g	0.42	0	0.76		
Sugars, total	g					
Minerals:						
Calcium	mg	17	0	31		
Iron	mg	0.41	0	0.74		
Magnesium	mg	9	0	16		
Phosphorus	mg	24	0	43		
Potassium	mg	139	0	250		
Sodium	mg	18	0	32		
Zinc	mg	0.13	0	0.23		
Copper	mg	0.024	0	0.043		
Manganese	mg	0.150	0	0.270		
Selenium	µg	0.6	0	1.1		
Vitamins:						
Ascorbic acid	mg	31.3	0	56.3		
Thiamin	mg	0.037	0	0.067		
Riboflavin	mg	0.053	0	0.095		
Niacin	mg	0.310	0	0.558		
Pantothenic acid	mg	0.098	0	0.176		
Vitamin B-6	mg	0.088	0	0.158		
Folate	µg	41	0	74		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	22	0	40		
Vitamin A, RE	µg	2	0	4		
Vitamin E, α-TE	mg	0.040	0	0.072		
Lipids:						
Saturated, total	g	0.033	0	0.059		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15.0	g					
16:0	g	0.029	0	0.052		
17:0	g					
18:0	g	0.004	0	0.007		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.015	0	0.027
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.015	0	0.027
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.103	0	0.185
18:2	g	0.024	0	0.043
18:3	g	0.079	0	0.142
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.021	0	0.038
Threonine	g	0.059	0	0.106
Isoleucine	g	0.061	0	0.110
Leucine	g	0.094	0	0.169
Lysine	g	0.086	0	0.155
Methionine	g	0.023	0	0.041
Cystine	g	0.019	0	0.034
Phenylalanine	g	0.058	0	0.104
Tyrosine	g	0.035	0	0.063
Valine	g	0.081	0	0.146
Arginine	g	0.078	0	0.140
Histidine	g	0.033	0	0.059
Alanine	g	0.085	0	0.153
Aspartic acid	g	0.189	0	0.340
Glutamic acid	g	0.215	0	0.387
Glycine	g	0.052	0	0.094
Proline	g	0.070	0	0.126
Serine	g	0.084	0	0.151
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" pieces)

NDB No. 11138

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11141 Celeriac, raw

Apium graveolens

Refuse: 14% Parings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 156g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	88.00	1	137.28		
Energy	kcal	42	0	66		
Energy	kJ	176	0	275		
Protein (N x 5.95)	g	1.50	1	2.34		
Total lipid (fat)	g	0.30	1	0.47		
Carbohydrate, by difference	g	9.20	0	14.35		
Fiber, total dietary	g	1.8	0	2.8		
Ash	g	1.00	0	1.56		
Sugars, total	g					
Minerals:						
Calcium	mg	43	1	67		
Iron	mg	0.70	1	1.09		
Magnesium	mg	20	1	31		
Phosphorus	mg	115	1	179		
Potassium	mg	300	1	468		
Sodium	mg	100	1	156		
Zinc	mg	0.33	0	0.51		
Copper	mg	0.070	0	0.109		
Manganese	mg	0.158	0	0.246		
Selenium	µg	0.7	0	1.1		
Vitamins:						
Ascorbic acid	mg	8.0	1	12.5		
Thiamin	mg	0.050	1	0.078		
Riboflavin	mg	0.060	1	0.094		
Niacin	mg	0.700	1	1.092		
Pantothenic acid	mg	0.352	0	0.549		
Vitamin B-6	mg	0.165	0	0.257		
Folate	µg	8	0	12		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	0	1	0		
Vitamin A, RE	µg	0	1	0		
Vitamin E, α-TE	mg	0.360	0	0.562		
Lipids:						
Saturated, total	g	0.079	0	0.123		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.002	0	0.003		
15:0	g					
16:0	g	0.069	0	0.108		
17:0	g					
18:0	g	0.006	0	0.009		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.058	0	0.090
14:1	g			
16:1	g	0.002	0	0.003
18:1	g	0.056	0	0.087
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.148	0	0.231
18:2	g	0.148	0	0.231
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11141

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11142 Celeriac, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 155g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.30	0	143.06		
Energy	kcal	27	0	42		
Energy	kJ	113	0	175		
Protein (N x 5.95)	g	0.96	0	1.49		
Total lipid (fat)	g	0.19	0	0.29		
Carbohydrate, by difference	g	5.90	0	9.14		
Fiber, total dietary	g	1.2	0	1.9		
Ash	g	0.64	0	0.99		
Sugars, total	g					
Minerals:						
Calcium	mg	26	0	40		
Iron	mg	0.43	0	0.67		
Magnesium	mg	12	0	19		
Phosphorus	mg	66	0	102		
Potassium	mg	173	0	268		
Sodium	mg	61	0	95		
Zinc	mg	0.20	0	0.31		
Copper	mg	0.043	0	0.067		
Manganese	mg	0.096	0	0.149		
Selenium	µg	0.4	0	0.6		
Vitamins:						
Ascorbic acid	mg	3.6	0	5.6		
Thiamin	mg	0.027	0	0.042		
Riboflavin	mg	0.037	0	0.057		
Niacin	mg	0.427	0	0.662		
Pantothenic acid	mg	0.203	0	0.315		
Vitamin B-6	mg	0.101	0	0.157		
Folate	µg	3	0	5		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	0	0	0		
Vitamin A, RE	µg	0	0	0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, pieces

NDB No. 11142

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11143 Celery, raw
Apium graveolens

Refuse: 11% Roots and trimmings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 120g	Measure 2 [*] 124g	Measure 3 [*] 8g	
Proximates:							
Water	g	94.64	0.123	47	113.57	117.35	7.10
Energy	kcal	16		0	19	20	1
Energy	kJ	67		0	80	83	5
Protein (N x 5.95)	g	0.75	0.035	26	0.90	0.93	0.06
Total lipid (fat)	g	0.14	0.017	24	0.17	0.17	0.01
Carbohydrate, by difference	g	3.65		0	4.38	4.53	0.27
Fiber, total dietary	g	1.7		0	2.0	2.1	0.1
Ash	g	0.82	0.023	24	0.98	1.02	0.06
Sugars, total	g						
Minerals:							
Calcium	mg	40	1.809	46	48	50	3
Iron	mg	0.40	0.089	53	0.48	0.50	0.03
Magnesium	mg	11	0.377	48	13	14	1
Phosphorus	mg	25	1.066	46	30	31	2
Potassium	mg	287	8.653	52	344	356	22
Sodium	mg	87	4.839	65	104	108	7
Zinc	mg	0.13	0.016	40	0.16	0.16	0.01
Copper	mg	0.034	0.004	48	0.041	0.042	0.003
Manganese	mg	0.102	0.011	49	0.122	0.126	0.008
Selenium	µg	0.9	2.706	7	1.1	1.1	0.1
Vitamins:							
Ascorbic acid	mg	7.0	0.346	29	8.4	8.7	0.5
Thiamin	mg	0.046	0.011	21	0.055	0.057	0.003
Riboflavin	mg	0.045	0.003	18	0.054	0.056	0.003
Niacin	mg	0.323	0.014	19	0.388	0.401	0.024
Pantothenic acid	mg	0.186	0.007	17	0.223	0.231	0.014
Vitamin B-6	mg	0.087	0.016	18	0.104	0.108	0.007
Folate	µg	28	2.319	18	34	35	2
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	134	14.939	19	161	166	10
Vitamin A, RE	µg	13		0	16	16	1
Vitamin E, α-TE	mg	0.360		0	0.432	0.446	0.027
Lipids:							
Saturated, total	g	0.037		0	0.044	0.046	0.003
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		1	0.001	0.001	0.000
15:0	g						
16:0	g	0.032		1	0.038	0.040	0.002
17:0	g						
18:0	g	0.003		1	0.004	0.004	0.000
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.027	0	0.032	0.033	0.002
14:1	g					
16:1	g	0.001	1	0.001	0.001	0.000
18:1	g	0.026	1	0.031	0.032	0.002
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.069	0	0.083	0.086	0.005
18:2	g	0.069	1	0.083	0.086	0.005
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	6	1	7	7	0
Amino acids:						
Tryptophan	g	0.010	0	0.012	0.012	0.001
Threonine	g	0.022	0	0.026	0.027	0.002
Isoleucine	g	0.023	0	0.028	0.029	0.002
Leucine	g	0.035	0	0.042	0.043	0.003
Lysine	g	0.029	0	0.035	0.036	0.002
Methionine	g	0.006	0	0.007	0.007	0.000
Cystine	g	0.004	0	0.005	0.005	0.000
Phenylalanine	g	0.022	0	0.026	0.027	0.002
Tyrosine	g	0.010	0	0.012	0.012	0.001
Valine	g	0.030	0	0.036	0.037	0.002
Arginine	g	0.022	0	0.026	0.027	0.002
Histidine	g	0.013	0	0.016	0.016	0.001
Alanine	g	0.025	0	0.030	0.031	0.002
Aspartic acid	g	0.128	0	0.154	0.159	0.010
Glutamic acid	g	0.098	0	0.118	0.122	0.007
Glycine	g	0.023	0	0.028	0.029	0.002
Proline	g	0.020	0	0.024	0.025	0.002
Serine	g	0.022	0	0.026	0.027	0.002
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, diced
- Measure 2: 1 cup, strips
- Measure 3: 1 tablespoon

NDB No. 11143

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11144 Celery, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 150g	Measure 2* 75g	Measure 3*
Proximates:						
Water	g	94.11	0	141.16	70.58	
Energy	kcal	18	0	27	14	
Energy	kJ	75	0	113	56	
Protein (N x 5.95)	g	0.83	0	1.25	0.62	
Total lipid (fat)	g	0.16	0	0.24	0.12	
Carbohydrate, by difference	g	4.01	0	6.01	3.01	
Fiber, total dietary	g	1.6	0	2.4	1.2	
Ash	g	0.90	0	1.35	0.68	
Sugars, total	g					
Minerals:						
Calcium	mg	42	0	63	32	
Iron	mg	0.42	0	0.63	0.32	
Magnesium	mg	12	0	18	9	
Phosphorus	mg	25	0	38	19	
Potassium	mg	284	0	426	213	
Sodium	mg	91	0	137	68	
Zinc	mg	0.14	0	0.21	0.11	
Copper	mg	0.036	0	0.054	0.027	
Manganese	mg	0.106	0	0.159	0.080	
Selenium	µg	1.0	0	1.5	0.8	
Vitamins:						
Ascorbic acid	mg	6.1	0	9.2	4.6	
Thiamin	mg	0.043	0	0.064	0.032	
Riboflavin	mg	0.047	0	0.070	0.035	
Niacin	mg	0.319	0	0.479	0.239	
Pantothenic acid	mg	0.195	0	0.293	0.146	
Vitamin B-6	mg	0.086	0	0.129	0.064	
Folate	µg	22	0	33	17	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	132	0	198	99	
Vitamin A, RE	µg	13	0	20	10	
Vitamin E, α-TE	mg	0.360	0	0.540	0.270	
Lipids:						
Saturated, total	g	0.040	0	0.060	0.030	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.001	0	0.002	0.001	
15:0	g					
16:0	g	0.035	0	0.053	0.026	
17:0	g					
18:0	g	0.004	0	0.006	0.003	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.030	0	0.045	0.023
14:1	g				
16:1	g	0.001	0	0.002	0.001
18:1	g	0.029	0	0.044	0.022
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.075	0	0.113	0.056
18:2	g	0.075	0	0.113	0.056
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	7	0	11	5
Amino acids:					
Tryptophan	g	0.011	0	0.017	0.008
Threonine	g	0.024	0	0.036	0.018
Isoleucine	g	0.025	0	0.038	0.019
Leucine	g	0.039	0	0.059	0.029
Lysine	g	0.032	0	0.048	0.024
Methionine	g	0.007	0	0.011	0.005
Cystine	g	0.005	0	0.008	0.004
Phenylalanine	g	0.024	0	0.036	0.018
Tyrosine	g	0.011	0	0.017	0.008
Valine	g	0.033	0	0.050	0.025
Arginine	g	0.024	0	0.036	0.018
Histidine	g	0.014	0	0.021	0.011
Alanine	g	0.027	0	0.041	0.020
Aspartic acid	g	0.141	0	0.212	0.106
Glutamic acid	g	0.107	0	0.161	0.080
Glycine	g	0.026	0	0.039	0.020
Proline	g	0.022	0	0.033	0.017
Serine	g	0.024	0	0.036	0.018
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 cup, diced
 Measure 2: 2 stalks

NDB No. 11144

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11145 Celtnce, raw
Lactuca sativa

Refuse: 25% Tough leaves and stems

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 8g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	94.50	0.500	2	7.56	
Energy	kcal	18		0	1	
Energy	kJ	75		0	6	
Protein (N x 5.95)	g	0.85	0.250	2	0.07	
Total lipid (fat)	g	0.30	0.100	2	0.02	
Carbohydrate, by difference	g	3.65		0	0.29	
Fiber, total dietary	g	1.7		0	0.1	
Ash	g	0.70		0	0.06	
Sugars, total	g					
Minerals:						
Calcium	mg	39	20.500	2	3	
Iron	mg	0.55	0.250	2	0.04	
Magnesium	mg	28	10.500	2	2	
Phosphorus	mg	39	4.500	2	3	
Potassium	mg	330	0.000	2	26	
Sodium	mg	11	1.500	2	1	
Zinc	mg	0.27		0	0.02	
Copper	mg	0.040		0	0.003	
Manganese	mg	0.688		0	0.055	
Selenium	µg	0.9		0	0.1	
Vitamins:						
Ascorbic acid	mg	19.5	13.500	2	1.6	
Thiamin	mg	0.055	0.035	2	0.004	
Riboflavin	mg	0.070	0.050	2	0.006	
Niacin	mg	0.550	0.050	2	0.044	
Pantothenic acid	mg	0.183		0	0.015	
Vitamin B-6	mg	0.050		0	0.004	
Folate	µg	46		0	4	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	3500		1	280	
Vitamin A, RE	µg	350		1	28	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
Phytosterols	mg	11	0	1
Amino acids:				
Tryptophan	g	0.006	0	0.000
Threonine	g	0.039	0	0.003
Isoleucine	g	0.055	0	0.004
Leucine	g	0.052	0	0.004
Lysine	g	0.055	0	0.004
Methionine	g	0.010	0	0.001
Cystine	g	0.010	0	0.001
Phenylalanine	g	0.036	0	0.003
Tyrosine	g	0.021	0	0.002
Valine	g	0.046	0	0.004
Arginine	g	0.046	0	0.004
Histidine	g	0.015	0	0.001
Alanine	g	0.037	0	0.003
Aspartic acid	g	0.093	0	0.007
Glutamic acid	g	0.119	0	0.010
Glycine	g	0.037	0	0.003
Proline	g	0.032	0	0.003
Serine	g	0.026	0	0.002
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 leaf

NDB No. 11145

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11147 Chard, swiss, raw
Beta vulgaris (Cicla Group)

Refuse: 8% Tough stems and damaged leaves

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 36g	Measure 2* 48g	Measure 3*
Proximates:						
Water	g	92.66	0.660	2	33.36	44.48
Energy	kcal	19		0	7	9
Energy	kJ	79		0	28	38
Protein (N x 5.95)	g	1.80		1	0.65	0.86
Total lipid (fat)	g	0.20		1	0.07	0.10
Carbohydrate, by difference	g	3.74		0	1.35	1.80
Fiber, total dietary	g	1.6		0	0.6	0.8
Ash	g	1.60		0	0.58	0.77
Sugars, total	g					
Minerals:						
Calcium	mg	51		1	18	24
Iron	mg	1.80		1	0.65	0.86
Magnesium	mg	81	6.450	2	29	39
Phosphorus	mg	46		1	17	22
Potassium	mg	379	139.350	2	136	182
Sodium	mg	213	37.250	2	77	102
Zinc	mg	0.36		0	0.13	0.17
Copper	mg	0.179		0	0.064	0.086
Manganese	mg	0.366		0	0.132	0.176
Selenium	µg	0.9		0	0.3	0.4
Vitamins:						
Ascorbic acid	mg	30.0		1	10.8	14.4
Thiamin	mg	0.040		1	0.014	0.019
Riboflavin	mg	0.090		1	0.032	0.043
Niacin	mg	0.400		1	0.144	0.192
Pantothenic acid	mg	0.172		0	0.062	0.083
Vitamin B-6	mg	0.099		0	0.036	0.048
Folate	µg	14		0	5	7
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	3300		1	1188	1584
Vitamin A, RE	µg	330		1	119	158
Vitamin E, α-TE	mg	1.890		0	0.680	0.907
Lipids:						
Saturated, total	g	0.030		0	0.011	0.014
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.030		0	0.011	0.014
17:0	g					
18:0	g	0.000		0	0.000	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.040	0	0.014	0.019
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.040	0	0.014	0.019
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.070	0	0.025	0.034
18:2	g	0.063	0	0.023	0.030
18:3	g	0.007	0	0.003	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.017	4	0.006	0.008
Threonine	g	0.083	4	0.030	0.040
Isoleucine	g	0.147	4	0.053	0.071
Leucine	g	0.130	4	0.047	0.062
Lysine	g	0.099	7	0.036	0.048
Methionine	g	0.019	6	0.007	0.009
Cystine	g				
Phenylalanine	g	0.110	4	0.040	0.053
Tyrosine	g				
Valine	g	0.110	4	0.040	0.053
Arginine	g	0.117	4	0.042	0.056
Histidine	g	0.036	4	0.013	0.017
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 leaf

NDB No. 11147

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11148 Chard, swiss, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 175g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.65	0	162.14		
Energy	kcal	20	0	35		
Energy	kJ	84	0	147		
Protein (N x 5.95)	g	1.88	1	3.29		
Total lipid (fat)	g	0.08	1	0.14		
Carbohydrate, by difference	g	4.14	0	7.25		
Fiber, total dietary	g	2.1	0	3.7		
Ash	g	1.26	1	2.21		
Sugars, total	g					
Minerals:						
Calcium	mg	58	1	102		
Iron	mg	2.26	1	3.95		
Magnesium	mg	86	1	151		
Phosphorus	mg	33	1	58		
Potassium	mg	549	1	961		
Sodium	mg	179	1	313		
Zinc	mg	0.33	0	0.58		
Copper	mg	0.163	0	0.285		
Manganese	mg	0.334	0	0.585		
Selenium	µg	0.9	0	1.6		
Vitamins:						
Ascorbic acid	mg	18.0	0	31.5		
Thiamin	mg	0.034	0	0.060		
Riboflavin	mg	0.086	0	0.151		
Niacin	mg	0.360	0	0.630		
Pantothenic acid	mg	0.163	0	0.285		
Vitamin B-6	mg	0.085	0	0.149		
Folate	µg	9	0	15		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	3139	0	5493		
Vitamin A, RE	µg	314	0	550		
Vitamin E, α-TE	mg	1.890	0	3.308		
Lipids:						
Saturated, total	g	0.012	0	0.021		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15.0	g					
16:0	g	0.012	0	0.021		
17:0	g					
18:0	g	0.000	0	0.000		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.016	0	0.028
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.016	0	0.028
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.028	0	0.049
18:2	g	0.025	0	0.044
18:3	g	0.003	0	0.005
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.018	0	0.032
Threonine	g	0.086	0	0.151
Isoleucine	g	0.154	0	0.270
Leucine	g	0.135	0	0.236
Lysine	g	0.103	0	0.180
Methionine	g	0.020	0	0.035
Cystine	g			
Phenylalanine	g	0.114	0	0.200
Tyrosine	g			
Valine	g	0.114	0	0.200
Arginine	g	0.122	0	0.213
Histidine	g	0.038	0	0.066
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11148

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11149 **Chayote, fruit, raw**
Sechium edule

Refuse: 1% End and stem

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 132g	Measure 2* 203g	Measure 3*
Proximates:						
Water	g	94.24	0.539	3	124.40	191.31
Energy	kcal	19		0	25	39
Energy	kJ	79		0	104	160
Protein (N x 5.95)	g	0.82	0.125	3	1.08	1.66
Total lipid (fat)	g	0.13	0.069	3	0.17	0.26
Carbohydrate, by difference	g	4.50		0	5.94	9.13
Fiber, total dietary	g	1.7	0.534	3	2.2	3.5
Ash	g	0.30	0.045	3	0.40	0.61
Sugars, total	g					
Minerals:						
Calcium	mg	17	0.748	3	22	35
Iron	mg	0.34	0.032	2	0.45	0.69
Magnesium	mg	12	1.194	3	16	24
Phosphorus	mg	18	3.209	3	24	37
Potassium	mg	125	10.285	3	165	254
Sodium	mg	2	0.953	2	3	4
Zinc	mg	0.74	0.434	3	0.98	1.50
Copper	mg	0.123		0	0.162	0.250
Manganese	mg	0.189		0	0.249	0.384
Selenium	µg	0.2		0	0.3	0.4
Vitamins:						
Ascorbic acid	mg	7.7	1.360	3	10.2	15.6
Thiamin	mg	0.025	0.003	3	0.033	0.051
Riboflavin	mg	0.029	0.006	3	0.038	0.059
Niacin	mg	0.470	0.028	3	0.620	0.954
Pantothenic acid	mg	0.249	0.097	3	0.329	0.505
Vitamin B-6	mg	0.076	0.023	3	0.100	0.154
Folate	µg	93	28.609	3	123	189
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	56		1	74	114
Vitamin A, RE	µg	6		1	8	12
Vitamin E, α-TE	mg	0.120		0	0.158	0.244
Lipids:						
Saturated, total	g	0.028		0	0.037	0.057
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.024		0	0.032	0.049
17:0	g					
18:0	g	0.003		0	0.004	0.006
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.013	0.020
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.009	0	0.012	0.018
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.057	0	0.075	0.116
18:2	g	0.021	0	0.028	0.043
18:3	g	0.036	0	0.048	0.073
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.011	1	0.015	0.022
Threonine	g	0.040	1	0.053	0.081
Isoleucine	g	0.044	1	0.058	0.089
Leucine	g	0.077	1	0.102	0.156
Lysine	g	0.039	1	0.051	0.079
Methionine	g	0.001	1	0.001	0.002
Cystine	g				
Phenylalanine	g	0.047	1	0.062	0.095
Tyrosine	g	0.032	1	0.042	0.065
Valine	g	0.063	1	0.083	0.128
Arginine	g	0.035	1	0.046	0.071
Histidine	g	0.015	1	0.020	0.030
Alanine	g	0.051	1	0.067	0.104
Aspartic acid	g	0.092	1	0.121	0.187
Glutamic acid	g	0.125	1	0.165	0.254
Glycine	g	0.041	1	0.054	0.083
Proline	g	0.044	1	0.058	0.089
Serine	g	0.047	1	0.062	0.095
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, (1" pieces)
- Measure 2: 1 chayote, (5-3/4")

NDB No. 11149

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11150 Chayote, fruit, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 160g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.43	0	149.49		
Energy	kcal	24	0	38		
Energy	kJ	100	0	160		
Protein (N x 5.95)	g	0.62	1	0.99		
Total lipid (fat)	g	0.48	1	0.77		
Carbohydrate, by difference	g	5.09	0	8.14		
Fiber, total dietary	g	2.8	0	4.5		
Ash	g	0.38	1	0.61		
Sugars, total	g					
Minerals:						
Calcium	mg	13	1	21		
Iron	mg	0.22	1	0.35		
Magnesium	mg	12	1	19		
Phosphorus	mg	29	1	46		
Potassium	mg	173	1	277		
Sodium	mg	1	1	2		
Zinc	mg	0.31	0	0.50		
Copper	mg	0.110	0	0.176		
Manganese	mg	0.169	0	0.270		
Selenium	µg	0.3	0	0.5		
Vitamins:						
Ascorbic acid	mg	8.0	0	12.8		
Thiamin	mg	0.026	0	0.042		
Riboflavin	mg	0.040	0	0.064		
Niacin	mg	0.420	0	0.672		
Pantothenic acid	mg	0.408	0	0.653		
Vitamin B-6	mg	0.118	0	0.189		
Folate	µg	18	0	29		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	47	0	75		
Vitamin A, RE	µg	5	0	8		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.008	0	0.013
Threonine	g	0.031	0	0.050
Isoleucine	g	0.033	0	0.053
Leucine	g	0.058	0	0.093
Lysine	g	0.030	0	0.048
Methionine	g	0.001	0	0.002
Cystine	g			
Phenylalanine	g	0.036	0	0.058
Tyrosine	g	0.024	0	0.038
Valine	g	0.047	0	0.075
Arginine	g	0.026	0	0.042
Histidine	g	0.011	0	0.018
Alanine	g	0.038	0	0.061
Aspartic acid	g	0.069	0	0.110
Glutamic acid	g	0.094	0	0.150
Glycine	g	0.031	0	0.050
Proline	g	0.033	0	0.053
Serine	g	0.035	0	0.056
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" pieces)

NDB No. 11150

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11151 Chicory, witloof, raw
Cichorium intybus

Refuse: 11% Root base and core

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 53g	Measure 2* 45g	Measure 3*
Proximates:						
Water	g	94.52	0.172	4	50.10	42.53
Energy	kcal	17		0	9	8
Energy	kJ	71		0	38	32
Protein (N x 5.95)	g	0.90	0.091	4	0.48	0.41
Total lipid (fat)	g	0.10	0.000	2	0.05	0.05
Carbohydrate, by difference	g	4.00		0	2.12	1.80
Fiber, total dietary	g	3.1		0	1.6	1.4
Ash	g	0.47	0.025	4	0.25	0.21
Sugars, total	g					
Minerals:						
Calcium	mg	19	1.667	4	10	9
Iron	mg	0.24	0.016	4	0.13	0.11
Magnesium	mg	10	0.905	4	5	5
Phosphorus	mg	26	1.998	4	14	12
Potassium	mg	211	9.261	6	112	95
Sodium	mg	2	0.351	4	1	1
Zinc	mg	0.16	0.007	4	0.08	0.07
Copper	mg	0.051	0.009	4	0.027	0.023
Manganese	mg	0.100	0.012	4	0.053	0.045
Selenium	µg	0.2		0	0.1	0.1
Vitamins:						
Ascorbic acid	mg	2.8	0.275	4	1.5	1.3
Thiamin	mg	0.062	0.007	4	0.033	0.028
Riboflavin	mg	0.027	0.003	3	0.014	0.012
Niacin	mg	0.160	0.006	4	0.085	0.072
Pantothenic acid	mg	0.145	0.022	4	0.077	0.065
Vitamin B-6	mg	0.042	0.002	4	0.022	0.019
Folate	µg	37	1.361	4	20	17
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	29	7.979	4	15	13
Vitamin A, RE	µg	3		0	2	1
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.024		0	0.013	0.011
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001		0	0.001	0.000
15:0	g					
16:0	g	0.021		0	0.011	0.009
17:0	g					
18:0	g	0.001		0	0.001	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.001	0.001
14:1	g				
16:1	g				
18:1	g	0.002	0	0.001	0.001
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.044	0	0.023	0.020
18:2	g	0.037	0	0.020	0.017
18:3	g	0.006	0	0.003	0.003
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	0.016	0	0.008	0.007
Threonine	g	0.025	0	0.013	0.011
Isoleucine	g	0.054	0	0.029	0.024
Leucine	g	0.039	0	0.021	0.018
Lysine	g	0.035	0	0.019	0.016
Methionine	g	0.005	0	0.003	0.002
Cystine	g				
Phenylalanine	g	0.022	0	0.012	0.010
Tyrosine	g				
Valine	g	0.041	0	0.022	0.018
Arginine	g	0.066	0	0.035	0.030
Histidine	g	0.015	0	0.008	0.007
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 head
 Measure 2: 1/2 cup

NDB No. 11151

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11152 Chicory greens, raw
Cichorium intybus

Refuse: 18% Tough stems and damaged leaves

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 180g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	92.00	1	165.60		
Energy	kcal	23	0	41		
Energy	kJ	96	0	173		
Protein (N x 5.95)	g	1.70	1	3.06		
Total lipid (fat)	g	0.30	1	0.54		
Carbohydrate, by difference	g	4.70	0	8.46		
Fiber, total dietary	g	4.0	0	7.2		
Ash	g	1.30	0	2.34		
Sugars, total	g					
Minerals:						
Calcium	mg	100	1	180		
Iron	mg	0.90	1	1.62		
Magnesium	mg	30	1	54		
Phosphorus	mg	47	1	85		
Potassium	mg	420	1	756		
Sodium	mg	45	1	81		
Zinc	mg	0.42	0	0.76		
Copper	mg	0.295	0	0.531		
Manganese	mg	0.429	0	0.772		
Selenium	µg	0.3	0	0.5		
Vitamins:						
Ascorbic acid	mg	24.0	1	43.2		
Thiamin	mg	0.060	1	0.108		
Riboflavin	mg	0.100	1	0.180		
Niacin	mg	0.500	1	0.900		
Pantothenic acid	mg	1.159	0	2.086		
Vitamin B-6	mg	0.105	0	0.189		
Folate	µg	110	0	197		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	4000	1	7200		
Vitamin A, RE	µg	400	1	720		
Vitamin E, α-TE	mg	2.260	0	4.068		
Lipids:						
Saturated, total	g	0.073	0	0.131		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.004	0	0.007		
15:0	g					
16:0	g	0.062	0	0.112		
17:0	g					
18:0	g	0.003	0	0.005		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.006	0	0.011
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.006	0	0.011
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.131	0	0.236
18:2	g	0.112	0	0.202
18:3	g	0.019	0	0.034
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.031	2	0.056
Threonine	g	0.047	2	0.085
Isoleucine	g	0.101	2	0.182
Leucine	g	0.074	2	0.133
Lysine	g	0.067	2	0.121
Methionine	g	0.010	1	0.018
Cystine	g			
Phenylalanine	g	0.041	1	0.074
Tyrosine	g			
Valine	g	0.077	2	0.139
Arginine	g	0.124	1	0.223
Histidine	g	0.029	1	0.052
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11152

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11154 Chicory roots, raw

Cichorium intybus

Refuse: 18% Peels and tops

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 60g	Measure 2 [*] 45g	Measure 3 [*]
Proximates:						
Water	g	80.00	1	48.00	36.00	
Energy	kcal	73	0	44	33	
Energy	kJ	305	0	183	137	
Protein (N x 5.95)	g	1.40	1	0.84	0.63	
Total lipid (fat)	g	0.20	1	0.12	0.09	
Carbohydrate, by difference	g	17.51	0	10.51	7.88	
Fiber, total dietary	g					
Ash	g	0.89	0	0.53	0.40	
Sugars, total	g					
Minerals:						
Calcium	mg	41	1	25	18	
Iron	mg	0.80	1	0.48	0.36	
Magnesium	mg	22	1	13	10	
Phosphorus	mg	61	1	37	27	
Potassium	mg	290	1	174	131	
Sodium	mg	50	1	30	23	
Zinc	mg	0.33	0	0.20	0.15	
Copper	mg	0.077	0	0.046	0.035	
Manganese	mg	0.233	0	0.140	0.105	
Selenium	µg	0.7	0	0.4	0.3	
Vitamins:						
Ascorbic acid	mg	5.0	1	3.0	2.3	
Thiamin	mg	0.040	1	0.024	0.018	
Riboflavin	mg	0.030	1	0.018	0.013	
Niacin	mg	0.400	1	0.240	0.180	
Pantothenic acid	mg	0.323	0	0.194	0.145	
Vitamin B-6	mg	0.241	0	0.145	0.108	
Folate	µg	23	0	14	10	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	6	1	4	3	
Vitamin A, RE	µg	1	1	1	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.048	0	0.029	0.022	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.003	0	0.002	0.001	
15:0	g					
16:0	g	0.041	0	0.025	0.018	
17:0	g					
18:0	g	0.002	0	0.001	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.004	0	0.002	0.002
14:1	g				
16:1	g				
18:1	g	0.004	0	0.002	0.002
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.087	0	0.052	0.039
18:2	g	0.075	0	0.045	0.034
18:3	g	0.013	0	0.008	0.006
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 root
- Measure 2: 1/2 cup, (1" pieces)

NDB No. 11154

Food Group 11 Vegetables and Vegetable Products
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NDB No. 11156 Chives, raw
Allium schoenoprasum

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 3g	Measure 2* 1g	Measure 3*
Proximates:						
Water	g	90.65	1.042	3	2.72	0.91
Energy	kcal	30		0	1	0
Energy	kJ	126		0	4	1
Protein (N x 5.95)	g	3.27	0.488	3	0.10	0.03
Total lipid (fat)	g	0.73	0.107	3	0.02	0.01
Carbohydrate, by difference	g	4.35		0	0.13	0.04
Fiber, total dietary	g	2.5		0	0.1	0.0
Ash	g	1.00	0.200	2	0.03	0.01
Sugars, total	g					
Minerals:						
Calcium	mg	92	22.146	3	3	1
Iron	mg	1.60		1	0.05	0.02
Magnesium	mg	42	6.592	3	1	0
Phosphorus	mg	58	4.359	3	2	1
Potassium	mg	296	32.682	3	9	3
Sodium	mg	3	1.453	3	0	0
Zinc	mg	0.56	0.022	2	0.02	0.01
Copper	mg	0.157	0.065	2	0.005	0.002
Manganese	mg	0.373	0.014	2	0.011	0.004
Selenium	µg	0.9		0	0.0	0.0
Vitamins:						
Ascorbic acid	mg	58.1	14.155	3	1.7	0.6
Thiamin	mg	0.078	0.029	3	0.002	0.001
Riboflavin	mg	0.115	0.033	3	0.003	0.001
Niacin	mg	0.647	0.091	3	0.019	0.006
Pantothenic acid	mg	0.324	0.036	2	0.010	0.003
Vitamin B-6	mg	0.138	0.021	2	0.004	0.001
Folate	µg	105	19.107	2	3	1
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	4353	2047.266	2	131	44
Vitamin A, RE	µg	435		0	13	4
Vitamin E, α-TE	mg	0.210		0	0.006	0.002
Lipids:						
Saturated, total	g	0.146		0	0.004	0.001
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.034		1	0.001	0.000
15:0	g					
16:0	g	0.103		1	0.003	0.001
17:0	g					
18:0	g	0.009		1	0.000	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.095	0	0.003	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.095	1	0.003	0.001
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.267	0	0.008	0.003
18:2	g	0.252	1	0.008	0.003
18:3	g	0.015	1	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	9	1	0	0
Amino acids:					
Tryptophan	g	0.037	0	0.001	0.000
Threonine	g	0.128	0	0.004	0.001
Isoleucine	g	0.139	0	0.004	0.001
Leucine	g	0.195	0	0.006	0.002
Lysine	g	0.163	0	0.005	0.002
Methionine	g	0.036	0	0.001	0.000
Cystine	g				
Phenylalanine	g	0.105	0	0.003	0.001
Tyrosine	g	0.095	0	0.003	0.001
Valine	g	0.145	0	0.004	0.001
Arginine	g	0.237	0	0.007	0.002
Histidine	g	0.057	0	0.002	0.001
Alanine	g	0.148	0	0.004	0.001
Aspartic acid	g	0.303	0	0.009	0.003
Glutamic acid	g	0.677	0	0.020	0.007
Glycine	g	0.162	0	0.005	0.002
Proline	g	0.216	0	0.006	0.002
Serine	g	0.148	0	0.004	0.001
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 tablespoon, chopped
- Measure 2: 1 teaspoon, chopped

NDB No. 11156

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11157 Chrysanthemum, garland, raw
Chrysanthemum coronarium

Refuse: 4% Stem ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 25g	Measure 2* 14g	Measure 3*
Proximates:						
Water	g	92.56	1	23.14	12.96	
Energy	kcal	21	0	5	3	
Energy	kJ	88	0	22	12	
Protein (N x 5.95)	g	1.56	0	0.39	0.22	
Total lipid (fat)	g	0.17	0	0.04	0.02	
Carbohydrate, by difference	g	4.37	0	1.09	0.61	
Fiber, total dietary	g	2.9	0	0.7	0.4	
Ash	g	1.34	0	0.34	0.19	
Sugars, total	g					
Minerals:						
Calcium	mg	56	0	14	8	
Iron	mg	3.13	0	0.78	0.44	
Magnesium	mg	17	1	4	2	
Phosphorus	mg	32	0	8	4	
Potassium	mg	571	1	143	80	
Sodium	mg	52	1	13	7	
Zinc	mg	0.21	0	0.05	0.03	
Copper	mg	0.139	0	0.035	0.019	
Manganese	mg	0.371	0	0.093	0.052	
Selenium	µg	0.2	0	0.1	0.0	
Vitamins:						
Ascorbic acid	mg	37.0	1	9.3	5.2	
Thiamin	mg	0.031	1	0.008	0.004	
Riboflavin	mg	0.223	1	0.056	0.031	
Niacin	mg	0.860	1	0.215	0.120	
Pantothenic acid	mg	0.044	0	0.011	0.006	
Vitamin B-6	mg	0.130	0	0.033	0.018	
Folate	µg	77	0	19	11	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	14675	1	3669	2055	
Vitamin A, RE	µg	1468	1	367	206	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, (1" pieces)
 Measure 2: 1 stem, 8-3/4 in long

NDB No. 11157

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11158 Chrysanthemum, garland, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 100g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.49	1	92.49		
Energy	kcal	20	0	20		
Energy	kJ	84	0	84		
Protein (N x 5.95)	g	1.64	1	1.64		
Total lipid (fat)	g	0.09	1	0.09		
Carbohydrate, by difference	g	4.31	0	4.31		
Fiber, total dietary	g	2.3	0	2.3		
Ash	g	1.47	1	1.47		
Sugars, total	g					
Minerals:						
Calcium	mg	69	1	69		
Iron	mg	3.74	1	3.74		
Magnesium	mg	18	1	18		
Phosphorus	mg	43	1	43		
Potassium	mg	569	1	569		
Sodium	mg	53	1	53		
Zinc	mg	0.20	0	0.20		
Copper	mg	0.133	0	0.133		
Manganese	mg	0.355	0	0.355		
Selenium	µg	0.3	0	0.3		
Vitamins:						
Ascorbic acid	mg	23.9	0	23.9		
Thiamin	mg	0.021	1	0.021		
Riboflavin	mg	0.160	1	0.160		
Niacin	mg	0.720	1	0.720		
Pantothenic acid	mg	0.042	0	0.042		
Vitamin B-6	mg	0.118	0	0.118		
Folate	µg	50	0	50		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	5050	1	5050		
Vitamin A, RE	µg	505	1	505		
Vitamin E, α-TE	mg	2.500	0	2.500		
Lipids:						
Saturated, total	g	0.022	0	0.022		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.001	0	0.001		
15.0	g					
16:0	g	0.019	0	0.019		
17:0	g					
18:0	g	0.001	0	0.001		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.002
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.002	0	0.002
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.039	0	0.039
18:2	g	0.034	0	0.034
18:3	g	0.006	0	0.006
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" pieces)

NDB No. 11158

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11159 Coleslaw, home-prepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 8g	Measure 2* 60g	Measure 3*
Proximates:						
Water	g	81.50	1	6.52	48.90	
Energy	kcal	69	0	6	41	
Energy	kJ	289	0	23	173	
Protein (N x 5.95)	g	1.29	0	0.10	0.77	
Total lipid (fat)	g	2.61	0	0.21	1.57	
Carbohydrate, by difference	g	12.41	0	0.99	7.45	
Fiber, total dietary	g	1.5	0	0.1	0.9	
Ash	g	2.19	0	0.18	1.31	
Sugars, total	g					
Minerals:						
Calcium	mg	45	0	4	27	
Iron	mg	0.59	0	0.05	0.35	
Magnesium	mg	10	0	1	6	
Phosphorus	mg	32	0	3	19	
Potassium	mg	181	0	14	109	
Sodium	mg	23	0	2	14	
Zinc	mg	0.20	0.040	2	0.12	
Copper	mg	0.023	0	0.002	0.014	
Manganese	mg	0.097	0	0.008	0.058	
Selenium	µg	0.7	0	0.1	0.4	
Vitamins:						
Ascorbic acid	mg	32.7	0	2.6	19.6	
Thiamin	mg	0.066	0.011	6	0.005	0.040
Riboflavin	mg	0.062	0.016	6	0.005	0.037
Niacin	mg	0.272	0	0.022	0.163	
Pantothenic acid	mg	0.128	0	0.010	0.077	
Vitamin B-6	mg	0.126	0.041	6	0.010	0.076
Folate	µg	27	0	2	16	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	635	0	51	381	
Vitamin A, RE	µg	82	0	7	49	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.385	0	0.031	0.231	
4:0	g					
6:0	g					
8:0	g	0.000	0	0.000	0.000	
10:0	g					
12:0	g	0.004	0	0.000	0.002	
14:0	g	0.004	0	0.000	0.002	
15:0	g					
16:0	g	0.280	0	0.022	0.168	
17:0	g					
18:0	g	0.096	0	0.008	0.058	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.708	0	0.057	0.425
14:1	g				
16:1	g	0.003	0	0.000	0.002
18:1	g	0.701	0	0.056	0.421
20:1	g	0.003	0	0.000	0.002
22:1	g				
Polyunsaturated, total	g	1.351	0	0.108	0.811
18:2	g	1.171	0	0.094	0.703
18:3	g	0.175	0	0.014	0.105
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	8	0	1	5
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.017	0	0.001	0.010
Threonine	g	0.048	0	0.004	0.029
Isoleucine	g	0.061	0	0.005	0.037
Leucine	g	0.082	0	0.007	0.049
Lysine	g	0.072	0	0.006	0.043
Methionine	g	0.019	0	0.002	0.011
Cystine	g	0.015	0	0.001	0.009
Phenylalanine	g	0.047	0	0.004	0.028
Tyrosine	g	0.034	0	0.003	0.020
Valine	g	0.062	0	0.005	0.037
Arginine	g	0.070	0	0.006	0.042
Histidine	g	0.029	0	0.002	0.017
Alanine	g	0.046	0	0.004	0.028
Aspartic acid	g	0.121	0	0.010	0.073
Glutamic acid	g	0.253	0	0.020	0.152
Glycine	g	0.037	0	0.003	0.022
Proline	g	0.155	0	0.012	0.093
Serine	g	0.064	0	0.005	0.038
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 tablespoon
- Measure 2: 1/2 cup

NDB No. 11159

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11161 Collards, raw
Brassica oleracea (Acephala Group)

Refuse: 43% Stems

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 36g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	90.55	1.066	10	32.60	
Energy	kcal	30		0	11	
Energy	kJ	126		0	45	
Protein (N x 5.95)	g	2.45	0.370	3	0.88	
Total lipid (fat)	g	0.42	0.126	3	0.15	
Carbohydrate, by difference	g	5.69		0	2.05	
Fiber, total dietary	g	3.6	0.003	3	1.3	
Ash	g	0.89	0.154	3	0.32	
Sugars, total	g					
Minerals:						
Calcium	mg	145	0.144	2	52	
Iron	mg	0.19	0.004	10	0.07	
Magnesium	mg	9	0.235	10	3	
Phosphorus	mg	10	0.254	10	4	
Potassium	mg	169	38.455	16	61	
Sodium	mg	20	6.713	16	7	
Zinc	mg	0.13	0.083	11	0.05	
Copper	mg	0.039	0.022	11	0.014	
Manganese	mg	0.276	0.009	10	0.099	
Selenium	µg	1.3		0	0.5	
Vitamins:						
Ascorbic acid	mg	35.3	5.022	3	12.7	
Thiamin	mg	0.054	0.020	3	0.019	
Riboflavin	mg	0.130	0.062	3	0.047	
Niacin	mg	0.742	0.151	3	0.267	
Pantothenic acid	mg	0.267	0.092	3	0.096	
Vitamin B-6	mg	0.165	0.040	3	0.059	
Folate	µg	166	8.256	2	60	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	3824	982.123	3	1377	
Vitamin A, RE	µg	382		0	138	
Vitamin E, α-TE	mg	2.260		0	0.814	
Lipids:						
Saturated, total	g	0.055		0	0.020	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.002		0	0.001	
14:0	g	0.002		0	0.001	
15:0	g					
16:0	g	0.046		0	0.017	
17:0	g					
18:0	g	0.002		0	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.030	0	0.011
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.029	0	0.010
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.201	0	0.072
18:2	g	0.082	0	0.030
18:3	g	0.108	0	0.039
18:4	g	0.000	0	0.000
20:4	g	0.002	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.031	0	0.011
Threonine	g	0.086	0	0.031
Isoleucine	g	0.100	0	0.036
Leucine	g	0.151	0	0.054
Lysine	g	0.117	0	0.042
Methionine	g	0.033	0	0.012
Cystine	g	0.025	0	0.009
Phenylalanine	g	0.087	0	0.031
Tyrosine	g	0.066	0	0.024
Valine	g	0.120	0	0.043
Arginine	g	0.125	0	0.045
Histidine	g	0.047	0	0.017
Alanine	g	0.105	0	0.038
Aspartic acid	g	0.187	0	0.067
Glutamic acid	g	0.204	0	0.073
Glycine	g	0.094	0	0.034
Proline	g	0.105	0	0.038
Serine	g	0.078	0	0.028
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11161

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11162 Collards, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 190g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.86	0	174.53		
Energy	kcal	26	0	49		
Energy	kJ	109	0	207		
Protein (N x 5.95)	g	2.11	0	4.01		
Total lipid (fat)	g	0.36	0	0.68		
Carbohydrate, by difference	g	4.90	0	9.31		
Fiber, total dietary	g	2.8	0	5.3		
Ash	g	0.76	0	1.44		
Sugars, total	g					
Minerals:						
Calcium	mg	119	0	226		
Iron	mg	0.46	0	0.87		
Magnesium	mg	17	0	32		
Phosphorus	mg	26	0	49		
Potassium	mg	260	0	494		
Sodium	mg	9	0	17		
Zinc	mg	0.42	0	0.80		
Copper	mg	0.032	0	0.061		
Manganese	mg	0.565	0	1.073		
Selenium	µg	1.1	0	2.1		
Vitamins:						
Ascorbic acid	mg	18.2	0	34.6		
Thiamin	mg	0.040	0	0.076		
Riboflavin	mg	0.106	0	0.201		
Niacin	mg	0.575	0	1.092		
Pantothenic acid	mg	0.218	0	0.414		
Vitamin B-6	mg	0.128	0	0.243		
Folate	µg	93	0	177		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	3129	0	5945		
Vitamin A, RE	µg	313	0	595		
Vitamin E, α-TE	mg	0.880	0	1.672		
Lipids:						
Saturated, total	g	0.047	0	0.089		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.002	0	0.004		
14:0	g	0.002	0	0.004		
15:0	g					
16:0	g	0.039	0	0.074		
17:0	g					
18:0	g	0.002	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.026	0	0.049
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.025	0	0.048
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.173	0	0.329
18:2	g	0.070	0	0.133
18:3	g	0.093	0	0.177
18:4	g	0.000	0	0.000
20:4	g	0.002	0	0.004
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.027	0	0.051
Threonine	g	0.074	0	0.141
Isoleucine	g	0.086	0	0.163
Leucine	g	0.130	0	0.247
Lysine	g	0.101	0	0.192
Methionine	g	0.028	0	0.053
Cystine	g	0.022	0	0.042
Phenylalanine	g	0.075	0	0.142
Tyrosine	g	0.056	0	0.106
Valine	g	0.104	0	0.198
Arginine	g	0.108	0	0.205
Histidine	g	0.040	0	0.076
Alanine	g	0.090	0	0.171
Aspartic acid	g	0.161	0	0.306
Glutamic acid	g	0.176	0	0.334
Glycine	g	0.081	0	0.154
Proline	g	0.090	0	0.171
Serine	g	0.067	0	0.127
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11162

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11163 Collards, frozen, chopped, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 1361g	Measure 3*
Proximates:						
Water	g	89.53	0.995	16	254.27	1218.50
Energy	kcal	33		0	94	449
Energy	kJ	138		0	392	1878
Protein (N x 5.95)	g	2.69	0.178	13	7.64	36.61
Total lipid (fat)	g	0.37	0.048	13	1.05	5.04
Carbohydrate, by difference	g	6.45		0	18.32	87.78
Fiber, total dietary	g	3.6		0	10.2	49.0
Ash	g	0.95	0.039	13	2.70	12.93
Sugars, total	g					
Minerals:						
Calcium	mg	201	10.227	13	571	2736
Iron	mg	1.07	0.112	13	3.04	14.56
Magnesium	mg	29	0.561	3	82	395
Phosphorus	mg	27	2.484	3	77	367
Potassium	mg	253	46.218	3	719	3443
Sodium	mg	48	25.852	3	136	653
Zinc	mg	0.26	0.059	3	0.74	3.54
Copper	mg	0.053	0.008	3	0.151	0.721
Manganese	mg	0.633	0.228	3	1.798	8.615
Selenium	µg	1.4	0.453	2	4.0	19.1
Vitamins:						
Ascorbic acid	mg	40.0	3.800	12	113.6	544.4
Thiamin	mg	0.050	0.003	13	0.142	0.681
Riboflavin	mg	0.110	0.013	13	0.312	1.497
Niacin	mg	0.641	0.063	13	1.820	8.724
Pantothenic acid	mg	0.110		1	0.312	1.497
Vitamin B-6	mg	0.115		1	0.327	1.565
Folate	µg	73	9.291	3	208	995
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	5713	241.899	13	16225	77754
Vitamin A, RE	µg	571	24.190	13	1622	7771
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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	0.035	0	0.099	0.476
Threonine	g	0.095	0	0.270	1.293
Isoleucine	g	0.109	0	0.310	1.483
Leucine	g	0.167	0	0.474	2.273
Lysine	g	0.128	0	0.364	1.742
Methionine	g	0.037	0	0.105	0.504
Cystine	g	0.027	0	0.077	0.367
Phenylalanine	g	0.096	0	0.273	1.307
Tyrosine	g	0.073	0	0.207	0.994
Valine	g	0.131	0	0.372	1.783
Arginine	g	0.138	0	0.392	1.878
Histidine	g	0.051	0	0.145	0.694
Alanine	g	0.116	0	0.329	1.579
Aspartic acid	g	0.206	0	0.585	2.804
Glutamic acid	g	0.225	0	0.639	3.062
Glycine	g	0.103	0	0.293	1.402
Proline	g	0.115	0	0.327	1.565
Serine	g	0.087	0	0.247	1.184
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz)
- Measure 2: 3 lb package

NDB No. 11163

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11164 Collards, frozen, chopped, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:						
Water	g	88.47	0	150.40		
Energy	kcal	36	0	61		
Energy	kJ	151	0	257		
Protein (N x 5.95)	g	2.97	0	5.05		
Total lipid (fat)	g	0.41	0	0.70		
Carbohydrate, by difference	g	7.11	0	12.09		
Fiber, total dietary	g	2.8	0	4.8		
Ash	g	1.05	0	1.78		
Sugars, total	g					
Minerals:						
Calcium	mg	210	0	357		
Iron	mg	1.12	0	1.90		
Magnesium	mg	30	0	51		
Phosphorus	mg	27	0	46		
Potassium	mg	251	0	427		
Sodium	mg	50	0	85		
Zinc	mg	0.27	0	0.46		
Copper	mg	0.055	0	0.094		
Manganese	mg	0.663	0	1.127		
Selenium	µg	1.5	0	2.5		
Vitamins:						
Ascorbic acid	mg	26.4	0	44.9		
Thiamin	mg	0.047	0	0.080		
Riboflavin	mg	0.115	0	0.196		
Niacin	mg	0.635	0	1.080		
Pantothenic acid	mg	0.115	0	0.196		
Vitamin B-6	mg	0.114	0	0.194		
Folate	µg	76	12.887	129		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	5981	0	10168		
Vitamin A, RE	µg	598	0	1017		
Vitamin E, α-TE	mg	0.500	0	0.850		
Lipids:						
Saturated, total	g	0.060	0	0.102		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.048	0	0.082		
17:0	g					
18:0	g	0.006	0	0.010		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.020	0	0.034
14:1	g			
16:1	g	0.007	0	0.012
18:1	g	0.008	0	0.014
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.210	0	0.357
18:2	g	0.060	0	0.102
18:3	g	0.127	0	0.216
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.038	0	0.065
Threonine	g	0.105	0	0.179
Isoleucine	g	0.121	0	0.206
Leucine	g	0.184	0	0.313
Lysine	g	0.141	0	0.240
Methionine	g	0.040	0	0.068
Cystine	g	0.030	0	0.051
Phenylalanine	g	0.105	0	0.179
Tyrosine	g	0.080	0	0.136
Valine	g	0.145	0	0.247
Arginine	g	0.152	0	0.258
Histidine	g	0.057	0	0.097
Alanine	g	0.127	0	0.216
Aspartic acid	g	0.228	0	0.388
Glutamic acid	g	0.248	0	0.422
Glycine	g	0.114	0	0.194
Proline	g	0.126	0	0.214
Serine	g	0.095	0	0.161
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11164

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11165 Coriander, raw
Coriandrum sativum

Refuse: 15% Roots, old and bruised leaves

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 4g	Measure 2* 20g	Measure 3*
Proximates:						
Water	g	92.80	0.448	3	3.71	18.56
Energy	kcal	20		0	1	4
Energy	kJ	84		0	3	17
Protein (N x 5.95)	g	2.36		1	0.09	0.47
Total lipid (fat)	g	0.59		1	0.02	0.12
Carbohydrate, by difference	g	2.59		0	0.10	0.52
Fiber, total dietary	g	2.3		0	0.1	0.5
Ash	g	1.66		1	0.07	0.33
Sugars, total	g					
Minerals:						
Calcium	mg	98		0	4	20
Iron	mg	1.95		1	0.08	0.39
Magnesium	mg	26		1	1	5
Phosphorus	mg	36		1	1	7
Potassium	mg	542		1	22	108
Sodium	mg	28		1	1	6
Zinc	mg	0.45		0	0.02	0.09
Copper	mg	0.105		0	0.004	0.021
Manganese	mg	0.099		0	0.004	0.020
Selenium	µg	0.9		0	0.0	0.2
Vitamins:						
Ascorbic acid	mg	10.5		1	0.4	2.1
Thiamin	mg	0.074		1	0.003	0.015
Riboflavin	mg	0.120		1	0.005	0.024
Niacin	mg	0.730		1	0.029	0.146
Pantothenic acid	mg	0.185		0	0.007	0.037
Vitamin B-6	mg	0.105		0	0.004	0.021
Folate	µg	10		0	0	2
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	2767		1	111	553
Vitamin A, RE	µg	277		1	11	55
Vitamin E, α-TE	mg	2.500		0	0.100	0.500
Lipids:						
Saturated, total	g	0.014		0	0.001	0.003
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.012		0	0.000	0.002
17:0	g					
18:0	g	0.001		0	0.000	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.275	0	0.011	0.055
14:1	g				
16:1	g	0.002	0	0.000	0.000
18:1	g	0.273	0	0.011	0.055
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.040	0	0.002	0.008
18:2	g	0.040	0	0.002	0.008
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1/4 cup
 Measure 2: 9 plants

NDB No. 11165

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11167 Corn, sweet, yellow, raw

Zea mays

Refuse: 64% 35% husk, silk, trimmings; 29% cob

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 154g	Measure 2 [*] 143g	Measure 3 [*] 90g	
Proximates:							
Water	g	75.96	0.880	101	116.98	108.62	68.36
Energy	kcal	86		0	132	123	77
Energy	kJ	360		0	554	515	324
Protein (N x 5.95)	g	3.22	0.223	6	4.96	4.60	2.90
Total lipid (fat)	g	1.18	0.132	6	1.82	1.69	1.06
Carbohydrate, by difference	g	19.02		0	29.29	27.20	17.12
Fiber, total dietary	g	2.7		0	4.2	3.9	2.4
Ash	g	0.62	0.044	45	0.95	0.89	0.56
Sugars, total	g						
Minerals:							
Calcium	mg	2	1.022	51	3	3	2
Iron	mg	0.52	0.022	91	0.80	0.74	0.47
Magnesium	mg	37	1.739	87	57	53	33
Phosphorus	mg	89	3.749	77	137	127	80
Potassium	mg	270	5.127	90	416	386	243
Sodium	mg	15	3.000	90	23	21	14
Zinc	mg	0.45	0.041	56	0.69	0.64	0.41
Copper	mg	0.054	0.005	101	0.083	0.077	0.049
Manganese	mg	0.161	0.014	90	0.248	0.230	0.145
Selenium	µg	0.6	0.001	269	0.9	0.9	0.5
Vitamins:							
Ascorbic acid	mg	6.8	0.568	7	10.5	9.7	6.1
Thiamin	mg	0.200		1	0.308	0.286	0.180
Riboflavin	mg	0.060		1	0.092	0.086	0.054
Niacin	mg	1.700		1	2.618	2.431	1.530
Pantothenic acid	mg	0.760	0.060	6	1.170	1.087	0.684
Vitamin B-6	mg	0.055	0.009	6	0.085	0.079	0.050
Folate	µg	46	3.940	6	71	65	41
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	281	80.374	7	433	402	253
Vitamin A, RE	µg	28	8.037	7	43	40	25
Vitamin E, α-TE	mg	0.090		0	0.139	0.129	0.081
Lipids:							
Saturated, total	g	0.182		0	0.280	0.260	0.164
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.171		2	0.263	0.245	0.154
17:0	g						
18:0	g	0.011		2	0.017	0.016	0.010
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.347	0	0.534	0.496	0.312
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.347	2	0.534	0.496	0.312
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.559	0	0.861	0.799	0.503
18:2	g	0.542	2	0.835	0.775	0.488
18:3	g	0.016	2	0.025	0.023	0.014
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.023	17	0.035	0.033	0.021
Threonine	g	0.129	21	0.199	0.184	0.116
Isoleucine	g	0.129	21	0.199	0.184	0.116
Leucine	g	0.348	21	0.536	0.498	0.313
Lysine	g	0.137	21	0.211	0.196	0.123
Methionine	g	0.067	21	0.103	0.096	0.060
Cystine	g	0.026	3	0.040	0.037	0.023
Phenylalanine	g	0.150	21	0.231	0.215	0.135
Tyrosine	g	0.123	5	0.189	0.176	0.111
Valine	g	0.185	21	0.285	0.265	0.166
Arginine	g	0.131	21	0.202	0.187	0.118
Histidine	g	0.089	21	0.137	0.127	0.080
Alanine	g	0.295	5	0.454	0.422	0.265
Aspartic acid	g	0.244	5	0.376	0.349	0.220
Glutamic acid	g	0.636	5	0.979	0.909	0.572
Glycine	g	0.127	5	0.196	0.182	0.114
Proline	g	0.292	5	0.450	0.418	0.263
Serine	g	0.153	5	0.236	0.219	0.138
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 large ear (7-3/4" to 9" long)
- Measure 3: 1 medium ear (6-3/4" to 7-1/2" long)

NDB No. 11167

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt

Refuse: 45% Cob

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 164g	Measure 2* 8g	Measure 3* 77g	
Proximates:							
Water	g	69.57	1.246	7	114.09	5.57	53.57
Energy	kcal	108		0	177	9	83
Energy	kJ	452		0	741	36	348
Protein (N x 5.95)	g	3.32	0.154	7	5.44	0.27	2.56
Total lipid (fat)	g	1.28	0.125	7	2.10	0.10	0.99
Carbohydrate, by difference	g	25.11		0	41.18	2.01	19.33
Fiber, total dietary	g	2.8		0	4.6	0.2	2.2
Ash	g	0.72	0.016	7	1.18	0.06	0.55
Sugars, total	g						
Minerals:							
Calcium	mg	2	0.254	7	3	0	2
Iron	mg	0.61	0.058	7	1.00	0.05	0.47
Magnesium	mg	32	5.030	7	52	3	25
Phosphorus	mg	103		1	169	8	79
Potassium	mg	249	28.982	7	408	20	192
Sodium	mg	17	3.294	6	28	1	13
Zinc	mg	0.48	0.045	6	0.79	0.04	0.37
Copper	mg	0.053	0.002	6	0.087	0.004	0.041
Manganese	mg	0.194		0	0.318	0.016	0.149
Selenium	µg	0.8		0	1.3	0.1	0.6
Vitamins:							
Ascorbic acid	mg	6.2	0.490	6	10.2	0.5	4.8
Thiamin	mg	0.215		0	0.353	0.017	0.166
Riboflavin	mg	0.072		0	0.118	0.006	0.055
Niacin	mg	1.614	0.086	6	2.647	0.129	1.243
Pantothenic acid	mg	0.878	0.036	6	1.440	0.070	0.676
Vitamin B-6	mg	0.060	0.010	6	0.098	0.005	0.046
Folate	µg	46		0	76	4	36
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	217	50.459	6	356	17	167
Vitamin A, RE	µg	22	5.046	6	36	2	17
Vitamin E, α-TE	mg	0.090		0	0.148	0.007	0.069
Lipids:							
Saturated, total	g	0.197		0	0.323	0.016	0.152
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.185		0	0.303	0.015	0.142
17:0	g						
18:0	g	0.012		0	0.020	0.001	0.009
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.374	0	0.613	0.030	0.288
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.374	0	0.613	0.030	0.288
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.603	0	0.989	0.048	0.464
18:2	g	0.586	0	0.961	0.047	0.451
18:3	g	0.018	0	0.030	0.001	0.014
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.023	0	0.038	0.002	0.018
Threonine	g	0.133	0	0.218	0.011	0.102
Isoleucine	g	0.133	0	0.218	0.011	0.102
Leucine	g	0.358	0	0.587	0.029	0.276
Lysine	g	0.141	0	0.231	0.011	0.109
Methionine	g	0.069	0	0.113	0.006	0.053
Cystine	g	0.027	0	0.044	0.002	0.021
Phenylalanine	g	0.155	0	0.254	0.012	0.119
Tyrosine	g	0.126	0	0.207	0.010	0.097
Valine	g	0.191	0	0.313	0.015	0.147
Arginine	g	0.135	0	0.221	0.011	0.104
Histidine	g	0.091	0	0.149	0.007	0.070
Alanine	g	0.304	0	0.499	0.024	0.234
Aspartic acid	g	0.252	0	0.413	0.020	0.194
Glutamic acid	g	0.655	0	1.074	0.052	0.504
Glycine	g	0.131	0	0.215	0.010	0.101
Proline	g	0.301	0	0.494	0.024	0.232
Serine	g	0.158	0	0.259	0.013	0.122
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 baby ear
- Measure 3: kernels from 1 ear

NDB No. 11168

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 128g	Measure 2* 482g	Measure 3*
Proximates:						
Water	g	81.34	0.163	300	104.12	392.06
Energy	kcal	64		0	82	308
Energy	kJ	268		0	343	1292
Protein (N x 5.95)	g	1.95	0.020	354	2.50	9.40
Total lipid (fat)	g	0.50	0.014	337	0.64	2.41
Carbohydrate, by difference	g	15.40		0	19.71	74.23
Fiber, total dietary	g	1.7		0	2.2	8.2
Ash	g	0.80	0.016	316	1.02	3.86
Sugars, total	g					
Minerals:						
Calcium	mg	4	0.272	329	5	19
Iron	mg	0.41	0.018	327	0.52	1.98
Magnesium	mg	16	0.200	151	20	77
Phosphorus	mg	51	0.372	174	65	246
Potassium	mg	164	2.761	272	210	790
Sodium	mg	213	15.382	50	273	1027
Zinc	mg	0.36	0.009	97	0.46	1.74
Copper	mg	0.056	0.003	97	0.072	0.270
Manganese	mg	0.033	0.002	39	0.042	0.159
Selenium	µg	0.6		0	0.8	2.9
Vitamins:						
Ascorbic acid	mg	5.5	0.148	354	7.0	26.5
Thiamin	mg	0.026		202	0.033	0.125
Riboflavin	mg	0.061	0.002	219	0.078	0.294
Niacin	mg	0.939	0.051	218	1.202	4.526
Pantothenic acid	mg	0.522		0	0.668	2.516
Vitamin B-6	mg	0.037	0.003	39	0.047	0.178
Folate	µg	38	6.525	3	49	184
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	152	20.211	340	195	733
Vitamin A, RE	µg	15		0	19	72
Vitamin E, α-TE	mg	0.118		0	0.151	0.569
Lipids:						
Saturated, total	g	0.077		0	0.099	0.371
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.071		0	0.091	0.342
17:0	g					
18:0	g	0.004		0	0.005	0.019
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.144	0	0.184	0.694
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.144	0	0.184	0.694
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.233	0	0.298	1.123
18:2	g	0.227	0	0.291	1.094
18:3	g	0.007	0	0.009	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.014	0	0.018	0.067
Threonine	g	0.078	0	0.100	0.376
Isoleucine	g	0.078	0	0.100	0.376
Leucine	g	0.210	0	0.269	1.012
Lysine	g	0.082	0	0.105	0.395
Methionine	g	0.040	0	0.051	0.193
Cystine	g	0.016	0	0.020	0.077
Phenylalanine	g	0.090	0	0.115	0.434
Tyrosine	g	0.074	0	0.095	0.357
Valine	g	0.112	0	0.143	0.540
Arginine	g	0.079	0	0.101	0.381
Histidine	g	0.053	0	0.068	0.255
Alanine	g	0.178	0	0.228	0.858
Aspartic acid	g	0.148	0	0.189	0.713
Glutamic acid	g	0.385	0	0.493	1.856
Glycine	g	0.076	0	0.097	0.366
Proline	g	0.177	0	0.227	0.853
Serine	g	0.092	0	0.118	0.443
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11170

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11172 Corn, sweet, yellow, canned, whole kernel, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 164g	Measure 2* 211g	Measure 3* 298g	
Proximates:							
Water	g	76.92	0.708	5	126.15	162.30	229.22
Energy	kcal	81		0	133	171	241
Energy	kJ	339		0	556	715	1010
Protein (N x 5.95)	g	2.62	0.041	5	4.30	5.53	7.81
Total lipid (fat)	g	1.00	0.097	5	1.64	2.11	2.98
Carbohydrate, by difference	g	18.59		0	30.49	39.22	55.40
Fiber, total dietary	g	2.0		0	3.3	4.2	6.0
Ash	g	0.87	0.015	5	1.43	1.84	2.59
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	8	11	15
Iron	mg	0.86	0.215	5	1.41	1.81	2.56
Magnesium	mg	20		0	33	42	60
Phosphorus	mg	65		0	107	137	194
Potassium	mg	195		0	320	411	581
Sodium	mg	214		0	351	452	638
Zinc	mg	0.39	0.034	5	0.64	0.82	1.16
Copper	mg	0.058	0.014	5	0.095	0.122	0.173
Manganese	mg	0.173	0.050	5	0.284	0.365	0.516
Selenium	µg	0.7	0.159	7	1.1	1.5	2.1
Vitamins:							
Ascorbic acid	mg	8.5		0	13.9	17.9	25.3
Thiamin	mg	0.033		0	0.054	0.070	0.098
Riboflavin	mg	0.078		0	0.128	0.165	0.232
Niacin	mg	1.197		0	1.963	2.526	3.567
Pantothenic acid	mg	0.666		0	1.092	1.405	1.985
Vitamin B-6	mg	0.047		0	0.077	0.099	0.140
Folate	µg	49		0	80	103	145
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	156		0	256	329	465
Vitamin A, RE	µg	16		0	26	34	48
Vitamin E, α-TE	mg	0.150		0	0.246	0.317	0.447
Lipids:							
Saturated, total	g	0.154		0	0.253	0.325	0.459
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.144		0	0.236	0.304	0.429
17:0	g						
18:0	g	0.010		0	0.016	0.021	0.030
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.292	0	0.479	0.616	0.870
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.292	0	0.479	0.616	0.870
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.471	0	0.772	0.994	1.404
18:2	g	0.457	0	0.749	0.964	1.362
18:3	g	0.014	0	0.023	0.030	0.042
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.018	0	0.030	0.038	0.054
Threonine	g	0.105	0	0.172	0.222	0.313
Isoleucine	g	0.105	0	0.172	0.222	0.313
Leucine	g	0.284	0	0.466	0.599	0.846
Lysine	g	0.112	0	0.184	0.236	0.334
Methionine	g	0.055	0	0.090	0.116	0.164
Cystine	g	0.021	0	0.034	0.044	0.063
Phenylalanine	g	0.122	0	0.200	0.257	0.364
Tyrosine	g	0.100	0	0.164	0.211	0.298
Valine	g	0.151	0	0.248	0.319	0.450
Arginine	g	0.107	0	0.175	0.226	0.319
Histidine	g	0.072	0	0.118	0.152	0.215
Alanine	g	0.240	0	0.394	0.506	0.715
Aspartic acid	g	0.199	0	0.326	0.420	0.593
Glutamic acid	g	0.518	0	0.850	1.093	1.544
Glycine	g	0.103	0	0.169	0.217	0.307
Proline	g	0.238	0	0.390	0.502	0.709
Serine	g	0.125	0	0.205	0.264	0.373
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 12 oz can yields
- Measure 3: 1 can (303 x 406)

NDB No. 11172

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11174 Corn, sweet, yellow, canned, cream style, regular pack

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 256g	Measure 2* 482g	Measure 3*
Proximates:						
Water	g	78.73	0.198	267	201.55	379.48
Energy	kcal	72		0	184	347
Energy	kJ	301		0	771	1451
Protein (N x 5.95)	g	1.74	0.024	305	4.45	8.39
Total lipid (fat)	g	0.42	0.011	281	1.08	2.02
Carbohydrate, by difference	g	18.13		0	46.41	87.39
Fiber, total dietary	g	1.2		0	3.1	5.8
Ash	g	0.98	0.017	291	2.51	4.72
Sugars, total	g					
Minerals:						
Calcium	mg	3	0.110	287	8	14
Iron	mg	0.38	0.012	286	0.97	1.83
Magnesium	mg	17	0.246	226	44	82
Phosphorus	mg	51	1.092	251	131	246
Potassium	mg	134	2.209	250	343	646
Sodium	mg	285	5.775	291	730	1374
Zinc	mg	0.53	0.010	80	1.36	2.55
Copper	mg	0.052	0.006	81	0.133	0.251
Manganese	mg	0.039		0	0.100	0.188
Selenium	µg	0.6		0	1.5	2.9
Vitamins:						
Ascorbic acid	mg	4.6	0.124	324	11.8	22.2
Thiamin	mg	0.025	0.001	274	0.064	0.121
Riboflavin	mg	0.053	0.002	297	0.136	0.255
Niacin	mg	0.960	0.028	304	2.458	4.627
Pantothenic acid	mg	0.180	0.004	7	0.461	0.868
Vitamin B-6	mg	0.063	0.002	14	0.161	0.304
Folate	µg	45		0	115	216
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	97	2.687	314	248	468
Vitamin A, RE	µg	10	0.269	314	26	48
Vitamin E, α-TE	mg	0.090		0	0.230	0.434
Lipids:						
Saturated, total	g	0.065		0	0.166	0.313
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.061		0	0.156	0.294
17:0	g					
18:0	g	0.004		0	0.010	0.019
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.123	0	0.315	0.593
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.123	0	0.315	0.593
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.198	0	0.507	0.954
18:2	g	0.193	0	0.494	0.930
18:3	g	0.006	0	0.015	0.029
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.012	0	0.031	0.058
Threonine	g	0.070	0	0.179	0.337
Isoleucine	g	0.070	0	0.179	0.337
Leucine	g	0.188	0	0.481	0.906
Lysine	g	0.074	0	0.189	0.357
Methionine	g	0.036	0	0.092	0.174
Cystine	g	0.014	0	0.036	0.067
Phenylalanine	g	0.081	0	0.207	0.390
Tyrosine	g	0.066	0	0.169	0.318
Valine	g	0.100	0	0.256	0.482
Arginine	g	0.071	0	0.182	0.342
Histidine	g	0.048	0	0.123	0.231
Alanine	g	0.159	0	0.407	0.766
Aspartic acid	g	0.132	0	0.338	0.636
Glutamic acid	g	0.343	0	0.878	1.653
Glycine	g	0.068	0	0.174	0.328
Proline	g	0.158	0	0.404	0.762
Serine	g	0.083	0	0.212	0.400
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11174

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 105g	Measure 2* 425g	Measure 3* 340g	
Proximates:							
Water	g	76.58	0.431	71	80.41	325.46	260.37
Energy	kcal	79		0	83	336	269
Energy	kJ	331		0	348	1407	1125
Protein (N x 5.95)	g	2.41	0.096	71	2.53	10.24	8.19
Total lipid (fat)	g	0.50	0.026	71	0.53	2.13	1.70
Carbohydrate, by difference	g	19.44		0	20.41	82.62	66.10
Fiber, total dietary	g	2.0		0	2.1	8.5	6.8
Ash	g	1.07	0.049	71	1.12	4.55	3.64
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.389	69	5	21	17
Iron	mg	0.42	0.017	69	0.44	1.78	1.43
Magnesium	mg	23	0.620	57	24	98	78
Phosphorus	mg	64	1.569	63	67	272	218
Potassium	mg	186	5.052	66	195	791	632
Sodium	mg	272	7.706	66	286	1156	925
Zinc	mg	0.46	0.012	57	0.48	1.96	1.56
Copper	mg	0.048	0.002	57	0.050	0.204	0.163
Manganese	mg	0.067	0.007	15	0.070	0.285	0.228
Selenium	µg	0.7		0	0.7	3.0	2.4
Vitamins:							
Ascorbic acid	mg	8.1	0.205	56	8.5	34.4	27.5
Thiamin	mg	0.041	0.003	71	0.043	0.174	0.139
Riboflavin	mg	0.073	0.002	71	0.077	0.310	0.248
Niacin	mg	1.167	0.038	70	1.225	4.960	3.968
Pantothenic acid	mg	0.675		0	0.709	2.869	2.295
Vitamin B-6	mg	0.055	0.005	15	0.058	0.234	0.187
Folate	µg	49		0	52	210	168
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	241	11.834	67	253	1024	819
Vitamin A, RE	µg	24	1.183	67	25	102	82
Vitamin E, α-TE	mg	0.090		0	0.094	0.383	0.306
Lipids:							
Saturated, total	g	0.077		0	0.081	0.327	0.262
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.073		0	0.077	0.310	0.248
17:0	g						
18:0	g	0.005		0	0.005	0.021	0.017
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.147	0	0.154	0.625	0.500
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.147	0	0.154	0.625	0.500
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.237	0	0.249	1.007	0.806
18:2	g	0.230	0	0.242	0.978	0.782
18:3	g	0.007	0	0.007	0.030	0.024
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.017	0	0.018	0.072	0.058
Threonine	g	0.097	0	0.102	0.412	0.330
Isoleucine	g	0.097	0	0.102	0.412	0.330
Leucine	g	0.260	0	0.273	1.105	0.884
Lysine	g	0.102	0	0.107	0.433	0.347
Methionine	g	0.050	0	0.053	0.213	0.170
Cystine	g	0.020	0	0.021	0.085	0.068
Phenylalanine	g	0.112	0	0.118	0.476	0.381
Tyrosine	g	0.092	0	0.097	0.391	0.313
Valine	g	0.138	0	0.145	0.587	0.469
Arginine	g	0.098	0	0.103	0.417	0.333
Histidine	g	0.066	0	0.069	0.281	0.224
Alanine	g	0.220	0	0.231	0.935	0.748
Aspartic acid	g	0.182	0	0.191	0.774	0.619
Glutamic acid	g	0.475	0	0.499	2.019	1.615
Glycine	g	0.095	0	0.100	0.404	0.323
Proline	g	0.218	0	0.229	0.927	0.741
Serine	g	0.114	0	0.120	0.485	0.388
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 15 oz can (303 x 406)
- Measure 3: 1 can (303 x 406)

NDB No. 11176

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11178 Corn, sweet, yellow, frozen, kernels cut off cob, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 82g	Measure 2* 284g	Measure 3*
Proximates:						
Water	g	74.92	0.911	74	61.43	212.77
Energy	kcal	88		0	72	250
Energy	kJ	368		0	302	1045
Protein (N x 5.95)	g	3.02	0.034	78	2.48	8.58
Total lipid (fat)	g	0.77	0.081	78	0.63	2.19
Carbohydrate, by difference	g	20.80		0	17.06	59.07
Fiber, total dietary	g	2.4		0	2.0	6.8
Ash	g	0.48	0.014	69	0.39	1.36
Sugars, total	g					
Minerals:						
Calcium	mg	4	0.703	54	3	11
Iron	mg	0.42	0.040	77	0.34	1.19
Magnesium	mg	18	0.920	22	15	51
Phosphorus	mg	69	2.270	35	57	196
Potassium	mg	210	8.140	21	172	596
Sodium	mg	3	0.440	35	2	9
Zinc	mg	0.37	0.026	17	0.30	1.05
Copper	mg	0.036	0.004	16	0.030	0.102
Manganese	mg	0.126	0.020	11	0.103	0.358
Selenium	µg	0.7	0.159	7	0.6	2.0
Vitamins:						
Ascorbic acid	mg	6.4	1.549	68	5.2	18.2
Thiamin	mg	0.083	0.012	78	0.068	0.236
Riboflavin	mg	0.070	0.003	77	0.057	0.199
Niacin	mg	1.726	0.182	78	1.415	4.902
Pantothenic acid	mg	0.280	0.120	8	0.230	0.795
Vitamin B-6	mg	0.178	0.010	20	0.146	0.506
Folate	µg	36	5.490	6	29	101
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	130	6.208	75	107	369
Vitamin A, RE	µg	13	0.621	75	11	37
Vitamin E, α-TE	mg	0.030		0	0.025	0.085
Lipids:						
Saturated, total	g	0.119		0	0.098	0.338
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.112		0	0.092	0.318
17:0	g					
18:0	g	0.007		0	0.006	0.020
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.227	0	0.186	0.645
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.227	0	0.186	0.645
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.366	0	0.300	1.039
18:2	g	0.355	0	0.291	1.008
18:3	g	0.011	0	0.009	0.031
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.021	0	0.017	0.060
Threonine	g	0.121	0	0.099	0.344
Isoleucine	g	0.121	0	0.099	0.344
Leucine	g	0.326	0	0.267	0.926
Lysine	g	0.128	0	0.105	0.364
Methionine	g	0.063	0	0.052	0.179
Cystine	g	0.025	0	0.021	0.071
Phenylalanine	g	0.141	0	0.116	0.400
Tyrosine	g	0.115	0	0.094	0.327
Valine	g	0.173	0	0.142	0.491
Arginine	g	0.123	0	0.101	0.349
Histidine	g	0.083	0	0.068	0.236
Alanine	g	0.276	0	0.226	0.784
Aspartic acid	g	0.229	0	0.188	0.650
Glutamic acid	g	0.596	0	0.489	1.693
Glycine	g	0.119	0	0.098	0.338
Proline	g	0.274	0	0.225	0.778
Serine	g	0.143	0	0.117	0.406
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 package (10 oz)

NDB No. 11178

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 82g	Measure 3*
Proximates:						
Water	g	76.73	0.476	10	217.91	62.92
Energy	kcal	80		0	227	66
Energy	kJ	335		0	951	275
Protein (N x 5.95)	g	2.75	0.119	7	7.81	2.25
Total lipid (fat)	g	0.43	0.129	7	1.22	0.35
Carbohydrate, by difference	g	19.56		0	55.55	16.04
Fiber, total dietary	g	2.4	0.106	7	6.8	2.0
Ash	g	0.53	0.043	7	1.51	0.43
Sugars, total	g					
Minerals:						
Calcium	mg	4	0.738	7	11	3
Iron	mg	0.35	0.024	7	0.99	0.29
Magnesium	mg	19	0.636	7	54	16
Phosphorus	mg	57	4.041	7	162	47
Potassium	mg	147	9.043	7	417	121
Sodium	mg	5	0.976	11	14	4
Zinc	mg	0.40	0.026	7	1.14	0.33
Copper	mg	0.037	0.004	7	0.105	0.030
Manganese	mg	0.127	0.021	7	0.361	0.104
Selenium	µg	0.7	0.159	7	2.0	0.6
Vitamins:						
Ascorbic acid	mg	3.1	0.453	7	8.8	2.5
Thiamin	mg	0.083	0.018	12	0.236	0.068
Riboflavin	mg	0.071	0.005	12	0.202	0.058
Niacin	mg	1.299	0.041	7	3.689	1.065
Pantothenic acid	mg	0.180	0.032	7	0.511	0.148
Vitamin B-6	mg	0.129	0.035	12	0.366	0.106
Folate	µg	31	2.227	10	88	25
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	220	31.435	7	625	180
Vitamin A, RE	µg	22		0	62	18
Vitamin E, α-TE	mg	0.080		0	0.227	0.066
Lipids:						
Saturated, total	g	0.066		0	0.187	0.054
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.062		1	0.176	0.051
17:0	g					
18:0	g	0.004		1	0.011	0.003
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.126	0	0.358	0.103
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.126	1	0.358	0.103
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.203	0	0.577	0.166
18:2	g	0.197	1	0.559	0.162
18:3	g	0.006	1	0.017	0.005
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.033	0	0.094	0.027
Threonine	g	0.124	0	0.352	0.102
Isoleucine	g	0.147	0	0.417	0.121
Leucine	g	0.270	0	0.767	0.221
Lysine	g	0.165	0	0.469	0.135
Methionine	g	0.073	0	0.207	0.060
Cystine	g	0.041	0	0.116	0.034
Phenylalanine	g	0.141	0	0.400	0.116
Tyrosine	g	0.114	0	0.324	0.093
Valine	g	0.180	0	0.511	0.148
Arginine	g	0.136	0	0.386	0.112
Histidine	g	0.072	0	0.204	0.059
Alanine	g	0.185	0	0.525	0.152
Aspartic acid	g	0.236	0	0.670	0.194
Glutamic acid	g	0.471	0	1.338	0.386
Glycine	g	0.092	0	0.261	0.075
Proline	g	0.195	0	0.554	0.160
Serine	g	0.168	0	0.477	0.138
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11179

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11180 Corn, sweet, yellow, frozen, kernels on cob, unprepared

Refuse: 45% Cob

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 125g	Measure 2* 82g	Measure 3*
Proximates:						
Water	g	71.79	0.270	58	89.74	58.87
Energy	kcal	98		0	123	80
Energy	kJ	410		0	513	336
Protein (N x 5.95)	g	3.28	0.044	58	4.10	2.69
Total lipid (fat)	g	0.78	0.038	58	0.98	0.64
Carbohydrate, by difference	g	23.50		0	29.38	19.27
Fiber, total dietary	g	2.8		0	3.5	2.3
Ash	g	0.65	0.015	57	0.81	0.53
Sugars, total	g					
Minerals:						
Calcium	mg	4	0.178	32	5	3
Iron	mg	0.68	0.033	58	0.85	0.56
Magnesium	mg	32	0.923	9	40	26
Phosphorus	mg	87	2.581	25	109	71
Potassium	mg	294	7.902	13	368	241
Sodium	mg	5	1.423	29	6	4
Zinc	mg	0.70	0.030	5	0.88	0.57
Copper	mg	0.051	0.004	6	0.064	0.042
Manganese	mg	0.158	0.013	5	0.198	0.130
Selenium	µg	0.8		0	1.0	0.7
Vitamins:						
Ascorbic acid	mg	7.2	0.355	53	9.0	5.9
Thiamin	mg	0.103	0.004	57	0.129	0.084
Riboflavin	mg	0.088	0.004	58	0.110	0.072
Niacin	mg	1.681	0.045	57	2.101	1.378
Pantothenic acid	mg	0.293		1	0.366	0.240
Vitamin B-6	mg	0.179	0.038	12	0.224	0.147
Folate	µg	40		0	50	33
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	246	11.367	58	308	202
Vitamin A, RE	µg	25	1.137	58	31	21
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.120		0	0.150	0.098
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.112		0	0.140	0.092
17:0	g					
18:0	g	0.007		0	0.009	0.006
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.228	0	0.285	0.187
14:1	g				
16:1	g				
18:1	g	0.228	0	0.285	0.187
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.367	0	0.459	0.301
18:2	g	0.356	0	0.445	0.292
18:3	g	0.011	0	0.014	0.009
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	0.023	0	0.029	0.019
Threonine	g	0.132	0	0.165	0.108
Isoleucine	g	0.132	0	0.165	0.108
Leucine	g	0.354	0	0.443	0.290
Lysine	g	0.139	0	0.174	0.114
Methionine	g	0.068	0	0.085	0.056
Cystine	g	0.027	0	0.034	0.022
Phenylalanine	g	0.152	0	0.190	0.125
Tyrosine	g	0.125	0	0.156	0.103
Valine	g	0.188	0	0.235	0.154
Arginine	g	0.133	0	0.166	0.109
Histidine	g	0.090	0	0.113	0.074
Alanine	g	0.300	0	0.375	0.246
Aspartic acid	g	0.248	0	0.310	0.203
Glutamic acid	g	0.647	0	0.809	0.531
Glycine	g	0.129	0	0.161	0.106
Proline	g	0.297	0	0.371	0.244
Serine	g	0.156	0	0.195	0.128
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: kernels from 1 ear
- Measure 2: 1/2 cup kernels

NDB No. 11180

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt

Refuse: 45% Cob

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 63g	Measure 2* 82g	Measure 3*
Proximates:						
Water	g	73.20	0	46.12	60.02	
Energy	kcal	93	0	59	76	
Energy	kJ	389	0	245	319	
Protein (N x 5.95)	g	3.11	0	1.96	2.55	
Total lipid (fat)	g	0.74	0	0.47	0.61	
Carbohydrate, by difference	g	22.33	0	14.07	18.31	
Fiber, total dietary	g	2.8	0	1.8	2.3	
Ash	g	0.62	0	0.39	0.51	
Sugars, total	g					
Minerals:						
Calcium	mg	3	0	2	2	
Iron	mg	0.61	0	0.38	0.50	
Magnesium	mg	29	0	18	24	
Phosphorus	mg	75	0	47	62	
Potassium	mg	251	0	158	206	
Sodium	mg	4	0	3	3	
Zinc	mg	0.63	0	0.40	0.52	
Copper	mg	0.046	0	0.029	0.038	
Manganese	mg	0.142	0	0.089	0.116	
Selenium	µg	0.7	0	0.4	0.6	
Vitamins:						
Ascorbic acid	mg	4.8	0	3.0	3.9	
Thiamin	mg	0.174	0.032	0.110	0.143	
Riboflavin	mg	0.069	0.001	0.043	0.057	
Niacin	mg	1.517	0	0.956	1.244	
Pantothenic acid	mg	0.250	0	0.158	0.205	
Vitamin B-6	mg	0.224	0.141	0.141	0.184	
Folate	µg	31	0	19	25	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	211	0	133	173	
Vitamin A, RE	µg	21	0	13	17	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.114	0	0.072	0.093	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.107	0	0.067	0.088	
17:0	g					
18:0	g	0.007	0	0.004	0.006	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.216	0	0.136	0.177
14:1	g				
16:1	g				
18:1	g	0.216	0	0.136	0.177
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.348	0	0.219	0.285
18:2	g	0.338	0	0.213	0.277
18:3	g	0.010	0	0.006	0.008
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	0.022	0	0.014	0.018
Threonine	g	0.125	0	0.079	0.103
Isoleucine	g	0.125	0	0.079	0.103
Leucine	g	0.336	0	0.212	0.276
Lysine	g	0.132	0	0.083	0.108
Methionine	g	0.065	0	0.041	0.053
Cystine	g	0.025	0	0.016	0.021
Phenylalanine	g	0.145	0	0.091	0.119
Tyrosine	g	0.119	0	0.075	0.098
Valine	g	0.179	0	0.113	0.147
Arginine	g	0.126	0	0.079	0.103
Histidine	g	0.086	0	0.054	0.071
Alanine	g	0.285	0	0.180	0.234
Aspartic acid	g	0.236	0	0.149	0.194
Glutamic acid	g	0.615	0	0.387	0.504
Glycine	g	0.123	0	0.077	0.101
Proline	g	0.282	0	0.178	0.231
Serine	g	0.148	0	0.093	0.121
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: kernels from 1 ear
- Measure 2: 1/2 cup kernels

NDB No. 11181

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11184 Corn with red and green peppers, canned, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 227g	Measure 2*	Measure 3*
Proximates:						
Water	g	77.50	0.307	10	175.93	
Energy	kcal	75		0	170	
Energy	kJ	314		0	713	
Protein (N x 5.95)	g	2.33	0.051	11	5.29	
Total lipid (fat)	g	0.55	0.037	10	1.25	
Carbohydrate, by difference	g	18.17		0	41.25	
Fiber, total dietary	g					
Ash	g	1.45	0.045	10	3.29	
Sugars, total	g					
Minerals:						
Calcium	mg	5	0.278	9	11	
Iron	mg	0.79	0.122	9	1.79	
Magnesium	mg	25	0.740	4	57	
Phosphorus	mg	62	1.861	8	141	
Potassium	mg	153	13.806	8	347	
Sodium	mg	347	40.558	8	788	
Zinc	mg	0.37	0.040	4	0.84	
Copper	mg	0.060	0.010	4	0.136	
Manganese	mg	0.043		0	0.098	
Selenium	µg	0.6		0	1.4	
Vitamins:						
Ascorbic acid	mg	8.8	0.611	10	20.0	
Thiamin	mg	0.022	0.003	10	0.050	
Riboflavin	mg	0.080	0.007	10	0.182	
Niacin	mg	0.950	0.079	10	2.156	
Pantothenic acid	mg	0.447		0	1.015	
Vitamin B-6	mg	0.097		0	0.220	
Folate	µg	34		0	77	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	232	17.644	6	527	
Vitamin A, RE	µg	23	1.764	6	52	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.085		0	0.193	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.079		0	0.179	
17:0	g					
18:0	g	0.006		0	0.014	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.157	0	0.356
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.157	0	0.356
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.261	0	0.592
18:2	g	0.253	0	0.574
18:3	g	0.008	0	0.018
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	0.017	0	0.039
Threonine	g	0.093	0	0.211
Isoleucine	g	0.093	0	0.211
Leucine	g	0.246	0	0.558
Lysine	g	0.099	0	0.225
Methionine	g	0.048	0	0.109
Cystine	g	0.020	0	0.045
Phenylalanine	g	0.107	0	0.243
Tyrosine	g	0.087	0	0.197
Valine	g	0.132	0	0.300
Arginine	g	0.095	0	0.216
Histidine	g	0.063	0	0.143
Alanine	g	0.208	0	0.472
Aspartic acid	g	0.183	0	0.415
Glutamic acid	g	0.453	0	1.028
Glycine	g	0.091	0	0.207
Proline	g	0.206	0	0.468
Serine	g	0.110	0	0.250
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11184

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11190 Cornsalad, raw
Valerianella locusta

Refuse: %

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 56g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	92.80	0	51.97		
Energy	kcal	21	0	12		
Energy	kJ	88	0	49		
Protein (N x 5.95)	g	2.00	0	1.12		
Total lipid (fat)	g	0.40	0	0.22		
Carbohydrate, by difference	g	3.60	0	2.02		
Fiber, total dietary	g					
Ash	g	1.20	0	0.67		
Sugars, total	g					
Minerals:						
Calcium	mg	38	0	21		
Iron	mg	2.18	0	1.22		
Magnesium	mg	13	0	7		
Phosphorus	mg	53	0	30		
Potassium	mg	459	0	257		
Sodium	mg	4	0	2		
Zinc	mg	0.59	0	0.33		
Copper	mg	0.134	0	0.075		
Manganese	mg	0.359	0	0.201		
Selenium	µg	0.9	0	0.5		
Vitamins:						
Ascorbic acid	mg	38.2	0	21.4		
Thiamin	mg	0.071	0	0.040		
Riboflavin	mg	0.087	0	0.049		
Niacin	mg	0.415	0	0.232		
Pantothenic acid	mg	0.042	0	0.024		
Vitamin B-6	mg	0.273	0	0.153		
Folate	µg	14	0	8		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	7092	0	3972		
Vitamin A, RE	µg	709	0	397		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.026	2	0.015
Threonine	g	0.075	6	0.042
Isoleucine	g	0.099	6	0.055
Leucine	g	0.133	6	0.074
Lysine	g	0.101	6	0.057
Methionine	g	0.025	6	0.014
Cystine	g	0.020	4	0.011
Phenylalanine	g	0.091	6	0.051
Tyrosine	g	0.036	4	0.020
Valine	g	0.099	6	0.055
Arginine	g	0.091	6	0.051
Histidine	g	0.036	6	0.020
Alanine	g	0.088	4	0.049
Aspartic acid	g	0.176	4	0.099
Glutamic acid	g	0.203	4	0.114
Glycine	g	0.079	4	0.044
Proline	g	0.078	4	0.044
Serine	g	0.063	4	0.035
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11190

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11191 Cowpeas (blackeyes), immature seeds, raw
Vigna unguiculata

Refuse: 49% Pods

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 145g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	77.20	2.536	10	111.94	
Energy	kcal	90		0	131	
Energy	kJ	377		0	547	
Protein (N x 5.95)	g	2.95	0.250	2	4.28	
Total lipid (fat)	g	0.35	0.050	2	0.51	
Carbohydrate, by difference	g	18.90		0	27.41	
Fiber, total dietary	g	5.0		0	7.3	
Ash	g	0.60	0.001	2	0.87	
Sugars, total	g					
Minerals:						
Calcium	mg	126	10.500	2	183	
Iron	mg	1.10	0.100	2	1.60	
Magnesium	mg	51	12.100	2	74	
Phosphorus	mg	53	1.000	2	77	
Potassium	mg	431	125.300	2	625	
Sodium	mg	4	0.250	2	6	
Zinc	mg	1.01		1	1.46	
Copper	mg	0.130		1	0.189	
Manganese	mg	0.560		1	0.812	
Selenium	µg	2.3		0	3.3	
Vitamins:						
Ascorbic acid	mg	2.5		1	3.6	
Thiamin	mg	0.110	0.000	2	0.160	
Riboflavin	mg	0.145	0.005	2	0.210	
Niacin	mg	1.450	0.150	2	2.103	
Pantothenic acid	mg	0.151		1	0.219	
Vitamin B-6	mg	0.067		1	0.097	
Folate	µg	168	12.083	6	244	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	817	392.000	2	1185	
Vitamin A, RE	µg	82		0	119	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.090		0	0.130	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001		1	0.001	
15:0	g					
16:0	g	0.077		1	0.112	
17:0	g					
18:0	g	0.012		1	0.017	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.032	0	0.046
14:1	g			
16:1	g	0.001	1	0.001
18:1	g	0.019	1	0.028
20:1	g			
22:1	g	0.011	1	0.016
Polyunsaturated, total	g	0.150	0	0.218
18:2	g	0.087	1	0.126
18:3	g	0.063	1	0.091
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	0.034	0	0.049
Threonine	g	0.110	0	0.160
Isoleucine	g	0.158	0	0.229
Leucine	g	0.211	0	0.306
Lysine	g	0.194	0	0.281
Methionine	g	0.042	0	0.061
Cystine	g	0.044	0	0.064
Phenylalanine	g	0.162	0	0.235
Tyrosine	g	0.121	0	0.175
Valine	g	0.171	0	0.248
Arginine	g	0.207	0	0.300
Histidine	g	0.095	0	0.138
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11191

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11192 Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 165g	Measure 2*	Measure 3*
Proximates:						
Water	g	75.48	0	124.54		
Energy	kcal	97	0	160		
Energy	kJ	406	0	670		
Protein (N x 5.95)	g	3.17	0	5.23		
Total lipid (fat)	g	0.38	0	0.63		
Carbohydrate, by difference	g	20.33	0	33.54		
Fiber, total dietary	g	5.0	0	8.3		
Ash	g	0.65	0	1.07		
Sugars, total	g					
Minerals:						
Calcium	mg	128	0	211		
Iron	mg	1.12	0	1.85		
Magnesium	mg	52	0	86		
Phosphorus	mg	51	0	84		
Potassium	mg	418	0	690		
Sodium	mg	4	0	7		
Zinc	mg	1.03	0	1.70		
Copper	mg	0.133	0	0.219		
Manganese	mg	0.572	0	0.944		
Selenium	µg	2.5	0	4.1		
Vitamins:						
Ascorbic acid	mg	2.2	0	3.6		
Thiamin	mg	0.101	0	0.167		
Riboflavin	mg	0.148	0	0.244		
Niacin	mg	1.403	0	2.315		
Pantothenic acid	mg	0.154	0	0.254		
Vitamin B-6	mg	0.065	0	0.107		
Folate	µg	127	0	210		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	791	0	1305		
Vitamin A, RE	µg	79	0	130		
Vitamin E, α-TE	mg	0.220	0	0.363		
Lipids:						
Saturated, total	g	0.096	0	0.158		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.001	0	0.002		
15:0	g					
16:0	g	0.082	0	0.135		
17:0	g					
18:0	g	0.013	0	0.021		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.034	0	0.056
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.021	0	0.035
20:1	g	0.000	0	0.000
22:1	g	0.012	0	0.020
Polyunsaturated, total	g	0.161	0	0.266
18:2	g	0.093	0	0.153
18:3	g	0.068	0	0.112
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.037	0	0.061
Threonine	g	0.118	0	0.195
Isoleucine	g	0.170	0	0.281
Leucine	g	0.226	0	0.373
Lysine	g	0.209	0	0.345
Methionine	g	0.045	0	0.074
Cystine	g	0.047	0	0.078
Phenylalanine	g	0.174	0	0.287
Tyrosine	g	0.130	0	0.215
Valine	g	0.184	0	0.304
Arginine	g	0.222	0	0.366
Histidine	g	0.103	0	0.170
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11192

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11195 Cowpeas (Blackeyes), immature seeds, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 284g	Measure 3*
Proximates:						
Water	g	64.15	0.613	25	102.64	182.19
Energy	kcal	139		0	222	395
Energy	kJ	582		0	931	1653
Protein (N x 5.95)	g	8.98	0.129	22	14.37	25.50
Total lipid (fat)	g	0.70	0.071	22	1.12	1.99
Carbohydrate, by difference	g	25.13		0	40.21	71.37
Fiber, total dietary	g	5.0		0	8.0	14.2
Ash	g	1.05	0.044	22	1.68	2.98
Sugars, total	g					
Minerals:						
Calcium	mg	26	2.998	22	42	74
Iron	mg	2.35	0.129	22	3.76	6.67
Magnesium	mg	55	3.601	5	88	156
Phosphorus	mg	122		0	195	346
Potassium	mg	441	11.171	5	706	1252
Sodium	mg	6	1.388	6	10	17
Zinc	mg	1.58	0.071	5	2.53	4.49
Copper	mg	0.205	0.017	5	0.328	0.582
Manganese	mg	0.881	0.026	5	1.410	2.502
Selenium	µg	3.6		0	5.8	10.2
Vitamins:						
Ascorbic acid	mg	4.0	0.544	21	6.4	11.4
Thiamin	mg	0.245		0	0.392	0.696
Riboflavin	mg	0.071	0.004	22	0.114	0.202
Niacin	mg	0.811	0.035	22	1.298	2.303
Pantothenic acid	mg	0.237		1	0.379	0.673
Vitamin B-6	mg	0.106		1	0.170	0.301
Folate	µg	187	20.859	3	299	531
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	84	8.773	20	134	239
Vitamin A, RE	µg	8	0.877	20	13	23
Vitamin E, α-TE	mg	0.322		0	0.515	0.914
Lipids:						
Saturated, total	g	0.185		0	0.296	0.525
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.002		0	0.003	0.006
15:0	g					
16:0	g	0.148		0	0.237	0.420
17:0	g					
18:0	g	0.023		0	0.037	0.065
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.063	0	0.101	0.179
14:1	g				
16:1	g	0.002	0	0.003	0.006
18:1	g	0.038	0	0.061	0.108
20:1	g	0.000	0	0.000	0.000
22:1	g	0.023	0	0.037	0.065
Polyunsaturated, total	g	0.297	0	0.475	0.843
18:2	g	0.168	0	0.269	0.477
18:3	g	0.122	0	0.195	0.346
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.103	0	0.165	0.293
Threonine	g	0.335	0	0.536	0.951
Isoleucine	g	0.481	0	0.770	1.366
Leucine	g	0.640	0	1.024	1.818
Lysine	g	0.590	0	0.944	1.676
Methionine	g	0.128	0	0.205	0.364
Cystine	g	0.134	0	0.214	0.381
Phenylalanine	g	0.493	0	0.789	1.400
Tyrosine	g	0.368	0	0.589	1.045
Valine	g	0.520	0	0.832	1.477
Arginine	g	0.629	0	1.006	1.786
Histidine	g	0.290	0	0.464	0.824
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 package (10 oz)

NDB No. 11195

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11196 Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 170g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	66.10	0	112.37		
Energy	kcal	132	0	224		
Energy	kJ	552	0	938		
Protein (N x 5.95)	g	8.49	0	14.43		
Total lipid (fat)	g	0.66	0	1.12		
Carbohydrate, by difference	g	23.76	0	40.39		
Fiber, total dietary	g	6.4	0	10.9		
Ash	g	0.99	0	1.68		
Sugars, total	g					
Minerals:						
Calcium	mg	23	0	39		
Iron	mg	2.12	0	3.60		
Magnesium	mg	50	0	85		
Phosphorus	mg	122	0	207		
Potassium	mg	375	0	638		
Sodium	mg	5	0	9		
Zinc	mg	1.42	0	2.41		
Copper	mg	0.184	0	0.313		
Manganese	mg	0.791	0	1.345		
Selenium	µg	3.4	1.016	5.8		
Vitamins:						
Ascorbic acid	mg	2.6	0	4.4		
Thiamin	mg	0.260	0	0.442		
Riboflavin	mg	0.064	0	0.109		
Niacin	mg	0.728	0	1.238		
Pantothenic acid	mg	0.213	0	0.362		
Vitamin B-6	mg	0.095	0	0.161		
Folate	µg	141	0	240		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	75	0	128		
Vitamin A, RE	µg	8	0	14		
Vitamin E, α-TE	mg	0.390	0	0.663		
Lipids:						
Saturated, total	g	0.175	0	0.298		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.002	0	0.003		
15:0	g					
16:0	g	0.140	0	0.238		
17:0	g					
18:0	g	0.022	0	0.037		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.060	0	0.102
14:1	g			
16:1	g	0.002	0	0.003
18:1	g	0.035	0	0.060
20:1	g	0.000	0	0.000
22:1	g	0.021	0	0.036
Polyunsaturated, total	g	0.280	0	0.476
18:2	g	0.159	0	0.270
18:3	g	0.116	0	0.197
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.098	0	0.167
Threonine	g	0.316	0	0.537
Isoleucine	g	0.455	0	0.774
Leucine	g	0.606	0	1.030
Lysine	g	0.558	0	0.949
Methionine	g	0.121	0	0.206
Cystine	g	0.126	0	0.214
Phenylalanine	g	0.466	0	0.792
Tyrosine	g	0.348	0	0.592
Valine	g	0.492	0	0.836
Arginine	g	0.595	0	1.011
Histidine	g	0.274	0	0.466
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11196

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11197 Cowpeas, young pods with seeds, raw
Vigna unguiculata

Refuse: 9% Ends and strings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 94g	Measure 2 [*] 12g	Measure 3 [*]
Proximates:						
Water	g	86.00	0	80.84	10.32	
Energy	kcal	44	0	41	5	
Energy	kJ	184	0	173	22	
Protein (N x 5.95)	g	3.30	0	3.10	0.40	
Total lipid (fat)	g	0.30	0	0.28	0.04	
Carbohydrate, by difference	g	9.50	0	8.93	1.14	
Fiber, total dietary	g					
Ash	g	0.90	0	0.85	0.11	
Sugars, total	g					
Minerals:						
Calcium	mg	65	0	61	8	
Iron	mg	1.00	0	0.94	0.12	
Magnesium	mg	58	0	55	7	
Phosphorus	mg	65	0	61	8	
Potassium	mg	215	0	202	26	
Sodium	mg	4	0	4	0	
Zinc	mg	0.34	0	0.32	0.04	
Copper	mg	0.100	0	0.094	0.012	
Manganese	mg	0.308	0	0.290	0.037	
Selenium	µg	0.9	0	0.8	0.1	
Vitamins:						
Ascorbic acid	mg	33.0	0	31.0	4.0	
Thiamin	mg	0.150	0	0.141	0.018	
Riboflavin	mg	0.140	0	0.132	0.017	
Niacin	mg	1.200	0	1.128	0.144	
Pantothenic acid	mg	0.945	0	0.888	0.113	
Vitamin B-6	mg	0.173	0	0.163	0.021	
Folate	µg	53	0	49	6	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	1600	0	1504	192	
Vitamin A, RE	µg	160	0	150	19	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.079	0	0.074	0.009	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001	0	0.001	0.000	
15:0	g					
16:0	g	0.063	0	0.059	0.008	
17:0	g					
18:0	g	0.010	0	0.009	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.027	0	0.025	0.003
14:1	g				
16:1	g	0.001	0	0.001	0.000
18:1	g	0.016	0	0.015	0.002
20:1	g				
22:1	g	0.010	0	0.009	0.001
Polyunsaturated, total	g	0.127	0	0.119	0.015
18:2	g	0.072	0	0.068	0.009
18:3	g	0.052	0	0.049	0.006
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 pod

NDB No. 11197

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11198 Cowpeas, young pods with seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 95g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.50	0	85.03		
Energy	kcal	34	0	32		
Energy	kJ	142	0	135		
Protein (N x 5.95)	g	2.60	0	2.47		
Total lipid (fat)	g	0.30	0	0.28		
Carbohydrate, by difference	g	7.00	0	6.65		
Fiber, total dietary	g					
Ash	g	0.60	0	0.57		
Sugars, total	g					
Minerals:						
Calcium	mg	55	0	52		
Iron	mg	0.70	0	0.67		
Magnesium	mg	41	0	39		
Phosphorus	mg	49	0	47		
Potassium	mg	196	0	186		
Sodium	mg	3	0	3		
Zinc	mg	0.24	0	0.23		
Copper	mg	0.071	0	0.067		
Manganese	mg	0.219	0	0.208		
Selenium	µg	0.7	0	0.7		
Vitamins:						
Ascorbic acid	mg	17.0	0	16.1		
Thiamin	mg	0.090	0	0.086		
Riboflavin	mg	0.090	0	0.086		
Niacin	mg	0.800	0	0.760		
Pantothenic acid	mg	0.638	0	0.606		
Vitamin B-6	mg	0.123	0	0.117		
Folate	µg	26	0	24		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	1400	0	1330		
Vitamin A, RE	µg	140	0	133		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.079	0	0.075		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001	0	0.001		
15:0	g					
16:0	g	0.063	0	0.060		
17:0	g					
18:0	g	0.010	0	0.010		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.027	0	0.026
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.016	0	0.015
20:1	g			
22:1	g	0.010	0	0.010
Polyunsaturated, total	g	0.127	0	0.121
18:2	g	0.072	0	0.068
18:3	g	0.052	0	0.049
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup

NDB No. 11198

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11199 Yardlong bean, raw
Vigna unguiculata

Refuse: 5% Ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 91g	Measure 2* 12g	Measure 3*
Proximates:						
Water	g	87.85	0.606	3	79.94	10.54
Energy	kcal	47		0	43	6
Energy	kJ	197		0	179	24
Protein (N x 5.95)	g	2.80		1	2.55	0.34
Total lipid (fat)	g	0.40		1	0.36	0.05
Carbohydrate, by difference	g	8.35		0	7.60	1.00
Fiber, total dietary	g					
Ash	g	0.60		0	0.55	0.07
Sugars, total	g					
Minerals:						
Calcium	mg	50		1	46	6
Iron	mg	0.47	0.365	2	0.43	0.06
Magnesium	mg	44	6.550	2	40	5
Phosphorus	mg	59		1	54	7
Potassium	mg	240	29.900	2	218	29
Sodium	mg	4	0.050	2	4	0
Zinc	mg	0.37		0	0.34	0.04
Copper	mg	0.048		0	0.044	0.006
Manganese	mg	0.205		0	0.187	0.025
Selenium	µg	1.5		0	1.4	0.2
Vitamins:						
Ascorbic acid	mg	18.8	13.200	2	17.1	2.3
Thiamin	mg	0.107	0.023	2	0.097	0.013
Riboflavin	mg	0.110	0.000	2	0.100	0.013
Niacin	mg	0.410	0.310	2	0.373	0.049
Pantothenic acid	mg	0.055		0	0.050	0.007
Vitamin B-6	mg	0.024		0	0.022	0.003
Folate	µg	62		0	56	7
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	865	597.500	2	787	104
Vitamin A, RE	µg	86	59.750	2	78	10
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.105		0	0.096	0.013
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001		0	0.001	0.000
15:0	g					
16:0	g	0.084		0	0.076	0.010
17:0	g					
18:0	g	0.013		0	0.012	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.036	0	0.033	0.004
14:1	g				
16:1	g	0.001	0	0.001	0.000
18:1	g	0.021	0	0.019	0.003
20:1	g				
22:1	g	0.013	0	0.012	0.002
Polyunsaturated, total	g	0.169	0	0.154	0.020
18:2	g	0.096	0	0.087	0.012
18:3	g	0.070	0	0.064	0.008
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	0.032	0	0.029	0.004
Threonine	g	0.104	0	0.095	0.012
Isoleucine	g	0.150	0	0.137	0.018
Leucine	g	0.200	0	0.182	0.024
Lysine	g	0.184	0	0.167	0.022
Methionine	g	0.040	0	0.036	0.005
Cystine	g	0.042	0	0.038	0.005
Phenylalanine	g	0.154	0	0.140	0.018
Tyrosine	g	0.115	0	0.105	0.014
Valine	g	0.162	0	0.147	0.019
Arginine	g	0.196	0	0.178	0.024
Histidine	g	0.090	0	0.082	0.011
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, slices
 Measure 2: 1 pod

NDB No. 11199

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11200 Yardlong bean, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 104g	Measure 2* 14g	Measure 3*
Proximates:						
Water	g	87.47	0.020	2	90.97	12.25
Energy	kcal	47		0	49	7
Energy	kJ	197		0	205	28
Protein (N x 5.95)	g	2.53		1	2.63	0.35
Total lipid (fat)	g	0.10		1	0.10	0.01
Carbohydrate, by difference	g	9.18		0	9.55	1.29
Fiber, total dietary	g					
Ash	g	0.73		1	0.76	0.10
Sugars, total	g					
Minerals:						
Calcium	mg	44		1	46	6
Iron	mg	0.98		1	1.02	0.14
Magnesium	mg	42		1	44	6
Phosphorus	mg	57		1	59	8
Potassium	mg	290		1	302	41
Sodium	mg	4		1	4	1
Zinc	mg	0.36		0	0.37	0.05
Copper	mg	0.047		0	0.049	0.007
Manganese	mg	0.201		0	0.209	0.028
Selenium	µg	1.5		0	1.6	0.2
Vitamins:						
Ascorbic acid	mg	16.2		1	16.8	2.3
Thiamin	mg	0.085		1	0.088	0.012
Riboflavin	mg	0.099		1	0.103	0.014
Niacin	mg	0.630		1	0.655	0.088
Pantothenic acid	mg	0.051		0	0.053	0.007
Vitamin B-6	mg	0.024		0	0.025	0.003
Folate	µg	45		0	46	6
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	450		1	468	63
Vitamin A, RE	µg	45		1	47	6
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.026		0	0.027	0.004
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.021		0	0.022	0.003
17:0	g					
18:0	g	0.003		0	0.003	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.009	0	0.009	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.005	0	0.005	0.001
20:1	g				
22:1	g	0.003	0	0.003	0.000
Polyunsaturated, total	g	0.042	0	0.044	0.006
18:2	g	0.024	0	0.025	0.003
18:3	g	0.017	0	0.018	0.002
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	0.030	0.004
Threonine	g	0.094	0	0.098	0.013
Isoleucine	g	0.135	0	0.140	0.019
Leucine	g	0.180	0	0.187	0.025
Lysine	g	0.166	0	0.173	0.023
Methionine	g	0.036	0	0.037	0.005
Cystine	g	0.038	0	0.040	0.005
Phenylalanine	g	0.139	0	0.145	0.019
Tyrosine	g	0.103	0	0.107	0.014
Valine	g	0.146	0	0.152	0.020
Arginine	g	0.177	0	0.184	0.025
Histidine	g	0.082	0	0.085	0.011
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, slices
 Measure 2: 1 pod

NDB No. 11200

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11201 Cowpeas, leafy tips, raw
Vigna unguiculata

Refuse: 48% Tough stems and leaves

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 36g	Measure 2 [*] 3g	Measure 3 [*]
Proximates:						
Water	g	89.78	1	32.32	2.69	
Energy	kcal	29	0	10	1	
Energy	kJ	121	0	44	4	
Protein (N x 5.95)	g	4.10	0	1.48	0.12	
Total lipid (fat)	g	0.25	0	0.09	0.01	
Carbohydrate, by difference	g	4.82	0	1.74	0.14	
Fiber, total dietary	g					
Ash	g	1.05	0	0.38	0.03	
Sugars, total	g					
Minerals:						
Calcium	mg	63	0	23	2	
Iron	mg	1.92	0	0.69	0.06	
Magnesium	mg	43	1	15	1	
Phosphorus	mg	9	0	3	0	
Potassium	mg	455	1	164	14	
Sodium	mg	7	1	3	0	
Zinc	mg	0.29	0	0.10	0.01	
Copper	mg	0.191	0	0.069	0.006	
Manganese	mg	0.509	0	0.183	0.015	
Selenium	µg	0.9	0	0.3	0.0	
Vitamins:						
Ascorbic acid	mg	36.0	0	13.0	1.1	
Thiamin	mg	0.354	0	0.127	0.011	
Riboflavin	mg	0.175	0	0.063	0.005	
Niacin	mg	1.120	0	0.403	0.034	
Pantothenic acid	mg	0.060	0	0.022	0.002	
Vitamin B-6	mg	0.177	0	0.064	0.005	
Folate	µg	101	0	36	3	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	712	0	256	21	
Vitamin A, RE	µg	71	0	26	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.066	0	0.024	0.002	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001	0	0.000	0.000	
15:0	g					
16:0	g	0.053	0	0.019	0.002	
17:0	g					
18:0	g	0.008	0	0.003	0.000	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.022	0	0.008	0.001
14:1	g				
16:1	g	0.001	0	0.000	0.000
18:1	g	0.013	0	0.005	0.000
20:1	g				
22:1	g	0.008	0	0.003	0.000
Polyunsaturated, total	g	0.106	0	0.038	0.003
18:2	g	0.060	0	0.022	0.002
18:3	g	0.044	0	0.016	0.001
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, chopped
 Measure 2: 1 leaf

NDB No. 11201

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11202 Cowpeas, leafy tips, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 53g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.30	1	48.39		
Energy	kcal	22	0	12		
Energy	kJ	92	0	49		
Protein (N x 5.95)	g	4.67	1	2.48		
Total lipid (fat)	g	0.10	1	0.05		
Carbohydrate, by difference	g	2.80	0	1.48		
Fiber, total dietary	g					
Ash	g	1.13	1	0.60		
Sugars, total	g					
Minerals:						
Calcium	mg	69	1	37		
Iron	mg	1.09	1	0.58		
Magnesium	mg	62	1	33		
Phosphorus	mg	42	1	22		
Potassium	mg	351	1	186		
Sodium	mg	6	0	3		
Zinc	mg	0.24	0	0.13		
Copper	mg	0.154	0	0.082		
Manganese	mg	0.412	0	0.218		
Selenium	µg	0.9	0	0.5		
Vitamins:						
Ascorbic acid	mg	18.4	0	9.8		
Thiamin	mg	0.256	0	0.136		
Riboflavin	mg	0.142	0	0.075		
Niacin	mg	1.008	0	0.534		
Pantothenic acid	mg	0.046	0	0.024		
Vitamin B-6	mg	0.135	0	0.072		
Folate	µg	60	0	32		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	576	0	305		
Vitamin A, RE	µg	58	0	31		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.026	0	0.014		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0	0.000		
15.0	g					
16:0	g	0.021	0	0.011		
17:0	g					
18:0	g	0.003	0	0.002		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.009	0	0.005
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.005	0	0.003
20:1	g			
22:1	g	0.003	0	0.002
Polyunsaturated, total	g	0.042	0	0.022
18:2	g	0.024	0	0.013
18:3	g	0.017	0	0.009
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, chopped

NDB No. 11202

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11203 Cress, garden, raw
Lepidium sativum

Refuse: 29% Stems, crowns and spoiled leaves

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 50g	Measure 2* 1g	Measure 3*
Proximates:						
Water	g	89.40	0	44.70	0.89	
Energy	kcal	32	0	16	0	
Energy	kJ	134	0	67	1	
Protein (N x 5.95)	g	2.60	0	1.30	0.03	
Total lipid (fat)	g	0.70	0	0.35	0.01	
Carbohydrate, by difference	g	5.50	0	2.75	0.06	
Fiber, total dietary	g	1.1	0	0.6	0.0	
Ash	g	1.80	0	0.90	0.02	
Sugars, total	g					
Minerals:						
Calcium	mg	81	0	41	1	
Iron	mg	1.30	0	0.65	0.01	
Magnesium	mg	38	0	19	0	
Phosphorus	mg	76	0	38	1	
Potassium	mg	606	0	303	6	
Sodium	mg	14	0	7	0	
Zinc	mg	0.23	0	0.12	0.00	
Copper	mg	0.170	0	0.085	0.002	
Manganese	mg	0.553	0	0.277	0.006	
Selenium	µg	0.9	0	0.5	0.0	
Vitamins:						
Ascorbic acid	mg	69.0	0	34.5	0.7	
Thiamin	mg	0.080	0	0.040	0.001	
Riboflavin	mg	0.260	0	0.130	0.003	
Niacin	mg	1.000	0	0.500	0.010	
Pantothenic acid	mg	0.242	0	0.121	0.002	
Vitamin B-6	mg	0.247	0	0.124	0.002	
Folate	µg	80	0	40	1	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	9300	0	4650	93	
Vitamin A, RE	µg	930	0	465	9	
Vitamin E, α-TE	mg	0.700	0	0.350	0.007	
Lipids:						
Saturated, total	g	0.023	0	0.012	0.000	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.016	0	0.008	0.000	
17:0	g					
18:0	g	0.007	0	0.004	0.000	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.239	0	0.120	0.002
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.087	0	0.044	0.001
20:1	g	0.061	0	0.031	0.001
22:1	g	0.091	0	0.046	0.001
Polyunsaturated, total	g	0.228	0	0.114	0.002
18:2	g	0.152	0	0.076	0.002
18:3	g	0.076	0	0.038	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 sprig

NDB No. 11203

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11204 Cress, garden, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 135g	Measure 2* 68g	Measure 3*
Proximates:						
Water	g	92.50	0	124.88	62.90	
Energy	kcal	23	0	31	16	
Energy	kJ	96	0	130	65	
Protein (N x 5.95)	g	1.90	0	2.56	1.29	
Total lipid (fat)	g	0.60	0	0.81	0.41	
Carbohydrate, by difference	g	3.80	0	5.13	2.58	
Fiber, total dietary	g	0.7	0	0.9	0.5	
Ash	g	1.20	0	1.62	0.82	
Sugars, total	g					
Minerals:						
Calcium	mg	61	0	82	41	
Iron	mg	0.80	0	1.08	0.54	
Magnesium	mg	26	0	35	18	
Phosphorus	mg	48	0	65	33	
Potassium	mg	353	0	477	240	
Sodium	mg	8	0	11	5	
Zinc	mg	0.15	0	0.20	0.10	
Copper	mg	0.114	0	0.154	0.078	
Manganese	mg	0.372	0	0.502	0.253	
Selenium	µg	0.9	0	1.2	0.6	
Vitamins:						
Ascorbic acid	mg	23.0	0	31.1	15.6	
Thiamin	mg	0.060	0	0.081	0.041	
Riboflavin	mg	0.160	0	0.216	0.109	
Niacin	mg	0.800	0	1.080	0.544	
Pantothenic acid	mg	0.163	0	0.220	0.111	
Vitamin B-6	mg	0.157	0	0.212	0.107	
Folate	µg	37	0	50	25	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	7700	0	10395	5236	
Vitamin A, RE	µg	770	0	1040	524	
Vitamin E, α-TE	mg	0.700	0	0.945	0.476	
Lipids:						
Saturated, total	g	0.020	0	0.027	0.014	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.014	0	0.019	0.010	
17:0	g					
18:0	g	0.006	0	0.008	0.004	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.205	0	0.277	0.139
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.075	0	0.101	0.051
20:1	g	0.052	0	0.070	0.035
22:1	g	0.078	0	0.105	0.053
Polyunsaturated, total	g	0.196	0	0.265	0.133
18:2	g	0.130	0	0.176	0.088
18:3	g	0.065	0	0.088	0.044
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1/2 cup

NDB No. 11204

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11205 Cucumber, with peel, raw

Cucumis sativus

Refuse: 3% Ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 52g	Measure 2 [*] 301g	Measure 3 [*]
Proximates:						
Water	g	96.01	0.119	72	49.93	288.99
Energy	kcal	13		0	7	39
Energy	kJ	54		0	28	163
Protein (N x 5.95)	g	0.69	0.035	18	0.36	2.08
Total lipid (fat)	g	0.13	0.018	18	0.07	0.39
Carbohydrate, by difference	g	2.76		0	1.44	8.31
Fiber, total dietary	g	0.8		0	0.4	2.4
Ash	g	0.41	0.015	49	0.21	1.23
Sugars, total	g					
Minerals:						
Calcium	mg	14	0.858	43	7	42
Iron	mg	0.26	0.014	42	0.14	0.78
Magnesium	mg	11	0.775	44	6	33
Phosphorus	mg	20	1.097	38	10	60
Potassium	mg	144	5.551	55	75	433
Sodium	mg	2	0.261	54	1	6
Zinc	mg	0.20	0.021	54	0.10	0.60
Copper	mg	0.033	0.001	53	0.017	0.099
Manganese	mg	0.076	0.007	41	0.040	0.229
Selenium	µg	0.0		0	0.0	0.0
Vitamins:						
Ascorbic acid	mg	5.3	0.491	21	2.8	16.0
Thiamin	mg	0.024	0.002	13	0.012	0.072
Riboflavin	mg	0.022	0.001	13	0.011	0.066
Niacin	mg	0.221	0.009	13	0.115	0.665
Pantothenic acid	mg	0.178	0.005	12	0.093	0.536
Vitamin B-6	mg	0.042	0.001	13	0.022	0.126
Folate	µg	13	0.815	19	7	39
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	215	18.605	13	112	647
Vitamin A, RE	µg	21		0	11	63
Vitamin E, α-TE	mg	0.079		0	0.041	0.238
Lipids:						
Saturated, total	g	0.034		0	0.018	0.102
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.001		0	0.001	0.003
15:0	g					
16:0	g	0.028		0	0.015	0.084
17:0	g					
18:0	g	0.003		0	0.002	0.009
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.003	0	0.002	0.009
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.003	0	0.002	0.009
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.053	0	0.028	0.160
18:2	g	0.022	0	0.011	0.066
18:3	g	0.030	0	0.016	0.090
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	14	0	7	42
Amino acids:					
Tryptophan	g	0.005	0	0.003	0.015
Threonine	g	0.019	0	0.010	0.057
Isoleucine	g	0.021	0	0.011	0.063
Leucine	g	0.029	0	0.015	0.087
Lysine	g	0.029	0	0.015	0.087
Methionine	g	0.006	0	0.003	0.018
Cystine	g	0.004	0	0.002	0.012
Phenylalanine	g	0.019	0	0.010	0.057
Tyrosine	g	0.011	0	0.006	0.033
Valine	g	0.022	0	0.011	0.066
Arginine	g	0.044	0	0.023	0.132
Histidine	g	0.010	0	0.005	0.030
Alanine	g	0.024	0	0.012	0.072
Aspartic acid	g	0.041	0	0.021	0.123
Glutamic acid	g	0.196	0	0.102	0.590
Glycine	g	0.024	0	0.012	0.072
Proline	g	0.015	0	0.008	0.045
Serine	g	0.020	0	0.010	0.060
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup slices
- Measure 2: 1 cucumber, (8-1/4")

NDB No. 11205

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11206 Cucumber, peeled, raw

Refuse: 27% Parings, ends and bruised spots

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 133g	Measure 2* 119g	Measure 3* 280g	
Proximates:							
Water	g	96.49	0.081	3	128.33	114.82	270.17
Energy	kcal	12		0	16	14	34
Energy	kJ	50		0	67	60	140
Protein (N x 5.95)	g	0.57	0.087	3	0.76	0.68	1.60
Total lipid (fat)	g	0.16	0.022	3	0.21	0.19	0.45
Carbohydrate, by difference	g	2.50		0	3.33	2.98	7.00
Fiber, total dietary	g	0.7		0	0.9	0.8	2.0
Ash	g	0.28	0.020	3	0.37	0.33	0.78
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.684	30	19	17	39
Iron	mg	0.16	0.165	31	0.21	0.19	0.45
Magnesium	mg	12	0.336	31	16	14	34
Phosphorus	mg	21	0.730	30	28	25	59
Potassium	mg	148	4.911	31	197	176	414
Sodium	mg	2	0.177	31	3	2	6
Zinc	mg	0.14	0.008	31	0.19	0.17	0.39
Copper	mg	0.032	0.002	30	0.043	0.038	0.090
Manganese	mg	0.085	4.954	31	0.113	0.101	0.238
Selenium	µg	0.0	0.000	19	0.0	0.0	0.0
Vitamins:							
Ascorbic acid	mg	2.8	1.817	3	3.7	3.3	7.8
Thiamin	mg	0.021	0.003	3	0.028	0.025	0.059
Riboflavin	mg	0.011	0.011	3	0.015	0.013	0.031
Niacin	mg	0.104	0.016	3	0.138	0.124	0.291
Pantothenic acid	mg	0.285		1	0.379	0.339	0.798
Vitamin B-6	mg	0.072	0.022	3	0.096	0.086	0.202
Folate	µg	14	3.749	3	19	17	39
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	74	9.410	3	98	88	207
Vitamin A, RE	µg	7		0	9	8	20
Vitamin E, α-TE	mg	0.079		0	0.105	0.094	0.221
Lipids:							
Saturated, total	g	0.042		0	0.056	0.050	0.118
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.001	0.001	0.003
15:0	g						
16:0	g	0.034		0	0.045	0.040	0.095
17:0	g						
18:0	g	0.004		0	0.005	0.005	0.011
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.005	0.005	0.011
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.004	0	0.005	0.005	0.011
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.065	0	0.086	0.077	0.182
18:2	g	0.027	0	0.036	0.032	0.076
18:3	g	0.037	0	0.049	0.044	0.104
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, pared, chopped
- Measure 2: 1 cup, sliced
- Measure 3: 1 large (8-1/4" long)

NDB No. 11206

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11207 Dandelion greens, raw
Taraxacum officinale

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 55g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	85.60	0	47.08		
Energy	kcal	45	0	25		
Energy	kJ	188	0	103		
Protein (N x 5.95)	g	2.70	0	1.49		
Total lipid (fat)	g	0.70	0	0.39		
Carbohydrate, by difference	g	9.20	0	5.06		
Fiber, total dietary	g	3.5	0	1.9		
Ash	g	1.80	0	0.99		
Sugars, total	g					
Minerals:						
Calcium	mg	187	0	103		
Iron	mg	3.10	0	1.71		
Magnesium	mg	36	0	20		
Phosphorus	mg	66	0	36		
Potassium	mg	397	0	218		
Sodium	mg	76	0	42		
Zinc	mg	0.41	0	0.23		
Copper	mg	0.171	0	0.094		
Manganese	mg	0.342	0	0.188		
Selenium	µg	0.5	0	0.3		
Vitamins:						
Ascorbic acid	mg	35.0	0	19.3		
Thiamin	mg	0.190	0	0.105		
Riboflavin	mg	0.260	0	0.143		
Niacin	mg	0.806	0	0.443		
Pantothenic acid	mg	0.084	0	0.046		
Vitamin B-6	mg	0.251	0	0.138		
Folate	µg	27	0	15		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	14000	0	7700		
Vitamin A, RE	µg	1400	0	770		
Vitamin E, α-TE	mg	2.500	0	1.375		
Lipids:						
Saturated, total	g	0.170	0	0.094		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.009	0	0.005		
15:0	g					
16:0	g	0.145	0	0.080		
17:0	g					
18:0	g	0.007	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.014	0	0.008
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.014	0	0.008
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.306	0	0.168
18:2	g	0.261	0	0.144
18:3	g	0.044	0	0.024
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, chopped

NDB No. 11207

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11208 Dandelion greens, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 105g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.80	0	94.29		
Energy	kcal	33	0	35		
Energy	kJ	138	0	145		
Protein (N x 5.95)	g	2.00	0	2.10		
Total lipid (fat)	g	0.60	0	0.63		
Carbohydrate, by difference	g	6.40	0	6.72		
Fiber, total dietary	g	2.9	0	3.0		
Ash	g	1.20	0	1.26		
Sugars, total	g					
Minerals:						
Calcium	mg	140	0	147		
Iron	mg	1.80	0	1.89		
Magnesium	mg	24	0	25		
Phosphorus	mg	42	0	44		
Potassium	mg	232	0	244		
Sodium	mg	44	0	46		
Zinc	mg	0.28	0	0.29		
Copper	mg	0.115	0	0.121		
Manganese	mg	0.230	0	0.242		
Selenium	µg	0.3	0	0.3		
Vitamins:						
Ascorbic acid	mg	18.0	0	18.9		
Thiamin	mg	0.130	0	0.137		
Riboflavin	mg	0.175	0	0.184		
Niacin	mg	0.514	0	0.540		
Pantothenic acid	mg	0.057	0	0.060		
Vitamin B-6	mg	0.160	0	0.168		
Folate	µg	13	0	13		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	11700	0	12285		
Vitamin A, RE	µg	1170	0	1229		
Vitamin E, α-TE	mg	2.500	0	2.625		
Lipids:						
Saturated, total	g	0.146	0	0.153		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.008	0	0.008		
15:0	g					
16:0	g	0.124	0	0.130		
17:0	g					
18:0	g	0.006	0	0.006		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.012	0	0.013
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.012	0	0.013
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.262	0	0.275
18:2	g	0.224	0	0.235
18:3	g	0.038	0	0.040
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, chopped

NDB No. 11208

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11209 Eggplant, raw
Solanum malongena

Refuse: 19% Ends, parings and trimmings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 82g	Measure 2 [*] 458g	Measure 3 [*] 548g	
Proximates:							
Water	g	92.03	0.205	30	75.46	421.50	504.32
Energy	kcal	26		0	21	119	142
Energy	kJ	109		0	89	499	597
Protein (N x 5.95)	g	1.02	0.037	5	0.84	4.67	5.59
Total lipid (fat)	g	0.18	0.049	5	0.15	0.82	0.99
Carbohydrate, by difference	g	6.07		0	4.98	27.80	33.26
Fiber, total dietary	g	2.5		0	2.0	11.4	13.7
Ash	g	0.71	0.125	6	0.58	3.25	3.89
Sugars, total	g						
Minerals:							
Calcium	mg	7	1.193	7	6	32	38
Iron	mg	0.27	0.022	7	0.22	1.24	1.48
Magnesium	mg	14	0.893	9	11	64	77
Phosphorus	mg	22	1.891	6	18	101	121
Potassium	mg	217	7.248	11	178	994	1189
Sodium	mg	3	0.257	26	2	14	16
Zinc	mg	0.14	0.007	6	0.11	0.64	0.77
Copper	mg	0.055	0.005	4	0.045	0.252	0.301
Manganese	mg	0.130	0.009	5	0.107	0.595	0.712
Selenium	µg	0.3	0.080	5	0.2	1.4	1.6
Vitamins:							
Ascorbic acid	mg	1.7	0.231	25	1.4	7.8	9.3
Thiamin	mg	0.052	0.010	5	0.043	0.238	0.285
Riboflavin	mg	0.034	0.005	5	0.028	0.156	0.186
Niacin	mg	0.598	0.017	5	0.490	2.739	3.277
Pantothenic acid	mg	0.252	0.009	4	0.207	1.154	1.381
Vitamin B-6	mg	0.084	0.003	5	0.069	0.385	0.460
Folate	µg	19	2.038	7	16	87	104
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	84	8.678	3	69	385	460
Vitamin A, RE	µg	8		0	7	37	44
Vitamin E, α-TE	mg	0.030		0	0.025	0.137	0.164
Lipids:							
Saturated, total	g	0.034		0	0.028	0.156	0.186
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		1	0.000	0.000	0.000
15:0	g						
16:0	g	0.025		1	0.021	0.115	0.137
17:0	g						
18:0	g	0.009		1	0.007	0.041	0.049
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.016	0	0.013	0.073	0.088
14:1	g					
16:1	g	0.002	1	0.002	0.009	0.011
18:1	g	0.014	1	0.011	0.064	0.077
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.076	0	0.062	0.348	0.416
18:2	g	0.063	1	0.052	0.289	0.345
18:3	g	0.013	1	0.011	0.060	0.071
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	7	1	6	32	38
Amino acids:						
Tryptophan	g	0.009	0	0.007	0.041	0.049
Threonine	g	0.037	0	0.030	0.169	0.203
Isoleucine	g	0.045	0	0.037	0.206	0.247
Leucine	g	0.064	0	0.052	0.293	0.351
Lysine	g	0.047	0	0.039	0.215	0.258
Methionine	g	0.011	0	0.009	0.050	0.060
Cystine	g	0.006	0	0.005	0.027	0.033
Phenylalanine	g	0.043	0	0.035	0.197	0.236
Tyrosine	g	0.027	0	0.022	0.124	0.148
Valine	g	0.053	0	0.043	0.243	0.290
Arginine	g	0.057	0	0.047	0.261	0.312
Histidine	g	0.023	0	0.019	0.105	0.126
Alanine	g	0.051	0	0.042	0.234	0.279
Aspartic acid	g	0.164	0	0.134	0.751	0.899
Glutamic acid	g	0.186	0	0.153	0.852	1.019
Glycine	g	0.041	0	0.034	0.188	0.225
Proline	g	0.043	0	0.035	0.197	0.236
Serine	g	0.042	0	0.034	0.192	0.230
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, cubes
- Measure 2: 1 eggplant, peeled (yield from 1.25 lb)
- Measure 3: 1 eggplant, unpeeled (approx 1.25 lbs)

NDB No. 11209

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11210 Eggplant, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 99g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.77	0	90.85		
Energy	kcal	28	0	28		
Energy	kJ	117	0	116		
Protein (N x 5.95)	g	0.83	0.074	3	0.82	
Total lipid (fat)	g	0.23	0.005	2	0.23	
Carbohydrate, by difference	g	6.64		0	6.57	
Fiber, total dietary	g	2.5		0	2.5	
Ash	g	0.54	0.035	2	0.53	
Sugars, total	g					
Minerals:						
Calcium	mg	6	1.250	2	6	
Iron	mg	0.35	0.040	2	0.35	
Magnesium	mg	13	0.300	2	13	
Phosphorus	mg	22	5.000	2	22	
Potassium	mg	248	20.700	2	246	
Sodium	mg	3	0.650	2	3	
Zinc	mg	0.15		0	0.15	
Copper	mg	0.108		0	0.107	
Manganese	mg	0.136		0	0.135	
Selenium	µg	0.4	0.112	5	0.4	
Vitamins:						
Ascorbic acid	mg	1.3		0	1.3	
Thiamin	mg	0.076		0	0.075	
Riboflavin	mg	0.020		0	0.020	
Niacin	mg	0.600		0	0.594	
Pantothenic acid	mg	0.075		0	0.074	
Vitamin B-6	mg	0.086		0	0.085	
Folate	µg	14		0	14	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	64		0	63	
Vitamin A, RE	µg	6		0	6	
Vitamin E, α-TE	mg	0.030		0	0.030	
Lipids:						
Saturated, total	g	0.044		0	0.044	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.001		0	0.001	
15:0	g					
16:0	g	0.032		0	0.032	
17:0	g					
18:0	g	0.012		0	0.012	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.020	0	0.020
14:1	g			
16:1	g	0.002	0	0.002
18:1	g	0.018	0	0.018
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.093	0	0.092
18:2	g	0.078	0	0.077
18:3	g	0.015	0	0.015
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.008	0	0.008
Threonine	g	0.030	0	0.030
Isoleucine	g	0.036	0	0.036
Leucine	g	0.052	0	0.051
Lysine	g	0.039	0	0.039
Methionine	g	0.009	0	0.009
Cystine	g	0.004	0	0.004
Phenylalanine	g	0.035	0	0.035
Tyrosine	g	0.022	0	0.022
Valine	g	0.043	0	0.043
Arginine	g	0.046	0	0.046
Histidine	g	0.019	0	0.019
Alanine	g	0.042	0	0.042
Aspartic acid	g	0.134	0	0.133
Glutamic acid	g	0.152	0	0.150
Glycine	g	0.033	0	0.033
Proline	g	0.034	0	0.034
Serine	g	0.034	0	0.034
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" cubes)

NDB No. 11210

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11213 Endive, raw
Cichorium endivia

Refuse: 14% Outer leaves and core

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 513g	Measure 2* 25g	Measure 3*
Proximates:						
Water	g	93.79	0.254	24	481.14	23.45
Energy	kcal	17		0	87	4
Energy	kJ	71		0	364	18
Protein (N x 5.95)	g	1.25	0.050	2	6.41	0.31
Total lipid (fat)	g	0.20	0.000	2	1.03	0.05
Carbohydrate, by difference	g	3.35		0	17.19	0.84
Fiber, total dietary	g	3.1		0	15.9	0.8
Ash	g	1.41	0.051	2	7.23	0.35
Sugars, total	g					
Minerals:						
Calcium	mg	52	5.780	4	267	13
Iron	mg	0.83	0.239	4	4.26	0.21
Magnesium	mg	15	5.530	4	77	4
Phosphorus	mg	28	3.844	3	144	7
Potassium	mg	314	22.487	18	1611	79
Sodium	mg	22	4.106	18	113	6
Zinc	mg	0.79	0.001	2	4.05	0.20
Copper	mg	0.099		1	0.508	0.025
Manganese	mg	0.420		1	2.155	0.105
Selenium	µg	0.2		0	1.0	0.1
Vitamins:						
Ascorbic acid	mg	6.5	1.500	2	33.3	1.6
Thiamin	mg	0.080	0.010	2	0.410	0.020
Riboflavin	mg	0.075	0.005	2	0.385	0.019
Niacin	mg	0.400	0.000	2	2.052	0.100
Pantothenic acid	mg	0.900		0	4.617	0.225
Vitamin B-6	mg	0.020		0	0.103	0.005
Folate	µg	142	13.409	6	728	36
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	2050	450.000	2	10517	513
Vitamin A, RE	µg	205	45.000	2	1052	51
Vitamin E, α-TE	mg	0.440		0	2.257	0.110
Lipids:						
Saturated, total	g	0.048		0	0.246	0.012
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.003		0	0.015	0.001
15:0	g					
16:0	g	0.041		0	0.210	0.010
17:0	g					
18:0	g	0.002		0	0.010	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.004	0	0.021	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.021	0.001
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.087	0	0.446	0.022
18:2	g	0.075	0	0.385	0.019
18:3	g	0.013	0	0.067	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.005	5	0.026	0.001
Threonine	g	0.050	7	0.257	0.013
Isoleucine	g	0.072	7	0.369	0.018
Leucine	g	0.098	7	0.503	0.025
Lysine	g	0.063	7	0.323	0.016
Methionine	g	0.014	7	0.072	0.004
Cystine	g	0.010	3	0.051	0.003
Phenylalanine	g	0.053	7	0.272	0.013
Tyrosine	g	0.040	3	0.205	0.010
Valine	g	0.063	7	0.323	0.016
Arginine	g	0.062	7	0.318	0.016
Histidine	g	0.023	7	0.118	0.006
Alanine	g	0.062	3	0.318	0.016
Aspartic acid	g	0.130	3	0.667	0.033
Glutamic acid	g	0.166	3	0.852	0.042
Glycine	g	0.058	3	0.298	0.015
Proline	g	0.059	3	0.303	0.015
Serine	g	0.049	3	0.251	0.012
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 head
 Measure 2: 1/2 cup, chopped

NDB No. 11213

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11215 Garlic, raw
Allium sativum

Refuse: 13% Knob and skin

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 3g	Measure 3* 3g	
Proximates:							
Water	g	58.58	0.432	8	79.67	1.64	1.76
Energy	kcal	149		0	203	4	4
Energy	kJ	623		0	847	17	19
Protein (N x 5.95)	g	6.36	0.203	8	8.65	0.18	0.19
Total lipid (fat)	g	0.50		1	0.68	0.01	0.02
Carbohydrate, by difference	g	33.07		0	44.98	0.93	0.99
Fiber, total dietary	g	2.1		0	2.9	0.1	0.1
Ash	g	1.50		0	2.04	0.04	0.05
Sugars, total	g						
Minerals:							
Calcium	mg	181	25.131	8	246	5	5
Iron	mg	1.70		1	2.31	0.05	0.05
Magnesium	mg	25	1.049	8	34	1	1
Phosphorus	mg	153	7.945	8	208	4	5
Potassium	mg	401	25.544	8	545	11	12
Sodium	mg	17	1.183	8	23	0	1
Zinc	mg	1.16		0	1.58	0.03	0.03
Copper	mg	0.299		0	0.407	0.008	0.009
Manganese	mg	1.672		0	2.274	0.047	0.050
Selenium	µg	14.2	3.198	5	19.3	0.4	0.4
Vitamins:							
Ascorbic acid	mg	31.2	1.645	11	42.4	0.9	0.9
Thiamin	mg	0.200		1	0.272	0.006	0.006
Riboflavin	mg	0.110		1	0.150	0.003	0.003
Niacin	mg	0.700		1	0.952	0.020	0.021
Pantothenic acid	mg	0.596		0	0.811	0.017	0.018
Vitamin B-6	mg	1.235		0	1.680	0.035	0.037
Folate	µg	3		0	4	0	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		1	0	0	0
Vitamin E, α-TE	mg	0.010		0	0.014	0.000	0.000
Lipids:							
Saturated, total	g	0.089		0	0.121	0.002	0.003
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.002		0	0.003	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.087		0	0.118	0.002	0.003
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.015	0.000	0.000
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.011	0	0.015	0.000	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.249	0	0.339	0.007	0.007
18:2	g	0.229	0	0.311	0.006	0.007
18:3	g	0.020	0	0.027	0.001	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.066	1	0.090	0.002	0.002
Threonine	g	0.157	1	0.214	0.004	0.005
Isoleucine	g	0.217	1	0.295	0.006	0.007
Leucine	g	0.308	1	0.419	0.009	0.009
Lysine	g	0.273	1	0.371	0.008	0.008
Methionine	g	0.076	1	0.103	0.002	0.002
Cystine	g	0.065	1	0.088	0.002	0.002
Phenylalanine	g	0.183	1	0.249	0.005	0.005
Tyrosine	g	0.081	1	0.110	0.002	0.002
Valine	g	0.291	1	0.396	0.008	0.009
Arginine	g	0.634	1	0.862	0.018	0.019
Histidine	g	0.113	1	0.154	0.003	0.003
Alanine	g	0.132	1	0.180	0.004	0.004
Aspartic acid	g	0.489	1	0.665	0.014	0.015
Glutamic acid	g	0.805	1	1.095	0.023	0.024
Glycine	g	0.200	1	0.272	0.006	0.006
Proline	g	0.100	1	0.136	0.003	0.003
Serine	g	0.190	1	0.258	0.005	0.006
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 teaspoon
- Measure 3: 1 clove

NDB No. 11215

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11216 Ginger root, raw
Zingiber officinale

Refuse: 7% Scrapings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 2g	Measure 2 [*] 24g	Measure 3 [*] 11g	
Proximates:							
Water	g	81.67	5.825	3	1.63	19.60	8.98
Energy	kcal	69		0	1	17	8
Energy	kJ	289		0	6	69	32
Protein (N x 5.95)	g	1.74	0.242	3	0.03	0.42	0.19
Total lipid (fat)	g	0.73	0.030	2	0.01	0.18	0.08
Carbohydrate, by difference	g	15.09		0	0.30	3.62	1.66
Fiber, total dietary	g	2.0		0	0.0	0.5	0.2
Ash	g	0.77		1	0.02	0.18	0.08
Sugars, total	g						
Minerals:							
Calcium	mg	18	3.550	2	0	4	2
Iron	mg	0.50	0.195	2	0.01	0.12	0.06
Magnesium	mg	43		1	1	10	5
Phosphorus	mg	27	14.450	2	1	6	3
Potassium	mg	415		1	8	100	46
Sodium	mg	13		1	0	3	1
Zinc	mg	0.34		0	0.01	0.08	0.04
Copper	mg	0.226		0	0.005	0.054	0.025
Manganese	mg	0.229		0	0.005	0.055	0.025
Selenium	µg	0.7		0	0.0	0.2	0.1
Vitamins:							
Ascorbic acid	mg	5.0		1	0.1	1.2	0.6
Thiamin	mg	0.023	0.003	2	0.000	0.006	0.003
Riboflavin	mg	0.029	0.009	2	0.001	0.007	0.003
Niacin	mg	0.700	0.100	2	0.014	0.168	0.077
Pantothenic acid	mg	0.203		0	0.004	0.049	0.022
Vitamin B-6	mg	0.160		0	0.003	0.038	0.018
Folate	µg	11		0	0	3	1
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		1	0	0	0
Vitamin E, α-TE	mg	0.260		0	0.005	0.062	0.029
Lipids:							
Saturated, total	g	0.203		0	0.004	0.049	0.022
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.007		0	0.000	0.002	0.001
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.039		0	0.001	0.009	0.004
14:0	g	0.018		0	0.000	0.004	0.002
15:0	g						
16:0	g	0.120		0	0.002	0.029	0.013
17:0	g						
18:0	g	0.017		0	0.000	0.004	0.002
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.154	0	0.003	0.037	0.017
14:1	g					
16:1	g	0.021	0	0.000	0.005	0.002
18:1	g	0.119	0	0.002	0.029	0.013
20:1	g	0.007	0	0.000	0.002	0.001
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.154	0	0.003	0.037	0.017
18:2	g	0.120	0	0.002	0.029	0.013
18:3	g	0.034	0	0.001	0.008	0.004
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	15	0	0	4	2
Amino acids:						
Tryptophan	g	0.012	1	0.000	0.003	0.001
Threonine	g	0.036	1	0.001	0.009	0.004
Isoleucine	g	0.051	1	0.001	0.012	0.006
Leucine	g	0.074	1	0.001	0.018	0.008
Lysine	g	0.057	1	0.001	0.014	0.006
Methionine	g	0.013	1	0.000	0.003	0.001
Cystine	g	0.008	1	0.000	0.002	0.001
Phenylalanine	g	0.045	1	0.001	0.011	0.005
Tyrosine	g	0.020	1	0.000	0.005	0.002
Valine	g	0.073	1	0.001	0.018	0.008
Arginine	g	0.043	1	0.001	0.010	0.005
Histidine	g	0.030	1	0.001	0.007	0.003
Alanine	g	0.031	1	0.001	0.007	0.003
Aspartic acid	g	0.208	1	0.004	0.050	0.023
Glutamic acid	g	0.162	1	0.003	0.039	0.018
Glycine	g	0.043	1	0.001	0.010	0.005
Proline	g	0.041	1	0.001	0.010	0.005
Serine	g	0.045	1	0.001	0.011	0.005
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 teaspoon
- Measure 2: 1/4 cup slices, (1" dia)
- Measure 3: 5 slices, (1" dia)

NDB No. 11216

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11218 Gourd, white-flowered (calabash), raw
Lagenaria siceraria

Refuse: 30% Ends, skin, and seeds

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 58g	Measure 2* 771g	Measure 3*
Proximates:						
Water	g	95.54	1	55.41	736.61	
Energy	kcal	14	0	8	108	
Energy	kJ	59	0	34	455	
Protein (N x 5.95)	g	0.62	0	0.36	4.78	
Total lipid (fat)	g	0.02	0	0.01	0.15	
Carbohydrate, by difference	g	3.39	0	1.97	26.14	
Fiber, total dietary	g					
Ash	g	0.43	0	0.25	3.32	
Sugars, total	g					
Minerals:						
Calcium	mg	26	1	15	200	
Iron	mg	0.20	1	0.12	1.54	
Magnesium	mg	11	1	6	85	
Phosphorus	mg	13	1	8	100	
Potassium	mg	150	1	87	1157	
Sodium	mg	2	1	1	15	
Zinc	mg	0.70	0	0.41	5.40	
Copper	mg	0.026	0	0.015	0.200	
Manganese	mg	0.066	0	0.038	0.509	
Selenium	µg	0.2	0	0.1	1.5	
Vitamins:						
Ascorbic acid	mg	10.1	0	5.9	77.9	
Thiamin	mg	0.029	0	0.017	0.224	
Riboflavin	mg	0.022	0	0.013	0.170	
Niacin	mg	0.320	0	0.186	2.467	
Pantothenic acid	mg	0.152	0	0.088	1.172	
Vitamin B-6	mg	0.040	0	0.023	0.308	
Folate	µg	6	0	3	45	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	16	0	9	123	
Vitamin A, RE	µg	2	0	1	15	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.002	0	0.001	0.015	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.001	0	0.001	0.008	
17:0	g					
18:0	g	0.000	0	0.000	0.000	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.004	0	0.002	0.031
14:1	g				
16:1	g				
18:1	g	0.004	0	0.002	0.031
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.009	0	0.005	0.069
18:2	g	0.009	0	0.005	0.069
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	0.003	2	0.002	0.023
Threonine	g	0.018	2	0.010	0.139
Isoleucine	g	0.033	2	0.019	0.254
Leucine	g	0.036	2	0.021	0.278
Lysine	g	0.021	2	0.012	0.162
Methionine	g	0.004	2	0.002	0.031
Cystine	g				
Phenylalanine	g	0.015	2	0.009	0.116
Tyrosine	g				
Valine	g	0.027	2	0.016	0.208
Arginine	g	0.014	2	0.008	0.108
Histidine	g	0.004	2	0.002	0.031
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup, (1" pieces)
- Measure 2: 1 gourd

NDB No. 11218

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11219 Gourd, white-flowered (calabash), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 146g	Measure 2*	Measure 3*
Proximates:						
Water	g	95.32	1	139.17		
Energy	kcal	15	0	22		
Energy	kJ	63	0	92		
Protein (N x 5.95)	g	0.60	0	0.88		
Total lipid (fat)	g	0.02	0	0.03		
Carbohydrate, by difference	g	3.69	0	5.39		
Fiber, total dietary	g					
Ash	g	0.37	1	0.54		
Sugars, total	g					
Minerals:						
Calcium	mg	24	1	35		
Iron	mg	0.25	1	0.37		
Magnesium	mg	11	1	16		
Phosphorus	mg	13	1	19		
Potassium	mg	170	1	248		
Sodium	mg	2	1	3		
Zinc	mg	0.70	0	1.02		
Copper	mg	0.026	0	0.038		
Manganese	mg	0.066	0	0.096		
Selenium	µg	0.2	0	0.3		
Vitamins:						
Ascorbic acid	mg	8.5	0	12.4		
Thiamin	mg	0.029	0	0.042		
Riboflavin	mg	0.022	0	0.032		
Niacin	mg	0.390	0	0.569		
Pantothenic acid	mg	0.144	0	0.210		
Vitamin B-6	mg	0.038	0	0.055		
Folate	µg	4	0	6		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	0	0	0		
Vitamin A, RE	µg	0	0	0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.002	0	0.003		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.001	0	0.001		
17:0	g					
18:0	g	0.000	0	0.000		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.004	0	0.006
14:1	g			
16:1	g			
18:1	g	0.004	0	0.006
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.009	0	0.013
18:2	g	0.009	0	0.013
18:3	g			
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	0.003	0	0.004
Threonine	g	0.017	0	0.025
Isoleucine	g	0.032	0	0.047
Leucine	g	0.035	0	0.051
Lysine	g	0.020	0	0.029
Methionine	g	0.004	0	0.006
Cystine	g			
Phenylalanine	g	0.014	0	0.020
Tyrosine	g			
Valine	g	0.026	0	0.038
Arginine	g	0.014	0	0.020
Histidine	g	0.004	0	0.006
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup, (1" cubes)

NDB No. 11219

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11220 Gourd, dishcloth (towelgourd), raw
Luffa aegyptiaca

Refuse: 27% Ribs, skin, stem and blossom end

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 95g	Measure 2 [*] 178g	Measure 3 [*]
Proximates:						
Water	g	93.85	0.845	2	89.16	167.05
Energy	kcal	20		0	19	36
Energy	kJ	84		0	80	150
Protein (N x 5.95)	g	1.20		1	1.14	2.14
Total lipid (fat)	g	0.20		1	0.19	0.36
Carbohydrate, by difference	g	4.36		0	4.14	7.76
Fiber, total dietary	g					
Ash	g	0.40		0	0.38	0.71
Sugars, total	g					
Minerals:						
Calcium	mg	20		1	19	36
Iron	mg	0.36	0.040	2	0.34	0.64
Magnesium	mg	14		1	13	25
Phosphorus	mg	32		1	30	57
Potassium	mg	139		1	132	247
Sodium	mg	3		1	3	5
Zinc	mg	0.07		0	0.07	0.12
Copper	mg	0.035		0	0.033	0.062
Manganese	mg	0.092		0	0.087	0.164
Selenium	µg	0.2		0	0.2	0.4
Vitamins:						
Ascorbic acid	mg	12.0		1	11.4	21.4
Thiamin	mg	0.050		1	0.048	0.089
Riboflavin	mg	0.060		1	0.057	0.107
Niacin	mg	0.400		1	0.380	0.712
Pantothenic acid	mg	0.218		0	0.207	0.388
Vitamin B-6	mg	0.043		0	0.041	0.077
Folate	µg	7		0	6	12
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	410		1	390	730
Vitamin A, RE	µg	41		1	39	73
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.016		0	0.015	0.028
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.011		0	0.010	0.020
17:0	g					
18:0	g	0.005		0	0.005	0.009
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.037	0	0.035	0.066
14:1	g				
16:1	g				
18:1	g	0.037	0	0.035	0.066
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.087	0	0.083	0.155
18:2	g	0.087	0	0.083	0.155
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, (1" pieces)
- Measure 2: 1 gourd

NDB No. 11220

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11221 Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 178g	Measure 2* 89g	Measure 3*
Proximates:						
Water	g	84.29	1	150.04	75.02	
Energy	kcal	56	0	100	50	
Energy	kJ	234	0	417	208	
Protein (N x 5.95)	g	0.66	0	1.17	0.59	
Total lipid (fat)	g	0.34	0	0.61	0.30	
Carbohydrate, by difference	g	14.34	0	25.53	12.76	
Fiber, total dietary	g					
Ash	g	0.37	0	0.66	0.33	
Sugars, total	g					
Minerals:						
Calcium	mg	9	0	16	8	
Iron	mg	0.36	0	0.64	0.32	
Magnesium	mg	20	1	36	18	
Phosphorus	mg	31	0	55	28	
Potassium	mg	453	1	806	403	
Sodium	mg	21	1	37	19	
Zinc	mg	0.17	0	0.30	0.15	
Copper	mg	0.085	0	0.151	0.076	
Manganese	mg	0.223	0	0.397	0.198	
Selenium	µg	0.2	0	0.4	0.2	
Vitamins:						
Ascorbic acid	mg	5.7	0	10.1	5.1	
Thiamin	mg	0.046	0	0.082	0.041	
Riboflavin	mg	0.042	0	0.075	0.037	
Niacin	mg	0.260	0	0.463	0.231	
Pantothenic acid	mg	0.501	0	0.892	0.446	
Vitamin B-6	mg	0.099	0	0.176	0.088	
Folate	µg	12	0	21	11	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	260	0	463	231	
Vitamin A, RE	µg	26	0	46	23	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.027	0	0.048	0.024	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.019	0	0.034	0.017	
17:0	g					
18:0	g	0.008	0	0.014	0.007	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.063	0	0.112	0.056
14:1	g				
16:1	g				
18:1	g	0.063	0	0.112	0.056
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.148	0	0.263	0.132
18:2	g	0.148	0	0.263	0.132
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, (1" pieces)
- Measure 2: 1/2 cup, 1 in slices

NDB No. 11221

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11222 Horseradish-tree leafy tips, raw
Moringa oleifera

Refuse: 38% Stems

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 21g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	78.66	1	16.52		
Energy	kcal	64	0	13		
Energy	kJ	268	0	56		
Protein (N x 5.95)	g	9.40	0	1.97		
Total lipid (fat)	g	1.40	0	0.29		
Carbohydrate, by difference	g	8.28	0	1.74		
Fiber, total dietary	g	2.0	0	0.4		
Ash	g	2.26	0	0.47		
Sugars, total	g					
Minerals:						
Calcium	mg	185	0	39		
Iron	mg	4.00	0	0.84		
Magnesium	mg	147	1	31		
Phosphorus	mg	112	0	24		
Potassium	mg	337	1	71		
Sodium	mg	9	1	2		
Zinc	mg	0.60	0	0.13		
Copper	mg	0.105	0	0.022		
Manganese	mg	1.063	0	0.223		
Selenium	µg	0.9	0	0.2		
Vitamins:						
Ascorbic acid	mg	51.7	0	10.9		
Thiamin	mg	0.257	0	0.054		
Riboflavin	mg	0.660	0	0.139		
Niacin	mg	2.220	0	0.466		
Pantothenic acid	mg	0.125	0	0.026		
Vitamin B-6	mg	1.200	0	0.252		
Folate	µg	40	0	8		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	7564	0	1588		
Vitamin A, RE	µg	756	0	159		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.144	3	0.030
Threonine	g	0.411	3	0.086
Isoleucine	g	0.451	3	0.095
Leucine	g	0.791	3	0.166
Lysine	g	0.537	3	0.113
Methionine	g	0.123	3	0.026
Cystine	g	0.140	3	0.029
Phenylalanine	g	0.487	3	0.102
Tyrosine	g	0.347	1	0.073
Valine	g	0.611	3	0.128
Arginine	g	0.532	3	0.112
Histidine	g	0.196	3	0.041
Alanine	g	0.705	1	0.148
Aspartic acid	g	0.920	1	0.193
Glutamic acid	g	1.035	1	0.217
Glycine	g	0.517	1	0.109
Proline	g	0.451	1	0.095
Serine	g	0.414	1	0.087
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup, chopped

NDB No. 11222

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11223 Horseradish-tree, leafy tips, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 42g	Measure 2*	Measure 3*
Proximates:						
Water	g	81.65	1	34.29		
Energy	kcal	60	0	25		
Energy	kJ	251	0	105		
Protein (N x 5.95)	g	5.27	1	2.21		
Total lipid (fat)	g	0.93	1	0.39		
Carbohydrate, by difference	g	11.15	0	4.68		
Fiber, total dietary	g	2.0	0	0.8		
Ash	g	1.00	1	0.42		
Sugars, total	g					
Minerals:						
Calcium	mg	151	0	63		
Iron	mg	2.32	1	0.97		
Magnesium	mg	151	1	63		
Phosphorus	mg	67	1	28		
Potassium	mg	344	1	144		
Sodium	mg	9	1	4		
Zinc	mg	0.49	0	0.21		
Copper	mg	0.086	0	0.036		
Manganese	mg	0.868	0	0.365		
Selenium	µg	0.9	0	0.4		
Vitamins:						
Ascorbic acid	mg	31.0	0	13.0		
Thiamin	mg	0.222	0	0.093		
Riboflavin	mg	0.509	0	0.214		
Niacin	mg	1.995	0	0.838		
Pantothenic acid	mg	0.102	0	0.043		
Vitamin B-6	mg	0.929	0	0.390		
Folate	µg	23	0	9		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	7013	0	2945		
Vitamin A, RE	µg	701	0	294		
Vitamin E, α-TE	mg	0.095	0	0.040		
Lipids:						
Saturated, total	g	0.152	0	0.064		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15.0	g					
16:0	g	0.030	0	0.013		
17:0	g					
18:0	g	0.062	0	0.026		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.473	0	0.199
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.473	0	0.199
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.015	0	0.006
18:2	g	0.015	0	0.006
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.081	0	0.034
Threonine	g	0.230	0	0.097
Isoleucine	g	0.253	0	0.106
Leucine	g	0.443	0	0.186
Lysine	g	0.301	0	0.126
Methionine	g	0.069	0	0.029
Cystine	g	0.078	0	0.033
Phenylalanine	g	0.273	0	0.115
Tyrosine	g	0.195	0	0.082
Valine	g	0.342	0	0.144
Arginine	g	0.298	0	0.125
Histidine	g	0.110	0	0.046
Alanine	g	0.395	0	0.166
Aspartic acid	g	0.516	0	0.217
Glutamic acid	g	0.580	0	0.244
Glycine	g	0.290	0	0.122
Proline	g	0.253	0	0.106
Serine	g	0.232	0	0.097
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11223

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11224 Hyacinth-beans, immature seeds, raw
Dolichos lablab

Refuse: 7% Ends and strings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 80g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	87.87	1	70.30		
Energy	kcal	46	0	37		
Energy	kJ	192	0	154		
Protein (N x 5.95)	g	2.10	0	1.68		
Total lipid (fat)	g	0.20	0	0.16		
Carbohydrate, by difference	g	9.19	0	7.35		
Fiber, total dietary	g					
Ash	g	0.64	1	0.51		
Sugars, total	g					
Minerals:						
Calcium	mg	50	0	40		
Iron	mg	0.74	0	0.59		
Magnesium	mg	40	1	32		
Phosphorus	mg	49	0	39		
Potassium	mg	252	1	202		
Sodium	mg	2	1	2		
Zinc	mg	0.37	0	0.30		
Copper	mg	0.047	0	0.038		
Manganese	mg	0.205	0	0.164		
Selenium	µg	1.5	0	1.2		
Vitamins:						
Ascorbic acid	mg	12.9	0	10.3		
Thiamin	mg	0.077	0	0.062		
Riboflavin	mg	0.092	0	0.074		
Niacin	mg	0.520	0	0.416		
Pantothenic acid	mg	0.055	0	0.044		
Vitamin B-6	mg	0.024	0	0.019		
Folate	µg	62	0	49		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	109	0	87		
Vitamin A, RE	µg	11	0	9		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.088	0	0.070		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001	0	0.001		
14:0	g	0.003	0	0.002		
15:0	g					
16:0	g	0.056	0	0.045		
17:0	g					
18:0	g	0.009	0	0.007		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.095	0	0.076
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.095	0	0.076
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.008	0	0.006
18:2	g	0.001	0	0.001
18:3	g	0.007	0	0.006
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			
Threonine	g	0.088	1	0.070
Isoleucine	g	0.143	1	0.114
Leucine	g	0.218	1	0.174
Lysine	g	0.145	1	0.116
Methionine	g	0.019	1	0.015
Cystine	g	0.014	1	0.011
Phenylalanine	g	0.046	1	0.037
Tyrosine	g	0.038	1	0.030
Valine	g	0.155	1	0.124
Arginine	g	0.143	1	0.114
Histidine	g	0.088	1	0.070
Alanine	g	0.109	1	0.087
Aspartic acid	g	0.042	1	0.034
Glutamic acid	g	0.256	1	0.205
Glycine	g	0.172	1	0.138
Proline	g			
Serine	g	0.107	1	0.086
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11224

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11225 Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 87g	Measure 2*	Measure 3*
Proximates:						
Water	g	86.90	1	75.60		
Energy	kcal	50	0	44		
Energy	kJ	209	0	182		
Protein (N x 5.95)	g	2.95	1	2.57		
Total lipid (fat)	g	0.27	1	0.23		
Carbohydrate, by difference	g	9.20	0	8.00		
Fiber, total dietary	g					
Ash	g	0.68	1	0.59		
Sugars, total	g					
Minerals:						
Calcium	mg	41	1	36		
Iron	mg	0.76	1	0.66		
Magnesium	mg	42	1	37		
Phosphorus	mg	49	1	43		
Potassium	mg	262	1	228		
Sodium	mg	2	1	2		
Zinc	mg	0.38	0	0.33		
Copper	mg	0.048	0	0.042		
Manganese	mg	0.210	0	0.183		
Selenium	µg	1.6	0	1.4		
Vitamins:						
Ascorbic acid	mg	5.1	0	4.4		
Thiamin	mg	0.056	0	0.049		
Riboflavin	mg	0.088	0	0.077		
Niacin	mg	0.480	0	0.418		
Pantothenic acid	mg	0.053	0	0.046		
Vitamin B-6	mg	0.023	0	0.020		
Folate	µg	47	0	40		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	142	0	124		
Vitamin A, RE	µg	14	0	12		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.119	0	0.104		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.002	0	0.002		
14:0	g	0.004	0	0.003		
15:0	g					
16:0	g	0.076	0	0.066		
17:0	g					
18:0	g	0.012	0	0.010		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.129	0	0.112
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.128	0	0.111
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.010	0	0.009
18:2	g	0.002	0	0.002
18:3	g	0.009	0	0.008
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			
Threonine	g	0.124	0	0.108
Isoleucine	g	0.201	0	0.175
Leucine	g	0.307	0	0.267
Lysine	g	0.203	0	0.177
Methionine	g	0.026	0	0.023
Cystine	g	0.020	0	0.017
Phenylalanine	g	0.065	0	0.057
Tyrosine	g	0.053	0	0.046
Valine	g	0.218	0	0.190
Arginine	g	0.201	0	0.175
Histidine	g	0.124	0	0.108
Alanine	g	0.153	0	0.133
Aspartic acid	g	0.059	0	0.051
Glutamic acid	g	0.360	0	0.313
Glycine	g	0.242	0	0.211
Proline	g			
Serine	g	0.150	0	0.130
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11225

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11226 Jerusalem-artichokes, raw

Helianthus tuberosus

Refuse: 31% Parings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 150g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	78.01	0.640	3	117.02	
Energy	kcal	76		0	114	
Energy	kJ	318		0	477	
Protein (N x 5.95)	g	2.00	0.130	2	3.00	
Total lipid (fat)	g	0.01	0.007	2	0.02	
Carbohydrate, by difference	g	17.44		0	26.16	
Fiber, total dietary	g	1.6		0	2.4	
Ash	g	2.54	0.090	2	3.81	
Sugars, total	g					
Minerals:						
Calcium	mg	14		0	21	
Iron	mg	3.40		0	5.10	
Magnesium	mg	17		0	26	
Phosphorus	mg	78		0	117	
Potassium	mg	429		0	644	
Sodium	mg	4		0	6	
Zinc	mg	0.12		0	0.18	
Copper	mg	0.140		0	0.210	
Manganese	mg	0.060	0.042	2	0.090	
Selenium	µg	0.7		0	1.1	
Vitamins:						
Ascorbic acid	mg	4.0		0	6.0	
Thiamin	mg	0.200		0	0.300	
Riboflavin	mg	0.060		0	0.090	
Niacin	mg	1.300		0	1.950	
Pantothenic acid	mg	0.397		0	0.596	
Vitamin B-6	mg	0.077		0	0.116	
Folate	µg	13		0	20	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	20		0	30	
Vitamin A, RE	µg	2		0	3	
Vitamin E, α-TE	mg	0.190		0	0.285	
Lipids:						
Saturated, total	g	0.000		0	0.000	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.000		1	0.000	
17:0	g					
18:0	g	0.000		1	0.000	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.004	0	0.006
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.004	1	0.006
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.001	0	0.002
18:2	g	0.001	1	0.002
18:3	g	0.000	1	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup, slices

NDB No. 11226

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11228 Jew's ear, (pepeao), raw
Auricularia polytricha

Refuse: 2% Stem end

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 99g	Measure 2 [*] 6g	Measure 3 [*]
Proximates:						
Water	g	92.59	1	91.66	5.56	
Energy	kcal	25	0	25	2	
Energy	kJ	105	0	104	6	
Protein (N x 5.95)	g	0.48	1	0.48	0.03	
Total lipid (fat)	g	0.04	1	0.04	0.00	
Carbohydrate, by difference	g	6.75	0	6.68	0.41	
Fiber, total dietary	g					
Ash	g	0.15	1	0.15	0.01	
Sugars, total	g					
Minerals:						
Calcium	mg	16	1	16	1	
Iron	mg	0.56	1	0.55	0.03	
Magnesium	mg	25	1	25	2	
Phosphorus	mg	14	1	14	1	
Potassium	mg	43	1	43	3	
Sodium	mg	9	1	9	1	
Zinc	mg	0.66	0	0.65	0.04	
Copper	mg	0.445	0	0.441	0.027	
Manganese	mg	0.101	0	0.100	0.006	
Selenium	µg	11.1	0	11.0	0.7	
Vitamins:						
Ascorbic acid	mg	0.6	1	0.6	0.0	
Thiamin	mg	0.081	1	0.080	0.005	
Riboflavin	mg	0.204	1	0.202	0.012	
Niacin	mg	0.070	1	0.069	0.004	
Pantothenic acid	mg	1.990	0	1.970	0.119	
Vitamin B-6	mg	0.088	0	0.087	0.005	
Folate	µg	19	0	19	1	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	1	0	0	
Vitamin A, RE	µg	0	1	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, slices
 Measure 2: 1 piece

NDB No. 11228

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11230 Jew's ear, (pepeao), dried

Refuse: 13% Stems and defects

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 24g	Measure 2*	Measure 3*
Proximates:						
Water	g	11.14	0.865	2	2.67	
Energy	kcal	298		0	72	
Energy	kJ	1247		0	299	
Protein (N x 5.95)	g	4.82		1	1.16	
Total lipid (fat)	g	0.44		1	0.11	
Carbohydrate, by difference	g	81.04		0	19.45	
Fiber, total dietary	g					
Ash	g	2.57		1	0.62	
Sugars, total	g					
Minerals:						
Calcium	mg	113		1	27	
Iron	mg	6.14		1	1.47	
Magnesium	mg	146		1	35	
Phosphorus	mg	116		1	28	
Potassium	mg	708		1	170	
Sodium	mg	70		1	17	
Zinc	mg	7.52		0	1.80	
Copper	mg	5.070		0	1.217	
Manganese	mg	1.151		0	0.276	
Selenium	µg	133.1		0	31.9	
Vitamins:						
Ascorbic acid	mg	1.4		1	0.3	
Thiamin	mg	0.826		0	0.198	
Riboflavin	mg	0.350		1	0.084	
Niacin	mg	3.000		1	0.720	
Pantothenic acid	mg	21.477		0	5.154	
Vitamin B-6	mg	0.950		0	0.228	
Folate	µg	160		0	38	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		0	0	
Vitamin A, RE	µg	0		0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11230

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11231 Jute, potherb, raw
Corchorus olitorius

Refuse: 38% Tough leaves and stems

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 28g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	87.72	1	24.56		
Energy	kcal	34	0	10		
Energy	kJ	142	0	40		
Protein (N x 5.95)	g	4.65	0	1.30		
Total lipid (fat)	g	0.25	0	0.07		
Carbohydrate, by difference	g	5.80	0	1.62		
Fiber, total dietary	g					
Ash	g	1.58	0	0.44		
Sugars, total	g					
Minerals:						
Calcium	mg	208	0	58		
Iron	mg	4.76	0	1.33		
Magnesium	mg	64	1	18		
Phosphorus	mg	83	0	23		
Potassium	mg	559	1	157		
Sodium	mg	8	1	2		
Zinc	mg	0.79	0	0.22		
Copper	mg	0.255	0	0.071		
Manganese	mg	0.123	0	0.034		
Selenium	µg	0.9	0	0.3		
Vitamins:						
Ascorbic acid	mg	37.0	0	10.4		
Thiamin	mg	0.133	0	0.037		
Riboflavin	mg	0.546	0	0.153		
Niacin	mg	1.260	0	0.353		
Pantothenic acid	mg	0.072	0	0.020		
Vitamin B-6	mg	0.600	0	0.168		
Folate	µg	123	0	34		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	5559	0	1557		
Vitamin A, RE	µg	556	0	156		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.038	0	0.011		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.030	0	0.008		
17:0	g					
18:0	g	0.006	0	0.002		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.017	0	0.005
14:1	g			
16:1	g	0.003	0	0.001
18:1	g	0.014	0	0.004
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.120	0	0.034
18:2	g	0.117	0	0.033
18:3	g	0.002	0	0.001
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	0.030	3	0.008
Threonine	g	0.164	3	0.046
Isoleucine	g	0.221	3	0.062
Leucine	g	0.388	3	0.109
Lysine	g	0.219	3	0.061
Methionine	g	0.065	3	0.018
Cystine	g	0.040	3	0.011
Phenylalanine	g	0.212	3	0.059
Tyrosine	g	0.147	3	0.041
Valine	g	0.248	3	0.069
Arginine	g	0.248	3	0.069
Histidine	g	0.110	3	0.031
Alanine	g	0.256	1	0.072
Aspartic acid	g	0.567	1	0.159
Glutamic acid	g	0.493	1	0.138
Glycine	g	0.214	1	0.060
Proline	g	0.246	1	0.069
Serine	g	0.182	1	0.051
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11231

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11232 Jute, potherb, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 87g	Measure 2*	Measure 3*
Proximates:						
Water	g	87.15	1	75.82		
Energy	kcal	37	0	32		
Energy	kJ	155	0	135		
Protein (N x 5.95)	g	3.68	1	3.20		
Total lipid (fat)	g	0.20	0	0.17		
Carbohydrate, by difference	g	7.30	0	6.35		
Fiber, total dietary	g	2.0	0	1.7		
Ash	g	1.68	1	1.46		
Sugars, total	g					
Minerals:						
Calcium	mg	211	1	184		
Iron	mg	3.14	1	2.73		
Magnesium	mg	62	1	54		
Phosphorus	mg	72	1	63		
Potassium	mg	550	1	479		
Sodium	mg	11	1	10		
Zinc	mg	0.79	0	0.69		
Copper	mg	0.255	0	0.222		
Manganese	mg	0.123	0	0.107		
Selenium	µg	0.9	0	0.8		
Vitamins:						
Ascorbic acid	mg	33.0	0	28.7		
Thiamin	mg	0.091	0	0.079		
Riboflavin	mg	0.192	0	0.167		
Niacin	mg	0.890	0	0.774		
Pantothenic acid	mg	0.072	0	0.063		
Vitamin B-6	mg	0.570	0	0.496		
Folate	µg	104	0	90		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	5185	0	4511		
Vitamin A, RE	µg	519	0	452		
Vitamin E, α-TE	mg	0.700	0	0.609		
Lipids:						
Saturated, total	g	0.030	0	0.026		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.024	0	0.021		
17:0	g					
18:0	g	0.005	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.014	0	0.012
14:1	g			
16:1	g	0.003	0	0.003
18:1	g	0.011	0	0.010
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.096	0	0.084
18:2	g	0.094	0	0.082
18:3	g	0.002	0	0.002
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.024	0	0.021
Threonine	g	0.130	0	0.113
Isoleucine	g	0.175	0	0.152
Leucine	g	0.306	0	0.266
Lysine	g	0.173	0	0.151
Methionine	g	0.051	0	0.044
Cystine	g	0.032	0	0.028
Phenylalanine	g	0.168	0	0.146
Tyrosine	g	0.116	0	0.101
Valine	g	0.196	0	0.171
Arginine	g	0.196	0	0.171
Histidine	g	0.087	0	0.076
Alanine	g	0.202	0	0.176
Aspartic acid	g	0.448	0	0.390
Glutamic acid	g	0.389	0	0.338
Glycine	g	0.169	0	0.147
Proline	g	0.195	0	0.170
Serine	g	0.143	0	0.124
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11232

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11233 Kale, raw
Brassica oleracea (Acephala Group)

Refuse: 39% Stem ends, tough stems and tough midrib parts

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 67g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	84.46	0.531	5	56.59	
Energy	kcal	50		0	34	
Energy	kJ	209		0	140	
Protein (N x 5.95)	g	3.30		1	2.21	
Total lipid (fat)	g	0.70		1	0.47	
Carbohydrate, by difference	g	10.01		0	6.71	
Fiber, total dietary	g	2.0		0	1.3	
Ash	g	1.53		0	1.03	
Sugars, total	g					
Minerals:						
Calcium	mg	135		1	90	
Iron	mg	1.70		1	1.14	
Magnesium	mg	34		1	23	
Phosphorus	mg	56		1	38	
Potassium	mg	447	19.697	5	299	
Sodium	mg	43	13.695	5	29	
Zinc	mg	0.44		1	0.29	
Copper	mg	0.290		1	0.194	
Manganese	mg	0.774		0	0.519	
Selenium	µg	0.9		0	0.6	
Vitamins:						
Ascorbic acid	mg	120.0		1	80.4	
Thiamin	mg	0.110		1	0.074	
Riboflavin	mg	0.130		1	0.087	
Niacin	mg	1.000		1	0.670	
Pantothenic acid	mg	0.091		0	0.061	
Vitamin B-6	mg	0.271		1	0.182	
Folate	µg	29		0	20	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	8900		0	5963	
Vitamin A, RE	µg	890		0	596	
Vitamin E, α-TE	mg	0.800		0	0.536	
Lipids:						
Saturated, total	g	0.091		0	0.061	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.002		0	0.001	
14:0	g	0.003		0	0.002	
15:0	g					
16:0	g	0.076		0	0.051	
17:0	g					
18:0	g	0.004		0	0.003	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.052	0	0.035
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.049	0	0.033
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.338	0	0.226
18:2	g	0.138	0	0.092
18:3	g	0.180	0	0.121
18:4	g	0.000	0	0.000
20:4	g	0.002	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.040	57	0.027
Threonine	g	0.147	57	0.098
Isoleucine	g	0.197	57	0.132
Leucine	g	0.231	57	0.155
Lysine	g	0.197	57	0.132
Methionine	g	0.032	57	0.021
Cystine	g	0.044	3	0.029
Phenylalanine	g	0.169	57	0.113
Tyrosine	g	0.117	3	0.078
Valine	g	0.181	57	0.121
Arginine	g	0.184	57	0.123
Histidine	g	0.069	57	0.046
Alanine	g	0.166	3	0.111
Aspartic acid	g	0.295	3	0.198
Glutamic acid	g	0.374	3	0.251
Glycine	g	0.159	3	0.107
Proline	g	0.196	2	0.131
Serine	g	0.139	3	0.093
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11233

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11234 Kale, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 130g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.20	0	118.56		
Energy	kcal	28	0	36		
Energy	kJ	117	0	152		
Protein (N x 5.95)	g	1.90	0	2.47		
Total lipid (fat)	g	0.40	0	0.52		
Carbohydrate, by difference	g	5.63	0	7.32		
Fiber, total dietary	g	2.0	0	2.6		
Ash	g	0.87	0	1.13		
Sugars, total	g					
Minerals:						
Calcium	mg	72	0	94		
Iron	mg	0.90	0	1.17		
Magnesium	mg	18	0	23		
Phosphorus	mg	28	0	36		
Potassium	mg	228	0	296		
Sodium	mg	23	0	30		
Zinc	mg	0.24	0	0.31		
Copper	mg	0.156	0	0.203		
Manganese	mg	0.416	0	0.541		
Selenium	µg	0.9	0	1.2		
Vitamins:						
Ascorbic acid	mg	41.0	0	53.3		
Thiamin	mg	0.053	0	0.069		
Riboflavin	mg	0.070	0	0.091		
Niacin	mg	0.500	0	0.650		
Pantothenic acid	mg	0.049	0	0.064		
Vitamin B-6	mg	0.138	0	0.179		
Folate	µg	13	0	17		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	7400	0	9620		
Vitamin A, RE	µg	740	0	962		
Vitamin E, α-TE	mg	0.850	0	1.105		
Lipids:						
Saturated, total	g	0.052	0	0.068		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.001	0	0.001		
14:0	g	0.002	0	0.003		
15:0	g					
16:0	g	0.043	0	0.056		
17:0	g					
18:0	g	0.002	0	0.003		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.030	0	0.039
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.028	0	0.036
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.193	0	0.251
18:2	g	0.079	0	0.103
18:3	g	0.103	0	0.134
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.023	0	0.030
Threonine	g	0.085	0	0.111
Isoleucine	g	0.114	0	0.148
Leucine	g	0.133	0	0.173
Lysine	g	0.114	0	0.148
Methionine	g	0.018	0	0.023
Cystine	g	0.025	0	0.033
Phenylalanine	g	0.097	0	0.126
Tyrosine	g	0.067	0	0.087
Valine	g	0.104	0	0.135
Arginine	g	0.106	0	0.138
Histidine	g	0.040	0	0.052
Alanine	g	0.096	0	0.125
Aspartic acid	g	0.170	0	0.221
Glutamic acid	g	0.216	0	0.281
Glycine	g	0.092	0	0.120
Proline	g	0.113	0	0.147
Serine	g	0.080	0	0.104
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup, chopped

NDB No. 11234

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11235 Kale, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 94g	Measure 3*
Proximates:						
Water	g	91.12	0.360	10	258.78	85.65
Energy	kcal	28		0	80	26
Energy	kJ	117		0	332	110
Protein (N x 5.95)	g	2.66	0.183	10	7.55	2.50
Total lipid (fat)	g	0.46	0.083	8	1.31	0.43
Carbohydrate, by difference	g	4.90		0	13.92	4.61
Fiber, total dietary	g	2.0		0	5.7	1.9
Ash	g	0.88	0.046	10	2.50	0.83
Sugars, total	g					
Minerals:						
Calcium	mg	136	7.142	10	386	128
Iron	mg	0.93	0.132	10	2.64	0.87
Magnesium	mg	18	0.775	3	51	17
Phosphorus	mg	29	1.707	3	82	27
Potassium	mg	333	12.736	3	946	313
Sodium	mg	15	3.230	3	43	14
Zinc	mg	0.18	0.018	3	0.51	0.17
Copper	mg	0.046	0.012	3	0.131	0.043
Manganese	mg	0.443	0.032	3	1.258	0.416
Selenium	µg	0.9		0	2.6	0.8
Vitamins:						
Ascorbic acid	mg	39.3	2.754	9	111.6	36.9
Thiamin	mg	0.056	0.011	8	0.159	0.053
Riboflavin	mg	0.112	0.015	10	0.318	0.105
Niacin	mg	0.698	0.125	10	1.982	0.656
Pantothenic acid	mg	0.052		1	0.148	0.049
Vitamin B-6	mg	0.090		1	0.256	0.085
Folate	µg	17		0	47	16
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	6253	416.821	10	17759	5878
Vitamin A, RE	µg	625	41.682	10	1775	588
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.059		0	0.168	0.055
4:0	g					
6:0	g					
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.002		0	0.006	0.002
14:0	g	0.002		0	0.006	0.002
15:0	g					
16:0	g	0.049		0	0.139	0.046
17:0	g					
18:0	g	0.002		0	0.006	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.034	0	0.097	0.032
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.032	0	0.091	0.030
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.219	0	0.622	0.206
18:2	g	0.090	0	0.256	0.085
18:3	g	0.117	0	0.332	0.110
18:4	g				
20:4	g	0.001	0	0.003	0.001
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.032	0	0.091	0.030
Threonine	g	0.119	0	0.338	0.112
Isoleucine	g	0.159	0	0.452	0.149
Leucine	g	0.186	0	0.528	0.175
Lysine	g	0.159	0	0.452	0.149
Methionine	g	0.026	0	0.074	0.024
Cystine	g	0.035	0	0.099	0.033
Phenylalanine	g	0.136	0	0.386	0.128
Tyrosine	g	0.094	0	0.267	0.088
Valine	g	0.145	0	0.412	0.136
Arginine	g	0.148	0	0.420	0.139
Histidine	g	0.056	0	0.159	0.053
Alanine	g	0.134	0	0.381	0.126
Aspartic acid	g	0.238	0	0.676	0.224
Glutamic acid	g	0.301	0	0.855	0.283
Glycine	g	0.128	0	0.364	0.120
Proline	g	0.158	0	0.449	0.149
Serine	g	0.112	0	0.318	0.105
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz)
- Measure 2: 1/3 of 10 oz package

NDB No. 11235

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11236 Kale, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 130g	Measure 2* 65g	Measure 3*
Proximates:						
Water	g	90.50	0	117.65	58.83	
Energy	kcal	30	0	39	20	
Energy	kJ	126	0	164	82	
Protein (N x 5.95)	g	2.84	0	3.69	1.85	
Total lipid (fat)	g	0.49	0	0.64	0.32	
Carbohydrate, by difference	g	5.24	0	6.81	3.41	
Fiber, total dietary	g	2.0	0	2.6	1.3	
Ash	g	0.94	0	1.22	0.61	
Sugars, total	g					
Minerals:						
Calcium	mg	138	0	179	90	
Iron	mg	0.94	0	1.22	0.61	
Magnesium	mg	18	0	23	12	
Phosphorus	mg	28	0	36	18	
Potassium	mg	321	0	417	209	
Sodium	mg	15	0	20	10	
Zinc	mg	0.18	0	0.23	0.12	
Copper	mg	0.047	0	0.061	0.031	
Manganese	mg	0.450	0	0.585	0.293	
Selenium	µg	0.9	0	1.2	0.6	
Vitamins:						
Ascorbic acid	mg	25.2	0	32.8	16.4	
Thiamin	mg	0.043	0	0.056	0.028	
Riboflavin	mg	0.114	0	0.148	0.074	
Niacin	mg	0.672	0	0.874	0.437	
Pantothenic acid	mg	0.053	0	0.069	0.034	
Vitamin B-6	mg	0.086	0	0.112	0.056	
Folate	µg	14	0	19	9	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	6354	0	8260	4130	
Vitamin A, RE	µg	635	0	826	413	
Vitamin E, α-TE	mg	0.180	0	0.234	0.117	
Lipids:						
Saturated, total	g	0.063	0	0.082	0.041	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.002	0	0.003	0.001	
14:0	g	0.002	0	0.003	0.001	
15:0	g					
16:0	g	0.053	0	0.069	0.034	
17:0	g					
18:0	g	0.002	0	0.003	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.036	0	0.047	0.023
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.034	0	0.044	0.022
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.235	0	0.306	0.153
18:2	g	0.096	0	0.125	0.062
18:3	g	0.125	0	0.163	0.081
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	0	0.001	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.035	0	0.046	0.023
Threonine	g	0.127	0	0.165	0.083
Isoleucine	g	0.170	0	0.221	0.111
Leucine	g	0.199	0	0.259	0.129
Lysine	g	0.170	0	0.221	0.111
Methionine	g	0.027	0	0.035	0.018
Cystine	g	0.038	0	0.049	0.025
Phenylalanine	g	0.146	0	0.190	0.095
Tyrosine	g	0.101	0	0.131	0.066
Valine	g	0.156	0	0.203	0.101
Arginine	g	0.158	0	0.205	0.103
Histidine	g	0.060	0	0.078	0.039
Alanine	g	0.143	0	0.186	0.093
Aspartic acid	g	0.254	0	0.330	0.165
Glutamic acid	g	0.323	0	0.420	0.210
Glycine	g	0.137	0	0.178	0.089
Proline	g	0.169	0	0.220	0.110
Serine	g	0.120	0	0.156	0.078
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, chopped
- Measure 2: 1/2 cup chopped or diced

NDB No. 11236

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11237 Kanpyo, (dried gourd strips)

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 6g	Measure 2* 27g	Measure 3*
Proximates:						
Water	g	19.97	3.675	2	1.26	5.39
Energy	kcal	258		0	16	70
Energy	kJ	1079		0	68	291
Protein (N x 5.95)	g	8.58		0	0.54	2.32
Total lipid (fat)	g	0.56		0	0.04	0.15
Carbohydrate, by difference	g	65.04		0	4.10	17.56
Fiber, total dietary	g					
Ash	g	5.86		0	0.37	1.58
Sugars, total	g					
Minerals:						
Calcium	mg	280		1	18	76
Iron	mg	5.12		1	0.32	1.38
Magnesium	mg	125		1	8	34
Phosphorus	mg	188		1	12	51
Potassium	mg	1582		1	100	427
Sodium	mg	15		1	1	4
Zinc	mg	5.86		0	0.37	1.58
Copper	mg	0.433		0	0.027	0.117
Manganese	mg	1.137		0	0.072	0.307
Selenium	µg	2.6		0	0.2	0.7
Vitamins:						
Ascorbic acid	mg	0.2		1	0.0	0.1
Thiamin	mg	0.000		1	0.000	0.000
Riboflavin	mg	0.044		1	0.003	0.012
Niacin	mg	2.900		1	0.183	0.783
Pantothenic acid	mg	2.553		0	0.161	0.689
Vitamin B-6	mg	0.532		0	0.034	0.144
Folate	µg	61		0	4	16
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	µg	0		1	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.045		0	0.003	0.012
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.032		0	0.002	0.009
17:0	g					
18:0	g	0.013		0	0.001	0.004
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.103	0	0.006	0.028
14:1	g				
16:1	g				
18:1	g	0.103	0	0.006	0.028
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.244	0	0.015	0.066
18:2	g	0.244	0	0.015	0.066
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 strip
 Measure 2: 1/2 cup

NDB No. 11237

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11241 Kohlrabi, raw
Brassica oleracea (Gongylodes Group)

Refuse: 54% Leaves, stems and parings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 135g	Measure 2 [*] 16g	Measure 3 [*]
Proximates:						
Water	g	91.00	1	122.85	14.56	
Energy	kcal	27	0	36	4	
Energy	kJ	113	0	153	18	
Protein (N x 5.95)	g	1.70	1	2.29	0.27	
Total lipid (fat)	g	0.10	1	0.14	0.02	
Carbohydrate, by difference	g	6.20	0	8.37	0.99	
Fiber, total dietary	g	3.6	0	4.9	0.6	
Ash	g	1.00	0	1.35	0.16	
Sugars, total	g					
Minerals:						
Calcium	mg	24	1	32	4	
Iron	mg	0.40	1	0.54	0.06	
Magnesium	mg	19	1	26	3	
Phosphorus	mg	46	1	62	7	
Potassium	mg	350	1	473	56	
Sodium	mg	20	1	27	3	
Zinc	mg	0.03	0	0.04	0.00	
Copper	mg	0.129	0	0.174	0.021	
Manganese	mg	0.139	0	0.188	0.022	
Selenium	µg	0.7	0	0.9	0.1	
Vitamins:						
Ascorbic acid	mg	62.0	1	83.7	9.9	
Thiamin	mg	0.050	1	0.068	0.008	
Riboflavin	mg	0.020	1	0.027	0.003	
Niacin	mg	0.400	1	0.540	0.064	
Pantothenic acid	mg	0.165	0	0.223	0.026	
Vitamin B-6	mg	0.150	0	0.203	0.024	
Folate	µg	16	0	22	3	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	36	1	49	6	
Vitamin A, RE	µg	4	1	5	1	
Vitamin E, α-TE	mg	0.480	0	0.648	0.077	
Lipids:						
Saturated, total	g	0.013	0	0.018	0.002	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.011	0	0.015	0.002	
17:0	g					
18:0	g	0.001	0	0.001	0.000	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.009	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.007	0	0.009	0.001
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.048	0	0.065	0.008
18:2	g	0.020	0	0.027	0.003
18:3	g	0.026	0	0.035	0.004
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	2	0.014	0.002
Threonine	g	0.049	2	0.066	0.008
Isoleucine	g	0.078	2	0.105	0.012
Leucine	g	0.067	2	0.090	0.011
Lysine	g	0.056	2	0.076	0.009
Methionine	g	0.013	2	0.018	0.002
Cystine	g	0.007	2	0.009	0.001
Phenylalanine	g	0.039	2	0.053	0.006
Tyrosine	g				
Valine	g	0.050	2	0.068	0.008
Arginine	g	0.105	2	0.142	0.017
Histidine	g	0.019	2	0.026	0.003
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 slice

NDB No. 11241

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11242 Kohlrabi, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 165g	Measure 2*	Measure 3*
Proximates:						
Water	g	90.30	0	149.00		
Energy	kcal	29	0	48		
Energy	kJ	121	0	200		
Protein (N x 5.95)	g	1.80	0	2.97		
Total lipid (fat)	g	0.11	0	0.18		
Carbohydrate, by difference	g	6.69	0	11.04		
Fiber, total dietary	g	1.1	0	1.8		
Ash	g	1.10	0	1.82		
Sugars, total	g					
Minerals:						
Calcium	mg	25	0	41		
Iron	mg	0.40	0	0.66		
Magnesium	mg	19	0	31		
Phosphorus	mg	45	0	74		
Potassium	mg	340	0	561		
Sodium	mg	21	0	35		
Zinc	mg	0.31	0	0.51		
Copper	mg	0.132	0	0.218		
Manganese	mg	0.142	0	0.234		
Selenium	µg	0.8	0	1.3		
Vitamins:						
Ascorbic acid	mg	54.0	0	89.1		
Thiamin	mg	0.040	0	0.066		
Riboflavin	mg	0.020	0	0.033		
Niacin	mg	0.390	0	0.644		
Pantothenic acid	mg	0.160	0	0.264		
Vitamin B-6	mg	0.154	0	0.254		
Folate	µg	12	0	20		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	35	0	58		
Vitamin A, RE	µg	4	0	7		
Vitamin E, α-TE	mg	1.670	0	2.756		
Lipids:						
Saturated, total	g	0.014	0	0.023		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.001	0	0.002		
15:0	g					
16:0	g	0.012	0	0.020		
17:0	g					
18:0	g	0.001	0	0.002		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.013
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.008	0	0.013
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.053	0	0.087
18:2	g	0.022	0	0.036
18:3	g	0.028	0	0.046
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.011	0	0.018
Threonine	g	0.052	0	0.086
Isoleucine	g	0.083	0	0.137
Leucine	g	0.071	0	0.117
Lysine	g	0.059	0	0.097
Methionine	g	0.014	0	0.023
Cystine	g	0.007	0	0.012
Phenylalanine	g	0.041	0	0.068
Tyrosine	g			
Valine	g	0.053	0	0.087
Arginine	g	0.111	0	0.183
Histidine	g	0.020	0	0.033
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced

NDB No. 11242

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11244 Lambsquarters, raw
Chenopodium album

Refuse: %

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*]	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	84.30		0		
Energy	kcal	43		0		
Energy	kJ	180		0		
Protein (N x 5.95)	g	4.20		0		
Total lipid (fat)	g	0.80		0		
Carbohydrate, by difference	g	7.30		0		
Fiber, total dietary	g	4.0		0		
Ash	g	3.40		0		
Sugars, total	g					
Minerals:						
Calcium	mg	309		0		
Iron	mg	1.20		0		
Magnesium	mg	34		0		
Phosphorus	mg	72		0		
Potassium	mg	452		0		
Sodium	mg	43		0		
Zinc	mg	0.44		0		
Copper	mg	0.293		0		
Manganese	mg	0.782		0		
Selenium	µg	0.9		0		
Vitamins:						
Ascorbic acid	mg	80.0		0		
Thiamin	mg	0.160		0		
Riboflavin	mg	0.440		0		
Niacin	mg	1.200		0		
Pantothenic acid	mg	0.092		0		
Vitamin B-6	mg	0.274		0		
Folate	µg	30		0		
Vitamin B-12	µg	0.00		0		
Vitamin A	IU	11600		0		
Vitamin A, RE	µg	1160		0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.059		0		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.002		0		
15:0	g					
16:0	g	0.047		0		
17:0	g					
18:0	g	0.005		0		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.150	0
14:1	g		
16:1	g	0.002	0
18:1	g	0.115	0
20:1	g	0.013	0
22:1	g	0.020	0
Polyunsaturated, total	g	0.351	0
18:2	g	0.313	0
18:3	g	0.036	0
18:4	g		
20:4	g	0.002	0
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.038	2
Threonine	g	0.163	2
Isoleucine	g	0.253	2
Leucine	g	0.350	2
Lysine	g	0.354	3
Methionine	g	0.049	3
Cystine	g	0.089	1
Phenylalanine	g	0.166	2
Tyrosine	g	0.175	1
Valine	g	0.226	2
Arginine	g	0.253	1
Histidine	g	0.116	1
Alanine	g	0.322	1
Aspartic acid	g	0.431	1
Glutamic acid	g	0.521	1
Glycine	g	0.249	1
Proline	g	0.223	1
Serine	g	0.200	1
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11244

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11245 Lambsquarters, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:						
Water	g	88.90	0	160.02		
Energy	kcal	32	0	58		
Energy	kJ	134	0	241		
Protein (N x 5.95)	g	3.20	0	5.76		
Total lipid (fat)	g	0.70	0	1.26		
Carbohydrate, by difference	g	5.00	0	9.00		
Fiber, total dietary	g	2.1	0	3.8		
Ash	g	2.20	0	3.96		
Sugars, total	g					
Minerals:						
Calcium	mg	258	0	464		
Iron	mg	0.70	0	1.26		
Magnesium	mg	23	0	41		
Phosphorus	mg	45	0	81		
Potassium	mg	288	0	518		
Sodium	mg	29	0	52		
Zinc	mg	0.30	0	0.54		
Copper	mg	0.197	0	0.355		
Manganese	mg	0.525	0	0.945		
Selenium	µg	0.9	0	1.6		
Vitamins:						
Ascorbic acid	mg	37.0	0	66.6		
Thiamin	mg	0.100	0	0.180		
Riboflavin	mg	0.260	0	0.468		
Niacin	mg	0.900	0	1.620		
Pantothenic acid	mg	0.062	0	0.112		
Vitamin B-6	mg	0.174	0	0.313		
Folate	µg	14	0	24		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	9700	0	17460		
Vitamin A, RE	µg	970	0	1746		
Vitamin E, α-TE	mg	1.340	0	2.412		
Lipids:						
Saturated, total	g	0.052	0	0.094		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.001	0	0.002		
15:0	g					
16:0	g	0.041	0	0.074		
17:0	g					
18:0	g	0.004	0	0.007		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.131	0	0.236
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.101	0	0.182
20:1	g	0.011	0	0.020
22:1	g	0.018	0	0.032
Polyunsaturated, total	g	0.307	0	0.553
18:2	g	0.274	0	0.493
18:3	g	0.032	0	0.058
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.002
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.029	0	0.052
Threonine	g	0.124	0	0.223
Isoleucine	g	0.193	0	0.347
Leucine	g	0.267	0	0.481
Lysine	g	0.270	0	0.486
Methionine	g	0.037	0	0.067
Cystine	g	0.068	0	0.122
Phenylalanine	g	0.126	0	0.227
Tyrosine	g	0.134	0	0.241
Valine	g	0.172	0	0.310
Arginine	g	0.193	0	0.347
Histidine	g	0.088	0	0.158
Alanine	g	0.245	0	0.441
Aspartic acid	g	0.329	0	0.592
Glutamic acid	g	0.397	0	0.715
Glycine	g	0.190	0	0.342
Proline	g	0.170	0	0.306
Serine	g	0.152	0	0.274
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11245

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11246 Leeks, (bulb and lower leaf-portion), raw
Allium ampeloprasum

Refuse: 56% Tops, root end and skin

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 89g	Measure 2 [*] 89g	Measure 3 [*] 6g
Proximates:						
Water	g	83.00	1	73.87	73.87	4.98
Energy	kcal	61	0	54	54	4
Energy	kJ	255	0	227	227	15
Protein (N x 5.95)	g	1.50	1	1.33	1.33	0.09
Total lipid (fat)	g	0.30	1	0.27	0.27	0.02
Carbohydrate, by difference	g	14.15	0	12.59	12.59	0.85
Fiber, total dietary	g	1.8	0	1.6	1.6	0.1
Ash	g	1.05	0	0.93	0.93	0.06
Sugars, total	g					
Minerals:						
Calcium	mg	59	1	53	53	4
Iron	mg	2.10	1	1.87	1.87	0.13
Magnesium	mg	28	1	25	25	2
Phosphorus	mg	35	1	31	31	2
Potassium	mg	180	1	160	160	11
Sodium	mg	20	1	18	18	1
Zinc	mg	0.12	0	0.11	0.11	0.01
Copper	mg	0.120	0	0.107	0.107	0.007
Manganese	mg	0.481	0	0.428	0.428	0.029
Selenium	µg	1.0	0	0.9	0.9	0.1
Vitamins:						
Ascorbic acid	mg	12.0	1	10.7	10.7	0.7
Thiamin	mg	0.060	1	0.053	0.053	0.004
Riboflavin	mg	0.030	1	0.027	0.027	0.002
Niacin	mg	0.400	1	0.356	0.356	0.024
Pantothenic acid	mg	0.140	0	0.125	0.125	0.008
Vitamin B-6	mg	0.233	0	0.207	0.207	0.014
Folate	µg	64	0	57	57	4
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00
Vitamin A	IU	95	1	85	85	6
Vitamin A, RE	µg	10	1	9	9	1
Vitamin E, α-TE	mg	0.920	0	0.819	0.819	0.055
Lipids:						
Saturated, total	g	0.040	0	0.036	0.036	0.002
4:0	g	0.000	0	0.000	0.000	0.000
6:0	g	0.000	0	0.000	0.000	0.000
8:0	g	0.000	0	0.000	0.000	0.000
10:0	g	0.000	0	0.000	0.000	0.000
12:0	g	0.000	0	0.000	0.000	0.000
14:0	g	0.000	0	0.000	0.000	0.000
15.0	g					
16:0	g	0.038	1	0.034	0.034	0.002
17:0	g					
18:0	g	0.002	1	0.002	0.002	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.004	0	0.004	0.004	0.000
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.004	1	0.004	0.004	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.166	0	0.148	0.148	0.010
18:2	g	0.067	1	0.060	0.060	0.004
18:3	g	0.099	1	0.088	0.088	0.006
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.012	5	0.011	0.011	0.001
Threonine	g	0.063	9	0.056	0.056	0.004
Isoleucine	g	0.052	9	0.046	0.046	0.003
Leucine	g	0.096	9	0.085	0.085	0.006
Lysine	g	0.078	12	0.069	0.069	0.005
Methionine	g	0.018	12	0.016	0.016	0.001
Cystine	g	0.025	7	0.022	0.022	0.002
Phenylalanine	g	0.055	9	0.049	0.049	0.003
Tyrosine	g	0.041	8	0.036	0.036	0.002
Valine	g	0.056	9	0.050	0.050	0.003
Arginine	g	0.078	9	0.069	0.069	0.005
Histidine	g	0.025	9	0.022	0.022	0.002
Alanine	g	0.074	8	0.066	0.066	0.004
Aspartic acid	g	0.140	8	0.125	0.125	0.008
Glutamic acid	g	0.226	8	0.201	0.201	0.014
Glycine	g	0.069	8	0.061	0.061	0.004
Proline	g	0.066	8	0.059	0.059	0.004
Serine	g	0.092	8	0.082	0.082	0.006
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 leek
 Measure 3: 1 slice

NDB No. 11246

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11247 Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 26g	Measure 3*
Proximates:						
Water	g	90.80	0	112.59	23.61	
Energy	kcal	31	0	38	8	
Energy	kJ	130	0	161	34	
Protein (N x 5.95)	g	0.81	0	1.00	0.21	
Total lipid (fat)	g	0.20	0	0.25	0.05	
Carbohydrate, by difference	g	7.62	0	9.45	1.98	
Fiber, total dietary	g	1.0	0	1.2	0.3	
Ash	g	0.57	0	0.71	0.15	
Sugars, total	g					
Minerals:						
Calcium	mg	30	0	37	8	
Iron	mg	1.10	0	1.36	0.29	
Magnesium	mg	14	0	17	4	
Phosphorus	mg	17	0	21	4	
Potassium	mg	87	0	108	23	
Sodium	mg	10	0	12	3	
Zinc	mg	0.06	0	0.07	0.02	
Copper	mg	0.062	0	0.077	0.016	
Manganese	mg	0.247	0	0.306	0.064	
Selenium	µg	0.5	0	0.6	0.1	
Vitamins:						
Ascorbic acid	mg	4.2	0	5.2	1.1	
Thiamin	mg	0.026	0	0.032	0.007	
Riboflavin	mg	0.020	0	0.025	0.005	
Niacin	mg	0.200	0	0.248	0.052	
Pantothenic acid	mg	0.072	0	0.089	0.019	
Vitamin B-6	mg	0.113	0	0.140	0.029	
Folate	µg	24	0	30	6	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	46	0	57	12	
Vitamin A, RE	µg	5	0	6	1	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.027	0	0.033	0.007	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.025	0	0.031	0.007	
17:0	g					
18:0	g	0.001	0	0.001	0.000	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.003	0	0.004	0.001
14:1	g				
16:1	g				
18:1	g	0.003	0	0.004	0.001
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.111	0	0.138	0.029
18:2	g	0.045	0	0.056	0.012
18:3	g	0.066	0	0.082	0.017
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	0.006	0	0.007	0.002
Threonine	g	0.034	0	0.042	0.009
Isoleucine	g	0.028	0	0.035	0.007
Leucine	g	0.052	0	0.064	0.014
Lysine	g	0.042	0	0.052	0.011
Methionine	g	0.010	0	0.012	0.003
Cystine	g	0.014	0	0.017	0.004
Phenylalanine	g	0.030	0	0.037	0.008
Tyrosine	g	0.022	0	0.027	0.006
Valine	g	0.031	0	0.038	0.008
Arginine	g	0.042	0	0.052	0.011
Histidine	g	0.014	0	0.017	0.004
Alanine	g	0.040	0	0.050	0.010
Aspartic acid	g	0.076	0	0.094	0.020
Glutamic acid	g	0.123	0	0.153	0.032
Glycine	g	0.037	0	0.046	0.010
Proline	g	0.036	0	0.045	0.009
Serine	g	0.050	0	0.062	0.013
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 leek
- Measure 2: 1/4 cup chopped or diced

NDB No. 11247

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11248 Lentils, sprouted, raw

Lens culinaris

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 77g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	67.34	2.389	9	51.85	
Energy	kcal	106		0	82	
Energy	kJ	444		0	342	
Protein (N x 5.95)	g	8.96	0.605	9	6.90	
Total lipid (fat)	g	0.55	0.031	9	0.42	
Carbohydrate, by difference	g	22.14		0	17.05	
Fiber, total dietary	g					
Ash	g	1.00	0.075	9	0.77	
Sugars, total	g					
Minerals:						
Calcium	mg	25	0.652	9	19	
Iron	mg	3.21	0.268	9	2.47	
Magnesium	mg	37	2.682	9	28	
Phosphorus	mg	173	11.944	9	133	
Potassium	mg	322	22.831	9	248	
Sodium	mg	11	5.382	9	8	
Zinc	mg	1.51	0.120	9	1.16	
Copper	mg	0.352	0.020	9	0.271	
Manganese	mg	0.506	0.034	9	0.390	
Selenium	µg	0.6		0	0.5	
Vitamins:						
Ascorbic acid	mg	16.5	1.709	9	12.7	
Thiamin	mg	0.228	0.020	9	0.176	
Riboflavin	mg	0.128	0.012	9	0.099	
Niacin	mg	1.128	0.073	9	0.869	
Pantothenic acid	mg	0.578	0.028	9	0.445	
Vitamin B-6	mg	0.190	0.009	9	0.146	
Folate	µg	100	9.967	9	77	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	45	8.159	9	35	
Vitamin A, RE	µg	5	0.816	9	4	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.057		0	0.044	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.052		1	0.040	
17:0	g					
18:0	g	0.006		1	0.005	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.104	0	0.080
14:1	g			
16:1	g			
18:1	g	0.104	1	0.080
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.219	0	0.169
18:2	g	0.181	1	0.139
18:3	g	0.038	1	0.029
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			
Threonine	g	0.328	1	0.253
Isoleucine	g	0.326	1	0.251
Leucine	g	0.628	1	0.484
Lysine	g	0.712	1	0.548
Methionine	g	0.105	1	0.081
Cystine	g	0.334	1	0.257
Phenylalanine	g	0.442	1	0.340
Tyrosine	g	0.252	1	0.194
Valine	g	0.399	1	0.307
Arginine	g	0.611	1	0.470
Histidine	g	0.257	1	0.198
Alanine	g	0.356	1	0.274
Aspartic acid	g	1.433	1	1.103
Glutamic acid	g	1.258	1	0.969
Glycine	g	0.319	1	0.246
Proline	g	0.356	1	0.274
Serine	g	0.495	1	0.381
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11248

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11249 Lentils, sprouted, cooked, stir-fried, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	68.70	1			
Energy	kcal	101	0			
Energy	kJ	423	0			
Protein (N x 5.95)	g	8.80	1			
Total lipid (fat)	g	0.45	0			
Carbohydrate, by difference	g	21.25	0			
Fiber, total dietary	g					
Ash	g	0.80	1			
Sugars, total	g					
Minerals:						
Calcium	mg	14	1			
Iron	mg	3.10	1			
Magnesium	mg	35	0			
Phosphorus	mg	153	0			
Potassium	mg	284	0			
Sodium	mg	10	0			
Zinc	mg	1.60	1			
Copper	mg	0.337	0			
Manganese	mg	0.502	0			
Selenium	µg	0.6	0			
Vitamins:						
Ascorbic acid	mg	12.6	0			
Thiamin	mg	0.220	1			
Riboflavin	mg	0.090	1			
Niacin	mg	1.200	1			
Pantothenic acid	mg	0.571	0			
Vitamin B-6	mg	0.164	0			
Folate	µg	67	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	41	0			
Vitamin A, RE	µg	4	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.053	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.047	0			
17:0	g					
18:0	g	0.005	0			
20:0	g					
22.0	g					
24:0	g					

Monounsaturated, total	g	0.095	0
14:1	g		
16:1	g		
18:1	g	0.095	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.201	0
18:2	g	0.166	0
18:3	g	0.035	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g	0.322	0
Isoleucine	g	0.320	0
Leucine	g	0.617	0
Lysine	g	0.698	0
Methionine	g	0.103	0
Cystine	g	0.328	0
Phenylalanine	g	0.434	0
Tyrosine	g	0.248	0
Valine	g	0.391	0
Arginine	g	0.600	0
Histidine	g	0.252	0
Alanine	g	0.349	0
Aspartic acid	g	1.407	0
Glutamic acid	g	1.235	0
Glycine	g	0.313	0
Proline	g	0.349	0
Serine	g	0.486	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11249

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11250 Lettuce, butterhead (includes boston and bibb types), raw
Lactuca sativa

Refuse: 26% Outer leaves and core

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 55g	Measure 2 [*] 163g	Measure 3 [*] 15g	
Proximates:							
Water	g	95.58	0.407	8	52.57	155.80	14.34
Energy	kcal	13		0	7	21	2
Energy	kJ	54		0	30	88	8
Protein (N x 5.95)	g	1.29		1	0.71	2.10	0.19
Total lipid (fat)	g	0.22		1	0.12	0.36	0.03
Carbohydrate, by difference	g	2.32		0	1.28	3.78	0.35
Fiber, total dietary	g	1.0		0	0.6	1.6	0.2
Ash	g	0.59		1	0.32	0.96	0.09
Sugars, total	g						
Minerals:							
Calcium	mg	32		0	18	52	5
Iron	mg	0.30		1	0.17	0.49	0.05
Magnesium	mg	13		0	7	21	2
Phosphorus	mg	23		0	13	37	3
Potassium	mg	257	20.332	4	141	419	39
Sodium	mg	5	2.818	4	3	8	1
Zinc	mg	0.17		1	0.09	0.28	0.03
Copper	mg	0.023		1	0.013	0.037	0.003
Manganese	mg	0.133		1	0.073	0.217	0.020
Selenium	µg	0.2		0	0.1	0.3	0.0
Vitamins:							
Ascorbic acid	mg	8.0		0	4.4	13.0	1.2
Thiamin	mg	0.060		0	0.033	0.098	0.009
Riboflavin	mg	0.060		0	0.033	0.098	0.009
Niacin	mg	0.300		0	0.165	0.489	0.045
Pantothenic acid	mg	0.180		0	0.099	0.293	0.027
Vitamin B-6	mg	0.050		0	0.028	0.082	0.008
Folate	µg	73	25.427	3	40	119	11
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	970		0	534	1581	146
Vitamin A, RE	µg	97		0	53	158	15
Vitamin E, α-TE	mg	0.440		0	0.242	0.717	0.066
Lipids:							
Saturated, total	g	0.029		0	0.016	0.047	0.004
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.026		0	0.014	0.042	0.004
17:0	g						
18:0	g	0.003		0	0.002	0.005	0.000
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.004	0.013	0.001
14:1	g					
16:1	g	0.002	0	0.001	0.003	0.000
18:1	g	0.006	0	0.003	0.010	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.117	0	0.064	0.191	0.018
18:2	g	0.034	0	0.019	0.055	0.005
18:3	g	0.083	0	0.046	0.135	0.012
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.009	97	0.005	0.015	0.001
Threonine	g	0.059	100	0.032	0.096	0.009
Isoleucine	g	0.083	100	0.046	0.135	0.012
Leucine	g	0.078	100	0.043	0.127	0.012
Lysine	g	0.084	104	0.046	0.137	0.013
Methionine	g	0.016	104	0.009	0.026	0.002
Cystine	g	0.015	3	0.008	0.024	0.002
Phenylalanine	g	0.054	100	0.030	0.088	0.008
Tyrosine	g	0.032	8	0.018	0.052	0.005
Valine	g	0.069	100	0.038	0.112	0.010
Arginine	g	0.070	100	0.039	0.114	0.011
Histidine	g	0.022	100	0.012	0.036	0.003
Alanine	g	0.055	7	0.030	0.090	0.008
Aspartic acid	g	0.141	7	0.078	0.230	0.021
Glutamic acid	g	0.180	7	0.099	0.293	0.027
Glycine	g	0.057	7	0.031	0.093	0.009
Proline	g	0.048	7	0.026	0.078	0.007
Serine	g	0.039	7	0.021	0.064	0.006
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, shredded or chopped
- Measure 2: 1 head (5" dia)
- Measure 3: 1 large leaf

NDB No. 11250

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11251 Lettuce, cos or romaine, raw

Lactuca sativa

Refuse: 6% Core

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 10g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	94.91	0.288	9	9.49	26.57
Energy	kcal	14		0	1	4
Energy	kJ	59		0	6	17
Protein (N x 5.95)	g	1.62	0.037	3	0.16	0.45
Total lipid (fat)	g	0.20		1	0.02	0.06
Carbohydrate, by difference	g	2.37		0	0.24	0.66
Fiber, total dietary	g	1.7		0	0.2	0.5
Ash	g	0.90		0	0.09	0.25
Sugars, total	g					
Minerals:						
Calcium	mg	36		1	4	10
Iron	mg	1.10		1	0.11	0.31
Magnesium	mg	6		0	1	2
Phosphorus	mg	45		1	5	13
Potassium	mg	290	41.764	4	29	81
Sodium	mg	8	0.657	4	1	2
Zinc	mg	0.25		0	0.03	0.07
Copper	mg	0.037		0	0.004	0.010
Manganese	mg	0.636		0	0.064	0.178
Selenium	µg	0.2		0	0.0	0.1
Vitamins:						
Ascorbic acid	mg	24.0		1	2.4	6.7
Thiamin	mg	0.100		1	0.010	0.028
Riboflavin	mg	0.100		1	0.010	0.028
Niacin	mg	0.500		1	0.050	0.140
Pantothenic acid	mg	0.170		0	0.017	0.048
Vitamin B-6	mg	0.047		0	0.005	0.013
Folate	µg	136	32.743	7	14	38
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	2600		1	260	728
Vitamin A, RE	µg	260		1	26	73
Vitamin E, α-TE	mg	0.440		0	0.044	0.123
Lipids:						
Saturated, total	g	0.026		0	0.003	0.007
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.023		0	0.002	0.006
17:0	g					
18:0	g	0.003		0	0.000	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	ug	0.008	0	0.001	0.002
14:1	ug				
16:1	ug	0.002	0	0.000	0.001
18:1	ug	0.006	0	0.001	0.002
20:1	ug	0.000	0	0.000	0.000
22:1	ug	0.000	0	0.000	0.000
Polyunsaturated, total	ug	0.106	0	0.011	0.030
18:2	ug	0.031	0	0.003	0.009
18:3	ug	0.075	0	0.008	0.021
18:4	ug	0.000	0	0.000	0.000
20:4	ug	0.000	0	0.000	0.000
20:5	ug	0.000	0	0.000	0.000
22:5	ug	0.000	0	0.000	0.000
22:6	ug	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	ug	0.012	0	0.001	0.003
Threonine	ug	0.074	0	0.007	0.021
Isoleucine	ug	0.105	0	0.011	0.029
Leucine	ug	0.098	0	0.010	0.027
Lysine	ug	0.105	0	0.011	0.029
Methionine	ug	0.020	0	0.002	0.006
Cystine	ug	0.019	0	0.002	0.005
Phenylalanine	ug	0.068	0	0.007	0.019
Tyrosine	ug	0.040	0	0.004	0.011
Valine	ug	0.087	0	0.009	0.024
Arginine	ug	0.088	0	0.009	0.025
Histidine	ug	0.028	0	0.003	0.008
Alanine	ug	0.070	0	0.007	0.020
Aspartic acid	ug	0.177	0	0.018	0.050
Glutamic acid	ug	0.227	0	0.023	0.064
Glycine	ug	0.071	0	0.007	0.020
Proline	ug	0.060	0	0.006	0.017
Serine	ug	0.049	0	0.005	0.014
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 innerleaf
- Measure 2: 1/2 cup shredded

NDB No. 11251

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11252 Lettuce, iceberg (includes crisphead types), raw

Lactuca sativa

Refuse: 5% Core

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 55g	Measure 2 [*] 75g	Measure 3 [*] 15g	
Proximates:							
Water	g	95.89	0.091	110	52.74	723.97	14.38
Energy	kcal	12		0	7	91	2
Energy	kJ	50		0	28	378	8
Protein (N x 5.95)	g	1.01	0.035	21	0.56	7.63	0.15
Total lipid (fat)	g	0.19	0.035	21	0.10	1.43	0.03
Carbohydrate, by difference	g	2.09		0	1.15	15.78	0.31
Fiber, total dietary	g	1.4		0	0.8	10.6	0.2
Ash	g	0.48	0.020	49	0.26	3.62	0.07
Sugars, total	g						
Minerals:							
Calcium	mg	19	0.636	91	10	143	3
Iron	mg	0.50	0.144	97	0.28	3.77	0.08
Magnesium	mg	9	0.412	93	5	68	1
Phosphorus	mg	20	0.509	91	11	151	3
Potassium	mg	158	3.650	100	87	1193	24
Sodium	mg	9	0.718	102	5	68	1
Zinc	mg	0.22	0.009	73	0.12	1.66	0.03
Copper	mg	0.028	0.003	48	0.015	0.211	0.004
Manganese	mg	0.151	0.011	82	0.083	1.140	0.023
Selenium	µg	0.2	0.019	156	0.1	1.5	0.0
Vitamins:							
Ascorbic acid	mg	3.9	0.379	17	2.1	29.4	0.6
Thiamin	mg	0.046	0.005	18	0.025	0.347	0.007
Riboflavin	mg	0.030	0.004	18	0.017	0.226	0.004
Niacin	mg	0.187	0.044	7	0.103	1.412	0.028
Pantothenic acid	mg	0.046	0.003	5	0.025	0.347	0.007
Vitamin B-6	mg	0.040	0.002	14	0.022	0.302	0.006
Folate	µg	56	10.000	12	31	423	8
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	330	146.933	7	182	2492	50
Vitamin A, RE	µg	33	14.693	7	18	249	5
Vitamin E, α-TE	mg	0.280		0	0.154	2.114	0.042
Lipids:							
Saturated, total	g	0.025		0	0.014	0.189	0.004
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.022		0	0.012	0.166	0.003
17:0	g						
18:0	g	0.003		0	0.002	0.023	0.000
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.004	0.053	0.001
14:1	g					
16:1	g	0.002	0	0.001	0.015	0.000
18:1	g	0.006	0	0.003	0.045	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.100	0	0.055	0.755	0.015
18:2	g	0.029	0	0.016	0.219	0.004
18:3	g	0.071	0	0.039	0.536	0.011
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	10	0	6	76	2
Amino acids:						
Tryptophan	g	0.008	0	0.004	0.060	0.001
Threonine	g	0.053	0	0.029	0.400	0.008
Isoleucine	g	0.075	0	0.041	0.566	0.011
Leucine	g	0.070	0	0.039	0.529	0.011
Lysine	g	0.075	0	0.041	0.566	0.011
Methionine	g	0.014	0	0.008	0.106	0.002
Cystine	g	0.014	0	0.008	0.106	0.002
Phenylalanine	g	0.049	0	0.027	0.370	0.007
Tyrosine	g	0.029	0	0.016	0.219	0.004
Valine	g	0.062	0	0.034	0.468	0.009
Arginine	g	0.063	0	0.035	0.476	0.009
Histidine	g	0.020	0	0.011	0.151	0.003
Alanine	g	0.050	0	0.028	0.378	0.008
Aspartic acid	g	0.127	0	0.070	0.959	0.019
Glutamic acid	g	0.162	0	0.089	1.223	0.024
Glycine	g	0.051	0	0.028	0.385	0.008
Proline	g	0.043	0	0.024	0.325	0.006
Serine	g	0.035	0	0.019	0.264	0.005
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, shredded or chopped
- Measure 2: 1 large head
- Measure 3: 1 large leaf

NDB No. 11252

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11253 Lettuce, looseleaf, raw*Lactuca sativa***Refuse:** 36% Outer leaves, core and trimmings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 10g	Measure 2 [*] 28g	Measure 3 [*]
Proximates:						
Water	g	94.00	0	9.40	26.32	
Energy	kcal	18	0	2	5	
Energy	kJ	75	0	8	21	
Protein (N x 5.95)	g	1.30	0	0.13	0.36	
Total lipid (fat)	g	0.30	0	0.03	0.08	
Carbohydrate, by difference	g	3.50	0	0.35	0.98	
Fiber, total dietary	g	1.9	0	0.2	0.5	
Ash	g	0.90	0	0.09	0.25	
Sugars, total	g					
Minerals:						
Calcium	mg	68	0	7	19	
Iron	mg	1.40	0	0.14	0.39	
Magnesium	mg	11	0	1	3	
Phosphorus	mg	25	0	3	7	
Potassium	mg	264	0	26	74	
Sodium	mg	9	0	1	3	
Zinc	mg	0.29	0	0.03	0.08	
Copper	mg	0.044	0	0.004	0.012	
Manganese	mg	0.750	0	0.075	0.210	
Selenium	µg	0.2	0.019	156	0.0	0.1
Vitamins:						
Ascorbic acid	mg	18.0	0	1.8	5.0	
Thiamin	mg	0.050	0	0.005	0.014	
Riboflavin	mg	0.080	0	0.008	0.022	
Niacin	mg	0.400	0	0.040	0.112	
Pantothenic acid	mg	0.200	0	0.020	0.056	
Vitamin B-6	mg	0.055	0	0.006	0.015	
Folate	µg	50	0	5	14	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	1900	0	190	532	
Vitamin A, RE	µg	190	0	19	53	
Vitamin E, α-TE	mg	0.440	0	0.044	0.123	
Lipids:						
Saturated, total	g	0.039	0	0.004	0.011	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.035	0	0.004	0.010	
17:0	g					
18:0	g	0.004	0	0.000	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.012	0	0.001	0.003
14:1	g				
16:1	g	0.003	0	0.000	0.001
18:1	g	0.009	0	0.001	0.003
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.159	0	0.016	0.045
18:2	g	0.047	0	0.005	0.013
18:3	g	0.113	0	0.011	0.032
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	38	0	4	11
Amino acids:					
Tryptophan	g	0.009	0	0.001	0.003
Threonine	g	0.059	0	0.006	0.017
Isoleucine	g	0.084	0	0.008	0.024
Leucine	g	0.079	0	0.008	0.022
Lysine	g	0.084	0	0.008	0.024
Methionine	g	0.016	0	0.002	0.004
Cystine	g	0.016	0	0.002	0.004
Phenylalanine	g	0.055	0	0.006	0.015
Tyrosine	g	0.032	0	0.003	0.009
Valine	g	0.070	0	0.007	0.020
Arginine	g	0.071	0	0.007	0.020
Histidine	g	0.022	0	0.002	0.006
Alanine	g	0.056	0	0.006	0.016
Aspartic acid	g	0.142	0	0.014	0.040
Glutamic acid	g	0.182	0	0.018	0.051
Glycine	g	0.057	0	0.006	0.016
Proline	g	0.048	0	0.005	0.013
Serine	g	0.039	0	0.004	0.011
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 leaf
- Measure 2: 1/2 cup shredded

NDB No. 11253

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11254 Lotus root, raw

Nelumbo nucifera

Refuse: 21% Skins and ends of lobes

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 81g	Measure 2* 115g	Measure 3*
Proximates:						
Water	g	79.10	4.095	2	64.07	90.97
Energy	kcal	74		0	60	85
Energy	kJ	310		0	251	357
Protein (N x 5.95)	g	2.60		1	2.11	2.99
Total lipid (fat)	g	0.10		1	0.08	0.12
Carbohydrate, by difference	g	17.24		0	13.96	19.83
Fiber, total dietary	g	4.9		0	4.0	5.6
Ash	g	0.97		0	0.79	1.12
Sugars, total	g					
Minerals:						
Calcium	mg	45		1	36	52
Iron	mg	1.16	0.440	2	0.94	1.33
Magnesium	mg	23	2.400	2	19	26
Phosphorus	mg	100		1	81	115
Potassium	mg	556	174.100	2	450	639
Sodium	mg	40	0.450	2	32	46
Zinc	mg	0.39		0	0.32	0.45
Copper	mg	0.257		0	0.208	0.296
Manganese	mg	0.261		0	0.211	0.300
Selenium	µg	0.7		0	0.6	0.8
Vitamins:						
Ascorbic acid	mg	44.0		1	35.6	50.6
Thiamin	mg	0.160		1	0.130	0.184
Riboflavin	mg	0.220		1	0.178	0.253
Niacin	mg	0.400		1	0.324	0.460
Pantothenic acid	mg	0.377		0	0.305	0.434
Vitamin B-6	mg	0.258		0	0.209	0.297
Folate	µg	13		0	10	15
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	µg	0		1	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.030		0	0.024	0.034
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.028		0	0.023	0.032
17:0	g					
18:0	g	0.001		0	0.001	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.020	0	0.016	0.023
14:1	g				
16:1	g	0.002	0	0.002	0.002
18:1	g	0.014	0	0.011	0.016
20:1	g	0.002	0	0.002	0.002
22:1	g				
Polyunsaturated, total	g	0.020	0	0.016	0.023
18:2	g	0.014	0	0.011	0.016
18:3	g	0.006	0	0.005	0.007
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	0.020	4	0.016	0.023
Threonine	g	0.051	3	0.041	0.059
Isoleucine	g	0.054	3	0.044	0.062
Leucine	g	0.069	3	0.056	0.079
Lysine	g	0.094	4	0.076	0.108
Methionine	g	0.022	4	0.018	0.025
Cystine	g	0.022	2	0.018	0.025
Phenylalanine	g	0.047	3	0.038	0.054
Tyrosine	g	0.029	2	0.023	0.033
Valine	g	0.055	3	0.045	0.063
Arginine	g	0.088	2	0.071	0.101
Histidine	g	0.038	2	0.031	0.044
Alanine	g	0.054	2	0.044	0.062
Aspartic acid	g	0.369	2	0.299	0.424
Glutamic acid	g	0.139	2	0.113	0.160
Glycine	g	0.156	2	0.126	0.179
Proline	g	0.136	2	0.110	0.156
Serine	g	0.060	2	0.049	0.069
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 10 slices, (2-1/2" dia)
- Measure 2: 1 root, 9-1/2 in long

NDB No. 11254

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11255 Lotus root, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 60g	Measure 2* 89g	Measure 3*
Proximates:						
Water	g	81.42	1	48.85	72.46	
Energy	kcal	66	0	40	59	
Energy	kJ	276	0	166	246	
Protein (N x 5.95)	g	1.58	1	0.95	1.41	
Total lipid (fat)	g	0.07	1	0.04	0.06	
Carbohydrate, by difference	g	16.03	0	9.62	14.27	
Fiber, total dietary	g	3.1	0	1.9	2.8	
Ash	g	0.91	1	0.55	0.81	
Sugars, total	g					
Minerals:						
Calcium	mg	26	1	16	23	
Iron	mg	0.90	1	0.54	0.80	
Magnesium	mg	22	1	13	20	
Phosphorus	mg	78	1	47	69	
Potassium	mg	363	1	218	323	
Sodium	mg	45	1	27	40	
Zinc	mg	0.33	0	0.20	0.29	
Copper	mg	0.217	0	0.130	0.193	
Manganese	mg	0.220	0	0.132	0.196	
Selenium	µg	0.6	0	0.4	0.5	
Vitamins:						
Ascorbic acid	mg	27.4	0	16.4	24.4	
Thiamin	mg	0.127	0	0.076	0.113	
Riboflavin	mg	0.010	0	0.006	0.009	
Niacin	mg	0.300	0	0.180	0.267	
Pantothenic acid	mg	0.302	0	0.181	0.269	
Vitamin B-6	mg	0.218	0	0.131	0.194	
Folate	µg	8	0	5	7	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg	0.010	0	0.006	0.009	
Lipids:						
Saturated, total	g	0.021	0	0.013	0.019	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.020	0	0.012	0.018	
17:0	g					
18:0	g	0.001	0	0.001	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.014	0	0.008	0.012
14:1	g				
16:1	g	0.001	0	0.001	0.001
18:1	g	0.010	0	0.006	0.009
20:1	g	0.002	0	0.001	0.002
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.014	0	0.008	0.012
18:2	g	0.010	0	0.006	0.009
18:3	g	0.004	0	0.002	0.004
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.012	0	0.007	0.011
Threonine	g	0.031	0	0.019	0.028
Isoleucine	g	0.033	0	0.020	0.029
Leucine	g	0.042	0	0.025	0.037
Lysine	g	0.057	0	0.034	0.051
Methionine	g	0.014	0	0.008	0.012
Cystine	g	0.014	0	0.008	0.012
Phenylalanine	g	0.028	0	0.017	0.025
Tyrosine	g	0.017	0	0.010	0.015
Valine	g	0.034	0	0.020	0.030
Arginine	g	0.053	0	0.032	0.047
Histidine	g	0.023	0	0.014	0.020
Alanine	g	0.033	0	0.020	0.029
Aspartic acid	g	0.223	0	0.134	0.198
Glutamic acid	g	0.084	0	0.050	0.075
Glycine	g	0.095	0	0.057	0.085
Proline	g	0.082	0	0.049	0.073
Serine	g	0.037	0	0.022	0.033
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 10 slices, (2-1/2" dia)

NDB No. 11255

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11258 Mountain yam, hawaii, raw
Dioscorea pentaphylla

Refuse: 17% Ends and skin

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 68g	Measure 2* 420g	Measure 3*
Proximates:						
Water	g	81.44	1.745	4	55.38	342.05
Energy	kcal	67		0	46	281
Energy	kJ	280		0	190	1176
Protein (N x 5.95)	g	1.34		1	0.91	5.63
Total lipid (fat)	g	0.10		1	0.07	0.42
Carbohydrate, by difference	g	16.31		0	11.09	68.50
Fiber, total dietary	g					
Ash	g	0.82		1	0.56	3.44
Sugars, total	g					
Minerals:						
Calcium	mg	26		1	18	109
Iron	mg	0.44		1	0.30	1.85
Magnesium	mg	12	2.700	2	8	50
Phosphorus	mg	34		1	23	143
Potassium	mg	418	52.500	2	284	1756
Sodium	mg	13	0.900	2	9	55
Zinc	mg	0.27		0	0.18	1.13
Copper	mg	0.110		0	0.075	0.462
Manganese	mg	0.242		0	0.165	1.016
Selenium	µg	0.7		0	0.5	2.9
Vitamins:						
Ascorbic acid	mg	2.6		1	1.8	10.9
Thiamin	mg	0.102	0.026	2	0.069	0.428
Riboflavin	mg	0.019	0.006	2	0.013	0.080
Niacin	mg	0.481	0.062	2	0.327	2.020
Pantothenic acid	mg	0.433		0	0.294	1.819
Vitamin B-6	mg	0.179		0	0.122	0.752
Folate	µg	14		0	10	59
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0	0.000	2	0	0
Vitamin A, RE	µg	0	0.000	2	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.022		0	0.015	0.092
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.020		0	0.014	0.084
17:0	g					
18:0	g	0.002		0	0.001	0.008
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.004	0	0.003	0.017
14:1	g				
16:1	g				
18:1	g	0.004	0	0.003	0.017
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.045	0	0.031	0.189
18:2	g	0.038	0	0.026	0.160
18:3	g	0.007	0	0.005	0.029
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	0.011	0	0.007	0.046
Threonine	g	0.047	0	0.032	0.197
Isoleucine	g	0.045	0	0.031	0.189
Leucine	g	0.084	0	0.057	0.353
Lysine	g	0.052	0	0.035	0.218
Methionine	g	0.018	0	0.012	0.076
Cystine	g	0.016	0	0.011	0.067
Phenylalanine	g	0.062	0	0.042	0.260
Tyrosine	g	0.035	0	0.024	0.147
Valine	g	0.054	0	0.037	0.227
Arginine	g	0.112	0	0.076	0.470
Histidine	g	0.030	0	0.020	0.126
Alanine	g	0.055	0	0.037	0.231
Aspartic acid	g	0.136	0	0.092	0.571
Glutamic acid	g	0.159	0	0.108	0.668
Glycine	g	0.046	0	0.031	0.193
Proline	g	0.048	0	0.033	0.202
Serine	g	0.071	0	0.048	0.298
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1/2 cup cubes
 Measure 2: 1 yam

NDB No. 11258

Food Group 11 Vegetables and Vegetable Products
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NDB No. 11259 Mountain yam, hawaii, cooked, steamed, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 145g	Measure 2*	Measure 3*
Proximates:						
Water	g	77.14	2.745	2	111.85	
Energy	kcal	82		0	119	
Energy	kJ	343		0	497	
Protein (N x 5.95)	g	1.73		1	2.51	
Total lipid (fat)	g	0.08		1	0.12	
Carbohydrate, by difference	g	20.00		0	29.00	
Fiber, total dietary	g					
Ash	g	1.06		1	1.54	
Sugars, total	g					
Minerals:						
Calcium	mg	8		1	12	
Iron	mg	0.43		1	0.62	
Magnesium	mg	10		1	15	
Phosphorus	mg	40		1	58	
Potassium	mg	495		1	718	
Sodium	mg	12		1	17	
Zinc	mg	0.32		0	0.46	
Copper	mg	0.129		0	0.187	
Manganese	mg	0.283		0	0.410	
Selenium	µg	0.9		0	1.3	
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	
Thiamin	mg	0.086		1	0.125	
Riboflavin	mg	0.014		1	0.020	
Niacin	mg	0.130		1	0.189	
Pantothenic acid	mg	0.480		0	0.696	
Vitamin B-6	mg	0.209		0	0.303	
Folate	µg	12		0	18	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		1	0	
Vitamin A, RE	µg	0		1	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.018		0	0.026	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.015		0	0.022	
17:0	g					
18:0	g	0.001		0	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.003	0	0.004
14:1	g			
16:1	g			
18:1	g	0.003	0	0.004
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.036	0	0.052
18:2	g	0.030	0	0.044
18:3	g	0.006	0	0.009
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	0.014	0	0.020
Threonine	g	0.061	0	0.088
Isoleucine	g	0.059	0	0.086
Leucine	g	0.109	0	0.158
Lysine	g	0.067	0	0.097
Methionine	g	0.023	0	0.033
Cystine	g	0.021	0	0.030
Phenylalanine	g	0.080	0	0.116
Tyrosine	g	0.046	0	0.067
Valine	g	0.070	0	0.102
Arginine	g	0.144	0	0.209
Histidine	g	0.038	0	0.055
Alanine	g	0.071	0	0.103
Aspartic acid	g	0.175	0	0.254
Glutamic acid	g	0.205	0	0.297
Glycine	g	0.060	0	0.087
Proline	g	0.061	0	0.088
Serine	g	0.092	0	0.133
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11259

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11260 Mushrooms, raw

Agaricus bisporus

Refuse: 3% Trimmings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 70g	Measure 2* 96g	Measure 3* 23g	
Proximates:							
Water	g	91.81	0.241	41	64.27	88.14	21.12
Energy	kcal	25		0	18	24	6
Energy	kJ	105		0	74	101	24
Protein (N x 5.95)	g	2.09	0.076	34	1.46	2.01	0.48
Total lipid (fat)	g	0.42	0.040	34	0.29	0.40	0.10
Carbohydrate, by difference	g	4.65		0	3.25	4.46	1.07
Fiber, total dietary	g	1.2		0	0.8	1.2	0.3
Ash	g	0.89	0.036	33	0.62	0.85	0.20
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.713	19	4	5	1
Iron	mg	1.24	0.147	44	0.87	1.19	0.29
Magnesium	mg	10	0.149	21	7	10	2
Phosphorus	mg	104	3.869	21	73	100	24
Potassium	mg	370	6.433	23	259	355	85
Sodium	mg	4	0.280	14	3	4	1
Zinc	mg	0.73	0.054	43	0.51	0.70	0.17
Copper	mg	0.492	0.042	43	0.344	0.472	0.113
Manganese	mg	0.112	0.015	14	0.078	0.108	0.026
Selenium	µg	12.3	1.248	11	8.6	11.8	2.8
Vitamins:							
Ascorbic acid	mg	3.5	0.503	28	2.5	3.4	0.8
Thiamin	mg	0.102	0.005	12	0.071	0.098	0.023
Riboflavin	mg	0.449	0.022	12	0.314	0.431	0.103
Niacin	mg	4.116	0.124	12	2.881	3.951	0.947
Pantothenic acid	mg	2.200		0	1.540	2.112	0.506
Vitamin B-6	mg	0.097	0.010	12	0.068	0.093	0.022
Folate	µg	21	2.062	30	15	20	5
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		1	0	0	0
Vitamin E, α-TE	mg	0.120		0	0.084	0.115	0.028
Lipids:							
Saturated, total	g	0.056		0	0.039	0.054	0.013
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.001		2	0.001	0.001	0.000
12:0	g	0.005		2	0.004	0.005	0.001
14:0	g	0.002		3	0.001	0.002	0.000
15:0	g						
16:0	g	0.028		7	0.020	0.027	0.006
17:0	g						
18:0	g	0.009		7	0.006	0.009	0.002
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.005	0.007	0.002
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.007	7	0.005	0.007	0.002
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.170	0	0.119	0.163	0.039
18:2	g	0.166	7	0.116	0.159	0.038
18:3	g	0.001	1	0.001	0.001	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.047	20	0.033	0.045	0.011
Threonine	g	0.094	32	0.066	0.090	0.022
Isoleucine	g	0.083	32	0.058	0.080	0.019
Leucine	g	0.128	32	0.090	0.123	0.029
Lysine	g	0.211	32	0.148	0.203	0.049
Methionine	g	0.040	23	0.028	0.038	0.009
Cystine	g	0.005	2	0.004	0.005	0.001
Phenylalanine	g	0.081	32	0.057	0.078	0.019
Tyrosine	g	0.045	32	0.032	0.043	0.010
Valine	g	0.096	32	0.067	0.092	0.022
Arginine	g	0.103	32	0.072	0.099	0.024
Histidine	g	0.056	31	0.039	0.054	0.013
Alanine	g	0.156	32	0.109	0.150	0.036
Aspartic acid	g	0.191	32	0.134	0.183	0.044
Glutamic acid	g	0.357	32	0.250	0.343	0.082
Glycine	g	0.093	32	0.065	0.089	0.021
Proline	g	0.147	32	0.103	0.141	0.034
Serine	g	0.094	32	0.066	0.090	0.022
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, pieces or slices
- Measure 2: 1 cup, whole
- Measure 3: 1 large

NDB No. 11260

Food Group 11 Vegetables and Vegetable Products
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NDB No. 11261 Mushrooms, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 10g	Measure 3* 12g
Proximates:						
Water	g	91.08	0	142.08	8.93	10.93
Energy	kcal	27	0	42	3	3
Energy	kJ	113	0	176	11	14
Protein (N x 5.95)	g	2.17	0	3.39	0.21	0.26
Total lipid (fat)	g	0.47	0	0.73	0.05	0.06
Carbohydrate, by difference	g	5.14	0	8.02	0.50	0.62
Fiber, total dietary	g	2.2	0	3.4	0.2	0.3
Ash	g	0.99	0	1.54	0.10	0.12
Sugars, total	g					
Minerals:						
Calcium	mg	6	0	9	1	1
Iron	mg	1.74	0	2.71	0.17	0.21
Magnesium	mg	12	0	19	1	1
Phosphorus	mg	87	0	136	9	10
Potassium	mg	356	0	555	35	43
Sodium	mg	2	0	3	0	0
Zinc	mg	0.87	0	1.36	0.09	0.10
Copper	mg	0.504	0	0.786	0.049	0.060
Manganese	mg	0.115	0	0.179	0.011	0.014
Selenium	µg	11.9	0.640	5	18.6	1.4
Vitamins:						
Ascorbic acid	mg	4.0	0	6.2	0.4	0.5
Thiamin	mg	0.073	0	0.114	0.007	0.009
Riboflavin	mg	0.300	0	0.468	0.029	0.036
Niacin	mg	4.460	0	6.958	0.437	0.535
Pantothenic acid	mg	2.160	0	3.370	0.212	0.259
Vitamin B-6	mg	0.095	0	0.148	0.009	0.011
Folate	µg	18	0	28	2	2
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00
Vitamin A	IU	0	0	0	0	0
Vitamin A, RE	µg	0	0	0	0	0
Vitamin E, α-TE	mg	0.120	0	0.187	0.012	0.014
Lipids:						
Saturated, total	g	0.061	0	0.095	0.006	0.007
4:0	g	0.000	0	0.000	0.000	0.000
6:0	g	0.000	0	0.000	0.000	0.000
8:0	g	0.000	0	0.000	0.000	0.000
10:0	g	0.001	0	0.002	0.000	0.000
12:0	g	0.005	0	0.008	0.000	0.001
14:0	g	0.002	0	0.003	0.000	0.000
15:0	g					
16:0	g	0.030	0	0.047	0.003	0.004
17:0	g					
18:0	g	0.010	0	0.016	0.001	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.012	0.001	0.001
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.007	0	0.011	0.001	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.183	0	0.285	0.018	0.022
18:2	g	0.179	0	0.279	0.018	0.021
18:3	g	0.001	0	0.002	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.051	0	0.080	0.005	0.006
Threonine	g	0.101	0	0.158	0.010	0.012
Isoleucine	g	0.089	0	0.139	0.009	0.011
Leucine	g	0.137	0	0.214	0.013	0.016
Lysine	g	0.227	0	0.354	0.022	0.027
Methionine	g	0.043	0	0.067	0.004	0.005
Cystine	g	0.006	0	0.009	0.001	0.001
Phenylalanine	g	0.088	0	0.137	0.009	0.011
Tyrosine	g	0.048	0	0.075	0.005	0.006
Valine	g	0.103	0	0.161	0.010	0.012
Arginine	g	0.111	0	0.173	0.011	0.013
Histidine	g	0.060	0	0.094	0.006	0.007
Alanine	g	0.168	0	0.262	0.016	0.020
Aspartic acid	g	0.206	0	0.321	0.020	0.025
Glutamic acid	g	0.383	0	0.597	0.038	0.046
Glycine	g	0.100	0	0.156	0.010	0.012
Proline	g	0.158	0	0.246	0.015	0.019
Serine	g	0.101	0	0.158	0.010	0.012
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, pieces
- Measure 2: 1 tablespoon
- Measure 3: 1 mushroom

NDB No. 11261

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11264 Mushrooms, canned, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 132g	Measure 3* 16g	
Proximates:							
Water	g	91.08	0.333	8	142.08	119.77	14.57
Energy	kcal	24		0	37	32	4
Energy	kJ	100		0	156	132	16
Protein (N x 5.95)	g	1.87	0.158	5	2.92	2.46	0.30
Total lipid (fat)	g	0.29	0.068	5	0.45	0.38	0.05
Carbohydrate, by difference	g	4.96		0	7.74	6.52	0.79
Fiber, total dietary	g	2.4		0	3.7	3.2	0.4
Ash	g	1.67	0.083	5	2.61	2.20	0.27
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	17	14	2
Iron	mg	0.79	0.078	6	1.23	1.04	0.13
Magnesium	mg	15		0	23	20	2
Phosphorus	mg	66		0	103	87	11
Potassium	mg	129		0	201	170	21
Sodium	mg	425		0	663	559	68
Zinc	mg	0.72	0.093	6	1.12	0.95	0.12
Copper	mg	0.235	0.049	6	0.367	0.309	0.038
Manganese	mg	0.086	0.012	5	0.134	0.113	0.014
Selenium	µg	4.1	0.430	23	6.4	5.4	0.7
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.085		0	0.133	0.112	0.014
Riboflavin	mg	0.021		0	0.033	0.028	0.003
Niacin	mg	1.593		0	2.485	2.095	0.255
Pantothenic acid	mg	0.811		0	1.265	1.066	0.130
Vitamin B-6	mg	0.061		0	0.095	0.080	0.010
Folate	µg	12	9.135	3	19	16	2
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.120		0	0.187	0.158	0.019
Lipids:							
Saturated, total	g	0.038		0	0.059	0.050	0.006
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.001		0	0.002	0.001	0.000
12:0	g	0.003		0	0.005	0.004	0.000
14:0	g	0.001		0	0.002	0.001	0.000
15:0	g						
16:0	g	0.019		0	0.030	0.025	0.003
17:0	g						
18:0	g	0.006		0	0.009	0.008	0.001
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.008	0.007	0.001
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.005	0	0.008	0.007	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.113	0	0.176	0.149	0.018
18:2	g	0.111	0	0.173	0.146	0.018
18:3	g	0.001	0	0.002	0.001	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.044	0	0.069	0.058	0.007
Threonine	g	0.088	0	0.137	0.116	0.014
Isoleucine	g	0.077	0	0.120	0.101	0.012
Leucine	g	0.118	0	0.184	0.155	0.019
Lysine	g	0.196	0	0.306	0.258	0.031
Methionine	g	0.037	0	0.058	0.049	0.006
Cystine	g	0.005	0	0.008	0.007	0.001
Phenylalanine	g	0.076	0	0.119	0.100	0.012
Tyrosine	g	0.042	0	0.066	0.055	0.007
Valine	g	0.089	0	0.139	0.117	0.014
Arginine	g	0.096	0	0.150	0.126	0.015
Histidine	g	0.052	0	0.081	0.068	0.008
Alanine	g	0.145	0	0.226	0.191	0.023
Aspartic acid	g	0.178	0	0.278	0.234	0.028
Glutamic acid	g	0.331	0	0.516	0.435	0.053
Glycine	g	0.086	0	0.134	0.113	0.014
Proline	g	0.137	0	0.214	0.180	0.022
Serine	g	0.087	0	0.136	0.114	0.014
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 can
 Measure 3: 1 large

NDB No. 11264

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11268 Mushrooms, shiitake, dried

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 4g	Measure 2* 15g	Measure 3*
Proximates:						
Water	g	9.50	0.680	2	0.34	1.43
Energy	kcal	296		0	11	44
Energy	kJ	1238		0	45	186
Protein (N x 5.95)	g	9.58		0	0.34	1.44
Total lipid (fat)	g	0.99		0	0.04	0.15
Carbohydrate, by difference	g	75.37		0	2.71	11.31
Fiber, total dietary	g	11.5		0	0.4	1.7
Ash	g	4.56		0	0.16	0.68
Sugars, total	g					
Minerals:						
Calcium	mg	11		1	0	2
Iron	mg	1.72		1	0.06	0.26
Magnesium	mg	132		1	5	20
Phosphorus	mg	294		1	11	44
Potassium	mg	1534		1	55	230
Sodium	mg	13		1	0	2
Zinc	mg	7.66		0	0.28	1.15
Copper	mg	5.165		0	0.186	0.775
Manganese	mg	1.176		0	0.042	0.176
Selenium	µg	135.9		0	4.9	20.4
Vitamins:						
Ascorbic acid	mg	3.5		1	0.1	0.5
Thiamin	mg	0.300		1	0.011	0.045
Riboflavin	mg	1.270		1	0.046	0.191
Niacin	mg	14.100		1	0.508	2.115
Pantothenic acid	mg	21.879		0	0.788	3.282
Vitamin B-6	mg	0.965		0	0.035	0.145
Folate	µg	163		0	6	24
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	µg	0		1	0	0
Vitamin E, α-TE	mg	0.120		0	0.004	0.018
Lipids:						
Saturated, total	g	0.247		0	0.009	0.037
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.019		0	0.001	0.003
12:0	g	0.011		0	0.000	0.002
14:0	g	0.018		0	0.001	0.003
15:0	g					
16:0	g	0.112		0	0.004	0.017
17:0	g					
18:0	g	0.047		0	0.002	0.007
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.307	0	0.011	0.046
14:1	g				
16:1	g	0.082	0	0.003	0.012
18:1	g	0.139	0	0.005	0.021
20:1	g	0.000	0	0.000	0.000
22:1	g	0.070	0	0.003	0.011
Polyunsaturated, total	g	0.140	0	0.005	0.021
18:2	g	0.127	0	0.005	0.019
18:3	g	0.012	0	0.000	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.031	1	0.001	0.005
Threonine	g	0.497	2	0.018	0.075
Isoleucine	g	0.405	2	0.015	0.061
Leucine	g	0.679	2	0.024	0.102
Lysine	g	0.343	2	0.012	0.051
Methionine	g	0.179	2	0.006	0.027
Cystine	g	0.196	1	0.007	0.029
Phenylalanine	g	0.486	2	0.017	0.073
Tyrosine	g	0.323	2	0.012	0.048
Valine	g	0.486	2	0.017	0.073
Arginine	g	0.648	2	0.023	0.097
Histidine	g	0.159	2	0.006	0.024
Alanine	g	0.567	2	0.020	0.085
Aspartic acid	g	0.760	2	0.027	0.114
Glutamic acid	g	2.579	2	0.093	0.387
Glycine	g	0.414	2	0.015	0.062
Proline	g	0.414	2	0.015	0.062
Serine	g	0.506	2	0.018	0.076
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 mushroom
 Measure 2: 4 mushrooms

NDB No. 11268

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11269 Mushrooms, shiitake, cooked, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 145g	Measure 2* 72g	Measure 3*
Proximates:						
Water	g	83.48	0.415	2	121.05	60.11
Energy	kcal	55		0	80	40
Energy	kJ	230		0	334	166
Protein (N x 5.95)	g	1.56		0	2.26	1.12
Total lipid (fat)	g	0.22		1	0.32	0.16
Carbohydrate, by difference	g	14.28		0	20.71	10.28
Fiber, total dietary	g	2.1		0	3.0	1.5
Ash	g	0.35		1	0.51	0.25
Sugars, total	g					
Minerals:						
Calcium	mg	3		1	4	2
Iron	mg	0.44		1	0.64	0.32
Magnesium	mg	14		1	20	10
Phosphorus	mg	29		1	42	21
Potassium	mg	117		1	170	84
Sodium	mg	4		1	6	3
Zinc	mg	1.33		0	1.93	0.96
Copper	mg	0.896		0	1.299	0.645
Manganese	mg	0.204		0	0.296	0.147
Selenium	µg	24.8		0	36.0	17.9
Vitamins:						
Ascorbic acid	mg	0.3		1	0.4	0.2
Thiamin	mg	0.037		1	0.054	0.027
Riboflavin	mg	0.170		1	0.247	0.122
Niacin	mg	1.500		1	2.175	1.080
Pantothenic acid	mg	3.594		0	5.211	2.588
Vitamin B-6	mg	0.159		0	0.231	0.114
Folate	µg	21		0	30	15
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	µg	0		1	0	0
Vitamin E, α-TE	mg	0.120		0	0.174	0.086
Lipids:						
Saturated, total	g	0.055		0	0.080	0.040
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.004		0	0.006	0.003
12:0	g	0.002		0	0.003	0.001
14:0	g	0.004		0	0.006	0.003
15:0	g					
16:0	g	0.025		0	0.036	0.018
17:0	g					
18:0	g	0.011		0	0.016	0.008
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.068	0	0.099	0.049
14:1	g				
16:1	g	0.018	0	0.026	0.013
18:1	g	0.031	0	0.045	0.022
20:1	g	0.000	0	0.000	0.000
22:1	g	0.015	0	0.022	0.011
Polyunsaturated, total	g	0.031	0	0.045	0.022
18:2	g	0.028	0	0.041	0.020
18:3	g	0.003	0	0.004	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.004	0	0.006	0.003
Threonine	g	0.068	0	0.099	0.049
Isoleucine	g	0.055	0	0.080	0.040
Leucine	g	0.093	0	0.135	0.067
Lysine	g	0.047	0	0.068	0.034
Methionine	g	0.025	0	0.036	0.018
Cystine	g	0.027	0	0.039	0.019
Phenylalanine	g	0.067	0	0.097	0.048
Tyrosine	g	0.044	0	0.064	0.032
Valine	g	0.067	0	0.097	0.048
Arginine	g	0.089	0	0.129	0.064
Histidine	g	0.022	0	0.032	0.016
Alanine	g	0.078	0	0.113	0.056
Aspartic acid	g	0.104	0	0.151	0.075
Glutamic acid	g	0.353	0	0.512	0.254
Glycine	g	0.057	0	0.083	0.041
Proline	g	0.057	0	0.083	0.041
Serine	g	0.069	0	0.100	0.050
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup (pieces)
- Measure 2: 4 mushrooms

NDB No. 11269

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11270 Mustard greens, raw
Brassica juncea

Refuse: 7% Bases

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 56g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	90.80	1.004	9	50.85	
Energy	kcal	26		0	15	
Energy	kJ	109		0	61	
Protein (N x 5.95)	g	2.70		1	1.51	
Total lipid (fat)	g	0.20		1	0.11	
Carbohydrate, by difference	g	4.90		0	2.74	
Fiber, total dietary	g	3.3		0	1.8	
Ash	g	1.40		0	0.78	
Sugars, total	g					
Minerals:						
Calcium	mg	103	36.600	2	58	
Iron	mg	1.46	0.540	2	0.82	
Magnesium	mg	32	16.350	2	18	
Phosphorus	mg	43	2.350	2	24	
Potassium	mg	354	27.282	9	198	
Sodium	mg	25	7.302	9	14	
Zinc	mg	0.20		0	0.11	
Copper	mg	0.147		0	0.082	
Manganese	mg	0.480		0	0.269	
Selenium	µg	0.9		0	0.5	
Vitamins:						
Ascorbic acid	mg	70.0		1	39.2	
Thiamin	mg	0.080		1	0.045	
Riboflavin	mg	0.110		1	0.062	
Niacin	mg	0.800		1	0.448	
Pantothenic acid	mg	0.210		0	0.118	
Vitamin B-6	mg	0.180		0	0.101	
Folate	µg	187		0	105	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	5300		1	2968	
Vitamin A, RE	µg	530		1	297	
Vitamin E, α-TE	mg	2.010		0	1.126	
Lipids:						
Saturated, total	g	0.010		0	0.006	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.005		0	0.003	
17:0	g					
18:0	g	0.002		0	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.092	0	0.052
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.015	0	0.008
20:1	g	0.019	0	0.011
22:1	g	0.058	0	0.032
Polyunsaturated, total	g	0.038	0	0.021
18:2	g	0.020	0	0.011
18:3	g	0.018	0	0.010
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.030	2	0.017
Threonine	g	0.072	2	0.040
Isoleucine	g	0.098	2	0.055
Leucine	g	0.083	2	0.046
Lysine	g	0.123	2	0.069
Methionine	g	0.025	2	0.014
Cystine	g	0.040	1	0.022
Phenylalanine	g	0.072	2	0.040
Tyrosine	g	0.143	1	0.080
Valine	g	0.105	2	0.059
Arginine	g	0.197	1	0.110
Histidine	g	0.048	1	0.027
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11270

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11271 Mustard greens, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 140g	Measure 2*	Measure 3*
Proximates:						
Water	g	94.46	0	132.24		
Energy	kcal	15	0	21		
Energy	kJ	63	0	88		
Protein (N x 5.95)	g	2.26	1	3.16		
Total lipid (fat)	g	0.24	1	0.34		
Carbohydrate, by difference	g	2.10	0	2.94		
Fiber, total dietary	g	2.0	0	2.8		
Ash	g	0.94	1	1.32		
Sugars, total	g					
Minerals:						
Calcium	mg	74	1	104		
Iron	mg	0.70	1	0.98		
Magnesium	mg	15	1	21		
Phosphorus	mg	41	1	57		
Potassium	mg	202	0	283		
Sodium	mg	16	1	22		
Zinc	mg	0.11	0	0.15		
Copper	mg	0.084	0	0.118		
Manganese	mg	0.274	0	0.384		
Selenium	µg	0.6	0	0.8		
Vitamins:						
Ascorbic acid	mg	25.3	0	35.4		
Thiamin	mg	0.041	0	0.057		
Riboflavin	mg	0.063	0	0.088		
Niacin	mg	0.433	0	0.606		
Pantothenic acid	mg	0.120	0	0.168		
Vitamin B-6	mg	0.098	0	0.137		
Folate	µg	73	0	103		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	3031	0	4243		
Vitamin A, RE	µg	303	0	424		
Vitamin E, α-TE	mg	2.010	0	2.814		
Lipids:						
Saturated, total	g	0.012	0	0.017		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.006	0	0.008		
17:0	g					
18:0	g	0.002	0	0.003		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.110	0	0.154
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.018	0	0.025
20:1	g	0.023	0	0.032
22:1	g	0.069	0	0.097
Polyunsaturated, total	g	0.046	0	0.064
18:2	g	0.024	0	0.034
18:3	g	0.022	0	0.031
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.025	0	0.035
Threonine	g	0.060	0	0.084
Isoleucine	g	0.082	0	0.115
Leucine	g	0.069	0	0.097
Lysine	g	0.103	0	0.144
Methionine	g	0.021	0	0.029
Cystine	g	0.034	0	0.048
Phenylalanine	g	0.060	0	0.084
Tyrosine	g	0.119	0	0.167
Valine	g	0.088	0	0.123
Arginine	g	0.165	0	0.231
Histidine	g	0.040	0	0.056
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11271

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11272 Mustard greens, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 146g	Measure 2* 284g	Measure 3*
Proximates:						
Water	g	93.21	0.180	12	136.09	264.72
Energy	kcal	20		0	29	57
Energy	kJ	84		0	123	239
Protein (N x 5.95)	g	2.49	0.125	12	3.64	7.07
Total lipid (fat)	g	0.27	0.048	12	0.39	0.77
Carbohydrate, by difference	g	3.41		0	4.98	9.68
Fiber, total dietary	g	3.3		0	4.8	9.4
Ash	g	0.63	0.047	12	0.92	1.79
Sugars, total	g					
Minerals:						
Calcium	mg	116	5.299	12	169	329
Iron	mg	1.29	0.126	12	1.88	3.66
Magnesium	mg	15	1.780	3	22	43
Phosphorus	mg	30	0.981	3	44	85
Potassium	mg	170	21.548	3	248	483
Sodium	mg	29	1.596	3	42	82
Zinc	mg	0.23	0.021	3	0.34	0.65
Copper	mg	0.067	0.009	3	0.098	0.190
Manganese	mg	0.339	0.018	3	0.495	0.963
Selenium	µg	0.7		1	1.0	2.0
Vitamins:						
Ascorbic acid	mg	25.3	1.942	12	36.9	71.9
Thiamin	mg	0.048	0.004	12	0.070	0.136
Riboflavin	mg	0.061	0.005	12	0.089	0.173
Niacin	mg	0.314	0.011	12	0.458	0.892
Pantothenic acid	mg	0.019		1	0.028	0.054
Vitamin B-6	mg	0.131		1	0.191	0.372
Folate	µg	138		0	202	393
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	5155	228.552	12	7526	14640
Vitamin A, RE	µg	515	22.855	12	752	1463
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.014		0	0.020	0.040
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.006		0	0.009	0.017
17:0	g					
18:0	g	0.002		0	0.003	0.006
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.124	0	0.181	0.352
14:1	g				
16:1	g	0.001	0	0.001	0.003
18:1	g	0.020	0	0.029	0.057
20:1	g	0.026	0	0.038	0.074
22:1	g	0.077	0	0.112	0.219
Polyunsaturated, total	g	0.051	0	0.074	0.145
18:2	g	0.027	0	0.039	0.077
18:3	g	0.024	0	0.035	0.068
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	0.039	0.077
Threonine	g	0.066	0	0.096	0.187
Isoleucine	g	0.091	0	0.133	0.258
Leucine	g	0.076	0	0.111	0.216
Lysine	g	0.113	0	0.165	0.321
Methionine	g	0.023	0	0.034	0.065
Cystine	g	0.037	0	0.054	0.105
Phenylalanine	g	0.066	0	0.096	0.187
Tyrosine	g	0.132	0	0.193	0.375
Valine	g	0.097	0	0.142	0.275
Arginine	g	0.181	0	0.264	0.514
Histidine	g	0.045	0	0.066	0.128
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, chopped
- Measure 2: 1 package (10 oz)

NDB No. 11272

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11273 Mustard greens, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 150g	Measure 2* 212g	Measure 3*
Proximates:						
Water	g	93.80	0	140.70	198.86	
Energy	kcal	19	0	29	40	
Energy	kJ	79	0	119	167	
Protein (N x 5.95)	g	2.27	0	3.40	4.81	
Total lipid (fat)	g	0.25	0	0.38	0.53	
Carbohydrate, by difference	g	3.12	0	4.68	6.61	
Fiber, total dietary	g	2.8	0	4.2	5.9	
Ash	g	0.57	0	0.85	1.21	
Sugars, total	g					
Minerals:						
Calcium	mg	101	0	152	214	
Iron	mg	1.12	0	1.68	2.37	
Magnesium	mg	13	0	20	28	
Phosphorus	mg	24	0	36	51	
Potassium	mg	139	0	209	295	
Sodium	mg	25	0	38	53	
Zinc	mg	0.20	0	0.30	0.42	
Copper	mg	0.058	0	0.087	0.123	
Manganese	mg	0.294	0	0.441	0.623	
Selenium	µg	0.6	0	0.9	1.3	
Vitamins:						
Ascorbic acid	mg	13.8	0	20.7	29.3	
Thiamin	mg	0.040	0	0.060	0.085	
Riboflavin	mg	0.053	0	0.080	0.112	
Niacin	mg	0.258	0	0.387	0.547	
Pantothenic acid	mg	0.016	0	0.024	0.034	
Vitamin B-6	mg	0.108	0	0.162	0.229	
Folate	µg	70	0	104	147	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	4470	0	6705	9476	
Vitamin A, RE	µg	447	0	671	948	
Vitamin E, α-TE	mg	1.740	0	2.610	3.689	
Lipids:						
Saturated, total	g	0.013	0	0.020	0.028	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.006	0	0.009	0.013	
17:0	g					
18:0	g	0.002	0	0.003	0.004	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.113	0	0.170	0.240
14:1	g				
16:1	g	0.001	0	0.002	0.002
18:1	g	0.018	0	0.027	0.038
20:1	g	0.023	0	0.034	0.049
22:1	g	0.071	0	0.106	0.151
Polyunsaturated, total	g	0.047	0	0.070	0.100
18:2	g	0.024	0	0.036	0.051
18:3	g	0.022	0	0.033	0.047
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.025	0	0.038	0.053
Threonine	g	0.060	0	0.090	0.127
Isoleucine	g	0.083	0	0.125	0.176
Leucine	g	0.070	0	0.105	0.148
Lysine	g	0.103	0	0.155	0.218
Methionine	g	0.021	0	0.032	0.045
Cystine	g	0.034	0	0.051	0.072
Phenylalanine	g	0.060	0	0.090	0.127
Tyrosine	g	0.120	0	0.180	0.254
Valine	g	0.088	0	0.132	0.187
Arginine	g	0.166	0	0.249	0.352
Histidine	g	0.041	0	0.062	0.087
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, chopped
- Measure 2: 1 package (10 oz) yields

NDB No. 11273

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11274 Mustard spinach, (tendergreen), raw
Brassica rapa (Perviridis Group)

Refuse: 7% Trimmings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 150g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	92.20	0	138.30		
Energy	kcal	22	0	33		
Energy	kJ	92	0	138		
Protein (N x 5.95)	g	2.20	0	3.30		
Total lipid (fat)	g	0.30	0	0.45		
Carbohydrate, by difference	g	3.90	0	5.85		
Fiber, total dietary	g	2.8	0	4.2		
Ash	g	1.40	0	2.10		
Sugars, total	g					
Minerals:						
Calcium	mg	210	0	315		
Iron	mg	1.50	0	2.25		
Magnesium	mg	11	0	17		
Phosphorus	mg	28	0	42		
Potassium	mg	449	0	674		
Sodium	mg	21	0	32		
Zinc	mg	0.17	0	0.26		
Copper	mg	0.075	0	0.113		
Manganese	mg	0.407	0	0.610		
Selenium	µg	0.8	0	1.2		
Vitamins:						
Ascorbic acid	mg	130.0	0	195.0		
Thiamin	mg	0.068	0	0.102		
Riboflavin	mg	0.093	0	0.139		
Niacin	mg	0.678	0	1.017		
Pantothenic acid	mg	0.178	0	0.267		
Vitamin B-6	mg	0.153	0	0.230		
Folate	µg	159	0	238		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	9900	0	14850		
Vitamin A, RE	µg	990	0	1485		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, chopped

NDB No. 11274

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11275 Mustard spinach, (tendergreen), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:						
Water	g	94.50	0	170.10		
Energy	kcal	16	0	29		
Energy	kJ	67	0	121		
Protein (N x 5.95)	g	1.70	0	3.06		
Total lipid (fat)	g	0.20	0	0.36		
Carbohydrate, by difference	g	2.80	0	5.04		
Fiber, total dietary	g	2.0	0	3.6		
Ash	g	0.80	0	1.44		
Sugars, total	g					
Minerals:						
Calcium	mg	158	0	284		
Iron	mg	0.80	0	1.44		
Magnesium	mg	7	0	13		
Phosphorus	mg	18	0	32		
Potassium	mg	285	0	513		
Sodium	mg	14	0	25		
Zinc	mg	0.11	0	0.20		
Copper	mg	0.050	0	0.090		
Manganese	mg	0.270	0	0.486		
Selenium	µg	0.6	0	1.1		
Vitamins:						
Ascorbic acid	mg	65.0	0	117.0		
Thiamin	mg	0.041	0	0.074		
Riboflavin	mg	0.062	0	0.112		
Niacin	mg	0.430	0	0.774		
Pantothenic acid	mg	0.119	0	0.214		
Vitamin B-6	mg	0.097	0	0.175		
Folate	µg	73	0	131		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	8200	0	14760		
Vitamin A, RE	µg	820	0	1476		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, chopped

NDB No. 11275

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11276 New Zealand spinach, raw
Tetragonia tetragonoides

Refuse: 28% Large stems and roots

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 56g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	94.00	1	52.64		
Energy	kcal	14	0	8		
Energy	kJ	59	0	33		
Protein (N x 5.95)	g	1.50	1	0.84		
Total lipid (fat)	g	0.20	1	0.11		
Carbohydrate, by difference	g	2.50	0	1.40		
Fiber, total dietary	g					
Ash	g	1.80	0	1.01		
Sugars, total	g					
Minerals:						
Calcium	mg	58	1	32		
Iron	mg	0.80	1	0.45		
Magnesium	mg	39	1	22		
Phosphorus	mg	28	1	16		
Potassium	mg	130	1	73		
Sodium	mg	130	1	73		
Zinc	mg	0.38	0	0.21		
Copper	mg	0.093	0	0.052		
Manganese	mg	0.639	0	0.358		
Selenium	µg	0.7	0	0.4		
Vitamins:						
Ascorbic acid	mg	30.0	1	16.8		
Thiamin	mg	0.040	1	0.022		
Riboflavin	mg	0.130	1	0.073		
Niacin	mg	0.500	1	0.280		
Pantothenic acid	mg	0.312	0	0.175		
Vitamin B-6	mg	0.304	0	0.170		
Folate	µg	15	0	8		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	4400	1	2464		
Vitamin A, RE	µg	440	1	246		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.032	0	0.018		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.004	0	0.002		
15:0	g					
16:0	g	0.024	0	0.013		
17:0	g					
18:0	g	0.002	0	0.001		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.003
14:1	g			
16:1	g	0.003	0	0.002
18:1	g	0.003	0	0.002
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.084	0	0.047
18:2	g	0.013	0	0.007
18:3	g	0.066	0	0.037
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup, chopped

NDB No. 11276

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11277 New Zealand spinach, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:						
Water	g	94.80	0	170.64		
Energy	kcal	12	0	22		
Energy	kJ	50	0	90		
Protein (N x 5.95)	g	1.30	0	2.34		
Total lipid (fat)	g	0.17	0	0.31		
Carbohydrate, by difference	g	2.20	0	3.96		
Fiber, total dietary	g					
Ash	g	1.60	0	2.88		
Sugars, total	g					
Minerals:						
Calcium	mg	48	0	86		
Iron	mg	0.66	0	1.19		
Magnesium	mg	32	0	58		
Phosphorus	mg	22	0	40		
Potassium	mg	102	0	184		
Sodium	mg	107	0	193		
Zinc	mg	0.31	0	0.56		
Copper	mg	0.077	0	0.139		
Manganese	mg	0.526	0	0.947		
Selenium	µg	0.9	0	1.6		
Vitamins:						
Ascorbic acid	mg	16.0	0	28.8		
Thiamin	mg	0.030	0	0.054		
Riboflavin	mg	0.107	0	0.193		
Niacin	mg	0.390	0	0.702		
Pantothenic acid	mg	0.256	0	0.461		
Vitamin B-6	mg	0.237	0	0.427		
Folate	µg	8	0	15		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	3622	0	6520		
Vitamin A, RE	µg	362	0	652		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.027	0	0.049		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.004	0	0.007		
15:0	g					
16:0	g	0.020	0	0.036		
17:0	g					
18:0	g	0.002	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.009
14:1	g			
16:1	g	0.002	0	0.004
18:1	g	0.002	0	0.004
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.071	0	0.128
18:2	g	0.011	0	0.020
18:3	g	0.056	0	0.101
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, chopped

NDB No. 11277

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11278 Okra, raw
Abelmoschus esculentus

Refuse: 14% Crown and tips

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 100g	Measure 2* 95g	Measure 3*
Proximates:						
Water	g	89.58	0.525	8	89.58	85.10
Energy	kcal	33		0	33	31
Energy	kJ	138		0	138	131
Protein (N x 5.95)	g	2.00		1	2.00	1.90
Total lipid (fat)	g	0.10		1	0.10	0.10
Carbohydrate, by difference	g	7.63		0	7.63	7.25
Fiber, total dietary	g	3.2		0	3.2	3.0
Ash	g	0.70		0	0.70	0.67
Sugars, total	g					
Minerals:						
Calcium	mg	81		1	81	77
Iron	mg	0.80		1	0.80	0.76
Magnesium	mg	57	2.500	2	57	54
Phosphorus	mg	63		1	63	60
Potassium	mg	303	22.600	2	303	288
Sodium	mg	8	1.750	2	8	8
Zinc	mg	0.60		0	0.60	0.57
Copper	mg	0.094		0	0.094	0.089
Manganese	mg	0.990		0	0.990	0.941
Selenium	µg	0.7		0	0.7	0.7
Vitamins:						
Ascorbic acid	mg	21.1	2.322	11	21.1	20.0
Thiamin	mg	0.200		1	0.200	0.190
Riboflavin	mg	0.060		1	0.060	0.057
Niacin	mg	1.000		1	1.000	0.950
Pantothenic acid	mg	0.245		0	0.245	0.233
Vitamin B-6	mg	0.215		1	0.215	0.204
Folate	µg	88	12.076	6	88	83
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	660		1	660	627
Vitamin A, RE	µg	66		1	66	63
Vitamin E, α-TE	mg	0.690		0	0.690	0.656
Lipids:						
Saturated, total	g	0.026		0	0.026	0.025
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.022		0	0.022	0.021
17:0	g					
18:0	g	0.003		0	0.003	0.003
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.017	0	0.017	0.016
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.016	0	0.016	0.015
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.027	0	0.027	0.026
18:2	g	0.026	0	0.026	0.025
18:3	g	0.001	0	0.001	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	24	0	24	23
Amino acids:					
Tryptophan	g	0.017	8	0.017	0.016
Threonine	g	0.065	3	0.065	0.062
Isoleucine	g	0.069	3	0.069	0.066
Leucine	g	0.105	3	0.105	0.100
Lysine	g	0.081	7	0.081	0.077
Methionine	g	0.021	7	0.021	0.020
Cystine	g	0.019	3	0.019	0.018
Phenylalanine	g	0.065	3	0.065	0.062
Tyrosine	g	0.087	2	0.087	0.083
Valine	g	0.091	3	0.091	0.086
Arginine	g	0.084	3	0.084	0.080
Histidine	g	0.031	3	0.031	0.029
Alanine	g	0.073	4	0.073	0.069
Aspartic acid	g	0.145	4	0.145	0.138
Glutamic acid	g	0.271	4	0.271	0.257
Glycine	g	0.044	4	0.044	0.042
Proline	g	0.045	2	0.045	0.043
Serine	g	0.044	4	0.044	0.042
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 8 pods, (3" long)

NDB No. 11278

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11279 Okra, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 80g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	89.91	0	71.93	76.42	
Energy	kcal	32	0	26	27	
Energy	kJ	134	0	107	114	
Protein (N x 5.95)	g	1.87	1	1.50	1.59	
Total lipid (fat)	g	0.17	1	0.14	0.14	
Carbohydrate, by difference	g	7.21	0	5.77	6.13	
Fiber, total dietary	g	2.5	0	2.0	2.1	
Ash	g	0.84	1	0.67	0.71	
Sugars, total	g					
Minerals:						
Calcium	mg	63	1	50	54	
Iron	mg	0.45	1	0.36	0.38	
Magnesium	mg	57	1	46	48	
Phosphorus	mg	56	1	45	48	
Potassium	mg	322	1	258	274	
Sodium	mg	5	1	4	4	
Zinc	mg	0.55	0	0.44	0.47	
Copper	mg	0.086	0	0.069	0.073	
Manganese	mg	0.911	0	0.729	0.774	
Selenium	µg	0.7	0	0.6	0.6	
Vitamins:						
Ascorbic acid	mg	16.3	0	13.0	13.9	
Thiamin	mg	0.132	0	0.106	0.112	
Riboflavin	mg	0.055	0	0.044	0.047	
Niacin	mg	0.871	0	0.697	0.740	
Pantothenic acid	mg	0.213	0	0.170	0.181	
Vitamin B-6	mg	0.187	0	0.150	0.159	
Folate	µg	46	6.157	37	39	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	575	0	460	489	
Vitamin A, RE	µg	58	0	46	49	
Vitamin E, α-TE	mg	0.690	0	0.552	0.587	
Lipids:						
Saturated, total	g	0.045	0	0.036	0.038	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15.0	g					
16:0	g	0.038	0	0.030	0.032	
17:0	g					
18:0	g	0.004	0	0.003	0.003	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.028	0	0.022	0.024
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.028	0	0.022	0.024
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.046	0	0.037	0.039
18:2	g	0.045	0	0.036	0.038
18:3	g	0.001	0	0.001	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.016	0	0.013	0.014
Threonine	g	0.061	0	0.049	0.052
Isoleucine	g	0.065	0	0.052	0.055
Leucine	g	0.098	0	0.078	0.083
Lysine	g	0.075	0	0.060	0.064
Methionine	g	0.020	0	0.016	0.017
Cystine	g	0.018	0	0.014	0.015
Phenylalanine	g	0.061	0	0.049	0.052
Tyrosine	g	0.081	0	0.065	0.069
Valine	g	0.085	0	0.068	0.072
Arginine	g	0.078	0	0.062	0.066
Histidine	g	0.029	0	0.023	0.025
Alanine	g	0.068	0	0.054	0.058
Aspartic acid	g	0.135	0	0.108	0.115
Glutamic acid	g	0.253	0	0.202	0.215
Glycine	g	0.041	0	0.033	0.035
Proline	g	0.042	0	0.034	0.036
Serine	g	0.041	0	0.033	0.035
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup slices
- Measure 2: 8 pods, (3" long)

NDB No. 11279

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11280 Okra, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 1361g	Measure 3*
Proximates:						
Water	g	90.82	0.148	44	257.93	1236.06
Energy	kcal	30		0	85	408
Energy	kJ	126		0	358	1715
Protein (N x 5.95)	g	1.69	0.024	41	4.80	23.00
Total lipid (fat)	g	0.25	0.027	40	0.71	3.40
Carbohydrate, by difference	g	6.64		0	18.86	90.37
Fiber, total dietary	g	2.2		0	6.2	29.9
Ash	g	0.61	0.022	41	1.73	8.30
Sugars, total	g					
Minerals:						
Calcium	mg	81	4.167	41	230	1102
Iron	mg	0.57	0.047	41	1.62	7.76
Magnesium	mg	43	2.232	12	122	585
Phosphorus	mg	42	6.169	24	119	572
Potassium	mg	211	5.189	10	599	2872
Sodium	mg	3	0.416	9	9	41
Zinc	mg	0.53	0.018	10	1.51	7.21
Copper	mg	0.083	0.002	10	0.236	1.130
Manganese	mg	0.873	0.066	10	2.479	11.882
Selenium	µg	0.6		0	1.7	8.2
Vitamins:						
Ascorbic acid	mg	12.4	0.808	39	35.2	168.8
Thiamin	mg	0.089	0.004	41	0.253	1.211
Riboflavin	mg	0.105	0.010	41	0.298	1.429
Niacin	mg	0.708	0.023	40	2.011	9.636
Pantothenic acid	mg	0.216	0.085	5	0.613	2.940
Vitamin B-6	mg	0.042	0.002	16	0.119	0.572
Folate	µg	148	25.095	3	419	2009
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	463	39.321	41	1315	6301
Vitamin A, RE	µg	46	3.932	41	131	626
Vitamin E, α-TE	mg	0.690		0	1.960	9.391
Lipids:						
Saturated, total	g	0.065		0	0.185	0.885
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.055		0	0.156	0.749
17:0	g					
18:0	g	0.006		0	0.017	0.082
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.041	0	0.116	0.558
14:1	g				
16:1	g	0.001	0	0.003	0.014
18:1	g	0.041	0	0.116	0.558
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.066	0	0.187	0.898
18:2	g	0.065	0	0.185	0.885
18:3	g	0.001	0	0.003	0.014
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.014	0	0.040	0.191
Threonine	g	0.055	0	0.156	0.749
Isoleucine	g	0.058	0	0.165	0.789
Leucine	g	0.089	0	0.253	1.211
Lysine	g	0.068	0	0.193	0.925
Methionine	g	0.018	0	0.051	0.245
Cystine	g	0.016	0	0.045	0.218
Phenylalanine	g	0.055	0	0.156	0.749
Tyrosine	g	0.073	0	0.207	0.994
Valine	g	0.077	0	0.219	1.048
Arginine	g	0.071	0	0.202	0.966
Histidine	g	0.026	0	0.074	0.354
Alanine	g	0.061	0	0.173	0.830
Aspartic acid	g	0.122	0	0.346	1.660
Glutamic acid	g	0.228	0	0.648	3.103
Glycine	g	0.037	0	0.105	0.504
Proline	g	0.038	0	0.108	0.517
Serine	g	0.037	0	0.105	0.504
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz)
- Measure 2: 3-lb package

NDB No. 11280

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11281 Okra, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 255g	Measure 2* 92g	Measure 3*
Proximates:						
Water	g	91.12	0	232.36	83.83	
Energy	kcal	28	0	71	26	
Energy	kJ	117	0	298	108	
Protein (N x 5.95)	g	2.08	0	5.30	1.91	
Total lipid (fat)	g	0.30	0	0.77	0.28	
Carbohydrate, by difference	g	5.75	0	14.66	5.29	
Fiber, total dietary	g	2.8	0	7.1	2.6	
Ash	g	0.75	0	1.91	0.69	
Sugars, total	g					
Minerals:						
Calcium	mg	96	0	245	88	
Iron	mg	0.67	0	1.71	0.62	
Magnesium	mg	51	0	130	47	
Phosphorus	mg	46	0	117	42	
Potassium	mg	234	0	597	215	
Sodium	mg	3	0	8	3	
Zinc	mg	0.62	0	1.58	0.57	
Copper	mg	0.097	0	0.247	0.089	
Manganese	mg	1.021	0	2.604	0.939	
Selenium	µg	0.6	0	1.5	0.6	
Vitamins:						
Ascorbic acid	mg	12.2	0	31.1	11.2	
Thiamin	mg	0.099	0	0.252	0.091	
Riboflavin	mg	0.123	0	0.314	0.113	
Niacin	mg	0.785	0	2.002	0.722	
Pantothenic acid	mg	0.240	0	0.612	0.221	
Vitamin B-6	mg	0.047	0	0.120	0.043	
Folate	µg	146	0	371	134	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	514	0	1311	473	
Vitamin A, RE	µg	51	0	130	47	
Vitamin E, α-TE	mg	0.690	0	1.760	0.635	
Lipids:						
Saturated, total	g	0.079	0	0.201	0.073	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.068	0	0.173	0.063	
17:0	g					
18:0	g	0.008	0	0.020	0.007	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.050	0	0.128	0.046
14:1	g				
16:1	g	0.001	0	0.003	0.001
18:1	g	0.050	0	0.128	0.046
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.081	0	0.207	0.075
18:2	g	0.079	0	0.201	0.073
18:3	g	0.002	0	0.005	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.017	0	0.043	0.016
Threonine	g	0.068	0	0.173	0.063
Isoleucine	g	0.072	0	0.184	0.066
Leucine	g	0.109	0	0.278	0.100
Lysine	g	0.084	0	0.214	0.077
Methionine	g	0.022	0	0.056	0.020
Cystine	g	0.020	0	0.051	0.018
Phenylalanine	g	0.068	0	0.173	0.063
Tyrosine	g	0.091	0	0.232	0.084
Valine	g	0.095	0	0.242	0.087
Arginine	g	0.087	0	0.222	0.080
Histidine	g	0.033	0	0.084	0.030
Alanine	g	0.075	0	0.191	0.069
Aspartic acid	g	0.151	0	0.385	0.139
Glutamic acid	g	0.282	0	0.719	0.259
Glycine	g	0.046	0	0.117	0.042
Proline	g	0.046	0	0.117	0.042
Serine	g	0.045	0	0.115	0.041
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup slices

NDB No. 11281

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11282 Onions, raw

Allium cepa

Refuse: 10% Stem ends, sprouts and defects

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 160g	Measure 2 [*] 115g	Measure 3 [*] 10g	
Proximates:							
Water	g	89.68	0.238	63	143.49	103.13	8.97
Energy	kcal	38		0	61	44	4
Energy	kJ	159		0	254	183	16
Protein (N x 5.95)	g	1.16	0.031	32	1.86	1.33	0.12
Total lipid (fat)	g	0.16	0.022	28	0.26	0.18	0.02
Carbohydrate, by difference	g	8.63		0	13.81	9.92	0.86
Fiber, total dietary	g	1.8		0	2.9	2.1	0.2
Ash	g	0.37	0.024	31	0.59	0.43	0.04
Sugars, total	g						
Minerals:							
Calcium	mg	20	0.985	74	32	23	2
Iron	mg	0.22	0.011	75	0.35	0.25	0.02
Magnesium	mg	10	0.327	75	16	12	1
Phosphorus	mg	33	0.849	69	53	38	3
Potassium	mg	157	4.872	75	251	181	16
Sodium	mg	3	0.256	77	5	3	0
Zinc	mg	0.19	0.009	69	0.30	0.22	0.02
Copper	mg	0.060	0.009	76	0.096	0.069	0.006
Manganese	mg	0.137	0.007	75	0.219	0.158	0.014
Selenium	µg	0.6	0.200	7	1.0	0.7	0.1
Vitamins:							
Ascorbic acid	mg	6.4	0.264	37	10.2	7.4	0.6
Thiamin	mg	0.042	0.001	27	0.067	0.048	0.004
Riboflavin	mg	0.020	0.003	5	0.032	0.023	0.002
Niacin	mg	0.148	0.008	21	0.237	0.170	0.015
Pantothenic acid	mg	0.106	0.004	25	0.170	0.122	0.011
Vitamin B-6	mg	0.116	0.020	22	0.186	0.133	0.012
Folate	µg	19	1.335	25	30	22	2
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0	0.000	10	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.130		0	0.208	0.150	0.013
Lipids:							
Saturated, total	g	0.026		0	0.042	0.030	0.003
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		1	0.002	0.001	0.000
15:0	g						
16:0	g	0.024		1	0.038	0.028	0.002
17:0	g						
18:0	g	0.002		1	0.003	0.002	0.000
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.023	0	0.037	0.026	0.002
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.023	1	0.037	0.026	0.002
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.062	0	0.099	0.071	0.006
18:2	g	0.059	1	0.094	0.068	0.006
18:3	g	0.003	1	0.005	0.003	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	15	1	24	17	2
Amino acids:						
Tryptophan	g	0.017	0	0.027	0.020	0.002
Threonine	g	0.028	0	0.045	0.032	0.003
Isoleucine	g	0.041	0	0.066	0.047	0.004
Leucine	g	0.041	0	0.066	0.047	0.004
Lysine	g	0.055	0	0.088	0.063	0.006
Methionine	g	0.010	0	0.016	0.012	0.001
Cystine	g	0.021	0	0.034	0.024	0.002
Phenylalanine	g	0.030	0	0.048	0.034	0.003
Tyrosine	g	0.029	0	0.046	0.033	0.003
Valine	g	0.027	0	0.043	0.031	0.003
Arginine	g	0.156	0	0.250	0.179	0.016
Histidine	g	0.019	0	0.030	0.022	0.002
Alanine	g	0.032	0	0.051	0.037	0.003
Aspartic acid	g	0.063	0	0.101	0.072	0.006
Glutamic acid	g	0.187	0	0.299	0.215	0.019
Glycine	g	0.048	0	0.077	0.055	0.005
Proline	g	0.036	0	0.058	0.041	0.004
Serine	g	0.034	0	0.054	0.039	0.003
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, chopped
- Measure 2: 1 cup, sliced
- Measure 3: 1 tablespoon, chopped

NDB No. 11282

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11283 Onions, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 210g	Measure 2* 15g	Measure 3* 128g
Proximates:						
Water	g	87.86	0	184.51	13.18	112.46
Energy	kcal	44	0	92	7	56
Energy	kJ	184	0	386	28	236
Protein (N x 5.95)	g	1.36	0	2.86	0.20	1.74
Total lipid (fat)	g	0.19	0	0.40	0.03	0.24
Carbohydrate, by difference	g	10.15	0	21.32	1.52	12.99
Fiber, total dietary	g	1.4	0	2.9	0.2	1.8
Ash	g	0.44	0	0.92	0.07	0.56
Sugars, total	g					
Minerals:						
Calcium	mg	22	0	46	3	28
Iron	mg	0.24	0	0.50	0.04	0.31
Magnesium	mg	11	0	23	2	14
Phosphorus	mg	35	0	74	5	45
Potassium	mg	166	0	349	25	212
Sodium	mg	3	0	6	0	4
Zinc	mg	0.21	0	0.44	0.03	0.27
Copper	mg	0.067	0	0.141	0.010	0.086
Manganese	mg	0.153	0	0.321	0.023	0.196
Selenium	µg	0.6	0	1.3	0.1	0.8
Vitamins:						
Ascorbic acid	mg	5.2	0	10.9	0.8	6.7
Thiamin	mg	0.042	0	0.088	0.006	0.054
Riboflavin	mg	0.023	0	0.048	0.003	0.029
Niacin	mg	0.165	0	0.347	0.025	0.211
Pantothenic acid	mg	0.113	0	0.237	0.017	0.145
Vitamin B-6	mg	0.129	0	0.271	0.019	0.165
Folate	µg	15	0	32	2	19
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00
Vitamin A	IU	0	0	0	0	0
Vitamin A, RE	µg	0	0	0	0	0
Vitamin E, α-TE	mg	0.130	0	0.273	0.020	0.166
Lipids:						
Saturated, total	g	0.031	0	0.065	0.005	0.040
4:0	g	0.000	0	0.000	0.000	0.000
6:0	g	0.000	0	0.000	0.000	0.000
8:0	g	0.000	0	0.000	0.000	0.000
10:0	g	0.000	0	0.000	0.000	0.000
12:0	g	0.000	0	0.000	0.000	0.000
14:0	g	0.001	0	0.002	0.000	0.001
15:0	g					
16:0	g	0.028	0	0.059	0.004	0.036
17:0	g					
18:0	g	0.002	0	0.004	0.000	0.003
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.027	0	0.057	0.004	0.035
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.027	0	0.057	0.004	0.035
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.073	0	0.153	0.011	0.093
18:2	g	0.070	0	0.147	0.011	0.090
18:3	g	0.004	0	0.008	0.001	0.005
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	18	0	38	3	23
Amino acids:						
Tryptophan	g	0.020	0	0.042	0.003	0.026
Threonine	g	0.033	0	0.069	0.005	0.042
Isoleucine	g	0.048	0	0.101	0.007	0.061
Leucine	g	0.048	0	0.101	0.007	0.061
Lysine	g	0.065	0	0.137	0.010	0.083
Methionine	g	0.011	0	0.023	0.002	0.014
Cystine	g	0.024	0	0.050	0.004	0.031
Phenylalanine	g	0.035	0	0.074	0.005	0.045
Tyrosine	g	0.034	0	0.071	0.005	0.044
Valine	g	0.031	0	0.065	0.005	0.040
Arginine	g	0.183	0	0.384	0.027	0.234
Histidine	g	0.022	0	0.046	0.003	0.028
Alanine	g	0.038	0	0.080	0.006	0.049
Aspartic acid	g	0.074	0	0.155	0.011	0.095
Glutamic acid	g	0.220	0	0.462	0.033	0.282
Glycine	g	0.057	0	0.120	0.009	0.073
Proline	g	0.042	0	0.088	0.006	0.054
Serine	g	0.040	0	0.084	0.006	0.051
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 tablespoon, chopped
- Measure 3: 1 large

NDB No. 11283

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11284 Onions, dehydrated flakes

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 5g	Measure 2* 14g	Measure 3*
Proximates:						
Water	g	3.93	0.040	3	0.20	0.55
Energy	kcal	349		0	17	49
Energy	kJ	1460		0	73	204
Protein (N x 5.95)	g	8.95	0.040	2	0.45	1.25
Total lipid (fat)	g	0.46	0.020	2	0.02	0.06
Carbohydrate, by difference	g	83.28		0	4.16	11.66
Fiber, total dietary	g	9.2		0	0.5	1.3
Ash	g	3.38	0.010	2	0.17	0.47
Sugars, total	g					
Minerals:						
Calcium	mg	257		0	13	36
Iron	mg	1.55	0.110	2	0.08	0.22
Magnesium	mg	92	1.560	2	5	13
Phosphorus	mg	303		0	15	42
Potassium	mg	1622		0	81	227
Sodium	mg	21		0	1	3
Zinc	mg	1.89		0	0.09	0.26
Copper	mg	0.416		0	0.021	0.058
Manganese	mg	1.389		0	0.069	0.194
Selenium	µg	5.0		0	0.3	0.7
Vitamins:						
Ascorbic acid	mg	75.0		0	3.8	10.5
Thiamin	mg	0.500		0	0.025	0.070
Riboflavin	mg	0.100		0	0.005	0.014
Niacin	mg	0.990		0	0.050	0.139
Pantothenic acid	mg	1.380		0	0.069	0.193
Vitamin B-6	mg	1.600		0	0.080	0.224
Folate	µg	166		0	8	23
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	1.360		0	0.068	0.190
Lipids:						
Saturated, total	g	0.078		0	0.004	0.011
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.002		0	0.000	0.000
15:0	g					
16:0	g	0.069		0	0.003	0.010
17:0	g					
18:0	g	0.006		0	0.000	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.064	0	0.003	0.009
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.064	0	0.003	0.009
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.180	0	0.009	0.025
18:2	g	0.170	0	0.009	0.024
18:3	g	0.009	0	0.000	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.129	0	0.006	0.018
Threonine	g	0.216	0	0.011	0.030
Isoleucine	g	0.316	0	0.016	0.044
Leucine	g	0.314	0	0.016	0.044
Lysine	g	0.428	0	0.021	0.060
Methionine	g	0.074	0	0.004	0.010
Cystine	g	0.160	0	0.008	0.022
Phenylalanine	g	0.229	0	0.011	0.032
Tyrosine	g	0.222	0	0.011	0.031
Valine	g	0.206	0	0.010	0.029
Arginine	g	1.203	0	0.060	0.168
Histidine	g	0.146	0	0.007	0.020
Alanine	g	0.249	0	0.012	0.035
Aspartic acid	g	0.490	0	0.025	0.069
Glutamic acid	g	1.445	0	0.072	0.202
Glycine	g	0.372	0	0.019	0.052
Proline	g	0.279	0	0.014	0.039
Serine	g	0.263	0	0.013	0.037
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 tablespoon
 Measure 2: 1/4 cup

NDB No. 11284

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11285 Onions, canned, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 63g	Measure 2* 112g	Measure 3*
Proximates:						
Water	g	94.10	0.470	5	59.28	105.39
Energy	kcal	19		0	12	21
Energy	kJ	79		0	50	88
Protein (N x 5.95)	g	0.85	0.084	4	0.54	0.95
Total lipid (fat)	g	0.09	0.068	5	0.06	0.10
Carbohydrate, by difference	g	4.01		0	2.53	4.49
Fiber, total dietary	g	1.2		0	0.8	1.3
Ash	g	0.94	0.065	5	0.59	1.05
Sugars, total	g					
Minerals:						
Calcium	mg	45	10.584	16	28	50
Iron	mg	0.13	0.012	16	0.08	0.15
Magnesium	mg	6	0.110	16	4	7
Phosphorus	mg	28	1.186	16	18	31
Potassium	mg	111	1.425	16	70	124
Sodium	mg	371	11.511	16	234	416
Zinc	mg	0.29	0.011	20	0.18	0.32
Copper	mg	0.055	0.003	21	0.035	0.062
Manganese	mg	0.102	0.005	20	0.064	0.114
Selenium	µg	0.3		0	0.2	0.3
Vitamins:						
Ascorbic acid	mg	4.3		0	2.7	4.8
Thiamin	mg	0.032		0	0.020	0.036
Riboflavin	mg	0.006		0	0.004	0.007
Niacin	mg	0.061		0	0.038	0.068
Pantothenic acid	mg	0.097		0	0.061	0.109
Vitamin B-6	mg	0.137		0	0.086	0.153
Folate	µg	10		0	6	11
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.073		0	0.046	0.082
Lipids:						
Saturated, total	g	0.016		0	0.010	0.018
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.014		0	0.009	0.016
17:0	g					
18:0	g	0.001		0	0.001	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.008	0.015
14:1	g				
16:1	g				
18:1	g	0.013	0	0.008	0.015
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.036	0	0.023	0.040
18:2	g	0.034	0	0.021	0.038
18:3	g	0.002	0	0.001	0.002
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	0.012	0	0.008	0.013
Threonine	g	0.020	0	0.013	0.022
Isoleucine	g	0.029	0	0.018	0.032
Leucine	g	0.028	0	0.018	0.031
Lysine	g	0.039	0	0.025	0.044
Methionine	g	0.007	0	0.004	0.008
Cystine	g	0.015	0	0.009	0.017
Phenylalanine	g	0.021	0	0.013	0.024
Tyrosine	g	0.020	0	0.013	0.022
Valine	g	0.019	0	0.012	0.021
Arginine	g	0.109	0	0.069	0.122
Histidine	g	0.013	0	0.008	0.015
Alanine	g	0.023	0	0.014	0.026
Aspartic acid	g	0.044	0	0.028	0.049
Glutamic acid	g	0.131	0	0.083	0.147
Glycine	g	0.034	0	0.021	0.038
Proline	g	0.025	0	0.016	0.028
Serine	g	0.024	0	0.015	0.027
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 onion
- Measure 2: 1/2 cup chopped or diced

NDB No. 11285

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11287 Onions, frozen, chopped, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.99	0.244	18	261.25	
Energy	kcal	29		0	82	
Energy	kJ	121		0	344	
Protein (N x 5.95)	g	0.79	0.036	18	2.24	
Total lipid (fat)	g	0.10	0.022	17	0.28	
Carbohydrate, by difference	g	6.81		0	19.34	
Fiber, total dietary	g	1.8		0	5.1	
Ash	g	0.30	0.018	18	0.85	
Sugars, total	g					
Minerals:						
Calcium	mg	17	0.932	16	48	
Iron	mg	0.33	0.050	18	0.94	
Magnesium	mg	7	1.216	3	20	
Phosphorus	mg	22	0.866	5	62	
Potassium	mg	124	6.839	3	352	
Sodium	mg	12	3.782	12	34	
Zinc	mg	0.07	0.008	4	0.20	
Copper	mg	0.019	0.003	4	0.054	
Manganese	mg	0.074	0.008	4	0.210	
Selenium	µg	0.4		0	1.1	
Vitamins:						
Ascorbic acid	mg	3.3	0.447	12	9.4	
Thiamin	mg	0.030	0.004	17	0.085	
Riboflavin	mg	0.027	0.004	17	0.077	
Niacin	mg	0.151	0.020	15	0.429	
Pantothenic acid	mg	0.102		1	0.290	
Vitamin B-6	mg	0.075	0.009	3	0.213	
Folate	µg	17		0	49	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	35		1	99	
Vitamin A, RE	µg	4		1	11	
Vitamin E, α-TE	mg	0.101		0	0.287	
Lipids:						
Saturated, total	g	0.017		0	0.048	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.015		0	0.043	
17:0	g					
18:0	g	0.001		0	0.003	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.014	0	0.040
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.014	0	0.040
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.039	0	0.111
18:2	g	0.037	0	0.105
18:3	g	0.002	0	0.006
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.011	0	0.031
Threonine	g	0.019	0	0.054
Isoleucine	g	0.028	0	0.080
Leucine	g	0.028	0	0.080
Lysine	g	0.038	0	0.108
Methionine	g	0.007	0	0.020
Cystine	g	0.014	0	0.040
Phenylalanine	g	0.020	0	0.057
Tyrosine	g	0.020	0	0.057
Valine	g	0.018	0	0.051
Arginine	g	0.106	0	0.301
Histidine	g	0.013	0	0.037
Alanine	g	0.022	0	0.062
Aspartic acid	g	0.043	0	0.122
Glutamic acid	g	0.127	0	0.361
Glycine	g	0.033	0	0.094
Proline	g	0.025	0	0.071
Serine	g	0.023	0	0.065
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz)

NDB No. 11287

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11288 Onions, frozen, chopped, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 15g	Measure 2* 105g	Measure 3*
Proximates:						
Water	g	92.24	0	13.84	96.85	
Energy	kcal	28	0	4	29	
Energy	kJ	117	0	18	123	
Protein (N x 5.95)	g	0.77	0	0.12	0.81	
Total lipid (fat)	g	0.10	0	0.02	0.11	
Carbohydrate, by difference	g	6.60	0	0.99	6.93	
Fiber, total dietary	g	1.8	0	0.3	1.9	
Ash	g	0.30	0	0.05	0.32	
Sugars, total	g					
Minerals:						
Calcium	mg	16	0	2	17	
Iron	mg	0.30	0	0.05	0.32	
Magnesium	mg	6	0	1	6	
Phosphorus	mg	19	0	3	20	
Potassium	mg	108	0	16	113	
Sodium	mg	12	0	2	13	
Zinc	mg	0.07	0	0.01	0.07	
Copper	mg	0.019	0	0.003	0.020	
Manganese	mg	0.071	0	0.011	0.075	
Selenium	µg	0.4	0	0.1	0.4	
Vitamins:						
Ascorbic acid	mg	2.6	0	0.4	2.7	
Thiamin	mg	0.023	0	0.003	0.024	
Riboflavin	mg	0.025	0	0.004	0.026	
Niacin	mg	0.139	0	0.021	0.146	
Pantothenic acid	mg	0.099	0	0.015	0.104	
Vitamin B-6	mg	0.069	0	0.010	0.072	
Folate	µg	13	0	2	14	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	34	0	5	36	
Vitamin A, RE	µg	3	0	0	3	
Vitamin E, α-TE	mg	0.190	0	0.029	0.200	
Lipids:						
Saturated, total	g	0.016	0	0.002	0.017	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.014	0	0.002	0.015	
17:0	g					
18:0	g	0.001	0	0.000	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.002	0.014
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.013	0	0.002	0.014
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.038	0	0.006	0.040
18:2	g	0.036	0	0.005	0.038
18:3	g	0.002	0	0.000	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.011	0	0.002	0.012
Threonine	g	0.018	0	0.003	0.019
Isoleucine	g	0.027	0	0.004	0.028
Leucine	g	0.027	0	0.004	0.028
Lysine	g	0.036	0	0.005	0.038
Methionine	g	0.006	0	0.001	0.006
Cystine	g	0.014	0	0.002	0.015
Phenylalanine	g	0.020	0	0.003	0.021
Tyrosine	g	0.019	0	0.003	0.020
Valine	g	0.018	0	0.003	0.019
Arginine	g	0.102	0	0.015	0.107
Histidine	g	0.012	0	0.002	0.013
Alanine	g	0.021	0	0.003	0.022
Aspartic acid	g	0.042	0	0.006	0.044
Glutamic acid	g	0.123	0	0.018	0.129
Glycine	g	0.032	0	0.005	0.034
Proline	g	0.024	0	0.004	0.025
Serine	g	0.022	0	0.003	0.023
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 tablespoon, chopped
- Measure 2: 1/2 cup chopped or diced

NDB No. 11288

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11289 Onions, frozen, whole, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2*	Measure 3*
Proximates:						
Water	g	90.22	0.170	6	256.22	
Energy	kcal	35		0	99	
Energy	kJ	146		0	415	
Protein (N x 5.95)	g	0.89	0.046	6	2.53	
Total lipid (fat)	g	0.06	0.026	5	0.17	
Carbohydrate, by difference	g	8.44		0	23.97	
Fiber, total dietary	g	1.7		0	4.8	
Ash	g	0.38	0.015	6	1.08	
Sugars, total	g					
Minerals:						
Calcium	mg	36	2.252	6	102	
Iron	mg	0.46	0.173	6	1.31	
Magnesium	mg	10	0.696	3	28	
Phosphorus	mg	23	0.328	5	65	
Potassium	mg	142	8.231	3	403	
Sodium	mg	10	0.285	3	28	
Zinc	mg	0.12	0.003	3	0.34	
Copper	mg	0.050	0.003	3	0.142	
Manganese	mg	0.125	0.015	3	0.355	
Selenium	µg	0.4	0.103	5	1.1	
Vitamins:						
Ascorbic acid	mg	8.0	1.050	6	22.7	
Thiamin	mg	0.026	0.002	6	0.074	
Riboflavin	mg	0.024	0.004	6	0.068	
Niacin	mg	0.175	0.054	6	0.497	
Pantothenic acid	mg	0.099		1	0.281	
Vitamin B-6	mg	0.093	0.012	3	0.264	
Folate	µg	21		0	60	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	26		1	74	
Vitamin A, RE	µg	3		1	9	
Vitamin E, α-TE	mg	0.130		0	0.369	
Lipids:						
Saturated, total	g	0.011		0	0.031	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.010		0	0.028	
17:0	g					
18:0	g	0.001		0	0.003	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.009	0	0.026
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.009	0	0.026
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.025	0	0.071
18:2	g	0.024	0	0.068
18:3	g	0.001	0	0.003
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.013	0	0.037
Threonine	g	0.022	0	0.062
Isoleucine	g	0.032	0	0.091
Leucine	g	0.031	0	0.088
Lysine	g	0.043	0	0.122
Methionine	g	0.007	0	0.020
Cystine	g	0.016	0	0.045
Phenylalanine	g	0.023	0	0.065
Tyrosine	g	0.022	0	0.062
Valine	g	0.021	0	0.060
Arginine	g	0.120	0	0.341
Histidine	g	0.015	0	0.043
Alanine	g	0.025	0	0.071
Aspartic acid	g	0.049	0	0.139
Glutamic acid	g	0.144	0	0.409
Glycine	g	0.037	0	0.105
Proline	g	0.028	0	0.080
Serine	g	0.026	0	0.074
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz)

NDB No. 11289

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11290 Onions, frozen, whole, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 210g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.24	0	193.70		
Energy	kcal	28	0	59		
Energy	kJ	117	0	246		
Protein (N x 5.95)	g	0.71	0	1.49		
Total lipid (fat)	g	0.05	0	0.11		
Carbohydrate, by difference	g	6.70	0	14.07		
Fiber, total dietary	g	1.4	0	2.9		
Ash	g	0.30	0	0.63		
Sugars, total	g					
Minerals:						
Calcium	mg	27	0	57		
Iron	mg	0.34	0	0.71		
Magnesium	mg	8	0	17		
Phosphorus	mg	2	0	4		
Potassium	mg	101	0	212		
Sodium	mg	8	0	17		
Zinc	mg	0.09	0	0.19		
Copper	mg	0.024	0	0.050		
Manganese	mg	0.040	0	0.084		
Selenium	µg	0.4	0.103	5	0.8	
Vitamins:						
Ascorbic acid	mg	5.1	0	10.7		
Thiamin	mg	0.016	0	0.034		
Riboflavin	mg	0.018	0	0.038		
Niacin	mg	0.132	0	0.277		
Pantothenic acid	mg	0.078	0	0.164		
Vitamin B-6	mg	0.070	0	0.147		
Folate	µg	13	0	28		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	21	0	44		
Vitamin A, RE	µg	2	0	4		
Vitamin E, α-TE	mg	0.130	0	0.273		
Lipids:						
Saturated, total	g	0.009	0	0.019		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15.0	g					
16:0	g	0.008	0	0.017		
17:0	g					
18:0	g	0.001	0	0.002		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.015
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.007	0	0.015
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.020	0	0.042
18:2	g	0.019	0	0.040
18:3	g	0.001	0	0.002
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.010	0	0.021
Threonine	g	0.017	0	0.036
Isoleucine	g	0.025	0	0.053
Leucine	g	0.025	0	0.053
Lysine	g	0.034	0	0.071
Methionine	g	0.006	0	0.013
Cystine	g	0.013	0	0.027
Phenylalanine	g	0.018	0	0.038
Tyrosine	g	0.018	0	0.038
Valine	g	0.016	0	0.034
Arginine	g	0.095	0	0.200
Histidine	g	0.012	0	0.025
Alanine	g	0.020	0	0.042
Aspartic acid	g	0.039	0	0.082
Glutamic acid	g	0.114	0	0.239
Glycine	g	0.029	0	0.061
Proline	g	0.022	0	0.046
Serine	g	0.021	0	0.044
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11290

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11291 Onions, spring or scallions (includes tops and bulb), raw
Allium cepa or *Allium fistulosum*

Refuse: 4% Rootlets

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 100g	Measure 2* 6g	Measure 3* 25g	
Proximates:							
Water	g	89.83	0.878	21	89.83	5.39	22.46
Energy	kcal	32		0	32	2	8
Energy	kJ	134		0	134	8	34
Protein (N x 5.95)	g	1.83	0.183	3	1.83	0.11	0.46
Total lipid (fat)	g	0.19	0.067	3	0.19	0.01	0.05
Carbohydrate, by difference	g	7.34		0	7.34	0.44	1.84
Fiber, total dietary	g	2.6		0	2.6	0.2	0.7
Ash	g	0.81	0.084	4	0.81	0.05	0.20
Sugars, total	g						
Minerals:							
Calcium	mg	72	15.746	3	72	4	18
Iron	mg	1.48	0.874	4	1.48	0.09	0.37
Magnesium	mg	20	1.514	4	20	1	5
Phosphorus	mg	37	0.835	3	37	2	9
Potassium	mg	276	1.323	4	276	17	69
Sodium	mg	16	5.791	12	16	1	4
Zinc	mg	0.39	0.093	4	0.39	0.02	0.10
Copper	mg	0.083	0.013	4	0.083	0.005	0.021
Manganese	mg	0.160	0.001	2	0.160	0.010	0.040
Selenium	µg	0.6		0	0.6	0.0	0.2
Vitamins:							
Ascorbic acid	mg	18.8	0.099	2	18.8	1.1	4.7
Thiamin	mg	0.055	0.005	2	0.055	0.003	0.014
Riboflavin	mg	0.080	0.000	2	0.080	0.005	0.020
Niacin	mg	0.525	0.005	2	0.525	0.032	0.131
Pantothenic acid	mg	0.075	0.005	2	0.075	0.004	0.019
Vitamin B-6	mg	0.061		0	0.061	0.004	0.015
Folate	µg	64	11.007	11	64	4	16
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	385	14.999	2	385	23	96
Vitamin A, RE	µg	39		0	39	2	10
Vitamin E, α-TE	mg	0.130		0	0.130	0.008	0.033
Lipids:							
Saturated, total	g	0.032		0	0.032	0.002	0.008
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		1	0.001	0.000	0.000
15:0	g						
16:0	g	0.028		1	0.028	0.002	0.007
17:0	g						
18:0	g	0.003		1	0.003	0.000	0.001
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.027	0	0.027	0.002	0.007
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.027	1	0.027	0.002	0.007
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.074	0	0.074	0.004	0.019
18:2	g	0.070	1	0.070	0.004	0.018
18:3	g	0.004	1	0.004	0.000	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.020	0	0.020	0.001	0.005
Threonine	g	0.072	0	0.072	0.004	0.018
Isoleucine	g	0.077	0	0.077	0.005	0.019
Leucine	g	0.109	0	0.109	0.007	0.027
Lysine	g	0.091	0	0.091	0.005	0.023
Methionine	g	0.020	0	0.020	0.001	0.005
Cystine	g					
Phenylalanine	g	0.059	0	0.059	0.004	0.015
Tyrosine	g	0.053	0	0.053	0.003	0.013
Valine	g	0.081	0	0.081	0.005	0.020
Arginine	g	0.132	0	0.132	0.008	0.033
Histidine	g	0.032	0	0.032	0.002	0.008
Alanine	g	0.082	0	0.082	0.005	0.021
Aspartic acid	g	0.169	0	0.169	0.010	0.042
Glutamic acid	g	0.378	0	0.378	0.023	0.094
Glycine	g	0.091	0	0.091	0.005	0.023
Proline	g	0.121	0	0.121	0.007	0.030
Serine	g	0.082	0	0.082	0.005	0.021
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, chopped
- Measure 2: 1 tablespoon, chopped
- Measure 3: 1 large

NDB No. 11291

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11293 Onions, welsh, raw
Allium fistulosum

Refuse: 35% Leaf tops and roots

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*]	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	90.50	0			
Energy	kcal	34	0			
Energy	kJ	142	0			
Protein (N x 5.95)	g	1.90	0			
Total lipid (fat)	g	0.40	0			
Carbohydrate, by difference	g	6.50	0			
Fiber, total dietary	g					
Ash	g	0.70	0			
Sugars, total	g					
Minerals:						
Calcium	mg	18	0			
Iron	mg	1.22	0			
Magnesium	mg	23	0			
Phosphorus	mg	49	0			
Potassium	mg	212	0			
Sodium	mg	17	0			
Zinc	mg	0.52	0			
Copper	mg	0.070	0			
Manganese	mg	0.137	0			
Selenium	µg	0.6	0			
Vitamins:						
Ascorbic acid	mg	27.0	0			
Thiamin	mg	0.050	0			
Riboflavin	mg	0.090	0			
Niacin	mg	0.400	0			
Pantothenic acid	mg	0.169	0			
Vitamin B-6	mg	0.072	0			
Folate	µg	16	0			
Vitamine B-12	µg	0.00	0			
Vitamin A	IU	1160	0			
Vitamin A, RE	µg	116	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.067	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.002	0			
15:0	g					
16:0	g	0.060	0			
17:0	g					
18:0	g	0.005	0			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.056	0
14:1	g		
16:1	g		
18:1	g	0.056	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.156	0
18:2	g	0.148	0
18:3	g	0.008	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.021	0
Threonine	g	0.074	0
Isoleucine	g	0.081	0
Leucine	g	0.113	0
Lysine	g	0.095	0
Methionine	g	0.021	0
Cystine	g		
Phenylalanine	g	0.061	0
Tyrosine	g	0.055	0
Valine	g	0.084	0
Arginine	g	0.137	0
Histidine	g	0.033	0
Alanine	g	0.086	0
Aspartic acid	g	0.176	0
Glutamic acid	g	0.393	0
Glycine	g	0.094	0
Proline	g	0.126	0
Serine	g	0.086	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11293

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11295 Onion rings, breaded, par fried, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 454g	Measure 2* 255g	Measure 3*
Proximates:						
Water	g	51.22	0.376	13	232.54	130.61
Energy	kcal	258		0	1171	658
Energy	kJ	1079		0	4899	2751
Protein (N x 5.95)	g	3.15	0.065	13	14.30	8.03
Total lipid (fat)	g	14.10	0.460	13	64.01	35.95
Carbohydrate, by difference	g	30.53		0	138.61	77.85
Fiber, total dietary	g	1.8		0	8.2	4.6
Ash	g	1.00	0.066	13	4.54	2.55
Sugars, total	g					
Minerals:						
Calcium	mg	46	10.349	9	209	117
Iron	mg	0.93	0.081	12	4.22	2.37
Magnesium	mg	14		0	64	36
Phosphorus	mg	49		0	222	125
Potassium	mg	190	22.500	2	863	485
Sodium	mg	246	15.000	13	1117	627
Zinc	mg	0.36		0	1.63	0.92
Copper	mg	0.074		0	0.336	0.189
Manganese	mg	0.299		0	1.357	0.762
Selenium	µg	2.4		0	10.9	6.1
Vitamins:						
Ascorbic acid	mg	4.6	0.778	10	20.9	11.7
Thiamin	mg	0.100	0.009	13	0.454	0.255
Riboflavin	mg	0.079	0.011	10	0.359	0.201
Niacin	mg	0.693	0.035	13	3.146	1.767
Pantothenic acid	mg	0.240		0	1.090	0.612
Vitamin B-6	mg	0.132		0	0.599	0.337
Folate	µg	48		0	218	122
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	174	70.984	5	790	444
Vitamin A, RE	µg	17	7.098	5	77	43
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	4.534		0	20.584	11.562
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.113		0	0.513	0.288
15:0	g					
16:0	g	2.747		0	12.471	7.005
17:0	g					
18:0	g	1.674		0	7.600	4.269
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.738	0	26.051	14.632
14:1	g				
16:1	g	0.188	0	0.854	0.479
18:1	g	5.550	0	25.197	14.152
20:1	g				
22:1	g				
Polyunsaturated, total	g	2.700	0	12.258	6.885
18:2	g	2.550	0	11.577	6.503
18:3	g	0.150	0	0.681	0.383
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	0.191	0.107
Threonine	g	0.089	0	0.404	0.227
Isoleucine	g	0.126	0	0.572	0.321
Leucine	g	0.207	0	0.940	0.528
Lysine	g	0.089	0	0.404	0.227
Methionine	g	0.048	0	0.218	0.122
Cystine	g	0.064	0	0.291	0.163
Phenylalanine	g	0.143	0	0.649	0.365
Tyrosine	g	0.092	0	0.418	0.235
Valine	g	0.128	0	0.581	0.326
Arginine	g	0.192	0	0.872	0.490
Histidine	g	0.064	0	0.291	0.163
Alanine	g	0.102	0	0.463	0.260
Aspartic acid	g	0.145	0	0.658	0.370
Glutamic acid	g	0.972	0	4.413	2.479
Glycine	g	0.116	0	0.527	0.296
Proline	g	0.307	0	1.394	0.783
Serine	g	0.151	0	0.686	0.385
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 16 oz package
- Measure 2: 1 package (9 oz)

NDB No. 11295

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11296 Onion rings, breaded, par fried, frozen, prepared, heated in oven

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 48g	Measure 2* 71g	Measure 3* 60g
Proximates:						
Water	g	28.50	1	13.68	20.23	17.10
Energy	kcal	407	0	195	289	244
Energy	kJ	1703	0	817	1209	1022
Protein (N x 5.95)	g	5.34	1	2.56	3.79	3.20
Total lipid (fat)	g	26.70	1	12.82	18.96	16.02
Carbohydrate, by difference	g	38.16	0	18.32	27.09	22.90
Fiber, total dietary	g	1.3	0	0.6	0.9	0.8
Ash	g	1.30	1	0.62	0.92	0.78
Sugars, total	g					
Minerals:						
Calcium	mg	31	1	15	22	19
Iron	mg	1.69	1	0.81	1.20	1.01
Magnesium	mg	19	1	9	13	11
Phosphorus	mg	81	1	39	58	49
Potassium	mg	129	1	62	92	77
Sodium	mg	375	1	180	266	225
Zinc	mg	0.42	1	0.20	0.30	0.25
Copper	mg	0.080	1	0.038	0.057	0.048
Manganese	mg	0.420	1	0.202	0.298	0.252
Selenium	µg	3.5	0.436	12	1.7	2.1
Vitamins:						
Ascorbic acid	mg	1.4	1	0.7	1.0	0.8
Thiamin	mg	0.280	1	0.134	0.199	0.168
Riboflavin	mg	0.140	1	0.067	0.099	0.084
Niacin	mg	3.610	1	1.733	2.563	2.166
Pantothenic acid	mg	0.230	1	0.110	0.163	0.138
Vitamin B-6	mg	0.077	1	0.037	0.055	0.046
Folate	µg	66	0	32	47	40
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00
Vitamin A	IU	225	0	108	160	135
Vitamin A, RE	µg	23	0	11	16	14
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	8.585	0	4.121	6.095	5.151
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.214	0	0.103	0.152	0.128
15:0	g					
16:0	g	5.201	0	2.496	3.693	3.121
17:0	g					
18:0	g	3.170	0	1.522	2.251	1.902
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	10.866	0	5.216	7.715	6.520
14:1	g					
16:1	g	0.356	0	0.171	0.253	0.214
18:1	g	10.509	0	5.044	7.461	6.305
20:1	g					
22:1	g					
Polyunsaturated, total	g	5.113	0	2.454	3.630	3.068
18:2	g	4.828	0	2.317	3.428	2.897
18:3	g	0.285	0	0.137	0.202	0.171
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.070	0	0.034	0.050	0.042
Threonine	g	0.150	0	0.072	0.107	0.090
Isoleucine	g	0.214	0	0.103	0.152	0.128
Leucine	g	0.350	0	0.168	0.248	0.210
Lysine	g	0.151	0	0.072	0.107	0.091
Methionine	g	0.081	0	0.039	0.058	0.049
Cystine	g	0.108	0	0.052	0.077	0.065
Phenylalanine	g	0.243	0	0.117	0.173	0.146
Tyrosine	g	0.157	0	0.075	0.111	0.094
Valine	g	0.216	0	0.104	0.153	0.130
Arginine	g	0.325	0	0.156	0.231	0.195
Histidine	g	0.109	0	0.052	0.077	0.065
Alanine	g	0.172	0	0.083	0.122	0.103
Aspartic acid	g	0.246	0	0.118	0.175	0.148
Glutamic acid	g	1.648	0	0.791	1.170	0.989
Glycine	g	0.196	0	0.094	0.139	0.118
Proline	g	0.521	0	0.250	0.370	0.313
Serine	g	0.256	0	0.123	0.182	0.154
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 10 large rings (3-4" dia)
- Measure 3: 10 medium rings (2-3" dia)

NDB No. 11296

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11297 Parsley, raw
Petroselinum crispum

Refuse: 5% Tough stems

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 60g	Measure 2 [*] 4g	Measure 3 [*] 10g	
Proximates:							
Water	g	87.71	0.668	11	52.63	3.33	8.77
Energy	kcal	36		0	22	1	4
Energy	kJ	151		0	91	6	15
Protein (N x 5.95)	g	2.97	0.426	3	1.78	0.11	0.30
Total lipid (fat)	g	0.79	0.267	3	0.47	0.03	0.08
Carbohydrate, by difference	g	6.33		0	3.80	0.24	0.63
Fiber, total dietary	g	3.3		0	2.0	0.1	0.3
Ash	g	2.20	0.300	2	1.32	0.08	0.22
Sugars, total	g						
Minerals:							
Calcium	mg	138	6.838	4	83	5	14
Iron	mg	6.20		1	3.72	0.24	0.62
Magnesium	mg	50	10.578	4	30	2	5
Phosphorus	mg	58	8.035	4	35	2	6
Potassium	mg	554	77.704	7	332	21	55
Sodium	mg	56	19.862	7	34	2	6
Zinc	mg	1.07	0.391	3	0.64	0.04	0.11
Copper	mg	0.149	0.013	3	0.089	0.006	0.015
Manganese	mg	0.160		1	0.096	0.006	0.016
Selenium	µg	0.1		0	0.1	0.0	0.0
Vitamins:							
Ascorbic acid	mg	133.0	30.935	3	79.8	5.1	13.3
Thiamin	mg	0.086	0.015	3	0.052	0.003	0.009
Riboflavin	mg	0.098	0.007	3	0.059	0.004	0.010
Niacin	mg	1.313	0.334	3	0.788	0.050	0.131
Pantothenic acid	mg	0.400	0.111	2	0.240	0.015	0.040
Vitamin B-6	mg	0.090	0.020	2	0.054	0.003	0.009
Folate	µg	152	21.740	5	91	6	15
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	5200		1	3120	198	520
Vitamin A, RE	µg	520		0	312	20	52
Vitamin E, α-TE	mg	1.790		0	1.074	0.068	0.179
Lipids:							
Saturated, total	g	0.132		0	0.079	0.005	0.013
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.008		1	0.005	0.000	0.001
15:0	g						
16:0	g	0.084		1	0.050	0.003	0.008
17:0	g						
18:0	g	0.039		1	0.023	0.001	0.004
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.295	0	0.177	0.011	0.030
14:1	g					
16:1	g	0.008	1	0.005	0.000	0.001
18:1	g	0.287	1	0.172	0.011	0.029
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.124	0	0.074	0.005	0.012
18:2	g	0.115	1	0.069	0.004	0.012
18:3	g	0.008	1	0.005	0.000	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	5	1	3	0	1
Amino acids:						
Tryptophan	g	0.045	0	0.027	0.002	0.004
Threonine	g	0.122	0	0.073	0.005	0.012
Isoleucine	g	0.118	0	0.071	0.004	0.012
Leucine	g	0.204	0	0.122	0.008	0.020
Lysine	g	0.181	0	0.109	0.007	0.018
Methionine	g	0.042	0	0.025	0.002	0.004
Cystine	g	0.014	0	0.008	0.001	0.001
Phenylalanine	g	0.145	0	0.087	0.006	0.015
Tyrosine	g	0.082	0	0.049	0.003	0.008
Valine	g	0.172	0	0.103	0.007	0.017
Arginine	g	0.122	0	0.073	0.005	0.012
Histidine	g	0.061	0	0.037	0.002	0.006
Alanine	g	0.195	0	0.117	0.007	0.020
Aspartic acid	g	0.294	0	0.176	0.011	0.029
Glutamic acid	g	0.249	0	0.149	0.009	0.025
Glycine	g	0.145	0	0.087	0.006	0.015
Proline	g	0.213	0	0.128	0.008	0.021
Serine	g	0.136	0	0.082	0.005	0.014
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 tablespoon
- Measure 3: 10 sprigs

NDB No. 11297

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11298 Parsnips, raw

Pastinaca sativa

Refuse: 15% Parings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 133g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	79.53	1.544	6	105.77	
Energy	kcal	75		0	100	
Energy	kJ	314		0	418	
Protein (N x 5.95)	g	1.20		1	1.60	
Total lipid (fat)	g	0.30		1	0.40	
Carbohydrate, by difference	g	17.99		0	23.93	
Fiber, total dietary	g	4.9		0	6.5	
Ash	g	0.98		1	1.30	
Sugars, total	g					
Minerals:						
Calcium	mg	36	4.500	2	48	
Iron	mg	0.59	0.115	2	0.78	
Magnesium	mg	29	0.500	2	39	
Phosphorus	mg	71	1.500	2	94	
Potassium	mg	375	45.000	2	499	
Sodium	mg	10		1	13	
Zinc	mg	0.59		1	0.78	
Copper	mg	0.120		1	0.160	
Manganese	mg	0.560		1	0.745	
Selenium	µg	1.8		0	2.4	
Vitamins:						
Ascorbic acid	mg	17.0		1	22.6	
Thiamin	mg	0.090		1	0.120	
Riboflavin	mg	0.050		1	0.067	
Niacin	mg	0.700		1	0.931	
Pantothenic acid	mg	0.600		0	0.798	
Vitamin B-6	mg	0.090		0	0.120	
Folate	µg	67	6.900	4	89	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		1	0	
Vitamin A, RE	µg	0		1	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.050		0	0.067	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.003		1	0.004	
15:0	g					
16:0	g	0.030		1	0.040	
17:0	g					
18:0	g	0.014		1	0.019	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.112	0	0.149
14:1	g			
16:1	g	0.003	1	0.004
18:1	g	0.102	1	0.136
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.047	0	0.063
18:2	g	0.041	1	0.055
18:3	g	0.003	1	0.004
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup, slices

NDB No. 11298

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11299 Parsnips, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 78g	Measure 2* 160g	Measure 3*
Proximates:						
Water	g	77.72	0	60.62	124.35	
Energy	kcal	81	0	63	130	
Energy	kJ	339	0	264	542	
Protein (N x 5.95)	g	1.32	0.075	5	1.03	2.11
Total lipid (fat)	g	0.30	0.025	5	0.23	0.48
Carbohydrate, by difference	g	19.53		0	15.23	31.25
Fiber, total dietary	g	4.0		0	3.1	6.4
Ash	g	1.13	0.072	5	0.88	1.81
Sugars, total	g					
Minerals:						
Calcium	mg	37		0	29	59
Iron	mg	0.58	0.108	5	0.45	0.93
Magnesium	mg	29		0	23	46
Phosphorus	mg	69		0	54	110
Potassium	mg	367		0	286	587
Sodium	mg	10		0	8	16
Zinc	mg	0.26	0.035	5	0.20	0.42
Copper	mg	0.138	0.018	5	0.108	0.221
Manganese	mg	0.294	0.041	5	0.229	0.470
Selenium	µg	1.7		0	1.3	2.7
Vitamins:						
Ascorbic acid	mg	13.0		0	10.1	20.8
Thiamin	mg	0.083		0	0.065	0.133
Riboflavin	mg	0.051		0	0.040	0.082
Niacin	mg	0.724		0	0.565	1.158
Pantothenic acid	mg	0.588		0	0.459	0.941
Vitamin B-6	mg	0.093		0	0.073	0.149
Folate	µg	58		0	45	93
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	1.000		0	0.780	1.600
Lipids:						
Saturated, total	g	0.050		0	0.039	0.080
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.003		0	0.002	0.005
15:0	g					
16:0	g	0.030		0	0.023	0.048
17:0	g					
18:0	g	0.014		0	0.011	0.022
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.112	0	0.087	0.179
14:1	g				
16:1	g	0.003	0	0.002	0.005
18:1	g	0.102	0	0.080	0.163
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.047	0	0.037	0.075
18:2	g	0.041	0	0.032	0.066
18:3	g	0.003	0	0.002	0.005
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup slices
- Measure 2: 1 parsnip, (9" long)

NDB No. 11299

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11300 Peas, edible-podded, raw

Pisum sativum

Refuse: 6% Ends and strings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 98g	Measure 2 [*] 63g	Measure 3 [*] 34g	
Proximates:							
Water	g	88.89	0.885	2	87.11	56.00	30.22
Energy	kcal	42		0	41	26	14
Energy	kJ	176		0	172	111	60
Protein (N x 5.95)	g	2.80		1	2.74	1.76	0.95
Total lipid (fat)	g	0.20		1	0.20	0.13	0.07
Carbohydrate, by difference	g	7.56		0	7.41	4.76	2.57
Fiber, total dietary	g	2.6		0	2.5	1.6	0.9
Ash	g	0.56		0	0.55	0.35	0.19
Sugars, total	g						
Minerals:							
Calcium	mg	43		1	42	27	15
Iron	mg	2.08		1	2.04	1.31	0.71
Magnesium	mg	24	2.200	2	24	15	8
Phosphorus	mg	53		1	52	33	18
Potassium	mg	200	29.900	2	196	126	68
Sodium	mg	4	1.850	2	4	3	1
Zinc	mg	0.27		0	0.26	0.17	0.09
Copper	mg	0.079		0	0.077	0.050	0.027
Manganese	mg	0.244		0	0.239	0.154	0.083
Selenium	µg	0.7		0	0.7	0.4	0.2
Vitamins:							
Ascorbic acid	mg	60.0		1	58.8	37.8	20.4
Thiamin	mg	0.150		1	0.147	0.094	0.051
Riboflavin	mg	0.080		1	0.078	0.050	0.027
Niacin	mg	0.600		1	0.588	0.378	0.204
Pantothenic acid	mg	0.750		0	0.735	0.473	0.255
Vitamin B-6	mg	0.160		0	0.157	0.101	0.054
Folate	µg	42		0	41	26	14
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	145		1	142	91	49
Vitamin A, RE	µg	14		1	14	9	5
Vitamin E, α-TE	mg	0.390		0	0.382	0.246	0.133
Lipids:							
Saturated, total	g	0.039		0	0.038	0.025	0.013
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.002		4	0.002	0.001	0.001
15:0	g						
16:0	g	0.033		5	0.032	0.021	0.011
17:0	g						
18:0	g	0.003		5	0.003	0.002	0.001
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.021	0	0.021	0.013	0.007
14:1	g					
16:1	g	0.000	1	0.000	0.000	0.000
18:1	g	0.021	5	0.021	0.013	0.007
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.089	0	0.087	0.056	0.030
18:2	g	0.075	5	0.074	0.047	0.026
18:3	g	0.013	5	0.013	0.008	0.004
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.027	1	0.026	0.017	0.009
Threonine	g	0.099	1	0.097	0.062	0.034
Isoleucine	g	0.161	1	0.158	0.101	0.055
Leucine	g	0.228	1	0.223	0.144	0.078
Lysine	g	0.202	1	0.198	0.127	0.069
Methionine	g	0.011	1	0.011	0.007	0.004
Cystine	g	0.032	1	0.031	0.020	0.011
Phenylalanine	g	0.090	1	0.088	0.057	0.031
Tyrosine	g	0.099	1	0.097	0.062	0.034
Valine	g	0.273	1	0.268	0.172	0.093
Arginine	g	0.134	1	0.131	0.084	0.046
Histidine	g	0.017	1	0.017	0.011	0.006
Alanine	g	0.058	1	0.057	0.037	0.020
Aspartic acid	g	0.228	1	0.223	0.144	0.078
Glutamic acid	g	0.448	1	0.439	0.282	0.152
Glycine	g	0.072	1	0.071	0.045	0.024
Proline	g	0.063	1	0.062	0.040	0.021
Serine	g	0.125	1	0.123	0.079	0.043
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 cup, chopped
 Measure 2: 1 cup, whole
 Measure 3: 10 pea pods

NDB No. 11300

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11301 Peas, edible-podded, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 160g	Measure 2*	Measure 3*
Proximates:						
Water	g	88.91	0.410	2	142.26	
Energy	kcal	42		0	67	
Energy	kJ	176		0	282	
Protein (N x 5.95)	g	3.27	0.703	2	5.23	
Total lipid (fat)	g	0.23	0.085	2	0.37	
Carbohydrate, by difference	g	7.05		0	11.28	
Fiber, total dietary	g	2.8		0	4.5	
Ash	g	0.54	0.070	2	0.86	
Sugars, total	g					
Minerals:						
Calcium	mg	42		1	67	
Iron	mg	1.97		0	3.15	
Magnesium	mg	26		1	42	
Phosphorus	mg	55		1	88	
Potassium	mg	240		1	384	
Sodium	mg	4		1	6	
Zinc	mg	0.37		1	0.59	
Copper	mg	0.077		1	0.123	
Manganese	mg	0.168		1	0.269	
Selenium	µg	0.7		0	1.1	
Vitamins:						
Ascorbic acid	mg	47.9		0	76.6	
Thiamin	mg	0.128		0	0.205	
Riboflavin	mg	0.076		0	0.122	
Niacin	mg	0.539		0	0.862	
Pantothenic acid	mg	0.673		0	1.077	
Vitamin B-6	mg	0.144		0	0.230	
Folate	µg	29		0	47	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	131		0	210	
Vitamin A, RE	µg	13		0	21	
Vitamin E, α-TE	mg	0.390		0	0.624	
Lipids:						
Saturated, total	g	0.044		0	0.070	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.002		0	0.003	
15:0	g					
16:0	g	0.038		0	0.061	
17:0	g					
18:0	g	0.003		0	0.005	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.023	0	0.037
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.023	0	0.037
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.100	0	0.160
18:2	g	0.085	0	0.136
18:3	g	0.015	0	0.024
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.032	0	0.051
Threonine	g	0.115	0	0.184
Isoleucine	g	0.188	0	0.301
Leucine	g	0.267	0	0.427
Lysine	g	0.235	0	0.376
Methionine	g	0.013	0	0.021
Cystine	g	0.037	0	0.059
Phenylalanine	g	0.105	0	0.168
Tyrosine	g	0.115	0	0.184
Valine	g	0.319	0	0.510
Arginine	g	0.157	0	0.251
Histidine	g	0.020	0	0.032
Alanine	g	0.068	0	0.109
Aspartic acid	g	0.267	0	0.427
Glutamic acid	g	0.523	0	0.837
Glycine	g	0.084	0	0.134
Proline	g	0.073	0	0.117
Serine	g	0.146	0	0.234
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11301

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11302 Peas, edible-podded, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 72g	Measure 2* 284g	Measure 3*
Proximates:						
Water	g	89.30	1	64.30	253.61	
Energy	kcal	42	0	30	119	
Energy	kJ	176	0	127	500	
Protein (N x 5.95)	g	2.80	1	2.02	7.95	
Total lipid (fat)	g	0.30	1	0.22	0.85	
Carbohydrate, by difference	g	7.20	0	5.18	20.45	
Fiber, total dietary	g	3.1	0	2.2	8.8	
Ash	g	0.40	1	0.29	1.14	
Sugars, total	g					
Minerals:						
Calcium	mg	50	1	36	142	
Iron	mg	2.00	1	1.44	5.68	
Magnesium	mg	23	0	17	65	
Phosphorus	mg	51	0	37	145	
Potassium	mg	192	0	138	545	
Sodium	mg	4	0	3	11	
Zinc	mg	0.41	1	0.30	1.16	
Copper	mg	0.076	0	0.055	0.216	
Manganese	mg	0.235	0	0.169	0.667	
Selenium	µg	0.7	0	0.5	2.0	
Vitamins:						
Ascorbic acid	mg	22.0	1	15.8	62.5	
Thiamin	mg	0.060	1	0.043	0.170	
Riboflavin	mg	0.100	1	0.072	0.284	
Niacin	mg	0.500	1	0.360	1.420	
Pantothenic acid	mg	0.720	0	0.518	2.045	
Vitamin B-6	mg	0.154	0	0.111	0.437	
Folate	µg	40	0	29	114	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	140	1	101	398	
Vitamin A, RE	µg	14	1	10	40	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.058	0	0.042	0.165	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.002	0	0.001	0.006	
15:0	g					
16:0	g	0.050	0	0.036	0.142	
17:0	g					
18:0	g	0.005	0	0.004	0.014	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.031	0	0.022	0.088
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.031	0	0.022	0.088
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.133	0	0.096	0.378
18:2	g	0.113	0	0.081	0.321
18:3	g	0.020	0	0.014	0.057
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	0.019	0.077
Threonine	g	0.099	0	0.071	0.281
Isoleucine	g	0.161	0	0.116	0.457
Leucine	g	0.228	0	0.164	0.648
Lysine	g	0.202	0	0.145	0.574
Methionine	g	0.011	0	0.008	0.031
Cystine	g	0.032	0	0.023	0.091
Phenylalanine	g	0.090	0	0.065	0.256
Tyrosine	g	0.099	0	0.071	0.281
Valine	g	0.273	0	0.197	0.775
Arginine	g	0.134	0	0.096	0.381
Histidine	g	0.017	0	0.012	0.048
Alanine	g	0.058	0	0.042	0.165
Aspartic acid	g	0.228	0	0.164	0.648
Glutamic acid	g	0.448	0	0.323	1.272
Glycine	g	0.072	0	0.052	0.204
Proline	g	0.063	0	0.045	0.179
Serine	g	0.125	0	0.090	0.355
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup

Measure 2: 1 package (10 oz)

NDB No. 11302

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11303 Peas, edible-podded, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 253g	Measure 3* 80g
Proximates:						
Water	g	86.60	0	138.56	219.10	69.28
Energy	kcal	52	0	83	132	42
Energy	kJ	218	0	349	552	174
Protein (N x 5.95)	g	3.50	0	5.60	8.86	2.80
Total lipid (fat)	g	0.38	0	0.61	0.96	0.30
Carbohydrate, by difference	g	9.02	0	14.43	22.82	7.22
Fiber, total dietary	g	3.1	0	5.0	7.8	2.5
Ash	g	0.50	0	0.80	1.26	0.40
Sugars, total	g					
Minerals:						
Calcium	mg	59	0	94	149	47
Iron	mg	2.40	0	3.84	6.07	1.92
Magnesium	mg	28	0	45	71	22
Phosphorus	mg	58	0	93	147	46
Potassium	mg	217	0	347	549	174
Sodium	mg	5	0	8	13	4
Zinc	mg	0.49	0	0.78	1.24	0.39
Copper	mg	0.090	0	0.144	0.228	0.072
Manganese	mg	0.280	0	0.448	0.708	0.224
Selenium	µg	0.8	0	1.3	2.0	0.6
Vitamins:						
Ascorbic acid	mg	22.0	0	35.2	55.7	17.6
Thiamin	mg	0.064	0	0.102	0.162	0.051
Riboflavin	mg	0.119	0	0.190	0.301	0.095
Niacin	mg	0.563	0	0.901	1.424	0.450
Pantothenic acid	mg	0.857	0	1.371	2.168	0.686
Vitamin B-6	mg	0.174	0	0.278	0.440	0.139
Folate	µg	35	0	56	89	28
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00
Vitamin A	IU	167	0	267	423	134
Vitamin A, RE	µg	17	0	27	43	14
Vitamin E, α-TE	mg	0.210	0	0.336	0.531	0.168
Lipids:						
Saturated, total	g	0.073	0	0.117	0.185	0.058
4:0	g	0.000	0	0.000	0.000	0.000
6:0	g	0.000	0	0.000	0.000	0.000
8:0	g	0.000	0	0.000	0.000	0.000
10:0	g	0.000	0	0.000	0.000	0.000
12:0	g	0.000	0	0.000	0.000	0.000
14:0	g	0.003	0	0.005	0.008	0.002
15:0	g					
16:0	g	0.063	0	0.101	0.159	0.050
17:0	g					
18:0	g	0.006	0	0.010	0.015	0.005
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.039	0	0.062	0.099	0.031
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.039	0	0.062	0.099	0.031
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.167	0	0.267	0.423	0.134
18:2	g	0.142	0	0.227	0.359	0.114
18:3	g	0.025	0	0.040	0.063	0.020
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.034	0	0.054	0.086	0.027
Threonine	g	0.123	0	0.197	0.311	0.098
Isoleucine	g	0.202	0	0.323	0.511	0.162
Leucine	g	0.286	0	0.458	0.724	0.229
Lysine	g	0.252	0	0.403	0.638	0.202
Methionine	g	0.014	0	0.022	0.035	0.011
Cystine	g	0.040	0	0.064	0.101	0.032
Phenylalanine	g	0.112	0	0.179	0.283	0.090
Tyrosine	g	0.123	0	0.197	0.311	0.098
Valine	g	0.342	0	0.547	0.865	0.274
Arginine	g	0.168	0	0.269	0.425	0.134
Histidine	g	0.022	0	0.035	0.056	0.018
Alanine	g	0.073	0	0.117	0.185	0.058
Aspartic acid	g	0.286	0	0.458	0.724	0.229
Glutamic acid	g	0.560	0	0.896	1.417	0.448
Glycine	g	0.090	0	0.144	0.228	0.072
Proline	g	0.078	0	0.125	0.197	0.062
Serine	g	0.157	0	0.251	0.397	0.126
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 package (10 oz) yields
- Measure 3: 1/2 cup

NDB No. 11303

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11304 Peas, green, raw

Pisum sativum

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 145g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	78.86	0.508	10	114.35	
Energy	kcal	81		0	117	
Energy	kJ	339		0	492	
Protein (N x 5.95)	g	5.42	0.131	7	7.86	
Total lipid (fat)	g	0.40	0.033	7	0.58	
Carbohydrate, by difference	g	14.46		0	20.97	
Fiber, total dietary	g	5.1		0	7.4	
Ash	g	0.87	0.042	7	1.26	
Sugars, total	g					
Minerals:						
Calcium	mg	25	2.026	8	36	
Iron	mg	1.47	0.050	8	2.13	
Magnesium	mg	33	1.096	8	48	
Phosphorus	mg	108	4.166	8	157	
Potassium	mg	244	16.659	10	354	
Sodium	mg	5	1.287	7	7	
Zinc	mg	1.24	0.042	7	1.80	
Copper	mg	0.176	0.013	7	0.255	
Manganese	mg	0.410	0.030	7	0.594	
Selenium	µg	1.8		0	2.6	
Vitamins:						
Ascorbic acid	mg	40.0		1	58.0	
Thiamin	mg	0.266	0.029	7	0.386	
Riboflavin	mg	0.132	0.009	7	0.191	
Niacin	mg	2.090	0.137	7	3.030	
Pantothenic acid	mg	0.104		1	0.151	
Vitamin B-6	mg	0.169	0.013	7	0.245	
Folate	µg	65		1	94	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	640		1	928	
Vitamin A, RE	µg	64		0	93	
Vitamin E, α-TE	mg	0.390		0	0.566	
Lipids:						
Saturated, total	g	0.071		0	0.103	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.064		1	0.093	
17:0	g					
18:0	g	0.007		1	0.010	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.035	0	0.051
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.035	1	0.051
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.187	0	0.271
18:2	g	0.152	1	0.220
18:3	g	0.035	1	0.051
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.037	0	0.054
Threonine	g	0.203	0	0.294
Isoleucine	g	0.195	0	0.283
Leucine	g	0.323	0	0.468
Lysine	g	0.317	0	0.460
Methionine	g	0.082	0	0.119
Cystine	g	0.032	0	0.046
Phenylalanine	g	0.200	0	0.290
Tyrosine	g	0.114	0	0.165
Valine	g	0.235	0	0.341
Arginine	g	0.428	0	0.621
Histidine	g	0.107	0	0.155
Alanine	g	0.240	0	0.348
Aspartic acid	g	0.496	0	0.719
Glutamic acid	g	0.741	0	1.074
Glycine	g	0.184	0	0.267
Proline	g	0.173	0	0.251
Serine	g	0.181	0	0.262
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11304

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11305 Peas, green, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 160g	Measure 2*	Measure 3*
Proximates:						
Water	g	77.87	1.000	14	124.59	
Energy	kcal	84		0	134	
Energy	kJ	351		0	562	
Protein (N x 5.95)	g	5.36	0.258	14	8.58	
Total lipid (fat)	g	0.22	0.018	14	0.35	
Carbohydrate, by difference	g	15.64		0	25.02	
Fiber, total dietary	g	5.5		0	8.8	
Ash	g	0.92	0.052	14	1.47	
Sugars, total	g					
Minerals:						
Calcium	mg	27	0.969	12	43	
Iron	mg	1.54	0.055	14	2.46	
Magnesium	mg	39	2.447	13	62	
Phosphorus	mg	117	2.787	12	187	
Potassium	mg	271	12.010	12	434	
Sodium	mg	3	1.006	8	5	
Zinc	mg	1.19	0.094	14	1.90	
Copper	mg	0.173	0.008	14	0.277	
Manganese	mg	0.525	0.033	14	0.840	
Selenium	µg	1.9		0	3.0	
Vitamins:						
Ascorbic acid	mg	14.2	1.200	12	22.7	
Thiamin	mg	0.259	0.018	12	0.414	
Riboflavin	mg	0.149	0.003	12	0.238	
Niacin	mg	2.021	0.070	12	3.234	
Pantothenic acid	mg	0.153		0	0.245	
Vitamin B-6	mg	0.216	0.005	12	0.346	
Folate	µg	63		0	101	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	597	30.031	12	955	
Vitamin A, RE	µg	60	3.003	12	96	
Vitamin E, α-TE	mg	0.390		0	0.624	
Lipids:						
Saturated, total	g	0.039		0	0.062	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.035		0	0.056	
17:0	g					
18:0	g	0.004		0	0.006	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.019	0	0.030
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.019	0	0.030
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.102	0	0.163
18:2	g	0.082	0	0.131
18:3	g	0.019	0	0.030
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.037	0	0.059
Threonine	g	0.201	0	0.322
Isoleucine	g	0.193	0	0.309
Leucine	g	0.320	0	0.512
Lysine	g	0.314	0	0.502
Methionine	g	0.081	0	0.130
Cystine	g	0.032	0	0.051
Phenylalanine	g	0.198	0	0.317
Tyrosine	g	0.112	0	0.179
Valine	g	0.232	0	0.371
Arginine	g	0.423	0	0.677
Histidine	g	0.105	0	0.168
Alanine	g	0.237	0	0.379
Aspartic acid	g	0.490	0	0.784
Glutamic acid	g	0.733	0	1.173
Glycine	g	0.182	0	0.291
Proline	g	0.171	0	0.274
Serine	g	0.179	0	0.286
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11305

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11306 Peas, green, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 482g	Measure 3*
Proximates:						
Water	g	85.92	0.110	521	106.54	414.13
Energy	kcal	53		0	66	255
Energy	kJ	222		0	275	1070
Protein (N x 5.95)	g	3.19	0.025	566	3.96	15.38
Total lipid (fat)	g	0.30	0.007	564	0.37	1.45
Carbohydrate, by difference	g	9.75		0	12.09	46.99
Fiber, total dietary	g	3.2		0	4.0	15.4
Ash	g	0.84	0.015	536	1.04	4.05
Sugars, total	g					
Minerals:						
Calcium	mg	18	0.239	592	22	87
Iron	mg	1.02	0.021	595	1.26	4.92
Magnesium	mg	17	0.275	259	21	82
Phosphorus	mg	53	0.794	365	66	255
Potassium	mg	100	1.217	391	124	482
Sodium	mg	250	9.656	47	310	1205
Zinc	mg	0.70	0.073	176	0.87	3.37
Copper	mg	0.108	0.002	167	0.134	0.521
Manganese	mg	0.264		0	0.327	1.272
Selenium	µg	1.3		0	1.6	6.3
Vitamins:						
Ascorbic acid	mg	9.8	0.147	580	12.2	47.2
Thiamin	mg	0.111	0.002	479	0.138	0.535
Riboflavin	mg	0.073	0.001	459	0.091	0.352
Niacin	mg	0.842		452	1.044	4.058
Pantothenic acid	mg	0.091		0	0.113	0.439
Vitamin B-6	mg	0.065	0.000	9	0.081	0.313
Folate	µg	29	7.318	3	35	137
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	385	7.524	555	477	1856
Vitamin A, RE	µg	38		0	47	183
Vitamin E, α-TE	mg	0.272		0	0.337	1.311
Lipids:						
Saturated, total	g	0.050		0	0.062	0.241
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.045		0	0.056	0.217
17:0	g					
18:0	g	0.005		0	0.006	0.024
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.025	0	0.031	0.121
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.025	0	0.031	0.121
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.132	0	0.164	0.636
18:2	g	0.107	0	0.133	0.516
18:3	g	0.025	0	0.031	0.121
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.022	0	0.027	0.106
Threonine	g	0.120	0	0.149	0.578
Isoleucine	g	0.114	0	0.141	0.549
Leucine	g	0.190	0	0.236	0.916
Lysine	g	0.187	0	0.232	0.901
Methionine	g	0.048	0	0.060	0.231
Cystine	g	0.019	0	0.024	0.092
Phenylalanine	g	0.118	0	0.146	0.569
Tyrosine	g	0.066	0	0.082	0.318
Valine	g	0.138	0	0.171	0.665
Arginine	g	0.252	0	0.312	1.215
Histidine	g	0.063	0	0.078	0.304
Alanine	g	0.141	0	0.175	0.680
Aspartic acid	g	0.292	0	0.362	1.407
Glutamic acid	g	0.436	0	0.541	2.102
Glycine	g	0.108	0	0.134	0.521
Proline	g	0.102	0	0.126	0.492
Serine	g	0.107	0	0.133	0.516
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11306

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11308 Peas, green, canned, regular pack, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 170g	Measure 2* 313g	Measure 3*
Proximates:						
Water	g	81.70	0.788	11	138.89	255.72
Energy	kcal	69		0	117	216
Energy	kJ	289		0	491	905
Protein (N x 5.95)	g	4.42	0.174	11	7.51	13.83
Total lipid (fat)	g	0.35	0.028	11	0.60	1.10
Carbohydrate, by difference	g	12.58		0	21.39	39.38
Fiber, total dietary	g	4.1		0	7.0	12.8
Ash	g	0.97	0.058	11	1.65	3.04
Sugars, total	g					
Minerals:						
Calcium	mg	20	1.769	6	34	63
Iron	mg	0.95	0.137	11	1.62	2.97
Magnesium	mg	17	0.469	6	29	53
Phosphorus	mg	67	1.901	6	114	210
Potassium	mg	173	16.888	6	294	541
Sodium	mg	252		0	428	789
Zinc	mg	0.71	0.085	11	1.21	2.22
Copper	mg	0.082	0.007	11	0.139	0.257
Manganese	mg	0.303	0.033	10	0.515	0.948
Selenium	µg	1.7	0.460	16	2.9	5.3
Vitamins:						
Ascorbic acid	mg	9.6	1.271	6	16.3	30.0
Thiamin	mg	0.121	0.011	6	0.206	0.379
Riboflavin	mg	0.078	0.005	6	0.133	0.244
Niacin	mg	0.732	0.048	6	1.244	2.291
Pantothenic acid	mg	0.128		0	0.218	0.401
Vitamin B-6	mg	0.064	0.003	6	0.109	0.200
Folate	µg	44	6.200	4	75	139
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	768	7.463	6	1306	2404
Vitamin A, RE	µg	77	0.746	6	131	241
Vitamin E, α-TE	mg	0.380		0	0.646	1.189
Lipids:						
Saturated, total	g	0.062		0	0.105	0.194
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.056		0	0.095	0.175
17:0	g					
18:0	g	0.006		0	0.010	0.019
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.031	0	0.053	0.097
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.031	0	0.053	0.097
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.163	0	0.277	0.510
18:2	g	0.132	0	0.224	0.413
18:3	g	0.031	0	0.053	0.097
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.030	0	0.051	0.094
Threonine	g	0.165	0	0.281	0.516
Isoleucine	g	0.159	0	0.270	0.498
Leucine	g	0.264	0	0.449	0.826
Lysine	g	0.259	0	0.440	0.811
Methionine	g	0.067	0	0.114	0.210
Cystine	g	0.026	0	0.044	0.081
Phenylalanine	g	0.163	0	0.277	0.510
Tyrosine	g	0.093	0	0.158	0.291
Valine	g	0.192	0	0.326	0.601
Arginine	g	0.349	0	0.593	1.092
Histidine	g	0.087	0	0.148	0.272
Alanine	g	0.196	0	0.333	0.613
Aspartic acid	g	0.404	0	0.687	1.265
Glutamic acid	g	0.604	0	1.027	1.891
Glycine	g	0.150	0	0.255	0.470
Proline	g	0.141	0	0.240	0.441
Serine	g	0.148	0	0.252	0.463
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11308

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11310 Peas, green, canned, seasoned, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 227g	Measure 2* 114g	Measure 3*
Proximates:						
Water	g	86.51	0.179	36	196.38	98.62
Energy	kcal	50		0	114	57
Energy	kJ	209		0	474	238
Protein (N x 5.95)	g	3.09	0.044	36	7.01	3.52
Total lipid (fat)	g	0.27	0.008	36	0.61	0.31
Carbohydrate, by difference	g	9.25		0	21.00	10.54
Fiber, total dietary	g	2.0		0	4.5	2.3
Ash	g	0.88	0.013	36	2.00	1.00
Sugars, total	g					
Minerals:						
Calcium	mg	15	0.581	36	34	17
Iron	mg	1.20	0.023	36	2.72	1.37
Magnesium	mg	15	0.279	36	34	17
Phosphorus	mg	54	0.635	36	123	62
Potassium	mg	122	2.710	36	277	139
Sodium	mg	254	4.173	36	577	290
Zinc	mg	0.65	0.026	36	1.48	0.74
Copper	mg	0.099	0.004	36	0.225	0.113
Manganese	mg	0.268		0	0.608	0.306
Selenium	µg	1.3		0	3.0	1.5
Vitamins:						
Ascorbic acid	mg	11.5	0.391	36	26.1	13.1
Thiamin	mg	0.096	0.003	36	0.218	0.109
Riboflavin	mg	0.071	0.001	36	0.161	0.081
Niacin	mg	0.690	0.035	36	1.566	0.787
Pantothenic acid	mg	0.089		0	0.202	0.101
Vitamin B-6	mg	0.098		0	0.222	0.112
Folate	µg	29		0	65	33
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	433	12.225	36	983	494
Vitamin A, RE	µg	43	1.223	36	98	49
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.048		0	0.109	0.055
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.044		0	0.100	0.050
17:0	g					
18:0	g	0.005		0	0.011	0.006
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.024	0	0.054	0.027
14:1	g				
16:1	g				
18:1	g	0.024	0	0.054	0.027
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.127	0	0.288	0.145
18:2	g	0.103	0	0.234	0.117
18:3	g	0.024	0	0.054	0.027
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	0.021	0	0.048	0.024
Threonine	g	0.116	0	0.263	0.132
Isoleucine	g	0.111	0	0.252	0.127
Leucine	g	0.184	0	0.418	0.210
Lysine	g	0.181	0	0.411	0.206
Methionine	g	0.047	0	0.107	0.054
Cystine	g	0.018	0	0.041	0.021
Phenylalanine	g	0.114	0	0.259	0.130
Tyrosine	g	0.065	0	0.148	0.074
Valine	g	0.134	0	0.304	0.153
Arginine	g	0.244	0	0.554	0.278
Histidine	g	0.061	0	0.138	0.070
Alanine	g	0.137	0	0.311	0.156
Aspartic acid	g	0.283	0	0.642	0.323
Glutamic acid	g	0.422	0	0.958	0.481
Glycine	g	0.105	0	0.238	0.120
Proline	g	0.099	0	0.225	0.113
Serine	g	0.103	0	0.234	0.117
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1/2 cup

NDB No. 11310

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11312 Peas, green, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 72g	Measure 2* 284g	Measure 3*
Proximates:						
Water	g	79.93	0.279	87	57.55	227.00
Energy	kcal	77		0	55	219
Energy	kJ	322		0	232	914
Protein (N x 5.95)	g	5.21	0.059	92	3.75	14.80
Total lipid (fat)	g	0.37	0.027	92	0.27	1.05
Carbohydrate, by difference	g	13.70		0	9.86	38.91
Fiber, total dietary	g	4.7		0	3.4	13.3
Ash	g	0.78	0.072	83	0.56	2.22
Sugars, total	g					
Minerals:						
Calcium	mg	22	1.261	87	16	62
Iron	mg	1.53	0.033	92	1.10	4.35
Magnesium	mg	25	0.970	28	18	71
Phosphorus	mg	80	2.367	42	58	227
Potassium	mg	149	5.929	35	107	423
Sodium	mg	112	23.917	53	81	318
Zinc	mg	0.81	0.017	30	0.58	2.30
Copper	mg	0.122	0.004	31	0.088	0.346
Manganese	mg	0.338	0.034	30	0.243	0.960
Selenium	µg	1.7	0.460	16	1.2	4.8
Vitamins:						
Ascorbic acid	mg	18.0	0.655	77	13.0	51.1
Thiamin	mg	0.258	0.009	86	0.186	0.733
Riboflavin	mg	0.100	0.003	87	0.072	0.284
Niacin	mg	1.707	0.059	87	1.229	4.848
Pantothenic acid	mg	0.136		0	0.098	0.386
Vitamin B-6	mg	0.122		0	0.088	0.346
Folate	µg	53		0	38	151
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	727	35.123	75	523	2065
Vitamin A, RE	µg	73	3.512	75	53	207
Vitamin E, α-TE	mg	0.170		0	0.122	0.483
Lipids:						
Saturated, total	g	0.066		0	0.048	0.187
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.060		0	0.043	0.170
17:0	g					
18:0	g	0.007		0	0.005	0.020
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.033	0	0.024	0.094
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.033	0	0.024	0.094
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.175	0	0.126	0.497
18:2	g	0.142	0	0.102	0.403
18:3	g	0.033	0	0.024	0.094
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.036	0	0.026	0.102
Threonine	g	0.195	0	0.140	0.554
Isoleucine	g	0.187	0	0.135	0.531
Leucine	g	0.311	0	0.224	0.883
Lysine	g	0.305	0	0.220	0.866
Methionine	g	0.079	0	0.057	0.224
Cystine	g	0.031	0	0.022	0.088
Phenylalanine	g	0.192	0	0.138	0.545
Tyrosine	g	0.109	0	0.078	0.310
Valine	g	0.226	0	0.163	0.642
Arginine	g	0.412	0	0.297	1.170
Histidine	g	0.102	0	0.073	0.290
Alanine	g	0.231	0	0.166	0.656
Aspartic acid	g	0.476	0	0.343	1.352
Glutamic acid	g	0.712	0	0.513	2.022
Glycine	g	0.177	0	0.127	0.503
Proline	g	0.167	0	0.120	0.474
Serine	g	0.174	0	0.125	0.494
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 package (10 oz)

NDB No. 11312

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11313 Peas, green, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 253g	Measure 2* 80g	Measure 3*
Proximates:						
Water	g	79.52	0.681	11	201.19	63.62
Energy	kcal	78		0	197	62
Energy	kJ	326		0	825	261
Protein (N x 5.95)	g	5.15	0.205	11	13.03	4.12
Total lipid (fat)	g	0.27	0.049	11	0.68	0.22
Carbohydrate, by difference	g	14.26		0	36.08	11.41
Fiber, total dietary	g	5.5		0	13.9	4.4
Ash	g	0.80	0.100	11	2.02	0.64
Sugars, total	g					
Minerals:						
Calcium	mg	24	1.687	9	61	19
Iron	mg	1.57	0.048	11	3.97	1.26
Magnesium	mg	29	1.749	9	73	23
Phosphorus	mg	90	3.754	9	228	72
Potassium	mg	168	9.348	9	425	134
Sodium	mg	87	30.448	15	220	70
Zinc	mg	0.94	0.037	11	2.38	0.75
Copper	mg	0.139	0.008	11	0.352	0.111
Manganese	mg	0.414	0.051	11	1.047	0.331
Selenium	µg	1.0	0.390	12	2.5	0.8
Vitamins:						
Ascorbic acid	mg	9.9	0.906	9	25.0	7.9
Thiamin	mg	0.283	0.022	11	0.716	0.226
Riboflavin	mg	0.100	0.005	11	0.253	0.080
Niacin	mg	1.480	0.053	9	3.744	1.184
Pantothenic acid	mg	0.142	0.018	3	0.359	0.114
Vitamin B-6	mg	0.113	0.008	11	0.286	0.090
Folate	µg	59	3.802	18	148	47
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	668	46.905	9	1690	534
Vitamin A, RE	µg	67	4.691	9	170	54
Vitamin E, α-TE	mg	0.170		0	0.430	0.136
Lipids:						
Saturated, total	g	0.049		0	0.124	0.039
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.044		0	0.111	0.035
17:0	g					
18:0	g	0.005		0	0.013	0.004
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.024	0	0.061	0.019
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.024	0	0.061	0.019
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.129	0	0.326	0.103
18:2	g	0.105	0	0.266	0.084
18:3	g	0.024	0	0.061	0.019
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.035	0	0.089	0.028
Threonine	g	0.193	0	0.488	0.154
Isoleucine	g	0.185	0	0.468	0.148
Leucine	g	0.307	0	0.777	0.246
Lysine	g	0.302	0	0.764	0.242
Methionine	g	0.078	0	0.197	0.062
Cystine	g	0.030	0	0.076	0.024
Phenylalanine	g	0.190	0	0.481	0.152
Tyrosine	g	0.108	0	0.273	0.086
Valine	g	0.223	0	0.564	0.178
Arginine	g	0.407	0	1.030	0.326
Histidine	g	0.101	0	0.256	0.081
Alanine	g	0.228	0	0.577	0.182
Aspartic acid	g	0.471	0	1.192	0.377
Glutamic acid	g	0.705	0	1.784	0.564
Glycine	g	0.175	0	0.443	0.140
Proline	g	0.165	0	0.417	0.132
Serine	g	0.172	0	0.435	0.138
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11313

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11316 Peas, mature seeds, sprouted, raw

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 120g	Measure 2*	Measure 3*
Proximates:						
Water	g	62.27	2.010	4	74.72	
Energy	kcal	128		0	154	
Energy	kJ	536		0	643	
Protein (N x 5.95)	g	8.80	0.348	4	10.56	
Total lipid (fat)	g	0.68	0.036	4	0.82	
Carbohydrate, by difference	g	28.26		0	33.91	
Fiber, total dietary	g					
Ash	g	1.14	0.048	4	1.37	
Sugars, total	g					
Minerals:						
Calcium	mg	36	2.776	4	43	
Iron	mg	2.26	0.106	4	2.71	
Magnesium	mg	56	1.888	4	67	
Phosphorus	mg	165	7.654	4	198	
Potassium	mg	381	8.700	4	457	
Sodium	mg	20	2.082	4	24	
Zinc	mg	1.05	0.047	4	1.26	
Copper	mg	0.272	0.016	4	0.326	
Manganese	mg	0.438	0.015	4	0.526	
Selenium	µg	0.6		0	0.7	
Vitamins:						
Ascorbic acid	mg	10.4	2.649	8	12.5	
Thiamin	mg	0.225	0.009	8	0.270	
Riboflavin	mg	0.155	0.026	8	0.186	
Niacin	mg	3.088	0.130	8	3.706	
Pantothenic acid	mg	1.029	0.061	8	1.235	
Vitamin B-6	mg	0.265	0.012	8	0.318	
Folate	µg	144	20.000	8	173	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	166	14.099	3	199	
Vitamin A, RE	µg	17	1.410	3	20	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.124		0	0.149	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.112		0	0.134	
17:0	g					
18:0	g	0.012		0	0.014	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.061	0	0.073
14:1	g			
16:1	g			
18:1	g	0.061	0	0.073
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.326	0	0.391
18:2	g	0.265	0	0.318
18:3	g	0.061	0	0.073
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			
Threonine	g	0.186	1	0.223
Isoleucine	g	0.171	1	0.205
Leucine	g	0.365	1	0.438
Lysine	g	0.384	1	0.461
Methionine	g	0.069	1	0.083
Cystine	g	0.155	1	0.186
Phenylalanine	g	0.251	1	0.301
Tyrosine	g	0.127	1	0.152
Valine	g	0.220	1	0.264
Arginine	g	0.484	1	0.581
Histidine	g	0.167	1	0.200
Alanine	g	0.245	1	0.294
Aspartic acid	g	0.656	1	0.787
Glutamic acid	g	1.017	1	1.220
Glycine	g	0.208	1	0.250
Proline	g	0.277	1	0.332
Serine	g	0.299	1	0.359
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11316

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11317 Peas, mature seeds, sprouted, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	74.37	0			
Energy	kcal	118	0			
Energy	kJ	494	0			
Protein (N x 5.95)	g	7.05	0			
Total lipid (fat)	g	0.51	0			
Carbohydrate, by difference	g	21.86	0			
Fiber, total dietary	g					
Ash	g	0.99	0			
Sugars, total	g					
Minerals:						
Calcium	mg	26	0			
Iron	mg	1.67	0			
Magnesium	mg	41	0			
Phosphorus	mg	24	0			
Potassium	mg	268	0			
Sodium	mg	3	0			
Zinc	mg	0.78	0			
Copper	mg	0.020	0			
Manganese	mg	0.325	0			
Selenium	µg	0.6	0			
Vitamins:						
Ascorbic acid	mg	6.6	0			
Thiamin	mg	0.216	0			
Riboflavin	mg	0.285	0			
Niacin	mg	1.072	0			
Pantothenic acid	mg	0.683	0			
Vitamin B-6	mg	0.128	0			
Folate	µg	36	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	107	0			
Vitamin A, RE	µg	11	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.090	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.082	0			
17:0	g					
18:0	g	0.009	0			
20:0	g					
22.0	g					
24:0	g					

Monounsaturated, total	g	0.045	0
14:1	g		
16:1	g		
18:1	g	0.045	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.240	0
18:2	g	0.195	0
18:3	g	0.045	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g	0.240	0
Isoleucine	g	0.221	0
Leucine	g	0.473	0
Lysine	g	0.497	0
Methionine	g	0.089	0
Cystine	g	0.200	0
Phenylalanine	g	0.325	0
Tyrosine	g	0.164	0
Valine	g	0.285	0
Arginine	g	0.627	0
Histidine	g	0.217	0
Alanine	g	0.317	0
Aspartic acid	g	0.849	0
Glutamic acid	g	1.317	0
Glycine	g	0.270	0
Proline	g	0.359	0
Serine	g	0.386	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11317

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11318 Peas and carrots, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 255g	Measure 2*	Measure 3*
Proximates:						
Water	g	88.15	0.139	155	224.78	
Energy	kcal	38		0	97	
Energy	kJ	159		0	405	
Protein (N x 5.95)	g	2.17	0.043	155	5.53	
Total lipid (fat)	g	0.27	0.003	155	0.69	
Carbohydrate, by difference	g	8.48		0	21.62	
Fiber, total dietary	g	2.0		0	5.1	
Ash	g	0.93	0.019	165	2.37	
Sugars, total	g					
Minerals:						
Calcium	mg	23	0.475	164	59	
Iron	mg	0.75	0.055	165	1.91	
Magnesium	mg	14	0.197	89	36	
Phosphorus	mg	46	0.693	151	117	
Potassium	mg	100	4.393	88	255	
Sodium	mg	260	6.594	161	663	
Zinc	mg	0.58	0.020	28	1.48	
Copper	mg	0.103	0.004	28	0.263	
Manganese	mg	0.357		0	0.910	
Selenium	µg	0.9		0	2.3	
Vitamins:						
Ascorbic acid	mg	6.6	0.829	165	16.8	
Thiamin	mg	0.074	0.003	154	0.189	
Riboflavin	mg	0.053	0.002	155	0.135	
Niacin	mg	0.581	0.028	155	1.482	
Pantothenic acid	mg	0.120		0	0.306	
Vitamin B-6	mg	0.088		0	0.224	
Folate	µg	18		0	47	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	5770	205.539	165	14714	
Vitamin A, RE	µg	577	20.554	165	1471	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.049		0	0.125	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.043		0	0.110	
17:0	g					
18:0	g	0.004		0	0.010	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.023	0	0.059
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.022	0	0.056
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.129	0	0.329
18:2	g	0.105	0	0.268
18:3	g	0.023	0	0.059
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	0.016	0	0.041
Threonine	g	0.081	0	0.207
Isoleucine	g	0.079	0	0.201
Leucine	g	0.125	0	0.319
Lysine	g	0.123	0	0.314
Methionine	g	0.031	0	0.079
Cystine	g	0.013	0	0.033
Phenylalanine	g	0.079	0	0.201
Tyrosine	g	0.045	0	0.115
Valine	g	0.094	0	0.240
Arginine	g	0.164	0	0.418
Histidine	g	0.042	0	0.107
Alanine	g	0.098	0	0.250
Aspartic acid	g	0.206	0	0.525
Glutamic acid	g	0.307	0	0.783
Glycine	g	0.072	0	0.184
Proline	g	0.069	0	0.176
Serine	g	0.072	0	0.184
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11318

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11322 Peas and carrots, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 70g	Measure 2* 284g	Measure 3*
Proximates:						
Water	g	84.36	0.194	29	59.05	239.58
Energy	kcal	53		0	37	151
Energy	kJ	222		0	155	630
Protein (N x 5.95)	g	3.40	0.064	34	2.38	9.66
Total lipid (fat)	g	0.47	0.113	34	0.33	1.33
Carbohydrate, by difference	g	11.15		0	7.80	31.67
Fiber, total dietary	g	3.4		0	2.4	9.7
Ash	g	0.62	0.022	27	0.43	1.76
Sugars, total	g					
Minerals:						
Calcium	mg	27	0.878	34	19	77
Iron	mg	1.09	0.056	34	0.76	3.10
Magnesium	mg	18	0.875	11	13	51
Phosphorus	mg	60	1.951	19	42	170
Potassium	mg	194	11.714	10	136	551
Sodium	mg	79	7.437	13	55	224
Zinc	mg	0.52	0.043	8	0.36	1.48
Copper	mg	0.089	0.011	9	0.062	0.253
Manganese	mg	0.235	0.028	7	0.164	0.667
Selenium	µg	1.2		0	0.8	3.4
Vitamins:						
Ascorbic acid	mg	11.2	0.711	28	7.8	31.8
Thiamin	mg	0.190	0.009	34	0.133	0.540
Riboflavin	mg	0.081	0.004	34	0.057	0.230
Niacin	mg	1.412	0.055	34	0.988	4.010
Pantothenic acid	mg	0.199		1	0.139	0.565
Vitamin B-6	mg	0.101	0.005	12	0.071	0.287
Folate	µg	36		0	25	101
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	9497	517.847	34	6648	26971
Vitamin A, RE	µg	950	51.785	34	665	2698
Vitamin E, α-TE	mg	0.320		0	0.224	0.909
Lipids:						
Saturated, total	g	0.084		0	0.059	0.239
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001		0	0.001	0.003
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.074		0	0.052	0.210
17:0	g					
18:0	g	0.008		0	0.006	0.023
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.039	0	0.027	0.111
14:1	g				
16:1	g	0.001	0	0.001	0.003
18:1	g	0.038	0	0.027	0.108
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.221	0	0.155	0.628
18:2	g	0.181	0	0.127	0.514
18:3	g	0.040	0	0.028	0.114
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	0.024	0	0.017	0.068
Threonine	g	0.127	0	0.089	0.361
Isoleucine	g	0.123	0	0.086	0.349
Leucine	g	0.197	0	0.138	0.559
Lysine	g	0.193	0	0.135	0.548
Methionine	g	0.049	0	0.034	0.139
Cystine	g	0.021	0	0.015	0.060
Phenylalanine	g	0.124	0	0.087	0.352
Tyrosine	g	0.071	0	0.050	0.202
Valine	g	0.147	0	0.103	0.417
Arginine	g	0.257	0	0.180	0.730
Histidine	g	0.066	0	0.046	0.187
Alanine	g	0.154	0	0.108	0.437
Aspartic acid	g	0.324	0	0.227	0.920
Glutamic acid	g	0.483	0	0.338	1.372
Glycine	g	0.114	0	0.080	0.324
Proline	g	0.108	0	0.076	0.307
Serine	g	0.114	0	0.080	0.324
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup

Measure 2: 1 package (10 oz)

NDB No. 11322

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11323 Peas and carrots, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 278g	Measure 2* 80g	Measure 3*
Proximates:						
Water	g	85.80	0	238.52	68.64	
Energy	kcal	48	0	133	38	
Energy	kJ	201	0	559	161	
Protein (N x 5.95)	g	3.09	0	8.59	2.47	
Total lipid (fat)	g	0.42	0	1.17	0.34	
Carbohydrate, by difference	g	10.12	0	28.13	8.10	
Fiber, total dietary	g	3.1	0	8.6	2.5	
Ash	g	0.57	0	1.58	0.46	
Sugars, total	g					
Minerals:						
Calcium	mg	23	0	64	18	
Iron	mg	0.94	0	2.61	0.75	
Magnesium	mg	16	0	44	13	
Phosphorus	mg	49	0	136	39	
Potassium	mg	158	0	439	126	
Sodium	mg	68	0	189	54	
Zinc	mg	0.45	0	1.25	0.36	
Copper	mg	0.076	0	0.211	0.061	
Manganese	mg	0.202	0	0.562	0.162	
Selenium	µg	1.1	0	3.1	0.9	
Vitamins:						
Ascorbic acid	mg	8.1	0	22.5	6.5	
Thiamin	mg	0.225	1	0.626	0.180	
Riboflavin	mg	0.064	1	0.178	0.051	
Niacin	mg	1.154	0	3.208	0.923	
Pantothenic acid	mg	0.163	0	0.453	0.130	
Vitamin B-6	mg	0.087	1	0.242	0.070	
Folate	µg	26	0	72	21	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	7761	0	21576	6209	
Vitamin A, RE	µg	776	0	2157	621	
Vitamin E, α-TE	mg	0.320	0	0.890	0.256	
Lipids:						
Saturated, total	g	0.077	0	0.214	0.062	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.001	0	0.003	0.001	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.068	0	0.189	0.054	
17:0	g					
18:0	g	0.007	0	0.019	0.006	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.035	0	0.097	0.028
14:1	g				
16:1	g	0.001	0	0.003	0.001
18:1	g	0.035	0	0.097	0.028
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.201	0	0.559	0.161
18:2	g	0.164	0	0.456	0.131
18:3	g	0.036	0	0.100	0.029
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.022	0	0.061	0.018
Threonine	g	0.116	0	0.322	0.093
Isoleucine	g	0.112	0	0.311	0.090
Leucine	g	0.179	0	0.498	0.143
Lysine	g	0.175	0	0.487	0.140
Methionine	g	0.044	0	0.122	0.035
Cystine	g	0.019	0	0.053	0.015
Phenylalanine	g	0.113	0	0.314	0.090
Tyrosine	g	0.064	0	0.178	0.051
Valine	g	0.134	0	0.373	0.107
Arginine	g	0.234	0	0.651	0.187
Histidine	g	0.060	0	0.167	0.048
Alanine	g	0.140	0	0.389	0.112
Aspartic acid	g	0.294	0	0.817	0.235
Glutamic acid	g	0.439	0	1.220	0.351
Glycine	g	0.103	0	0.286	0.082
Proline	g	0.098	0	0.272	0.078
Serine	g	0.103	0	0.286	0.082
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11323

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11324 Peas and onions, canned, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 120g	Measure 2*	Measure 3*
Proximates:						
Water	g	86.40	0.340	4	103.68	
Energy	kcal	51		0	61	
Energy	kJ	213		0	256	
Protein (N x 5.95)	g	3.28	0.110	4	3.94	
Total lipid (fat)	g	0.38	0.020	4	0.46	
Carbohydrate, by difference	g	8.57		0	10.28	
Fiber, total dietary	g	2.3		0	2.8	
Ash	g	1.37	0.080	4	1.64	
Sugars, total	g					
Minerals:						
Calcium	mg	17	0.780	4	20	
Iron	mg	0.87	0.010	4	1.04	
Magnesium	mg	16	0.660	4	19	
Phosphorus	mg	51	1.680	4	61	
Potassium	mg	96	5.940	4	115	
Sodium	mg	442	28.580	4	530	
Zinc	mg	0.58	0.080	4	0.70	
Copper	mg	0.100	0.010	4	0.120	
Manganese	mg	0.255		0	0.306	
Selenium	µg	0.4		0	0.5	
Vitamins:						
Ascorbic acid	mg	3.0	0.250	4	3.6	
Thiamin	mg	0.100	0.020	4	0.120	
Riboflavin	mg	0.070	0.005	4	0.084	
Niacin	mg	1.280	0.260	4	1.536	
Pantothenic acid	mg	0.159		0	0.191	
Vitamin B-6	mg	0.192		0	0.230	
Folate	µg	27		0	32	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	161	7.810	4	193	
Vitamin A, RE	µg	16	0.781	4	19	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.068		0	0.082	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.061		0	0.073	
17:0	g					
18:0	g	0.006		0	0.007	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.036	0	0.043
14:1	g			
16:1	g			
18:1	g	0.036	0	0.043
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.176	0	0.211
18:2	g	0.145	0	0.174
18:3	g	0.030	0	0.036
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	0.024	0	0.029
Threonine	g	0.120	0	0.144
Isoleucine	g	0.118	0	0.142
Leucine	g	0.191	0	0.229
Lysine	g	0.190	0	0.228
Methionine	g	0.048	0	0.058
Cystine	g	0.022	0	0.026
Phenylalanine	g	0.119	0	0.143
Tyrosine	g	0.070	0	0.084
Valine	g	0.138	0	0.166
Arginine	g	0.270	0	0.324
Histidine	g	0.064	0	0.077
Alanine	g	0.142	0	0.170
Aspartic acid	g	0.293	0	0.352
Glutamic acid	g	0.454	0	0.545
Glycine	g	0.113	0	0.136
Proline	g	0.105	0	0.126
Serine	g	0.109	0	0.131
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11324

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11326 Peas and onions, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 69g	Measure 2* 284g	Measure 3*
Proximates:						
Water	g	81.50	1	56.23	231.46	
Energy	kcal	70	0	48	199	
Energy	kJ	293	0	202	832	
Protein (N x 5.95)	g	3.98	0.225	2	2.75	11.30
Total lipid (fat)	g	0.32	0.080	2	0.22	0.91
Carbohydrate, by difference	g	13.51		0	9.32	38.37
Fiber, total dietary	g	3.5		0	2.4	9.9
Ash	g	0.70		1	0.48	1.99
Sugars, total	g					
Minerals:						
Calcium	mg	23	1.950	2	16	65
Iron	mg	1.54	0.280	2	1.06	4.37
Magnesium	mg	21		0	14	60
Phosphorus	mg	59		0	41	168
Potassium	mg	203		0	140	577
Sodium	mg	61		0	42	173
Zinc	mg	0.48		0	0.33	1.36
Copper	mg	0.103		0	0.071	0.293
Manganese	mg	0.274		0	0.189	0.778
Selenium	µg	0.6		0	0.4	1.7
Vitamins:						
Ascorbic acid	mg	14.0	4.850	2	9.7	39.8
Thiamin	mg	0.297	0.027	2	0.205	0.843
Riboflavin	mg	0.114	0.004	2	0.079	0.324
Niacin	mg	1.720	0.290	2	1.187	4.885
Pantothenic acid	mg	0.156		0	0.108	0.443
Vitamin B-6	mg	0.144		0	0.099	0.409
Folate	µg	45		0	31	126
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	544	53.500	2	375	1545
Vitamin A, RE	µg	54	5.350	2	37	153
Vitamin E, α-TE	mg	0.150		0	0.104	0.426
Lipids:						
Saturated, total	g	0.057		0	0.039	0.162
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.051		0	0.035	0.145
17:0	g					
18:0	g	0.005		0	0.003	0.014
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.031	0	0.021	0.088
14:1	g				
16:1	g				
18:1	g	0.031	0	0.021	0.088
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.148	0	0.102	0.420
18:2	g	0.122	0	0.084	0.346
18:3	g	0.026	0	0.018	0.074
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	0.020	0.082
Threonine	g	0.145	0	0.100	0.412
Isoleucine	g	0.143	0	0.099	0.406
Leucine	g	0.232	0	0.160	0.659
Lysine	g	0.230	0	0.159	0.653
Methionine	g	0.059	0	0.041	0.168
Cystine	g	0.027	0	0.019	0.077
Phenylalanine	g	0.144	0	0.099	0.409
Tyrosine	g	0.085	0	0.059	0.241
Valine	g	0.167	0	0.115	0.474
Arginine	g	0.328	0	0.226	0.932
Histidine	g	0.077	0	0.053	0.219
Alanine	g	0.172	0	0.119	0.488
Aspartic acid	g	0.355	0	0.245	1.008
Glutamic acid	g	0.550	0	0.380	1.562
Glycine	g	0.137	0	0.095	0.389
Proline	g	0.127	0	0.088	0.361
Serine	g	0.132	0	0.091	0.375
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup

Measure 2: 1 package (10 oz)

NDB No. 11326

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11327 Peas and onions, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:						
Water	g	88.18	0	158.72		
Energy	kcal	45	0	81		
Energy	kJ	188	0	338		
Protein (N x 5.95)	g	2.54	0	4.57		
Total lipid (fat)	g	0.20	0	0.36		
Carbohydrate, by difference	g	8.63	0	15.53		
Fiber, total dietary	g	2.2	0	4.0		
Ash	g	0.45	0	0.81		
Sugars, total	g					
Minerals:						
Calcium	mg	14	0	25		
Iron	mg	0.94	0	1.69		
Magnesium	mg	13	0	23		
Phosphorus	mg	34	0	61		
Potassium	mg	117	0	211		
Sodium	mg	37	0	67		
Zinc	mg	0.29	0	0.52		
Copper	mg	0.063	0	0.113		
Manganese	mg	0.166	0	0.299		
Selenium	µg	0.4	0	0.7		
Vitamins:						
Ascorbic acid	mg	6.9	0	12.4		
Thiamin	mg	0.150	0	0.270		
Riboflavin	mg	0.069	0	0.124		
Niacin	mg	1.044	0	1.879		
Pantothenic acid	mg	0.090	0	0.162		
Vitamin B-6	mg	0.087	0	0.157		
Folate	µg	20	0	36		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	347	0	625		
Vitamin A, RE	µg	35	0	63		
Vitamin E, α-TE	mg	0.150	0	0.270		
Lipids:						
Saturated, total	g	0.036	0	0.065		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.033	0	0.059		
17:0	g					
18:0	g	0.003	0	0.005		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.019	0	0.034
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.019	0	0.034
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.094	0	0.169
18:2	g	0.078	0	0.140
18:3	g	0.016	0	0.029
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.019	0	0.034
Threonine	g	0.093	0	0.167
Isoleucine	g	0.091	0	0.164
Leucine	g	0.148	0	0.266
Lysine	g	0.147	0	0.265
Methionine	g	0.037	0	0.067
Cystine	g	0.017	0	0.031
Phenylalanine	g	0.092	0	0.166
Tyrosine	g	0.054	0	0.097
Valine	g	0.107	0	0.193
Arginine	g	0.209	0	0.376
Histidine	g	0.049	0	0.088
Alanine	g	0.110	0	0.198
Aspartic acid	g	0.227	0	0.409
Glutamic acid	g	0.351	0	0.632
Glycine	g	0.087	0	0.157
Proline	g	0.081	0	0.146
Serine	g	0.084	0	0.151
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11327

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11329 Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 73g	Measure 2* 68g	Measure 3*
Proximates:						
Water	g	92.50	0	67.53	62.90	
Energy	kcal	21	0	15	14	
Energy	kJ	88	0	64	60	
Protein (N x 5.95)	g	0.90	0	0.66	0.61	
Total lipid (fat)	g	0.10	0	0.07	0.07	
Carbohydrate, by difference	g	5.10	0	3.72	3.47	
Fiber, total dietary	g	1.3	0	0.9	0.9	
Ash	g	1.40	0	1.02	0.95	
Sugars, total	g					
Minerals:						
Calcium	mg	7	0	5	5	
Iron	mg	0.50	0	0.37	0.34	
Magnesium	mg	14	0	10	10	
Phosphorus	mg	17	0	12	12	
Potassium	mg	187	0	137	127	
Sodium	mg	1173	0	856	798	
Zinc	mg	0.17	0	0.12	0.12	
Copper	mg	0.101	0	0.074	0.069	
Manganese	mg	0.138	0	0.101	0.094	
Selenium	µg	0.3	0	0.2	0.2	
Vitamins:						
Ascorbic acid	mg	68.0	0	49.6	46.2	
Thiamin	mg	0.020	0	0.015	0.014	
Riboflavin	mg	0.050	0	0.037	0.034	
Niacin	mg	0.800	0	0.584	0.544	
Pantothenic acid	mg	0.034	0	0.025	0.023	
Vitamin B-6	mg	0.153	0	0.112	0.104	
Folate	µg	10	0	7	7	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	610	0	445	415	
Vitamin A, RE	µg	61	0	45	41	
Vitamin E, α-TE	mg	0.690	0	0.504	0.469	
Lipids:						
Saturated, total	g	0.010	0	0.007	0.007	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.001	0	0.001	0.001	
15:0	g					
16:0	g	0.008	0	0.006	0.005	
17:0	g					
18:0	g	0.001	0	0.001	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.006	0	0.004	0.004
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.005	0	0.004	0.003
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.055	0	0.040	0.037
18:2	g	0.052	0	0.038	0.035
18:3	g	0.002	0	0.001	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.012	0	0.009	0.008
Threonine	g	0.033	0	0.024	0.022
Isoleucine	g	0.029	0	0.021	0.020
Leucine	g	0.047	0	0.034	0.032
Lysine	g	0.040	0	0.029	0.027
Methionine	g	0.011	0	0.008	0.007
Cystine	g	0.017	0	0.012	0.012
Phenylalanine	g	0.028	0	0.020	0.019
Tyrosine	g	0.019	0	0.014	0.013
Valine	g	0.038	0	0.028	0.026
Arginine	g	0.043	0	0.031	0.029
Histidine	g	0.018	0	0.013	0.012
Alanine	g	0.037	0	0.027	0.025
Aspartic acid	g	0.129	0	0.094	0.088
Glutamic acid	g	0.119	0	0.087	0.081
Glycine	g	0.033	0	0.024	0.022
Proline	g	0.039	0	0.028	0.027
Serine	g	0.036	0	0.026	0.024
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 pepper
- Measure 2: 1/2 cup chopped or diced

NDB No. 11329

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11333 Peppers, sweet, green, raw
Capsicum annuum

Refuse: 18% Stem ends, seeds and core

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 149g	Measure 2 [*] 92g	Measure 3 [*] 9g	
Proximates:							
Water	g	92.19	0.481	30	137.36	84.81	8.57
Energy	kcal	27		0	40	25	3
Energy	kJ	113		0	168	104	11
Protein (N x 5.95)	g	0.89	0.020	16	1.33	0.82	0.08
Total lipid (fat)	g	0.19	0.038	14	0.28	0.17	0.02
Carbohydrate, by difference	g	6.43		0	9.58	5.92	0.60
Fiber, total dietary	g	1.8		0	2.7	1.7	0.2
Ash	g	0.30	0.000	2	0.45	0.28	0.03
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.483	32	13	8	1
Iron	mg	0.46	0.125	34	0.69	0.42	0.04
Magnesium	mg	10	0.343	34	15	9	1
Phosphorus	mg	19	0.639	32	28	17	2
Potassium	mg	177	5.160	35	264	163	16
Sodium	mg	2	0.218	37	3	2	0
Zinc	mg	0.12	0.008	34	0.18	0.11	0.01
Copper	mg	0.065	0.005	33	0.097	0.060	0.006
Manganese	mg	0.116	0.008	31	0.173	0.107	0.011
Selenium	µg	0.3		0	0.4	0.3	0.0
Vitamins:							
Ascorbic acid	mg	89.3	10.933	16	133.1	82.2	8.3
Thiamin	mg	0.066	0.004	16	0.098	0.061	0.006
Riboflavin	mg	0.030	0.004	16	0.045	0.028	0.003
Niacin	mg	0.509	0.031	16	0.758	0.468	0.047
Pantothenic acid	mg	0.080	0.005	14	0.119	0.074	0.007
Vitamin B-6	mg	0.248	0.012	16	0.370	0.228	0.023
Folate	µg	22	3.171	23	33	20	2
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	632	338.483	16	942	581	59
Vitamin A, RE	µg	63		0	94	58	6
Vitamin E, α-TE	mg	0.690		0	1.028	0.635	0.064
Lipids:							
Saturated, total	g	0.028		0	0.042	0.026	0.003
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		1	0.000	0.000	0.000
14:0	g	0.000		1	0.000	0.000	0.000
15:0	g						
16:0	g	0.021		1	0.031	0.019	0.002
17:0	g						
18:0	g	0.007		1	0.010	0.006	0.001
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.019	0.012	0.001
14:1	g					
16:1	g	0.001	1	0.001	0.001	0.000
18:1	g	0.011	1	0.016	0.010	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.102	0	0.152	0.094	0.009
18:2	g	0.093	1	0.139	0.086	0.009
18:3	g	0.009	1	0.013	0.008	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	9	1	13	8	1
Amino acids:						
Tryptophan	g	0.011	0	0.016	0.010	0.001
Threonine	g	0.033	0	0.049	0.030	0.003
Isoleucine	g	0.029	0	0.043	0.027	0.003
Leucine	g	0.046	0	0.069	0.042	0.004
Lysine	g	0.039	0	0.058	0.036	0.004
Methionine	g	0.011	0	0.016	0.010	0.001
Cystine	g	0.017	0	0.025	0.016	0.002
Phenylalanine	g	0.027	0	0.040	0.025	0.003
Tyrosine	g	0.018	0	0.027	0.017	0.002
Valine	g	0.037	0	0.055	0.034	0.003
Arginine	g	0.043	0	0.064	0.040	0.004
Histidine	g	0.018	0	0.027	0.017	0.002
Alanine	g	0.036	0	0.054	0.033	0.003
Aspartic acid	g	0.127	0	0.189	0.117	0.012
Glutamic acid	g	0.117	0	0.174	0.108	0.011
Glycine	g	0.033	0	0.049	0.030	0.003
Proline	g	0.039	0	0.058	0.036	0.004
Serine	g	0.036	0	0.054	0.033	0.003
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * Common Measures:**
 Measure 1: 1 cup, chopped
 Measure 2: 1 cup, sliced
 Measure 3: 1 tablespoon

NDB No. 11333

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11334 Peppers, sweet, green, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 135g	Measure 2* 12g	Measure 3* 68g
Proximates:						
Water	g	91.87	0	124.02	10.66	62.47
Energy	kcal	28	0	38	3	19
Energy	kJ	117	0	158	14	80
Protein (N x 5.95)	g	0.92	0	1.24	0.11	0.63
Total lipid (fat)	g	0.20	0	0.27	0.02	0.14
Carbohydrate, by difference	g	6.70	0	9.04	0.78	4.56
Fiber, total dietary	g	1.2	0	1.6	0.1	0.8
Ash	g	0.31	0	0.42	0.04	0.21
Sugars, total	g					
Minerals:						
Calcium	mg	9	0	12	1	6
Iron	mg	0.46	0	0.62	0.05	0.31
Magnesium	mg	10	0	14	1	7
Phosphorus	mg	18	0	24	2	12
Potassium	mg	166	0	224	19	113
Sodium	mg	2	0	3	0	1
Zinc	mg	0.12	0	0.16	0.01	0.08
Copper	mg	0.065	0	0.088	0.008	0.044
Manganese	mg	0.115	0	0.155	0.013	0.078
Selenium	µg	0.3	0	0.4	0.0	0.2
Vitamins:						
Ascorbic acid	mg	74.4	0	100.4	8.6	50.6
Thiamin	mg	0.059	0	0.080	0.007	0.040
Riboflavin	mg	0.030	0	0.041	0.003	0.020
Niacin	mg	0.477	0	0.644	0.055	0.324
Pantothenic acid	mg	0.079	0	0.107	0.009	0.054
Vitamin B-6	mg	0.233	0	0.315	0.027	0.158
Folate	µg	16	0	22	2	11
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00
Vitamin A	IU	592	0	799	69	403
Vitamin A, RE	µg	59	0	80	7	40
Vitamin E, α-TE	mg	0.690	0	0.932	0.080	0.469
Lipids:						
Saturated, total	g	0.029	0	0.039	0.003	0.020
4:0	g	0.000	0	0.000	0.000	0.000
6:0	g	0.000	0	0.000	0.000	0.000
8:0	g	0.000	0	0.000	0.000	0.000
10:0	g	0.000	0	0.000	0.000	0.000
12:0	g	0.000	0	0.000	0.000	0.000
14:0	g	0.000	0	0.000	0.000	0.000
15:0	g					
16:0	g	0.022	0	0.030	0.003	0.015
17:0	g					
18:0	g	0.007	0	0.009	0.001	0.005
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.018	0.002	0.009
14:1	g					
16:1	g	0.001	0	0.001	0.000	0.001
18:1	g	0.012	0	0.016	0.001	0.008
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.106	0	0.143	0.012	0.072
18:2	g	0.096	0	0.130	0.011	0.065
18:3	g	0.010	0	0.014	0.001	0.007
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	9	0	12	1	6
Amino acids:						
Tryptophan	g	0.012	0	0.016	0.001	0.008
Threonine	g	0.034	0	0.046	0.004	0.023
Isoleucine	g	0.030	0	0.041	0.003	0.020
Leucine	g	0.048	0	0.065	0.006	0.033
Lysine	g	0.041	0	0.055	0.005	0.028
Methionine	g	0.011	0	0.015	0.001	0.007
Cystine	g	0.018	0	0.024	0.002	0.012
Phenylalanine	g	0.029	0	0.039	0.003	0.020
Tyrosine	g	0.019	0	0.026	0.002	0.013
Valine	g	0.039	0	0.053	0.005	0.027
Arginine	g	0.044	0	0.059	0.005	0.030
Histidine	g	0.019	0	0.026	0.002	0.013
Alanine	g	0.038	0	0.051	0.004	0.026
Aspartic acid	g	0.132	0	0.178	0.015	0.090
Glutamic acid	g	0.122	0	0.165	0.014	0.083
Glycine	g	0.034	0	0.046	0.004	0.023
Proline	g	0.040	0	0.054	0.005	0.027
Serine	g	0.037	0	0.050	0.004	0.025
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, strips
- Measure 2: 1 tablespoon
- Measure 3: 1/2 cup, chopped

NDB No. 11334

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11335 Peppers, sweet, green, canned, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 140g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.25	1.750	2	127.75	
Energy	kcal	18		0	25	
Energy	kJ	75		0	105	
Protein (N x 5.95)	g	0.80	0.200	2	1.12	
Total lipid (fat)	g	0.30	0.100	2	0.42	
Carbohydrate, by difference	g	3.90		0	5.46	
Fiber, total dietary	g	1.2		0	1.7	
Ash	g	3.75	1.650	2	5.25	
Sugars, total	g					
Minerals:						
Calcium	mg	41	18.500	2	57	
Iron	mg	0.80	0.100	2	1.12	
Magnesium	mg	11	4.000	2	15	
Phosphorus	mg	20	5.500	2	28	
Potassium	mg	146	0.500	2	204	
Sodium	mg	1369	644.000	2	1917	
Zinc	mg	0.18	0.005	2	0.25	
Copper	mg	0.130	0.000	2	0.182	
Manganese	mg	0.160		0	0.224	
Selenium	µg	0.3		0	0.4	
Vitamins:						
Ascorbic acid	mg	46.5	0.500	2	65.1	
Thiamin	mg	0.025	0.005	2	0.035	
Riboflavin	mg	0.030	0.020	2	0.042	
Niacin	mg	0.550	0.050	2	0.770	
Pantothenic acid	mg	0.038		0	0.053	
Vitamin B-6	mg	0.178		0	0.249	
Folate	µg	16		0	23	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	155	100.000	2	217	
Vitamin A, RE	µg	16	10.000	2	22	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.045		0	0.063	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000		0	0.000	
14:0	g	0.001		0	0.001	
15:0	g					
16:0	g	0.033		0	0.046	
17:0	g					
18:0	g	0.011		0	0.015	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.020	0	0.028
14:1	g			
16:1	g	0.002	0	0.003
18:1	g	0.018	0	0.025
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.161	0	0.225
18:2	g	0.146	0	0.204
18:3	g	0.015	0	0.021
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	0.010	0	0.014
Threonine	g	0.029	0	0.041
Isoleucine	g	0.026	0	0.036
Leucine	g	0.042	0	0.059
Lysine	g	0.036	0	0.050
Methionine	g	0.010	0	0.014
Cystine	g	0.015	0	0.021
Phenylalanine	g	0.025	0	0.035
Tyrosine	g	0.017	0	0.024
Valine	g	0.034	0	0.048
Arginine	g	0.038	0	0.053
Histidine	g	0.016	0	0.022
Alanine	g	0.033	0	0.046
Aspartic acid	g	0.114	0	0.160
Glutamic acid	g	0.106	0	0.148
Glycine	g	0.030	0	0.042
Proline	g	0.035	0	0.049
Serine	g	0.032	0	0.045
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup, halves

NDB No. 11335

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11337 Peppers, sweet, green, frozen, chopped, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.96	0.386	7	266.85	
Energy	kcal	20		0	57	
Energy	kJ	84		0	239	
Protein (N x 5.95)	g	1.08	0.074	7	3.07	
Total lipid (fat)	g	0.21	0.049	7	0.60	
Carbohydrate, by difference	g	4.45		0	12.64	
Fiber, total dietary	g	1.6		0	4.5	
Ash	g	0.30	0.028	7	0.85	
Sugars, total	g					
Minerals:						
Calcium	mg	9	0.813	7	26	
Iron	mg	0.62	0.093	7	1.76	
Magnesium	mg	8		1	23	
Phosphorus	mg	17		1	48	
Potassium	mg	91		1	258	
Sodium	mg	5		1	14	
Zinc	mg	0.06		1	0.17	
Copper	mg	0.053		1	0.151	
Manganese	mg	0.117		0	0.332	
Selenium	µg	0.2		0	0.6	
Vitamins:						
Ascorbic acid	mg	58.7	11.929	7	166.7	
Thiamin	mg	0.069	0.018	7	0.196	
Riboflavin	mg	0.038	0.010	7	0.108	
Niacin	mg	1.370	0.753	7	3.891	
Pantothenic acid	mg	0.030		1	0.085	
Vitamin B-6	mg	0.137		1	0.389	
Folate	µg	14		0	40	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	367	175.091	7	1042	
Vitamin A, RE	µg	37	17.509	7	105	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.031		0	0.088	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000		0	0.000	
14:0	g	0.001		0	0.003	
15:0	g					
16:0	g	0.023		0	0.065	
17:0	g					
18:0	g	0.007		0	0.020	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.014	0	0.040
14:1	g			
16:1	g	0.001	0	0.003
18:1	g	0.013	0	0.037
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.113	0	0.321
18:2	g	0.102	0	0.290
18:3	g	0.010	0	0.028
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	0.014	0	0.040
Threonine	g	0.040	0	0.114
Isoleucine	g	0.035	0	0.099
Leucine	g	0.056	0	0.159
Lysine	g	0.048	0	0.136
Methionine	g	0.013	0	0.037
Cystine	g	0.021	0	0.060
Phenylalanine	g	0.033	0	0.094
Tyrosine	g	0.022	0	0.062
Valine	g	0.045	0	0.128
Arginine	g	0.052	0	0.148
Histidine	g	0.022	0	0.062
Alanine	g	0.044	0	0.125
Aspartic acid	g	0.154	0	0.437
Glutamic acid	g	0.142	0	0.403
Glycine	g	0.040	0	0.114
Proline	g	0.047	0	0.133
Serine	g	0.043	0	0.122
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz)

NDB No. 11337

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11338 Peppers, sweet, green, frozen, chopped, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	94.70	0			
Energy	kcal	18	0			
Energy	kJ	75	0			
Protein (N x 5.95)	g	0.95	0			
Total lipid (fat)	g	0.18	0			
Carbohydrate, by difference	g	3.90	0			
Fiber, total dietary	g	0.9	0			
Ash	g	0.27	0			
Sugars, total	g					
Minerals:						
Calcium	mg	8	0			
Iron	mg	0.52	0			
Magnesium	mg	7	0			
Phosphorus	mg	13	0			
Potassium	mg	72	0			
Sodium	mg	4	0			
Zinc	mg	0.05	0			
Copper	mg	0.044	0			
Manganese	mg	0.097	0			
Selenium	µg	0.2	0			
Vitamins:						
Ascorbic acid	mg	41.2	0			
Thiamin	mg	0.051	0			
Riboflavin	mg	0.031	0			
Niacin	mg	1.082	0			
Pantothenic acid	mg	0.023	0			
Vitamin B-6	mg	0.108	0			
Folate	µg	10	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	290	0			
Vitamin A, RE	µg	29	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.027	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000	0			
14:0	g	0.001	0			
15:0	g					
16:0	g	0.020	0			
17:0	g					
18:0	g	0.006	0			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.012	0
14:1	g		
16:1	g	0.001	0
18:1	g	0.011	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.099	0
18:2	g	0.090	0
18:3	g	0.009	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.012	0
Threonine	g	0.035	0
Isoleucine	g	0.031	0
Leucine	g	0.049	0
Lysine	g	0.042	0
Methionine	g	0.011	0
Cystine	g	0.018	0
Phenylalanine	g	0.029	0
Tyrosine	g	0.020	0
Valine	g	0.040	0
Arginine	g	0.045	0
Histidine	g	0.019	0
Alanine	g	0.039	0
Aspartic acid	g	0.135	0
Glutamic acid	g	0.125	0
Glycine	g	0.035	0
Proline	g	0.041	0
Serine	g	0.038	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11338

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11344 Pigeonpeas, immature seeds, raw
Cajanus cajan

Refuse: 52% Pods

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 154g	Measure 2* 4g	Measure 3*
Proximates:						
Water	g	65.88	0.853	4	101.46	2.64
Energy	kcal	136		0	209	5
Energy	kJ	569		0	876	23
Protein (N x 5.95)	g	7.20		0	11.09	0.29
Total lipid (fat)	g	1.64	0.254	4	2.53	0.07
Carbohydrate, by difference	g	23.88		0	36.78	0.96
Fiber, total dietary	g	5.1		0	7.9	0.2
Ash	g	1.40		0	2.16	0.06
Sugars, total	g					
Minerals:						
Calcium	mg	42		0	65	2
Iron	mg	1.60		0	2.46	0.06
Magnesium	mg	68		0	105	3
Phosphorus	mg	127		0	196	5
Potassium	mg	552		0	850	22
Sodium	mg	5		0	8	0
Zinc	mg	1.04		0	1.60	0.04
Copper	mg	0.134		0	0.206	0.005
Manganese	mg	0.574		0	0.884	0.023
Selenium	µg	1.5		0	2.3	0.1
Vitamins:						
Ascorbic acid	mg	39.0		0	60.1	1.6
Thiamin	mg	0.400		0	0.616	0.016
Riboflavin	mg	0.170		0	0.262	0.007
Niacin	mg	2.200		0	3.388	0.088
Pantothenic acid	mg	0.680		0	1.047	0.027
Vitamin B-6	mg	0.068		0	0.105	0.003
Folate	µg	173		0	266	7
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	140		0	216	6
Vitamin A, RE	µg	14		0	22	1
Vitamin E, α-TE	mg	0.390		0	0.601	0.016
Lipids:						
Saturated, total	g	0.354		0	0.545	0.014
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.329		0	0.507	0.013
17:0	g					
18:0	g	0.025		0	0.039	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.020	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.013	0	0.020	0.001
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.873	0	1.344	0.035
18:2	g	0.835	0	1.286	0.033
18:3	g	0.038	0	0.059	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 10 seeds

NDB No. 11344

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11345 Pigeonpeas, immature seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 153g	Measure 2*	Measure 3*
Proximates:						
Water	g	71.80	0	109.85		
Energy	kcal	111	0	170		
Energy	kJ	464	0	710		
Protein (N x 5.95)	g	5.96	0	9.12		
Total lipid (fat)	g	1.36	0	2.08		
Carbohydrate, by difference	g	19.49	0	29.82		
Fiber, total dietary	g	6.2	0	9.5		
Ash	g	1.39	0	2.13		
Sugars, total	g					
Minerals:						
Calcium	mg	41	0	63		
Iron	mg	1.57	0	2.40		
Magnesium	mg	40	0	61		
Phosphorus	mg	118	0	181		
Potassium	mg	456	0	698		
Sodium	mg	5	0	8		
Zinc	mg	0.82	0	1.25		
Copper	mg	0.105	0	0.161		
Manganese	mg	0.451	0	0.690		
Selenium	µg	1.2	0	1.8		
Vitamins:						
Ascorbic acid	mg	28.1	0	43.0		
Thiamin	mg	0.350	0	0.536		
Riboflavin	mg	0.166	0	0.254		
Niacin	mg	2.153	0	3.294		
Pantothenic acid	mg	0.630	0	0.964		
Vitamin B-6	mg	0.053	0	0.081		
Folate	µg	100	0	153		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	130	0	199		
Vitamin A, RE	µg	13	0	20		
Vitamin E, α-TE	mg	0.170	0	0.260		
Lipids:						
Saturated, total	g	0.365	0	0.558		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.082	0	0.125		
17:0	g					
18:0	g	0.006	0	0.009		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.020
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.013	0	0.020
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.899	0	1.375
18:2	g	0.860	0	1.316
18:3	g	0.039	0	0.060
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11345

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11349 Poi

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 240g	Measure 2*	Measure 3*
Proximates:						
Water	g	71.64	0.000	2	171.94	
Energy	kcal	112		0	269	
Energy	kJ	469		0	1126	
Protein (N x 5.95)	g	0.38	0.075	2	0.91	
Total lipid (fat)	g	0.14		1	0.34	
Carbohydrate, by difference	g	27.23		0	65.35	
Fiber, total dietary	g	0.4		0	1.0	
Ash	g	0.61		1	1.46	
Sugars, total	g					
Minerals:						
Calcium	mg	16		1	38	
Iron	mg	0.88		1	2.11	
Magnesium	mg	24		1	58	
Phosphorus	mg	39		1	94	
Potassium	mg	183	4.100	2	439	
Sodium	mg	12	0.550	2	29	
Zinc	mg	0.22		0	0.53	
Copper	mg	0.166		0	0.398	
Manganese	mg	0.370		0	0.888	
Selenium	µg	0.7		0	1.7	
Vitamins:						
Ascorbic acid	mg	4.0		0	9.6	
Thiamin	mg	0.130		0	0.312	
Riboflavin	mg	0.040		0	0.096	
Niacin	mg	1.100		0	2.640	
Pantothenic acid	mg	0.293		0	0.703	
Vitamin B-6	mg	0.273		0	0.655	
Folate	µg	21		0	51	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	20		0	48	
Vitamin A, RE	µg	2		0	5	
Vitamin E, α-TE	mg	0.180		0	0.432	
Lipids:						
Saturated, total	g	0.029		0	0.070	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15.0	g					
16:0	g	0.025		0	0.060	
17:0	g					
18:0	g	0.004		0	0.010	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.011	0	0.026
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.011	0	0.026
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.058	0	0.139
18:2	g	0.040	0	0.096
18:3	g	0.018	0	0.043
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11349

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11350 Pokeberry shoots, (poke), raw

Phytolacca americana

Refuse: %

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 160g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	91.60	0	146.56		
Energy	kcal	23	0	37		
Energy	kJ	96	0	154		
Protein (N x 5.95)	g	2.60	0	4.16		
Total lipid (fat)	g	0.40	0	0.64		
Carbohydrate, by difference	g	3.70	0	5.92		
Fiber, total dietary	g	1.7	0	2.7		
Ash	g	1.70	0	2.72		
Sugars, total	g					
Minerals:						
Calcium	mg	53	0	85		
Iron	mg	1.70	0	2.72		
Magnesium	mg	18	0	29		
Phosphorus	mg	44	0	70		
Potassium	mg	242	0	387		
Sodium	mg	23	0	37		
Zinc	mg	0.24	0	0.38		
Copper	mg	0.157	0	0.251		
Manganese	mg	0.418	0	0.669		
Selenium	µg	0.9	0	1.4		
Vitamins:						
Ascorbic acid	mg	136.0	0	217.6		
Thiamin	mg	0.080	0	0.128		
Riboflavin	mg	0.330	0	0.528		
Niacin	mg	1.200	0	1.920		
Pantothenic acid	mg	0.049	0	0.078		
Vitamin B-6	mg	0.146	0	0.234		
Folate	µg	16	0	25		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	8700	0	13920		
Vitamin A, RE	µg	870	0	1392		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11350

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11351 Pokeberry shoots, (poke), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 165g	Measure 2* 10g	Measure 3*
Proximates:						
Water	g	92.90	0	153.29	9.29	
Energy	kcal	20	0	33	2	
Energy	kJ	84	0	139	8	
Protein (N x 5.95)	g	2.30	0	3.79	0.23	
Total lipid (fat)	g	0.40	0	0.66	0.04	
Carbohydrate, by difference	g	3.10	0	5.12	0.31	
Fiber, total dietary	g	1.5	0	2.5	0.2	
Ash	g	1.30	0	2.15	0.13	
Sugars, total	g					
Minerals:						
Calcium	mg	53	0	87	5	
Iron	mg	1.20	0	1.98	0.12	
Magnesium	mg	14	0	23	1	
Phosphorus	mg	33	0	54	3	
Potassium	mg	184	0	304	18	
Sodium	mg	18	0	30	2	
Zinc	mg	0.19	0	0.31	0.02	
Copper	mg	0.126	0	0.208	0.013	
Manganese	mg	0.336	0	0.554	0.034	
Selenium	µg	0.9	0	1.5	0.1	
Vitamins:						
Ascorbic acid	mg	82.0	0	135.3	8.2	
Thiamin	mg	0.070	0	0.116	0.007	
Riboflavin	mg	0.250	0	0.413	0.025	
Niacin	mg	1.100	0	1.815	0.110	
Pantothenic acid	mg	0.039	0	0.064	0.004	
Vitamin B-6	mg	0.111	0	0.183	0.011	
Folate	µg	9	0	14	1	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	8700	0	14355	870	
Vitamin A, RE	µg	870	0	1436	87	
Vitamin E, α-TE	mg	0.850	0	1.403	0.085	
Lipids:						
Saturated, total	g	0.092	0	0.152	0.009	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.001	0	0.002	0.000	
14:0	g	0.001	0	0.002	0.000	
15:0	g					
16:0	g	0.082	0	0.135	0.008	
17:0	g					
18:0	g	0.005	0	0.008	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.021	0.001
14:1	g				
16:1	g	0.001	0	0.002	0.000
18:1	g	0.012	0	0.020	0.001
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.176	0	0.290	0.018
18:2	g	0.166	0	0.274	0.017
18:3	g	0.009	0	0.015	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 tablespoon

NDB No. 11351

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11352 Potatoes, raw, flesh and skin

Solanum tuberosum

Refuse: 25% Parings and trimmings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 184g	Measure 2 [*] 202g	Measure 3 [*] 122g	
Proximates:							
Water	g	78.96	0.096	265	145.29	159.50	96.33
Energy	kcal	79		0	145	160	96
Energy	kJ	331		0	609	669	404
Protein (N x 5.95)	g	2.07	0.014	165	3.81	4.18	2.53
Total lipid (fat)	g	0.10		0	0.18	0.20	0.12
Carbohydrate, by difference	g	17.98		0	33.08	36.32	21.94
Fiber, total dietary	g	1.6		0	2.9	3.2	2.0
Ash	g	0.89	0.008	205	1.64	1.80	1.09
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.412	84	13	14	9
Iron	mg	0.76	0.040	84	1.40	1.54	0.93
Magnesium	mg	21	0.520	73	39	42	26
Phosphorus	mg	46	1.538	84	85	93	56
Potassium	mg	543	52.516	73	999	1097	662
Sodium	mg	6	0.760	73	11	12	7
Zinc	mg	0.39	0.016	84	0.72	0.79	0.48
Copper	mg	0.259	0.011	73	0.477	0.523	0.316
Manganese	mg	0.263	0.016	73	0.484	0.531	0.321
Selenium	µg	0.3	0.031	299	0.6	0.6	0.4
Vitamins:							
Ascorbic acid	mg	19.7	0.769	141	36.2	39.8	24.0
Thiamin	mg	0.088	0.001	179	0.162	0.178	0.107
Riboflavin	mg	0.035	0.001	179	0.064	0.071	0.043
Niacin	mg	1.484	0.028	179	2.731	2.998	1.810
Pantothenic acid	mg	0.380		0	0.699	0.768	0.464
Vitamin B-6	mg	0.260	0.005	168	0.478	0.525	0.317
Folate	µg	13	0.231	168	24	26	16
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.060		0	0.110	0.121	0.073
Lipids:							
Saturated, total	g	0.026		0	0.048	0.053	0.032
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.001		6	0.002	0.002	0.001
12:0	g	0.003		6	0.006	0.006	0.004
14:0	g	0.001		18	0.002	0.002	0.001
15:0	g						
16:0	g	0.016		59	0.029	0.032	0.020
17:0	g						
18:0	g	0.004		59	0.007	0.008	0.005
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.004	0.004	0.002
14:1	g					
16:1	g	0.001	37	0.002	0.002	0.001
18:1	g	0.001	59	0.002	0.002	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.043	0	0.079	0.087	0.052
18:2	g	0.032	59	0.059	0.065	0.039
18:3	g	0.010	59	0.018	0.020	0.012
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	5	0	9	10	6
Amino acids:						
Tryptophan	g	0.032	6	0.059	0.065	0.039
Threonine	g	0.075	7	0.138	0.152	0.092
Isoleucine	g	0.084	7	0.155	0.170	0.102
Leucine	g	0.124	7	0.228	0.250	0.151
Lysine	g	0.126	7	0.232	0.255	0.154
Methionine	g	0.033	7	0.061	0.067	0.040
Cystine	g	0.026	6	0.048	0.053	0.032
Phenylalanine	g	0.092	7	0.169	0.186	0.112
Tyrosine	g	0.077	6	0.142	0.156	0.094
Valine	g	0.117	7	0.215	0.236	0.143
Arginine	g	0.095	9	0.175	0.192	0.116
Histidine	g	0.045	9	0.083	0.091	0.055
Alanine	g	0.064	6	0.118	0.129	0.078
Aspartic acid	g	0.506	6	0.931	1.022	0.617
Glutamic acid	g	0.347	8	0.638	0.701	0.423
Glycine	g	0.062	6	0.114	0.125	0.076
Proline	g	0.074	8	0.136	0.149	0.090
Serine	g	0.090	6	0.166	0.182	0.110
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 large (3" to 4-1/4" dia, raw)
- Measure 2: 1 long type (2-1/3" dia, 4-3/4" long, raw)
- Measure 3: 1 medium (2-1/4" to 3" dia, raw)

NDB No. 11352

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11362 Potatoes, raw, skin

Solanum tuberosum

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 38g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	83.29	0.366	6	31.65	
Energy	kcal	58		0	22	
Energy	kJ	243		0	92	
Protein (N x 5.95)	g	2.57	0.223	4	0.98	
Total lipid (fat)	g	0.10		0	0.04	
Carbohydrate, by difference	g	12.44		0	4.73	
Fiber, total dietary	g	2.5		0	1.0	
Ash	g	1.61	0.072	4	0.61	
Sugars, total	g					
Minerals:						
Calcium	mg	30	8.986	6	11	
Iron	mg	3.24	0.106	6	1.23	
Magnesium	mg	23	0.814	6	9	
Phosphorus	mg	38	2.541	6	14	
Potassium	mg	413	23.147	6	157	
Sodium	mg	10	1.529	6	4	
Zinc	mg	0.35	0.028	6	0.13	
Copper	mg	0.423	0.021	6	0.161	
Manganese	mg	0.602	0.056	6	0.229	
Selenium	µg	0.3		0	0.1	
Vitamins:						
Ascorbic acid	mg	11.4	0.339	3	4.3	
Thiamin	mg	0.021	0.000	3	0.008	
Riboflavin	mg	0.038	0.003	3	0.014	
Niacin	mg	1.033	0.021	2	0.393	
Pantothenic acid	mg	0.302		0	0.115	
Vitamin B-6	mg	0.239	0.024	3	0.091	
Folate	µg	17	0.354	3	7	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		0	0	
Vitamin A, RE	µg	0		0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.026		0	0.010	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001		0	0.000	
12:0	g	0.003		0	0.001	
14:0	g	0.001		0	0.000	
15:0	g					
16:0	g	0.016		0	0.006	
17:0	g					
18:0	g	0.004		0	0.002	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.001
14:1	g			
16:1	g	0.001	0	0.000
18:1	g	0.001	0	0.000
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.043	0	0.016
18:2	g	0.032	0	0.012
18:3	g	0.010	0	0.004
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 potato skin

NDB No. 11362

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11363 Potatoes, baked, flesh, without salt

Refuse: 23% Skin and adhering flesh

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 61g	Measure 2* 156g	Measure 3*
Proximates:						
Water	g	75.42	1.207	6	46.01	117.66
Energy	kcal	93		0	57	145
Energy	kJ	389		0	237	607
Protein (N x 5.95)	g	1.96	0.018	6	1.20	3.06
Total lipid (fat)	g	0.10		0	0.06	0.16
Carbohydrate, by difference	g	21.56		0	13.15	33.63
Fiber, total dietary	g	1.5		0	0.9	2.3
Ash	g	0.97	0.061	6	0.59	1.51
Sugars, total	g					
Minerals:						
Calcium	mg	5	1.393	6	3	8
Iron	mg	0.35	0.080	6	0.21	0.55
Magnesium	mg	25	1.838	6	15	39
Phosphorus	mg	50	3.593	6	31	78
Potassium	mg	391	18.745	6	239	610
Sodium	mg	5	0.440	6	3	8
Zinc	mg	0.29	0.031	6	0.18	0.45
Copper	mg	0.215	0.043	6	0.131	0.335
Manganese	mg	0.161	0.014	6	0.098	0.251
Selenium	µg	0.3		0	0.2	0.5
Vitamins:						
Ascorbic acid	mg	12.8	0.617	3	7.8	20.0
Thiamin	mg	0.105	0.006	6	0.064	0.164
Riboflavin	mg	0.021	0.001	6	0.013	0.033
Niacin	mg	1.395	0.102	6	0.851	2.176
Pantothenic acid	mg	0.555		1	0.339	0.866
Vitamin B-6	mg	0.301	0.012	6	0.184	0.470
Folate	µg	9	0.557	6	6	14
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.040		0	0.024	0.062
Lipids:						
Saturated, total	g	0.026		0	0.016	0.041
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.001		0	0.001	0.002
12:0	g	0.003		0	0.002	0.005
14:0	g	0.001		0	0.001	0.002
15:0	g					
16:0	g	0.016		0	0.010	0.025
17:0	g					
18:0	g	0.004		0	0.002	0.006
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.001	0.003
14:1	g				
16:1	g	0.001	0	0.001	0.002
18:1	g	0.001	0	0.001	0.002
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.043	0	0.026	0.067
18:2	g	0.032	0	0.020	0.050
18:3	g	0.010	0	0.006	0.016
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.030	0	0.018	0.047
Threonine	g	0.071	0	0.043	0.111
Isoleucine	g	0.080	0	0.049	0.125
Leucine	g	0.118	0	0.072	0.184
Lysine	g	0.119	0	0.073	0.186
Methionine	g	0.031	0	0.019	0.048
Cystine	g	0.025	0	0.015	0.039
Phenylalanine	g	0.087	0	0.053	0.136
Tyrosine	g	0.073	0	0.045	0.114
Valine	g	0.110	0	0.067	0.172
Arginine	g	0.090	0	0.055	0.140
Histidine	g	0.043	0	0.026	0.067
Alanine	g	0.060	0	0.037	0.094
Aspartic acid	g	0.479	0	0.292	0.747
Glutamic acid	g	0.328	0	0.200	0.512
Glycine	g	0.058	0	0.035	0.090
Proline	g	0.070	0	0.043	0.109
Serine	g	0.085	0	0.052	0.133
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 potato, (2-1/3" x 4-3/4")

NDB No. 11363

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11364 Potatoes, baked, skin, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 58g	Measure 2*	Measure 3*
Proximates:						
Water	g	47.31	1.891	6	27.44	
Energy	kcal	198		0	115	
Energy	kJ	828		0	480	
Protein (N x 5.95)	g	4.29	0.270	4	2.49	
Total lipid (fat)	g	0.10		0	0.06	
Carbohydrate, by difference	g	46.07		0	26.72	
Fiber, total dietary	g	7.9		0	4.6	
Ash	g	2.24	0.115	4	1.30	
Sugars, total	g					
Minerals:						
Calcium	mg	34	9.770	6	20	
Iron	mg	7.04	1.901	6	4.08	
Magnesium	mg	43	1.960	6	25	
Phosphorus	mg	101	5.775	6	59	
Potassium	mg	573	25.380	6	332	
Sodium	mg	21	4.455	6	12	
Zinc	mg	0.49	0.046	6	0.28	
Copper	mg	0.817	0.069	6	0.474	
Manganese	mg	0.616	0.099	6	0.357	
Selenium	µg	0.7		0	0.4	
Vitamins:						
Ascorbic acid	mg	13.5	0.169	3	7.8	
Thiamin	mg	0.122	0.011	6	0.071	
Riboflavin	mg	0.106	0.005	6	0.061	
Niacin	mg	3.065	0.038	5	1.778	
Pantothenic acid	mg	0.857		0	0.497	
Vitamin B-6	mg	0.614	0.026	6	0.356	
Folate	µg	22	1.844	6	13	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		0	0	
Vitamin A, RE	µg	0		0	0	
Vitamin E, α-TE	mg	0.040		0	0.023	
Lipids:						
Saturated, total	g	0.026		0	0.015	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.001		0	0.001	
12:0	g	0.003		0	0.002	
14:0	g	0.001		0	0.001	
15:0	g					
16:0	g	0.016		0	0.009	
17:0	g					
18:0	g	0.004		0	0.002	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.001
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.001	0	0.001
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.043	0	0.025
18:2	g	0.032	0	0.019
18:3	g	0.010	0	0.006
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 potato skin

NDB No. 11364

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11365 Potatoes, boiled, cooked in skin, flesh, without salt

Refuse: 9% Skins and eyes

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 78g	Measure 2* 136g	Measure 3*
Proximates:						
Water	g	76.98	0.915	6	60.04	104.69
Energy	kcal	87		0	68	118
Energy	kJ	364		0	284	495
Protein (N x 5.95)	g	1.87	0.073	6	1.46	2.54
Total lipid (fat)	g	0.10		0	0.08	0.14
Carbohydrate, by difference	g	20.13		0	15.70	27.38
Fiber, total dietary	g	1.8		0	1.4	2.4
Ash	g	0.92	0.061	6	0.72	1.25
Sugars, total	g					
Minerals:						
Calcium	mg	5	1.310	6	4	7
Iron	mg	0.31	0.041	6	0.24	0.42
Magnesium	mg	22	1.282	6	17	30
Phosphorus	mg	44	2.407	6	34	60
Potassium	mg	379	10.859	6	296	515
Sodium	mg	4	0.616	6	3	5
Zinc	mg	0.30	0.027	6	0.23	0.41
Copper	mg	0.188	0.030	6	0.147	0.256
Manganese	mg	0.138	0.013	6	0.108	0.188
Selenium	µg	0.3		0	0.2	0.4
Vitamins:						
Ascorbic acid	mg	13.0	0.712	3	10.1	17.7
Thiamin	mg	0.106	0.007	6	0.083	0.144
Riboflavin	mg	0.020	0.000	6	0.016	0.027
Niacin	mg	1.439	0.110	6	1.122	1.957
Pantothenic acid	mg	0.520		0	0.406	0.707
Vitamin B-6	mg	0.299	0.005	6	0.233	0.407
Folate	µg	10	0.387	6	8	14
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.050		0	0.039	0.068
Lipids:						
Saturated, total	g	0.026		0	0.020	0.035
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.001		0	0.001	0.001
12:0	g	0.003		0	0.002	0.004
14:0	g	0.001		0	0.001	0.001
15:0	g					
16:0	g	0.016		0	0.012	0.022
17:0	g					
18:0	g	0.004		0	0.003	0.005
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.002	0.003
14:1	g				
16:1	g	0.001	0	0.001	0.001
18:1	g	0.001	0	0.001	0.001
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.043	0	0.034	0.058
18:2	g	0.032	0	0.025	0.044
18:3	g	0.010	0	0.008	0.014
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.029	0	0.023	0.039
Threonine	g	0.068	0	0.053	0.092
Isoleucine	g	0.076	0	0.059	0.103
Leucine	g	0.112	0	0.087	0.152
Lysine	g	0.114	0	0.089	0.155
Methionine	g	0.030	0	0.023	0.041
Cystine	g	0.024	0	0.019	0.033
Phenylalanine	g	0.083	0	0.065	0.113
Tyrosine	g	0.069	0	0.054	0.094
Valine	g	0.105	0	0.082	0.143
Arginine	g	0.086	0	0.067	0.117
Histidine	g	0.041	0	0.032	0.056
Alanine	g	0.057	0	0.044	0.078
Aspartic acid	g	0.457	0	0.356	0.622
Glutamic acid	g	0.314	0	0.245	0.427
Glycine	g	0.056	0	0.044	0.076
Proline	g	0.067	0	0.052	0.091
Serine	g	0.081	0	0.063	0.110
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 potato, (2-1/2" dia, sphere)

NDB No. 11365

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11366 Potatoes, boiled, cooked in skin, skin, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 34g	Measure 2*	Measure 3*
Proximates:						
Water	g	77.80	1.792	5	26.45	
Energy	kcal	78		0	27	
Energy	kJ	326		0	111	
Protein (N x 5.95)	g	2.86	0.035	2	0.97	
Total lipid (fat)	g	0.10		0	0.03	
Carbohydrate, by difference	g	17.21		0	5.85	
Fiber, total dietary	g	3.3		0	1.1	
Ash	g	2.04	0.339	2	0.69	
Sugars, total	g					
Minerals:						
Calcium	mg	45	14.305	5	15	
Iron	mg	6.07	0.315	5	2.06	
Magnesium	mg	30	0.380	5	10	
Phosphorus	mg	54	6.423	5	18	
Potassium	mg	407	19.419	5	138	
Sodium	mg	14	1.948	5	5	
Zinc	mg	0.44	0.020	5	0.15	
Copper	mg	0.878	0.144	5	0.299	
Manganese	mg	1.338	0.225	5	0.455	
Selenium	µg	0.3		0	0.1	
Vitamins:						
Ascorbic acid	mg	5.2	0.561	2	1.8	
Thiamin	mg	0.032	0.005	5	0.011	
Riboflavin	mg	0.036	0.004	5	0.012	
Niacin	mg	1.222	0.152	5	0.415	
Pantothenic acid	mg	0.361		0	0.123	
Vitamin B-6	mg	0.239	0.008	5	0.081	
Folate	µg	10	0.828	5	3	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		0	0	
Vitamin A, RE	µg	0		0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.026		0	0.009	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001		0	0.000	
12:0	g	0.003		0	0.001	
14:0	g	0.001		0	0.000	
15:0	g					
16:0	g	0.016		0	0.005	
17:0	g					
18:0	g	0.004		0	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.001
14:1	g			
16:1	g	0.001	0	0.000
18:1	g	0.001	0	0.000
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.043	0	0.015
18:2	g	0.032	0	0.011
18:3	g	0.010	0	0.003
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 potato skin

NDB No. 11366

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11367 Potatoes, boiled, cooked without skin, flesh, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 78g	Measure 2* 135g	Measure 3*
Proximates:						
Water	g	77.46	1.121	6	60.42	104.57
Energy	kcal	86		0	67	116
Energy	kJ	360		0	281	486
Protein (N x 5.95)	g	1.71	0.047	6	1.33	2.31
Total lipid (fat)	g	0.10		0	0.08	0.14
Carbohydrate, by difference	g	20.01		0	15.61	27.01
Fiber, total dietary	g	1.8		0	1.4	2.4
Ash	g	0.72	0.055	6	0.56	0.97
Sugars, total	g					
Minerals:						
Calcium	mg	8	3.105	6	6	11
Iron	mg	0.31	0.073	6	0.24	0.42
Magnesium	mg	20	1.181	6	16	27
Phosphorus	mg	40	2.023	6	31	54
Potassium	mg	328		0	256	443
Sodium	mg	5	0.668	6	4	7
Zinc	mg	0.27	0.031	6	0.21	0.36
Copper	mg	0.167	0.019	6	0.130	0.225
Manganese	mg	0.140	0.009	6	0.109	0.189
Selenium	µg	0.3		0	0.2	0.4
Vitamins:						
Ascorbic acid	mg	7.4	0.596	3	5.8	10.0
Thiamin	mg	0.098	0.006	6	0.076	0.132
Riboflavin	mg	0.019	0.002	6	0.015	0.026
Niacin	mg	1.312	0.176	6	1.023	1.771
Pantothenic acid	mg	0.509		0	0.397	0.687
Vitamin B-6	mg	0.269	0.006	6	0.210	0.363
Folate	µg	9	0.525	6	7	12
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.050		0	0.039	0.068
Lipids:						
Saturated, total	g	0.026		0	0.020	0.035
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.001		0	0.001	0.001
12:0	g	0.003		0	0.002	0.004
14:0	g	0.001		0	0.001	0.001
15:0	g					
16:0	g	0.016		0	0.012	0.022
17:0	g					
18:0	g	0.004		0	0.003	0.005
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.002	0.003
14:1	g				
16:1	g	0.001	0	0.001	0.001
18:1	g	0.001	0	0.001	0.001
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.043	0	0.034	0.058
18:2	g	0.032	0	0.025	0.043
18:3	g	0.010	0	0.008	0.014
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.027	0	0.021	0.036
Threonine	g	0.062	0	0.048	0.084
Isoleucine	g	0.070	0	0.055	0.095
Leucine	g	0.103	0	0.080	0.139
Lysine	g	0.104	0	0.081	0.140
Methionine	g	0.027	0	0.021	0.036
Cystine	g	0.022	0	0.017	0.030
Phenylalanine	g	0.076	0	0.059	0.103
Tyrosine	g	0.064	0	0.050	0.086
Valine	g	0.096	0	0.075	0.130
Arginine	g	0.079	0	0.062	0.107
Histidine	g	0.038	0	0.030	0.051
Alanine	g	0.053	0	0.041	0.072
Aspartic acid	g	0.419	0	0.327	0.566
Glutamic acid	g	0.287	0	0.224	0.387
Glycine	g	0.051	0	0.040	0.069
Proline	g	0.062	0	0.048	0.084
Serine	g	0.075	0	0.059	0.101
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 potato, (2-1/2" dia, sphere)

NDB No. 11367

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11368 Potatoes, microwaved, cooked in skin, flesh, without salt

Refuse: 23% Skin and adhering flesh

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 78g	Measure 2* 156g	Measure 3*
Proximates:						
Water	g	73.55	1.235	5	57.37	114.74
Energy	kcal	100		0	78	156
Energy	kJ	418		0	326	652
Protein (N x 5.95)	g	2.10	0.065	4	1.64	3.28
Total lipid (fat)	g	0.10		0	0.08	0.16
Carbohydrate, by difference	g	23.28		0	18.16	36.32
Fiber, total dietary	g	1.6		0	1.2	2.5
Ash	g	0.97	0.090	4	0.76	1.51
Sugars, total	g					
Minerals:						
Calcium	mg	5	1.740	5	4	8
Iron	mg	0.41	0.070	5	0.32	0.64
Magnesium	mg	25	2.117	5	20	39
Phosphorus	mg	109	52.505	5	85	170
Potassium	mg	411	22.733	5	321	641
Sodium	mg	7	1.576	5	5	11
Zinc	mg	0.33	0.039	5	0.26	0.51
Copper	mg	0.237	0.042	5	0.185	0.370
Manganese	mg	0.170	0.021	5	0.133	0.265
Selenium	µg	0.4		0	0.3	0.6
Vitamins:						
Ascorbic acid	mg	15.1	0.024	2	11.8	23.6
Thiamin	mg	0.129	0.007	5	0.101	0.201
Riboflavin	mg	0.025	0.001	5	0.020	0.039
Niacin	mg	1.625	0.111	5	1.268	2.535
Pantothenic acid	mg	0.597		0	0.466	0.931
Vitamin B-6	mg	0.319	0.025	5	0.249	0.498
Folate	µg	12	0.646	5	10	19
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.026		0	0.020	0.041
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001		0	0.001	0.002
12:0	g	0.003		0	0.002	0.005
14:0	g	0.001		0	0.001	0.002
15:0	g					
16:0	g	0.016		0	0.012	0.025
17:0	g					
18:0	g	0.004		0	0.003	0.006
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.002	0.003
14:1	g				
16:1	g	0.001	0	0.001	0.002
18:1	g	0.001	0	0.001	0.002
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.043	0	0.034	0.067
18:2	g	0.032	0	0.025	0.050
18:3	g	0.010	0	0.008	0.016
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	0.033	0	0.026	0.051
Threonine	g	0.076	0	0.059	0.119
Isoleucine	g	0.085	0	0.066	0.133
Leucine	g	0.126	0	0.098	0.197
Lysine	g	0.128	0	0.100	0.200
Methionine	g	0.033	0	0.026	0.051
Cystine	g	0.027	0	0.021	0.042
Phenylalanine	g	0.093	0	0.073	0.145
Tyrosine	g	0.078	0	0.061	0.122
Valine	g	0.118	0	0.092	0.184
Arginine	g	0.097	0	0.076	0.151
Histidine	g	0.046	0	0.036	0.072
Alanine	g	0.065	0	0.051	0.101
Aspartic acid	g	0.514	0	0.401	0.802
Glutamic acid	g	0.352	0	0.275	0.549
Glycine	g	0.062	0	0.048	0.097
Proline	g	0.076	0	0.059	0.119
Serine	g	0.091	0	0.071	0.142
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 potato, (2-1/3" x 4-3/4")

NDB No. 11368

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11369 Potatoes, microwaved, cooked in skin, skin, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 58g	Measure 2*	Measure 3*
Proximates:						
Water	g	63.50	1.035	5	36.83	
Energy	kcal	132		0	77	
Energy	kJ	552		0	320	
Protein (N x 5.95)	g	4.39	0.713	2	2.55	
Total lipid (fat)	g	0.10		0	0.06	
Carbohydrate, by difference	g	29.63		0	17.19	
Fiber, total dietary	g	5.5		0	3.2	
Ash	g	2.38	0.062	2	1.38	
Sugars, total	g					
Minerals:						
Calcium	mg	46	17.686	5	27	
Iron	mg	5.94	0.442	5	3.45	
Magnesium	mg	37	2.021	5	21	
Phosphorus	mg	82	4.428	5	48	
Potassium	mg	650	17.190	5	377	
Sodium	mg	16	4.682	5	9	
Zinc	mg	0.51	0.028	5	0.30	
Copper	mg	0.882	0.039	5	0.512	
Manganese	mg	0.980	0.147	5	0.568	
Selenium	µg	0.5		0	0.3	
Vitamins:						
Ascorbic acid	mg	15.3		1	8.9	
Thiamin	mg	0.071	0.008	5	0.041	
Riboflavin	mg	0.075	0.002	5	0.044	
Niacin	mg	2.220	0.343	5	1.288	
Pantothenic acid	mg	0.594		0	0.345	
Vitamin B-6	mg	0.492	0.042	5	0.285	
Folate	µg	17	0.708	5	10	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		0	0	
Vitamin A, RE	µg	0		0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.026		0	0.015	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001		0	0.001	
12:0	g	0.003		0	0.002	
14:0	g	0.001		0	0.001	
15:0	g					
16:0	g	0.016		0	0.009	
17:0	g					
18:0	g	0.004		0	0.002	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.001
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.001	0	0.001
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.043	0	0.025
18:2	g	0.032	0	0.019
18:3	g	0.010	0	0.006
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 potato skin

NDB No. 11369

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11370 Potatoes, hashed brown, home-prepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 156g	Measure 2*	Measure 3*
Proximates:						
Water	g	61.55	0	96.02		
Energy	kcal	209	0	326		
Energy	kJ	874	0	1363		
Protein (N x 5.95)	g	2.42	0.050	20	3.78	
Total lipid (fat)	g	13.91	0.891	20	21.70	
Carbohydrate, by difference	g	21.32		0	33.26	
Fiber, total dietary	g	2.0		0	3.1	
Ash	g	0.80	0.026	20	1.25	
Sugars, total	g					
Minerals:						
Calcium	mg	8		0	12	
Iron	mg	0.81	0.046	20	1.26	
Magnesium	mg	20		0	31	
Phosphorus	mg	42		0	66	
Potassium	mg	321		0	501	
Sodium	mg	24	2.070	20	37	
Zinc	mg	0.30		0	0.47	
Copper	mg	0.181		0	0.282	
Manganese	mg	0.152		0	0.237	
Selenium	µg	0.3		0	0.5	
Vitamins:						
Ascorbic acid	mg	5.7	0.300	20	8.9	
Thiamin	mg	0.074	0.006	20	0.115	
Riboflavin	mg	0.020		0	0.031	
Niacin	mg	2.001	0.059	20	3.122	
Pantothenic acid	mg	0.499		0	0.778	
Vitamin B-6	mg	0.278		0	0.434	
Folate	µg	8		0	12	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		0	0	
Vitamin A, RE	µg	0		0	0	
Vitamin E, α-TE	mg	0.190		0	0.296	
Lipids:						
Saturated, total	g	5.433		0	8.475	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.015		0	0.023	
12:0	g	0.032		0	0.050	
14:0	g	0.180		0	0.281	
15:0	g					
16:0	g	3.299		0	5.146	
17:0	g					
18:0	g	1.863		0	2.906	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.212	0	9.691
14:1	g			
16:1	g	0.373	0	0.582
18:1	g	5.673	0	8.850
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	1.602	0	2.499
18:2	g	1.449	0	2.260
18:3	g	0.152	0	0.237
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.033	0	0.051
Threonine	g	0.110	0	0.172
Isoleucine	g	0.104	0	0.162
Leucine	g	0.146	0	0.228
Lysine	g	0.128	0	0.200
Methionine	g	0.027	0	0.042
Cystine	g	0.015	0	0.023
Phenylalanine	g	0.103	0	0.161
Tyrosine	g	0.061	0	0.095
Valine	g	0.123	0	0.192
Arginine	g	0.115	0	0.179
Histidine	g	0.041	0	0.064
Alanine	g	0.084	0	0.131
Aspartic acid	g	0.560	0	0.874
Glutamic acid	g	0.378	0	0.590
Glycine	g	0.087	0	0.136
Proline	g	0.078	0	0.122
Serine	g	0.087	0	0.136
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11370

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11371 Potatoes, mashed, home-prepared, whole milk and margarine added

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 210g	Measure 2*	Measure 3*
Proximates:						
Water	g	76.26	0	160.15		
Energy	kcal	106	0	223		
Energy	kJ	444	0	932		
Protein (N x 5.95)	g	1.88	0	3.95		
Total lipid (fat)	g	4.23	0	8.88		
Carbohydrate, by difference	g	16.71	0	35.09		
Fiber, total dietary	g	2.0	0	4.2		
Ash	g	1.43	0	3.00		
Sugars, total	g					
Minerals:						
Calcium	mg	26	0	55		
Iron	mg	0.26	0	0.55		
Magnesium	mg	18	0	38		
Phosphorus	mg	46	0	97		
Potassium	mg	289	0	607		
Sodium	mg	295	0	620		
Zinc	mg	0.27	0	0.57		
Copper	mg	0.137	0	0.288		
Manganese	mg	0.114	0	0.239		
Selenium	µg	0.5	0	1.1		
Vitamins:						
Ascorbic acid	mg	6.1	0	12.8		
Thiamin	mg	0.084	0	0.176		
Riboflavin	mg	0.040	0	0.084		
Niacin	mg	1.079	0	2.266		
Pantothenic acid	mg	0.570	0	1.197		
Vitamin B-6	mg	0.224	0	0.470		
Folate	µg	8	0	17		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	169	0	355		
Vitamin A, RE	µg	20	0	42		
Vitamin E, α-TE	mg	0.300	0	0.630		
Lipids:						
Saturated, total	g	1.035	0	2.173		
4:0	g	0.015	0	0.032		
6:0	g	0.009	0	0.019		
8:0	g	0.005	0	0.011		
10:0	g	0.012	0	0.025		
12:0	g	0.016	0	0.034		
14:0	g	0.057	0	0.120		
15.0	g					
16:0	g	0.580	0	1.218		
17:0	g					
18:0	g	0.329	0	0.691		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.770	0	3.717
14:1	g			
16:1	g	0.011	0	0.023
18:1	g	1.751	0	3.677
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	1.210	0	2.541
18:2	g	1.145	0	2.405
18:3	g	0.066	0	0.139
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	2	0	4
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.029	0	0.061
Threonine	g	0.073	0	0.153
Isoleucine	g	0.087	0	0.183
Leucine	g	0.132	0	0.277
Lysine	g	0.124	0	0.260
Methionine	g	0.035	0	0.074
Cystine	g	0.023	0	0.048
Phenylalanine	g	0.086	0	0.181
Tyrosine	g	0.076	0	0.160
Valine	g	0.112	0	0.235
Arginine	g	0.082	0	0.172
Histidine	g	0.044	0	0.092
Alanine	g	0.060	0	0.126
Aspartic acid	g	0.380	0	0.798
Glutamic acid	g	0.338	0	0.710
Glycine	g	0.052	0	0.109
Proline	g	0.098	0	0.206
Serine	g	0.088	0	0.185
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11371

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11372 Potatoes, scalloped, home-prepared with butter

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:						
Water	g	80.94	0	198.30		
Energy	kcal	86	0	211		
Energy	kJ	360	0	882		
Protein (N x 5.95)	g	2.87	0	7.03		
Total lipid (fat)	g	3.68	0	9.02		
Carbohydrate, by difference	g	10.78	0	26.41		
Fiber, total dietary	g	1.9	0	4.7		
Ash	g	1.73	0	4.24		
Sugars, total	g					
Minerals:						
Calcium	mg	57	0	140		
Iron	mg	0.57	0	1.40		
Magnesium	mg	19	0	47		
Phosphorus	mg	63	0	154		
Potassium	mg	378	0	926		
Sodium	mg	335	0	821		
Zinc	mg	0.40	0	0.98		
Copper	mg	0.163	0	0.399		
Manganese	mg	0.166	0	0.407		
Selenium	µg	1.6	0	3.9		
Vitamins:						
Ascorbic acid	mg	10.6	0	26.0		
Thiamin	mg	0.069	0	0.169		
Riboflavin	mg	0.092	0	0.225		
Niacin	mg	1.053	0	2.580		
Pantothenic acid	mg	0.514	0	1.259		
Vitamin B-6	mg	0.178	0	0.436		
Folate	µg	11	0	27		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	135	0	331		
Vitamin A, RE	µg	19	0	47		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.255	0	5.525		
4:0	g	0.116	0	0.284		
6:0	g	0.069	0	0.169		
8:0	g	0.040	0	0.098		
10:0	g	0.091	0	0.223		
12:0	g	0.103	0	0.252		
14:0	g	0.362	0	0.887		
15:0	g					
16:0	g	0.958	0	2.347		
17:0	g					
18:0	g	0.440	0	1.078		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.039	0	2.546
14:1	g			
16:1	g	0.080	0	0.196
18:1	g	0.904	0	2.215
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.166	0	0.407
18:2	g	0.105	0	0.257
18:3	g	0.061	0	0.149
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	12	0	29
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.042	0	0.103
Threonine	g	0.115	0	0.282
Isoleucine	g	0.144	0	0.353
Leucine	g	0.225	0	0.551
Lysine	g	0.192	0	0.470
Methionine	g	0.058	0	0.142
Cystine	g	0.034	0	0.083
Phenylalanine	g	0.135	0	0.331
Tyrosine	g	0.121	0	0.296
Valine	g	0.174	0	0.426
Arginine	g	0.118	0	0.289
Histidine	g	0.070	0	0.172
Alanine	g	0.094	0	0.230
Aspartic acid	g	0.442	0	1.083
Glutamic acid	g	0.579	0	1.419
Glycine	g	0.076	0	0.186
Proline	g	0.202	0	0.495
Serine	g	0.142	0	0.348
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11372

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11373 Potatoes, au gratin, home-prepared from recipe using butter

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:						
Water	g	74.00	0	181.30		
Energy	kcal	132	0	323		
Energy	kJ	552	0	1352		
Protein (N x 5.95)	g	5.06	0	12.40		
Total lipid (fat)	g	7.59	0	18.60		
Carbohydrate, by difference	g	11.27	0	27.61		
Fiber, total dietary	g	1.8	0	4.4		
Ash	g	2.09	0	5.12		
Sugars, total	g					
Minerals:						
Calcium	mg	119	0	292		
Iron	mg	0.64	0	1.57		
Magnesium	mg	20	0	49		
Phosphorus	mg	113	0	277		
Potassium	mg	396	0	970		
Sodium	mg	433	0	1061		
Zinc	mg	0.69	0	1.69		
Copper	mg	0.160	0	0.392		
Manganese	mg	0.161	0	0.394		
Selenium	µg	2.7	0	6.6		
Vitamins:						
Ascorbic acid	mg	9.9	0	24.3		
Thiamin	mg	0.064	0	0.157		
Riboflavin	mg	0.116	0	0.284		
Niacin	mg	0.993	0	2.433		
Pantothenic acid	mg	0.387	0	0.948		
Vitamin B-6	mg	0.174	0	0.426		
Folate	µg	11	0	27		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	264	0	647		
Vitamin A, RE	µg	38	0	93		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	4.733	0	11.596		
4:0	g	0.240	0	0.588		
6:0	g	0.133	0	0.326		
8:0	g	0.074	0	0.181		
10:0	g	0.166	0	0.407		
12:0	g	0.174	0	0.426		
14:0	g	0.755	0	1.850		
15:0	g					
16:0	g	2.094	0	5.130		
17:0	g					
18:0	g	0.913	0	2.237		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.149	0	5.265
14:1	g			
16:1	g	0.193	0	0.473
18:1	g	1.844	0	4.518
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.276	0	0.676
18:2	g	0.175	0	0.429
18:3	g	0.105	0	0.257
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	23	0	56
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.070	0	0.172
Threonine	g	0.192	0	0.470
Isoleucine	g	0.284	0	0.696
Leucine	g	0.443	0	1.085
Lysine	g	0.381	0	0.933
Methionine	g	0.117	0	0.287
Cystine	g	0.044	0	0.108
Phenylalanine	g	0.254	0	0.622
Tyrosine	g	0.230	0	0.564
Valine	g	0.325	0	0.796
Arginine	g	0.203	0	0.497
Histidine	g	0.151	0	0.370
Alanine	g	0.156	0	0.382
Aspartic acid	g	0.569	0	1.394
Glutamic acid	g	1.141	0	2.795
Glycine	g	0.113	0	0.277
Proline	g	0.463	0	1.134
Serine	g	0.275	0	0.674
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11373

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11374 Potatoes, canned, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 300g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	87.83	0.238	65	263.49	398.75
Energy	kcal	44		0	132	200
Energy	kJ	184		0	552	835
Protein (N x 5.95)	g	1.20	0.030	66	3.60	5.45
Total lipid (fat)	g	0.11	0.011	64	0.33	0.50
Carbohydrate, by difference	g	9.89		0	29.67	44.90
Fiber, total dietary	g	1.4		0	4.2	6.4
Ash	g	0.98	0.052	65	2.94	4.45
Sugars, total	g					
Minerals:						
Calcium	mg	39	2.487	65	117	177
Iron	mg	0.72	0.057	65	2.16	3.27
Magnesium	mg	14	0.484	22	42	64
Phosphorus	mg	22	1.925	23	66	100
Potassium	mg	205	6.698	37	615	931
Sodium	mg	217	8.730	45	651	985
Zinc	mg	0.39	0.015	23	1.17	1.77
Copper	mg	0.070	0.004	23	0.210	0.318
Manganese	mg	0.071		0	0.213	0.322
Selenium	µg	0.7		0	2.1	3.2
Vitamins:						
Ascorbic acid	mg	7.6	0.587	66	22.8	34.5
Thiamin	mg	0.034	0.002	31	0.102	0.154
Riboflavin	mg	0.020	0.003	31	0.060	0.091
Niacin	mg	0.889	0.043	30	2.667	4.036
Pantothenic acid	mg	0.174		1	0.522	0.790
Vitamin B-6	mg	0.137		0	0.411	0.622
Folate	µg	5		0	14	20
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.037		0	0.111	0.168
Lipids:						
Saturated, total	g	0.029		0	0.087	0.132
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.001		0	0.003	0.005
12:0	g	0.005		0	0.015	0.023
14:0	g	0.001		0	0.003	0.005
15:0	g					
16:0	g	0.018		0	0.054	0.082
17:0	g					
18:0	g	0.004		0	0.012	0.018
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.006	0.009
14:1	g				
16:1	g	0.001	0	0.003	0.005
18:1	g	0.001	0	0.003	0.005
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.048	0	0.144	0.218
18:2	g	0.035	0	0.105	0.159
18:3	g	0.011	0	0.033	0.050
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.018	0	0.054	0.082
Threonine	g	0.043	0	0.129	0.195
Isoleucine	g	0.048	0	0.144	0.218
Leucine	g	0.072	0	0.216	0.327
Lysine	g	0.073	0	0.219	0.331
Methionine	g	0.019	0	0.057	0.086
Cystine	g	0.015	0	0.045	0.068
Phenylalanine	g	0.054	0	0.162	0.245
Tyrosine	g	0.045	0	0.135	0.204
Valine	g	0.068	0	0.204	0.309
Arginine	g	0.056	0	0.168	0.254
Histidine	g	0.026	0	0.078	0.118
Alanine	g	0.037	0	0.111	0.168
Aspartic acid	g	0.295	0	0.885	1.339
Glutamic acid	g	0.202	0	0.606	0.917
Glycine	g	0.036	0	0.108	0.163
Proline	g	0.043	0	0.129	0.195
Serine	g	0.052	0	0.156	0.236
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, whole
- Measure 2: 1 can (303 x 406)

NDB No. 11374

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11376 Potatoes, canned, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2* 35g	Measure 3*
Proximates:						
Water	g	84.28	0.674	5	151.70	29.50
Energy	kcal	60		0	108	21
Energy	kJ	251		0	452	88
Protein (N x 5.95)	g	1.41	0.068	5	2.54	0.49
Total lipid (fat)	g	0.21		0	0.38	0.07
Carbohydrate, by difference	g	13.61		0	24.50	4.76
Fiber, total dietary	g	2.3		0	4.1	0.8
Ash	g	0.86	0.081	5	1.55	0.30
Sugars, total	g					
Minerals:						
Calcium	mg	5		0	9	2
Iron	mg	1.26	0.489	5	2.27	0.44
Magnesium	mg	14		0	25	5
Phosphorus	mg	28		0	50	10
Potassium	mg	229		0	412	80
Sodium	mg	219		0	394	77
Zinc	mg	0.28	0.043	5	0.50	0.10
Copper	mg	0.057	0.006	5	0.103	0.020
Manganese	mg	0.097	0.020	5	0.175	0.034
Selenium	µg	0.9		1	1.6	0.3
Vitamins:						
Ascorbic acid	mg	5.1		0	9.2	1.8
Thiamin	mg	0.068		0	0.122	0.024
Riboflavin	mg	0.013		0	0.023	0.005
Niacin	mg	0.915		0	1.647	0.320
Pantothenic acid	mg	0.354		0	0.637	0.124
Vitamin B-6	mg	0.188		0	0.338	0.066
Folate	µg	6		0	11	2
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.050		0	0.090	0.018
Lipids:						
Saturated, total	g	0.054		0	0.097	0.019
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001		0	0.002	0.000
12:0	g	0.007		0	0.013	0.002
14:0	g	0.001		0	0.002	0.000
15:0	g					
16:0	g	0.033		0	0.059	0.012
17:0	g					
18:0	g	0.007		0	0.013	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.009	0.002
14:1	g				
16:1	g	0.002	0	0.004	0.001
18:1	g	0.002	0	0.004	0.001
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.089	0	0.160	0.031
18:2	g	0.066	0	0.119	0.023
18:3	g	0.021	0	0.038	0.007
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	0.022	0	0.040	0.008
Threonine	g	0.051	0	0.092	0.018
Isoleucine	g	0.057	0	0.103	0.020
Leucine	g	0.085	0	0.153	0.030
Lysine	g	0.086	0	0.155	0.030
Methionine	g	0.022	0	0.040	0.008
Cystine	g	0.018	0	0.032	0.006
Phenylalanine	g	0.063	0	0.113	0.022
Tyrosine	g	0.052	0	0.094	0.018
Valine	g	0.080	0	0.144	0.028
Arginine	g	0.065	0	0.117	0.023
Histidine	g	0.031	0	0.056	0.011
Alanine	g	0.043	0	0.077	0.015
Aspartic acid	g	0.346	0	0.623	0.121
Glutamic acid	g	0.237	0	0.427	0.083
Glycine	g	0.042	0	0.076	0.015
Proline	g	0.051	0	0.092	0.018
Serine	g	0.061	0	0.110	0.021
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 potato

NDB No. 11376

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11378 Potatoes, mashed, dehydrated, flakes without milk, dry form

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 48g	Measure 2*	Measure 3*
Proximates:						
Water	g	6.51	0.523	26	3.12	
Energy	kcal	354		0	170	
Energy	kJ	1481		0	711	
Protein (N x 5.95)	g	8.35	0.155	19	4.01	
Total lipid (fat)	g	0.39	0.148	15	0.19	
Carbohydrate, by difference	g	81.21		0	38.98	
Fiber, total dietary	g	6.9		0	3.3	
Ash	g	3.54	0.111	14	1.70	
Sugars, total	g					
Minerals:						
Calcium	mg	25	4.237	15	12	
Iron	mg	1.20	0.125	23	0.58	
Magnesium	mg	65	6.317	23	31	
Phosphorus	mg	154	14.691	25	74	
Potassium	mg	1084	154.397	16	520	
Sodium	mg	107	16.111	16	51	
Zinc	mg	0.68	0.043	10	0.33	
Copper	mg	0.157	0.007	9	0.075	
Manganese	mg	0.102	0.004	5	0.049	
Selenium	µg	26.3		1	12.6	
Vitamins:						
Ascorbic acid	mg	83.6	15.832	28	40.1	
Thiamin	mg	1.031	0.483	19	0.495	
Riboflavin	mg	0.110	0.013	24	0.053	
Niacin	mg	6.146	0.590	24	2.950	
Pantothenic acid	mg	2.117	0.212	10	1.016	
Vitamin B-6	mg	0.762	0.124	16	0.366	
Folate	µg	40	5.364	3	19	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		0	0	
Vitamin A, RE	µg	0		0	0	
Vitamin E, α-TE	mg	0.270		0	0.130	
Lipids:						
Saturated, total	g	0.100		0	0.048	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.003		1	0.001	
12:0	g	0.014		1	0.007	
14:0	g	0.003		1	0.001	
15:0	g					
16:0	g	0.066		1	0.032	
17:0	g					
18:0	g	0.014		1	0.007	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.004
14:1	g			
16:1	g	0.003	1	0.001
18:1	g	0.005	1	0.002
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.172	0	0.083
18:2	g	0.131	1	0.063
18:3	g	0.041	1	0.020
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.086	0	0.041
Threonine	g	0.372	0	0.179
Isoleucine	g	0.425	0	0.204
Leucine	g	0.659	0	0.316
Lysine	g	0.583	0	0.280
Methionine	g	0.142	0	0.068
Cystine	g	0.098	0	0.047
Phenylalanine	g	0.394	0	0.189
Tyrosine	g	0.361	0	0.173
Valine	g	0.521	0	0.250
Arginine	g	0.369	0	0.177
Histidine	g	0.203	0	0.097
Alanine	g	0.299	0	0.144
Aspartic acid	g	1.293	0	0.621
Glutamic acid	g	1.547	0	0.743
Glycine	g	0.247	0	0.119
Proline	g	0.503	0	0.241
Serine	g	0.389	0	0.187
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11378

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11379 Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 210g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	76.30	1.689	5	160.23	
Energy	kcal	113		0	237	
Energy	kJ	473		0	993	
Protein (N x 5.95)	g	1.90	0.050	6	3.99	
Total lipid (fat)	g	5.60	0.300	6	11.76	
Carbohydrate, by difference	g	15.02		0	31.54	
Fiber, total dietary	g	2.3		0	4.8	
Ash	g	1.18	0.092	6	2.48	
Sugars, total	g					
Minerals:						
Calcium	mg	49	2.558	6	103	
Iron	mg	0.22		0	0.46	
Magnesium	mg	18		0	38	
Phosphorus	mg	56		0	118	
Potassium	mg	233	6.553	12	489	
Sodium	mg	332	2.870	17	697	
Zinc	mg	0.18		0	0.38	
Copper	mg	0.016		0	0.034	
Manganese	mg	0.114		0	0.239	
Selenium	µg	1.4	0.140	4	2.9	
Vitamins:						
Ascorbic acid	mg	9.7	3.810	6	20.4	
Thiamin	mg	0.111		0	0.233	
Riboflavin	mg	0.050	0.002	6	0.105	
Niacin	mg	0.670	0.024	6	1.407	
Pantothenic acid	mg	0.120		0	0.252	
Vitamin B-6	mg	0.009		0	0.019	
Folate	µg	7		0	16	
Vitamin B-12	µg	0.08		0	0.16	
Vitamin A	IU	180		0	378	
Vitamin A, RE	µg	21		0	44	
Vitamin E, α-TE	mg	0.696		0	1.462	
Lipids:						
Saturated, total	g	3.434		0	7.211	
4:0	g	0.176		0	0.370	
6:0	g	0.105		0	0.221	
8:0	g	0.061		0	0.128	
10:0	g	0.138		0	0.290	
12:0	g	0.157		0	0.330	
14:0	g	0.552		0	1.159	
15:0	g					
16:0	g	1.458		0	3.062	
17:0	g					
18:0	g	0.670		0	1.407	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.583	0	3.324
14:1	g			
16:1	g	0.122	0	0.256
18:1	g	1.378	0	2.894
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.248	0	0.521
18:2	g	0.156	0	0.328
18:3	g	0.092	0	0.193
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	14	0	29
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.019	0	0.040
Threonine	g	0.085	0	0.179
Isoleucine	g	0.097	0	0.204
Leucine	g	0.150	0	0.315
Lysine	g	0.133	0	0.279
Methionine	g	0.032	0	0.067
Cystine	g	0.022	0	0.046
Phenylalanine	g	0.090	0	0.189
Tyrosine	g	0.082	0	0.172
Valine	g	0.119	0	0.250
Arginine	g	0.084	0	0.176
Histidine	g	0.046	0	0.097
Alanine	g	0.068	0	0.143
Aspartic acid	g	0.294	0	0.617
Glutamic acid	g	0.352	0	0.739
Glycine	g	0.056	0	0.118
Proline	g	0.114	0	0.239
Serine	g	0.088	0	0.185
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11379

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11380 Potatoes, mashed, dehydrated, granules without milk, dry form

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 200g	Measure 2*	Measure 3*
Proximates:						
Water	g	3.63	0.796	12	7.26	
Energy	kcal	372		0	744	
Energy	kJ	1556		0	3112	
Protein (N x 5.95)	g	8.22	0.218	14	16.44	
Total lipid (fat)	g	0.54	0.115	14	1.08	
Carbohydrate, by difference	g	85.51		0	171.02	
Fiber, total dietary	g	7.1		0	14.2	
Ash	g	2.10	0.467	13	4.20	
Sugars, total	g					
Minerals:						
Calcium	mg	41	7.777	17	82	
Iron	mg	1.09	0.190	15	2.18	
Magnesium	mg	98	3.070	4	196	
Phosphorus	mg	245	16.633	5	490	
Potassium	mg	703	152.115	16	1406	
Sodium	mg	67	11.990	23	134	
Zinc	mg	0.91	0.074	5	1.82	
Copper	mg	0.102	0.008	5	0.204	
Manganese	mg	1.121		0	2.242	
Selenium	µg	27.1		0	54.2	
Vitamins:						
Ascorbic acid	mg	37.0	12.243	13	74.0	
Thiamin	mg	0.453	0.139	6	0.906	
Riboflavin	mg	0.253	0.079	14	0.506	
Niacin	mg	4.765	0.912	13	9.530	
Pantothenic acid	mg	0.345		1	0.690	
Vitamin B-6	mg	0.861		0	1.722	
Folate	µg	40	9.291	3	80	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	9		1	18	
Vitamin A, RE	µg	1		0	2	
Vitamin E, α-TE	mg	0.270		0	0.540	
Lipids:						
Saturated, total	g	0.138		0	0.276	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.003		1	0.006	
12:0	g	0.019		1	0.038	
14:0	g	0.004		1	0.008	
15:0	g					
16:0	g	0.091		1	0.182	
17:0	g					
18:0	g	0.020		1	0.040	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.011	0	0.022
14:1	g			
16:1	g	0.005	1	0.010
18:1	g	0.006	1	0.012
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.238	0	0.476
18:2	g	0.180	1	0.360
18:3	g	0.057	1	0.114
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	0.084	0	0.168
Threonine	g	0.366	0	0.732
Isoleucine	g	0.418	0	0.836
Leucine	g	0.649	0	1.298
Lysine	g	0.574	0	1.148
Methionine	g	0.139	0	0.278
Cystine	g	0.096	0	0.192
Phenylalanine	g	0.388	0	0.776
Tyrosine	g	0.355	0	0.710
Valine	g	0.513	0	1.026
Arginine	g	0.363	0	0.726
Histidine	g	0.200	0	0.400
Alanine	g	0.295	0	0.590
Aspartic acid	g	1.272	0	2.544
Glutamic acid	g	1.522	0	3.044
Glycine	g	0.243	0	0.486
Proline	g	0.495	0	0.990
Serine	g	0.383	0	0.766
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11380

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11381 Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 210g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	77.49	0	162.73		
Energy	kcal	108	0	227		
Energy	kJ	452	0	949		
Protein (N x 5.95)	g	2.05	0	4.30		
Total lipid (fat)	g	4.96	0	10.42		
Carbohydrate, by difference	g	14.36	0	30.16		
Fiber, total dietary	g	2.2	0	4.6		
Ash	g	1.14	0	2.39		
Sugars, total	g					
Minerals:						
Calcium	mg	35	0	74		
Iron	mg	0.19	0	0.40		
Magnesium	mg	19	0	40		
Phosphorus	mg	60	0	126		
Potassium	mg	144	0	302		
Sodium	mg	257	0	540		
Zinc	mg	0.25	0	0.53		
Copper	mg	0.022	0	0.046		
Manganese	mg	0.003	0	0.006		
Selenium	µg	1.3	0	2.7		
Vitamins:						
Ascorbic acid	mg	6.0	0	12.6		
Thiamin	mg	0.079	0	0.166		
Riboflavin	mg	0.077	0	0.162		
Niacin	mg	0.764	0	1.604		
Pantothenic acid	mg	0.128	0	0.269		
Vitamin B-6	mg	0.009	0	0.019		
Folate	µg	8	0	17		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	185	0	389		
Vitamin A, RE	µg	19	0	40		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	3.056	0	6.418		
4:0	g	0.150	0	0.315		
6:0	g	0.092	0	0.193		
8:0	g	0.055	0	0.116		
10:0	g	0.125	0	0.263		
12:0	g	0.144	0	0.302		
14:0	g	0.510	0	1.071		
15:0	g					
16:0	g	1.355	0	2.845		
17:0	g					
18:0	g	0.624	0	1.310		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.405	0	2.950
14:1	g			
16:1	g	0.115	0	0.242
18:1	g	1.290	0	2.709
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.227	0	0.477
18:2	g	0.144	0	0.302
18:3	g	0.083	0	0.174
18:4	g			
20:4	g	0.000	0	0.000
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	14	0	29
Phytosterols	mg	0	0	0
Amino acids:				
Tryptophan	g	0.023	0	0.048
Threonine	g	0.090	0	0.189
Isoleucine	g	0.110	0	0.231
Leucine	g	0.173	0	0.363
Lysine	g	0.147	0	0.309
Methionine	g	0.040	0	0.084
Cystine	g	0.022	0	0.046
Phenylalanine	g	0.096	0	0.202
Tyrosine	g	0.091	0	0.191
Valine	g	0.129	0	0.271
Arginine	g	0.083	0	0.174
Histidine	g	0.051	0	0.107
Alanine	g	0.071	0	0.149
Aspartic acid	g	0.254	0	0.533
Glutamic acid	g	0.390	0	0.819
Glycine	g	0.053	0	0.111
Proline	g	0.148	0	0.311
Serine	g	0.099	0	0.208
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11381

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11382 Potatoes, mashed, dehydrated, granules with milk, dry form

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 200g	Measure 2*	Measure 3*
Proximates:						
Water	g	6.30	0	12.60		
Energy	kcal	358	0	716		
Energy	kJ	1498	0	2996		
Protein (N x 5.95)	g	10.90	0	21.80		
Total lipid (fat)	g	1.10	0	2.20		
Carbohydrate, by difference	g	77.70	0	155.40		
Fiber, total dietary	g					
Ash	g	4.00	0	8.00		
Sugars, total	g					
Minerals:						
Calcium	mg	142	0	284		
Iron	mg	3.50	0	7.00		
Magnesium	mg	74	0	148		
Phosphorus	mg	237	0	474		
Potassium	mg	1848	0	3696		
Sodium	mg	82	0	164		
Zinc	mg	1.20	0	2.40		
Copper	mg	0.578	0	1.156		
Manganese	mg	0.488	0	0.976		
Selenium	µg	26.3	0	52.6		
Vitamins:						
Ascorbic acid	mg	16.0	0	32.0		
Thiamin	mg	0.190	0	0.380		
Riboflavin	mg	0.300	0	0.600		
Niacin	mg	4.200	0	8.400		
Pantothenic acid	mg	1.864	0	3.728		
Vitamin B-6	mg	0.887	0	1.774		
Folate	µg	30	0	60		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	60	0	120		
Vitamin A, RE	µg	9	0	18		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.461	0	0.922		
4:0	g	0.015	0	0.030		
6:0	g	0.009	0	0.018		
8:0	g	0.005	0	0.010		
10:0	g	0.016	0	0.032		
12:0	g	0.035	0	0.070		
14:0	g	0.053	0	0.106		
15:0	g					
16:0	g	0.227	0	0.454		
17:0	g					
18:0	g	0.080	0	0.160		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.152	0	0.304
14:1	g			
16:1	g	0.016	0	0.032
18:1	g	0.127	0	0.254
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.285	0	0.570
18:2	g	0.210	0	0.420
18:3	g	0.071	0	0.142
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	2	0	4
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.098	0	0.196
Threonine	g	0.481	0	0.962
Isoleucine	g	0.514	0	1.028
Leucine	g	0.781	0	1.562
Lysine	g	0.720	0	1.440
Methionine	g	0.153	0	0.306
Cystine	g	0.134	0	0.268
Phenylalanine	g	0.508	0	1.016
Tyrosine	g	0.448	0	0.896
Valine	g	0.657	0	1.314
Arginine	g	0.509	0	1.018
Histidine	g	0.253	0	0.506
Alanine	g	0.392	0	0.784
Aspartic acid	g	1.978	0	3.956
Glutamic acid	g	1.913	0	3.826
Glycine	g	0.352	0	0.704
Proline	g	0.511	0	1.022
Serine	g	0.476	0	0.952
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11382

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11383 Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 210g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	81.40	0	170.94		
Energy	kcal	79	0	166		
Energy	kJ	331	0	695		
Protein (N x 5.95)	g	2.00	0	4.20		
Total lipid (fat)	g	2.20	0	4.62		
Carbohydrate, by difference	g	13.10	0	27.51		
Fiber, total dietary	g	1.8	0	3.8		
Ash	g	1.30	0	2.73		
Sugars, total	g					
Minerals:						
Calcium	mg	31	0	65		
Iron	mg	0.60	0	1.26		
Magnesium	mg	16	0	34		
Phosphorus	mg	44	0	92		
Potassium	mg	335	0	704		
Sodium	mg	234	0	491		
Zinc	mg	0.25	0	0.53		
Copper	mg	0.121	0	0.254		
Manganese	mg	0.102	0	0.214		
Selenium	µg	1.1	0	2.3		
Vitamins:						
Ascorbic acid	mg	3.0	0	6.3		
Thiamin	mg	0.030	0	0.063		
Riboflavin	mg	0.050	0	0.105		
Niacin	mg	0.800	0	1.680		
Pantothenic acid	mg	0.411	0	0.863		
Vitamin B-6	mg	0.201	0	0.422		
Folate	µg	7	0	15		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	90	0	189		
Vitamin A, RE	µg	13	0	27		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.679	0	1.426		
4:0	g	0.016	0	0.034		
6:0	g	0.009	0	0.019		
8:0	g	0.005	0	0.011		
10:0	g	0.016	0	0.034		
12:0	g	0.035	0	0.074		
14:0	g	0.056	0	0.118		
15:0	g					
16:0	g	0.361	0	0.758		
17:0	g					
18:0	g	0.161	0	0.338		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.643	0	1.350
14:1	g			
16:1	g	0.016	0	0.034
18:1	g	0.618	0	1.298
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.632	0	1.327
18:2	g	0.542	0	1.138
18:3	g	0.086	0	0.181
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	2	0	4
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.018	0	0.038
Threonine	g	0.088	0	0.185
Isoleucine	g	0.094	0	0.197
Leucine	g	0.143	0	0.300
Lysine	g	0.132	0	0.277
Methionine	g	0.028	0	0.059
Cystine	g	0.025	0	0.053
Phenylalanine	g	0.093	0	0.195
Tyrosine	g	0.082	0	0.172
Valine	g	0.121	0	0.254
Arginine	g	0.093	0	0.195
Histidine	g	0.046	0	0.097
Alanine	g	0.072	0	0.151
Aspartic acid	g	0.363	0	0.762
Glutamic acid	g	0.351	0	0.737
Glycine	g	0.065	0	0.137
Proline	g	0.094	0	0.197
Serine	g	0.087	0	0.183
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11383

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11384 Potatoes, au gratin, dry mix, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 26g	Measure 3*
Proximates:						
Water	g	4.97	0.753	3	7.75	1.29
Energy	kcal	314		0	490	82
Energy	kJ	1314		0	2050	342
Protein (N x 5.95)	g	8.90	0.082	3	13.88	2.31
Total lipid (fat)	g	3.70	0.053	3	5.77	0.96
Carbohydrate, by difference	g	74.31		0	115.92	19.32
Fiber, total dietary	g	4.1		0	6.4	1.1
Ash	g	8.12	0.429	3	12.67	2.11
Sugars, total	g					
Minerals:						
Calcium	mg	311	71.929	3	485	81
Iron	mg	1.63	0.063	3	2.54	0.42
Magnesium	mg	64		1	100	17
Phosphorus	mg	404	25.689	3	630	105
Potassium	mg	990	35.796	3	1544	257
Sodium	mg	2095	100.991	3	3268	545
Zinc	mg	0.90		1	1.40	0.23
Copper	mg	0.240		1	0.374	0.062
Manganese	mg	0.590		0	0.920	0.153
Selenium	µg	10.0		0	15.6	2.6
Vitamins:						
Ascorbic acid	mg	15.5	1.550	3	24.2	4.0
Thiamin	mg	0.070	0.006	3	0.109	0.018
Riboflavin	mg	0.253	0.007	3	0.395	0.066
Niacin	mg	4.063	0.147	3	6.338	1.056
Pantothenic acid	mg	0.920		1	1.435	0.239
Vitamin B-6	mg	0.150		1	0.234	0.039
Folate	µg	40		0	63	11
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	428		0	668	111
Vitamin A, RE	µg	72		0	112	19
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.323		0	3.624	0.604
4:0	g	0.118		0	0.184	0.031
6:0	g	0.065		0	0.101	0.017
8:0	g	0.036		0	0.056	0.009
10:0	g	0.080		0	0.125	0.021
12:0	g	0.082		0	0.128	0.021
14:0	g	0.371		0	0.579	0.096
15:0	g					
16:0	g	1.032		0	1.610	0.268
17:0	g					
18:0	g	0.448		0	0.699	0.116
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.055	0	1.646	0.274
14:1	g				
16:1	g	0.096	0	0.150	0.025
18:1	g	0.903	0	1.409	0.235
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.121	0	0.189	0.031
18:2	g	0.075	0	0.117	0.020
18:3	g	0.048	0	0.075	0.012
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (5.5 oz)
- Measure 2: 1/6 of 5.5 oz package

NDB No. 11384

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11385 Potatoes, au gratin, dry mix, prepared with water, whole milk and butter

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 137g	Measure 2* 822g	Measure 3*
Proximates:						
Water	g	78.98	0	108.20	649.22	
Energy	kcal	93	0	127	764	
Energy	kJ	389	0	533	3198	
Protein (N x 5.95)	g	2.30	0	3.15	18.91	
Total lipid (fat)	g	4.12	0	5.64	33.87	
Carbohydrate, by difference	g	12.84	0	17.59	105.54	
Fiber, total dietary	g	0.9	0	1.2	7.4	
Ash	g	1.76	0	2.41	14.47	
Sugars, total	g					
Minerals:						
Calcium	mg	83	0	114	682	
Iron	mg	0.32	0	0.44	2.63	
Magnesium	mg	15	0	21	123	
Phosphorus	mg	95	0	130	781	
Potassium	mg	219	0	300	1800	
Sodium	mg	439	0	601	3609	
Zinc	mg	0.24	0	0.33	1.97	
Copper	mg	0.046	0	0.063	0.378	
Manganese	mg	0.130	0	0.178	1.069	
Selenium	µg	2.7	0	3.7	22.2	
Vitamins:						
Ascorbic acid	mg	3.1	0	4.2	25.5	
Thiamin	mg	0.020	0	0.027	0.164	
Riboflavin	mg	0.081	0	0.111	0.666	
Niacin	mg	0.939	0	1.286	7.719	
Pantothenic acid	mg	0.239	0	0.327	1.965	
Vitamin B-6	mg	0.040	0	0.055	0.329	
Folate	µg	7	0	9	54	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	213	0	292	1751	
Vitamin A, RE	µg	31	0	42	255	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.586	0	3.543	21.257	
4:0	g	0.131	0	0.179	1.077	
6:0	g	0.073	0	0.100	0.600	
8:0	g	0.040	0	0.055	0.329	
10:0	g	0.089	0	0.122	0.732	
12:0	g	0.091	0	0.125	0.748	
14:0	g	0.413	0	0.566	3.395	
15:0	g					
16:0	g	1.149	0	1.574	9.445	
17:0	g					
18:0	g	0.499	0	0.684	4.102	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.175	0	1.610	9.659
14:1	g				
16:1	g	0.107	0	0.147	0.880
18:1	g	1.006	0	1.378	8.269
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.134	0	0.184	1.101
18:2	g	0.083	0	0.114	0.682
18:3	g	0.053	0	0.073	0.436
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	15	0	21	123
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: Yield, 1/6 of 5.5 oz package
- Measure 2: Yield, 5.5 oz package

NDB No. 11385

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11386 Potatoes, scalloped, dry mix, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 26g	Measure 3*
Proximates:						
Water	g	6.22	0.311	3	9.70	1.62
Energy	kcal	358		0	558	93
Energy	kJ	1498		0	2337	389
Protein (N x 5.95)	g	7.77	0.126	3	12.12	2.02
Total lipid (fat)	g	4.59	0.303	3	7.16	1.19
Carbohydrate, by difference	g	73.93		0	115.33	19.22
Fiber, total dietary	g	8.6		0	13.4	2.2
Ash	g	7.49	0.087	3	11.68	1.95
Sugars, total	g					
Minerals:						
Calcium	mg	62	6.344	3	97	16
Iron	mg	2.01	0.206	3	3.14	0.52
Magnesium	mg	59		1	92	15
Phosphorus	mg	197	5.088	3	307	51
Potassium	mg	905	45.849	3	1412	235
Sodium	mg	1578	303.678	3	2462	410
Zinc	mg	0.92		1	1.44	0.24
Copper	mg	0.260		1	0.406	0.068
Manganese	mg	0.622		0	0.970	0.162
Selenium	µg	7.9		0	12.3	2.1
Vitamins:						
Ascorbic acid	mg	16.5	1.298	3	25.7	4.3
Thiamin	mg	0.060		1	0.094	0.016
Riboflavin	mg	0.123	0.003	3	0.192	0.032
Niacin	mg	4.533	0.144	3	7.071	1.179
Pantothenic acid	mg	1.400		1	2.184	0.364
Vitamin B-6	mg	0.180		0	0.281	0.047
Folate	µg	32		0	49	8
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.270		0	0.421	0.070
Lipids:						
Saturated, total	g	1.200		0	1.872	0.312
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.033		0	0.051	0.009
12:0	g	0.155		0	0.242	0.040
14:0	g	0.033		0	0.051	0.009
15:0	g					
16:0	g	0.745		0	1.162	0.194
17:0	g					
18:0	g	0.160		0	0.250	0.042
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.100	0	0.156	0.026
14:1	g				
16:1	g	0.039	0	0.061	0.010
18:1	g	0.050	0	0.078	0.013
20:1	g				
22:1	g				
Polyunsaturated, total	g	1.985	0	3.097	0.516
18:2	g	1.482	0	2.312	0.385
18:3	g	0.470	0	0.733	0.122
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	5	0	8	1
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (5.5 oz)
- Measure 2: 1/6 of 5.5 oz package

NDB No. 11386

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11387 Potatoes, scalloped, dry mix, prepared with water, whole milk and butter

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 245g	Measure 2* 137g	Measure 3* 822g
Proximates:						
Water	g	79.17	0	193.97	108.46	650.78
Energy	kcal	93	0	228	127	764
Energy	kJ	389	0	953	533	3198
Protein (N x 5.95)	g	2.12	0	5.19	2.90	17.43
Total lipid (fat)	g	4.30	0	10.54	5.89	35.35
Carbohydrate, by difference	g	12.77	0	31.29	17.49	104.97
Fiber, total dietary	g	1.1	0	2.7	1.5	9.0
Ash	g	1.64	0	4.02	2.25	13.48
Sugars, total	g					
Minerals:						
Calcium	mg	36	0	88	49	296
Iron	mg	0.38	0	0.93	0.52	3.12
Magnesium	mg	14	0	34	19	115
Phosphorus	mg	56	0	137	77	460
Potassium	mg	203	0	497	278	1669
Sodium	mg	341	0	835	467	2803
Zinc	mg	0.25	0	0.61	0.34	2.06
Copper	mg	0.049	0	0.120	0.067	0.403
Manganese	mg	0.181	0	0.443	0.248	1.488
Selenium	µg	1.6	0	3.9	2.2	13.2
Vitamins:						
Ascorbic acid	mg	3.3	0	8.1	4.5	27.1
Thiamin	mg	0.019	0	0.047	0.026	0.156
Riboflavin	mg	0.056	0	0.137	0.077	0.460
Niacin	mg	1.029	0	2.521	1.410	8.458
Pantothenic acid	mg	0.327	0	0.801	0.448	2.688
Vitamin B-6	mg	0.042	0	0.103	0.058	0.345
Folate	µg	10	0	23	13	78
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00
Vitamin A	IU	148	0	363	203	1217
Vitamin A, RE	µg	21	0	51	29	173
Vitamin E, α-TE	mg	0.150	0	0.368	0.206	1.233
Lipids:						
Saturated, total	g	2.633	0	6.451	3.607	21.643
4:0	g	0.135	0	0.331	0.185	1.110
6:0	g	0.080	0	0.196	0.110	0.658
8:0	g	0.046	0	0.113	0.063	0.378
10:0	g	0.106	0	0.260	0.145	0.871
12:0	g	0.121	0	0.296	0.166	0.995
14:0	g	0.423	0	1.036	0.580	3.477
15:0	g					
16:0	g	1.119	0	2.742	1.533	9.198
17:0	g					
18:0	g	0.514	0	1.259	0.704	4.225
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.213	0	2.972	1.662	9.971
14:1	g					
16:1	g	0.094	0	0.230	0.129	0.773
18:1	g	1.056	0	2.587	1.447	8.680
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.194	0	0.475	0.266	1.595
18:2	g	0.122	0	0.299	0.167	1.003
18:3	g	0.071	0	0.174	0.097	0.584
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	11	0	27	15	90
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup (unprepared)
- Measure 2: Yield, 1/6 of 5.5 oz package
- Measure 3: Yield, 5.5 oz package

NDB No. 11387

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11390 Potatoes, hashed brown, frozen, plain, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 105g	Measure 2* 340g	Measure 3*
Proximates:						
Water	g	78.85	0.139	123	82.79	268.09
Energy	kcal	82		0	86	279
Energy	kJ	343		0	360	1166
Protein (N x 5.95)	g	2.06	0.068	37	2.16	7.00
Total lipid (fat)	g	0.62	0.056	183	0.65	2.11
Carbohydrate, by difference	g	17.72		0	18.61	60.25
Fiber, total dietary	g	1.4		0	1.5	4.8
Ash	g	0.75	0.034	97	0.79	2.55
Sugars, total	g					
Minerals:						
Calcium	mg	10		0	11	34
Iron	mg	0.98	0.048	109	1.03	3.33
Magnesium	mg	11	0.342	4	12	37
Phosphorus	mg	47	7.070	4	49	160
Potassium	mg	285	17.129	20	299	969
Sodium	mg	22	1.398	117	23	75
Zinc	mg	0.21	0.011	4	0.22	0.71
Copper	mg	0.099	0.006	4	0.104	0.337
Manganese	mg	0.146	0.008	4	0.153	0.496
Selenium	µg	0.3		0	0.3	1.0
Vitamins:						
Ascorbic acid	mg	8.2	0.366	115	8.6	27.9
Thiamin	mg	0.097	0.009	60	0.102	0.330
Riboflavin	mg	0.014	0.001	4	0.015	0.048
Niacin	mg	1.664	0.090	119	1.747	5.658
Pantothenic acid	mg	0.323		0	0.339	1.098
Vitamin B-6	mg	0.087		0	0.091	0.296
Folate	µg	4		0	4	14
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.163		0	0.171	0.554
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.004		0	0.004	0.014
12:0	g	0.021		0	0.022	0.071
14:0	g	0.004		0	0.004	0.014
15:0	g					
16:0	g	0.102		0	0.107	0.347
17:0	g					
18:0	g	0.022		0	0.023	0.075
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.014	0	0.015	0.048
14:1	g				
16:1	g	0.005	0	0.005	0.017
18:1	g	0.007	0	0.007	0.024
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.269	0	0.282	0.915
18:2	g	0.201	0	0.211	0.683
18:3	g	0.064	0	0.067	0.218
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg				
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.028	0	0.029	0.095
Threonine	g	0.094	0	0.099	0.320
Isoleucine	g	0.089	0	0.093	0.303
Leucine	g	0.124	0	0.130	0.422
Lysine	g	0.110	0	0.116	0.374
Methionine	g	0.023	0	0.024	0.078
Cystine	g	0.013	0	0.014	0.044
Phenylalanine	g	0.088	0	0.092	0.299
Tyrosine	g	0.052	0	0.055	0.177
Valine	g	0.105	0	0.110	0.357
Arginine	g	0.098	0	0.103	0.333
Histidine	g	0.035	0	0.037	0.119
Alanine	g	0.071	0	0.075	0.241
Aspartic acid	g	0.478	0	0.502	1.625
Glutamic acid	g	0.322	0	0.338	1.095
Glycine	g	0.075	0	0.079	0.255
Proline	g	0.066	0	0.069	0.224
Serine	g	0.074	0	0.078	0.252
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup

Measure 2: 1 package (12 oz)

NDB No. 11390

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11391 Potatoes, hashed brown, frozen, plain, prepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 29g	Measure 2* 78g	Measure 3* 205g
Proximates:						
Water	g	56.10	0	16.27	43.76	115.00
Energy	kcal	218	0	63	170	447
Energy	kJ	912	0	264	711	1870
Protein (N x 5.95)	g	3.16	0	0.92	2.46	6.48
Total lipid (fat)	g	11.50	0	3.33	8.97	23.57
Carbohydrate, by difference	g	28.10	0	8.15	21.92	57.60
Fiber, total dietary	g	2.0	0	0.6	1.6	4.1
Ash	g	1.14	0	0.33	0.89	2.34
Sugars, total	g					
Minerals:						
Calcium	mg	15	0	4	12	31
Iron	mg	1.51	0	0.44	1.18	3.10
Magnesium	mg	17	0	5	13	35
Phosphorus	mg	72	0	21	56	148
Potassium	mg	436	0	126	340	894
Sodium	mg	34	0	10	27	70
Zinc	mg	0.32	0	0.09	0.25	0.66
Copper	mg	0.152	0	0.044	0.119	0.312
Manganese	mg	0.223	0	0.065	0.174	0.457
Selenium	µg	0.3	0	0.1	0.2	0.6
Vitamins:						
Ascorbic acid	mg	6.3	0	1.8	4.9	12.9
Thiamin	mg	0.111	0	0.032	0.087	0.228
Riboflavin	mg	0.020	0	0.006	0.016	0.041
Niacin	mg	2.421	0	0.702	1.888	4.963
Pantothenic acid	mg	0.446	0	0.129	0.348	0.914
Vitamin B-6	mg	0.126	0	0.037	0.098	0.258
Folate	µg	7	0	2	5	13
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00
Vitamin A	IU	0	0	0	0	0
Vitamin A, RE	µg	0	0	0	0	0
Vitamin E, α-TE	mg	0.190	0	0.055	0.148	0.390
Lipids:						
Saturated, total	g	4.493	0	1.303	3.505	9.211
4:0	g	0.000	0	0.000	0.000	0.000
6:0	g	0.000	0	0.000	0.000	0.000
8:0	g	0.000	0	0.000	0.000	0.000
10:0	g	0.012	0	0.003	0.009	0.025
12:0	g	0.027	0	0.008	0.021	0.055
14:0	g	0.149	0	0.043	0.116	0.305
15:0	g					
16:0	g	2.728	0	0.791	2.128	5.592
17:0	g					
18:0	g	1.541	0	0.447	1.202	3.159
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.137	0	1.490	4.007	10.531
14:1	g					
16:1	g	0.308	0	0.089	0.240	0.631
18:1	g	4.692	0	1.361	3.660	9.619
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.325	0	0.384	1.033	2.716
18:2	g	1.198	0	0.347	0.934	2.456
18:3	g	0.126	0	0.037	0.098	0.258
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.042	0	0.012	0.033	0.086
Threonine	g	0.143	0	0.041	0.112	0.293
Isoleucine	g	0.136	0	0.039	0.106	0.279
Leucine	g	0.190	0	0.055	0.148	0.390
Lysine	g	0.168	0	0.049	0.131	0.344
Methionine	g	0.035	0	0.010	0.027	0.072
Cystine	g	0.020	0	0.006	0.016	0.041
Phenylalanine	g	0.135	0	0.039	0.105	0.277
Tyrosine	g	0.079	0	0.023	0.062	0.162
Valine	g	0.161	0	0.047	0.126	0.330
Arginine	g	0.149	0	0.043	0.116	0.305
Histidine	g	0.053	0	0.015	0.041	0.109
Alanine	g	0.109	0	0.032	0.085	0.223
Aspartic acid	g	0.731	0	0.212	0.570	1.499
Glutamic acid	g	0.493	0	0.143	0.385	1.011
Glycine	g	0.114	0	0.033	0.089	0.234
Proline	g	0.102	0	0.030	0.080	0.209
Serine	g	0.114	0	0.033	0.089	0.234
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oval patty (approx 3" x 1-1/2" x 1/2")
- Measure 2: 1/2 cup
- Measure 3: Yield, 12 oz package

NDB No. 11391

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11392 Potatoes, hashed brown, frozen, with butter sauce, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:						
Water	g	72.51	0.576	11	123.27	
Energy	kcal	135		0	230	
Energy	kJ	565		0	961	
Protein (N x 5.95)	g	1.87	0.033	11	3.18	
Total lipid (fat)	g	6.66	0.504	11	11.32	
Carbohydrate, by difference	g	18.28		0	31.08	
Fiber, total dietary	g	2.9		0	4.9	
Ash	g	0.69	0.032	11	1.17	
Sugars, total	g					
Minerals:						
Calcium	mg	25		1	43	
Iron	mg	0.75	0.079	11	1.27	
Magnesium	mg	11		0	19	
Phosphorus	mg	29		0	49	
Potassium	mg	248	9.000	2	422	
Sodium	mg	77	10.755	11	131	
Zinc	mg	0.25		0	0.43	
Copper	mg	0.077		0	0.131	
Manganese	mg	0.185		0	0.315	
Selenium	µg	0.3		0	0.5	
Vitamins:						
Ascorbic acid	mg	5.7	0.385	11	9.7	
Thiamin	mg	0.053	0.009	11	0.090	
Riboflavin	mg	0.025	0.005	2	0.043	
Niacin	mg	1.133	0.110	11	1.926	
Pantothenic acid	mg	0.309		0	0.525	
Vitamin B-6	mg	0.212		0	0.360	
Folate	µg	12		0	20	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	84	18.451	7	143	
Vitamin A, RE	µg	12	2.656	7	20	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.556		0	4.345	
4:0	g	0.106		0	0.180	
6:0	g	0.063		0	0.107	
8:0	g	0.037		0	0.063	
10:0	g	0.083		0	0.141	
12:0	g	0.093		0	0.158	
14:0	g	0.336		0	0.571	
15:0	g					
16:0	g	1.198		0	2.037	
17:0	g					
18:0	g	0.569		0	0.967	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.386	0	4.056
14:1	g			
16:1	g	0.087	0	0.148
18:1	g	2.246	0	3.818
20:1	g			
22:1	g			
Polyunsaturated, total	g	1.374	0	2.336
18:2	g	1.238	0	2.105
18:3	g	0.136	0	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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (6 oz)

NDB No. 11392

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11393 Potatoes, hashed brown, frozen, with butter sauce, prepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	63.71	0			
Energy	kcal	178	0			
Energy	kJ	745	0			
Protein (N x 5.95)	g	2.46	0			
Total lipid (fat)	g	8.79	0			
Carbohydrate, by difference	g	24.13	0			
Fiber, total dietary	g	3.8	0			
Ash	g	0.92	0			
Sugars, total	g					
Minerals:						
Calcium	mg	33	0			
Iron	mg	0.99	0			
Magnesium	mg	15	0			
Phosphorus	mg	38	0			
Potassium	mg	327	0			
Sodium	mg	101	0			
Zinc	mg	0.33	0			
Copper	mg	0.102	0			
Manganese	mg	0.244	0			
Selenium	µg	0.3	0			
Vitamins:						
Ascorbic acid	mg	3.8	0			
Thiamin	mg	0.052	0			
Riboflavin	mg	0.031	0			
Niacin	mg	1.421	0			
Pantothenic acid	mg	0.367	0			
Vitamin B-6	mg	0.266	0			
Folate	µg	13	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	111	0			
Vitamin A, RE	µg	16	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	3.373	0			
4:0	g	0.141	0			
6:0	g	0.083	0			
8:0	g	0.048	0			
10:0	g	0.110	0			
12:0	g	0.123	0			
14:0	g	0.444	0			
15:0	g					
16:0	g	1.581	0			
17:0	g					
18:0	g	0.751	0			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.149	0
14:1	g		
16:1	g	0.114	0
18:1	g	2.965	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	1.814	0
18:2	g	1.634	0
18:3	g	0.180	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	23	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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11393

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11396 Potatoes, o'brien, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	79.97	0.586	15		
Energy	kcal	76		0		
Energy	kJ	318		0		
Protein (N x 5.95)	g	1.83	0.042	16		
Total lipid (fat)	g	0.14	0.018	16		
Carbohydrate, by difference	g	17.47		0		
Fiber, total dietary	g	1.9		0		
Ash	g	0.60	0.016	16		
Sugars, total	g					
Minerals:						
Calcium	mg	13	0.749	6		
Iron	mg	1.03	0.143	16		
Magnesium	mg	18		0		
Phosphorus	mg	49		0		
Potassium	mg	249	12.500	2		
Sodium	mg	33	1.548	15		
Zinc	mg	0.29		0		
Copper	mg	0.127		0		
Manganese	mg	0.119		0		
Selenium	µg	1.2		0		
Vitamins:						
Ascorbic acid	mg	11.3	0.843	16		
Thiamin	mg	0.054	0.004	16		
Riboflavin	mg	0.045	0.006	6		
Niacin	mg	1.129	0.072	15		
Pantothenic acid	mg	0.428		0		
Vitamin B-6	mg	0.209		0		
Folate	µg	8		0		
Vitamin B-12	µg	0.00		0		
Vitamin A	IU	148	35.515	12		
Vitamin A, RE	µg	15		0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.032		0		
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001		0		
12:0	g	0.003		0		
14:0	g	0.001		0		
15:0	g					
16:0	g	0.021		0		
17:0	g					
18:0	g	0.005		0		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.006	0
14:1	g		
16:1	g	0.001	0
18:1	g	0.004	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.061	0
18:2	g	0.049	0
18:3	g	0.012	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg		
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.028	0
Threonine	g	0.065	0
Isoleucine	g	0.073	0
Leucine	g	0.107	0
Lysine	g	0.108	0
Methionine	g	0.028	0
Cystine	g	0.025	0
Phenylalanine	g	0.078	0
Tyrosine	g	0.065	0
Valine	g	0.098	0
Arginine	g	0.091	0
Histidine	g	0.039	0
Alanine	g	0.057	0
Aspartic acid	g	0.421	0
Glutamic acid	g	0.302	0
Glycine	g	0.056	0
Proline	g	0.066	0
Serine	g	0.078	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11396

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11397 Potatoes, o'brien, frozen, prepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	61.96	0.480	9		
Energy	kcal	204		0		
Energy	kJ	854		0		
Protein (N x 5.95)	g	2.22	0.069	9		
Total lipid (fat)	g	13.21	0.487	9		
Carbohydrate, by difference	g	21.86		0		
Fiber, total dietary	g	1.7		0		
Ash	g	0.75	0.021	9		
Sugars, total	g					
Minerals:						
Calcium	mg	20	5.204	4		
Iron	mg	0.96	0.230	9		
Magnesium	mg	34		0		
Phosphorus	mg	93		0		
Potassium	mg	473		0		
Sodium	mg	43	3.770	9		
Zinc	mg	0.55		0		
Copper	mg	0.241		0		
Manganese	mg	0.226		0		
Selenium	µg	1.2		0		
Vitamins:						
Ascorbic acid	mg	10.4	0.632	9		
Thiamin	mg	0.052	0.006	9		
Riboflavin	mg	0.135	0.017	4		
Niacin	mg	1.448	0.066	9		
Pantothenic acid	mg	0.732		0		
Vitamin B-6	mg	0.377		0		
Folate	µg	12		0		
Vitamin B-12	µg	0.00		0		
Vitamin A	IU	188	29.308	9		
Vitamin A, RE	µg	19		0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	3.313		0		
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001		0		
12:0	g	0.003		0		
14:0	g	0.053		0		
15:0	g					
16:0	g	1.864		0		
17:0	g					
18:0	g	1.390		0		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.824	0
14:1	g		
16:1	g	0.001	0
18:1	g	5.822	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	3.474	0
18:2	g	3.252	0
18:3	g	0.221	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.034	0
Threonine	g	0.080	0
Isoleucine	g	0.089	0
Leucine	g	0.131	0
Lysine	g	0.132	0
Methionine	g	0.034	0
Cystine	g	0.030	0
Phenylalanine	g	0.095	0
Tyrosine	g	0.079	0
Valine	g	0.120	0
Arginine	g	0.111	0
Histidine	g	0.048	0
Alanine	g	0.069	0
Aspartic acid	g	0.513	0
Glutamic acid	g	0.368	0
Glycine	g	0.068	0
Proline	g	0.080	0
Serine	g	0.095	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11397

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11398 Potato puffs, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 128g	Measure 2*	Measure 3*
Proximates:						
Water	g	62.44	0.298	87	79.92	
Energy	kcal	177		0	227	
Energy	kJ	741		0	948	
Protein (N x 5.95)	g	2.67	0.061	87	3.42	
Total lipid (fat)	g	8.55	0.163	87	10.94	
Carbohydrate, by difference	g	24.31		0	31.12	
Fiber, total dietary	g	2.3		0	2.9	
Ash	g	2.03	0.050	86	2.60	
Sugars, total	g					
Minerals:						
Calcium	mg	24	3.598	13	31	
Iron	mg	1.24	0.083	79	1.59	
Magnesium	mg	15	0.100	2	19	
Phosphorus	mg	38	4.450	2	49	
Potassium	mg	303	31.665	13	388	
Sodium	mg	595	15.058	76	762	
Zinc	mg	0.24	0.030	2	0.31	
Copper	mg	0.048	0.032	2	0.061	
Manganese	mg	0.216	0.002	2	0.276	
Selenium	µg	0.3		0	0.4	
Vitamins:						
Ascorbic acid	mg	6.9	0.504	83	8.8	
Thiamin	mg	0.184	0.027	79	0.236	
Riboflavin	mg	0.061	0.010	12	0.078	
Niacin	mg	1.815	0.050	78	2.323	
Pantothenic acid	mg	0.583		0	0.746	
Vitamin B-6	mg	0.194		0	0.248	
Folate	µg	17		0	21	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	13		1	17	
Vitamin A, RE	µg	1		1	1	
Vitamin E, α-TE	mg	0.190		0	0.243	
Lipids:						
Saturated, total	g	4.063		0	5.201	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	3.473		0	4.445	
17:0	g					
18:0	g	0.590		0	0.755	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.473	0	4.445
14:1	g			
16:1	g			
18:1	g	3.473	0	4.445
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.642	0	0.822
18:2	g	0.642	0	0.822
18:3	g			
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11398

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11399 Potato puffs, frozen, prepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 128g	Measure 2* 7g	Measure 3* 60g
Proximates:						
Water	g	52.90	0	67.71	3.70	31.74
Energy	kcal	222	0	284	16	133
Energy	kJ	929	0	1189	65	557
Protein (N x 5.95)	g	3.35	0	4.29	0.23	2.01
Total lipid (fat)	g	10.73	0	13.73	0.75	6.44
Carbohydrate, by difference	g	30.48	0	39.01	2.13	18.29
Fiber, total dietary	g	3.2	0	4.1	0.2	1.9
Ash	g	2.55	0	3.26	0.18	1.53
Sugars, total	g					
Minerals:						
Calcium	mg	30	0	38	2	18
Iron	mg	1.56	0	2.00	0.11	0.94
Magnesium	mg	19	0	24	1	11
Phosphorus	mg	48	0	61	3	29
Potassium	mg	380	0	486	27	228
Sodium	mg	746	0	955	52	448
Zinc	mg	0.30	0	0.38	0.02	0.18
Copper	mg	0.060	0	0.077	0.004	0.036
Manganese	mg	0.271	0	0.347	0.019	0.163
Selenium	µg	0.4	0	0.5	0.0	0.2
Vitamins:						
Ascorbic acid	mg	6.9	0	8.8	0.5	4.1
Thiamin	mg	0.196	0	0.251	0.014	0.118
Riboflavin	mg	0.072	0	0.092	0.005	0.043
Niacin	mg	2.162	0	2.767	0.151	1.297
Pantothenic acid	mg	0.658	0	0.842	0.046	0.395
Vitamin B-6	mg	0.231	0	0.296	0.016	0.139
Folate	µg	17	0	21	1	10
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00
Vitamin A	IU	16	0	20	1	10
Vitamin A, RE	µg	2	0	3	0	1
Vitamin E, α-TE	mg	0.050	0	0.064	0.004	0.030
Lipids:						
Saturated, total	g	5.095	0	6.522	0.357	3.057
4:0	g	0.000	0	0.000	0.000	0.000
6:0	g	0.000	0	0.000	0.000	0.000
8:0	g	0.000	0	0.000	0.000	0.000
10:0	g	0.000	0	0.000	0.000	0.000
12:0	g	0.000	0	0.000	0.000	0.000
14:0	g	0.000	0	0.000	0.000	0.000
15:0	g					
16:0	g	4.355	0	5.574	0.305	2.613
17:0	g					
18:0	g	0.740	0	0.947	0.052	0.444
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.355	0	5.574	0.305	2.613
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	4.355	0	5.574	0.305	2.613
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.804	0	1.029	0.056	0.482
18:2	g	0.804	0	1.029	0.056	0.482
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 puff
- Measure 3: 10 Crispy Crowns

NDB No. 11399

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11400 Potatoes, frozen, whole, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 182g	Measure 2*	Measure 3*
Proximates:						
Water	g	79.30	0.556	23	144.33	
Energy	kcal	78		0	142	
Energy	kJ	326		0	593	
Protein (N x 5.95)	g	2.38	0.081	23	4.33	
Total lipid (fat)	g	0.16	0.028	21	0.29	
Carbohydrate, by difference	g	17.48		0	31.81	
Fiber, total dietary	g	1.2		0	2.2	
Ash	g	0.69	0.035	23	1.26	
Sugars, total	g					
Minerals:						
Calcium	mg	8	2.640	8	15	
Iron	mg	1.01	0.101	23	1.84	
Magnesium	mg	13	0.150	2	24	
Phosphorus	mg	32	0.200	2	58	
Potassium	mg	346	37.695	4	630	
Sodium	mg	25	2.666	17	46	
Zinc	mg	0.30	0.020	2	0.55	
Copper	mg	0.094	0.008	2	0.171	
Manganese	mg	0.223	0.009	2	0.406	
Selenium	µg	0.3		0	0.5	
Vitamins:						
Ascorbic acid	mg	14.2	1.705	22	25.8	
Thiamin	mg	0.154	0.040	23	0.280	
Riboflavin	mg	0.031	0.003	8	0.056	
Niacin	mg	1.680	0.107	23	3.058	
Pantothenic acid	mg	0.374		0	0.681	
Vitamin B-6	mg	0.256		0	0.466	
Folate	µg	13		0	23	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		0	0	
Vitamin A, RE	µg	0		0	0	
Vitamin E, α-TE	mg	0.060		0	0.109	
Lipids:						
Saturated, total	g	0.041		0	0.075	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.001		0	0.002	
12:0	g	0.005		0	0.009	
14:0	g	0.001		0	0.002	
15:0	g					
16:0	g	0.025		0	0.046	
17:0	g					
18:0	g	0.006		0	0.011	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.003	0	0.005
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.002	0	0.004
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.067	0	0.122
18:2	g	0.050	0	0.091
18:3	g	0.016	0	0.029
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.037	0	0.067
Threonine	g	0.086	0	0.157
Isoleucine	g	0.097	0	0.177
Leucine	g	0.143	0	0.260
Lysine	g	0.144	0	0.262
Methionine	g	0.038	0	0.069
Cystine	g	0.030	0	0.055
Phenylalanine	g	0.106	0	0.193
Tyrosine	g	0.088	0	0.160
Valine	g	0.134	0	0.244
Arginine	g	0.109	0	0.198
Histidine	g	0.052	0	0.095
Alanine	g	0.073	0	0.133
Aspartic acid	g	0.581	0	1.057
Glutamic acid	g	0.399	0	0.726
Glycine	g	0.071	0	0.129
Proline	g	0.086	0	0.157
Serine	g	0.103	0	0.187
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11400

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11401 Potatoes, frozen, whole, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	82.80	0			
Energy	kcal	65	0			
Energy	kJ	272	0			
Protein (N x 5.95)	g	1.98	0			
Total lipid (fat)	g	0.13	0			
Carbohydrate, by difference	g	14.52	0			
Fiber, total dietary	g	1.4	0			
Ash	g	0.57	0			
Sugars, total	g					
Minerals:						
Calcium	mg	7	0			
Iron	mg	0.84	0			
Magnesium	mg	11	0			
Phosphorus	mg	26	0			
Potassium	mg	287	0			
Sodium	mg	20	0			
Zinc	mg	0.25	0			
Copper	mg	0.078	0			
Manganese	mg	0.185	0			
Selenium	µg	0.2	0			
Vitamins:						
Ascorbic acid	mg	9.4	0			
Thiamin	mg	0.102	0			
Riboflavin	mg	0.025	0			
Niacin	mg	1.326	0			
Pantothenic acid	mg	0.280	0			
Vitamin B-6	mg	0.202	0			
Folate	µg	8	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	0	0			
Vitamin A, RE	µg	0	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.034	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001	0			
12:0	g	0.004	0			
14:0	g	0.001	0			
15:0	g					
16:0	g	0.021	0			
17:0	g					
18:0	g	0.005	0			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.003	0
14:1	g		
16:1	g	0.001	0
18:1	g	0.001	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.056	0
18:2	g	0.042	0
18:3	g	0.013	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.031	0
Threonine	g	0.072	0
Isoleucine	g	0.080	0
Leucine	g	0.119	0
Lysine	g	0.120	0
Methionine	g	0.031	0
Cystine	g	0.025	0
Phenylalanine	g	0.088	0
Tyrosine	g	0.073	0
Valine	g	0.111	0
Arginine	g	0.091	0
Histidine	g	0.043	0
Alanine	g	0.061	0
Aspartic acid	g	0.483	0
Glutamic acid	g	0.331	0
Glycine	g	0.059	0
Proline	g	0.071	0
Serine	g	0.086	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11401

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11402 Potatoes, french fried, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 65g	Measure 2* 255g	Measure 3*
Proximates:						
Water	g	66.58	0.223	247	43.28	169.78
Energy	kcal	156		0	101	398
Energy	kJ	653		0	424	1665
Protein (N x 5.95)	g	2.47	0.023	245	1.61	6.30
Total lipid (fat)	g	5.90	0.115	244	3.84	15.04
Carbohydrate, by difference	g	24.33		0	15.81	62.04
Fiber, total dietary	g	3.0	0.545	4	2.0	7.7
Ash	g	0.72	0.013	242	0.47	1.84
Sugars, total	g					
Minerals:						
Calcium	mg	6	0.259	13	4	15
Iron	mg	0.97	0.030	215	0.63	2.47
Magnesium	mg	17	1.032	17	11	43
Phosphorus	mg	64	4.030	17	42	163
Potassium	mg	326	10.781	46	212	831
Sodium	mg	23	0.896	211	15	59
Zinc	mg	0.32	0.019	17	0.21	0.82
Copper	mg	0.092	0.013	20	0.060	0.235
Manganese	mg	0.204	0.013	17	0.133	0.520
Selenium	µg	0.3		0	0.2	0.8
Vitamins:						
Ascorbic acid	mg	9.8	0.366	235	6.4	25.0
Thiamin	mg	0.104	0.002	216	0.068	0.265
Riboflavin	mg	0.023	0.001	20	0.015	0.059
Niacin	mg	1.714	0.022	215	1.114	4.371
Pantothenic acid	mg	0.292	0.015	4	0.190	0.745
Vitamin B-6	mg	0.252	0.013	4	0.164	0.643
Folate	µg	12	1.468	7	8	31
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.190		0	0.124	0.485
Lipids:						
Saturated, total	g	0.985		0	0.640	2.512
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.600		2	0.390	1.530
17:0	g					
18:0	g	0.385		2	0.250	0.982
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.714	0	2.414	9.471
14:1	g				
16:1	g				
18:1	g	3.703	2	2.407	9.443
20:1	g	0.011	2	0.007	0.028
22:1	g				
Polyunsaturated, total	g	0.608	0	0.395	1.550
18:2	g	0.572	2	0.372	1.459
18:3	g	0.035	2	0.023	0.089
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	0.033	16	0.021	0.084
Threonine	g	0.101	16	0.066	0.258
Isoleucine	g	0.103	16	0.067	0.263
Leucine	g	0.145	16	0.094	0.370
Lysine	g	0.128	16	0.083	0.326
Methionine	g	0.030	16	0.020	0.077
Cystine	g	0.018	10	0.012	0.046
Phenylalanine	g	0.105	16	0.068	0.268
Tyrosine	g	0.065	10	0.042	0.166
Valine	g	0.127	16	0.083	0.324
Arginine	g	0.112	16	0.073	0.286
Histidine	g	0.043	16	0.028	0.110
Alanine	g	0.077	10	0.050	0.196
Aspartic acid	g	0.534	5	0.347	1.362
Glutamic acid	g	0.393	10	0.255	1.002
Glycine	g	0.079	10	0.051	0.201
Proline	g	0.073	10	0.047	0.186
Serine	g	0.079	10	0.051	0.201
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 10 strips
 Measure 2: 1 package (9 oz)

NDB No. 11402

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11403 Potatoes, french fried, frozen, home-prepared, heated in oven, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 50g	Measure 2* 198g	Measure 3*
Proximates:						
Water	g	57.15	0	28.57	113.16	
Energy	kcal	200	0	100	396	
Energy	kJ	837	0	419	1657	
Protein (N x 5.95)	g	3.17	0	1.59	6.28	
Total lipid (fat)	g	7.56	0	3.78	14.97	
Carbohydrate, by difference	g	31.19	0	15.60	61.76	
Fiber, total dietary	g	3.2	0	1.6	6.3	
Ash	g	0.93	0	0.47	1.84	
Sugars, total	g					
Minerals:						
Calcium	mg	8	0	4	16	
Iron	mg	1.24	0	0.62	2.46	
Magnesium	mg	22	0	11	44	
Phosphorus	mg	82	0	41	162	
Potassium	mg	418	0	209	828	
Sodium	mg	30	0	15	59	
Zinc	mg	0.40	0	0.20	0.79	
Copper	mg	0.118	0	0.059	0.234	
Manganese	mg	0.261	0	0.131	0.517	
Selenium	µg	0.4	0.040	5	0.2	0.8
Vitamins:						
Ascorbic acid	mg	10.1	0	5.0	20.0	
Thiamin	mg	0.113	0	0.057	0.224	
Riboflavin	mg	0.028	0	0.014	0.055	
Niacin	mg	2.088	0	1.044	4.134	
Pantothenic acid	mg	0.337	0	0.169	0.667	
Vitamin B-6	mg	0.308	0	0.154	0.610	
Folate	µg	12	0	6	24	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg	0.190	0	0.095	0.376	
Lipids:						
Saturated, total	g	1.262	0	0.631	2.499	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.769	0	0.385	1.523	
17:0	g					
18:0	g	0.494	0	0.247	0.978	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.761	0	2.381	9.427
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	4.747	0	2.373	9.399
20:1	g	0.014	0	0.007	0.028
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.779	0	0.390	1.542
18:2	g	0.734	0	0.367	1.453
18:3	g	0.045	0	0.023	0.089
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.043	0	0.022	0.085
Threonine	g	0.129	0	0.065	0.255
Isoleucine	g	0.132	0	0.066	0.261
Leucine	g	0.186	0	0.093	0.368
Lysine	g	0.164	0	0.082	0.325
Methionine	g	0.039	0	0.020	0.077
Cystine	g	0.023	0	0.012	0.046
Phenylalanine	g	0.135	0	0.068	0.267
Tyrosine	g	0.083	0	0.042	0.164
Valine	g	0.163	0	0.082	0.323
Arginine	g	0.143	0	0.071	0.283
Histidine	g	0.055	0	0.028	0.109
Alanine	g	0.099	0	0.050	0.196
Aspartic acid	g	0.684	0	0.342	1.354
Glutamic acid	g	0.504	0	0.252	0.998
Glycine	g	0.101	0	0.051	0.200
Proline	g	0.093	0	0.047	0.184
Serine	g	0.101	0	0.051	0.200
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 10 strips
- Measure 2: 1 package (9 oz), yields

NDB No. 11403

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11406 Potatoes, frozen, french fried, par fried, cottage-cut, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 65g	Measure 2* 255g	Measure 3*
Proximates:						
Water	g	66.82	0.844	13	43.43	170.39
Energy	kcal	153		0	99	390
Energy	kJ	640		0	416	1632
Protein (N x 5.95)	g	2.42	0.127	13	1.57	6.17
Total lipid (fat)	g	5.78	0.214	13	3.76	14.74
Carbohydrate, by difference	g	23.98		0	15.59	61.15
Fiber, total dietary	g	3.0		0	2.0	7.7
Ash	g	1.01	0.111	13	0.66	2.58
Sugars, total	g					
Minerals:						
Calcium	mg	7		1	5	18
Iron	mg	1.05	0.163	13	0.68	2.68
Magnesium	mg	16		1	10	41
Phosphorus	mg	46		1	30	117
Potassium	mg	338	35.049	3	220	862
Sodium	mg	32	6.636	12	21	82
Zinc	mg	0.29		1	0.19	0.74
Copper	mg	0.141		1	0.092	0.360
Manganese	mg	0.214		1	0.139	0.546
Selenium	µg	0.3		0	0.2	0.8
Vitamins:						
Ascorbic acid	mg	8.4	1.490	13	5.5	21.4
Thiamin	mg	0.099	0.009	13	0.064	0.252
Riboflavin	mg	0.023	0.003	2	0.015	0.059
Niacin	mg	1.789	0.095	13	1.163	4.562
Pantothenic acid	mg	0.540		0	0.351	1.377
Vitamin B-6	mg	0.180		0	0.117	0.459
Folate	µg	15		0	9	37
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.743		0	1.783	6.995
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	2.345		0	1.524	5.980
17:0	g					
18:0	g	0.398		0	0.259	1.015
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.345	0	1.524	5.980
14:1	g				
16:1	g				
18:1	g	2.345	0	1.524	5.980
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.433	0	0.281	1.104
18:2	g	0.433	0	0.281	1.104
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	0.033	0	0.021	0.084
Threonine	g	0.110	0	0.072	0.281
Isoleucine	g	0.104	0	0.068	0.265
Leucine	g	0.146	0	0.095	0.372
Lysine	g	0.128	0	0.083	0.326
Methionine	g	0.027	0	0.018	0.069
Cystine	g	0.015	0	0.010	0.038
Phenylalanine	g	0.103	0	0.067	0.263
Tyrosine	g	0.061	0	0.040	0.156
Valine	g	0.123	0	0.080	0.314
Arginine	g	0.115	0	0.075	0.293
Histidine	g	0.041	0	0.027	0.105
Alanine	g	0.084	0	0.055	0.214
Aspartic acid	g	0.560	0	0.364	1.428
Glutamic acid	g	0.378	0	0.246	0.964
Glycine	g	0.087	0	0.057	0.222
Proline	g	0.078	0	0.051	0.199
Serine	g	0.087	0	0.057	0.222
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 10 strips
 Measure 2: 1 package (9 oz)

NDB No. 11406

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11407 Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 50g	Measure 2* 198g	Measure 3*
Proximates:						
Water	g	52.90	0	26.45	104.74	
Energy	kcal	218	0	109	432	
Energy	kJ	912	0	456	1806	
Protein (N x 5.95)	g	3.44	0	1.72	6.81	
Total lipid (fat)	g	8.20	0	4.10	16.24	
Carbohydrate, by difference	g	34.04	0	17.02	67.40	
Fiber, total dietary	g	3.2	0	1.6	6.3	
Ash	g	1.43	0	0.72	2.83	
Sugars, total	g					
Minerals:						
Calcium	mg	10	0	5	20	
Iron	mg	1.49	0	0.75	2.95	
Magnesium	mg	22	0	11	44	
Phosphorus	mg	65	0	33	129	
Potassium	mg	480	0	240	950	
Sodium	mg	45	0	23	89	
Zinc	mg	0.41	0	0.21	0.81	
Copper	mg	0.200	0	0.100	0.396	
Manganese	mg	0.304	0	0.152	0.602	
Selenium	µg	0.4	0	0.2	0.8	
Vitamins:						
Ascorbic acid	mg	9.5	0	4.8	18.8	
Thiamin	mg	0.119	0	0.059	0.236	
Riboflavin	mg	0.031	0	0.016	0.061	
Niacin	mg	2.413	0	1.206	4.778	
Pantothenic acid	mg	0.690	0	0.345	1.366	
Vitamin B-6	mg	0.243	0	0.122	0.481	
Folate	µg	17	0	8	33	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	3.894	0	1.947	7.710	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	3.328	0	1.664	6.589	
17:0	g					
18:0	g	0.566	0	0.283	1.121	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.328	0	1.664	6.589
14:1	g				
16:1	g				
18:1	g	3.328	0	1.664	6.589
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.615	0	0.308	1.218
18:2	g	0.615	0	0.308	1.218
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	0.046	0	0.023	0.091
Threonine	g	0.156	0	0.078	0.309
Isoleucine	g	0.148	0	0.074	0.293
Leucine	g	0.207	0	0.104	0.410
Lysine	g	0.183	0	0.092	0.362
Methionine	g	0.039	0	0.020	0.077
Cystine	g	0.021	0	0.011	0.042
Phenylalanine	g	0.147	0	0.074	0.291
Tyrosine	g	0.086	0	0.043	0.170
Valine	g	0.175	0	0.088	0.347
Arginine	g	0.163	0	0.082	0.323
Histidine	g	0.058	0	0.029	0.115
Alanine	g	0.119	0	0.059	0.236
Aspartic acid	g	0.796	0	0.398	1.576
Glutamic acid	g	0.537	0	0.269	1.063
Glycine	g	0.124	0	0.062	0.246
Proline	g	0.111	0	0.056	0.220
Serine	g	0.124	0	0.062	0.246
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 10 strips
- Measure 2: 1 package (9 oz), yields

NDB No. 11407

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11408 Potatoes, frozen, french fried, par fried, extruded, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 65g	Measure 2* 255g	Measure 3*
Proximates:						
Water	g	49.94	1.465	17	32.46	127.35
Energy	kcal	260		0	169	663
Energy	kJ	1088		0	707	2774
Protein (N x 5.95)	g	2.83	0.053	17	1.84	7.22
Total lipid (fat)	g	14.95	0.726	17	9.72	38.12
Carbohydrate, by difference	g	30.15		0	19.60	76.88
Fiber, total dietary	g	4.5		0	2.9	11.5
Ash	g	2.13	0.130	17	1.38	5.43
Sugars, total	g					
Minerals:						
Calcium	mg	9		0	6	23
Iron	mg	1.32	0.210	16	0.86	3.37
Magnesium	mg	18	0.250	2	12	46
Phosphorus	mg	77	9.850	2	50	196
Potassium	mg	430	36.201	4	280	1097
Sodium	mg	490	23.244	16	319	1250
Zinc	mg	0.33	0.010	2	0.21	0.84
Copper	mg	0.032	0.005	2	0.021	0.082
Manganese	mg	0.227	0.013	2	0.148	0.579
Selenium	µg	0.5		0	0.3	1.3
Vitamins:						
Ascorbic acid	mg	6.3	0.649	17	4.1	16.1
Thiamin	mg	0.074	0.007	16	0.048	0.189
Riboflavin	mg	0.031	0.001	2	0.020	0.079
Niacin	mg	2.241	0.104	16	1.457	5.715
Pantothenic acid	mg	0.540		0	0.351	1.377
Vitamin B-6	mg	0.180		0	0.117	0.459
Folate	µg	22		0	14	56
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	4.544		0	2.954	11.587
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.057		0	0.037	0.145
15:0	g					
16:0	g	3.515		0	2.285	8.963
17:0	g					
18:0	g	0.972		0	0.632	2.479
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	8.659	0	5.628	22.080
14:1	g				
16:1	g	0.029	0	0.019	0.074
18:1	g	8.631	0	5.610	22.009
20:1	g				
22:1	g				
Polyunsaturated, total	g	1.072	0	0.697	2.734
18:2	g	1.072	0	0.697	2.734
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	0.038	0	0.025	0.097
Threonine	g	0.129	0	0.084	0.329
Isoleucine	g	0.122	0	0.079	0.311
Leucine	g	0.171	0	0.111	0.436
Lysine	g	0.150	0	0.098	0.383
Methionine	g	0.032	0	0.021	0.082
Cystine	g	0.018	0	0.012	0.046
Phenylalanine	g	0.121	0	0.079	0.309
Tyrosine	g	0.071	0	0.046	0.181
Valine	g	0.144	0	0.094	0.367
Arginine	g	0.134	0	0.087	0.342
Histidine	g	0.048	0	0.031	0.122
Alanine	g	0.098	0	0.064	0.250
Aspartic acid	g	0.656	0	0.426	1.673
Glutamic acid	g	0.442	0	0.287	1.127
Glycine	g	0.102	0	0.066	0.260
Proline	g	0.091	0	0.059	0.232
Serine	g	0.102	0	0.066	0.260
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 10 strips
 Measure 2: 1 package (9 oz)

NDB No. 11408

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11409 Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 50g	Measure 2* 198g	Measure 3*
Proximates:						
Water	g	35.40	0	17.70	70.09	
Energy	kcal	333	0	167	659	
Energy	kJ	1393	0	697	2758	
Protein (N x 5.95)	g	3.55	0	1.77	7.03	
Total lipid (fat)	g	18.71	0	9.36	37.05	
Carbohydrate, by difference	g	39.68	0	19.84	78.57	
Fiber, total dietary	g	3.2	0	1.6	6.3	
Ash	g	2.66	0	1.33	5.27	
Sugars, total	g					
Minerals:						
Calcium	mg	12	0	6	24	
Iron	mg	1.66	0	0.83	3.29	
Magnesium	mg	23	0	12	46	
Phosphorus	mg	96	0	48	190	
Potassium	mg	539	0	270	1067	
Sodium	mg	613	0	307	1214	
Zinc	mg	0.41	0	0.21	0.81	
Copper	mg	0.040	0	0.020	0.079	
Manganese	mg	0.285	0	0.142	0.564	
Selenium	µg	0.6	0	0.3	1.2	
Vitamins:						
Ascorbic acid	mg	6.2	0	3.1	12.3	
Thiamin	mg	0.080	0	0.040	0.158	
Riboflavin	mg	0.037	0	0.019	0.073	
Niacin	mg	2.665	0	1.333	5.277	
Pantothenic acid	mg	0.608	0	0.304	1.204	
Vitamin B-6	mg	0.213	0	0.107	0.422	
Folate	µg	22	0	11	44	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	5.960	0	2.980	11.801	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.076	0	0.038	0.150	
15:0	g					
16:0	g	3.822	0	1.911	7.568	
17:0	g					
18:0	g	1.274	0	0.637	2.523	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	11.338	0	5.669	22.449
14:1	g				
16:1	g	0.038	0	0.019	0.075
18:1	g	11.317	0	5.659	22.408
20:1	g				
22:1	g				
Polyunsaturated, total	g	1.405	0	0.703	2.782
18:2	g	1.405	0	0.703	2.782
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	0.048	0	0.024	0.095
Threonine	g	0.161	0	0.081	0.319
Isoleucine	g	0.153	0	0.077	0.303
Leucine	g	0.214	0	0.107	0.424
Lysine	g	0.188	0	0.094	0.372
Methionine	g	0.040	0	0.020	0.079
Cystine	g	0.023	0	0.012	0.046
Phenylalanine	g	0.152	0	0.076	0.301
Tyrosine	g	0.089	0	0.045	0.176
Valine	g	0.180	0	0.090	0.356
Arginine	g	0.168	0	0.084	0.333
Histidine	g	0.060	0	0.030	0.119
Alanine	g	0.122	0	0.061	0.242
Aspartic acid	g	0.821	0	0.411	1.626
Glutamic acid	g	0.554	0	0.277	1.097
Glycine	g	0.128	0	0.064	0.253
Proline	g	0.114	0	0.057	0.226
Serine	g	0.128	0	0.064	0.253
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 10 strips
- Measure 2: 1 package (9 oz), yields

NDB No. 11409

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11410 USDA Commodity, Potato wedges, frozen

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	68.30	1			
Energy	kcal	123	0			
Energy	kJ	515	0			
Protein (N x 5.95)	g	2.70	1			
Total lipid (fat)	g	2.20	1			
Carbohydrate, by difference	g	25.50	0			
Fiber, total dietary	g	2.0	1			
Ash	g	1.34	1			
Sugars, total	g	0.30	1			
Minerals:						
Calcium	mg	15	1			
Iron	mg	0.70	1			
Magnesium	mg	19	1			
Phosphorus	mg	87	1			
Potassium	mg	394	1			
Sodium	mg	49	1			
Zinc	mg	0.37	1			
Copper	mg					
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	11.2	1			
Thiamin	mg	0.100	1			
Riboflavin	mg	0.040	1			
Niacin	mg	1.540	1			
Pantothenic acid	mg					
Vitamin B-6	mg	0.350	1			
Folate	µg					
Vitamin B-12	µg	0.00	1			
Vitamin A	IU	0	1			
Vitamin A, RE	µg	0	1			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.550	1			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.260	1			
17:0	g					
18:0	g	0.267	1			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.451	1
14:1	g		
16:1	g		
18:1	g	1.451	1
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.102	1
18:2	g	0.102	1
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg		
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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11410

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11413 Potato flour

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 160g	Measure 2*	Measure 3*
Proximates:						
Water	g	6.52	0.390	2	10.43	
Energy	kcal	357		0	571	
Energy	kJ	1494		0	2390	
Protein (N x 5.95)	g	6.90	0.390	2	11.04	
Total lipid (fat)	g	0.34	0.038	2	0.54	
Carbohydrate, by difference	g	83.08		0	132.93	
Fiber, total dietary	g	5.9	0.018	2	9.4	
Ash	g	3.14	0.039	2	5.02	
Sugars, total	g					
Minerals:						
Calcium	mg	65	0.636	2	104	
Iron	mg	1.38	0.016	2	2.21	
Magnesium	mg	65	0.636	2	104	
Phosphorus	mg	168	0.247	2	269	
Potassium	mg	1001	26.022	2	1602	
Sodium	mg	55	2.758	2	88	
Zinc	mg	0.54	0.024	2	0.86	
Copper	mg	0.197	0.014	2	0.315	
Manganese	mg	0.313	0.000	2	0.501	
Selenium	µg	1.1		0	1.8	
Vitamins:						
Ascorbic acid	mg	3.8	2.015	2	6.1	
Thiamin	mg	0.228	0.010	2	0.365	
Riboflavin	mg	0.051	0.004	2	0.082	
Niacin	mg	3.507	0.310	2	5.611	
Pantothenic acid	mg	0.474	0.072	2	0.758	
Vitamin B-6	mg	0.769	0.020	2	1.230	
Folate	µg	25	3.677	2	40	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		0	0	
Vitamin A, RE	µg	0		0	0	
Vitamin E, α-TE	mg	0.250		0	0.400	
Lipids:						
Saturated, total	g	0.090		0	0.144	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.002		0	0.003	
12:0	g	0.012		0	0.019	
14:0	g	0.003		0	0.005	
15:0	g					
16:0	g	0.056		0	0.090	
17:0	g					
18:0	g	0.012		0	0.019	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.013
14:1	g			
16:1	g	0.003	0	0.005
18:1	g	0.004	0	0.006
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.150	0	0.240
18:2	g	0.112	0	0.179
18:3	g	0.035	0	0.056
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.115	2	0.184
Threonine	g	0.280	3	0.448
Isoleucine	g	0.299	3	0.478
Leucine	g	0.425	3	0.680
Lysine	g	0.413	3	0.661
Methionine	g	0.107	2	0.171
Cystine	g	0.070	2	0.112
Phenylalanine	g	0.316	3	0.506
Tyrosine	g	0.224	3	0.358
Valine	g	0.356	3	0.570
Arginine	g	0.374	3	0.598
Histidine	g	0.166	3	0.266
Alanine	g	0.328	3	0.525
Aspartic acid	g	1.173	3	1.877
Glutamic acid	g	0.932	3	1.491
Glycine	g	0.256	3	0.410
Proline	g	0.265	2	0.424
Serine	g	0.234	3	0.374
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11413

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11414 Potato salad, home-prepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 250g	Measure 2*	Measure 3*
Proximates:						
Water	g	76.00	1	190.00		
Energy	kcal	143	0	358		
Energy	kJ	598	0	1495		
Protein (N x 5.95)	g	2.68	0	6.70		
Total lipid (fat)	g	8.20	0	20.50		
Carbohydrate, by difference	g	11.17	0	27.93		
Fiber, total dietary	g	1.3	0	3.3		
Ash	g	1.95	0	4.88		
Sugars, total	g					
Minerals:						
Calcium	mg	19	0	48		
Iron	mg	0.65	0	1.63		
Magnesium	mg	15	0	38		
Phosphorus	mg	52	0	130		
Potassium	mg	254	0	635		
Sodium	mg	529	0	1323		
Zinc	mg	0.31	0.070	0.78		
Copper	mg	0.118	0	0.295		
Manganese	mg	0.101	0	0.253		
Selenium	µg	4.1	0	10.3		
Vitamins:						
Ascorbic acid	mg	10.0	0	25.0		
Thiamin	mg	0.077	0	0.193		
Riboflavin	mg	0.060	0	0.150		
Niacin	mg	0.890	0	2.225		
Pantothenic acid	mg	0.534	0	1.335		
Vitamin B-6	mg	0.141	0.082	0.353		
Folate	µg	7	0	17		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	209	0	523		
Vitamin A, RE	µg	33	0	83		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	1.429	0	3.572		
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.000	0	0.000		
12:0	g	0.011	0	0.028		
14:0	g	0.013	0	0.033		
15:0	g					
16:0	g	1.034	0	2.585		
17:0	g					
18:0	g	0.370	0	0.925		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.480	0	6.200
14:1	g			
16:1	g	0.054	0	0.135
18:1	g	2.418	0	6.045
20:1	g	0.009	0	0.023
22:1	g			
Polyunsaturated, total	g	3.737	0	9.342
18:2	g	3.345	0	8.363
18:3	g	0.370	0	0.925
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	68	0	170
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.042	0	0.105
Threonine	g	0.116	0	0.290
Isoleucine	g	0.141	0	0.353
Leucine	g	0.202	0	0.505
Lysine	g	0.171	0	0.428
Methionine	g	0.066	0	0.165
Cystine	g	0.051	0	0.128
Phenylalanine	g	0.135	0	0.338
Tyrosine	g	0.104	0	0.260
Valine	g	0.172	0	0.430
Arginine	g	0.152	0	0.380
Histidine	g	0.062	0	0.155
Alanine	g	0.124	0	0.310
Aspartic acid	g	0.425	0	1.063
Glutamic acid	g	0.387	0	0.968
Glycine	g	0.086	0	0.215
Proline	g	0.102	0	0.255
Serine	g	0.164	0	0.410
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11414

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11416 Pumpkin flowers, raw
Cucurbita spp.

Refuse: 65% Pistil and calyx

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 33g	Measure 2* 2g	Measure 3*
Proximates:						
Water	g	95.15	1	31.40	1.90	
Energy	kcal	15	0	5	0	
Energy	kJ	63	0	21	1	
Protein (N x 5.95)	g	1.03	1	0.34	0.02	
Total lipid (fat)	g	0.07	1	0.02	0.00	
Carbohydrate, by difference	g	3.28	0	1.08	0.07	
Fiber, total dietary	g					
Ash	g	0.48	1	0.16	0.01	
Sugars, total	g					
Minerals:						
Calcium	mg	39	0	13	1	
Iron	mg	0.70	0	0.23	0.01	
Magnesium	mg	24	1	8	0	
Phosphorus	mg	49	0	16	1	
Potassium	mg	173	1	57	3	
Sodium	mg	5	1	2	0	
Zinc	mg					
Copper	mg					
Manganese	mg					
Selenium	µg	0.7	0	0.2	0.0	
Vitamins:						
Ascorbic acid	mg	28.0	0	9.2	0.6	
Thiamin	mg	0.042	0	0.014	0.001	
Riboflavin	mg	0.075	0	0.025	0.002	
Niacin	mg	0.690	0	0.228	0.014	
Pantothenic acid	mg					
Vitamin B-6	mg					
Folate	µg	59	0	19	1	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	1947	0	643	39	
Vitamin A, RE	µg	195	0	64	4	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.036	0	0.012	0.001	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001	0	0.000	0.000	
14:0	g	0.005	0	0.002	0.000	
15:0	g					
16:0	g	0.026	0	0.009	0.001	
17:0	g					
18:0	g	0.002	0	0.001	0.000	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.009	0	0.003	0.000
14:1	g				
16:1	g	0.005	0	0.002	0.000
18:1	g	0.004	0	0.001	0.000
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.004	0	0.001	0.000
18:2	g	0.002	0	0.001	0.000
18:3	g	0.002	0	0.001	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 flower

NDB No. 11416

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11417 Pumpkin flowers, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 134g	Measure 2*	Measure 3*
Proximates:						
Water	g	95.20	1	127.57		
Energy	kcal	15	0	20		
Energy	kJ	63	0	84		
Protein (N x 5.95)	g	1.09	1	1.46		
Total lipid (fat)	g	0.08	1	0.11		
Carbohydrate, by difference	g	3.30	0	4.42		
Fiber, total dietary	g	0.9	0	1.2		
Ash	g	0.33	1	0.44		
Sugars, total	g					
Minerals:						
Calcium	mg	37	0	50		
Iron	mg	0.88	1	1.18		
Magnesium	mg	25	1	34		
Phosphorus	mg	34	1	46		
Potassium	mg	106	1	142		
Sodium	mg	6	1	8		
Zinc	mg	0.10	0	0.13		
Copper	mg	0.100	0	0.134		
Manganese	mg					
Selenium	µg	0.7	0	0.9		
Vitamins:						
Ascorbic acid	mg	5.0	0	6.7		
Thiamin	mg	0.018	0	0.024		
Riboflavin	mg	0.032	0	0.043		
Niacin	mg	0.310	0	0.415		
Pantothenic acid	mg					
Vitamin B-6	mg	0.050	0	0.067		
Folate	µg	41	0	55		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	1734	0	2324		
Vitamin A, RE	µg	173	0	232		
Vitamin E, α-TE	mg	0.040	0	0.054		
Lipids:						
Saturated, total	g	0.041	0	0.055		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.001	0	0.001		
14:0	g	0.005	0	0.007		
15.0	g					
16:0	g	0.029	0	0.039		
17:0	g					
18:0	g	0.002	0	0.003		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.013
14:1	g			
16:1	g	0.005	0	0.007
18:1	g	0.005	0	0.007
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.004	0	0.005
18:2	g	0.002	0	0.003
18:3	g	0.002	0	0.003
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11417

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11418 Pumpkin leaves, raw
Cucurbita spp.

Refuse: 59% Stem and tough leaves

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 39g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	92.88	1	36.22		
Energy	kcal	19	0	7		
Energy	kJ	79	0	31		
Protein (N x 5.95)	g	3.15	0	1.23		
Total lipid (fat)	g	0.40	0	0.16		
Carbohydrate, by difference	g	2.33	0	0.91		
Fiber, total dietary	g					
Ash	g	1.24	0	0.48		
Sugars, total	g					
Minerals:						
Calcium	mg	39	0	15		
Iron	mg	2.22	0	0.87		
Magnesium	mg	38	1	15		
Phosphorus	mg	104	0	41		
Potassium	mg	436	1	170		
Sodium	mg	11	1	4		
Zinc	mg	0.20	0	0.08		
Copper	mg	0.133	0	0.052		
Manganese	mg	0.355	0	0.138		
Selenium	µg	0.9	0	0.4		
Vitamins:						
Ascorbic acid	mg	11.0	0	4.3		
Thiamin	mg	0.094	0	0.037		
Riboflavin	mg	0.128	0	0.050		
Niacin	mg	0.920	0	0.359		
Pantothenic acid	mg	0.042	0	0.016		
Vitamin B-6	mg	0.207	0	0.081		
Folate	µg	36	0	14		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	1942	0	757		
Vitamin A, RE	µg	194	0	76		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.207	0	0.081		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.004	0	0.002		
14:0	g	0.026	0	0.010		
15:0	g					
16:0	g	0.146	0	0.057		
17:0	g					
18:0	g	0.011	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.052	0	0.020
14:1	g			
16:1	g	0.026	0	0.010
18:1	g	0.025	0	0.010
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.022	0	0.009
18:2	g	0.010	0	0.004
18:3	g	0.012	0	0.005
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	0.041	2	0.016
Threonine	g	0.156	1	0.061
Isoleucine	g	0.156	1	0.061
Leucine	g	0.318	1	0.124
Lysine	g	0.200	2	0.078
Methionine	g	0.054	2	0.021
Cystine	g	0.032	2	0.012
Phenylalanine	g	0.171	1	0.067
Tyrosine	g	0.156	1	0.061
Valine	g	0.181	1	0.071
Arginine	g	0.217	1	0.085
Histidine	g	0.050	1	0.020
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11418

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11419 Pumpkin leaves, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 71g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.51	1	65.68		
Energy	kcal	21	0	15		
Energy	kJ	88	0	62		
Protein (N x 5.95)	g	2.72	1	1.93		
Total lipid (fat)	g	0.22	1	0.16		
Carbohydrate, by difference	g	3.39	0	2.41		
Fiber, total dietary	g	2.7	0	1.9		
Ash	g	1.16	1	0.82		
Sugars, total	g					
Minerals:						
Calcium	mg	43	1	31		
Iron	mg	3.20	1	2.27		
Magnesium	mg	38	1	27		
Phosphorus	mg	79	1	56		
Potassium	mg	438	1	311		
Sodium	mg	8	1	6		
Zinc	mg	0.20	0	0.14		
Copper	mg	0.133	0	0.094		
Manganese	mg	0.355	0	0.252		
Selenium	µg	0.9	0	0.6		
Vitamins:						
Ascorbic acid	mg	1.0	0	0.7		
Thiamin	mg	0.068	0	0.048		
Riboflavin	mg	0.136	0	0.097		
Niacin	mg	0.850	0	0.604		
Pantothenic acid	mg	0.042	0	0.030		
Vitamin B-6	mg	0.196	0	0.139		
Folate	µg	25	0	18		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	2474	0	1757		
Vitamin A, RE	µg	247	0	175		
Vitamin E, α-TE	mg	0.960	0	0.682		
Lipids:						
Saturated, total	g	0.114	0	0.081		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.002	0	0.001		
14:0	g	0.014	0	0.010		
15:0	g					
16:0	g	0.080	0	0.057		
17:0	g					
18:0	g	0.006	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.029	0	0.021
14:1	g			
16:1	g	0.014	0	0.010
18:1	g	0.014	0	0.010
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.012	0	0.009
18:2	g	0.005	0	0.004
18:3	g	0.006	0	0.004
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.035	0	0.025
Threonine	g	0.135	0	0.096
Isoleucine	g	0.135	0	0.096
Leucine	g	0.274	0	0.195
Lysine	g	0.173	0	0.123
Methionine	g	0.047	0	0.033
Cystine	g	0.027	0	0.019
Phenylalanine	g	0.148	0	0.105
Tyrosine	g	0.135	0	0.096
Valine	g	0.157	0	0.111
Arginine	g	0.187	0	0.133
Histidine	g	0.044	0	0.031
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11419

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11422 Pumpkin, raw
Cucurbita spp.

Refuse: 30% Seeds, rind and stem

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 116g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	91.60	0	106.26		
Energy	kcal	26	0	30		
Energy	kJ	109	0	126		
Protein (N x 5.95)	g	1.00	0	1.16		
Total lipid (fat)	g	0.10	0	0.12		
Carbohydrate, by difference	g	6.50	0	7.54		
Fiber, total dietary	g	0.5	0	0.6		
Ash	g	0.80	0	0.93		
Sugars, total	g					
Minerals:						
Calcium	mg	21	0	24		
Iron	mg	0.80	0	0.93		
Magnesium	mg	12	0	14		
Phosphorus	mg	44	0	51		
Potassium	mg	340	0	394		
Sodium	mg	1	0	1		
Zinc	mg	0.32	0	0.37		
Copper	mg	0.127	0	0.147		
Manganese	mg	0.125	0	0.145		
Selenium	µg	0.3	0	0.3		
Vitamins:						
Ascorbic acid	mg	9.0	0	10.4		
Thiamin	mg	0.050	0	0.058		
Riboflavin	mg	0.110	0	0.128		
Niacin	mg	0.600	0	0.696		
Pantothenic acid	mg	0.298	0	0.346		
Vitamin B-6	mg	0.061	0	0.071		
Folate	µg	16	0	19		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	1600	0	1856		
Vitamin A, RE	µg	160	0	186		
Vitamin E, α-TE	mg	1.060	0	1.230		
Lipids:						
Saturated, total	g	0.052	0	0.060		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.001	0	0.001		
14:0	g	0.006	0	0.007		
15:0	g					
16:0	g	0.037	0	0.043		
17:0	g					
18:0	g	0.003	0	0.003		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.015
14:1	g			
16:1	g	0.006	0	0.007
18:1	g	0.006	0	0.007
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.005	0	0.006
18:2	g	0.002	0	0.002
18:3	g	0.003	0	0.003
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg	12	0	14
Amino acids:				
Tryptophan	g	0.012	4	0.014
Threonine	g	0.029	3	0.034
Isoleucine	g	0.031	3	0.036
Leucine	g	0.046	3	0.053
Lysine	g	0.054	4	0.063
Methionine	g	0.011	10	0.013
Cystine	g	0.003	8	0.003
Phenylalanine	g	0.032	3	0.037
Tyrosine	g	0.042	1	0.049
Valine	g	0.035	3	0.041
Arginine	g	0.054	2	0.063
Histidine	g	0.016	2	0.019
Alanine	g	0.028	1	0.032
Aspartic acid	g	0.102	1	0.118
Glutamic acid	g	0.184	1	0.213
Glycine	g	0.027	1	0.031
Proline	g	0.026	1	0.030
Serine	g	0.044	1	0.051
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" cubes)

NDB No. 11422

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11423 Pumpkin, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.69	0	229.54		
Energy	kcal	20	0	49		
Energy	kJ	84	0	206		
Protein (N x 5.95)	g	0.72	0	1.76		
Total lipid (fat)	g	0.07	0	0.17		
Carbohydrate, by difference	g	4.89	0	11.98		
Fiber, total dietary	g	1.1	0	2.7		
Ash	g	0.62	0	1.52		
Sugars, total	g					
Minerals:						
Calcium	mg	15	0	37		
Iron	mg	0.57	0	1.40		
Magnesium	mg	9	0	22		
Phosphorus	mg	30	0	74		
Potassium	mg	230	0	564		
Sodium	mg	1	0	2		
Zinc	mg	0.23	0	0.56		
Copper	mg	0.091	0	0.223		
Manganese	mg	0.089	0	0.218		
Selenium	µg	0.2	0	0.5		
Vitamins:						
Ascorbic acid	mg	4.7	0	11.5		
Thiamin	mg	0.031	0	0.076		
Riboflavin	mg	0.078	0	0.191		
Niacin	mg	0.413	0	1.012		
Pantothenic acid	mg	0.201	0	0.492		
Vitamin B-6	mg	0.044	0	0.108		
Folate	µg	9	0	21		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	1082	0	2651		
Vitamin A, RE	µg	108	0	265		
Vitamin E, α-TE	mg	1.060	0	2.597		
Lipids:						
Saturated, total	g	0.037	0	0.091		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.001	0	0.002		
14:0	g	0.005	0	0.012		
15:0	g					
16:0	g	0.026	0	0.064		
17:0	g					
18:0	g	0.002	0	0.005		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.009	0	0.022
14:1	g			
16:1	g	0.005	0	0.012
18:1	g	0.005	0	0.012
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.004	0	0.010
18:2	g	0.002	0	0.005
18:3	g	0.002	0	0.005
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.009	0	0.022
Threonine	g	0.021	0	0.051
Isoleucine	g	0.023	0	0.056
Leucine	g	0.034	0	0.083
Lysine	g	0.039	0	0.096
Methionine	g	0.008	0	0.020
Cystine	g	0.002	0	0.005
Phenylalanine	g	0.023	0	0.056
Tyrosine	g	0.030	0	0.074
Valine	g	0.025	0	0.061
Arginine	g	0.039	0	0.096
Histidine	g	0.011	0	0.027
Alanine	g	0.020	0	0.049
Aspartic acid	g	0.074	0	0.181
Glutamic acid	g	0.133	0	0.326
Glycine	g	0.019	0	0.047
Proline	g	0.019	0	0.047
Serine	g	0.032	0	0.078
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, mashed

NDB No. 11423

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11424 Pumpkin, canned, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.97	0.142	94	220.43	
Energy	kcal	34		0	83	
Energy	kJ	142		0	348	
Protein (N x 5.95)	g	1.10	0.048	89	2.69	
Total lipid (fat)	g	0.28	0.008	82	0.69	
Carbohydrate, by difference	g	8.08		0	19.80	
Fiber, total dietary	g	2.9		0	7.1	
Ash	g	0.56	0.014	111	1.37	
Sugars, total	g					
Minerals:						
Calcium	mg	26	2.173	111	64	
Iron	mg	1.39	0.097	106	3.41	
Magnesium	mg	23	0.483	62	56	
Phosphorus	mg	35	0.685	82	86	
Potassium	mg	206	7.495	67	505	
Sodium	mg	5	0.204	88	12	
Zinc	mg	0.17	0.013	15	0.42	
Copper	mg	0.107	0.006	15	0.262	
Manganese	mg	0.149		0	0.365	
Selenium	µg	0.4		0	1.0	
Vitamins:						
Ascorbic acid	mg	4.2	0.148	105	10.3	
Thiamin	mg	0.024	0.001	89	0.059	
Riboflavin	mg	0.054	0.003	89	0.132	
Niacin	mg	0.367	0.016	95	0.899	
Pantothenic acid	mg	0.400		0	0.980	
Vitamin B-6	mg	0.056		0	0.137	
Folate	µg	12	3.034	5	30	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	22056	630.772	115	54037	
Vitamin A, RE	µg	2206	63.077	115	5405	
Vitamin E, α-TE	mg	1.060		0	2.597	
Lipids:						
Saturated, total	g	0.146		0	0.358	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.003		0	0.007	
14:0	g	0.018		0	0.044	
15:0	g					
16:0	g	0.103		0	0.252	
17:0	g					
18:0	g	0.008		0	0.020	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.037	0	0.091
14:1	g			
16:1	g	0.018	0	0.044
18:1	g	0.018	0	0.044
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.015	0	0.037
18:2	g	0.007	0	0.017
18:3	g	0.008	0	0.020
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.013	0	0.032
Threonine	g	0.032	0	0.078
Isoleucine	g	0.034	0	0.083
Leucine	g	0.051	0	0.125
Lysine	g	0.060	0	0.147
Methionine	g	0.012	0	0.029
Cystine	g	0.003	0	0.007
Phenylalanine	g	0.035	0	0.086
Tyrosine	g	0.046	0	0.113
Valine	g	0.038	0	0.093
Arginine	g	0.059	0	0.145
Histidine	g	0.017	0	0.042
Alanine	g	0.031	0	0.076
Aspartic acid	g	0.112	0	0.274
Glutamic acid	g	0.202	0	0.495
Glycine	g	0.029	0	0.071
Proline	g	0.029	0	0.071
Serine	g	0.048	0	0.118
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11424

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11426 Pumpkin pie mix, canned

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 270g	Measure 2*	Measure 3*
Proximates:						
Water	g	71.49	0.531	16	193.02	
Energy	kcal	104		0	281	
Energy	kJ	435		0	1175	
Protein (N x 5.95)	g	1.09	0.079	16	2.94	
Total lipid (fat)	g	0.13	0.000	16	0.35	
Carbohydrate, by difference	g	26.39		0	71.25	
Fiber, total dietary	g	8.3		0	22.4	
Ash	g	0.91	0.048	16	2.46	
Sugars, total	g					
Minerals:						
Calcium	mg	37	1.776	15	100	
Iron	mg	1.06	0.237	15	2.86	
Magnesium	mg	16	0.123	12	43	
Phosphorus	mg	45	1.048	12	122	
Potassium	mg	138	9.445	15	373	
Sodium	mg	208	22.586	15	562	
Zinc	mg	0.27	0.008	12	0.73	
Copper	mg	0.068	0.003	12	0.184	
Manganese	mg	0.401		0	1.083	
Selenium	µg	1.1		0	3.0	
Vitamins:						
Ascorbic acid	mg	3.5	0.413	15	9.4	
Thiamin	mg	0.016	0.005	16	0.043	
Riboflavin	mg	0.118	0.008	16	0.319	
Niacin	mg	0.374	0.022	16	1.010	
Pantothenic acid	mg	1.137		0	3.070	
Vitamin B-6	mg	0.159		0	0.429	
Folate	µg	35		0	95	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	8298	309.365	16	22405	
Vitamin A, RE	µg	830	30.937	16	2241	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.065		0	0.176	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001		0	0.003	
14:0	g	0.008		0	0.022	
15:0	g					
16:0	g	0.046		0	0.124	
17:0	g					
18:0	g	0.003		0	0.008	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.016	0	0.043
14:1	g			
16:1	g	0.008	0	0.022
18:1	g	0.008	0	0.022
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.007	0	0.019
18:2	g	0.003	0	0.008
18:3	g	0.004	0	0.011
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	0.013	0	0.035
Threonine	g	0.031	0	0.084
Isoleucine	g	0.034	0	0.092
Leucine	g	0.050	0	0.135
Lysine	g	0.059	0	0.159
Methionine	g	0.012	0	0.032
Cystine	g	0.003	0	0.008
Phenylalanine	g	0.035	0	0.095
Tyrosine	g	0.045	0	0.122
Valine	g	0.038	0	0.103
Arginine	g	0.058	0	0.157
Histidine	g	0.017	0	0.046
Alanine	g	0.031	0	0.084
Aspartic acid	g	0.111	0	0.300
Glutamic acid	g	0.200	0	0.540
Glycine	g	0.029	0	0.078
Proline	g	0.028	0	0.076
Serine	g	0.048	0	0.130
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11426

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11427 Purslane, raw
Portulaca oleracea

Refuse: 24% Tough stems and leaves

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 43g	Measure 2* 3g	Measure 3*
Proximates:						
Water	g	93.92	1	40.39	2.82	
Energy	kcal	16	0	7	0	
Energy	kJ	67	0	29	2	
Protein (N x 5.95)	g	1.30	0	0.56	0.04	
Total lipid (fat)	g	0.10	0	0.04	0.00	
Carbohydrate, by difference	g	3.43	0	1.47	0.10	
Fiber, total dietary	g					
Ash	g	1.25	0	0.54	0.04	
Sugars, total	g					
Minerals:						
Calcium	mg	65	0	28	2	
Iron	mg	1.99	0	0.86	0.06	
Magnesium	mg	68	1	29	2	
Phosphorus	mg	44	0	19	1	
Potassium	mg	494	1	212	15	
Sodium	mg	45	1	19	1	
Zinc	mg	0.17	0	0.07	0.01	
Copper	mg	0.113	0	0.049	0.003	
Manganese	mg	0.303	0	0.130	0.009	
Selenium	µg	0.9	0	0.4	0.0	
Vitamins:						
Ascorbic acid	mg	21.0	0	9.0	0.6	
Thiamin	mg	0.047	0	0.020	0.001	
Riboflavin	mg	0.112	0	0.048	0.003	
Niacin	mg	0.480	0	0.206	0.014	
Pantothenic acid	mg	0.036	0	0.015	0.001	
Vitamin B-6	mg	0.073	0	0.031	0.002	
Folate	µg	12	0	5	0	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	1320	0	568	40	
Vitamin A, RE	µg	132	0	57	4	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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	0.014	4	0.006	0.000
Threonine	g	0.044	3	0.019	0.001
Isoleucine	g	0.047	3	0.020	0.001
Leucine	g	0.080	3	0.034	0.002
Lysine	g	0.057	4	0.025	0.002
Methionine	g	0.012	4	0.005	0.000
Cystine	g	0.009	3	0.004	0.000
Phenylalanine	g	0.051	3	0.022	0.002
Tyrosine	g	0.021	2	0.009	0.001
Valine	g	0.063	3	0.027	0.002
Arginine	g	0.050	3	0.022	0.002
Histidine	g	0.020	3	0.009	0.001
Alanine	g	0.050	1	0.022	0.002
Aspartic acid	g	0.068	1	0.029	0.002
Glutamic acid	g	0.191	1	0.082	0.006
Glycine	g	0.040	1	0.017	0.001
Proline	g	0.061	1	0.026	0.002
Serine	g	0.039	1	0.017	0.001
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 plant

NDB No. 11427

Food Group 11 Vegetables and Vegetable Products
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NDB No. 11428 Purslane, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 115g	Measure 2* 431g	Measure 3*
Proximates:						
Water	g	93.52	1	107.55	403.07	
Energy	kcal	18	0	21	78	
Energy	kJ	75	0	86	323	
Protein (N x 5.95)	g	1.49	1	1.71	6.42	
Total lipid (fat)	g	0.19	1	0.22	0.82	
Carbohydrate, by difference	g	3.55	0	4.08	15.30	
Fiber, total dietary	g					
Ash	g	1.25	1	1.44	5.39	
Sugars, total	g					
Minerals:						
Calcium	mg	78	1	90	336	
Iron	mg	0.77	1	0.89	3.32	
Magnesium	mg	67	1	77	289	
Phosphorus	mg	37	1	43	159	
Potassium	mg	488	1	561	2103	
Sodium	mg	44	1	51	190	
Zinc	mg	0.17	0	0.20	0.73	
Copper	mg	0.114	0	0.131	0.491	
Manganese	mg	0.307	0	0.353	1.323	
Selenium	µg	0.9	0	1.0	3.9	
Vitamins:						
Ascorbic acid	mg	10.5	0	12.1	45.3	
Thiamin	mg	0.031	0	0.036	0.134	
Riboflavin	mg	0.090	0	0.104	0.388	
Niacin	mg	0.460	0	0.529	1.983	
Pantothenic acid	mg	0.036	0	0.041	0.155	
Vitamin B-6	mg	0.070	0	0.081	0.302	
Folate	µg	9	0	10	37	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	1852	0	2130	7982	
Vitamin A, RE	µg	185	0	213	797	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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	0.016	0	0.018	0.069
Threonine	g	0.050	0	0.058	0.216
Isoleucine	g	0.053	0	0.061	0.228
Leucine	g	0.091	0	0.105	0.392
Lysine	g	0.065	0	0.075	0.280
Methionine	g	0.014	0	0.016	0.060
Cystine	g	0.010	0	0.012	0.043
Phenylalanine	g	0.058	0	0.067	0.250
Tyrosine	g	0.024	0	0.028	0.103
Valine	g	0.072	0	0.083	0.310
Arginine	g	0.057	0	0.066	0.246
Histidine	g	0.023	0	0.026	0.099
Alanine	g	0.057	0	0.066	0.246
Aspartic acid	g	0.077	0	0.089	0.332
Glutamic acid	g	0.219	0	0.252	0.944
Glycine	g	0.046	0	0.053	0.198
Proline	g	0.070	0	0.081	0.302
Serine	g	0.045	0	0.052	0.194
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 squash

NDB No. 11428

Food Group 11 Vegetables and Vegetable Products
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NDB No. 11429 Radishes, raw

Raphanus sativus

Refuse: 10% Stem ends, rootlets and trimmings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 116g	Measure 2 [*] 9g	Measure 3 [*] 5g	
Proximates:							
Water	g	94.84	0.182	33	110.01	8.54	4.27
Energy	kcal	20		0	23	2	1
Energy	kJ	84		0	97	8	4
Protein (N x 5.95)	g	0.60	0.074	11	0.70	0.05	0.03
Total lipid (fat)	g	0.54	0.426	7	0.63	0.05	0.02
Carbohydrate, by difference	g	3.59		0	4.16	0.32	0.16
Fiber, total dietary	g	1.6		0	1.9	0.1	0.1
Ash	g	0.54	0.020	11	0.63	0.05	0.02
Sugars, total	g						
Minerals:							
Calcium	mg	21	1.654	17	24	2	1
Iron	mg	0.29	0.037	17	0.34	0.03	0.01
Magnesium	mg	9	0.618	17	10	1	0
Phosphorus	mg	18	1.984	17	21	2	1
Potassium	mg	232	10.378	24	269	21	10
Sodium	mg	24	1.908	43	28	2	1
Zinc	mg	0.30	0.085	19	0.35	0.03	0.01
Copper	mg	0.040		1	0.046	0.004	0.002
Manganese	mg	0.070	0.026	11	0.081	0.006	0.003
Selenium	µg	0.7		0	0.8	0.1	0.0
Vitamins:							
Ascorbic acid	mg	22.8	0.240	11	26.4	2.1	1.0
Thiamin	mg	0.005	0.001	5	0.006	0.000	0.000
Riboflavin	mg	0.045	0.003	5	0.052	0.004	0.002
Niacin	mg	0.300	0.018	5	0.348	0.027	0.013
Pantothenic acid	mg	0.088	0.009	5	0.102	0.008	0.004
Vitamin B-6	mg	0.071	0.004	11	0.082	0.006	0.003
Folate	µg	27	3.000	18	31	2	1
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	8	3.750	8	9	1	0
Vitamin A, RE	µg	1	0.375	8	1	0	0
Vitamin E, α-TE	mg	0.001		0	0.001	0.000	0.000
Lipids:							
Saturated, total	g	0.030		0	0.035	0.003	0.001
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		1	0.000	0.000	0.000
15:0	g						
16:0	g	0.026		1	0.030	0.002	0.001
17:0	g						
18:0	g	0.004		1	0.005	0.000	0.000
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.017	0	0.020	0.002	0.001
14:1	g					
16:1	g	0.000	1	0.000	0.000	0.000
18:1	g	0.016	1	0.019	0.001	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.045	0	0.052	0.004	0.002
18:2	g	0.016	1	0.019	0.001	0.001
18:3	g	0.029	1	0.034	0.003	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	7	0	8	1	0
Amino acids:						
Tryptophan	g	0.004	5	0.005	0.000	0.000
Threonine	g	0.029	4	0.034	0.003	0.001
Isoleucine	g	0.030	4	0.035	0.003	0.001
Leucine	g	0.037	4	0.043	0.003	0.002
Lysine	g	0.035	5	0.041	0.003	0.002
Methionine	g	0.007	5	0.008	0.001	0.000
Cystine	g	0.005	2	0.006	0.000	0.000
Phenylalanine	g	0.023	4	0.027	0.002	0.001
Tyrosine	g	0.013	2	0.015	0.001	0.001
Valine	g	0.032	4	0.037	0.003	0.001
Arginine	g	0.040	3	0.046	0.004	0.002
Histidine	g	0.013	3	0.015	0.001	0.001
Alanine	g	0.022	2	0.026	0.002	0.001
Aspartic acid	g	0.048	2	0.056	0.004	0.002
Glutamic acid	g	0.132	2	0.153	0.012	0.006
Glycine	g	0.022	2	0.026	0.002	0.001
Proline	g	0.018	2	0.021	0.002	0.001
Serine	g	0.021	2	0.024	0.002	0.001
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, slices
- Measure 2: 1 large (1" to 1-1/4" dia)
- Measure 3: 1 medium (3/4" to 1" dia)

NDB No. 11429

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11430 Radishes, oriental, raw
Raphanus sativus (Longipinratus Group)

Refuse: 21% Tops and parings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 338g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	94.62	0.615	2	319.82	
Energy	kcal	18		0	61	
Energy	kJ	75		0	254	
Protein (N x 5.95)	g	0.60		1	2.03	
Total lipid (fat)	g	0.10		1	0.34	
Carbohydrate, by difference	g	4.11		0	13.89	
Fiber, total dietary	g	1.6		0	5.4	
Ash	g	0.58		0	1.96	
Sugars, total	g					
Minerals:						
Calcium	mg	27		1	91	
Iron	mg	0.40		1	1.35	
Magnesium	mg	16	6.400	2	54	
Phosphorus	mg	23	0.850	2	78	
Potassium	mg	227	36.850	2	767	
Sodium	mg	21	9.050	2	71	
Zinc	mg	0.15		0	0.51	
Copper	mg	0.115		0	0.389	
Manganese	mg	0.038		0	0.128	
Selenium	µg	0.7		0	2.4	
Vitamins:						
Ascorbic acid	mg	22.0		1	74.4	
Thiamin	mg	0.020		1	0.068	
Riboflavin	mg	0.020		1	0.068	
Niacin	mg	0.200		1	0.676	
Pantothenic acid	mg	0.138		0	0.466	
Vitamin B-6	mg	0.046		0	0.155	
Folate	µg	28		0	95	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		1	0	
Vitamin A, RE	µg	0		1	0	
Vitamin E, α-TE	mg	0.001		0	0.003	
Lipids:						
Saturated, total	g	0.030		0	0.101	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.026		0	0.088	
17:0	g					
18:0	g	0.004		0	0.014	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.017	0	0.057
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.016	0	0.054
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.045	0	0.152
18:2	g	0.016	0	0.054
18:3	g	0.029	0	0.098
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.003	0	0.010
Threonine	g	0.025	0	0.085
Isoleucine	g	0.026	0	0.088
Leucine	g	0.031	0	0.105
Lysine	g	0.030	0	0.101
Methionine	g	0.006	0	0.020
Cystine	g	0.005	0	0.017
Phenylalanine	g	0.020	0	0.068
Tyrosine	g	0.011	0	0.037
Valine	g	0.028	0	0.095
Arginine	g	0.035	0	0.118
Histidine	g	0.011	0	0.037
Alanine	g	0.019	0	0.064
Aspartic acid	g	0.041	0	0.139
Glutamic acid	g	0.113	0	0.382
Glycine	g	0.019	0	0.064
Proline	g	0.015	0	0.051
Serine	g	0.018	0	0.061
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 radish, (7" long)

NDB No. 11430

Food Group 11 Vegetables and Vegetable Products
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NDB No. 11431 Radishes, oriental, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 147g	Measure 2*	Measure 3*
Proximates:						
Water	g	95.04	0.070	2	139.71	
Energy	kcal	17		0	25	
Energy	kJ	71		0	104	
Protein (N x 5.95)	g	0.67		1	0.98	
Total lipid (fat)	g	0.24	0.090	2	0.35	
Carbohydrate, by difference	g	3.43		0	5.04	
Fiber, total dietary	g	1.6		0	2.4	
Ash	g	0.62		1	0.91	
Sugars, total	g					
Minerals:						
Calcium	mg	17		1	25	
Iron	mg	0.15		1	0.22	
Magnesium	mg	9		1	13	
Phosphorus	mg	24		1	35	
Potassium	mg	285		1	419	
Sodium	mg	13		1	19	
Zinc	mg	0.13		0	0.19	
Copper	mg	0.101		0	0.148	
Manganese	mg	0.033		0	0.049	
Selenium	µg	0.7		0	1.0	
Vitamins:						
Ascorbic acid	mg	15.1		1	22.2	
Thiamin	mg	0.000		0	0.000	
Riboflavin	mg	0.023		1	0.034	
Niacin	mg	0.150		1	0.221	
Pantothenic acid	mg	0.114		0	0.168	
Vitamin B-6	mg	0.038		0	0.056	
Folate	µg	17		0	26	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		1	0	
Vitamin A, RE	µg	0		1	0	
Vitamin E, α-TE	mg	0.000		0	0.000	
Lipids:						
Saturated, total	g	0.073		0	0.107	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.063		0	0.093	
17:0	g					
18:0	g	0.009		0	0.013	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.040	0	0.059
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.039	0	0.057
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.108	0	0.159
18:2	g	0.039	0	0.057
18:3	g	0.069	0	0.101
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.004	0	0.006
Threonine	g	0.028	0	0.041
Isoleucine	g	0.029	0	0.043
Leucine	g	0.035	0	0.051
Lysine	g	0.033	0	0.049
Methionine	g	0.006	0	0.009
Cystine	g	0.005	0	0.007
Phenylalanine	g	0.022	0	0.032
Tyrosine	g	0.013	0	0.019
Valine	g	0.031	0	0.046
Arginine	g	0.039	0	0.057
Histidine	g	0.013	0	0.019
Alanine	g	0.021	0	0.031
Aspartic acid	g	0.046	0	0.068
Glutamic acid	g	0.126	0	0.185
Glycine	g	0.021	0	0.031
Proline	g	0.017	0	0.025
Serine	g	0.020	0	0.029
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced

NDB No. 11431

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11432 Radishes, oriental, dried

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 116g	Measure 2*	Measure 3*
Proximates:						
Water	g	19.68	1.170	2	22.83	
Energy	kcal	271		0	314	
Energy	kJ	1134		0	1315	
Protein (N x 5.95)	g	7.90		1	9.16	
Total lipid (fat)	g	0.72		1	0.84	
Carbohydrate, by difference	g	63.37		0	73.51	
Fiber, total dietary	g					
Ash	g	8.33		1	9.66	
Sugars, total	g					
Minerals:						
Calcium	mg	629		1	730	
Iron	mg	6.73		1	7.81	
Magnesium	mg	170		1	197	
Phosphorus	mg	204		1	237	
Potassium	mg	3494		1	4053	
Sodium	mg	278		1	322	
Zinc	mg	2.13		0	2.47	
Copper	mg	1.631		0	1.892	
Manganese	mg	0.539		0	0.625	
Selenium	µg	0.7		0	0.8	
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	
Thiamin	mg	0.270		1	0.313	
Riboflavin	mg	0.680		1	0.789	
Niacin	mg	3.400		1	3.944	
Pantothenic acid	mg	1.854		0	2.151	
Vitamin B-6	mg	0.618		0	0.717	
Folate	µg	295		0	342	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		1	0	
Vitamin A, RE	µg	0		1	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.218		0	0.253	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001		0	0.001	
15:0	g					
16:0	g	0.189		0	0.219	
17:0	g					
18:0	g	0.027		0	0.031	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.119	0	0.138
14:1	g			
16:1	g	0.002	0	0.002
18:1	g	0.117	0	0.136
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.325	0	0.377
18:2	g	0.117	0	0.136
18:3	g	0.206	0	0.239
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	0.043	0	0.050
Threonine	g	0.326	0	0.378
Isoleucine	g	0.344	0	0.399
Leucine	g	0.413	0	0.479
Lysine	g	0.393	0	0.456
Methionine	g	0.075	0	0.087
Cystine	g	0.062	0	0.072
Phenylalanine	g	0.262	0	0.304
Tyrosine	g	0.150	0	0.174
Valine	g	0.365	0	0.423
Arginine	g	0.456	0	0.529
Histidine	g	0.149	0	0.173
Alanine	g	0.248	0	0.288
Aspartic acid	g	0.538	0	0.624
Glutamic acid	g	1.492	0	1.731
Glycine	g	0.248	0	0.288
Proline	g	0.202	0	0.234
Serine	g	0.240	0	0.278
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11432

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11435 Rutabagas, raw
Brassica napus (Napobrassica Group)

Refuse: 15% Parings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 140g	Measure 2 [*] 772g	Measure 3 [*] 386g	
Proximates:							
Water	g	89.66	0.534	5	125.52	692.18	346.09
Energy	kcal	36		0	50	278	139
Energy	kJ	151		0	211	1166	583
Protein (N x 5.95)	g	1.20		1	1.68	9.26	4.63
Total lipid (fat)	g	0.20		1	0.28	1.54	0.77
Carbohydrate, by difference	g	8.13		0	11.38	62.76	31.38
Fiber, total dietary	g	2.5		0	3.5	19.3	9.7
Ash	g	0.81		1	1.13	6.25	3.13
Sugars, total	g						
Minerals:							
Calcium	mg	47	15.500	2	66	363	181
Iron	mg	0.52	0.120	2	0.73	4.01	2.01
Magnesium	mg	23	4.000	2	32	178	89
Phosphorus	mg	58	17.000	2	81	448	224
Potassium	mg	337	116.500	2	472	2602	1301
Sodium	mg	20		1	28	154	77
Zinc	mg	0.34		1	0.48	2.62	1.31
Copper	mg	0.040		1	0.056	0.309	0.154
Manganese	mg	0.170		1	0.238	1.312	0.656
Selenium	µg	0.7		0	1.0	5.4	2.7
Vitamins:							
Ascorbic acid	mg	25.0		1	35.0	193.0	96.5
Thiamin	mg	0.090		1	0.126	0.695	0.347
Riboflavin	mg	0.040		1	0.056	0.309	0.154
Niacin	mg	0.700		1	0.980	5.404	2.702
Pantothenic acid	mg	0.160		0	0.224	1.235	0.618
Vitamin B-6	mg	0.100		1	0.140	0.772	0.386
Folate	µg	21	2.595	4	29	162	81
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	580		1	812	4478	2239
Vitamin A, RE	µg	58		0	81	448	224
Vitamin E, α-TE	mg	0.300		0	0.420	2.316	1.158
Lipids:							
Saturated, total	g	0.027		0	0.038	0.208	0.104
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.024		0	0.034	0.185	0.093
17:0	g						
18:0	g	0.003		0	0.004	0.023	0.012
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.025	0	0.035	0.193	0.097
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.025	0	0.035	0.193	0.097
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.088	0	0.123	0.679	0.340
18:2	g	0.035	0	0.049	0.270	0.135
18:3	g	0.053	0	0.074	0.409	0.205
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.013	0	0.018	0.100	0.050
Threonine	g	0.046	0	0.064	0.355	0.178
Isoleucine	g	0.050	0	0.070	0.386	0.193
Leucine	g	0.038	0	0.053	0.293	0.147
Lysine	g	0.039	0	0.055	0.301	0.151
Methionine	g	0.010	0	0.014	0.077	0.039
Cystine	g	0.011	0	0.015	0.085	0.042
Phenylalanine	g	0.031	0	0.043	0.239	0.120
Tyrosine	g	0.023	0	0.032	0.178	0.089
Valine	g	0.048	0	0.067	0.371	0.185
Arginine	g	0.148	0	0.207	1.143	0.571
Histidine	g	0.030	0	0.042	0.232	0.116
Alanine	g	0.033	0	0.046	0.255	0.127
Aspartic acid	g	0.087	0	0.122	0.672	0.336
Glutamic acid	g	0.142	0	0.199	1.096	0.548
Glycine	g	0.027	0	0.038	0.208	0.104
Proline	g					
Serine	g	0.035	0	0.049	0.270	0.135
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, cubes
- Measure 2: 1 large
- Measure 3: 1 medium

NDB No. 11435

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11436 Rutabagas, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 170g	Measure 2* 240g	Measure 3*
Proximates:						
Water	g	88.88	0	151.10	213.31	
Energy	kcal	39	0	66	94	
Energy	kJ	163	0	277	391	
Protein (N x 5.95)	g	1.29	0	2.19	3.10	
Total lipid (fat)	g	0.22	0	0.37	0.53	
Carbohydrate, by difference	g	8.74	0	14.86	20.98	
Fiber, total dietary	g	1.8	0	3.1	4.3	
Ash	g	0.87	0	1.48	2.09	
Sugars, total	g					
Minerals:						
Calcium	mg	48	0	82	115	
Iron	mg	0.53	0	0.90	1.27	
Magnesium	mg	23	0	39	55	
Phosphorus	mg	56	0	95	134	
Potassium	mg	326	0	554	782	
Sodium	mg	20	0	34	48	
Zinc	mg	0.35	0	0.60	0.84	
Copper	mg	0.041	0	0.070	0.098	
Manganese	mg	0.174	0	0.296	0.418	
Selenium	µg	0.7	0	1.2	1.7	
Vitamins:						
Ascorbic acid	mg	18.8	0	32.0	45.1	
Thiamin	mg	0.082	0	0.139	0.197	
Riboflavin	mg	0.041	0	0.070	0.098	
Niacin	mg	0.715	0	1.216	1.716	
Pantothenic acid	mg	0.155	0	0.264	0.372	
Vitamin B-6	mg	0.102	0	0.173	0.245	
Folate	µg	15	0	26	36	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	561	0	954	1346	
Vitamin A, RE	µg	56	0	95	134	
Vitamin E, α-TE	mg	0.150	0	0.255	0.360	
Lipids:						
Saturated, total	g	0.029	0	0.049	0.070	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.026	0	0.044	0.062	
17:0	g					
18:0	g	0.003	0	0.005	0.007	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.027	0	0.046	0.065
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.027	0	0.046	0.065
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.095	0	0.161	0.228
18:2	g	0.038	0	0.065	0.091
18:3	g	0.057	0	0.097	0.137
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.014	0	0.024	0.034
Threonine	g	0.050	0	0.085	0.120
Isoleucine	g	0.053	0	0.090	0.127
Leucine	g	0.041	0	0.070	0.098
Lysine	g	0.042	0	0.071	0.101
Methionine	g	0.010	0	0.017	0.024
Cystine	g	0.012	0	0.020	0.029
Phenylalanine	g	0.034	0	0.058	0.082
Tyrosine	g	0.025	0	0.043	0.060
Valine	g	0.051	0	0.087	0.122
Arginine	g	0.159	0	0.270	0.382
Histidine	g	0.032	0	0.054	0.077
Alanine	g	0.035	0	0.060	0.084
Aspartic acid	g	0.094	0	0.160	0.226
Glutamic acid	g	0.152	0	0.258	0.365
Glycine	g	0.030	0	0.051	0.072
Proline	g				
Serine	g	0.037	0	0.063	0.089
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, cubes
- Measure 2: 1 cup, mashed

NDB No. 11436

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11437 Salsify, (vegetable oyster), raw
Tragopogon porrifolius

Refuse: 13% Scrapings and rootlets

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 133g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	77.00	1	102.41		
Energy	kcal	82	0	109		
Energy	kJ	343	0	456		
Protein (N x 5.95)	g	3.30	1	4.39		
Total lipid (fat)	g	0.20	1	0.27		
Carbohydrate, by difference	g	18.60	0	24.74		
Fiber, total dietary	g	3.3	0	4.4		
Ash	g	0.90	0	1.20		
Sugars, total	g					
Minerals:						
Calcium	mg	60	1	80		
Iron	mg	0.70	1	0.93		
Magnesium	mg	23	1	31		
Phosphorus	mg	75	1	100		
Potassium	mg	380	1	505		
Sodium	mg	20	1	27		
Zinc	mg	0.38	0	0.51		
Copper	mg	0.089	0	0.118		
Manganese	mg	0.268	0	0.356		
Selenium	µg	0.8	0	1.1		
Vitamins:						
Ascorbic acid	mg	8.0	1	10.6		
Thiamin	mg	0.080	1	0.106		
Riboflavin	mg	0.220	1	0.293		
Niacin	mg	0.500	1	0.665		
Pantothenic acid	mg	0.371	0	0.493		
Vitamin B-6	mg	0.277	0	0.368		
Folate	µg	26	0	35		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	0	1	0		
Vitamin A, RE	µg	0	1	0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, slices

NDB No. 11437

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11438 Salsify, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 135g	Measure 2*	Measure 3*
Proximates:						
Water	g	81.00	0	109.35		
Energy	kcal	68	0	92		
Energy	kJ	285	0	385		
Protein (N x 5.95)	g	2.73	0	3.69		
Total lipid (fat)	g	0.17	0	0.23		
Carbohydrate, by difference	g	15.37	0	20.75		
Fiber, total dietary	g	3.1	0	4.2		
Ash	g	0.74	0	1.00		
Sugars, total	g					
Minerals:						
Calcium	mg	47	0	63		
Iron	mg	0.55	0	0.74		
Magnesium	mg	18	0	24		
Phosphorus	mg	56	0	76		
Potassium	mg	283	0	382		
Sodium	mg	16	0	22		
Zinc	mg	0.30	0	0.41		
Copper	mg	0.070	0	0.095		
Manganese	mg	0.210	0	0.283		
Selenium	µg	0.6	0	0.8		
Vitamins:						
Ascorbic acid	mg	4.6	0	6.2		
Thiamin	mg	0.056	0	0.076		
Riboflavin	mg	0.173	0	0.234		
Niacin	mg	0.392	0	0.529		
Pantothenic acid	mg	0.276	0	0.373		
Vitamin B-6	mg	0.218	0	0.294		
Folate	µg	15	0	21		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	0	0	0		
Vitamin A, RE	µg	0	0	0		
Vitamin E, α-TE	mg	0.190	0	0.257		
Lipids:						
Saturated, total	g	0.041	0	0.055		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.003	0	0.004		
15:0	g					
16:0	g	0.035	0	0.047		
17:0	g					
18:0	g	0.002	0	0.003		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.003	0	0.004
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.003	0	0.004
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.074	0	0.100
18:2	g	0.064	0	0.086
18:3	g	0.011	0	0.015
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced

NDB No. 11438

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11439 Sauerkraut, canned, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 142g	Measure 2* 236g	Measure 3*
Proximates:						
Water	g	92.52	0.104	144	131.38	218.35
Energy	kcal	19		0	27	45
Energy	kJ	79		0	112	186
Protein (N x 5.95)	g	0.91	0.019	154	1.29	2.15
Total lipid (fat)	g	0.14	0.003	146	0.20	0.33
Carbohydrate, by difference	g	4.28		0	6.08	10.10
Fiber, total dietary	g	2.5		0	3.5	5.9
Ash	g	2.15	0.025	173	3.05	5.07
Sugars, total	g					
Minerals:						
Calcium	mg	30	0.547	180	43	71
Iron	mg	1.47	0.093	173	2.09	3.47
Magnesium	mg	13	0.426	138	18	31
Phosphorus	mg	20	0.545	142	28	47
Potassium	mg	170	3.913	136	241	401
Sodium	mg	661	8.530	167	939	1560
Zinc	mg	0.19	0.010	17	0.27	0.45
Copper	mg	0.096	0.013	17	0.136	0.227
Manganese	mg	0.151		0	0.214	0.356
Selenium	µg	0.6		0	0.9	1.4
Vitamins:						
Ascorbic acid	mg	14.7	0.883	184	20.9	34.7
Thiamin	mg	0.021	0.000	124	0.030	0.050
Riboflavin	mg	0.022	0.001	151	0.031	0.052
Niacin	mg	0.143	0.006	152	0.203	0.337
Pantothenic acid	mg	0.093		0	0.132	0.219
Vitamin B-6	mg	0.130		0	0.185	0.307
Folate	µg	24		0	34	56
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	18		23	26	42
Vitamin A, RE	µg	2		23	3	5
Vitamin E, α-TE	mg	0.100		0	0.142	0.236
Lipids:						
Saturated, total	g	0.035		0	0.050	0.083
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.001		1	0.001	0.002
10:0	g	0.001		1	0.001	0.002
12:0	g	0.001		1	0.001	0.002
14:0	g	0.000		1	0.000	0.000
15:0	g					
16:0	g	0.021		1	0.030	0.050
17:0	g					
18:0	g	0.002		1	0.003	0.005
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.018	0.031
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.010	1	0.014	0.024
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.061	0	0.087	0.144
18:2	g	0.026	1	0.037	0.061
18:3	g	0.025	1	0.036	0.059
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	1	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 cup, undrained

NDB No. 11439

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11442 Seaweed, agar, raw
Eucheuma spp.

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 10g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	91.32	0.382	2	9.13	
Energy	kcal	26		0	3	
Energy	kJ	109		0	11	
Protein (N x 5.95)	g	0.54	0.196	3	0.05	
Total lipid (fat)	g	0.03		0	0.00	
Carbohydrate, by difference	g	6.75		0	0.68	
Fiber, total dietary	g	0.5		0	0.1	
Ash	g	1.36	0.831	3	0.14	
Sugars, total	g					
Minerals:						
Calcium	mg	54	5.640	2	5	
Iron	mg	1.86	1.075	2	0.19	
Magnesium	mg	67		0	7	
Phosphorus	mg	5	3.295	2	1	
Potassium	mg	226	33.650	2	23	
Sodium	mg	9	6.218	3	1	
Zinc	mg	0.58		0	0.06	
Copper	mg	0.061		0	0.006	
Manganese	mg	0.373		0	0.037	
Selenium	µg	0.7		0	0.1	
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	
Thiamin	mg	0.005		0	0.001	
Riboflavin	mg	0.022		0	0.002	
Niacin	mg	0.055		0	0.006	
Pantothenic acid	mg	0.302		0	0.030	
Vitamin B-6	mg	0.032		0	0.003	
Folate	µg	85		0	8	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		0	0	
Vitamin A, RE	µg	0		0	0	
Vitamin E, α-TE	mg	0.870		0	0.087	
Lipids:						
Saturated, total	g	0.006		0	0.001	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.005		0	0.001	
17:0	g					
18:0	g	0.000		0	0.000	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.003	0	0.000
14:1	g			
16:1	g	0.001	0	0.000
18:1	g	0.001	0	0.000
20:1	g	0.001	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.010	0	0.001
18:2	g	0.000	0	0.000
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.000
20:5	g	0.008	0	0.001
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/8 cup or 2 tablespoons

NDB No. 11442

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11444 Seaweed, irishmoss, raw
Chondrus crispus

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 10g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	81.34	4.123	5	8.13	
Energy	kcal	49		0	5	
Energy	kJ	205		0	21	
Protein (N x 5.95)	g	1.51	0.260	4	0.15	
Total lipid (fat)	g	0.16	0.035	2	0.02	
Carbohydrate, by difference	g	12.29		0	1.23	
Fiber, total dietary	g	1.3		0	0.1	
Ash	g	4.70	0.143	6	0.47	
Sugars, total	g					
Minerals:						
Calcium	mg	72	47.489	2	7	
Iron	mg	8.90		0	0.89	
Magnesium	mg	144		0	14	
Phosphorus	mg	157		0	16	
Potassium	mg	63		0	6	
Sodium	mg	67		0	7	
Zinc	mg	1.95	0.757	2	0.20	
Copper	mg	0.149		0	0.015	
Manganese	mg	0.370		0	0.037	
Selenium	µg	0.7		0	0.1	
Vitamins:						
Ascorbic acid	mg	3.0		0	0.3	
Thiamin	mg	0.015		0	0.002	
Riboflavin	mg	0.466		0	0.047	
Niacin	mg	0.593		0	0.059	
Pantothenic acid	mg	0.176		0	0.018	
Vitamin B-6	mg	0.069		0	0.007	
Folate	µg	182		0	18	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	118		0	12	
Vitamin A, RE	µg	12		0	1	
Vitamin E, α-TE	mg	0.870		0	0.087	
Lipids:						
Saturated, total	g	0.033		0	0.003	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.002		0	0.000	
15:0	g					
16:0	g	0.029		0	0.003	
17:0	g					
18:0	g	0.001		0	0.000	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.015	0	0.002
14:1	g			
16:1	g	0.005	0	0.001
18:1	g	0.005	0	0.001
20:1	g	0.005	0	0.001
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.055	0	0.006
18:2	g	0.002	0	0.000
18:3	g	0.001	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.005	0	0.001
20:5	g	0.046	0	0.005
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/8 cup or 2 tablespoons

NDB No. 11444

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11445 Seaweed, kelp, raw
Laminaria spp.

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 10g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	81.58	1.750	8	8.16	
Energy	kcal	43		0	4	
Energy	kJ	180		0	18	
Protein (N x 5.95)	g	1.68	0.185	3	0.17	
Total lipid (fat)	g	0.56	0.304	2	0.06	
Carbohydrate, by difference	g	9.57		0	0.96	
Fiber, total dietary	g	1.3		0	0.1	
Ash	g	6.61	0.620	9	0.66	
Sugars, total	g					
Minerals:						
Calcium	mg	168	20.086	6	17	
Iron	mg	2.85	1.350	6	0.28	
Magnesium	mg	121	6.813	3	12	
Phosphorus	mg	42		0	4	
Potassium	mg	89		0	9	
Sodium	mg	233	149.706	3	23	
Zinc	mg	1.23	0.174	5	0.12	
Copper	mg	0.130	0.028	8	0.013	
Manganese	mg	0.200	0.000	5	0.020	
Selenium	µg	0.7		0	0.1	
Vitamins:						
Ascorbic acid	mg	3.0		0	0.3	
Thiamin	mg	0.050	0.040	2	0.005	
Riboflavin	mg	0.150	0.078	2	0.015	
Niacin	mg	0.470	0.092	2	0.047	
Pantothenic acid	mg	0.642		0	0.064	
Vitamin B-6	mg	0.002		0	0.000	
Folate	µg	180		0	18	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	116		0	12	
Vitamin A, RE	µg	12		0	1	
Vitamin E, α-TE	mg	0.870		0	0.087	
Lipids:						
Saturated, total	g	0.247		0	0.025	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.031		0	0.003	
15:0	g					
16:0	g	0.110		0	0.011	
17:0	g					
18:0	g	0.086		0	0.009	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.098	0	0.010
14:1	g			
16:1	g	0.004	0	0.000
18:1	g	0.086	0	0.009
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.047	0	0.005
18:2	g	0.020	0	0.002
18:3	g	0.004	0	0.000
18:4	g	0.004	0	0.000
20:4	g	0.012	0	0.001
20:5	g	0.004	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.048	2	0.005
Threonine	g	0.055	2	0.006
Isoleucine	g	0.076	2	0.008
Leucine	g	0.083	2	0.008
Lysine	g	0.082	2	0.008
Methionine	g	0.025	1	0.003
Cystine	g	0.098	1	0.010
Phenylalanine	g	0.043	2	0.004
Tyrosine	g	0.026	1	0.003
Valine	g	0.072	2	0.007
Arginine	g	0.065	1	0.007
Histidine	g	0.024	1	0.002
Alanine	g	0.122	1	0.012
Aspartic acid	g	0.125	1	0.013
Glutamic acid	g	0.268	1	0.027
Glycine	g	0.100	1	0.010
Proline	g	0.073	1	0.007
Serine	g	0.098	1	0.010
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/8 cup or 2 tablespoons

NDB No. 11445

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11446 Seaweed, laver, raw
Porphyra laciniata

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 26g	Measure 2* 10g	Measure 3*
Proximates:						
Water	g	85.03	2.302	7	22.11	8.50
Energy	kcal	35		0	9	4
Energy	kJ	146		0	38	15
Protein (N x 5.95)	g	5.81		0	1.51	0.58
Total lipid (fat)	g	0.28		0	0.07	0.03
Carbohydrate, by difference	g	5.11		0	1.33	0.51
Fiber, total dietary	g	0.3		0	0.1	0.0
Ash	g	3.77	1.485	5	0.98	0.38
Sugars, total	g					
Minerals:						
Calcium	mg	70	13.288	3	18	7
Iron	mg	1.80		0	0.47	0.18
Magnesium	mg	2		0	1	0
Phosphorus	mg	58	28.567	2	15	6
Potassium	mg	356	201.327	2	93	36
Sodium	mg	48	18.290	3	12	5
Zinc	mg	1.05		0	0.27	0.11
Copper	mg	0.264	0.162	4	0.069	0.026
Manganese	mg	0.988		0	0.257	0.099
Selenium	µg	0.7		0	0.2	0.1
Vitamins:						
Ascorbic acid	mg	39.0	23.992	2	10.1	3.9
Thiamin	mg	0.098	0.071	2	0.025	0.010
Riboflavin	mg	0.446	0.070	4	0.116	0.045
Niacin	mg	1.470		0	0.382	0.147
Pantothenic acid	mg	0.521		0	0.135	0.052
Vitamin B-6	mg	0.159		0	0.041	0.016
Folate	µg	146		0	38	15
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	5202	1459.539	2	1353	520
Vitamin A, RE	µg	520	145.954	2	135	52
Vitamin E, α-TE	mg	1.000		0	0.260	0.100
Lipids:						
Saturated, total	g	0.061		0	0.016	0.006
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.003		0	0.001	0.000
15:0	g					
16:0	g	0.050		0	0.013	0.005
17:0	g					
18:0	g	0.003		0	0.001	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.025	0	0.007	0.003
14:1	g				
16:1	g	0.008	0	0.002	0.001
18:1	g	0.008	0	0.002	0.001
20:1	g	0.009	0	0.002	0.001
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.110	0	0.029	0.011
18:2	g	0.004	0	0.001	0.000
18:3	g	0.001	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.009	0	0.002	0.001
20:5	g	0.080	0	0.021	0.008
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.043	2	0.011	0.004
Threonine	g	0.232	2	0.060	0.023
Isoleucine	g	0.259	2	0.067	0.026
Leucine	g	0.501	2	0.130	0.050
Lysine	g	0.222	3	0.058	0.022
Methionine	g	0.145	2	0.038	0.015
Cystine	g	0.100	2	0.026	0.010
Phenylalanine	g	0.273	2	0.071	0.027
Tyrosine	g	0.254	2	0.066	0.025
Valine	g	0.402	2	0.105	0.040
Arginine	g	0.285	2	0.074	0.028
Histidine	g	0.140	2	0.036	0.014
Alanine	g	0.651	2	0.169	0.065
Aspartic acid	g	0.567	2	0.147	0.057
Glutamic acid	g	0.547	2	0.142	0.055
Glycine	g	0.363	2	0.094	0.036
Proline	g	0.251	2	0.065	0.025
Serine	g	0.299	2	0.078	0.030
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 10 sheets
- Measure 2: 1/8 cup or 2 tablespoons

NDB No. 11446

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11447 Sesbania flower, raw
Sesbania spp.

Refuse: 15% Stems, pistil and calyx

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 3g	Measure 2* 20g	Measure 3*
Proximates:						
Water	g	91.58	1	2.75	18.32	
Energy	kcal	27	0	1	5	
Energy	kJ	113	0	3	23	
Protein (N x 5.95)	g	1.28	1	0.04	0.26	
Total lipid (fat)	g	0.04	1	0.00	0.01	
Carbohydrate, by difference	g	6.73	0	0.20	1.35	
Fiber, total dietary	g					
Ash	g	0.38	1	0.01	0.08	
Sugars, total	g					
Minerals:						
Calcium	mg	19	1	1	4	
Iron	mg	0.84	1	0.03	0.17	
Magnesium	mg	12	1	0	2	
Phosphorus	mg	30	1	1	6	
Potassium	mg	184	1	6	37	
Sodium	mg	15	1	0	3	
Zinc	mg					
Copper	mg					
Manganese	mg					
Selenium	µg	0.9	0	0.0	0.2	
Vitamins:						
Ascorbic acid	mg	73.0	0	2.2	14.6	
Thiamin	mg	0.083	0	0.002	0.017	
Riboflavin	mg	0.081	0	0.002	0.016	
Niacin	mg	0.430	0	0.013	0.086	
Pantothenic acid	mg					
Vitamin B-6	mg					
Folate	µg	102	0	3	20	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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	0.019	2	0.001	0.004
Threonine	g	0.057	2	0.002	0.011
Isoleucine	g	0.068	2	0.002	0.014
Leucine	g	0.106	2	0.003	0.021
Lysine	g	0.064	2	0.002	0.013
Methionine	g	0.016	2	0.000	0.003
Cystine	g	0.013	2	0.000	0.003
Phenylalanine	g	0.070	2	0.002	0.014
Tyrosine	g				
Valine	g	0.078	2	0.002	0.016
Arginine	g	0.070	2	0.002	0.014
Histidine	g	0.026	2	0.001	0.005
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 flower
 Measure 2: 1 cup flowers

NDB No. 11447

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11448 Sesbania flower, cooked, steamed, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 104g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.30	1	97.03		
Energy	kcal	22	0	23		
Energy	kJ	92	0	96		
Protein (N x 5.95)	g	1.14	1	1.19		
Total lipid (fat)	g	0.05	1	0.05		
Carbohydrate, by difference	g	5.23	0	5.44		
Fiber, total dietary	g					
Ash	g	0.28	1	0.29		
Sugars, total	g					
Minerals:						
Calcium	mg	22	1	23		
Iron	mg	0.56	1	0.58		
Magnesium	mg	12	1	12		
Phosphorus	mg	21	1	22		
Potassium	mg	107	1	111		
Sodium	mg	11	1	11		
Zinc	mg					
Copper	mg					
Manganese	mg					
Selenium	µg	0.7	0	0.7		
Vitamins:						
Ascorbic acid	mg	37.0	0	38.5		
Thiamin	mg	0.048	0	0.050		
Riboflavin	mg	0.043	0	0.045		
Niacin	mg	0.250	0	0.260		
Pantothenic acid	mg					
Vitamin B-6	mg					
Folate	µg	57	0	59		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	0	0	0		
Vitamin A, RE	µg	0	0	0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.017	0	0.018
Threonine	g	0.051	0	0.053
Isoleucine	g	0.061	0	0.063
Leucine	g	0.095	0	0.099
Lysine	g	0.057	0	0.059
Methionine	g	0.014	0	0.015
Cystine	g	0.011	0	0.011
Phenylalanine	g	0.062	0	0.064
Tyrosine	g			
Valine	g	0.069	0	0.072
Arginine	g	0.062	0	0.064
Histidine	g	0.023	0	0.024
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup

NDB No. 11448

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11450 Soybeans, green, raw
Glycine max

Refuse: 47% Pods

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 256g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	67.50	0.699	2	172.80	
Energy	kcal	147		0	376	
Energy	kJ	615		0	1574	
Protein (N x 5.95)	g	12.95	5.312	2	33.15	
Total lipid (fat)	g	6.80		1	17.41	
Carbohydrate, by difference	g	11.05		0	28.29	
Fiber, total dietary	g	4.2		0	10.8	
Ash	g	1.70	0.100	2	4.35	
Sugars, total	g					
Minerals:						
Calcium	mg	197	18.000	2	504	
Iron	mg	3.55	0.350	2	9.09	
Magnesium	mg	65		1	166	
Phosphorus	mg	194	67.499	2	497	
Potassium	mg	620		1	1587	
Sodium	mg	15		1	38	
Zinc	mg	0.99		1	2.53	
Copper	mg	0.128		1	0.328	
Manganese	mg	0.547		1	1.400	
Selenium	µg	1.5		0	3.8	
Vitamins:						
Ascorbic acid	mg	29.0		1	74.2	
Thiamin	mg	0.435	0.015	2	1.114	
Riboflavin	mg	0.175	0.025	2	0.448	
Niacin	mg	1.650	0.050	2	4.224	
Pantothenic acid	mg	0.147		1	0.376	
Vitamin B-6	mg	0.065		1	0.166	
Folate	µg	165		1	422	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	180	10.000	2	461	
Vitamin A, RE	µg	18		0	46	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.786		0	2.012	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.006		1	0.015	
15:0	g					
16:0	g	0.570		1	1.459	
17:0	g					
18:0	g	0.210		1	0.538	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.284	0	3.287
14:1	g			
16:1	g	0.011	1	0.028
18:1	g	1.262	1	3.231
20:1	g	0.011	1	0.028
22:1	g			
Polyunsaturated, total	g	3.200	0	8.192
18:2	g	2.823	1	7.227
18:3	g	0.376	1	0.963
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg	50	1	128
Amino acids:				
Tryptophan	g	0.157	0	0.402
Threonine	g	0.516	0	1.321
Isoleucine	g	0.570	0	1.459
Leucine	g	0.926	0	2.371
Lysine	g	0.775	0	1.984
Methionine	g	0.157	0	0.402
Cystine	g	0.118	0	0.302
Phenylalanine	g	0.586	0	1.500
Tyrosine	g	0.464	0	1.188
Valine	g	0.576	0	1.475
Arginine	g	1.042	0	2.668
Histidine	g	0.348	0	0.891
Alanine	g	0.582	0	1.490
Aspartic acid	g	1.508	0	3.860
Glutamic acid	g	2.433	0	6.228
Glycine	g	0.539	0	1.380
Proline	g	0.607	0	1.554
Serine	g	0.721	0	1.846
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11450

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11451 Soybeans, green, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:						
Water	g	68.60	1.499	2	123.48	
Energy	kcal	141		0	254	
Energy	kJ	590		0	1062	
Protein (N x 5.95)	g	12.35	3.438	2	22.23	
Total lipid (fat)	g	6.40		1	11.52	
Carbohydrate, by difference	g	11.05		0	19.89	
Fiber, total dietary	g	4.2		0	7.6	
Ash	g	1.60	0.100	2	2.88	
Sugars, total	g					
Minerals:						
Calcium	mg	145	21.000	2	261	
Iron	mg	2.50	0.100	2	4.50	
Magnesium	mg	60		1	108	
Phosphorus	mg	158	74.500	2	284	
Potassium	mg	539		1	970	
Sodium	mg	14		1	25	
Zinc	mg	0.91		1	1.64	
Copper	mg	0.117		1	0.211	
Manganese	mg	0.502		1	0.904	
Selenium	µg	1.4		0	2.5	
Vitamins:						
Ascorbic acid	mg	17.0		1	30.6	
Thiamin	mg	0.260	0.040	2	0.468	
Riboflavin	mg	0.155	0.015	2	0.279	
Niacin	mg	1.250	0.050	2	2.250	
Pantothenic acid	mg	0.128		1	0.230	
Vitamin B-6	mg	0.060		1	0.108	
Folate	µg	111		1	200	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	156		1	281	
Vitamin A, RE	µg	16		0	29	
Vitamin E, α-TE	mg	0.010		0	0.018	
Lipids:						
Saturated, total	g	0.740		0	1.332	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.005		1	0.009	
15:0	g					
16:0	g	0.537		1	0.967	
17:0	g					
18:0	g	0.198		1	0.356	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.209	0	2.176
14:1	g			
16:1	g	0.010	1	0.018
18:1	g	1.188	1	2.138
20:1	g	0.010	1	0.018
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	3.011	0	5.420
18:2	g	2.657	1	4.783
18:3	g	0.354	1	0.637
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg	50	1	90
Amino acids:				
Tryptophan	g	0.150	0	0.270
Threonine	g	0.492	0	0.886
Isoleucine	g	0.543	0	0.977
Leucine	g	0.883	0	1.589
Lysine	g	0.739	0	1.330
Methionine	g	0.150	0	0.270
Cystine	g	0.113	0	0.203
Phenylalanine	g	0.559	0	1.006
Tyrosine	g	0.443	0	0.797
Valine	g	0.549	0	0.988
Arginine	g	0.994	0	1.789
Histidine	g	0.332	0	0.598
Alanine	g	0.555	0	0.999
Aspartic acid	g	1.439	0	2.590
Glutamic acid	g	2.320	0	4.176
Glycine	g	0.514	0	0.925
Proline	g	0.579	0	1.042
Serine	g	0.688	0	1.238
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11451

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11452 Soybeans, mature seeds, sprouted, raw
Glycine max

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 35g	Measure 2 [*] 10g	Measure 3 [*]
Proximates:						
Water	g	69.05	2.776	6	24.17	6.91
Energy	kcal	122		0	43	12
Energy	kJ	510		0	179	51
Protein (N x 5.95)	g	13.09	8.068	6	4.58	1.31
Total lipid (fat)	g	6.70	0.492	6	2.35	0.67
Carbohydrate, by difference	g	9.57		0	3.35	0.96
Fiber, total dietary	g	1.1		0	0.4	0.1
Ash	g	1.59	0.125	6	0.56	0.16
Sugars, total	g					
Minerals:						
Calcium	mg	67	5.540	8	23	7
Iron	mg	2.10	0.391	8	0.74	0.21
Magnesium	mg	72	8.830	8	25	7
Phosphorus	mg	164	18.788	8	57	16
Potassium	mg	484	62.983	8	169	48
Sodium	mg	14	1.347	8	5	1
Zinc	mg	1.17	0.163	8	0.41	0.12
Copper	mg	0.427	0.065	8	0.149	0.043
Manganese	mg	0.702	0.080	8	0.246	0.070
Selenium	µg	0.6		0	0.2	0.1
Vitamins:						
Ascorbic acid	mg	15.3	1.744	8	5.4	1.5
Thiamin	mg	0.340	0.080	8	0.119	0.034
Riboflavin	mg	0.118	0.013	8	0.041	0.012
Niacin	mg	1.148	0.148	8	0.402	0.115
Pantothenic acid	mg	0.929	0.115	8	0.325	0.093
Vitamin B-6	mg	0.176	0.017	8	0.062	0.018
Folate	µg	172	24.234	8	60	17
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	11	2.250	2	4	1
Vitamin A, RE	µg	1		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.929		0	0.325	0.093
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.007		1	0.002	0.001
15:0	g					
16:0	g	0.674		1	0.236	0.067
17:0	g					
18:0	g	0.249		1	0.087	0.025
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.518	0	0.531	0.152
14:1	g				
16:1	g	0.013	1	0.005	0.001
18:1	g	1.492	1	0.522	0.149
20:1	g	0.013	1	0.005	0.001
22:1	g				
Polyunsaturated, total	g	3.783	0	1.324	0.378
18:2	g	3.338	1	1.168	0.334
18:3	g	0.445	1	0.156	0.045
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	0.159	0	0.056	0.016
Threonine	g	0.503	0	0.176	0.050
Isoleucine	g	0.580	0	0.203	0.058
Leucine	g	0.938	0	0.328	0.094
Lysine	g	0.752	0	0.263	0.075
Methionine	g	0.138	0	0.048	0.014
Cystine	g	0.157	0	0.055	0.016
Phenylalanine	g	0.641	0	0.224	0.064
Tyrosine	g	0.477	0	0.167	0.048
Valine	g	0.620	0	0.217	0.062
Arginine	g	0.905	0	0.317	0.091
Histidine	g	0.348	0	0.122	0.035
Alanine	g	0.549	0	0.192	0.055
Aspartic acid	g	1.774	0	0.621	0.177
Glutamic acid	g	1.966	0	0.688	0.197
Glycine	g	0.503	0	0.176	0.050
Proline	g	0.674	0	0.236	0.067
Serine	g	0.651	0	0.228	0.065
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1/2 cup
 Measure 2: 10 sprouts

NDB No. 11452

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11453 Soybeans, mature seeds, sprouted, cooked, steamed

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 94g	Measure 2*	Measure 3*
Proximates:						
Water	g	79.45	3.802	3	74.68	
Energy	kcal	81		0	76	
Energy	kJ	339		0	319	
Protein (N x 5.95)	g	8.47	7.513	3	7.96	
Total lipid (fat)	g	4.45	0.956	3	4.18	
Carbohydrate, by difference	g	6.53		0	6.14	
Fiber, total dietary	g	0.8		0	0.8	
Ash	g	1.10	0.183	3	1.03	
Sugars, total	g					
Minerals:						
Calcium	mg	59	9.655	3	55	
Iron	mg	1.31	0.176	3	1.23	
Magnesium	mg	60	5.700	3	56	
Phosphorus	mg	135	28.726	3	127	
Potassium	mg	355	41.590	3	334	
Sodium	mg	10		1	9	
Zinc	mg	1.04	0.040	2	0.98	
Copper	mg	0.330	0.030	2	0.310	
Manganese	mg	0.710		1	0.667	
Selenium	µg	0.6		0	0.6	
Vitamins:						
Ascorbic acid	mg	8.3	0.672	2	7.8	
Thiamin	mg	0.205	0.007	2	0.193	
Riboflavin	mg	0.053	0.003	2	0.050	
Niacin	mg	1.092	0.209	2	1.026	
Pantothenic acid	mg	0.743	0.057	2	0.698	
Vitamin B-6	mg	0.105		1	0.099	
Folate	µg	80		1	75	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	11	2.263	2	10	
Vitamin A, RE	µg	1		0	1	
Vitamin E, α-TE	mg	0.010		0	0.009	
Lipids:						
Saturated, total	g	0.617		0	0.580	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.004		1	0.004	
15:0	g					
16:0	g	0.448		1	0.421	
17:0	g					
18:0	g	0.165		1	0.155	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.009	0	0.948
14:1	g			
16:1	g	0.009	1	0.008
18:1	g	0.991	1	0.932
20:1	g	0.009	1	0.008
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	2.513	0	2.362
18:2	g	2.217	1	2.084
18:3	g	0.296	1	0.278
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.103	0	0.097
Threonine	g	0.325	0	0.306
Isoleucine	g	0.375	0	0.353
Leucine	g	0.607	0	0.571
Lysine	g	0.486	0	0.457
Methionine	g	0.089	0	0.084
Cystine	g	0.102	0	0.096
Phenylalanine	g	0.415	0	0.390
Tyrosine	g	0.309	0	0.290
Valine	g	0.401	0	0.377
Arginine	g	0.585	0	0.550
Histidine	g	0.225	0	0.212
Alanine	g	0.355	0	0.334
Aspartic acid	g	1.148	0	1.079
Glutamic acid	g	1.272	0	1.196
Glycine	g	0.325	0	0.306
Proline	g	0.436	0	0.410
Serine	g	0.421	0	0.396
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11453

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11454 Soybeans, mature seeds, sprouted, cooked, stir-fried

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	67.20	1			
Energy	kcal	125	0			
Energy	kJ	523	0			
Protein (N x 5.95)	g	13.10	1			
Total lipid (fat)	g	7.10	1			
Carbohydrate, by difference	g	9.40	0			
Fiber, total dietary	g	0.8	0			
Ash	g	3.20	1			
Sugars, total	g					
Minerals:						
Calcium	mg	82	1			
Iron	mg	0.40	1			
Magnesium	mg	96	1			
Phosphorus	mg	216	1			
Potassium	mg	567	1			
Sodium	mg	14	1			
Zinc	mg	2.10	1			
Copper	mg	0.527	1			
Manganese	mg	1.133	1			
Selenium	µg	0.6	0			
Vitamins:						
Ascorbic acid	mg	12.0	1			
Thiamin	mg	0.420	1			
Riboflavin	mg	0.190	1			
Niacin	mg	1.100	1			
Pantothenic acid	mg	1.186	1			
Vitamin B-6	mg	0.168	1			
Folate	µg	127	1			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	17	1			
Vitamin A, RE	µg	2	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.985	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.007	1			
15:0	g					
16:0	g	0.714	1			
17:0	g					
18:0	g	0.264	1			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.609	0
14:1	g		
16:1	g	0.014	1
18:1	g	1.581	1
20:1	g	0.014	1
22:1	g		
Polyunsaturated, total	g	4.009	0
18:2	g	3.537	1
18:3	g	0.472	1
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.159	0
Threonine	g	0.503	0
Isoleucine	g	0.581	0
Leucine	g	0.939	0
Lysine	g	0.752	0
Methionine	g	0.138	0
Cystine	g	0.157	0
Phenylalanine	g	0.641	0
Tyrosine	g	0.478	0
Valine	g	0.620	0
Arginine	g	0.905	0
Histidine	g	0.348	0
Alanine	g	0.549	0
Aspartic acid	g	1.775	0
Glutamic acid	g	1.968	0
Glycine	g	0.503	0
Proline	g	0.675	0
Serine	g	0.652	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11454

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11457 Spinach, raw
Spinacia oleracea

Refuse: 28% Large stems and roots

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 30g	Measure 2* 340g	Measure 3* 10g	
Proximates:							
Water	g	91.58	0.268	18	27.47	311.37	9.16
Energy	kcal	22		0	7	75	2
Energy	kJ	92		0	28	313	9
Protein (N x 5.95)	g	2.86	0.112	9	0.86	9.72	0.29
Total lipid (fat)	g	0.35	0.043	9	0.11	1.19	0.04
Carbohydrate, by difference	g	3.50		0	1.05	11.90	0.35
Fiber, total dietary	g	2.7		0	0.8	9.2	0.3
Ash	g	1.72	0.035	8	0.52	5.85	0.17
Sugars, total	g						
Minerals:							
Calcium	mg	99	4.996	9	30	337	10
Iron	mg	2.71	0.522	10	0.81	9.21	0.27
Magnesium	mg	79	4.794	7	24	269	8
Phosphorus	mg	49	3.479	7	15	167	5
Potassium	mg	558	28.703	10	167	1897	56
Sodium	mg	79	10.835	10	24	269	8
Zinc	mg	0.53	0.039	7	0.16	1.80	0.05
Copper	mg	0.130	0.007	7	0.039	0.442	0.013
Manganese	mg	0.897	0.048	6	0.269	3.050	0.090
Selenium	µg	1.0	0.335	5	0.3	3.4	0.1
Vitamins:							
Ascorbic acid	mg	28.1	4.129	7	8.4	95.5	2.8
Thiamin	mg	0.078	0.008	9	0.023	0.265	0.008
Riboflavin	mg	0.189	0.008	9	0.057	0.643	0.019
Niacin	mg	0.724	0.032	9	0.217	2.462	0.072
Pantothenic acid	mg	0.065	0.008	6	0.020	0.221	0.007
Vitamin B-6	mg	0.195	0.008	6	0.059	0.663	0.020
Folate	µg	194	35.597	6	58	661	19
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	6715	206.879	9	2015	22831	672
Vitamin A, RE	µg	672	20.688	9	202	2285	67
Vitamin E, α-TE	mg	1.890		0	0.567	6.426	0.189
Lipids:							
Saturated, total	g	0.056		0	0.017	0.190	0.006
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.008		1	0.002	0.027	0.001
15:0	g						
16:0	g	0.041		1	0.012	0.139	0.004
17:0	g						
18:0	g	0.003		1	0.001	0.010	0.000
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.003	0.034	0.001
14:1	g					
16:1	g	0.004	1	0.001	0.014	0.000
18:1	g	0.004	1	0.001	0.014	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.146	0	0.044	0.496	0.015
18:2	g	0.022	1	0.007	0.075	0.002
18:3	g	0.115	1	0.035	0.391	0.012
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	9	0	3	31	1
Amino acids:						
Tryptophan	g	0.039	19	0.012	0.133	0.004
Threonine	g	0.122	19	0.037	0.415	0.012
Isoleucine	g	0.147	19	0.044	0.500	0.015
Leucine	g	0.223	19	0.067	0.758	0.022
Lysine	g	0.174	23	0.052	0.592	0.017
Methionine	g	0.053	23	0.016	0.180	0.005
Cystine	g	0.035	8	0.011	0.119	0.004
Phenylalanine	g	0.129	19	0.039	0.439	0.013
Tyrosine	g	0.108	8	0.032	0.367	0.011
Valine	g	0.161	19	0.048	0.547	0.016
Arginine	g	0.162	18	0.049	0.551	0.016
Histidine	g	0.064	18	0.019	0.218	0.006
Alanine	g	0.142	7	0.043	0.483	0.014
Aspartic acid	g	0.240	7	0.072	0.816	0.024
Glutamic acid	g	0.343	7	0.103	1.166	0.034
Glycine	g	0.134	7	0.040	0.456	0.013
Proline	g	0.112	6	0.034	0.381	0.011
Serine	g	0.104	7	0.031	0.354	0.010
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 bunch
 Measure 3: 1 leaf

NDB No. 11457

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11458 Spinach, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.21	0.222	19	164.18	
Energy	kcal	23		0	41	
Energy	kJ	96		0	173	
Protein (N x 5.95)	g	2.97	0.158	16	5.35	
Total lipid (fat)	g	0.26	0.045	16	0.47	
Carbohydrate, by difference	g	3.75		0	6.75	
Fiber, total dietary	g	2.4		0	4.3	
Ash	g	1.81	0.097	16	3.26	
Sugars, total	g					
Minerals:						
Calcium	mg	136	3.285	12	245	
Iron	mg	3.57	0.996	12	6.43	
Magnesium	mg	87	4.795	12	157	
Phosphorus	mg	56	2.198	12	101	
Potassium	mg	466	18.532	12	839	
Sodium	mg	70	4.351	8	126	
Zinc	mg	0.76	0.044	16	1.37	
Copper	mg	0.174	0.012	16	0.313	
Manganese	mg	0.935	0.061	15	1.683	
Selenium	µg	1.5	0.300	5	2.7	
Vitamins:						
Ascorbic acid	mg	9.8	1.545	12	17.6	
Thiamin	mg	0.095	0.004	12	0.171	
Riboflavin	mg	0.236	0.007	12	0.425	
Niacin	mg	0.490	0.032	12	0.882	
Pantothenic acid	mg	0.145	0.008	12	0.261	
Vitamin B-6	mg	0.242	0.006	12	0.436	
Folate	µg	146	13.229	3	262	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	8190	288.493	12	14742	
Vitamin A, RE	µg	819	28.849	12	1474	
Vitamin E, α-TE	mg	0.955		0	1.719	
Lipids:						
Saturated, total	g	0.042		0	0.076	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.006		0	0.011	
15:0	g					
16:0	g	0.031		0	0.056	
17:0	g					
18:0	g	0.003		0	0.005	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.013
14:1	g			
16:1	g	0.003	0	0.005
18:1	g	0.003	0	0.005
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.108	0	0.194
18:2	g	0.016	0	0.029
18:3	g	0.085	0	0.153
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.040	0	0.072
Threonine	g	0.127	0	0.229
Isoleucine	g	0.152	0	0.274
Leucine	g	0.231	0	0.416
Lysine	g	0.182	0	0.328
Methionine	g	0.055	0	0.099
Cystine	g	0.035	0	0.063
Phenylalanine	g	0.134	0	0.241
Tyrosine	g	0.113	0	0.203
Valine	g	0.168	0	0.302
Arginine	g	0.168	0	0.302
Histidine	g	0.066	0	0.119
Alanine	g	0.147	0	0.265
Aspartic acid	g	0.250	0	0.450
Glutamic acid	g	0.357	0	0.643
Glycine	g	0.140	0	0.252
Proline	g	0.116	0	0.209
Serine	g	0.107	0	0.193
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11458

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11459 Spinach, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 234g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.22	0.053	226	218.13	
Energy	kcal	19		0	44	
Energy	kJ	79		0	185	
Protein (N x 5.95)	g	2.11	0.025	139	4.94	
Total lipid (fat)	g	0.37	0.007	111	0.87	
Carbohydrate, by difference	g	2.92		0	6.83	
Fiber, total dietary	g	1.6		0	3.7	
Ash	g	1.38	0.012	161	3.23	
Sugars, total	g					
Minerals:						
Calcium	mg	83	1.761	272	194	
Iron	mg	1.58	0.037	235	3.70	
Magnesium	mg	56	0.962	193	131	
Phosphorus	mg	32	0.537	162	75	
Potassium	mg	230	7.376	105	538	
Sodium	mg	319	5.724	130	746	
Zinc	mg	0.42	0.022	47	0.98	
Copper	mg	0.116	0.008	47	0.271	
Manganese	mg	0.493		0	1.154	
Selenium	µg	1.2		0	2.8	
Vitamins:						
Ascorbic acid	mg	13.5	0.562	117	31.6	
Thiamin	mg	0.018	0.001	146	0.042	
Riboflavin	mg	0.106	0.001	269	0.248	
Niacin	mg	0.271	0.016	122	0.634	
Pantothenic acid	mg	0.038		0	0.089	
Vitamin B-6	mg	0.080		0	0.187	
Folate	µg	58	4.129	3	136	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	6432	80.531	252	15051	
Vitamin A, RE	µg	643	8.053	252	1505	
Vitamin E, α-TE	mg	1.072		0	2.508	
Lipids:						
Saturated, total	g	0.060		0	0.140	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.008		0	0.019	
15:0	g					
16:0	g	0.044		0	0.103	
17:0	g					
18:0	g	0.004		0	0.009	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.023
14:1	g			
16:1	g	0.005	0	0.012
18:1	g	0.005	0	0.012
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.155	0	0.363
18:2	g	0.023	0	0.054
18:3	g	0.122	0	0.285
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.028	0	0.066
Threonine	g	0.090	0	0.211
Isoleucine	g	0.108	0	0.253
Leucine	g	0.164	0	0.384
Lysine	g	0.129	0	0.302
Methionine	g	0.039	0	0.091
Cystine	g	0.025	0	0.059
Phenylalanine	g	0.095	0	0.222
Tyrosine	g	0.080	0	0.187
Valine	g	0.119	0	0.278
Arginine	g	0.119	0	0.278
Histidine	g	0.047	0	0.110
Alanine	g	0.104	0	0.243
Aspartic acid	g	0.177	0	0.414
Glutamic acid	g	0.253	0	0.592
Glycine	g	0.099	0	0.232
Proline	g	0.082	0	0.192
Serine	g	0.076	0	0.178
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11459

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11461 Spinach, canned, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 214g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.78	0.226	11	196.41	
Energy	kcal	23		0	49	
Energy	kJ	96		0	205	
Protein (N x 5.95)	g	2.81	0.093	11	6.01	
Total lipid (fat)	g	0.50	0.078	11	1.07	
Carbohydrate, by difference	g	3.40		0	7.28	
Fiber, total dietary	g	2.4		0	5.1	
Ash	g	1.51	0.052	11	3.23	
Sugars, total	g					
Minerals:						
Calcium	mg	127	4.487	6	272	
Iron	mg	2.30	0.291	12	4.92	
Magnesium	mg	76	3.113	6	163	
Phosphorus	mg	44	1.096	6	94	
Potassium	mg	346	13.831	6	740	
Sodium	mg	27	6.201	6	58	
Zinc	mg	0.46	0.043	11	0.98	
Copper	mg	0.180	0.029	11	0.385	
Manganese	mg	0.597	0.067	10	1.278	
Selenium	µg	1.4		0	3.0	
Vitamins:						
Ascorbic acid	mg	14.3	1.251	6	30.6	
Thiamin	mg	0.016	0.000	6	0.034	
Riboflavin	mg	0.138	0.003	6	0.295	
Niacin	mg	0.388	0.014	6	0.830	
Pantothenic acid	mg	0.047	0.002	6	0.101	
Vitamin B-6	mg	0.100	0.006	6	0.214	
Folate	µg	98		0	209	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	8776	315.652	6	18781	
Vitamin A, RE	µg	878	31.565	6	1879	
Vitamin E, α-TE	mg	1.300		0	2.782	
Lipids:						
Saturated, total	g	0.081		0	0.173	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.011		0	0.024	
15:0	g					
16:0	g	0.059		0	0.126	
17:0	g					
18:0	g	0.005		0	0.011	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.014	0	0.030
14:1	g			
16:1	g	0.006	0	0.013
18:1	g	0.006	0	0.013
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.209	0	0.447
18:2	g	0.031	0	0.066
18:3	g	0.165	0	0.353
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.038	0	0.081
Threonine	g	0.120	0	0.257
Isoleucine	g	0.144	0	0.308
Leucine	g	0.219	0	0.469
Lysine	g	0.172	0	0.368
Methionine	g	0.052	0	0.111
Cystine	g	0.034	0	0.073
Phenylalanine	g	0.127	0	0.272
Tyrosine	g	0.106	0	0.227
Valine	g	0.158	0	0.338
Arginine	g	0.159	0	0.340
Histidine	g	0.062	0	0.133
Alanine	g	0.139	0	0.297
Aspartic acid	g	0.236	0	0.505
Glutamic acid	g	0.338	0	0.723
Glycine	g	0.132	0	0.282
Proline	g	0.110	0	0.235
Serine	g	0.102	0	0.218
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11461

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11463 Spinach, frozen, chopped or leaf, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 284g	Measure 3*
Proximates:						
Water	g	91.64	0.139	70	142.96	260.26
Energy	kcal	24		0	37	68
Energy	kJ	100		0	156	284
Protein (N x 5.95)	g	2.92	0.046	67	4.56	8.29
Total lipid (fat)	g	0.31	0.024	67	0.48	0.88
Carbohydrate, by difference	g	4.00		0	6.24	11.36
Fiber, total dietary	g	3.0		0	4.7	8.5
Ash	g	1.13	0.023	64	1.76	3.21
Sugars, total	g					
Minerals:						
Calcium	mg	111	4.030	67	173	315
Iron	mg	2.05	0.149	64	3.20	5.82
Magnesium	mg	58	3.845	27	90	165
Phosphorus	mg	41	1.350	32	64	116
Potassium	mg	323	18.301	24	504	917
Sodium	mg	74	8.386	25	115	210
Zinc	mg	0.44	0.048	22	0.69	1.25
Copper	mg	0.098	0.008	24	0.153	0.278
Manganese	mg	0.747	0.068	22	1.165	2.121
Selenium	µg	1.4		0	2.2	4.0
Vitamins:						
Ascorbic acid	mg	24.3	1.392	49	37.9	69.0
Thiamin	mg	0.084	0.004	67	0.131	0.239
Riboflavin	mg	0.153	0.006	67	0.239	0.435
Niacin	mg	0.438	0.015	67	0.683	1.244
Pantothenic acid	mg	0.085	0.008	5	0.133	0.241
Vitamin B-6	mg	0.140	0.010	21	0.218	0.398
Folate	µg	120	14.153	11	187	340
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	7758	143.372	67	12102	22033
Vitamin A, RE	µg	776	14.337	67	1211	2204
Vitamin E, α-TE	mg	0.955		0	1.490	2.712
Lipids:						
Saturated, total	g	0.051		0	0.080	0.145
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.007		0	0.011	0.020
15:0	g					
16:0	g	0.037		0	0.058	0.105
17:0	g					
18:0	g	0.003		0	0.005	0.009
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.009	0	0.014	0.026
14:1	g				
16:1	g	0.004	0	0.006	0.011
18:1	g	0.004	0	0.006	0.011
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.131	0	0.204	0.372
18:2	g	0.020	0	0.031	0.057
18:3	g	0.103	0	0.161	0.293
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.039	0	0.061	0.111
Threonine	g	0.125	0	0.195	0.355
Isoleucine	g	0.149	0	0.232	0.423
Leucine	g	0.227	0	0.354	0.645
Lysine	g	0.178	0	0.278	0.506
Methionine	g	0.054	0	0.084	0.153
Cystine	g	0.035	0	0.055	0.099
Phenylalanine	g	0.132	0	0.206	0.375
Tyrosine	g	0.110	0	0.172	0.312
Valine	g	0.164	0	0.256	0.466
Arginine	g	0.165	0	0.257	0.469
Histidine	g	0.064	0	0.100	0.182
Alanine	g	0.144	0	0.225	0.409
Aspartic acid	g	0.245	0	0.382	0.696
Glutamic acid	g	0.350	0	0.546	0.994
Glycine	g	0.137	0	0.214	0.389
Proline	g	0.114	0	0.178	0.324
Serine	g	0.106	0	0.165	0.301
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 package (10 oz)

NDB No. 11463

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 220g	Measure 2* 95g	Measure 3*
Proximates:						
Water	g	89.98	0.535	13	197.96	85.48
Energy	kcal	28		0	62	27
Energy	kJ	117		0	257	111
Protein (N x 5.95)	g	3.14	0.102	10	6.91	2.98
Total lipid (fat)	g	0.21	0.033	10	0.46	0.20
Carbohydrate, by difference	g	5.34		0	11.75	5.07
Fiber, total dietary	g	3.0		0	6.6	2.9
Ash	g	1.33	0.106	10	2.93	1.26
Sugars, total	g					
Minerals:						
Calcium	mg	146	12.640	9	321	139
Iron	mg	1.52	0.132	10	3.34	1.44
Magnesium	mg	69	4.731	9	152	66
Phosphorus	mg	48	2.635	9	106	46
Potassium	mg	298	19.626	9	656	283
Sodium	mg	86	12.169	15	189	82
Zinc	mg	0.70	0.090	10	1.54	0.67
Copper	mg	0.141	0.014	10	0.310	0.134
Manganese	mg	0.942	0.064	10	2.072	0.895
Selenium	µg	1.7		0	3.7	1.6
Vitamins:						
Ascorbic acid	mg	12.3	2.330	9	27.1	11.7
Thiamin	mg	0.060	0.009	14	0.132	0.057
Riboflavin	mg	0.168	0.017	14	0.370	0.160
Niacin	mg	0.419	0.050	9	0.922	0.398
Pantothenic acid	mg	0.083	0.007	3	0.183	0.079
Vitamin B-6	mg	0.146	0.015	14	0.321	0.139
Folate	µg	108	11.309	6	237	102
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	7784	255.516	9	17125	7395
Vitamin A, RE	µg	778	25.552	9	1712	739
Vitamin E, α-TE	mg	0.955		0	2.101	0.907
Lipids:						
Saturated, total	g	0.033		0	0.073	0.031
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.005		0	0.011	0.005
15:0	g					
16:0	g	0.024		0	0.053	0.023
17:0	g					
18:0	g	0.002		0	0.004	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.006	0	0.013	0.006
14:1	g				
16:1	g	0.003	0	0.007	0.003
18:1	g	0.003	0	0.007	0.003
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.086	0	0.189	0.082
18:2	g	0.013	0	0.029	0.012
18:3	g	0.068	0	0.150	0.065
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.042	0	0.092	0.040
Threonine	g	0.134	0	0.295	0.127
Isoleucine	g	0.160	0	0.352	0.152
Leucine	g	0.244	0	0.537	0.232
Lysine	g	0.192	0	0.422	0.182
Methionine	g	0.058	0	0.128	0.055
Cystine	g	0.038	0	0.084	0.036
Phenylalanine	g	0.142	0	0.312	0.135
Tyrosine	g	0.119	0	0.262	0.113
Valine	g	0.177	0	0.389	0.168
Arginine	g	0.178	0	0.392	0.169
Histidine	g	0.069	0	0.152	0.066
Alanine	g	0.155	0	0.341	0.147
Aspartic acid	g	0.264	0	0.581	0.251
Glutamic acid	g	0.377	0	0.829	0.358
Glycine	g	0.147	0	0.323	0.140
Proline	g	0.123	0	0.271	0.117
Serine	g	0.114	0	0.251	0.108
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11464

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11467 Squash, summer, crookneck and straightneck, raw
Cucurbita spp.

Refuse: 1% Ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 130g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	94.20	0.334	8	122.46	
Energy	kcal	19		0	25	
Energy	kJ	79		0	103	
Protein (N x 5.95)	g	0.94	0.099	8	1.22	
Total lipid (fat)	g	0.24	0.049	8	0.31	
Carbohydrate, by difference	g	4.04		0	5.25	
Fiber, total dietary	g	1.9		0	2.5	
Ash	g	0.58	0.027	6	0.75	
Sugars, total	g					
Minerals:						
Calcium	mg	21	1.497	8	27	
Iron	mg	0.48	0.034	8	0.62	
Magnesium	mg	21	0.951	8	27	
Phosphorus	mg	32	1.299	8	42	
Potassium	mg	212	10.179	8	276	
Sodium	mg	2	0.389	8	3	
Zinc	mg	0.29	0.022	6	0.38	
Copper	mg	0.102	0.006	6	0.133	
Manganese	mg	0.157	0.013	6	0.204	
Selenium	µg	0.2		0	0.3	
Vitamins:						
Ascorbic acid	mg	8.4	2.219	8	10.9	
Thiamin	mg	0.052	0.004	8	0.068	
Riboflavin	mg	0.043	0.003	8	0.056	
Niacin	mg	0.454	0.037	8	0.590	
Pantothenic acid	mg	0.102	0.015	6	0.133	
Vitamin B-6	mg	0.109	0.007	6	0.142	
Folate	µg	23	1.499	6	30	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	338	54.669	8	439	
Vitamin A, RE	µg	34	5.467	8	44	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.049		0	0.064	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001		0	0.001	
14:0	g	0.001		0	0.001	
15:0	g					
16:0	g	0.043		0	0.056	
17:0	g					
18:0	g	0.005		0	0.007	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.018	0	0.023
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.017	0	0.022
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.100	0	0.130
18:2	g	0.038	0	0.049
18:3	g	0.062	0	0.081
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	0.008	0	0.010
Threonine	g	0.023	0	0.030
Isoleucine	g	0.034	0	0.044
Leucine	g	0.055	0	0.072
Lysine	g	0.052	0	0.068
Methionine	g	0.014	0	0.018
Cystine	g	0.010	0	0.013
Phenylalanine	g	0.033	0	0.043
Tyrosine	g	0.025	0	0.033
Valine	g	0.042	0	0.055
Arginine	g	0.040	0	0.052
Histidine	g	0.020	0	0.026
Alanine	g	0.049	0	0.064
Aspartic acid	g	0.115	0	0.150
Glutamic acid	g	0.101	0	0.131
Glycine	g	0.035	0	0.046
Proline	g	0.029	0	0.038
Serine	g	0.038	0	0.049
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced

NDB No. 11467

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2* 90g	Measure 3*
Proximates:						
Water	g	93.70	0.122	6	168.66	84.33
Energy	kcal	20		0	36	18
Energy	kJ	84		0	151	76
Protein (N x 5.95)	g	0.91	0.075	6	1.64	0.82
Total lipid (fat)	g	0.31	0.022	6	0.56	0.28
Carbohydrate, by difference	g	4.31		0	7.76	3.88
Fiber, total dietary	g	1.4		0	2.5	1.3
Ash	g	0.77	0.024	6	1.39	0.69
Sugars, total	g					
Minerals:						
Calcium	mg	27	1.248	6	49	24
Iron	mg	0.36	0.036	6	0.65	0.32
Magnesium	mg	24	0.500	6	43	22
Phosphorus	mg	39	1.908	6	70	35
Potassium	mg	192	5.618	6	346	173
Sodium	mg	1	0.335	6	2	1
Zinc	mg	0.39	0.012	6	0.70	0.35
Copper	mg	0.103	0.006	6	0.185	0.093
Manganese	mg	0.213	0.011	6	0.383	0.192
Selenium	µg	0.2		0	0.4	0.2
Vitamins:						
Ascorbic acid	mg	5.5	0.775	6	9.9	5.0
Thiamin	mg	0.049	0.002	6	0.088	0.044
Riboflavin	mg	0.049	0.003	6	0.088	0.044
Niacin	mg	0.513	0.044	6	0.923	0.462
Pantothenic acid	mg	0.137	0.003	6	0.247	0.123
Vitamin B-6	mg	0.094	0.006	6	0.169	0.085
Folate	µg	20	3.726	3	36	18
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	287	39.996	6	517	258
Vitamin A, RE	µg	29	4.000	6	52	26
Vitamin E, α-TE	mg	0.120		0	0.216	0.108
Lipids:						
Saturated, total	g	0.064		0	0.115	0.058
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.001		0	0.002	0.001
14:0	g	0.001		0	0.002	0.001
15:0	g					
16:0	g	0.056		0	0.101	0.050
17:0	g					
18:0	g	0.006		0	0.011	0.005
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.023	0	0.041	0.021
14:1	g				
16:1	g	0.001	0	0.002	0.001
18:1	g	0.021	0	0.038	0.019
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.131	0	0.236	0.118
18:2	g	0.049	0	0.088	0.044
18:3	g	0.082	0	0.148	0.074
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.008	0	0.014	0.007
Threonine	g	0.022	0	0.040	0.020
Isoleucine	g	0.033	0	0.059	0.030
Leucine	g	0.053	0	0.095	0.048
Lysine	g	0.050	0	0.090	0.045
Methionine	g	0.013	0	0.023	0.012
Cystine	g	0.010	0	0.018	0.009
Phenylalanine	g	0.032	0	0.058	0.029
Tyrosine	g	0.024	0	0.043	0.022
Valine	g	0.041	0	0.074	0.037
Arginine	g	0.038	0	0.068	0.034
Histidine	g	0.020	0	0.036	0.018
Alanine	g	0.048	0	0.086	0.043
Aspartic acid	g	0.111	0	0.200	0.100
Glutamic acid	g	0.097	0	0.175	0.087
Glycine	g	0.034	0	0.061	0.031
Proline	g	0.028	0	0.050	0.025
Serine	g	0.037	0	0.067	0.033
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, sliced
- Measure 2: 1/2 cup slices

NDB No. 11468

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11471 Squash, summer, crookneck and straightneck, canned, drained, solid, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 210g	Measure 2* 240g	Measure 3* 216g	
Proximates:							
Water	g	96.04	0.041	6	201.68	230.50	207.45
Energy	kcal	13		0	27	31	28
Energy	kJ	54		0	113	130	117
Protein (N x 5.95)	g	0.61	0.031	6	1.28	1.46	1.32
Total lipid (fat)	g	0.07	0.004	6	0.15	0.17	0.15
Carbohydrate, by difference	g	2.96		0	6.22	7.10	6.39
Fiber, total dietary	g	1.4		0	2.9	3.4	3.0
Ash	g	0.32	0.011	6	0.67	0.77	0.69
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.143	6	25	29	26
Iron	mg	0.71	0.032	6	1.49	1.70	1.53
Magnesium	mg	13	0.417	6	27	31	28
Phosphorus	mg	21	0.757	6	44	50	45
Potassium	mg	96	5.241	6	202	230	207
Sodium	mg	5	0.151	6	11	12	11
Zinc	mg	0.29	0.007	6	0.61	0.70	0.63
Copper	mg	0.080	0.006	6	0.168	0.192	0.173
Manganese	mg	0.097	0.004	6	0.204	0.233	0.210
Selenium	µg	0.2		0	0.4	0.5	0.4
Vitamins:							
Ascorbic acid	mg	2.7	0.242	6	5.7	6.5	5.8
Thiamin	mg	0.016	0.000	6	0.034	0.038	0.035
Riboflavin	mg	0.027	0.000	6	0.057	0.065	0.058
Niacin	mg	0.418	0.025	6	0.878	1.003	0.903
Pantothenic acid	mg	0.048	0.001	6	0.101	0.115	0.104
Vitamin B-6	mg	0.042	0.001	6	0.088	0.101	0.091
Folate	µg	10	0.698	6	22	25	22
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	121	4.972	6	254	290	261
Vitamin A, RE	µg	12	0.497	6	25	29	26
Vitamin E, α-TE	mg	0.120		0	0.252	0.288	0.259
Lipids:							
Saturated, total	g	0.015		0	0.032	0.036	0.032
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.013		0	0.027	0.031	0.028
17:0	g						
18:0	g	0.001		0	0.002	0.002	0.002
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.011	0.012	0.011
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.005	0	0.011	0.012	0.011
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.031	0	0.065	0.074	0.067
18:2	g	0.011	0	0.023	0.026	0.024
18:3	g	0.019	0	0.040	0.046	0.041
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.005	0	0.011	0.012	0.011
Threonine	g	0.015	0	0.032	0.036	0.032
Isoleucine	g	0.022	0	0.046	0.053	0.048
Leucine	g	0.036	0	0.076	0.086	0.078
Lysine	g	0.034	0	0.071	0.082	0.073
Methionine	g	0.009	0	0.019	0.022	0.019
Cystine	g	0.006	0	0.013	0.014	0.013
Phenylalanine	g	0.022	0	0.046	0.053	0.048
Tyrosine	g	0.016	0	0.034	0.038	0.035
Valine	g	0.028	0	0.059	0.067	0.060
Arginine	g	0.026	0	0.055	0.062	0.056
Histidine	g	0.013	0	0.027	0.031	0.028
Alanine	g	0.032	0	0.067	0.077	0.069
Aspartic acid	g	0.075	0	0.158	0.180	0.162
Glutamic acid	g	0.066	0	0.139	0.158	0.143
Glycine	g	0.023	0	0.048	0.055	0.050
Proline	g	0.019	0	0.040	0.046	0.041
Serine	g	0.025	0	0.053	0.060	0.054
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, diced
- Measure 2: 1 cup, mashed
- Measure 3: 1 cup, slices

NDB No. 11471

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11473 Squash, summer, crookneck and straightneck, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 130g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.66	0.049	6	121.76	
Energy	kcal	20		0	26	
Energy	kJ	84		0	109	
Protein (N x 5.95)	g	0.83	0.059	6	1.08	
Total lipid (fat)	g	0.14	0.028	6	0.18	
Carbohydrate, by difference	g	4.80		0	6.24	
Fiber, total dietary	g	1.2		0	1.6	
Ash	g	0.58	0.006	6	0.75	
Sugars, total	g					
Minerals:						
Calcium	mg	18	0.232	6	23	
Iron	mg	0.48	0.038	6	0.62	
Magnesium	mg	23	0.520	6	30	
Phosphorus	mg	35	0.200	6	46	
Potassium	mg	209	11.584	6	272	
Sodium	mg	5	0.398	6	7	
Zinc	mg	0.37	0.003	6	0.48	
Copper	mg	0.085	0.002	6	0.111	
Manganese	mg	0.162	0.003	6	0.211	
Selenium	µg	0.2		0	0.3	
Vitamins:						
Ascorbic acid	mg	6.4		0	8.3	
Thiamin	mg	0.040	0.004	6	0.052	
Riboflavin	mg	0.048	0.001	6	0.062	
Niacin	mg	0.400	0.013	6	0.520	
Pantothenic acid	mg	0.088	0.008	6	0.114	
Vitamin B-6	mg	0.088	0.004	6	0.114	
Folate	µg	12	1.043	6	15	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	279	11.655	6	363	
Vitamin A, RE	µg	28	1.166	6	36	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.029		0	0.038	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001		0	0.001	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.025		0	0.033	
17:0	g					
18:0	g	0.003		0	0.004	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.011	0	0.014
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.010	0	0.013
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.060	0	0.078
18:2	g	0.022	0	0.029
18:3	g	0.037	0	0.048
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	0.007	0	0.009
Threonine	g	0.020	0	0.026
Isoleucine	g	0.030	0	0.039
Leucine	g	0.048	0	0.062
Lysine	g	0.046	0	0.060
Methionine	g	0.012	0	0.016
Cystine	g	0.009	0	0.012
Phenylalanine	g	0.029	0	0.038
Tyrosine	g	0.022	0	0.029
Valine	g	0.037	0	0.048
Arginine	g	0.035	0	0.046
Histidine	g	0.018	0	0.023
Alanine	g	0.043	0	0.056
Aspartic acid	g	0.101	0	0.131
Glutamic acid	g	0.089	0	0.116
Glycine	g	0.031	0	0.040
Proline	g	0.026	0	0.034
Serine	g	0.034	0	0.044
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 11473

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11474 Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 192g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	92.24	0.062	6	177.10	
Energy	kcal	25		0	48	
Energy	kJ	105		0	202	
Protein (N x 5.95)	g	1.28	0.031	6	2.46	
Total lipid (fat)	g	0.20	0.014	6	0.38	
Carbohydrate, by difference	g	5.54		0	10.64	
Fiber, total dietary	g	1.4		0	2.7	
Ash	g	0.74	0.006	6	1.42	
Sugars, total	g					
Minerals:						
Calcium	mg	20	1.221	6	38	
Iron	mg	0.52	0.025	6	1.00	
Magnesium	mg	27	0.590	6	52	
Phosphorus	mg	41	1.026	6	79	
Potassium	mg	253	6.386	6	486	
Sodium	mg	6	0.314	6	12	
Zinc	mg	0.34	0.009	6	0.65	
Copper	mg	0.073	0.010	6	0.140	
Manganese	mg	0.263	0.021	6	0.505	
Selenium	µg	0.3		0	0.6	
Vitamins:						
Ascorbic acid	mg	6.8		0	13.1	
Thiamin	mg	0.036	0.002	6	0.069	
Riboflavin	mg	0.047	0.001	6	0.090	
Niacin	mg	0.440	0.027	6	0.845	
Pantothenic acid	mg	0.102	0.006	6	0.196	
Vitamin B-6	mg	0.099	0.004	6	0.190	
Folate	µg	13	1.079	6	24	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	195	6.926	6	374	
Vitamin A, RE	µg	20	0.693	6	38	
Vitamin E, α-TE	mg	0.280		0	0.538	
Lipids:						
Saturated, total	g	0.040		0	0.077	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.001		0	0.002	
14:0	g	0.001		0	0.002	
15:0	g					
16:0	g	0.035		0	0.067	
17:0	g					
18:0	g	0.004		0	0.008	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.015	0	0.029
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.014	0	0.027
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.082	0	0.157
18:2	g	0.031	0	0.060
18:3	g	0.051	0	0.098
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.011	0	0.021
Threonine	g	0.031	0	0.060
Isoleucine	g	0.046	0	0.088
Leucine	g	0.075	0	0.144
Lysine	g	0.071	0	0.136
Methionine	g	0.018	0	0.035
Cystine	g	0.014	0	0.027
Phenylalanine	g	0.045	0	0.086
Tyrosine	g	0.034	0	0.065
Valine	g	0.058	0	0.111
Arginine	g	0.054	0	0.104
Histidine	g	0.028	0	0.054
Alanine	g	0.067	0	0.129
Aspartic acid	g	0.157	0	0.301
Glutamic acid	g	0.138	0	0.265
Glycine	g	0.048	0	0.092
Proline	g	0.040	0	0.077
Serine	g	0.052	0	0.100
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup, slices

NDB No. 11474

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11475 Squash, summer, scallop, raw
Cucurbita spp.

Refuse: 2% Stem ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 130g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	94.18	0.321	10	122.43	
Energy	kcal	18		0	23	
Energy	kJ	75		0	98	
Protein (N x 5.95)	g	1.20		1	1.56	
Total lipid (fat)	g	0.20		1	0.26	
Carbohydrate, by difference	g	3.84		0	4.99	
Fiber, total dietary	g					
Ash	g	0.58		0	0.75	
Sugars, total	g					
Minerals:						
Calcium	mg	19		1	25	
Iron	mg	0.40		1	0.52	
Magnesium	mg	23		1	30	
Phosphorus	mg	36		1	47	
Potassium	mg	182	14.829	7	237	
Sodium	mg	1	0.302	7	1	
Zinc	mg	0.29		0	0.38	
Copper	mg	0.102		0	0.133	
Manganese	mg	0.157		0	0.204	
Selenium	µg	0.2		0	0.3	
Vitamins:						
Ascorbic acid	mg	18.0		1	23.4	
Thiamin	mg	0.070		1	0.091	
Riboflavin	mg	0.030		1	0.039	
Niacin	mg	0.600		1	0.780	
Pantothenic acid	mg	0.102		0	0.133	
Vitamin B-6	mg	0.109		0	0.142	
Folate	µg	30	10.208	3	39	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	110		1	143	
Vitamin A, RE	µg	11		1	14	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.041		0	0.053	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001		0	0.001	
14:0	g	0.001		0	0.001	
15:0	g					
16:0	g	0.036		0	0.047	
17:0	g					
18:0	g	0.004		0	0.005	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.015	0	0.020
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.014	0	0.018
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.084	0	0.109
18:2	g	0.031	0	0.040
18:3	g	0.052	0	0.068
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	0.011	0	0.014
Threonine	g	0.029	0	0.038
Isoleucine	g	0.043	0	0.056
Leucine	g	0.070	0	0.091
Lysine	g	0.067	0	0.087
Methionine	g	0.017	0	0.022
Cystine	g	0.013	0	0.017
Phenylalanine	g	0.042	0	0.055
Tyrosine	g	0.032	0	0.042
Valine	g	0.054	0	0.070
Arginine	g	0.051	0	0.066
Histidine	g	0.026	0	0.034
Alanine	g	0.063	0	0.082
Aspartic acid	g	0.147	0	0.191
Glutamic acid	g	0.129	0	0.168
Glycine	g	0.045	0	0.059
Proline	g	0.038	0	0.049
Serine	g	0.049	0	0.064
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup, slices

NDB No. 11475

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11476 Squash, summer, scallop, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 180g	Measure 3*
Proximates:						
Water	g	95.00	0	228.00	171.00	
Energy	kcal	16	0	38	29	
Energy	kJ	67	0	161	121	
Protein (N x 5.95)	g	1.03	0	2.47	1.85	
Total lipid (fat)	g	0.17	0	0.41	0.31	
Carbohydrate, by difference	g	3.30	0	7.92	5.94	
Fiber, total dietary	g	1.9	0	4.6	3.4	
Ash	g	0.50	0	1.20	0.90	
Sugars, total	g					
Minerals:						
Calcium	mg	15	0	36	27	
Iron	mg	0.33	0	0.79	0.59	
Magnesium	mg	19	0	46	34	
Phosphorus	mg	28	0	67	50	
Potassium	mg	140	0	336	252	
Sodium	mg	1	0	2	2	
Zinc	mg	0.24	0	0.58	0.43	
Copper	mg	0.083	0	0.199	0.149	
Manganese	mg	0.128	0	0.307	0.230	
Selenium	µg	0.2	0	0.5	0.4	
Vitamins:						
Ascorbic acid	mg	10.8	0	25.9	19.4	
Thiamin	mg	0.051	0	0.122	0.092	
Riboflavin	mg	0.025	0	0.060	0.045	
Niacin	mg	0.464	0	1.114	0.835	
Pantothenic acid	mg	0.079	0	0.190	0.142	
Vitamin B-6	mg	0.085	0	0.204	0.153	
Folate	µg	21	0	50	37	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	85	0	204	153	
Vitamin A, RE	µg	9	0	22	16	
Vitamin E, α-TE	mg	0.120	0	0.288	0.216	
Lipids:						
Saturated, total	g	0.035	0	0.084	0.063	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.001	0	0.002	0.002	
14:0	g	0.001	0	0.002	0.002	
15:0	g					
16:0	g	0.031	0	0.074	0.056	
17:0	g					
18:0	g	0.003	0	0.007	0.005	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.031	0.023
14:1	g				
16:1	g	0.001	0	0.002	0.002
18:1	g	0.012	0	0.029	0.022
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.072	0	0.173	0.130
18:2	g	0.027	0	0.065	0.049
18:3	g	0.045	0	0.108	0.081
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.009	0	0.022	0.016
Threonine	g	0.025	0	0.060	0.045
Isoleucine	g	0.037	0	0.089	0.067
Leucine	g	0.061	0	0.146	0.110
Lysine	g	0.057	0	0.137	0.103
Methionine	g	0.015	0	0.036	0.027
Cystine	g	0.011	0	0.026	0.020
Phenylalanine	g	0.036	0	0.086	0.065
Tyrosine	g	0.028	0	0.067	0.050
Valine	g	0.047	0	0.113	0.085
Arginine	g	0.044	0	0.106	0.079
Histidine	g	0.022	0	0.053	0.040
Alanine	g	0.054	0	0.130	0.097
Aspartic acid	g	0.126	0	0.302	0.227
Glutamic acid	g	0.111	0	0.266	0.200
Glycine	g	0.039	0	0.094	0.070
Proline	g	0.032	0	0.077	0.058
Serine	g	0.042	0	0.101	0.076
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, mashed
- Measure 2: 1 cup, sliced

NDB No. 11476

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11477 Squash, summer, zucchini, includes skin, raw
Cucurbita spp.

Refuse: 5% Ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 124g	Measure 2 [*] 113g	Measure 3 [*] 323g	
Proximates:							
Water	g	95.28	0.327	10	118.15	107.67	307.75
Energy	kcal	14		0	17	16	45
Energy	kJ	59		0	73	67	191
Protein (N x 5.95)	g	1.16	0.096	6	1.44	1.31	3.75
Total lipid (fat)	g	0.14	0.027	6	0.17	0.16	0.45
Carbohydrate, by difference	g	2.90		0	3.60	3.28	9.37
Fiber, total dietary	g	1.2		0	1.5	1.4	3.9
Ash	g	0.52	0.046	5	0.64	0.59	1.68
Sugars, total	g						
Minerals:							
Calcium	mg	15		1	19	17	48
Iron	mg	0.42	0.044	6	0.52	0.47	1.36
Magnesium	mg	22	0.900	2	27	25	71
Phosphorus	mg	32		1	40	36	103
Potassium	mg	248	27.800	2	308	280	801
Sodium	mg	3	0.400	2	4	3	10
Zinc	mg	0.20	0.018	6	0.25	0.23	0.65
Copper	mg	0.057	0.009	6	0.071	0.064	0.184
Manganese	mg	0.127		0	0.157	0.144	0.410
Selenium	µg	0.2		0	0.2	0.2	0.6
Vitamins:							
Ascorbic acid	mg	9.0		1	11.2	10.2	29.1
Thiamin	mg	0.070		1	0.087	0.079	0.226
Riboflavin	mg	0.030		1	0.037	0.034	0.097
Niacin	mg	0.400		1	0.496	0.452	1.292
Pantothenic acid	mg	0.083		0	0.103	0.094	0.268
Vitamin B-6	mg	0.089		0	0.110	0.101	0.287
Folate	µg	22	1.857	3	27	25	71
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	340		1	422	384	1098
Vitamin A, RE	µg	34		1	42	38	110
Vitamin E, α-TE	mg	0.120		0	0.149	0.136	0.388
Lipids:							
Saturated, total	g	0.029		0	0.036	0.033	0.094
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.001	0.001	0.003
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.025		0	0.031	0.028	0.081
17:0	g						
18:0	g	0.003		0	0.004	0.003	0.010
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.014	0.012	0.036
14:1	g					
16:1	g	0.001	0	0.001	0.001	0.003
18:1	g	0.010	0	0.012	0.011	0.032
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.060	0	0.074	0.068	0.194
18:2	g	0.022	0	0.027	0.025	0.071
18:3	g	0.037	0	0.046	0.042	0.120
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.010	0	0.012	0.011	0.032
Threonine	g	0.028	0	0.035	0.032	0.090
Isoleucine	g	0.042	0	0.052	0.047	0.136
Leucine	g	0.068	0	0.084	0.077	0.220
Lysine	g	0.064	0	0.079	0.072	0.207
Methionine	g	0.017	0	0.021	0.019	0.055
Cystine	g	0.012	0	0.015	0.014	0.039
Phenylalanine	g	0.041	0	0.051	0.046	0.132
Tyrosine	g	0.031	0	0.038	0.035	0.100
Valine	g	0.052	0	0.064	0.059	0.168
Arginine	g	0.049	0	0.061	0.055	0.158
Histidine	g	0.025	0	0.031	0.028	0.081
Alanine	g	0.061	0	0.076	0.069	0.197
Aspartic acid	g	0.141	0	0.175	0.159	0.455
Glutamic acid	g	0.124	0	0.154	0.140	0.401
Glycine	g	0.044	0	0.055	0.050	0.142
Proline	g	0.036	0	0.045	0.041	0.116
Serine	g	0.047	0	0.058	0.053	0.152
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 cup, chopped
 Measure 2: 1 cup, sliced
 Measure 3: 1 large

NDB No. 11477

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11478 Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2* 120g	Measure 3*
Proximates:						
Water	g	94.74	1	170.53	113.69	
Energy	kcal	16	0	29	19	
Energy	kJ	67	0	121	80	
Protein (N x 5.95)	g	0.64	1	1.15	0.77	
Total lipid (fat)	g	0.05	1	0.09	0.06	
Carbohydrate, by difference	g	3.93	0	7.07	4.72	
Fiber, total dietary	g	1.4	0	2.5	1.7	
Ash	g	0.64	1	1.15	0.77	
Sugars, total	g					
Minerals:						
Calcium	mg	13	1	23	16	
Iron	mg	0.35	1	0.63	0.42	
Magnesium	mg	22	1	40	26	
Phosphorus	mg	40	1	72	48	
Potassium	mg	253	1	455	304	
Sodium	mg	3	1	5	4	
Zinc	mg	0.18	1	0.32	0.22	
Copper	mg	0.086	0	0.155	0.103	
Manganese	mg	0.178	0	0.320	0.214	
Selenium	µg	0.2	0	0.4	0.2	
Vitamins:						
Ascorbic acid	mg	4.6	0	8.3	5.5	
Thiamin	mg	0.041	0	0.074	0.049	
Riboflavin	mg	0.041	0	0.074	0.049	
Niacin	mg	0.428	0	0.770	0.514	
Pantothenic acid	mg	0.114	0	0.205	0.137	
Vitamin B-6	mg	0.078	0	0.140	0.094	
Folate	µg	17	0	30	20	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	240	0	432	288	
Vitamin A, RE	µg	24	0	43	29	
Vitamin E, α-TE	mg	0.120	0	0.216	0.144	
Lipids:						
Saturated, total	g	0.010	0	0.018	0.012	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.009	0	0.016	0.011	
17:0	g					
18:0	g	0.001	0	0.002	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	ug	0.004	0	0.007	0.005
14:1	ug				
16:1	ug	0.000	0	0.000	0.000
18:1	ug	0.004	0	0.007	0.005
20:1	ug	0.000	0	0.000	0.000
22:1	ug	0.000	0	0.000	0.000
Polyunsaturated, total	ug	0.021	0	0.038	0.025
18:2	ug	0.008	0	0.014	0.010
18:3	ug	0.013	0	0.023	0.016
18:4	ug	0.000	0	0.000	0.000
20:4	ug	0.000	0	0.000	0.000
20:5	ug	0.000	0	0.000	0.000
22:5	ug	0.000	0	0.000	0.000
22:6	ug	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	ug	0.006	0	0.011	0.007
Threonine	ug	0.015	0	0.027	0.018
Isoleucine	ug	0.023	0	0.041	0.028
Leucine	ug	0.037	0	0.067	0.044
Lysine	ug	0.035	0	0.063	0.042
Methionine	ug	0.009	0	0.016	0.011
Cystine	ug	0.007	0	0.013	0.008
Phenylalanine	ug	0.022	0	0.040	0.026
Tyrosine	ug	0.017	0	0.031	0.020
Valine	ug	0.029	0	0.052	0.035
Arginine	ug	0.027	0	0.049	0.032
Histidine	ug	0.014	0	0.025	0.017
Alanine	ug	0.033	0	0.059	0.040
Aspartic acid	ug	0.078	0	0.140	0.094
Glutamic acid	ug	0.068	0	0.122	0.082
Glycine	ug	0.024	0	0.043	0.029
Proline	ug	0.020	0	0.036	0.024
Serine	ug	0.026	0	0.047	0.031
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, sliced
- Measure 2: 1/2 cup mashed

NDB No. 11478

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11479 Squash, summer, zucchini, includes skin, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 1361g	Measure 3*
Proximates:						
Water	g	94.70	0.167	17	268.95	1288.87
Energy	kcal	17		0	48	231
Energy	kJ	71		0	202	966
Protein (N x 5.95)	g	1.16	0.057	17	3.29	15.79
Total lipid (fat)	g	0.13	0.016	17	0.37	1.77
Carbohydrate, by difference	g	3.59		0	10.20	48.86
Fiber, total dietary	g	1.3		0	3.7	17.7
Ash	g	0.43	0.026	17	1.22	5.85
Sugars, total	g					
Minerals:						
Calcium	mg	18	1.216	12	51	245
Iron	mg	0.51	0.059	17	1.45	6.94
Magnesium	mg	13	1.265	6	37	177
Phosphorus	mg	28	2.505	6	80	381
Potassium	mg	218	1.833	3	619	2967
Sodium	mg	2	0.731	6	6	27
Zinc	mg	0.21	0.019	8	0.60	2.86
Copper	mg	0.050	0.005	9	0.142	0.681
Manganese	mg	0.244	0.050	8	0.693	3.321
Selenium	µg	0.2		0	0.6	2.7
Vitamins:						
Ascorbic acid	mg	5.3	1.387	7	15.1	72.1
Thiamin	mg	0.048	0.009	12	0.136	0.653
Riboflavin	mg	0.042	0.003	12	0.119	0.572
Niacin	mg	0.433	0.070	12	1.230	5.893
Pantothenic acid	mg	0.297		1	0.843	4.042
Vitamin B-6	mg	0.050		1	0.142	0.681
Folate	µg	10		0	28	135
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	484	43.949	12	1375	6587
Vitamin A, RE	µg	48	4.395	12	136	653
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.027		0	0.077	0.367
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001		0	0.003	0.014
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.024		0	0.068	0.327
17:0	g					
18:0	g	0.003		0	0.009	0.041
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.028	0.136
14:1	g				
16:1	g	0.001	0	0.003	0.014
18:1	g	0.009	0	0.026	0.122
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.056	0	0.159	0.762
18:2	g	0.021	0	0.060	0.286
18:3	g	0.035	0	0.099	0.476
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	0.010	0	0.028	0.136
Threonine	g	0.028	0	0.080	0.381
Isoleucine	g	0.042	0	0.119	0.572
Leucine	g	0.068	0	0.193	0.925
Lysine	g	0.064	0	0.182	0.871
Methionine	g	0.017	0	0.048	0.231
Cystine	g	0.012	0	0.034	0.163
Phenylalanine	g	0.041	0	0.116	0.558
Tyrosine	g	0.031	0	0.088	0.422
Valine	g	0.052	0	0.148	0.708
Arginine	g	0.049	0	0.139	0.667
Histidine	g	0.025	0	0.071	0.340
Alanine	g	0.061	0	0.173	0.830
Aspartic acid	g	0.141	0	0.400	1.919
Glutamic acid	g	0.124	0	0.352	1.688
Glycine	g	0.044	0	0.125	0.599
Proline	g	0.036	0	0.102	0.490
Serine	g	0.047	0	0.133	0.640
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz)
- Measure 2: 3 lb package

NDB No. 11479

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11480 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 223g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	94.74	0	211.27		
Energy	kcal	17	0	38		
Energy	kJ	71	0	158		
Protein (N x 5.95)	g	1.15	0	2.56		
Total lipid (fat)	g	0.13	0	0.29		
Carbohydrate, by difference	g	3.56	0	7.94		
Fiber, total dietary	g	1.3	0	2.9		
Ash	g	0.42	0	0.94		
Sugars, total	g					
Minerals:						
Calcium	mg	17	0	38		
Iron	mg	0.48	0	1.07		
Magnesium	mg	13	0	29		
Phosphorus	mg	25	0	56		
Potassium	mg	194	0	433		
Sodium	mg	2	0	4		
Zinc	mg	0.20	0	0.45		
Copper	mg	0.047	0	0.105		
Manganese	mg	0.230	0	0.513		
Selenium	µg	0.2	0	0.4		
Vitamins:						
Ascorbic acid	mg	3.7	0	8.3		
Thiamin	mg	0.041	0	0.091		
Riboflavin	mg	0.040	0	0.089		
Niacin	mg	0.386	0	0.861		
Pantothenic acid	mg	0.265	0	0.591		
Vitamin B-6	mg	0.045	0	0.100		
Folate	µg	8	0	17		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	432	0	963		
Vitamin A, RE	µg	43	0	96		
Vitamin E, α-TE	mg	0.300	0	0.669		
Lipids:						
Saturated, total	g	0.027	0	0.060		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.001	0	0.002		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.024	0	0.054		
17:0	g					
18:0	g	0.003	0	0.007		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.022
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.009	0	0.020
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.055	0	0.123
18:2	g	0.021	0	0.047
18:3	g	0.034	0	0.076
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.010	0	0.022
Threonine	g	0.028	0	0.062
Isoleucine	g	0.041	0	0.091
Leucine	g	0.067	0	0.149
Lysine	g	0.064	0	0.143
Methionine	g	0.016	0	0.036
Cystine	g	0.012	0	0.027
Phenylalanine	g	0.040	0	0.089
Tyrosine	g	0.031	0	0.069
Valine	g	0.052	0	0.116
Arginine	g	0.048	0	0.107
Histidine	g	0.025	0	0.056
Alanine	g	0.060	0	0.134
Aspartic acid	g	0.140	0	0.312
Glutamic acid	g	0.123	0	0.274
Glycine	g	0.043	0	0.096
Proline	g	0.036	0	0.080
Serine	g	0.047	0	0.105
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11480

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11481 Squash, summer, zucchini, italian style, canned

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 227g	Measure 2*	Measure 3*
Proximates:						
Water	g	90.61	0.078	18	205.68	
Energy	kcal	29		0	66	
Energy	kJ	121		0	275	
Protein (N x 5.95)	g	1.03	0.018	18	2.34	
Total lipid (fat)	g	0.11	0.011	18	0.25	
Carbohydrate, by difference	g	6.85		0	15.55	
Fiber, total dietary	g					
Ash	g	1.40	0.020	18	3.18	
Sugars, total	g					
Minerals:						
Calcium	mg	17	0.616	18	39	
Iron	mg	0.68	0.022	18	1.54	
Magnesium	mg	14	0.380	18	32	
Phosphorus	mg	29	0.452	18	66	
Potassium	mg	274	5.799	18	622	
Sodium	mg	374	5.572	18	849	
Zinc	mg	0.26	0.008	18	0.59	
Copper	mg	0.098	0.005	18	0.222	
Manganese	mg	0.240		0	0.545	
Selenium	µg	0.4		0	0.9	
Vitamins:						
Ascorbic acid	mg	2.3	0.441	18	5.2	
Thiamin	mg	0.042	0.000	18	0.095	
Riboflavin	mg	0.040	0.002	18	0.091	
Niacin	mg	0.528	0.021	18	1.199	
Pantothenic acid	mg	0.274		0	0.622	
Vitamin B-6	mg	0.152		0	0.345	
Folate	µg	30		0	69	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	539	40.003	19	1224	
Vitamin A, RE	µg	54	4.000	19	123	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.023		0	0.052	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.020		0	0.045	
17:0	g					
18:0	g	0.002		0	0.005	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.018
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.008	0	0.018
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.047	0	0.107
18:2	g	0.017	0	0.039
18:3	g	0.029	0	0.066
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	0.009	0	0.020
Threonine	g	0.025	0	0.057
Isoleucine	g	0.037	0	0.084
Leucine	g	0.060	0	0.136
Lysine	g	0.057	0	0.129
Methionine	g	0.015	0	0.034
Cystine	g	0.011	0	0.025
Phenylalanine	g	0.036	0	0.082
Tyrosine	g	0.027	0	0.061
Valine	g	0.046	0	0.104
Arginine	g	0.043	0	0.098
Histidine	g	0.022	0	0.050
Alanine	g	0.054	0	0.123
Aspartic acid	g	0.125	0	0.284
Glutamic acid	g	0.110	0	0.250
Glycine	g	0.039	0	0.089
Proline	g	0.032	0	0.073
Serine	g	0.042	0	0.095
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11481

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11482 Squash, winter, acorn, raw

Cucurbita maxima

Refuse: 24% Rind

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 140g	Measure 2 [*] 431g	Measure 3 [*]
Proximates:						
Water	g	87.78	0.916	8	122.89	378.33
Energy	kcal	40		0	56	172
Energy	kJ	167		0	234	720
Protein (N x 5.95)	g	0.80		1	1.12	3.45
Total lipid (fat)	g	0.10		1	0.14	0.43
Carbohydrate, by difference	g	10.42		0	14.59	44.91
Fiber, total dietary	g	1.5		0	2.1	6.5
Ash	g	0.90		0	1.26	3.88
Sugars, total	g					
Minerals:						
Calcium	mg	33		1	46	142
Iron	mg	0.70		1	0.98	3.02
Magnesium	mg	32		1	45	138
Phosphorus	mg	36		1	50	155
Potassium	mg	347	47.227	5	486	1496
Sodium	mg	3	1.090	5	4	13
Zinc	mg	0.13	0.010	2	0.18	0.56
Copper	mg	0.065	0.055	2	0.091	0.280
Manganese	mg	0.167		0	0.234	0.720
Selenium	µg	0.5		0	0.7	2.2
Vitamins:						
Ascorbic acid	mg	11.0		1	15.4	47.4
Thiamin	mg	0.140		1	0.196	0.603
Riboflavin	mg	0.010		1	0.014	0.043
Niacin	mg	0.700		1	0.980	3.017
Pantothenic acid	mg	0.400		0	0.560	1.724
Vitamin B-6	mg	0.154		0	0.216	0.664
Folate	µg	17	2.582	3	23	72
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	340		1	476	1465
Vitamin A, RE	µg	34		1	48	147
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.021		0	0.029	0.091
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.018		0	0.025	0.078
17:0	g					
18:0	g	0.002		0	0.003	0.009
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.010	0.030
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.007	0	0.010	0.030
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.042	0	0.059	0.181
18:2	g	0.016	0	0.022	0.069
18:3	g	0.026	0	0.036	0.112
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	0.011	0	0.015	0.047
Threonine	g	0.024	0	0.034	0.103
Isoleucine	g	0.031	0	0.043	0.134
Leucine	g	0.045	0	0.063	0.194
Lysine	g	0.029	0	0.041	0.125
Methionine	g	0.010	0	0.014	0.043
Cystine	g	0.007	0	0.010	0.030
Phenylalanine	g	0.031	0	0.043	0.134
Tyrosine	g	0.027	0	0.038	0.116
Valine	g	0.034	0	0.048	0.147
Arginine	g	0.044	0	0.062	0.190
Histidine	g	0.015	0	0.021	0.065
Alanine	g	0.033	0	0.046	0.142
Aspartic acid	g	0.086	0	0.120	0.371
Glutamic acid	g	0.140	0	0.196	0.603
Glycine	g	0.029	0	0.041	0.125
Proline	g	0.028	0	0.039	0.121
Serine	g	0.031	0	0.043	0.134
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, cubes
- Measure 2: 1 squash, 4 in dia

NDB No. 11482

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11483 Squash, winter, acorn, cooked, baked, without salt

Refuse: 20% Rind

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 205g	Measure 2*	Measure 3*
Proximates:						
Water	g	82.90	0	169.94		
Energy	kcal	56	0	115		
Energy	kJ	234	0	480		
Protein (N x 5.95)	g	1.12	0	2.30		
Total lipid (fat)	g	0.14	0	0.29		
Carbohydrate, by difference	g	14.58	0	29.89		
Fiber, total dietary	g	4.4	0	9.0		
Ash	g	1.26	0	2.58		
Sugars, total	g					
Minerals:						
Calcium	mg	44	0	90		
Iron	mg	0.93	0	1.91		
Magnesium	mg	43	0	88		
Phosphorus	mg	45	0	92		
Potassium	mg	437	0	896		
Sodium	mg	4	0	8		
Zinc	mg	0.17	0	0.35		
Copper	mg	0.086	0	0.176		
Manganese	mg	0.242	0	0.496		
Selenium	µg	0.7	0	1.4		
Vitamins:						
Ascorbic acid	mg	10.8	0	22.1		
Thiamin	mg	0.167	0	0.342		
Riboflavin	mg	0.013	0	0.027		
Niacin	mg	0.881	0	1.806		
Pantothenic acid	mg	0.504	0	1.033		
Vitamin B-6	mg	0.194	0	0.398		
Folate	µg	19	0	38		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	428	0	877		
Vitamin A, RE	µg	43	0	88		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.029	0	0.059		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001	0	0.002		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.025	0	0.051		
17:0	g					
18:0	g	0.003	0	0.006		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.020
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.009	0	0.018
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.059	0	0.121
18:2	g	0.022	0	0.045
18:3	g	0.037	0	0.076
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	0.016	0	0.033
Threonine	g	0.033	0	0.068
Isoleucine	g	0.044	0	0.090
Leucine	g	0.064	0	0.131
Lysine	g	0.041	0	0.084
Methionine	g	0.014	0	0.029
Cystine	g	0.010	0	0.020
Phenylalanine	g	0.044	0	0.090
Tyrosine	g	0.038	0	0.078
Valine	g	0.048	0	0.098
Arginine	g	0.062	0	0.127
Histidine	g	0.021	0	0.043
Alanine	g	0.047	0	0.096
Aspartic acid	g	0.120	0	0.246
Glutamic acid	g	0.196	0	0.402
Glycine	g	0.041	0	0.084
Proline	g	0.040	0	0.082
Serine	g	0.044	0	0.090
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11483

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11484 Squash, winter, acorn, cooked, boiled, mashed, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.70	0	219.76		
Energy	kcal	34	0	83		
Energy	kJ	142	0	348		
Protein (N x 5.95)	g	0.67	0	1.64		
Total lipid (fat)	g	0.08	0	0.20		
Carbohydrate, by difference	g	8.78	0	21.51		
Fiber, total dietary	g	2.6	0	6.4		
Ash	g	0.76	0	1.86		
Sugars, total	g					
Minerals:						
Calcium	mg	26	0	64		
Iron	mg	0.56	0	1.37		
Magnesium	mg	26	0	64		
Phosphorus	mg	27	0	66		
Potassium	mg	263	0	644		
Sodium	mg	3	0	7		
Zinc	mg	0.11	0	0.27		
Copper	mg	0.052	0	0.127		
Manganese	mg	0.146	0	0.358		
Selenium	µg	0.4	0	1.0		
Vitamins:						
Ascorbic acid	mg	6.5	0	15.9		
Thiamin	mg	0.100	0	0.245		
Riboflavin	mg	0.008	0	0.020		
Niacin	mg	0.531	0	1.301		
Pantothenic acid	mg	0.303	0	0.742		
Vitamin B-6	mg	0.117	0	0.287		
Folate	µg	11	0	28		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	258	0	632		
Vitamin A, RE	µg	26	0	64		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.017	0	0.042		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.015	0	0.037		
17:0	g					
18:0	g	0.002	0	0.005		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.006	0	0.015
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.006	0	0.015
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.035	0	0.086
18:2	g	0.013	0	0.032
18:3	g	0.022	0	0.054
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	0.010	0	0.025
Threonine	g	0.020	0	0.049
Isoleucine	g	0.026	0	0.064
Leucine	g	0.038	0	0.093
Lysine	g	0.025	0	0.061
Methionine	g	0.008	0	0.020
Cystine	g	0.006	0	0.015
Phenylalanine	g	0.026	0	0.064
Tyrosine	g	0.023	0	0.056
Valine	g	0.029	0	0.071
Arginine	g	0.037	0	0.091
Histidine	g	0.013	0	0.032
Alanine	g	0.028	0	0.069
Aspartic acid	g	0.072	0	0.176
Glutamic acid	g	0.118	0	0.289
Glycine	g	0.025	0	0.061
Proline	g	0.024	0	0.059
Serine	g	0.026	0	0.064
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, mashed

NDB No. 11484

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11485 Squash, winter, butternut, raw
Cucurbita moschata

Refuse: 16% Seeds, rind and trimmings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 140g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	86.41	1.623	5	120.97	
Energy	kcal	45		0	63	
Energy	kJ	188		0	263	
Protein (N x 5.95)	g	1.00		1	1.40	
Total lipid (fat)	g	0.10		1	0.14	
Carbohydrate, by difference	g	11.69		0	16.37	
Fiber, total dietary	g					
Ash	g	0.80		0	1.12	
Sugars, total	g					
Minerals:						
Calcium	mg	48		1	67	
Iron	mg	0.70		1	0.98	
Magnesium	mg	34		1	48	
Phosphorus	mg	33		1	46	
Potassium	mg	352	48.000	2	493	
Sodium	mg	4		1	6	
Zinc	mg	0.15		0	0.21	
Copper	mg	0.072		0	0.101	
Manganese	mg	0.202		0	0.283	
Selenium	µg	0.5		0	0.7	
Vitamins:						
Ascorbic acid	mg	21.0		1	29.4	
Thiamin	mg	0.100		1	0.140	
Riboflavin	mg	0.020		1	0.028	
Niacin	mg	1.200		1	1.680	
Pantothenic acid	mg	0.400		0	0.560	
Vitamin B-6	mg	0.154		0	0.216	
Folate	µg	27	5.163	3	37	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	7800		1	10920	
Vitamin A, RE	µg	780		1	1092	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.021		0	0.029	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.018		0	0.025	
17:0	g					
18:0	g	0.002		0	0.003	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.010
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.007	0	0.010
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.042	0	0.059
18:2	g	0.016	0	0.022
18:3	g	0.026	0	0.036
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	0.014	0	0.020
Threonine	g	0.030	0	0.042
Isoleucine	g	0.039	0	0.055
Leucine	g	0.057	0	0.080
Lysine	g	0.037	0	0.052
Methionine	g	0.012	0	0.017
Cystine	g	0.009	0	0.013
Phenylalanine	g	0.039	0	0.055
Tyrosine	g	0.034	0	0.048
Valine	g	0.043	0	0.060
Arginine	g	0.056	0	0.078
Histidine	g	0.019	0	0.027
Alanine	g	0.042	0	0.059
Aspartic acid	g	0.107	0	0.150
Glutamic acid	g	0.175	0	0.245
Glycine	g	0.037	0	0.052
Proline	g	0.036	0	0.050
Serine	g	0.039	0	0.055
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11485

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11486 Squash, winter, butternut, cooked, baked, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 205g	Measure 2*	Measure 3*
Proximates:						
Water	g	87.80	0	179.99		
Energy	kcal	40	0	82		
Energy	kJ	167	0	342		
Protein (N x 5.95)	g	0.90	0	1.85		
Total lipid (fat)	g	0.09	0	0.18		
Carbohydrate, by difference	g	10.49	0	21.50		
Fiber, total dietary	g					
Ash	g	0.72	0	1.48		
Sugars, total	g					
Minerals:						
Calcium	mg	41	0	84		
Iron	mg	0.60	0	1.23		
Magnesium	mg	29	0	59		
Phosphorus	mg	27	0	55		
Potassium	mg	284	0	582		
Sodium	mg	4	0	8		
Zinc	mg	0.13	0	0.27		
Copper	mg	0.065	0	0.133		
Manganese	mg	0.172	0	0.353		
Selenium	µg	0.5	0	1.0		
Vitamins:						
Ascorbic acid	mg	15.1	0	31.0		
Thiamin	mg	0.072	0	0.148		
Riboflavin	mg	0.017	0	0.035		
Niacin	mg	0.969	0	1.986		
Pantothenic acid	mg	0.359	0	0.736		
Vitamin B-6	mg	0.124	0	0.254		
Folate	µg	19	0	39		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	7001	0	14352		
Vitamin A, RE	µg	700	0	1435		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.019	0	0.039		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.016	0	0.033		
17:0	g					
18:0	g	0.002	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.014
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.007	0	0.014
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.038	0	0.078
18:2	g	0.014	0	0.029
18:3	g	0.024	0	0.049
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	0.013	0	0.027
Threonine	g	0.027	0	0.055
Isoleucine	g	0.035	0	0.072
Leucine	g	0.051	0	0.105
Lysine	g	0.033	0	0.068
Methionine	g	0.011	0	0.023
Cystine	g	0.008	0	0.016
Phenylalanine	g	0.035	0	0.072
Tyrosine	g	0.030	0	0.061
Valine	g	0.039	0	0.080
Arginine	g	0.050	0	0.103
Histidine	g	0.017	0	0.035
Alanine	g	0.038	0	0.078
Aspartic acid	g	0.097	0	0.199
Glutamic acid	g	0.157	0	0.322
Glycine	g	0.033	0	0.068
Proline	g	0.032	0	0.066
Serine	g	0.035	0	0.072
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11486

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11487 Squash, winter, butternut, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 340g	Measure 2* 1814g	Measure 3*
Proximates:						
Water	g	82.50	0	280.50	1496.55	
Energy	kcal	57	0	194	1034	
Energy	kJ	238	0	809	4317	
Protein (N x 5.95)	g	1.76	0	5.98	31.93	
Total lipid (fat)	g	0.10	0	0.34	1.81	
Carbohydrate, by difference	g	14.41	0	48.99	261.40	
Fiber, total dietary	g	1.3	0	4.4	23.6	
Ash	g	1.23	0	4.18	22.31	
Sugars, total	g					
Minerals:						
Calcium	mg	29	0	99	526	
Iron	mg	0.88	0	2.99	15.96	
Magnesium	mg	14	0	48	254	
Phosphorus	mg	22	0	75	399	
Potassium	mg	212	0	721	3846	
Sodium	mg	2	0	7	36	
Zinc	mg	0.17	0	0.58	3.08	
Copper	mg	0.051	0	0.173	0.925	
Manganese	mg	0.248	0	0.843	4.499	
Selenium	µg	0.7	0	2.4	12.7	
Vitamins:						
Ascorbic acid	mg	6.2	0	21.1	112.5	
Thiamin	mg	0.090	0	0.306	1.633	
Riboflavin	mg	0.059	0	0.201	1.070	
Niacin	mg	0.740	0	2.516	13.424	
Pantothenic acid	mg	0.221	0	0.751	4.009	
Vitamin B-6	mg	0.110	0	0.374	1.995	
Folate	µg	24	0	80	428	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	4790	0	16286	86891	
Vitamin A, RE	µg	479	0	1629	8689	
Vitamin E, α-TE	mg	0.186	0	0.632	3.374	
Lipids:						
Saturated, total	g	0.021	0	0.071	0.381	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.018	0	0.061	0.327	
17:0	g					
18:0	g	0.002	0	0.007	0.036	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.024	0.127
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.007	0	0.024	0.127
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.042	0	0.143	0.762
18:2	g	0.016	0	0.054	0.290
18:3	g	0.026	0	0.088	0.472
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.025	0	0.085	0.454
Threonine	g	0.053	0	0.180	0.961
Isoleucine	g	0.069	0	0.235	1.252
Leucine	g	0.100	0	0.340	1.814
Lysine	g	0.065	0	0.221	1.179
Methionine	g	0.022	0	0.075	0.399
Cystine	g	0.015	0	0.051	0.272
Phenylalanine	g	0.069	0	0.235	1.252
Tyrosine	g	0.059	0	0.201	1.070
Valine	g	0.076	0	0.258	1.379
Arginine	g	0.098	0	0.333	1.778
Histidine	g	0.033	0	0.112	0.599
Alanine	g	0.074	0	0.252	1.342
Aspartic acid	g	0.189	0	0.643	3.428
Glutamic acid	g	0.308	0	1.047	5.587
Glycine	g	0.065	0	0.221	1.179
Proline	g	0.063	0	0.214	1.143
Serine	g	0.069	0	0.235	1.252
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (12 oz)
- Measure 2: 4 lb package

NDB No. 11487

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11488 Squash, winter, butternut, frozen, cooked, boiled, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 240g	Measure 2*	Measure 3*
Proximates:						
Water	g	87.80	0	210.72		
Energy	kcal	39	0	94		
Energy	kJ	163	0	391		
Protein (N x 5.95)	g	1.23	0	2.95		
Total lipid (fat)	g	0.07	0	0.17		
Carbohydrate, by difference	g	10.05	0	24.12		
Fiber, total dietary	g					
Ash	g	0.86	0	2.06		
Sugars, total	g					
Minerals:						
Calcium	mg	19	0	46		
Iron	mg	0.58	0	1.39		
Magnesium	mg	9	0	22		
Phosphorus	mg	14	0	34		
Potassium	mg	133	0	319		
Sodium	mg	2	0	5		
Zinc	mg	0.12	0	0.29		
Copper	mg	0.036	0	0.086		
Manganese	mg	0.173	0	0.415		
Selenium	µg	0.5	0	1.2		
Vitamins:						
Ascorbic acid	mg	3.5	0	8.4		
Thiamin	mg	0.050	0	0.120		
Riboflavin	mg	0.039	0	0.094		
Niacin	mg	0.464	0	1.114		
Pantothenic acid	mg	0.154	0	0.370		
Vitamin B-6	mg	0.069	0	0.166		
Folate	µg	16	0	39		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	3339	0	8014		
Vitamin A, RE	µg	334	0	802		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.014	0	0.034		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.012	0	0.029		
17:0	g					
18:0	g	0.001	0	0.002		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.012
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.005	0	0.012
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.029	0	0.070
18:2	g	0.011	0	0.026
18:3	g	0.018	0	0.043
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	0.017	0	0.041
Threonine	g	0.037	0	0.089
Isoleucine	g	0.048	0	0.115
Leucine	g	0.070	0	0.168
Lysine	g	0.045	0	0.108
Methionine	g	0.015	0	0.036
Cystine	g	0.011	0	0.026
Phenylalanine	g	0.048	0	0.115
Tyrosine	g	0.041	0	0.098
Valine	g	0.053	0	0.127
Arginine	g	0.068	0	0.163
Histidine	g	0.023	0	0.055
Alanine	g	0.051	0	0.122
Aspartic acid	g	0.132	0	0.317
Glutamic acid	g	0.214	0	0.514
Glycine	g	0.045	0	0.108
Proline	g	0.044	0	0.106
Serine	g	0.048	0	0.115
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, mashed

NDB No. 11488

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11489 Squash, winter, hubbard, raw
Cucurbita maxima

Refuse: 36% Seeds, rind, trimmings and cutting loss

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 116g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	88.00	1	102.08		
Energy	kcal	40	0	46		
Energy	kJ	167	0	194		
Protein (N x 5.95)	g	2.00	1	2.32		
Total lipid (fat)	g	0.50	1	0.58		
Carbohydrate, by difference	g	8.70	0	10.09		
Fiber, total dietary	g					
Ash	g	0.80	0	0.93		
Sugars, total	g					
Minerals:						
Calcium	mg	14	1	16		
Iron	mg	0.40	1	0.46		
Magnesium	mg	19	1	22		
Phosphorus	mg	21	1	24		
Potassium	mg	320	1	371		
Sodium	mg	7	1	8		
Zinc	mg	0.13	0	0.15		
Copper	mg	0.064	0	0.074		
Manganese	mg	0.179	0	0.208		
Selenium	µg	0.5	0	0.6		
Vitamins:						
Ascorbic acid	mg	11.0	1	12.8		
Thiamin	mg	0.070	1	0.081		
Riboflavin	mg	0.040	1	0.046		
Niacin	mg	0.500	1	0.580		
Pantothenic acid	mg	0.400	0	0.464		
Vitamin B-6	mg	0.154	0	0.179		
Folate	µg	16	0	19		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	5400	1	6264		
Vitamin A, RE	µg	540	1	626		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.103	0	0.119		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.002	0	0.002		
14:0	g	0.002	0	0.002		
15:0	g					
16:0	g	0.089	0	0.103		
17:0	g					
18:0	g	0.010	0	0.012		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.037	0	0.043
14:1	g			
16:1	g	0.002	0	0.002
18:1	g	0.034	0	0.039
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.210	0	0.244
18:2	g	0.079	0	0.092
18:3	g	0.131	0	0.152
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	0.028	0	0.032
Threonine	g	0.060	0	0.070
Isoleucine	g	0.078	0	0.090
Leucine	g	0.114	0	0.132
Lysine	g	0.074	0	0.086
Methionine	g	0.025	0	0.029
Cystine	g	0.017	0	0.020
Phenylalanine	g	0.078	0	0.090
Tyrosine	g	0.067	0	0.078
Valine	g	0.086	0	0.100
Arginine	g	0.111	0	0.129
Histidine	g	0.037	0	0.043
Alanine	g	0.084	0	0.097
Aspartic acid	g	0.215	0	0.249
Glutamic acid	g	0.350	0	0.406
Glycine	g	0.074	0	0.086
Proline	g	0.071	0	0.082
Serine	g	0.078	0	0.090
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11489

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11490 Squash, winter, hubbard, cooked, baked, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 205g	Measure 2*	Measure 3*
Proximates:						
Water	g	85.10	0	174.46		
Energy	kcal	50	0	103		
Energy	kJ	209	0	428		
Protein (N x 5.95)	g	2.48	0	5.08		
Total lipid (fat)	g	0.62	0	1.27		
Carbohydrate, by difference	g	10.81	0	22.16		
Fiber, total dietary	g					
Ash	g	0.99	0	2.03		
Sugars, total	g					
Minerals:						
Calcium	mg	17	0	35		
Iron	mg	0.47	0	0.96		
Magnesium	mg	22	0	45		
Phosphorus	mg	23	0	47		
Potassium	mg	358	0	734		
Sodium	mg	8	0	16		
Zinc	mg	0.15	0	0.31		
Copper	mg	0.045	0	0.092		
Manganese	mg	0.170	0	0.349		
Selenium	µg	0.6	0	1.2		
Vitamins:						
Ascorbic acid	mg	9.5	0	19.5		
Thiamin	mg	0.074	0	0.152		
Riboflavin	mg	0.047	0	0.096		
Niacin	mg	0.558	0	1.144		
Pantothenic acid	mg	0.447	0	0.916		
Vitamin B-6	mg	0.172	0	0.353		
Folate	µg	16	0	33		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	6035	0	12372		
Vitamin A, RE	µg	604	0	1238		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.128	0	0.262		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.003	0	0.006		
14:0	g	0.002	0	0.004		
15:0	g					
16:0	g	0.110	0	0.226		
17:0	g					
18:0	g	0.012	0	0.025		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.046	0	0.094
14:1	g			
16:1	g	0.003	0	0.006
18:1	g	0.042	0	0.086
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.260	0	0.533
18:2	g	0.097	0	0.199
18:3	g	0.162	0	0.332
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	0.021	0	0.043
Threonine	g	0.044	0	0.090
Isoleucine	g	0.058	0	0.119
Leucine	g	0.084	0	0.172
Lysine	g	0.055	0	0.113
Methionine	g	0.018	0	0.037
Cystine	g	0.013	0	0.027
Phenylalanine	g	0.058	0	0.119
Tyrosine	g	0.050	0	0.103
Valine	g	0.064	0	0.131
Arginine	g	0.082	0	0.168
Histidine	g	0.028	0	0.057
Alanine	g	0.062	0	0.127
Aspartic acid	g	0.159	0	0.326
Glutamic acid	g	0.259	0	0.531
Glycine	g	0.055	0	0.113
Proline	g	0.053	0	0.109
Serine	g	0.058	0	0.119
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11490

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 236g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.10	0	215.00		
Energy	kcal	30	0	71		
Energy	kJ	126	0	297		
Protein (N x 5.95)	g	1.48	0	3.49		
Total lipid (fat)	g	0.37	0	0.87		
Carbohydrate, by difference	g	6.45	0	15.22		
Fiber, total dietary	g	2.9	0	6.8		
Ash	g	0.59	0	1.39		
Sugars, total	g					
Minerals:						
Calcium	mg	10	0	24		
Iron	mg	0.28	0	0.66		
Magnesium	mg	13	0	31		
Phosphorus	mg	14	0	33		
Potassium	mg	214	0	505		
Sodium	mg	5	0	12		
Zinc	mg	0.10	0	0.24		
Copper	mg	0.047	0	0.111		
Manganese	mg	0.126	0	0.297		
Selenium	µg	0.3	0	0.7		
Vitamins:						
Ascorbic acid	mg	6.5	0	15.3		
Thiamin	mg	0.042	0	0.099		
Riboflavin	mg	0.028	0	0.066		
Niacin	mg	0.334	0	0.788		
Pantothenic acid	mg	0.297	0	0.701		
Vitamin B-6	mg	0.103	0	0.243		
Folate	µg	10	0	23		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	4005	0	9452		
Vitamin A, RE	µg	401	0	946		
Vitamin E, α-TE	mg	0.120	0	0.283		
Lipids:						
Saturated, total	g	0.076	0	0.179		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.002	0	0.005		
14:0	g	0.001	0	0.002		
15:0	g					
16:0	g	0.066	0	0.156		
17:0	g					
18:0	g	0.007	0	0.017		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.028	0	0.066
14:1	g			
16:1	g	0.002	0	0.005
18:1	g	0.025	0	0.059
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.156	0	0.368
18:2	g	0.058	0	0.137
18:3	g	0.097	0	0.229
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.021	0	0.050
Threonine	g	0.044	0	0.104
Isoleucine	g	0.058	0	0.137
Leucine	g	0.084	0	0.198
Lysine	g	0.055	0	0.130
Methionine	g	0.018	0	0.042
Cystine	g	0.013	0	0.031
Phenylalanine	g	0.058	0	0.137
Tyrosine	g	0.050	0	0.118
Valine	g	0.064	0	0.151
Arginine	g	0.082	0	0.194
Histidine	g	0.028	0	0.066
Alanine	g	0.062	0	0.146
Aspartic acid	g	0.159	0	0.375
Glutamic acid	g	0.259	0	0.611
Glycine	g	0.055	0	0.130
Proline	g	0.053	0	0.125
Serine	g	0.058	0	0.137
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, mashed

NDB No. 11491

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11492 Squash, winter, spaghetti, raw
Cucurbita spp.

Refuse: 29% Rind and seeds

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 101g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	91.60	0.560	3	92.52	
Energy	kcal	31		0	31	
Energy	kJ	130		0	131	
Protein (N x 5.95)	g	0.64	0.040	3	0.65	
Total lipid (fat)	g	0.57	0.030	3	0.58	
Carbohydrate, by difference	g	6.91		0	6.98	
Fiber, total dietary	g					
Ash	g	0.28	0.010	3	0.28	
Sugars, total	g					
Minerals:						
Calcium	mg	23	2.100	3	23	
Iron	mg	0.31	0.014	3	0.31	
Magnesium	mg	12	0.600	3	12	
Phosphorus	mg	12	1.390	3	12	
Potassium	mg	108	6.900	3	109	
Sodium	mg	17	0.620	3	17	
Zinc	mg	0.19	0.018	3	0.19	
Copper	mg	0.037	0.009	3	0.037	
Manganese	mg	0.125		0	0.126	
Selenium	µg	0.3		0	0.3	
Vitamins:						
Ascorbic acid	mg	2.1	0.160	3	2.1	
Thiamin	mg	0.037	0.003	3	0.037	
Riboflavin	mg	0.018	0.001	3	0.018	
Niacin	mg	0.950	0.040	3	0.959	
Pantothenic acid	mg	0.360	0.002	3	0.364	
Vitamin B-6	mg	0.101	0.008	3	0.102	
Folate	µg	12	2.000	3	12	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	50	14.000	3	51	
Vitamin A, RE	µg	5	1.400	3	5	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.117		0	0.118	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.002		0	0.002	
14:0	g	0.002		0	0.002	
15:0	g					
16:0	g	0.101		0	0.102	
17:0	g					
18:0	g	0.011		0	0.011	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.042	0	0.042
14:1	g			
16:1	g	0.002	0	0.002
18:1	g	0.039	0	0.039
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.239	0	0.241
18:2	g	0.090	0	0.091
18:3	g	0.149	0	0.150
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	0.009	0	0.009
Threonine	g	0.018	0	0.018
Isoleucine	g	0.024	0	0.024
Leucine	g	0.034	0	0.034
Lysine	g	0.022	0	0.022
Methionine	g	0.007	0	0.007
Cystine	g	0.005	0	0.005
Phenylalanine	g	0.024	0	0.024
Tyrosine	g	0.020	0	0.020
Valine	g	0.026	0	0.026
Arginine	g	0.033	0	0.033
Histidine	g	0.011	0	0.011
Alanine	g	0.025	0	0.025
Aspartic acid	g	0.064	0	0.065
Glutamic acid	g	0.105	0	0.106
Glycine	g	0.022	0	0.022
Proline	g	0.021	0	0.021
Serine	g	0.024	0	0.024
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11492

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11493 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 155g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.30	1.520	3	143.06	
Energy	kcal	27		0	42	
Energy	kJ	113		0	175	
Protein (N x 5.95)	g	0.66	0.040	3	1.02	
Total lipid (fat)	g	0.26	0.040	3	0.40	
Carbohydrate, by difference	g	6.46		0	10.01	
Fiber, total dietary	g	1.4		0	2.2	
Ash	g	0.32	0.050	3	0.50	
Sugars, total	g					
Minerals:						
Calcium	mg	21	2.500	3	33	
Iron	mg	0.34	0.031	3	0.53	
Magnesium	mg	11	1.980	3	17	
Phosphorus	mg	14	1.480	3	22	
Potassium	mg	117	11.400	3	181	
Sodium	mg	18	1.190	3	28	
Zinc	mg	0.20	0.028	3	0.31	
Copper	mg	0.035	0.009	3	0.054	
Manganese	mg	0.109		0	0.169	
Selenium	µg	0.3		0	0.5	
Vitamins:						
Ascorbic acid	mg	3.5	2.530	3	5.4	
Thiamin	mg	0.038	0.006	3	0.059	
Riboflavin	mg	0.022	0.001	3	0.034	
Niacin	mg	0.810	0.020	3	1.256	
Pantothenic acid	mg	0.355	0.003	3	0.550	
Vitamin B-6	mg	0.099	0.008	3	0.153	
Folate	µg	8	2.000	3	12	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	110	20.000	3	171	
Vitamin A, RE	µg	11	2.000	3	17	
Vitamin E, α-TE	mg	0.120		0	0.186	
Lipids:						
Saturated, total	g	0.062		0	0.096	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.001		0	0.002	
14:0	g	0.001		0	0.002	
15:0	g					
16:0	g	0.053		0	0.082	
17:0	g					
18:0	g	0.006		0	0.009	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.022	0	0.034
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.018	0	0.028
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.126	0	0.195
18:2	g	0.047	0	0.073
18:3	g	0.078	0	0.121
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.009	0	0.014
Threonine	g	0.018	0	0.028
Isoleucine	g	0.024	0	0.037
Leucine	g	0.034	0	0.053
Lysine	g	0.022	0	0.034
Methionine	g	0.007	0	0.011
Cystine	g	0.005	0	0.008
Phenylalanine	g	0.024	0	0.037
Tyrosine	g	0.020	0	0.031
Valine	g	0.026	0	0.040
Arginine	g	0.033	0	0.051
Histidine	g	0.011	0	0.017
Alanine	g	0.025	0	0.039
Aspartic acid	g	0.064	0	0.099
Glutamic acid	g	0.105	0	0.163
Glycine	g	0.022	0	0.034
Proline	g	0.021	0	0.033
Serine	g	0.024	0	0.037
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11493

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11495 Succotash, (corn and limas), raw

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	73.10	0			
Energy	kcal	99	0			
Energy	kJ	414	0			
Protein (N x 5.95)	g	5.03	0			
Total lipid (fat)	g	1.02	0			
Carbohydrate, by difference	g	19.59	0			
Fiber, total dietary	g	3.8	0			
Ash	g	1.26	0			
Sugars, total	g					
Minerals:						
Calcium	mg	18	0			
Iron	mg	1.83	0			
Magnesium	mg	48	0			
Phosphorus	mg	113	0			
Potassium	mg	369	0			
Sodium	mg	4	0			
Zinc	mg	0.61	0			
Copper	mg	0.186	0			
Manganese	mg	0.688	0			
Selenium	µg	0.6	0			
Vitamins:						
Ascorbic acid	mg	15.1	0			
Thiamin	mg	0.208	0			
Riboflavin	mg	0.082	0			
Niacin	mg	1.587	0			
Pantothenic acid	mg	0.128	0			
Vitamin B-6	mg	0.130	0			
Folate	µg	40	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	292	0			
Vitamin A, RE	µg	29	0			
Vitamin E, α-TE	mg	0.405	0			
Lipids:						
Saturated, total	g	0.190	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001	0			
15:0	g					
16:0	g	0.172	0			
17:0	g					
18:0	g	0.017	0			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.198	0
14:1	g		
16:1	g		
18:1	g	0.198	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.489	0
18:2	g	0.412	0
18:3	g	0.076	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.056	0
Threonine	g	0.209	0
Isoleucine	g	0.284	0
Leucine	g	0.443	0
Lysine	g	0.295	0
Methionine	g	0.068	0
Cystine	g	0.055	0
Phenylalanine	g	0.243	0
Tyrosine	g	0.171	0
Valine	g	0.306	0
Arginine	g	0.294	0
Histidine	g	0.160	0
Alanine	g	0.277	0
Aspartic acid	g	0.489	0
Glutamic acid	g	0.758	0
Glycine	g	0.200	0
Proline	g	0.196	0
Serine	g	0.290	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11495

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11496 Succotash, (corn and limas), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 192g	Measure 2*	Measure 3*
Proximates:						
Water	g	68.37	0	131.27		
Energy	kcal	115	0	221		
Energy	kJ	481	0	924		
Protein (N x 5.95)	g	5.07	0	9.73		
Total lipid (fat)	g	0.80	0	1.54		
Carbohydrate, by difference	g	24.38	0	46.81		
Fiber, total dietary	g	4.5	0	8.6		
Ash	g	1.39	0	2.67		
Sugars, total	g					
Minerals:						
Calcium	mg	17	0	33		
Iron	mg	1.52	0	2.92		
Magnesium	mg	53	0	102		
Phosphorus	mg	117	0	225		
Potassium	mg	410	0	787		
Sodium	mg	17	0	33		
Zinc	mg	0.63	0	1.21		
Copper	mg	0.179	0	0.344		
Manganese	mg	0.769	0	1.476		
Selenium	µg	0.6	0	1.2		
Vitamins:						
Ascorbic acid	mg	8.2	0	15.7		
Thiamin	mg	0.168	0.008	0.323		
Riboflavin	mg	0.096	0.044	0.184		
Niacin	mg	1.327	0	2.548		
Pantothenic acid	mg	0.567	0	1.089		
Vitamin B-6	mg	0.116	0.017	0.223		
Folate	µg	33	0	63		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	294	0	564		
Vitamin A, RE	µg	29	0	56		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.148	0	0.284		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001	0	0.002		
15:0	g					
16:0	g	0.134	0	0.257		
17:0	g					
18:0	g	0.013	0	0.025		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.155	0	0.298
14:1	g			
16:1	g			
18:1	g	0.155	0	0.298
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.381	0	0.732
18:2	g	0.321	0	0.616
18:3	g	0.060	0	0.115
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	0.057	0	0.109
Threonine	g	0.211	0	0.405
Isoleucine	g	0.286	0	0.549
Leucine	g	0.446	0	0.856
Lysine	g	0.297	0	0.570
Methionine	g	0.068	0	0.131
Cystine	g	0.055	0	0.106
Phenylalanine	g	0.245	0	0.470
Tyrosine	g	0.173	0	0.332
Valine	g	0.308	0	0.591
Arginine	g	0.296	0	0.568
Histidine	g	0.161	0	0.309
Alanine	g	0.279	0	0.536
Aspartic acid	g	0.493	0	0.947
Glutamic acid	g	0.764	0	1.467
Glycine	g	0.202	0	0.388
Proline	g	0.198	0	0.380
Serine	g	0.292	0	0.561
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11496

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11497 Succotash, (corn and limas), canned, with cream style corn

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 266g	Measure 2*	Measure 3*
Proximates:						
Water	g	78.17	0.160	23	207.93	
Energy	kcal	77		0	205	
Energy	kJ	322		0	857	
Protein (N x 5.95)	g	2.64	0.031	23	7.02	
Total lipid (fat)	g	0.54	0.031	23	1.44	
Carbohydrate, by difference	g	17.61		0	46.84	
Fiber, total dietary	g	3.0		0	8.0	
Ash	g	1.04	0.020	29	2.77	
Sugars, total	g					
Minerals:						
Calcium	mg	11	0.237	29	29	
Iron	mg	0.55	0.019	29	1.46	
Magnesium	mg	1		0	3	
Phosphorus	mg	59	0.561	22	157	
Potassium	mg	183	3.226	29	487	
Sodium	mg	245	10.507	29	652	
Zinc	mg	0.43		0	1.14	
Copper	mg	0.178		0	0.473	
Manganese	mg	0.645		0	1.716	
Selenium	µg	0.6		0	1.6	
Vitamins:						
Ascorbic acid	mg	6.4	0.160	29	17.0	
Thiamin	mg	0.027	0.001	23	0.072	
Riboflavin	mg	0.065	0.003	23	0.173	
Niacin	mg	0.607	0.029	23	1.615	
Pantothenic acid	mg	0.218		0	0.580	
Vitamin B-6	mg	0.128		0	0.340	
Folate	µg	44		0	118	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	141	4.861	23	375	
Vitamin A, RE	µg	14	0.486	23	37	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.101		0	0.269	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001		0	0.003	
15:0	g					
16:0	g	0.092		0	0.245	
17:0	g					
18:0	g	0.009		0	0.024	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.105	0	0.279
14:1	g			
16:1	g			
18:1	g	0.105	0	0.279
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.260	0	0.692
18:2	g	0.219	0	0.583
18:3	g	0.041	0	0.109
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	0.030	0	0.080
Threonine	g	0.110	0	0.293
Isoleucine	g	0.149	0	0.396
Leucine	g	0.232	0	0.617
Lysine	g	0.154	0	0.410
Methionine	g	0.035	0	0.093
Cystine	g	0.029	0	0.077
Phenylalanine	g	0.127	0	0.338
Tyrosine	g	0.090	0	0.239
Valine	g	0.160	0	0.426
Arginine	g	0.154	0	0.410
Histidine	g	0.084	0	0.223
Alanine	g	0.145	0	0.386
Aspartic acid	g	0.257	0	0.684
Glutamic acid	g	0.398	0	1.059
Glycine	g	0.105	0	0.279
Proline	g	0.103	0	0.274
Serine	g	0.152	0	0.404
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11497

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11499 Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 255g	Measure 2*	Measure 3*
Proximates:						
Water	g	81.96	0.137	18	209.00	
Energy	kcal	63		0	161	
Energy	kJ	264		0	673	
Protein (N x 5.95)	g	2.60	0.064	18	6.63	
Total lipid (fat)	g	0.49		16	1.25	
Carbohydrate, by difference	g	13.98		0	35.65	
Fiber, total dietary	g	2.6		0	6.6	
Ash	g	0.96	0.032	24	2.45	
Sugars, total	g					
Minerals:						
Calcium	mg	11	0.873	24	28	
Iron	mg	0.53	0.016	24	1.35	
Magnesium	mg	19	0.696	21	48	
Phosphorus	mg	55	0.763	15	140	
Potassium	mg	163	8.782	24	416	
Sodium	mg	221	15.481	24	564	
Zinc	mg	0.50		0	1.27	
Copper	mg	0.109		0	0.278	
Manganese	mg	0.366		0	0.933	
Selenium	µg	0.6		0	1.5	
Vitamins:						
Ascorbic acid	mg	4.6	0.612	24	11.7	
Thiamin	mg	0.029	0.002	18	0.074	
Riboflavin	mg	0.058	0.002	18	0.148	
Niacin	mg	0.640	0.034	18	1.632	
Pantothenic acid	mg	0.309		0	0.788	
Vitamin B-6	mg	0.049		0	0.125	
Folate	µg	32		0	81	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	146	30.385	18	372	
Vitamin A, RE	µg	15	3.039	18	38	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.092		0	0.235	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001		0	0.003	
15:0	g					
16:0	g	0.083		0	0.212	
17:0	g					
18:0	g	0.008		0	0.020	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.096	0	0.245
14:1	g			
16:1	g			
18:1	g	0.096	0	0.245
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.236	0	0.602
18:2	g	0.200	0	0.510
18:3	g	0.037	0	0.094
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	0.029	0	0.074
Threonine	g	0.108	0	0.275
Isoleucine	g	0.147	0	0.375
Leucine	g	0.229	0	0.584
Lysine	g	0.152	0	0.388
Methionine	g	0.035	0	0.089
Cystine	g	0.028	0	0.071
Phenylalanine	g	0.126	0	0.321
Tyrosine	g	0.089	0	0.227
Valine	g	0.158	0	0.403
Arginine	g	0.152	0	0.388
Histidine	g	0.083	0	0.212
Alanine	g	0.143	0	0.365
Aspartic acid	g	0.253	0	0.645
Glutamic acid	g	0.392	0	1.000
Glycine	g	0.104	0	0.265
Proline	g	0.102	0	0.260
Serine	g	0.150	0	0.383
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11499

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11501 Succotash, (corn and limas), frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 284g	Measure 3*
Proximates:						
Water	g	74.11	0.422	24	115.61	210.47
Energy	kcal	93		0	145	264
Energy	kJ	389		0	607	1105
Protein (N x 5.95)	g	4.31	0.111	27	6.72	12.24
Total lipid (fat)	g	0.89	0.112	27	1.39	2.53
Carbohydrate, by difference	g	19.94		0	31.11	56.63
Fiber, total dietary	g	4.0		0	6.2	11.4
Ash	g	0.75	0.032	22	1.17	2.13
Sugars, total	g					
Minerals:						
Calcium	mg	16	0.694	27	25	45
Iron	mg	0.94	0.059	27	1.47	2.67
Magnesium	mg	24	2.922	4	37	68
Phosphorus	mg	78	1.668	16	122	222
Potassium	mg	295	10.413	5	460	838
Sodium	mg	45	19.892	4	70	128
Zinc	mg	0.47	0.053	4	0.73	1.33
Copper	mg	0.063	0.018	4	0.098	0.179
Manganese	mg	0.295	0.027	4	0.460	0.838
Selenium	µg	0.6		0	0.9	1.7
Vitamins:						
Ascorbic acid	mg	8.5	0.967	23	13.3	24.1
Thiamin	mg	0.087	0.005	27	0.136	0.247
Riboflavin	mg	0.072	0.005	27	0.112	0.204
Niacin	mg	1.375	0.049	27	2.145	3.905
Pantothenic acid	mg	0.258		1	0.402	0.733
Vitamin B-6	mg	0.100	0.008	14	0.156	0.284
Folate	µg	42		0	65	118
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	257	20.716	27	401	730
Vitamin A, RE	µg	26	2.072	27	41	74
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.166		0	0.259	0.471
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001		0	0.002	0.003
15:0	g					
16:0	g	0.151		0	0.236	0.429
17:0	g					
18:0	g	0.015		0	0.023	0.043
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.173	0	0.270	0.491
14:1	g				
16:1	g				
18:1	g	0.173	0	0.270	0.491
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.427	0	0.666	1.213
18:2	g	0.361	0	0.563	1.025
18:3	g	0.067	0	0.105	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	0.048	0	0.075	0.136
Threonine	g	0.179	0	0.279	0.508
Isoleucine	g	0.243	0	0.379	0.690
Leucine	g	0.379	0	0.591	1.076
Lysine	g	0.252	0	0.393	0.716
Methionine	g	0.058	0	0.090	0.165
Cystine	g	0.047	0	0.073	0.133
Phenylalanine	g	0.208	0	0.324	0.591
Tyrosine	g	0.147	0	0.229	0.417
Valine	g	0.262	0	0.409	0.744
Arginine	g	0.251	0	0.392	0.713
Histidine	g	0.137	0	0.214	0.389
Alanine	g	0.237	0	0.370	0.673
Aspartic acid	g	0.419	0	0.654	1.190
Glutamic acid	g	0.649	0	1.012	1.843
Glycine	g	0.172	0	0.268	0.488
Proline	g	0.168	0	0.262	0.477
Serine	g	0.248	0	0.387	0.704
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 package (10 oz)

NDB No. 11501

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11502 Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:						
Water	g	74.10	0	125.97		
Energy	kcal	93	0	158		
Energy	kJ	389	0	661		
Protein (N x 5.95)	g	4.31	0	7.33		
Total lipid (fat)	g	0.89	0	1.51		
Carbohydrate, by difference	g	19.95	0	33.91		
Fiber, total dietary	g	4.1	0	7.0		
Ash	g	0.75	0	1.27		
Sugars, total	g					
Minerals:						
Calcium	mg	15	0	26		
Iron	mg	0.89	0	1.51		
Magnesium	mg	23	0	39		
Phosphorus	mg	70	0	119		
Potassium	mg	265	0	451		
Sodium	mg	45	0	77		
Zinc	mg	0.45	0	0.77		
Copper	mg	0.060	0	0.102		
Manganese	mg	0.280	0	0.476		
Selenium	µg	0.6	0	1.0		
Vitamins:						
Ascorbic acid	mg	5.9	0	10.0		
Thiamin	mg	0.074	0	0.126		
Riboflavin	mg	0.068	0	0.116		
Niacin	mg	1.306	0	2.220		
Pantothenic acid	mg	0.232	0	0.394		
Vitamin B-6	mg	0.095	0	0.161		
Folate	µg	33	0	56		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	231	0	393		
Vitamin A, RE	µg	23	0	39		
Vitamin E, α-TE	mg	0.360	0	0.612		
Lipids:						
Saturated, total	g	0.166	0	0.282		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.001	0	0.002		
15:0	g					
16:0	g	0.151	0	0.257		
17:0	g					
18:0	g	0.015	0	0.026		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.173	0	0.294
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.173	0	0.294
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.427	0	0.726
18:2	g	0.361	0	0.614
18:3	g	0.067	0	0.114
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.048	0	0.082
Threonine	g	0.179	0	0.304
Isoleucine	g	0.243	0	0.413
Leucine	g	0.379	0	0.644
Lysine	g	0.252	0	0.428
Methionine	g	0.058	0	0.099
Cystine	g	0.047	0	0.080
Phenylalanine	g	0.208	0	0.354
Tyrosine	g	0.147	0	0.250
Valine	g	0.262	0	0.445
Arginine	g	0.251	0	0.427
Histidine	g	0.137	0	0.233
Alanine	g	0.237	0	0.403
Aspartic acid	g	0.419	0	0.712
Glutamic acid	g	0.649	0	1.103
Glycine	g	0.172	0	0.292
Proline	g	0.168	0	0.286
Serine	g	0.248	0	0.422
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11502

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11503 Swamp cabbage, (skunk cabbage), raw

Ipomoea aquatica

Refuse: 23% Tough stems

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 56g	Measure 2 [*] 13g	Measure 3 [*]
Proximates:						
Water	g	92.47	0.465	2	51.78	12.02
Energy	kcal	19		0	11	2
Energy	kJ	79		0	44	10
Protein (N x 5.95)	g	2.60		1	1.46	0.34
Total lipid (fat)	g	0.20		1	0.11	0.03
Carbohydrate, by difference	g	3.14		0	1.76	0.41
Fiber, total dietary	g	2.1		0	1.2	0.3
Ash	g	1.60		0	0.90	0.21
Sugars, total	g					
Minerals:						
Calcium	mg	77	18.350	2	43	10
Iron	mg	1.67	0.530	2	0.94	0.22
Magnesium	mg	71	22.065	2	40	9
Phosphorus	mg	39	0.950	2	22	5
Potassium	mg	312	58.400	2	175	41
Sodium	mg	113		0	63	15
Zinc	mg	0.18		0	0.10	0.02
Copper	mg	0.023		0	0.013	0.003
Manganese	mg	0.160		0	0.090	0.021
Selenium	µg	0.9		0	0.5	0.1
Vitamins:						
Ascorbic acid	mg	55.0		1	30.8	7.2
Thiamin	mg	0.030		1	0.017	0.004
Riboflavin	mg	0.100		1	0.056	0.013
Niacin	mg	0.900		1	0.504	0.117
Pantothenic acid	mg	0.141		0	0.079	0.018
Vitamin B-6	mg	0.096		0	0.054	0.012
Folate	µg	57		0	32	7
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	6300		1	3528	819
Vitamin A, RE	µg	630		1	353	82
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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	0.140	1	0.078	0.018
Isoleucine	g	0.104	1	0.058	0.014
Leucine	g	0.146	1	0.082	0.019
Lysine	g	0.109	1	0.061	0.014
Methionine	g	0.044	1	0.025	0.006
Cystine	g	0.028	1	0.016	0.004
Phenylalanine	g	0.127	1	0.071	0.017
Tyrosine	g	0.080	1	0.045	0.010
Valine	g	0.135	1	0.076	0.018
Arginine	g	0.148	1	0.083	0.019
Histidine	g	0.047	1	0.026	0.006
Alanine	g	0.109	1	0.061	0.014
Aspartic acid	g	0.650	1	0.364	0.085
Glutamic acid	g	0.252	1	0.141	0.033
Glycine	g	0.099	1	0.055	0.013
Proline	g	0.088	1	0.049	0.011
Serine	g	0.122	1	0.068	0.016
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, chopped
 Measure 2: 1 shoot

NDB No. 11503

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11504 Swamp cabbage, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 98g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.93	1	91.07		
Energy	kcal	20	0	20		
Energy	kJ	84	0	82		
Protein (N x 5.95)	g	2.08	1	2.04		
Total lipid (fat)	g	0.24	1	0.24		
Carbohydrate, by difference	g	3.71	0	3.64		
Fiber, total dietary	g	1.9	0	1.9		
Ash	g	1.05	1	1.03		
Sugars, total	g					
Minerals:						
Calcium	mg	54	1	53		
Iron	mg	1.32	1	1.29		
Magnesium	mg	30	1	29		
Phosphorus	mg	42	1	41		
Potassium	mg	284	1	278		
Sodium	mg	122	1	120		
Zinc	mg	0.16	0	0.16		
Copper	mg	0.021	0	0.021		
Manganese	mg	0.143	0	0.140		
Selenium	µg	0.9	0	0.9		
Vitamins:						
Ascorbic acid	mg	16.0	0	15.7		
Thiamin	mg	0.050	0	0.049		
Riboflavin	mg	0.080	0	0.078		
Niacin	mg	0.500	0	0.490		
Pantothenic acid	mg	0.126	0	0.123		
Vitamin B-6	mg	0.081	0	0.079		
Folate	µg	35	0	34		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	5200	0	5096		
Vitamin A, RE	µg	520	0	510		
Vitamin E, α-TE	mg	0.020	0	0.020		
Lipids:						
Saturated, total	g	0.039	0	0.038		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.006	0	0.006		
15:0	g					
16:0	g	0.029	0	0.028		
17:0	g					
18:0	g	0.003	0	0.003		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.007
14:1	g			
16:1	g	0.003	0	0.003
18:1	g	0.003	0	0.003
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.100	0	0.098
18:2	g	0.015	0	0.015
18:3	g	0.079	0	0.077
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g	0.112	0	0.110
Isoleucine	g	0.083	0	0.081
Leucine	g	0.116	0	0.114
Lysine	g	0.087	0	0.085
Methionine	g	0.035	0	0.034
Cystine	g	0.023	0	0.023
Phenylalanine	g	0.102	0	0.100
Tyrosine	g	0.064	0	0.063
Valine	g	0.108	0	0.106
Arginine	g	0.118	0	0.116
Histidine	g	0.037	0	0.036
Alanine	g	0.087	0	0.085
Aspartic acid	g	0.519	0	0.509
Glutamic acid	g	0.201	0	0.197
Glycine	g	0.079	0	0.077
Proline	g	0.070	0	0.069
Serine	g	0.097	0	0.095
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11504

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11505 Sweetpotato leaves, raw
Ipomoea batatas

Refuse: 6% Tough stems and bruised leaves

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 35g	Measure 2* 16g	Measure 3*
Proximates:						
Water	g	87.96	1	30.79	14.07	
Energy	kcal	35	0	12	6	
Energy	kJ	146	0	51	23	
Protein (N x 5.95)	g	4.00	0	1.40	0.64	
Total lipid (fat)	g	0.30	0	0.11	0.05	
Carbohydrate, by difference	g	6.38	0	2.23	1.02	
Fiber, total dietary	g	2.0	0	0.7	0.3	
Ash	g	1.36	1	0.48	0.22	
Sugars, total	g					
Minerals:						
Calcium	mg	37	0	13	6	
Iron	mg	1.01	0	0.35	0.16	
Magnesium	mg	61	1	21	10	
Phosphorus	mg	94	0	33	15	
Potassium	mg	518	1	181	83	
Sodium	mg	9	1	3	1	
Zinc	mg	0.29	0	0.10	0.05	
Copper	mg	0.037	0	0.013	0.006	
Manganese	mg	0.256	0	0.090	0.041	
Selenium	µg	0.9	0	0.3	0.1	
Vitamins:						
Ascorbic acid	mg	11.0	0	3.9	1.8	
Thiamin	mg	0.156	0	0.055	0.025	
Riboflavin	mg	0.345	0	0.121	0.055	
Niacin	mg	1.130	0	0.395	0.181	
Pantothenic acid	mg	0.225	0	0.079	0.036	
Vitamin B-6	mg	0.190	0	0.067	0.030	
Folate	µg	80	0	28	13	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	1028	0	360	164	
Vitamin A, RE	µg	103	0	36	16	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.065	0	0.023	0.010	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.059	0	0.021	0.009	
17:0	g					
18:0	g	0.006	0	0.002	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.012	0	0.004	0.002
14:1	g				
16:1	g				
18:1	g	0.012	0	0.004	0.002
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.134	0	0.047	0.021
18:2	g	0.113	0	0.040	0.018
18:3	g	0.021	0	0.007	0.003
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	0.035	1	0.012	0.006
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g	0.228	1	0.080	0.036
Methionine	g	0.086	1	0.030	0.014
Cystine	g	0.047	1	0.016	0.008
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, chopped
- Measure 2: 1 leaf, 12-1/4 in long

NDB No. 11505

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11506 Sweetpotato leaves, cooked, steamed, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 64g	Measure 2*	Measure 3*
Proximates:						
Water	g	88.71	1	56.77		
Energy	kcal	34	0	22		
Energy	kJ	142	0	91		
Protein (N x 5.95)	g	2.32	1	1.48		
Total lipid (fat)	g	0.30	1	0.19		
Carbohydrate, by difference	g	7.32	0	4.68		
Fiber, total dietary	g	1.9	0	1.2		
Ash	g	1.35	1	0.86		
Sugars, total	g					
Minerals:						
Calcium	mg	24	0	15		
Iron	mg	0.60	0	0.38		
Magnesium	mg	61	1	39		
Phosphorus	mg	60	0	38		
Potassium	mg	477	1	305		
Sodium	mg	13	1	8		
Zinc	mg	0.26	0	0.17		
Copper	mg	0.033	0	0.021		
Manganese	mg	0.229	0	0.147		
Selenium	µg	0.9	0	0.6		
Vitamins:						
Ascorbic acid	mg	1.5	0	1.0		
Thiamin	mg	0.112	0	0.072		
Riboflavin	mg	0.267	0	0.171		
Niacin	mg	1.003	0	0.642		
Pantothenic acid	mg	0.200	0	0.128		
Vitamin B-6	mg	0.160	0	0.102		
Folate	µg	49	0	31		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	916	0	586		
Vitamin A, RE	µg	92	0	59		
Vitamin E, α-TE	mg	0.960	0	0.614		
Lipids:						
Saturated, total	g	0.065	0	0.042		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15.0	g					
16:0	g	0.059	0	0.038		
17:0	g					
18:0	g	0.006	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.012	0	0.008
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.012	0	0.008
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.134	0	0.086
18:2	g	0.113	0	0.072
18:3	g	0.021	0	0.013
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.020	0	0.013
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g	0.132	0	0.084
Methionine	g	0.050	0	0.032
Cystine	g	0.027	0	0.017
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11506

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11507 Sweetpotato, raw
Ipomoea batatas

Refuse: 28% Parings and trimmings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 133g	Measure 2* 130g	Measure 3*
Proximates:						
Water	g	72.84	0.865	25	96.88	94.69
Energy	kcal	105		0	140	137
Energy	kJ	439		0	584	571
Protein (N x 5.95)	g	1.65	0.143	11	2.19	2.15
Total lipid (fat)	g	0.30	0.029	11	0.40	0.39
Carbohydrate, by difference	g	24.28		0	32.29	31.56
Fiber, total dietary	g	3.0		0	4.0	3.9
Ash	g	0.95	0.030	11	1.26	1.24
Sugars, total	g					
Minerals:						
Calcium	mg	22	1.607	31	29	29
Iron	mg	0.59	0.028	40	0.78	0.77
Magnesium	mg	10	0.500	9	13	13
Phosphorus	mg	28	1.833	9	37	36
Potassium	mg	204	7.000	9	271	265
Sodium	mg	13	1.300	9	17	17
Zinc	mg	0.28	0.011	30	0.37	0.36
Copper	mg	0.169	0.017	20	0.225	0.220
Manganese	mg	0.355	0.040	30	0.472	0.462
Selenium	µg	0.6		1	0.8	0.8
Vitamins:						
Ascorbic acid	mg	22.7	2.577	12	30.2	29.5
Thiamin	mg	0.066	0.005	10	0.088	0.086
Riboflavin	mg	0.147	0.039	14	0.196	0.191
Niacin	mg	0.674	0.035	14	0.896	0.876
Pantothenic acid	mg	0.591	0.060	10	0.786	0.768
Vitamin B-6	mg	0.257	0.018	6	0.342	0.334
Folate	µg	14	1.710	9	18	18
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	20063	1503.310	17	26684	26082
Vitamin A, RE	µg	2006	150.331	17	2668	2608
Vitamin E, α-TE	mg	0.280		0	0.372	0.364
Lipids:						
Saturated, total	g	0.064		0	0.085	0.083
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.058		0	0.077	0.075
17:0	g					
18:0	g	0.006		0	0.008	0.008
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.011	0	0.015	0.014
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.011	0	0.015	0.014
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.132	0	0.176	0.172
18:2	g	0.111	0	0.148	0.144
18:3	g	0.020	0	0.027	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	12	0	16	16
Amino acids:					
Tryptophan	g	0.020	8	0.027	0.026
Threonine	g	0.082	14	0.109	0.107
Isoleucine	g	0.082	14	0.109	0.107
Leucine	g	0.121	14	0.161	0.157
Lysine	g	0.081	14	0.108	0.105
Methionine	g	0.041	14	0.055	0.053
Cystine	g	0.013	7	0.017	0.017
Phenylalanine	g	0.099	14	0.132	0.129
Tyrosine	g	0.068	14	0.090	0.088
Valine	g	0.108	14	0.144	0.140
Arginine	g	0.077	14	0.102	0.100
Histidine	g	0.031	14	0.041	0.040
Alanine	g	0.090	14	0.120	0.117
Aspartic acid	g	0.282	14	0.375	0.367
Glutamic acid	g	0.161	14	0.214	0.209
Glycine	g	0.074	14	0.098	0.096
Proline	g	0.072	14	0.096	0.094
Serine	g	0.085	14	0.113	0.111
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, cubes
- Measure 2: 1 sweetpotato, (5")

NDB No. 11507

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11508 Sweetpotato, cooked, baked in skin, without salt

Refuse: 22% Skin

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 200g	Measure 2* 180g	Measure 3* 114g	
Proximates:							
Water	g	72.85	1.103	6	145.70	131.13	83.05
Energy	kcal	103		0	206	185	117
Energy	kJ	431		0	862	776	491
Protein (N x 5.95)	g	1.72	0.159	6	3.44	3.10	1.96
Total lipid (fat)	g	0.11	0.000	2	0.22	0.20	0.13
Carbohydrate, by difference	g	24.27		0	48.54	43.69	27.67
Fiber, total dietary	g	3.0		0	6.0	5.4	3.4
Ash	g	1.06	0.031	6	2.12	1.91	1.21
Sugars, total	g						
Minerals:							
Calcium	mg	28	3.556	6	56	50	32
Iron	mg	0.45	0.024	6	0.90	0.81	0.51
Magnesium	mg	20	1.467	6	40	36	23
Phosphorus	mg	55	1.430	6	110	99	63
Potassium	mg	348	23.514	6	696	626	397
Sodium	mg	10	3.689	6	20	18	11
Zinc	mg	0.29	0.034	6	0.58	0.52	0.33
Copper	mg	0.208	0.023	6	0.416	0.374	0.237
Manganese	mg	0.560	0.027	6	1.120	1.008	0.638
Selenium	µg	0.7	0.225	4	1.4	1.3	0.8
Vitamins:							
Ascorbic acid	mg	24.6	0.911	8	49.2	44.3	28.0
Thiamin	mg	0.073	0.006	6	0.146	0.131	0.083
Riboflavin	mg	0.127	0.069	7	0.254	0.229	0.145
Niacin	mg	0.604	0.047	7	1.208	1.087	0.689
Pantothenic acid	mg	0.646	0.066	7	1.292	1.163	0.736
Vitamin B-6	mg	0.241	0.023	6	0.482	0.434	0.275
Folate	µg	23	3.348	6	45	41	26
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	21822	1365.579	8	43644	39280	24877
Vitamin A, RE	µg	2182	136.558	8	4364	3928	2487
Vitamin E, α-TE	mg	0.280		0	0.560	0.504	0.319
Lipids:							
Saturated, total	g	0.024		0	0.048	0.043	0.027
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.022		0	0.044	0.040	0.025
17:0	g						
18:0	g	0.002		0	0.004	0.004	0.002
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.008	0.007	0.005
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.004	0	0.008	0.007	0.005
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.049	0	0.098	0.088	0.056
18:2	g	0.041	0	0.082	0.074	0.047
18:3	g	0.008	0	0.016	0.014	0.009
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.021	0	0.042	0.038	0.024
Threonine	g	0.086	0	0.172	0.155	0.098
Isoleucine	g	0.086	0	0.172	0.155	0.098
Leucine	g	0.126	0	0.252	0.227	0.144
Lysine	g	0.085	0	0.170	0.153	0.097
Methionine	g	0.042	0	0.084	0.076	0.048
Cystine	g	0.014	0	0.028	0.025	0.016
Phenylalanine	g	0.103	0	0.206	0.185	0.117
Tyrosine	g	0.071	0	0.142	0.128	0.081
Valine	g	0.112	0	0.224	0.202	0.128
Arginine	g	0.080	0	0.160	0.144	0.091
Histidine	g	0.032	0	0.064	0.058	0.036
Alanine	g	0.094	0	0.188	0.169	0.107
Aspartic acid	g	0.295	0	0.590	0.531	0.336
Glutamic acid	g	0.169	0	0.338	0.304	0.193
Glycine	g	0.078	0	0.156	0.140	0.089
Proline	g	0.076	0	0.152	0.137	0.087
Serine	g	0.089	0	0.178	0.160	0.101
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 large
- Measure 3: 1 medium (2" dia, 5" long, raw)

NDB No. 11508

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11510 Sweetpotato, cooked, boiled, without skin, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 328g	Measure 2* 151g	Measure 3*
Proximates:						
Water	g	72.84	0	238.92	109.99	
Energy	kcal	105	0	344	159	
Energy	kJ	439	0	1440	663	
Protein (N x 5.95)	g	1.65	0	5.41	2.49	
Total lipid (fat)	g	0.30	0	0.98	0.45	
Carbohydrate, by difference	g	24.28	0	79.64	36.66	
Fiber, total dietary	g	1.8	0	5.9	2.7	
Ash	g	0.95	0	3.12	1.43	
Sugars, total	g					
Minerals:						
Calcium	mg	21	0	69	32	
Iron	mg	0.56	0	1.84	0.85	
Magnesium	mg	10	0	33	15	
Phosphorus	mg	27	0	89	41	
Potassium	mg	184	0	604	278	
Sodium	mg	13	0	43	20	
Zinc	mg	0.27	0	0.89	0.41	
Copper	mg	0.161	0	0.528	0.243	
Manganese	mg	0.337	0	1.105	0.509	
Selenium	µg	0.7	0	2.3	1.1	
Vitamins:						
Ascorbic acid	mg	17.1	0	56.1	25.8	
Thiamin	mg	0.053	0	0.174	0.080	
Riboflavin	mg	0.140	0	0.459	0.211	
Niacin	mg	0.640	0	2.099	0.966	
Pantothenic acid	mg	0.532	0	1.745	0.803	
Vitamin B-6	mg	0.244	0	0.800	0.368	
Folate	µg	11	0	36	17	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	17054	0	55937	25752	
Vitamin A, RE	µg	1705	0	5592	2575	
Vitamin E, α-TE	mg	0.280	0	0.918	0.423	
Lipids:						
Saturated, total	g	0.064	0	0.210	0.097	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.058	0	0.190	0.088	
17:0	g					
18:0	g	0.006	0	0.020	0.009	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.011	0	0.036	0.017
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.011	0	0.036	0.017
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.132	0	0.433	0.199
18:2	g	0.111	0	0.364	0.168
18:3	g	0.020	0	0.066	0.030
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.020	0	0.066	0.030
Threonine	g	0.082	0	0.269	0.124
Isoleucine	g	0.082	0	0.269	0.124
Leucine	g	0.121	0	0.397	0.183
Lysine	g	0.081	0	0.266	0.122
Methionine	g	0.041	0	0.134	0.062
Cystine	g	0.013	0	0.043	0.020
Phenylalanine	g	0.099	0	0.325	0.149
Tyrosine	g	0.068	0	0.223	0.103
Valine	g	0.108	0	0.354	0.163
Arginine	g	0.077	0	0.253	0.116
Histidine	g	0.031	0	0.102	0.047
Alanine	g	0.090	0	0.295	0.136
Aspartic acid	g	0.282	0	0.925	0.426
Glutamic acid	g	0.161	0	0.528	0.243
Glycine	g	0.074	0	0.243	0.112
Proline	g	0.072	0	0.236	0.109
Serine	g	0.085	0	0.279	0.128
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, mashed
- Measure 2: 1 medium

NDB No. 11510

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11512 Sweetpotato, canned, vacuum pack

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 255g	Measure 2* 200g	Measure 3*
Proximates:						
Water	g	76.03	0.510	8	193.88	152.06
Energy	kcal	91		0	232	182
Energy	kJ	381		0	972	762
Protein (N x 5.95)	g	1.65	0.065	8	4.21	3.30
Total lipid (fat)	g	0.20	0.000	8	0.51	0.40
Carbohydrate, by difference	g	21.13		0	53.88	42.26
Fiber, total dietary	g	1.8		0	4.6	3.6
Ash	g	1.00	0.050	8	2.55	2.00
Sugars, total	g					
Minerals:						
Calcium	mg	22	0.339	8	56	44
Iron	mg	0.89	0.141	8	2.27	1.78
Magnesium	mg	22	0.306	8	56	44
Phosphorus	mg	49	0.553	8	125	98
Potassium	mg	312	10.222	8	796	624
Sodium	mg	53	7.531	8	135	106
Zinc	mg	0.18	0.010	8	0.46	0.36
Copper	mg	0.139	0.012	8	0.354	0.278
Manganese	mg	0.455	0.028	8	1.160	0.910
Selenium	µg	0.7	0.225	4	1.8	1.4
Vitamins:						
Ascorbic acid	mg	26.4	2.485	8	67.3	52.8
Thiamin	mg	0.037	0.004	8	0.094	0.074
Riboflavin	mg	0.057	0.005	8	0.145	0.114
Niacin	mg	0.741	0.026	8	1.890	1.482
Pantothenic acid	mg	0.523		0	1.334	1.046
Vitamin B-6	mg	0.190		0	0.485	0.380
Folate	µg	17		0	42	33
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	7983	518.529	8	20357	15966
Vitamin A, RE	µg	798	51.853	8	2035	1596
Vitamin E, α-TE	mg	0.250		0	0.637	0.500
Lipids:						
Saturated, total	g	0.043		0	0.110	0.086
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.039		0	0.099	0.078
17:0	g					
18:0	g	0.004		0	0.010	0.008
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.020	0.016
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.008	0	0.020	0.016
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.089	0	0.227	0.178
18:2	g	0.075	0	0.191	0.150
18:3	g	0.014	0	0.036	0.028
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.020	0	0.051	0.040
Threonine	g	0.082	0	0.209	0.164
Isoleucine	g	0.083	0	0.212	0.166
Leucine	g	0.121	0	0.309	0.242
Lysine	g	0.081	0	0.207	0.162
Methionine	g	0.041	0	0.105	0.082
Cystine	g	0.013	0	0.033	0.026
Phenylalanine	g	0.099	0	0.252	0.198
Tyrosine	g	0.068	0	0.173	0.136
Valine	g	0.108	0	0.275	0.216
Arginine	g	0.077	0	0.196	0.154
Histidine	g	0.031	0	0.079	0.062
Alanine	g	0.090	0	0.230	0.180
Aspartic acid	g	0.283	0	0.722	0.566
Glutamic acid	g	0.162	0	0.413	0.324
Glycine	g	0.075	0	0.191	0.150
Proline	g	0.073	0	0.186	0.146
Serine	g	0.086	0	0.219	0.172
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, mashed
- Measure 2: 1 cup, pieces

NDB No. 11512

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11514 Sweetpotato, canned, mashed

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 255g	Measure 2* 496g	Measure 3*
Proximates:						
Water	g	73.88	0.025	4	188.39	366.44
Energy	kcal	101		0	258	501
Energy	kJ	423		0	1079	2098
Protein (N x 5.95)	g	1.98	0.025	4	5.05	9.82
Total lipid (fat)	g	0.20	0.000	4	0.51	0.99
Carbohydrate, by difference	g	23.20		0	59.16	115.07
Fiber, total dietary	g	1.7		0	4.3	8.4
Ash	g	0.75	0.029	4	1.91	3.72
Sugars, total	g					
Minerals:						
Calcium	mg	30	0.895	4	77	149
Iron	mg	1.33	0.127	4	3.39	6.60
Magnesium	mg	24	0.104	4	61	119
Phosphorus	mg	52	1.131	4	133	258
Potassium	mg	210	11.265	4	536	1042
Sodium	mg	75	2.041	4	191	372
Zinc	mg	0.21	0.009	4	0.54	1.04
Copper	mg	0.278	0.009	4	0.709	1.379
Manganese	mg	0.988	0.098	4	2.519	4.900
Selenium	µg	0.8		0	2.0	4.0
Vitamins:						
Ascorbic acid	mg	5.2	0.366	4	13.3	25.8
Thiamin	mg	0.027	0.003	4	0.069	0.134
Riboflavin	mg	0.090	0.007	3	0.230	0.446
Niacin	mg	0.955	0.028	4	2.435	4.737
Pantothenic acid	mg	0.512		0	1.306	2.540
Vitamin B-6	mg	0.235		0	0.599	1.166
Folate	µg	11		0	27	53
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	15126	934.154	4	38571	75025
Vitamin A, RE	µg	1513	93.415	4	3858	7504
Vitamin E, α-TE	mg	0.270		0	0.689	1.339
Lipids:						
Saturated, total	g	0.043		0	0.110	0.213
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.039		0	0.099	0.193
17:0	g					
18:0	g	0.004		0	0.010	0.020
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.020	0.040
14:1	g				
16:1	g				
18:1	g	0.008	0	0.020	0.040
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.089	0	0.227	0.441
18:2	g	0.075	0	0.191	0.372
18:3	g	0.014	0	0.036	0.069
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	0.024	0	0.061	0.119
Threonine	g	0.098	0	0.250	0.486
Isoleucine	g	0.099	0	0.252	0.491
Leucine	g	0.145	0	0.370	0.719
Lysine	g	0.097	0	0.247	0.481
Methionine	g	0.049	0	0.125	0.243
Cystine	g	0.016	0	0.041	0.079
Phenylalanine	g	0.119	0	0.303	0.590
Tyrosine	g	0.081	0	0.207	0.402
Valine	g	0.129	0	0.329	0.640
Arginine	g	0.092	0	0.235	0.456
Histidine	g	0.037	0	0.094	0.184
Alanine	g	0.108	0	0.275	0.536
Aspartic acid	g	0.338	0	0.862	1.676
Glutamic acid	g	0.194	0	0.495	0.962
Glycine	g	0.089	0	0.227	0.441
Proline	g	0.087	0	0.222	0.432
Serine	g	0.102	0	0.260	0.506
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 can (404 x 307)

NDB No. 11514

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11516 Sweetpotato, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 176g	Measure 2*	Measure 3*
Proximates:						
Water	g	74.89	0.745	6	131.81	
Energy	kcal	96		0	169	
Energy	kJ	402		0	708	
Protein (N x 5.95)	g	1.71	0.209	6	3.01	
Total lipid (fat)	g	0.18	0.000	2	0.32	
Carbohydrate, by difference	g	22.22		0	39.11	
Fiber, total dietary	g	1.7		0	3.0	
Ash	g	1.00	0.022	6	1.76	
Sugars, total	g					
Minerals:						
Calcium	mg	37	2.725	6	65	
Iron	mg	0.53	0.062	6	0.93	
Magnesium	mg	22	2.091	6	39	
Phosphorus	mg	45	3.196	6	79	
Potassium	mg	365	23.116	6	642	
Sodium	mg	6	1.768	6	11	
Zinc	mg	0.31	0.039	6	0.55	
Copper	mg	0.177	0.015	6	0.312	
Manganese	mg	0.665	0.058	6	1.170	
Selenium	µg	0.6		0	1.1	
Vitamins:						
Ascorbic acid	mg	13.3	1.268	6	23.4	
Thiamin	mg	0.067	0.009	6	0.118	
Riboflavin	mg	0.051	0.003	6	0.090	
Niacin	mg	0.597	0.033	6	1.051	
Pantothenic acid	mg	0.515	0.065	6	0.906	
Vitamin B-6	mg	0.177	0.019	6	0.312	
Folate	µg	21	3.434	6	37	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	18636	1878.452	6	32799	
Vitamin A, RE	µg	1864	187.845	6	3281	
Vitamin E, α-TE	mg	0.260		0	0.458	
Lipids:						
Saturated, total	g	0.039		0	0.069	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.035		0	0.062	
17:0	g					
18:0	g	0.004		0	0.007	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.012
14:1	g			
16:1	g			
18:1	g	0.007	0	0.012
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.080	0	0.141
18:2	g	0.067	0	0.118
18:3	g	0.013	0	0.023
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	0.021	0	0.037
Threonine	g	0.085	0	0.150
Isoleucine	g	0.085	0	0.150
Leucine	g	0.125	0	0.220
Lysine	g	0.084	0	0.148
Methionine	g	0.042	0	0.074
Cystine	g	0.014	0	0.025
Phenylalanine	g	0.102	0	0.180
Tyrosine	g	0.070	0	0.123
Valine	g	0.112	0	0.197
Arginine	g	0.079	0	0.139
Histidine	g	0.032	0	0.056
Alanine	g	0.093	0	0.164
Aspartic acid	g	0.292	0	0.514
Glutamic acid	g	0.167	0	0.294
Glycine	g	0.077	0	0.136
Proline	g	0.075	0	0.132
Serine	g	0.088	0	0.155
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11516

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11517 Sweetpotato, frozen, cooked, baked, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 176g	Measure 2*	Measure 3*
Proximates:						
Water	g	73.70	0.665	6	129.71	
Energy	kcal	100		0	176	
Energy	kJ	418		0	736	
Protein (N x 5.95)	g	1.71	0.206	6	3.01	
Total lipid (fat)	g	0.12		1	0.21	
Carbohydrate, by difference	g	23.40		0	41.18	
Fiber, total dietary	g	1.8		0	3.2	
Ash	g	1.07	0.023	6	1.88	
Sugars, total	g					
Minerals:						
Calcium	mg	35	3.358	6	62	
Iron	mg	0.54	0.047	6	0.95	
Magnesium	mg	21	0.961	6	37	
Phosphorus	mg	44	1.719	6	77	
Potassium	mg	377	18.771	6	664	
Sodium	mg	8	2.508	6	14	
Zinc	mg	0.30	0.027	6	0.53	
Copper	mg	0.183	0.017	6	0.322	
Manganese	mg	0.665	0.035	6	1.170	
Selenium	µg	0.6		0	1.1	
Vitamins:						
Ascorbic acid	mg	9.1	1.007	6	16.0	
Thiamin	mg	0.066	0.006	6	0.116	
Riboflavin	mg	0.056	0.003	6	0.099	
Niacin	mg	0.555	0.029	6	0.977	
Pantothenic acid	mg	0.560	0.083	6	0.986	
Vitamin B-6	mg	0.186	0.020	6	0.327	
Folate	µg	22	3.614	6	39	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	16410	881.063	6	28882	
Vitamin A, RE	µg	1641	88.106	6	2888	
Vitamin E, α-TE	mg	0.270		0	0.475	
Lipids:						
Saturated, total	g	0.026		0	0.046	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.024		0	0.042	
17:0	g					
18:0	g	0.003		0	0.005	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.009
14:1	g			
16:1	g			
18:1	g	0.005	0	0.009
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.053	0	0.093
18:2	g	0.045	0	0.079
18:3	g	0.008	0	0.014
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	0.021	0	0.037
Threonine	g	0.085	0	0.150
Isoleucine	g	0.086	0	0.151
Leucine	g	0.126	0	0.222
Lysine	g	0.084	0	0.148
Methionine	g	0.042	0	0.074
Cystine	g	0.014	0	0.025
Phenylalanine	g	0.103	0	0.181
Tyrosine	g	0.070	0	0.123
Valine	g	0.112	0	0.197
Arginine	g	0.080	0	0.141
Histidine	g	0.032	0	0.056
Alanine	g	0.094	0	0.165
Aspartic acid	g	0.293	0	0.516
Glutamic acid	g	0.168	0	0.296
Glycine	g	0.078	0	0.137
Proline	g	0.075	0	0.132
Serine	g	0.089	0	0.157
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11517

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11518 Taro, raw
Colocasia esculenta

Refuse: 14% Ends and skin

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 104g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	70.64	4.587	8	73.47	
Energy	kcal	112		0	116	
Energy	kJ	469		0	488	
Protein (N x 5.95)	g	1.50	0.500	2	1.56	
Total lipid (fat)	g	0.20	0.000	2	0.21	
Carbohydrate, by difference	g	26.46		0	27.52	
Fiber, total dietary	g	4.1		0	4.3	
Ash	g	1.20		0	1.25	
Sugars, total	g					
Minerals:						
Calcium	mg	43	17.000	2	45	
Iron	mg	0.55	0.150	2	0.57	
Magnesium	mg	33	6.583	3	34	
Phosphorus	mg	84	23.500	2	87	
Potassium	mg	591	47.946	5	615	
Sodium	mg	11	3.098	8	11	
Zinc	mg	0.23		0	0.24	
Copper	mg	0.172		0	0.179	
Manganese	mg	0.383		0	0.398	
Selenium	µg	0.7		0	0.7	
Vitamins:						
Ascorbic acid	mg	4.5	0.500	2	4.7	
Thiamin	mg	0.095	0.005	2	0.099	
Riboflavin	mg	0.025	0.005	2	0.026	
Niacin	mg	0.600	0.000	2	0.624	
Pantothenic acid	mg	0.303		0	0.315	
Vitamin B-6	mg	0.283		0	0.294	
Folate	µg	22		0	23	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0	0.000	2	0	
Vitamin A, RE	µg	0	0.000	2	0	
Vitamin E, α-TE	mg	2.380		0	2.475	
Lipids:						
Saturated, total	g	0.041		0	0.043	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.035		0	0.036	
17:0	g					
18:0	g	0.006		0	0.006	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.016	0	0.017
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.016	0	0.017
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.083	0	0.086
18:2	g	0.058	0	0.060
18:3	g	0.025	0	0.026
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg	19	0	20
Amino acids:				
Tryptophan	g	0.023	8	0.024
Threonine	g	0.069	9	0.072
Isoleucine	g	0.054	9	0.056
Leucine	g	0.111	9	0.115
Lysine	g	0.067	11	0.070
Methionine	g	0.020	11	0.021
Cystine	g	0.032	4	0.033
Phenylalanine	g	0.082	9	0.085
Tyrosine	g	0.055	9	0.057
Valine	g	0.082	9	0.085
Arginine	g	0.103	9	0.107
Histidine	g	0.034	9	0.035
Alanine	g	0.073	8	0.076
Aspartic acid	g	0.192	8	0.200
Glutamic acid	g	0.174	8	0.181
Glycine	g	0.074	8	0.077
Proline	g	0.060	8	0.062
Serine	g	0.092	8	0.096
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced

NDB No. 11518

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11519 Taro, cooked, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 132g	Measure 2*	Measure 3*
Proximates:						
Water	g	63.80	1	84.22		
Energy	kcal	142	0	187		
Energy	kJ	594	0	784		
Protein (N x 5.95)	g	0.52	1	0.69		
Total lipid (fat)	g	0.11	1	0.15		
Carbohydrate, by difference	g	34.60	0	45.67		
Fiber, total dietary	g	5.1	0	6.7		
Ash	g	0.97	1	1.28		
Sugars, total	g					
Minerals:						
Calcium	mg	18	1	24		
Iron	mg	0.72	1	0.95		
Magnesium	mg	30	1	40		
Phosphorus	mg	76	1	100		
Potassium	mg	484	1	639		
Sodium	mg	15	1	20		
Zinc	mg	0.27	0	0.36		
Copper	mg	0.201	0	0.265		
Manganese	mg	0.449	0	0.593		
Selenium	µg	0.9	0	1.2		
Vitamins:						
Ascorbic acid	mg	5.0	0	6.6		
Thiamin	mg	0.107	0	0.141		
Riboflavin	mg	0.028	0	0.037		
Niacin	mg	0.510	0	0.673		
Pantothenic acid	mg	0.336	0	0.444		
Vitamin B-6	mg	0.331	0	0.437		
Folate	µg	19	0	25		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	0	0	0		
Vitamin A, RE	µg	0	0	0		
Vitamin E, α-TE	mg	0.440	0	0.581		
Lipids:						
Saturated, total	g	0.023	0	0.030		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.019	0	0.025		
17:0	g					
18:0	g	0.003	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.009	0	0.012
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.009	0	0.012
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.046	0	0.061
18:2	g	0.032	0	0.042
18:3	g	0.014	0	0.018
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.008	0	0.011
Threonine	g	0.024	0	0.032
Isoleucine	g	0.019	0	0.025
Leucine	g	0.038	0	0.050
Lysine	g	0.023	0	0.030
Methionine	g	0.007	0	0.009
Cystine	g	0.011	0	0.015
Phenylalanine	g	0.028	0	0.037
Tyrosine	g	0.019	0	0.025
Valine	g	0.028	0	0.037
Arginine	g	0.036	0	0.048
Histidine	g	0.012	0	0.016
Alanine	g	0.025	0	0.033
Aspartic acid	g	0.066	0	0.087
Glutamic acid	g	0.060	0	0.079
Glycine	g	0.026	0	0.034
Proline	g	0.021	0	0.028
Serine	g	0.032	0	0.042
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced

NDB No. 11519

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11520 Taro leaves, raw*Colocasia esculenta***Refuse:** 40% Stem, midrib and tough leaves

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 28g	Measure 2 [*] 10g	Measure 3 [*]
Proximates:						
Water	g	85.66	1.885	2	23.98	8.57
Energy	kcal	42		0	12	4
Energy	kJ	176		0	49	18
Protein (N x 5.95)	g	4.98		1	1.39	0.50
Total lipid (fat)	g	0.74		1	0.21	0.07
Carbohydrate, by difference	g	6.71		0	1.88	0.67
Fiber, total dietary	g	3.7		0	1.0	0.4
Ash	g	1.92		1	0.54	0.19
Sugars, total	g					
Minerals:						
Calcium	mg	107		1	30	11
Iron	mg	2.25		1	0.63	0.23
Magnesium	mg	45		1	13	5
Phosphorus	mg	60		1	17	6
Potassium	mg	648		0	181	65
Sodium	mg	3		0	1	0
Zinc	mg	0.41		0	0.11	0.04
Copper	mg	0.270		0	0.076	0.027
Manganese	mg	0.714		0	0.200	0.071
Selenium	µg	0.9		0	0.3	0.1
Vitamins:						
Ascorbic acid	mg	52.0		0	14.6	5.2
Thiamin	mg	0.209		0	0.059	0.021
Riboflavin	mg	0.456		0	0.128	0.046
Niacin	mg	1.513		0	0.424	0.151
Pantothenic acid	mg	0.084		0	0.024	0.008
Vitamin B-6	mg	0.146		0	0.041	0.015
Folate	µg	126		0	35	13
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	4825		0	1351	483
Vitamin A, RE	µg	483		0	135	48
Vitamin E, α-TE	mg	2.016		0	0.564	0.202
Lipids:						
Saturated, total	g	0.151		0	0.042	0.015
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.131		0	0.037	0.013
17:0	g					
18:0	g	0.020		0	0.006	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.060	0	0.017	0.006
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.060	0	0.017	0.006
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.307	0	0.086	0.031
18:2	g	0.214	0	0.060	0.021
18:3	g	0.093	0	0.026	0.009
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.048	3	0.013	0.005
Threonine	g	0.167	2	0.047	0.017
Isoleucine	g	0.260	2	0.073	0.026
Leucine	g	0.392	2	0.110	0.039
Lysine	g	0.246	3	0.069	0.025
Methionine	g	0.079	3	0.022	0.008
Cystine	g	0.064	2	0.018	0.006
Phenylalanine	g	0.195	2	0.055	0.020
Tyrosine	g	0.178	1	0.050	0.018
Valine	g	0.256	2	0.072	0.026
Arginine	g	0.220	2	0.062	0.022
Histidine	g	0.114	2	0.032	0.011
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 leaf, (11" x 6-1/2")

NDB No. 11520

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11521 Taro leaves, cooked, steamed, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 145g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.15	3.410	3	133.62	
Energy	kcal	24		0	35	
Energy	kJ	100		0	145	
Protein (N x 5.95)	g	2.72		0	3.94	
Total lipid (fat)	g	0.41		0	0.59	
Carbohydrate, by difference	g	4.02		0	5.83	
Fiber, total dietary	g	2.0		0	2.9	
Ash	g	0.70		1	1.01	
Sugars, total	g					
Minerals:						
Calcium	mg	86	4.500	2	125	
Iron	mg	1.18	0.075	2	1.71	
Magnesium	mg	20	12.017	3	29	
Phosphorus	mg	27	0.650	2	39	
Potassium	mg	460	122.746	3	667	
Sodium	mg	2	0.753	3	3	
Zinc	mg	0.21		0	0.30	
Copper	mg	0.140		0	0.203	
Manganese	mg	0.371		0	0.538	
Selenium	µg	0.9		0	1.3	
Vitamins:						
Ascorbic acid	mg	35.5		0	51.5	
Thiamin	mg	0.139		0	0.202	
Riboflavin	mg	0.380		0	0.551	
Niacin	mg	1.267		0	1.837	
Pantothenic acid	mg	0.044		0	0.064	
Vitamin B-6	mg	0.072		0	0.104	
Folate	µg	48		0	70	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	4238		0	6145	
Vitamin A, RE	µg	424		0	615	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.083		0	0.120	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.072		0	0.104	
17:0	g					
18:0	g	0.011		0	0.016	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.033	0	0.048
14:1	g			
16:1	g			
18:1	g	0.033	0	0.048
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.168	0	0.244
18:2	g	0.117	0	0.170
18:3	g	0.051	0	0.074
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	0.026	0	0.038
Threonine	g	0.091	0	0.132
Isoleucine	g	0.142	0	0.206
Leucine	g	0.214	0	0.310
Lysine	g	0.134	0	0.194
Methionine	g	0.043	0	0.062
Cystine	g	0.035	0	0.051
Phenylalanine	g	0.107	0	0.155
Tyrosine	g	0.097	0	0.141
Valine	g	0.140	0	0.203
Arginine	g	0.120	0	0.174
Histidine	g	0.062	0	0.090
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11521

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11522 Taro shoots, raw
Colocasia esculenta

Refuse: 12% Ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 43g	Measure 2 [*] 83g	Measure 3 [*]
Proximates:						
Water	g	95.82	1	41.20	79.53	
Energy	kcal	11	0	5	9	
Energy	kJ	46	0	20	38	
Protein (N x 5.95)	g	0.92	0	0.40	0.76	
Total lipid (fat)	g	0.09	0	0.04	0.07	
Carbohydrate, by difference	g	2.32	0	1.00	1.93	
Fiber, total dietary	g					
Ash	g	0.85	0	0.37	0.71	
Sugars, total	g					
Minerals:						
Calcium	mg	12	1	5	10	
Iron	mg	0.60	1	0.26	0.50	
Magnesium	mg	8	1	3	7	
Phosphorus	mg	28	1	12	23	
Potassium	mg	332	1	143	276	
Sodium	mg	1	1	0	1	
Zinc	mg	0.51	0	0.22	0.42	
Copper	mg	0.088	0	0.038	0.073	
Manganese	mg	0.122	0	0.052	0.101	
Selenium	µg	0.9	0	0.4	0.7	
Vitamins:						
Ascorbic acid	mg	21.0	0	9.0	17.4	
Thiamin	mg	0.040	0	0.017	0.033	
Riboflavin	mg	0.050	0	0.022	0.042	
Niacin	mg	0.800	0	0.344	0.664	
Pantothenic acid	mg	0.075	0	0.032	0.062	
Vitamin B-6	mg	0.111	0	0.048	0.092	
Folate	µg	3	0	1	3	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	50	0	22	42	
Vitamin A, RE	µg	5	0	2	4	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.018	0	0.008	0.015	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.016	0	0.007	0.013	
17:0	g					
18:0	g	0.002	0	0.001	0.002	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.003	0.006
14:1	g				
16:1	g				
18:1	g	0.007	0	0.003	0.006
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.037	0	0.016	0.031
18:2	g	0.026	0	0.011	0.022
18:3	g	0.011	0	0.005	0.009
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1/2 cup slices
 Measure 2: 1 shoot

NDB No. 11522

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11523 Taro shoots, cooked, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 140g	Measure 2*	Measure 3*
Proximates:						
Water	g	95.30	1	133.42		
Energy	kcal	14	0	20		
Energy	kJ	59	0	83		
Protein (N x 5.95)	g	0.73	1	1.02		
Total lipid (fat)	g	0.08	1	0.11		
Carbohydrate, by difference	g	3.20	0	4.48		
Fiber, total dietary	g					
Ash	g	0.70	1	0.98		
Sugars, total	g					
Minerals:						
Calcium	mg	14	1	20		
Iron	mg	0.41	1	0.57		
Magnesium	mg	8	1	11		
Phosphorus	mg	26	1	36		
Potassium	mg	344	1	482		
Sodium	mg	2	1	3		
Zinc	mg	0.54	0	0.76		
Copper	mg	0.094	0	0.132		
Manganese	mg	0.130	0	0.182		
Selenium	µg	1.0	0	1.4		
Vitamins:						
Ascorbic acid	mg	18.9	0	26.5		
Thiamin	mg	0.038	0	0.053		
Riboflavin	mg	0.053	0	0.074		
Niacin	mg	0.810	0	1.134		
Pantothenic acid	mg	0.076	0	0.106		
Vitamin B-6	mg	0.112	0	0.157		
Folate	µg	3	0	4		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	51	0	71		
Vitamin A, RE	µg	5	0	7		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.016	0	0.022		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.014	0	0.020		
17:0	g					
18:0	g	0.002	0	0.003		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.006	0	0.008
14:1	g			
16:1	g			
18:1	g	0.006	0	0.008
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.033	0	0.046
18:2	g	0.023	0	0.032
18:3	g	0.010	0	0.014
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, slices

NDB No. 11523

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11525 Taro, tahitian, raw
Colocasia esculenta

Refuse: %

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 125g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	87.96	1	109.95		
Energy	kcal	44	0	55		
Energy	kJ	184	0	230		
Protein (N x 5.95)	g	2.79	0	3.49		
Total lipid (fat)	g	0.97	0	1.21		
Carbohydrate, by difference	g	6.91	0	8.64		
Fiber, total dietary	g					
Ash	g	1.38	0	1.73		
Sugars, total	g					
Minerals:						
Calcium	mg	129	0	161		
Iron	mg	1.30	0	1.63		
Magnesium	mg	47	1	59		
Phosphorus	mg	45	0	56		
Potassium	mg	606	1	758		
Sodium	mg	50	1	63		
Zinc	mg	0.09	0	0.11		
Copper	mg	0.071	0	0.089		
Manganese	mg	0.157	0	0.196		
Selenium	µg	0.7	0	0.9		
Vitamins:						
Ascorbic acid	mg	96.0	0	120.0		
Thiamin	mg	0.062	0	0.078		
Riboflavin	mg	0.244	0	0.305		
Niacin	mg	0.995	0	1.244		
Pantothenic acid	mg	0.124	0	0.155		
Vitamin B-6	mg	0.116	0	0.145		
Folate	µg	9	0	11		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	2045	0	2556		
Vitamin A, RE	µg	205	0	256		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.197	0	0.246		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.171	0	0.214		
17:0	g					
18:0	g	0.027	0	0.034		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.078	0	0.098
14:1	g			
16:1	g			
18:1	g	0.078	0	0.098
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.400	0	0.500
18:2	g	0.279	0	0.349
18:3	g	0.121	0	0.151
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, slices

NDB No. 11525

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11526 Taro, tahitian, cooked, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 137g	Measure 2*	Measure 3*
Proximates:						
Water	g	86.46	1	118.45		
Energy	kcal	44	0	60		
Energy	kJ	184	0	252		
Protein (N x 5.95)	g	4.16	1	5.70		
Total lipid (fat)	g	0.68	1	0.93		
Carbohydrate, by difference	g	6.85	0	9.38		
Fiber, total dietary	g					
Ash	g	1.85	1	2.53		
Sugars, total	g					
Minerals:						
Calcium	mg	149	1	204		
Iron	mg	1.56	1	2.14		
Magnesium	mg	51	1	70		
Phosphorus	mg	67	1	92		
Potassium	mg	623	1	854		
Sodium	mg	54	1	74		
Zinc	mg	0.10	0	0.14		
Copper	mg	0.076	0	0.104		
Manganese	mg	0.168	0	0.230		
Selenium	µg	0.8	0	1.1		
Vitamins:						
Ascorbic acid	mg	38.0	0	52.1		
Thiamin	mg	0.044	0	0.060		
Riboflavin	mg	0.198	0	0.271		
Niacin	mg	0.480	0	0.658		
Pantothenic acid	mg	0.126	0	0.173		
Vitamin B-6	mg	0.117	0	0.160		
Folate	µg	7	0	10		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	1764	0	2417		
Vitamin A, RE	µg	176	0	241		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.139	0	0.190		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.120	0	0.164		
17:0	g					
18:0	g	0.019	0	0.026		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.055	0	0.075
14:1	g			
16:1	g			
18:1	g	0.055	0	0.075
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.282	0	0.386
18:2	g	0.196	0	0.269
18:3	g	0.085	0	0.116
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, slices

NDB No. 11526

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11527 Tomatoes, green, raw
Lycopersicon esculentum

Refuse: 9% Core and stem ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 180g	Measure 2 [*] 182g	Measure 3 [*] 123g	
Proximates:							
Water	g	93.00	0	167.40	169.26	114.39	
Energy	kcal	24	0	43	44	30	
Energy	kJ	100	0	180	182	123	
Protein (N x 5.95)	g	1.20	0	2.16	2.18	1.48	
Total lipid (fat)	g	0.20	0	0.36	0.36	0.25	
Carbohydrate, by difference	g	5.10	0	9.18	9.28	6.27	
Fiber, total dietary	g	1.1	0	2.0	2.0	1.4	
Ash	g	0.50	0	0.90	0.91	0.62	
Sugars, total	g						
Minerals:							
Calcium	mg	13	0	23	24	16	
Iron	mg	0.51	0.030	9	0.92	0.93	0.63
Magnesium	mg	10	0.500	9	18	18	12
Phosphorus	mg	28	1.833	9	50	51	34
Potassium	mg	204	7.000	9	367	371	251
Sodium	mg	13	1.300	9	23	24	16
Zinc	mg	0.07	0.010	9	0.13	0.13	0.09
Copper	mg	0.090	0.007	9	0.162	0.164	0.111
Manganese	mg	0.100	0.010	9	0.180	0.182	0.123
Selenium	µg	0.4	0	0.7	0.7	0.5	
Vitamins:							
Ascorbic acid	mg	23.4	0.076	8	42.1	42.6	28.8
Thiamin	mg	0.060	0	0.108	0.109	0.074	
Riboflavin	mg	0.040	0	0.072	0.073	0.049	
Niacin	mg	0.500	0	0.900	0.910	0.615	
Pantothenic acid	mg	0.500	0	0.900	0.910	0.615	
Vitamin B-6	mg	0.081	0	0.146	0.147	0.100	
Folate	µg	9	0	16	16	11	
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00	
Vitamin A	IU	642	0	1156	1168	790	
Vitamin A, RE	µg	64	0	115	116	79	
Vitamin E, α-TE	mg	0.380	0	0.684	0.692	0.467	
Lipids:							
Saturated, total	g	0.028	0	0.050	0.051	0.034	
4:0	g	0.000	0	0.000	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	0.000	
15:0	g						
16:0	g	0.020	0	0.036	0.036	0.025	
17:0	g						
18:0	g	0.007	0	0.013	0.013	0.009	
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.030	0	0.054	0.055	0.037
14:1	g					
16:1	g	0.001	0	0.002	0.002	0.001
18:1	g	0.029	0	0.052	0.053	0.036
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.081	0	0.146	0.147	0.100
18:2	g	0.078	0	0.140	0.142	0.096
18:3	g	0.003	0	0.005	0.005	0.004
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.009	9	0.016	0.016	0.011
Threonine	g	0.030	13	0.054	0.055	0.037
Isoleucine	g	0.029	14	0.052	0.053	0.036
Leucine	g	0.044	14	0.079	0.080	0.054
Lysine	g	0.044	19	0.079	0.080	0.054
Methionine	g	0.010	15	0.018	0.018	0.012
Cystine	g	0.016	4	0.029	0.029	0.020
Phenylalanine	g	0.031	14	0.056	0.056	0.038
Tyrosine	g	0.021	12	0.038	0.038	0.026
Valine	g	0.031	14	0.056	0.056	0.038
Arginine	g	0.029	13	0.052	0.053	0.036
Histidine	g	0.018	13	0.032	0.033	0.022
Alanine	g	0.034	12	0.061	0.062	0.042
Aspartic acid	g	0.166	12	0.299	0.302	0.204
Glutamic acid	g	0.442	12	0.796	0.804	0.544
Glycine	g	0.030	12	0.054	0.055	0.037
Proline	g	0.023	12	0.041	0.042	0.028
Serine	g	0.032	12	0.058	0.058	0.039
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 large
 Measure 3: 1 medium

NDB No. 11527

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11529 Tomatoes, red, ripe, raw, year round average
Lycopersicon esculentum

Refuse: 9% Core and stem ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 149g	Measure 2 [*] 180g	Measure 3 [*] 62g	
Proximates:							
Water	g	93.76	0.062	210	139.70	168.77	58.13
Energy	kcal	21		0	31	38	13
Energy	kJ	88		0	131	158	55
Protein (N x 5.95)	g	0.85	0.015	89	1.27	1.53	0.53
Total lipid (fat)	g	0.33	0.062	17	0.49	0.59	0.20
Carbohydrate, by difference	g	4.64		0	6.91	8.35	2.88
Fiber, total dietary	g	1.1		0	1.6	2.0	0.7
Ash	g	0.42	0.025	17	0.63	0.76	0.26
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.328	135	7	9	3
Iron	mg	0.45	0.016	137	0.67	0.81	0.28
Magnesium	mg	11	0.236	138	16	20	7
Phosphorus	mg	24	0.341	131	36	43	15
Potassium	mg	222	4.455	143	331	400	138
Sodium	mg	9	0.525	151	13	16	6
Zinc	mg	0.09	0.011	122	0.13	0.16	0.06
Copper	mg	0.074	0.002	149	0.110	0.133	0.046
Manganese	mg	0.105	0.004	136	0.156	0.189	0.065
Selenium	µg	0.4	0.150	3	0.6	0.7	0.2
Vitamins:							
Ascorbic acid	mg	19.1	0.344	165	28.5	34.4	11.8
Thiamin	mg	0.059	0.001	156	0.088	0.106	0.037
Riboflavin	mg	0.048	0.002	156	0.072	0.086	0.030
Niacin	mg	0.628	0.027	11	0.936	1.130	0.389
Pantothenic acid	mg	0.247	0.122	6	0.368	0.445	0.153
Vitamin B-6	mg	0.080	0.005	13	0.119	0.144	0.050
Folate	µg	15	3.102	16	22	27	9
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	623	27.637	11	928	1121	386
Vitamin A, RE	µg	62		0	92	112	38
Vitamin E, α-TE	mg	0.380		0	0.566	0.684	0.236
Lipids:							
Saturated, total	g	0.045		0	0.067	0.081	0.028
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		1	0.000	0.000	0.000
15.0	g						
16:0	g	0.033		1	0.049	0.059	0.020
17:0	g						
18:0	g	0.013		1	0.019	0.023	0.008
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.075	0.090	0.031
14:1	g					
16:1	g	0.002	1	0.003	0.004	0.001
18:1	g	0.049	1	0.073	0.088	0.030
20:1	g	0.000	1	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.135	0	0.201	0.243	0.084
18:2	g	0.130	1	0.194	0.234	0.081
18:3	g	0.005	1	0.007	0.009	0.003
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	7	1	10	13	4
Amino acids:						
Tryptophan	g	0.006	0	0.009	0.011	0.004
Threonine	g	0.021	0	0.031	0.038	0.013
Isoleucine	g	0.020	0	0.030	0.036	0.012
Leucine	g	0.031	0	0.046	0.056	0.019
Lysine	g	0.031	0	0.046	0.056	0.019
Methionine	g	0.007	0	0.010	0.013	0.004
Cystine	g	0.011	0	0.016	0.020	0.007
Phenylalanine	g	0.022	0	0.033	0.040	0.014
Tyrosine	g	0.015	0	0.022	0.027	0.009
Valine	g	0.022	0	0.033	0.040	0.014
Arginine	g	0.021	0	0.031	0.038	0.013
Histidine	g	0.013	0	0.019	0.023	0.008
Alanine	g	0.024	0	0.036	0.043	0.015
Aspartic acid	g	0.118	0	0.176	0.212	0.073
Glutamic acid	g	0.313	0	0.466	0.563	0.194
Glycine	g	0.021	0	0.031	0.038	0.013
Proline	g	0.016	0	0.024	0.029	0.010
Serine	g	0.023	0	0.034	0.041	0.014
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, cherry tomato
- Measure 2: 1 cup, chopped or sliced
- Measure 3: 1 Italian tomato

NDB No. 11529

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11530 Tomatoes, red, ripe, cooked, boiled, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 246g	Measure 3*
Proximates:						
Water	g	92.16	0	221.18	226.71	
Energy	kcal	27	0	65	66	
Energy	kJ	113	0	271	278	
Protein (N x 5.95)	g	1.07	0	2.57	2.63	
Total lipid (fat)	g	0.41	0	0.98	1.01	
Carbohydrate, by difference	g	5.83	0	13.99	14.34	
Fiber, total dietary	g	1.0	0	2.4	2.5	
Ash	g	0.53	0	1.27	1.30	
Sugars, total	g					
Minerals:						
Calcium	mg	6	0	14	15	
Iron	mg	0.56	0	1.34	1.38	
Magnesium	mg	14	0	34	34	
Phosphorus	mg	31	0	74	76	
Potassium	mg	279	0	670	686	
Sodium	mg	11	0	26	27	
Zinc	mg	0.11	0	0.26	0.27	
Copper	mg	0.093	0	0.223	0.229	
Manganese	mg	0.132	0	0.317	0.325	
Selenium	µg	0.5	0	1.2	1.2	
Vitamins:						
Ascorbic acid	mg	22.8	0	54.7	56.1	
Thiamin	mg	0.070	0	0.168	0.172	
Riboflavin	mg	0.057	0	0.137	0.140	
Niacin	mg	0.749	0	1.798	1.843	
Pantothenic acid	mg	0.295	0	0.708	0.726	
Vitamin B-6	mg	0.095	0	0.228	0.234	
Folate	µg	13	0	31	32	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	743	0	1783	1828	
Vitamin A, RE	µg	74	0	178	182	
Vitamin E, α-TE	mg	0.380	0	0.912	0.935	
Lipids:						
Saturated, total	g	0.057	0	0.137	0.140	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.041	0	0.098	0.101	
17:0	g					
18:0	g	0.016	0	0.038	0.039	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.063	0	0.151	0.155
14:1	g				
16:1	g	0.002	0	0.005	0.005
18:1	g	0.061	0	0.146	0.150
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.169	0	0.406	0.416
18:2	g	0.163	0	0.391	0.401
18:3	g	0.006	0	0.014	0.015
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	9	0	22	22
Amino acids:					
Tryptophan	g	0.008	0	0.019	0.020
Threonine	g	0.027	0	0.065	0.066
Isoleucine	g	0.026	0	0.062	0.064
Leucine	g	0.039	0	0.094	0.096
Lysine	g	0.039	0	0.094	0.096
Methionine	g	0.009	0	0.022	0.022
Cystine	g	0.014	0	0.034	0.034
Phenylalanine	g	0.028	0	0.067	0.069
Tyrosine	g	0.018	0	0.043	0.044
Valine	g	0.027	0	0.065	0.066
Arginine	g	0.026	0	0.062	0.064
Histidine	g	0.016	0	0.038	0.039
Alanine	g	0.030	0	0.072	0.074
Aspartic acid	g	0.148	0	0.355	0.364
Glutamic acid	g	0.393	0	0.943	0.967
Glycine	g	0.026	0	0.062	0.064
Proline	g	0.020	0	0.048	0.049
Serine	g	0.028	0	0.067	0.069
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 2 medium

NDB No. 11530

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11531 Tomatoes, red, ripe, canned, whole, regular pack

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 15g	Measure 3* 190g	
Proximates:							
Water	g	93.65	0.027	492	224.76	14.05	177.94
Energy	kcal	19		0	46	3	36
Energy	kJ	79		0	190	12	150
Protein (N x 5.95)	g	0.92	0.007	490	2.21	0.14	1.75
Total lipid (fat)	g	0.13	0.009	220	0.31	0.02	0.25
Carbohydrate, by difference	g	4.37		0	10.49	0.66	8.30
Fiber, total dietary	g	1.0		0	2.4	0.2	1.9
Ash	g	0.93	0.013	424	2.23	0.14	1.77
Sugars, total	g						
Minerals:							
Calcium	mg	30	0.487	487	72	5	57
Iron	mg	0.55	0.019	456	1.32	0.08	1.05
Magnesium	mg	12	0.156	140	29	2	23
Phosphorus	mg	19	0.499	137	46	3	36
Potassium	mg	221	4.101	118	530	33	420
Sodium	mg	148	9.922	54	355	22	281
Zinc	mg	0.16	0.005	47	0.38	0.02	0.30
Copper	mg	0.110	0.004	47	0.264	0.017	0.209
Manganese	mg	0.127		0	0.305	0.019	0.241
Selenium	µg	0.7	0.214	3	1.7	0.1	1.3
Vitamins:							
Ascorbic acid	mg	14.2	0.197	399	34.1	2.1	27.0
Thiamin	mg	0.045	0.001	385	0.108	0.007	0.086
Riboflavin	mg	0.031	0.000	401	0.074	0.005	0.059
Niacin	mg	0.735	0.012	417	1.764	0.110	1.397
Pantothenic acid	mg	0.167		1	0.401	0.025	0.317
Vitamin B-6	mg	0.090		0	0.216	0.013	0.171
Folate	µg	8		0	19	1	15
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	595	7.019	699	1428	89	1131
Vitamin A, RE	µg	60		0	144	9	114
Vitamin E, α-TE	mg	0.320		0	0.768	0.048	0.608
Lipids:							
Saturated, total	g	0.019		0	0.046	0.003	0.036
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.013		0	0.031	0.002	0.025
17:0	g						
18:0	g	0.005		0	0.012	0.001	0.010
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.048	0.003	0.038
14:1	g					
16:1	g	0.001	0	0.002	0.000	0.002
18:1	g	0.020	0	0.048	0.003	0.038
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.054	0	0.130	0.008	0.103
18:2	g	0.051	0	0.122	0.008	0.097
18:3	g	0.002	0	0.005	0.000	0.004
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.007	0	0.017	0.001	0.013
Threonine	g	0.024	0	0.058	0.004	0.046
Isoleucine	g	0.022	0	0.053	0.003	0.042
Leucine	g	0.034	0	0.082	0.005	0.065
Lysine	g	0.034	0	0.082	0.005	0.065
Methionine	g	0.008	0	0.019	0.001	0.015
Cystine	g	0.012	0	0.029	0.002	0.023
Phenylalanine	g	0.024	0	0.058	0.004	0.046
Tyrosine	g	0.016	0	0.038	0.002	0.030
Valine	g	0.024	0	0.058	0.004	0.046
Arginine	g	0.023	0	0.055	0.003	0.044
Histidine	g	0.014	0	0.034	0.002	0.027
Alanine	g	0.027	0	0.065	0.004	0.051
Aspartic acid	g	0.128	0	0.307	0.019	0.243
Glutamic acid	g	0.339	0	0.814	0.051	0.644
Glycine	g	0.023	0	0.055	0.003	0.044
Proline	g	0.018	0	0.043	0.003	0.034
Serine	g	0.025	0	0.060	0.004	0.048
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 tablespoon
- Measure 3: 1 can

NDB No. 11531

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11533 Tomatoes, red, ripe, canned, stewed

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 255g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.01	0.062	321	232.08	
Energy	kcal	28		0	71	
Energy	kJ	117		0	298	
Protein (N x 5.95)	g	0.95	0.009	294	2.42	
Total lipid (fat)	g	0.13	0.006	148	0.33	
Carbohydrate, by difference	g	6.78		0	17.29	
Fiber, total dietary	g	1.0		0	2.5	
Ash	g	1.13	0.020	269	2.88	
Sugars, total	g					
Minerals:						
Calcium	mg	33	0.630	297	84	
Iron	mg	0.73	0.028	280	1.86	
Magnesium	mg	12	0.121	90	31	
Phosphorus	mg	20	0.211	88	51	
Potassium	mg	238	5.482	74	607	
Sodium	mg	221	12.149	46	564	
Zinc	mg	0.17	0.005	27	0.43	
Copper	mg	0.112	0.005	27	0.286	
Manganese	mg	0.059		0	0.150	
Selenium	µg	0.6		0	1.5	
Vitamins:						
Ascorbic acid	mg	11.4	0.263	242	29.1	
Thiamin	mg	0.046	0.001	233	0.117	
Riboflavin	mg	0.035	0.001	233	0.089	
Niacin	mg	0.714	0.010	227	1.821	
Pantothenic acid	mg	0.114		0	0.291	
Vitamin B-6	mg	0.017		0	0.043	
Folate	µg	5		0	14	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	541	5.711	447	1380	
Vitamin A, RE	µg	54		0	138	
Vitamin E, α-TE	mg	0.380		0	0.969	
Lipids:						
Saturated, total	g	0.019		0	0.048	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15.0	g					
16:0	g	0.013		0	0.033	
17:0	g					
18:0	g	0.005		0	0.013	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.020	0	0.051
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.020	0	0.051
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.054	0	0.138
18:2	g	0.051	0	0.130
18:3	g	0.002	0	0.005
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.007	0	0.018
Threonine	g	0.023	0	0.059
Isoleucine	g	0.022	0	0.056
Leucine	g	0.035	0	0.089
Lysine	g	0.035	0	0.089
Methionine	g	0.008	0	0.020
Cystine	g	0.012	0	0.031
Phenylalanine	g	0.025	0	0.064
Tyrosine	g	0.016	0	0.041
Valine	g	0.025	0	0.064
Arginine	g	0.022	0	0.056
Histidine	g	0.014	0	0.036
Alanine	g	0.027	0	0.069
Aspartic acid	g	0.131	0	0.334
Glutamic acid	g	0.348	0	0.887
Glycine	g	0.023	0	0.059
Proline	g	0.017	0	0.043
Serine	g	0.026	0	0.066
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11533

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11535 Tomatoes, red, ripe, canned, wedges in tomato juice

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 261g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.78	0.106	16	239.55	
Energy	kcal	26		0	68	
Energy	kJ	109		0	284	
Protein (N x 5.95)	g	0.79	0.035	16	2.06	
Total lipid (fat)	g	0.16	0.012	16	0.42	
Carbohydrate, by difference	g	6.31		0	16.47	
Fiber, total dietary	g					
Ash	g	0.96	0.031	16	2.51	
Sugars, total	g					
Minerals:						
Calcium	mg	26	1.355	30	68	
Iron	mg	0.46	0.036	16	1.20	
Magnesium	mg	11	0.266	16	29	
Phosphorus	mg	23	1.624	30	60	
Potassium	mg	251	9.639	16	655	
Sodium	mg	217	9.361	16	566	
Zinc	mg	0.16	0.017	16	0.42	
Copper	mg	0.104	0.008	16	0.271	
Manganese	mg	0.165		0	0.431	
Selenium	µg	0.5		0	1.3	
Vitamins:						
Ascorbic acid	mg	14.8	0.467	16	38.6	
Thiamin	mg	0.056	0.002	16	0.146	
Riboflavin	mg	0.028	0.001	16	0.073	
Niacin	mg	0.675	0.017	16	1.762	
Pantothenic acid	mg	0.217		0	0.566	
Vitamin B-6	mg	0.117		0	0.305	
Folate	µg	10		0	26	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	578	25.713	17	1509	
Vitamin A, RE	µg	58	2.571	17	151	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.023		0	0.060	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.016		0	0.042	
17:0	g					
18:0	g	0.006		0	0.016	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.024	0	0.063
14:1	g			
16:1	g	0.001	0	0.003
18:1	g	0.024	0	0.063
20:1	g	0.000	0	0.000
22:1	g			
Polyunsaturated, total	g	0.066	0	0.172
18:2	g	0.063	0	0.164
18:3	g	0.003	0	0.008
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	0.006	0	0.016
Threonine	g	0.020	0	0.052
Isoleucine	g	0.019	0	0.050
Leucine	g	0.029	0	0.076
Lysine	g	0.029	0	0.076
Methionine	g	0.007	0	0.018
Cystine	g	0.010	0	0.026
Phenylalanine	g	0.021	0	0.055
Tyrosine	g	0.014	0	0.037
Valine	g	0.020	0	0.052
Arginine	g	0.019	0	0.050
Histidine	g	0.012	0	0.031
Alanine	g	0.023	0	0.060
Aspartic acid	g	0.110	0	0.287
Glutamic acid	g	0.293	0	0.765
Glycine	g	0.020	0	0.052
Proline	g	0.015	0	0.039
Serine	g	0.021	0	0.055
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11535

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11537 Tomatoes, red, ripe, canned, with green chilies

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 241g	Measure 2*	Measure 3*
Proximates:						
Water	g	94.23	1	227.09		
Energy	kcal	15	0	36		
Energy	kJ	63	0	152		
Protein (N x 5.95)	g	0.69	1	1.66		
Total lipid (fat)	g	0.08	1	0.19		
Carbohydrate, by difference	g	3.62	0	8.72		
Fiber, total dietary	g					
Ash	g	1.39	1	3.35		
Sugars, total	g					
Minerals:						
Calcium	mg	20	1	48		
Iron	mg	0.26	1	0.63		
Magnesium	mg	11	1	27		
Phosphorus	mg	14	1	34		
Potassium	mg	107	1	258		
Sodium	mg	401	1	966		
Zinc	mg	0.13	1	0.31		
Copper	mg	0.090	1	0.217		
Manganese	mg	0.132	0	0.318		
Selenium	µg	0.4	0	1.0		
Vitamins:						
Ascorbic acid	mg	6.2	1	14.9		
Thiamin	mg	0.034	1	0.082		
Riboflavin	mg	0.019	1	0.046		
Niacin	mg	0.640	1	1.542		
Pantothenic acid	mg	0.148	0	0.357		
Vitamin B-6	mg	0.103	0	0.248		
Folate	µg	9	0	22		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	390	1	940		
Vitamin A, RE	µg	39	1	94		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.011	0	0.027		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.008	0	0.019		
17:0	g					
18:0	g	0.003	0	0.007		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.011	0	0.027
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.011	0	0.027
20:1	g	0.000	0	0.000
22:1	g			
Polyunsaturated, total	g	0.030	0	0.072
18:2	g	0.029	0	0.070
18:3	g	0.001	0	0.002
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11537

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11540 Tomato juice, canned, with salt added

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 243g	Measure 2* 182g	Measure 3*
Proximates:						
Water	g	93.90	0.139	170	228.18	170.90
Energy	kcal	17		0	41	31
Energy	kJ	71		0	173	129
Protein (N x 5.95)	g	0.76	0.010	161	1.85	1.38
Total lipid (fat)	g	0.06		0	0.15	0.11
Carbohydrate, by difference	g	4.23		0	10.28	7.70
Fiber, total dietary	g	0.4		0	1.0	0.7
Ash	g	1.05	0.009	184	2.55	1.91
Sugars, total	g					
Minerals:						
Calcium	mg	9	0.286	175	22	16
Iron	mg	0.58	0.046	178	1.41	1.06
Magnesium	mg	11		0	27	20
Phosphorus	mg	19		0	46	35
Potassium	mg	220	5.321	149	535	400
Sodium	mg	361	6.629	151	877	657
Zinc	mg	0.14	0.013	47	0.34	0.25
Copper	mg	0.101		0	0.245	0.184
Manganese	mg	0.077		6	0.187	0.140
Selenium	µg	0.5	0.110	7	1.2	0.9
Vitamins:						
Ascorbic acid	mg	18.3	0.607	244	44.5	33.3
Thiamin	mg	0.047	0.003	155	0.114	0.086
Riboflavin	mg	0.031	0.002	154	0.075	0.056
Niacin	mg	0.673	0.056	149	1.635	1.225
Pantothenic acid	mg	0.250		0	0.608	0.455
Vitamin B-6	mg	0.111		0	0.270	0.202
Folate	µg	20	0.640	3	48	36
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	556	14.523	215	1351	1012
Vitamin A, RE	µg	56	1.452	215	136	102
Vitamin E, α-TE	mg	0.910		0	2.211	1.656
Lipids:						
Saturated, total	g	0.008		0	0.019	0.015
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.006		0	0.015	0.011
17:0	g					
18:0	g	0.002		0	0.005	0.004
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.009	0	0.022	0.016
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.009	0	0.022	0.016
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.024	0	0.058	0.044
18:2	g	0.023	0	0.056	0.042
18:3	g	0.001	0	0.002	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.005	1	0.012	0.009
Threonine	g	0.017	4	0.041	0.031
Isoleucine	g	0.015	4	0.036	0.027
Leucine	g	0.021	4	0.051	0.038
Lysine	g	0.022	8	0.053	0.040
Methionine	g	0.004	2	0.010	0.007
Cystine	g	0.004	1	0.010	0.007
Phenylalanine	g	0.016	4	0.039	0.029
Tyrosine	g	0.010	4	0.024	0.018
Valine	g	0.015	4	0.036	0.027
Arginine	g	0.015	4	0.036	0.027
Histidine	g	0.012	4	0.029	0.022
Alanine	g	0.024	4	0.058	0.044
Aspartic acid	g	0.095	4	0.231	0.173
Glutamic acid	g	0.303	4	0.736	0.551
Glycine	g	0.012	4	0.029	0.022
Proline	g	0.017	4	0.041	0.031
Serine	g	0.018	4	0.044	0.033
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 6 fl oz

NDB No. 11540

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11546 Tomato products, canned, paste, without salt added

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 262g	Measure 2* 16g	Measure 3* 170g	
Proximates:							
Water	g	73.80	0.074	314	193.36	12.10	125.46
Energy	kcal	82		0	215	13	139
Energy	kJ	343		0	899	56	583
Protein (N x 5.95)	g	3.67	0.023	380	9.62	0.60	6.24
Total lipid (fat)	g	0.55	0.090	84	1.44	0.09	0.94
Carbohydrate, by difference	g	19.30		0	50.57	3.17	32.81
Fiber, total dietary	g	4.1		0	10.7	0.7	7.0
Ash	g	2.67	0.020	278	7.00	0.44	4.54
Sugars, total	g						
Minerals:							
Calcium	mg	35	0.521	289	92	6	60
Iron	mg	1.94	0.052	358	5.08	0.32	3.30
Magnesium	mg	51	0.685	148	134	8	87
Phosphorus	mg	79	0.633	147	207	13	134
Potassium	mg	937	10.856	102	2455	154	1593
Sodium	mg	88	13.780	28	231	14	150
Zinc	mg	0.80	0.052	24	2.10	0.13	1.36
Copper	mg	0.592	0.080	24	1.551	0.097	1.006
Manganese	mg	0.520		0	1.362	0.085	0.884
Selenium	µg	1.4		0	3.7	0.2	2.4
Vitamins:							
Ascorbic acid	mg	42.4	1.032	272	111.1	7.0	72.1
Thiamin	mg	0.155	0.002	352	0.406	0.025	0.264
Riboflavin	mg	0.190	0.007	350	0.498	0.031	0.323
Niacin	mg	3.223	0.037	344	8.444	0.529	5.479
Pantothenic acid	mg	0.753		1	1.973	0.123	1.280
Vitamin B-6	mg	0.380		0	0.996	0.062	0.646
Folate	µg	22		0	59	4	38
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	2445	26.347	410	6406	401	4157
Vitamin A, RE	µg	244		0	639	40	415
Vitamin E, α-TE	mg	4.300		0	11.266	0.705	7.310
Lipids:							
Saturated, total	g	0.078		0	0.204	0.013	0.133
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.003	0.000	0.002
15:0	g						
16:0	g	0.056		0	0.147	0.009	0.095
17:0	g						
18:0	g	0.020		0	0.052	0.003	0.034
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.083	0	0.217	0.014	0.141
14:1	g					
16:1	g	0.002	0	0.005	0.000	0.003
18:1	g	0.081	0	0.212	0.013	0.138
20:1	g	0.001	0	0.003	0.000	0.002
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.224	0	0.587	0.037	0.381
18:2	g	0.214	0	0.561	0.035	0.364
18:3	g	0.009	0	0.024	0.001	0.015
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.025	0	0.066	0.004	0.043
Threonine	g	0.083	0	0.217	0.014	0.141
Isoleucine	g	0.071	0	0.186	0.012	0.121
Leucine	g	0.102	0	0.267	0.017	0.173
Lysine	g	0.105	0	0.275	0.017	0.179
Methionine	g	0.018	0	0.047	0.003	0.031
Cystine	g	0.021	0	0.055	0.003	0.036
Phenylalanine	g	0.078	0	0.204	0.013	0.133
Tyrosine	g	0.050	0	0.131	0.008	0.085
Valine	g	0.075	0	0.196	0.012	0.128
Arginine	g	0.074	0	0.194	0.012	0.126
Histidine	g	0.058	0	0.152	0.010	0.099
Alanine	g	0.115	0	0.301	0.019	0.196
Aspartic acid	g	0.459	0	1.203	0.075	0.780
Glutamic acid	g	1.466	0	3.841	0.240	2.492
Glycine	g	0.060	0	0.157	0.010	0.102
Proline	g	0.081	0	0.212	0.013	0.138
Serine	g	0.087	0	0.228	0.014	0.148
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 tablespoon
- Measure 3: 1 can (6 oz)

NDB No. 11546

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11547 Tomato products, canned, puree, without salt added

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 822g	Measure 3*
Proximates:						
Water	g	87.46	0.211	95	218.65	718.92
Energy	kcal	40		0	100	329
Energy	kJ	167		0	418	1373
Protein (N x 5.95)	g	1.69	0.045	82	4.22	13.89
Total lipid (fat)	g	0.16	0.016	91	0.40	1.32
Carbohydrate, by difference	g	9.56		0	23.90	78.58
Fiber, total dietary	g	2.0		0	5.0	16.4
Ash	g	1.14	0.055	78	2.85	9.37
Sugars, total	g					
Minerals:						
Calcium	mg	17	0.666	70	43	140
Iron	mg	1.24	0.156	181	3.10	10.19
Magnesium	mg	24	0.305	131	60	197
Phosphorus	mg	40	0.560	131	100	329
Potassium	mg	426	7.896	91	1065	3502
Sodium	mg	34	6.327	38	85	279
Zinc	mg	0.22		1	0.55	1.81
Copper	mg	0.163		1	0.408	1.340
Manganese	mg	0.256		0	0.640	2.104
Selenium	µg	0.7		0	1.8	5.8
Vitamins:						
Ascorbic acid	mg	10.4	0.995	52	26.0	85.5
Thiamin	mg	0.071	0.001	138	0.178	0.584
Riboflavin	mg	0.054	0.000	121	0.135	0.444
Niacin	mg	1.715	0.031	82	4.287	14.097
Pantothenic acid	mg	0.440		0	1.100	3.617
Vitamin B-6	mg	0.152		0	0.380	1.249
Folate	µg	11		0	28	90
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	1275	22.122	206	3188	10481
Vitamin A, RE	µg	128		0	320	1052
Vitamin E, α-TE	mg	2.520		0	6.300	20.714
Lipids:						
Saturated, total	g	0.021		0	0.053	0.173
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.016		0	0.040	0.132
17:0	g					
18:0	g	0.005		0	0.013	0.041
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.023	0	0.058	0.189
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.023	0	0.058	0.189
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.063	0	0.158	0.518
18:2	g	0.060	0	0.150	0.493
18:3	g	0.003	0	0.008	0.025
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.011	0	0.028	0.090
Threonine	g	0.038	0	0.095	0.312
Isoleucine	g	0.032	0	0.080	0.263
Leucine	g	0.047	0	0.118	0.386
Lysine	g	0.049	0	0.123	0.403
Methionine	g	0.009	0	0.023	0.074
Cystine	g	0.010	0	0.025	0.082
Phenylalanine	g	0.035	0	0.088	0.288
Tyrosine	g	0.022	0	0.055	0.181
Valine	g	0.034	0	0.085	0.279
Arginine	g	0.033	0	0.083	0.271
Histidine	g	0.026	0	0.065	0.214
Alanine	g	0.053	0	0.133	0.436
Aspartic acid	g	0.212	0	0.530	1.743
Glutamic acid	g	0.676	0	1.690	5.557
Glycine	g	0.028	0	0.070	0.230
Proline	g	0.037	0	0.093	0.304
Serine	g	0.040	0	0.100	0.329
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 can (29 oz) (401 x 411)

NDB No. 11547

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11548 Tomato powder

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	3.06	1			
Energy	kcal	302	0			
Energy	kJ	1264	0			
Protein (N x 5.95)	g	12.91	1			
Total lipid (fat)	g	0.44	1			
Carbohydrate, by difference	g	74.68	0			
Fiber, total dietary	g	16.5	0			
Ash	g	8.91	1			
Sugars, total	g					
Minerals:						
Calcium	mg	166	1			
Iron	mg	4.56	1			
Magnesium	mg	178	0			
Phosphorus	mg	295	1			
Potassium	mg	1927	1			
Sodium	mg	134	0			
Zinc	mg	1.71	0			
Copper	mg	1.241	0			
Manganese	mg	1.951	0			
Selenium	µg	5.3	0			
Vitamins:						
Ascorbic acid	mg	116.7	1			
Thiamin	mg	0.913	0			
Riboflavin	mg	0.761	0			
Niacin	mg	9.133	0			
Pantothenic acid	mg	3.760	0			
Vitamin B-6	mg	0.457	0			
Folate	µg	120	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	17247	0			
Vitamin A, RE	µg	1725	0			
Vitamin E, α-TE	mg	0.507	0			
Lipids:						
Saturated, total	g	0.062	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0			
15:0	g					
16:0	g	0.044	0			
17:0	g					
18:0	g	0.016	0			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.066	0
14:1	g		
16:1	g	0.001	0
18:1	g	0.065	0
20:1	g	0.001	0
22:1	g		
Polyunsaturated, total	g	0.179	0
18:2	g	0.171	0
18:3	g	0.007	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.089	0
Threonine	g	0.295	0
Isoleucine	g	0.250	0
Leucine	g	0.359	0
Lysine	g	0.370	0
Methionine	g	0.066	0
Cystine	g	0.076	0
Phenylalanine	g	0.273	0
Tyrosine	g	0.173	0
Valine	g	0.264	0
Arginine	g	0.258	0
Histidine	g	0.204	0
Alanine	g	0.405	0
Aspartic acid	g	1.617	0
Glutamic acid	g	5.163	0
Glycine	g	0.213	0
Proline	g	0.283	0
Serine	g	0.308	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11548

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11549 Tomato products, canned, sauce

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.07	0.071	498	218.22	
Energy	kcal	30		0	74	
Energy	kJ	126		0	309	
Protein (N x 5.95)	g	1.33	0.016	488	3.26	
Total lipid (fat)	g	0.17	0.004	68	0.42	
Carbohydrate, by difference	g	7.18		0	17.59	
Fiber, total dietary	g	1.4		0	3.4	
Ash	g	2.25	0.029	484	5.51	
Sugars, total	g					
Minerals:						
Calcium	mg	14	0.415	498	34	
Iron	mg	0.77	0.031	526	1.89	
Magnesium	mg	19	0.299	181	47	
Phosphorus	mg	32	0.388	76	78	
Potassium	mg	371	6.510	55	909	
Sodium	mg	605	9.322	53	1482	
Zinc	mg	0.25	0.008	26	0.61	
Copper	mg	0.196	0.015	26	0.480	
Manganese	mg	0.219		0	0.537	
Selenium	µg	0.6	0.110	6	1.5	
Vitamins:						
Ascorbic acid	mg	13.1	0.467	454	32.1	
Thiamin	mg	0.066	0.002	562	0.162	
Riboflavin	mg	0.058	0.001	491	0.142	
Niacin	mg	1.149	0.012	592	2.815	
Pantothenic acid	mg	0.309		1	0.757	
Vitamin B-6	mg	0.155		0	0.380	
Folate	µg	9		0	23	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	979	22.729	624	2399	
Vitamin A, RE	µg	98	2.273	624	240	
Vitamin E, α-TE	mg	1.400		0	3.430	
Lipids:						
Saturated, total	g	0.024		0	0.059	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15.0	g					
16:0	g	0.017		0	0.042	
17:0	g					
18:0	g	0.006		0	0.015	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.025	0	0.061
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.024	0	0.059
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.067	0	0.164
18:2	g	0.064	0	0.157
18:3	g	0.003	0	0.007
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.009	0	0.022
Threonine	g	0.030	0	0.074
Isoleucine	g	0.026	0	0.064
Leucine	g	0.037	0	0.091
Lysine	g	0.038	0	0.093
Methionine	g	0.007	0	0.017
Cystine	g	0.008	0	0.020
Phenylalanine	g	0.028	0	0.069
Tyrosine	g	0.018	0	0.044
Valine	g	0.027	0	0.066
Arginine	g	0.027	0	0.066
Histidine	g	0.021	0	0.051
Alanine	g	0.042	0	0.103
Aspartic acid	g	0.166	0	0.407
Glutamic acid	g	0.530	0	1.299
Glycine	g	0.022	0	0.054
Proline	g	0.029	0	0.071
Serine	g	0.032	0	0.078
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11549

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11551 Tomato products, canned, sauce, with mushrooms

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:						
Water	g	87.97	0.125	70	215.53	
Energy	kcal	35		0	86	
Energy	kJ	146		0	358	
Protein (N x 5.95)	g	1.45	0.023	70	3.55	
Total lipid (fat)	g	0.13	0.003	69	0.32	
Carbohydrate, by difference	g	8.43		0	20.65	
Fiber, total dietary	g	1.5		0	3.7	
Ash	g	2.02	0.015	70	4.95	
Sugars, total	g					
Minerals:						
Calcium	mg	13	0.307	66	32	
Iron	mg	0.89	0.024	66	2.18	
Magnesium	mg	19	0.335	32	47	
Phosphorus	mg	32	0.714	32	78	
Potassium	mg	380	7.850	32	931	
Sodium	mg	452	8.339	32	1107	
Zinc	mg	0.21	0.005	32	0.51	
Copper	mg	0.199	0.012	32	0.488	
Manganese	mg	0.188		0	0.461	
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	12.4	0.475	73	30.4	
Thiamin	mg	0.072	0.001	70	0.176	
Riboflavin	mg	0.108	0.011	70	0.265	
Niacin	mg	1.265	0.025	70	3.099	
Pantothenic acid	mg	0.367		0	0.899	
Vitamin B-6	mg	0.133		0	0.326	
Folate	µg	9		0	23	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	955	13.473	71	2340	
Vitamin A, RE	µg	95	1.347	71	233	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.017		0	0.042	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.000		0	0.000	
12:0	g	0.001		0	0.002	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.010		0	0.025	
17:0	g					
18:0	g	0.004		0	0.010	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.025
14:1	g			
16:1	g	0.002	0	0.005
18:1	g	0.010	0	0.025
20:1	g	0.000	0	0.000
22:1	g			
Polyunsaturated, total	g	0.050	0	0.123
18:2	g	0.048	0	0.118
18:3	g	0.001	0	0.002
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	0.017	0	0.042
Threonine	g	0.043	0	0.105
Isoleucine	g	0.037	0	0.091
Leucine	g	0.055	0	0.135
Lysine	g	0.074	0	0.181
Methionine	g	0.014	0	0.034
Cystine	g	0.007	0	0.017
Phenylalanine	g	0.039	0	0.096
Tyrosine	g	0.023	0	0.056
Valine	g	0.041	0	0.100
Arginine	g	0.042	0	0.103
Histidine	g	0.028	0	0.069
Alanine	g	0.065	0	0.159
Aspartic acid	g	0.169	0	0.414
Glutamic acid	g	0.486	0	1.191
Glycine	g	0.036	0	0.088
Proline	g	0.053	0	0.130
Serine	g	0.044	0	0.108
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11551

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11553 Tomato products, canned, sauce, with onions

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:						
Water	g	86.09	0.089	54	210.92	
Energy	kcal	42		0	103	
Energy	kJ	176		0	431	
Protein (N x 5.95)	g	1.56	0.017	54	3.82	
Total lipid (fat)	g	0.19	0.006	16	0.47	
Carbohydrate, by difference	g	9.94		0	24.35	
Fiber, total dietary	g	1.8		0	4.4	
Ash	g	2.21	0.026	54	5.41	
Sugars, total	g					
Minerals:						
Calcium	mg	17	0.626	54	42	
Iron	mg	0.93	0.031	50	2.28	
Magnesium	mg	19	0.250	16	47	
Phosphorus	mg	39	0.618	16	96	
Potassium	mg	413	6.811	16	1012	
Sodium	mg	551	12.129	16	1350	
Zinc	mg	0.23	0.005	16	0.56	
Copper	mg	0.181	0.013	16	0.443	
Manganese	mg	0.301		0	0.737	
Selenium	µg	0.8		0	2.0	
Vitamins:						
Ascorbic acid	mg	12.7	0.458	54	31.1	
Thiamin	mg	0.073	0.001	54	0.179	
Riboflavin	mg	0.133	0.012	54	0.326	
Niacin	mg	1.242	0.025	54	3.043	
Pantothenic acid	mg	0.368		0	0.902	
Vitamin B-6	mg	0.267		0	0.654	
Folate	µg	22		0	55	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	850	12.483	54	2083	
Vitamin A, RE	µg	85	1.248	54	208	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.030		0	0.074	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001		0	0.002	
15:0	g					
16:0	g	0.024		0	0.059	
17:0	g					
18:0	g	0.005		0	0.012	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.028	0	0.069
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.028	0	0.069
20:1	g	0.000	0	0.000
22:1	g			
Polyunsaturated, total	g	0.077	0	0.189
18:2	g	0.074	0	0.181
18:3	g	0.004	0	0.010
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	0.016	0	0.039
Threonine	g	0.037	0	0.091
Isoleucine	g	0.042	0	0.103
Leucine	g	0.049	0	0.120
Lysine	g	0.059	0	0.145
Methionine	g	0.010	0	0.025
Cystine	g	0.018	0	0.044
Phenylalanine	g	0.036	0	0.088
Tyrosine	g	0.029	0	0.071
Valine	g	0.034	0	0.083
Arginine	g	0.114	0	0.279
Histidine	g	0.025	0	0.061
Alanine	g	0.046	0	0.113
Aspartic acid	g	0.145	0	0.355
Glutamic acid	g	0.454	0	1.112
Glycine	g	0.044	0	0.108
Proline	g	0.041	0	0.100
Serine	g	0.041	0	0.100
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11553

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11555 Tomato products, canned, sauce, with herbs and cheese

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 122g	Measure 2* 425g	Measure 3*
Proximates:						
Water	g	83.43	0.207	57	101.78	354.58
Energy	kcal	59		0	72	251
Energy	kJ	247		0	301	1050
Protein (N x 5.95)	g	2.13	0.062	61	2.60	9.05
Total lipid (fat)	g	1.93	0.153	57	2.35	8.20
Carbohydrate, by difference	g	10.24		0	12.49	43.52
Fiber, total dietary	g	2.2		0	2.7	9.4
Ash	g	2.27	0.051	57	2.77	9.65
Sugars, total	g					
Minerals:						
Calcium	mg	37	1.124	56	45	157
Iron	mg	0.87	0.029	49	1.06	3.70
Magnesium	mg	19		0	23	81
Phosphorus	mg	54		0	66	230
Potassium	mg	356		0	434	1513
Sodium	mg	543		0	662	2308
Zinc	mg	0.36		0	0.44	1.53
Copper	mg	0.174		0	0.212	0.740
Manganese	mg	0.188		0	0.229	0.799
Selenium	µg	0.9		0	1.1	3.8
Vitamins:						
Ascorbic acid	mg	10.0	0.637	61	12.2	42.5
Thiamin	mg	0.076	0.002	61	0.093	0.323
Riboflavin	mg	0.124	0.009	57	0.151	0.527
Niacin	mg	1.209	0.025	57	1.475	5.138
Pantothenic acid	mg	0.275		0	0.336	1.169
Vitamin B-6	mg	0.019		0	0.023	0.081
Folate	µg	8		0	10	34
Vitamin B-12	µg					
Vitamin A	IU	987	18.493	61	1204	4195
Vitamin A, RE	µg	99	1.849	61	121	421
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.627		0	0.765	2.665
4:0	g	0.011		0	0.013	0.047
6:0	g	0.006		0	0.007	0.026
8:0	g	0.003		0	0.004	0.013
10:0	g	0.006		0	0.007	0.026
12:0	g	0.006		0	0.007	0.026
14:0	g	0.048		0	0.059	0.204
15:0	g					
16:0	g	0.456		0	0.556	1.938
17:0	g					
18:0	g	0.080		0	0.098	0.340
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.380	0	0.464	1.615
14:1	g				
16:1	g	0.023	0	0.028	0.098
18:1	g	0.351	0	0.428	1.492
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.825	0	1.006	3.506
18:2	g	0.814	0	0.993	3.459
18:3	g	0.008	0	0.010	0.034
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	3	0	4	13
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.021	0	0.026	0.089
Threonine	g	0.059	0	0.072	0.251
Isoleucine	g	0.070	0	0.085	0.298
Leucine	g	0.113	0	0.138	0.480
Lysine	g	0.111	0	0.135	0.472
Methionine	g	0.028	0	0.034	0.119
Cystine	g	0.016	0	0.020	0.068
Phenylalanine	g	0.070	0	0.085	0.298
Tyrosine	g	0.060	0	0.073	0.255
Valine	g	0.082	0	0.100	0.349
Arginine	g	0.089	0	0.109	0.378
Histidine	g	0.050	0	0.061	0.213
Alanine	g	0.063	0	0.077	0.268
Aspartic acid	g	0.201	0	0.245	0.854
Glutamic acid	g	0.639	0	0.780	2.716
Glycine	g	0.043	0	0.052	0.183
Proline	g	0.113	0	0.138	0.480
Serine	g	0.076	0	0.093	0.323
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup

Measure 2: 15 oz can (303 x 406)

NDB No. 11555

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11557 Tomato products, canned, sauce, with onions, green peppers, and celery

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 411g	Measure 3*
Proximates:						
Water	g	88.28	0.143	28	220.70	362.83
Energy	kcal	41		0	103	169
Energy	kJ	172		0	430	707
Protein (N x 5.95)	g	0.94	0.108	27	2.35	3.86
Total lipid (fat)	g	0.74	0.151	24	1.85	3.04
Carbohydrate, by difference	g	8.76		0	21.90	36.00
Fiber, total dietary	g	1.4		0	3.5	5.8
Ash	g	1.27	0.025	28	3.17	5.22
Sugars, total	g					
Minerals:						
Calcium	mg	13	0.434	28	33	53
Iron	mg	0.76	0.054	22	1.90	3.12
Magnesium	mg	21		0	53	86
Phosphorus	mg	38		0	95	156
Potassium	mg	398		0	995	1636
Sodium	mg	546		0	1365	2244
Zinc	mg	0.28		0	0.70	1.15
Copper	mg	0.198		0	0.495	0.814
Manganese	mg	0.244		0	0.610	1.003
Selenium	µg	0.6		0	1.5	2.5
Vitamins:						
Ascorbic acid	mg	13.2	0.776	28	33.0	54.3
Thiamin	mg	0.067	0.002	28	0.168	0.275
Riboflavin	mg	0.120	0.018	28	0.300	0.493
Niacin	mg	1.095	0.032	28	2.737	4.500
Pantothenic acid	mg	0.221		0	0.553	0.908
Vitamin B-6	mg	0.194		0	0.485	0.797
Folate	µg	14		0	35	58
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	810	21.062	28	2025	3329
Vitamin A, RE	µg	81	2.106	28	203	333
Vitamin E, α-TE	mg	1.480		0	3.700	6.083
Lipids:						
Saturated, total	g	0.133		0	0.333	0.547
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.003		0	0.008	0.012
15:0	g					
16:0	g	0.108		0	0.270	0.444
17:0	g					
18:0	g	0.020		0	0.050	0.082
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.102	0	0.255	0.419
14:1	g				
16:1	g	0.003	0	0.008	0.012
18:1	g	0.099	0	0.248	0.407
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.337	0	0.843	1.385
18:2	g	0.321	0	0.803	1.319
18:3	g	0.016	0	0.040	0.066
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.008	0	0.020	0.033
Threonine	g	0.022	0	0.055	0.090
Isoleucine	g	0.021	0	0.053	0.086
Leucine	g	0.028	0	0.070	0.115
Lysine	g	0.030	0	0.075	0.123
Methionine	g	0.005	0	0.013	0.021
Cystine	g	0.007	0	0.018	0.029
Phenylalanine	g	0.021	0	0.053	0.086
Tyrosine	g	0.014	0	0.035	0.058
Valine	g	0.020	0	0.050	0.082
Arginine	g	0.037	0	0.093	0.152
Histidine	g	0.015	0	0.038	0.062
Alanine	g	0.029	0	0.072	0.119
Aspartic acid	g	0.108	0	0.270	0.444
Glutamic acid	g	0.336	0	0.840	1.381
Glycine	g	0.020	0	0.050	0.082
Proline	g	0.022	0	0.055	0.090
Serine	g	0.024	0	0.060	0.099
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 15 oz can (303 x 406)

NDB No. 11557

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11559 Tomato products, canned, sauce, with tomato tidbits

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 425g	Measure 3*
Proximates:						
Water	g	89.09	0.142	27	217.38	378.63
Energy	kcal	32		0	78	136
Energy	kJ	134		0	327	570
Protein (N x 5.95)	g	1.32	0.029	27	3.22	5.61
Total lipid (fat)	g	0.39		0	0.95	1.66
Carbohydrate, by difference	g	7.09		0	17.30	30.13
Fiber, total dietary	g	1.4		0	3.4	6.0
Ash	g	2.11	0.035	27	5.15	8.97
Sugars, total	g					
Minerals:						
Calcium	mg	10	0.508	27	24	43
Iron	mg	0.68	0.047	21	1.66	2.89
Magnesium	mg	20		0	49	85
Phosphorus	mg	42		0	102	179
Potassium	mg	373		0	910	1585
Sodium	mg	15		0	37	64
Zinc	mg	0.19		0	0.46	0.81
Copper	mg	0.014		0	0.034	0.060
Manganese	mg	0.220		0	0.537	0.935
Selenium	µg	0.6		0	1.5	2.5
Vitamins:						
Ascorbic acid	mg	21.5	2.466	27	52.5	91.4
Thiamin	mg	0.073	0.003	27	0.178	0.310
Riboflavin	mg	0.097	0.015	27	0.237	0.412
Niacin	mg	1.183	0.049	27	2.887	5.028
Pantothenic acid	mg	0.219		0	0.534	0.931
Vitamin B-6	mg	0.155		0	0.378	0.659
Folate	µg	9		0	23	40
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	801	18.581	27	1954	3404
Vitamin A, RE	µg	80	1.858	27	195	340
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.055		0	0.134	0.234
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.039		0	0.095	0.166
17:0	g					
18:0	g	0.014		0	0.034	0.060
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.058	0	0.142	0.247
14:1	g				
16:1	g	0.001	0	0.002	0.004
18:1	g	0.057	0	0.139	0.242
20:1	g	0.001	0	0.002	0.004
22:1	g				
Polyunsaturated, total	g	0.157	0	0.383	0.667
18:2	g	0.150	0	0.366	0.637
18:3	g	0.006	0	0.015	0.026
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	0.009	0	0.022	0.038
Threonine	g	0.030	0	0.073	0.128
Isoleucine	g	0.026	0	0.063	0.110
Leucine	g	0.037	0	0.090	0.157
Lysine	g	0.038	0	0.093	0.161
Methionine	g	0.007	0	0.017	0.030
Cystine	g	0.008	0	0.020	0.034
Phenylalanine	g	0.028	0	0.068	0.119
Tyrosine	g	0.018	0	0.044	0.077
Valine	g	0.027	0	0.066	0.115
Arginine	g	0.027	0	0.066	0.115
Histidine	g	0.021	0	0.051	0.089
Alanine	g	0.042	0	0.102	0.179
Aspartic acid	g	0.166	0	0.405	0.706
Glutamic acid	g	0.530	0	1.293	2.252
Glycine	g	0.022	0	0.054	0.094
Proline	g	0.029	0	0.071	0.123
Serine	g	0.032	0	0.078	0.136
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 15 oz can (303 x 406)

NDB No. 11559

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11563 Tree fern, cooked, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 71g	Measure 2* 31g	Measure 3*
Proximates:						
Water	g	88.60	0	62.91	27.47	
Energy	kcal	40	0	28	12	
Energy	kJ	167	0	119	52	
Protein (N x 5.95)	g	0.29	0	0.21	0.09	
Total lipid (fat)	g	0.07	0	0.05	0.02	
Carbohydrate, by difference	g	10.98	0	7.80	3.40	
Fiber, total dietary	g	3.7	0	2.6	1.1	
Ash	g	0.06	0	0.04	0.02	
Sugars, total	g					
Minerals:						
Calcium	mg	8	0	6	2	
Iron	mg	0.16	0	0.11	0.05	
Magnesium	mg	5	0	4	2	
Phosphorus	mg	4	0	3	1	
Potassium	mg	5	0	4	2	
Sodium	mg	5	0	4	2	
Zinc	mg	0.31	0	0.22	0.10	
Copper	mg	0.202	0	0.143	0.063	
Manganese	mg	0.539	0	0.383	0.167	
Selenium	µg	0.9	0	0.6	0.3	
Vitamins:						
Ascorbic acid	mg	30.0	0	21.3	9.3	
Thiamin	mg	0.000	0	0.000	0.000	
Riboflavin	mg	0.300	0	0.213	0.093	
Niacin	mg	3.500	0	2.485	1.085	
Pantothenic acid	mg	0.063	0	0.045	0.020	
Vitamin B-6	mg	0.179	0	0.127	0.055	
Folate	µg	15	0	11	5	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	200	0	142	62	
Vitamin A, RE	µg	20	0	14	6	
Vitamin E, α-TE	mg	0.750	0	0.533	0.233	
Lipids:						
Saturated, total	g	0.009	0	0.006	0.003	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.008	0	0.006	0.002	
17:0	g					
18:0	g	0.000	0	0.000	0.000	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.004	0.002
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.005	0	0.004	0.002
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.034	0	0.024	0.011
18:2	g	0.014	0	0.010	0.004
18:3	g	0.018	0	0.013	0.006
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup, chopped
- Measure 2: 1 frond, (6-1/2" long)

NDB No. 11563

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11564 Turnips, raw
Brassica rapa (Rapifera Group)

Refuse: 19% Parings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 130g	Measure 2 [*] 183g	Measure 3 [*] 122g	
Proximates:							
Water	g	91.87	0.242	5	119.43	168.12	112.08
Energy	kcal	27		0	35	49	33
Energy	kJ	113		0	147	207	138
Protein (N x 5.95)	g	0.90		1	1.17	1.65	1.10
Total lipid (fat)	g	0.10		1	0.13	0.18	0.12
Carbohydrate, by difference	g	6.23		0	8.10	11.40	7.60
Fiber, total dietary	g	1.8		0	2.3	3.3	2.2
Ash	g	0.70		0	0.91	1.28	0.85
Sugars, total	g						
Minerals:							
Calcium	mg	30		1	39	55	37
Iron	mg	0.30		1	0.39	0.55	0.37
Magnesium	mg	11		1	14	20	13
Phosphorus	mg	27		1	35	49	33
Potassium	mg	191	21.000	2	248	350	233
Sodium	mg	67	27.400	2	87	123	82
Zinc	mg	0.27		0	0.35	0.49	0.33
Copper	mg	0.085		0	0.111	0.156	0.104
Manganese	mg	0.134		0	0.174	0.245	0.163
Selenium	µg	0.7		1	0.9	1.3	0.9
Vitamins:							
Ascorbic acid	mg	21.0		1	27.3	38.4	25.6
Thiamin	mg	0.040		1	0.052	0.073	0.049
Riboflavin	mg	0.030		1	0.039	0.055	0.037
Niacin	mg	0.400		1	0.520	0.732	0.488
Pantothenic acid	mg	0.200		0	0.260	0.366	0.244
Vitamin B-6	mg	0.090		0	0.117	0.165	0.110
Folate	µg	15	0.349	3	19	27	18
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		1	0	0	0
Vitamin E, α-TE	mg	0.030		0	0.039	0.055	0.037
Lipids:							
Saturated, total	g	0.011		0	0.014	0.020	0.013
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.010		3	0.013	0.018	0.012
17:0	g						
18:0	g	0.001		3	0.001	0.002	0.001
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.006	0	0.008	0.011	0.007
14:1	g					
16:1	g	0.001	3	0.001	0.002	0.001
18:1	g	0.006	3	0.008	0.011	0.007
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.053	0	0.069	0.097	0.065
18:2	g	0.012	3	0.016	0.022	0.015
18:3	g	0.040	3	0.052	0.073	0.049
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	7	0	9	13	9
Amino acids:						
Tryptophan	g	0.009	32	0.012	0.016	0.011
Threonine	g	0.025	35	0.033	0.046	0.031
Isoleucine	g	0.036	35	0.047	0.066	0.044
Leucine	g	0.033	35	0.043	0.060	0.040
Lysine	g	0.036	36	0.047	0.066	0.044
Methionine	g	0.011	36	0.014	0.020	0.013
Cystine	g	0.005	9	0.007	0.009	0.006
Phenylalanine	g	0.017	35	0.022	0.031	0.021
Tyrosine	g	0.013	9	0.017	0.024	0.016
Valine	g	0.030	35	0.039	0.055	0.037
Arginine	g	0.024	35	0.031	0.044	0.029
Histidine	g	0.014	35	0.018	0.026	0.017
Alanine	g	0.035	9	0.046	0.064	0.043
Aspartic acid	g	0.063	9	0.082	0.115	0.077
Glutamic acid	g	0.130	9	0.169	0.238	0.159
Glycine	g	0.025	9	0.033	0.046	0.031
Proline	g	0.026	9	0.034	0.048	0.032
Serine	g	0.029	9	0.038	0.053	0.035
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, cubes
- Measure 2: 1 large
- Measure 3: 1 medium

NDB No. 11564

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11565 Turnips, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 230g	Measure 3*
Proximates:						
Water	g	93.60	0	146.02	215.28	
Energy	kcal	21	0	33	48	
Energy	kJ	88	0	137	202	
Protein (N x 5.95)	g	0.71	0	1.11	1.63	
Total lipid (fat)	g	0.08	0	0.12	0.18	
Carbohydrate, by difference	g	4.90	0	7.64	11.27	
Fiber, total dietary	g	2.0	0	3.1	4.6	
Ash	g	0.55	0	0.86	1.27	
Sugars, total	g					
Minerals:						
Calcium	mg	22	0	34	51	
Iron	mg	0.22	0	0.34	0.51	
Magnesium	mg	8	0	12	18	
Phosphorus	mg	19	0	30	44	
Potassium	mg	135	0	211	311	
Sodium	mg	50	0	78	115	
Zinc	mg	0.20	0	0.31	0.46	
Copper	mg	0.064	0	0.100	0.147	
Manganese	mg	0.100	0	0.156	0.230	
Selenium	µg	0.6	0	0.9	1.4	
Vitamins:						
Ascorbic acid	mg	11.6	0	18.1	26.7	
Thiamin	mg	0.027	0	0.042	0.062	
Riboflavin	mg	0.023	0	0.036	0.053	
Niacin	mg	0.299	0	0.466	0.688	
Pantothenic acid	mg	0.142	0	0.222	0.327	
Vitamin B-6	mg	0.067	0	0.105	0.154	
Folate	µg	9	0	14	21	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg	0.030	0	0.047	0.069	
Lipids:						
Saturated, total	g	0.008	0	0.012	0.018	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.008	0	0.012	0.018	
17:0	g					
18:0	g	0.001	0	0.002	0.002	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.008	0.012
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.006	0.009
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.042	0	0.066	0.097
18:2	g	0.009	0	0.014	0.021
18:3	g	0.032	0	0.050	0.074
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.007	0	0.011	0.016
Threonine	g	0.020	0	0.031	0.046
Isoleucine	g	0.029	0	0.045	0.067
Leucine	g	0.026	0	0.041	0.060
Lysine	g	0.028	0	0.044	0.064
Methionine	g	0.009	0	0.014	0.021
Cystine	g	0.004	0	0.006	0.009
Phenylalanine	g	0.014	0	0.022	0.032
Tyrosine	g	0.011	0	0.017	0.025
Valine	g	0.023	0	0.036	0.053
Arginine	g	0.019	0	0.030	0.044
Histidine	g	0.011	0	0.017	0.025
Alanine	g	0.027	0	0.042	0.062
Aspartic acid	g	0.050	0	0.078	0.115
Glutamic acid	g	0.102	0	0.159	0.235
Glycine	g	0.019	0	0.030	0.044
Proline	g	0.021	0	0.033	0.048
Serine	g	0.023	0	0.036	0.053
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, cubes
- Measure 2: 1 cup, mashed

NDB No. 11565

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11566 Turnips, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 94g	Measure 3*
Proximates:						
Water	g	95.67	1	271.70	89.93	
Energy	kcal	16	0	45	15	
Energy	kJ	67	0	190	63	
Protein (N x 5.95)	g	1.04	1	2.95	0.98	
Total lipid (fat)	g	0.16	1	0.45	0.15	
Carbohydrate, by difference	g	2.94	0	8.35	2.76	
Fiber, total dietary	g	1.8	0	5.1	1.7	
Ash	g	0.19	1	0.54	0.18	
Sugars, total	g					
Minerals:						
Calcium	mg	23	1	65	22	
Iron	mg	0.70	1	1.99	0.66	
Magnesium	mg	10	0	28	9	
Phosphorus	mg	20	0	57	19	
Potassium	mg	137	0	389	129	
Sodium	mg	25	0	71	24	
Zinc	mg	0.14	0	0.40	0.13	
Copper	mg	0.045	0	0.128	0.042	
Manganese	mg	0.071	0	0.202	0.067	
Selenium	µg	0.4	0	1.1	0.4	
Vitamins:						
Ascorbic acid	mg	4.4	1	12.5	4.1	
Thiamin	mg	0.030	1	0.085	0.028	
Riboflavin	mg	0.020	1	0.057	0.019	
Niacin	mg	0.400	1	1.136	0.376	
Pantothenic acid	mg	0.106	0	0.301	0.100	
Vitamin B-6	mg	0.048	0	0.136	0.045	
Folate	µg	8	0	22	7	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	26	1	74	24	
Vitamin A, RE	µg	3	1	9	3	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.017	0	0.048	0.016	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.015	0	0.043	0.014	
17:0	g					
18:0	g	0.001	0	0.003	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.028	0.009
14:1	g				
16:1	g	0.001	0	0.003	0.001
18:1	g	0.009	0	0.026	0.008
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.085	0	0.241	0.080
18:2	g	0.019	0	0.054	0.018
18:3	g	0.064	0	0.182	0.060
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	0.010	0	0.028	0.009
Threonine	g	0.029	0	0.082	0.027
Isoleucine	g	0.042	0	0.119	0.039
Leucine	g	0.038	0	0.108	0.036
Lysine	g	0.041	0	0.116	0.039
Methionine	g	0.013	0	0.037	0.012
Cystine	g	0.006	0	0.017	0.006
Phenylalanine	g	0.020	0	0.057	0.019
Tyrosine	g	0.015	0	0.043	0.014
Valine	g	0.034	0	0.097	0.032
Arginine	g	0.028	0	0.080	0.026
Histidine	g	0.016	0	0.045	0.015
Alanine	g	0.040	0	0.114	0.038
Aspartic acid	g	0.073	0	0.207	0.069
Glutamic acid	g	0.149	0	0.423	0.140
Glycine	g	0.029	0	0.082	0.027
Proline	g	0.030	0	0.085	0.028
Serine	g	0.033	0	0.094	0.031
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 10 oz package, mashed
- Measure 2: 1/3 10-oz package, mashed

NDB No. 11566

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11567 Turnips, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 156g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.60	0	146.02		
Energy	kcal	23	0	36		
Energy	kJ	96	0	150		
Protein (N x 5.95)	g	1.53	0	2.39		
Total lipid (fat)	g	0.24	0	0.37		
Carbohydrate, by difference	g	4.35	0	6.79		
Fiber, total dietary	g	2.0	0	3.1		
Ash	g	0.28	0	0.44		
Sugars, total	g					
Minerals:						
Calcium	mg	32	0	50		
Iron	mg	0.98	0	1.53		
Magnesium	mg	14	0	22		
Phosphorus	mg	26	0	41		
Potassium	mg	182	0	284		
Sodium	mg	36	0	56		
Zinc	mg	0.20	0	0.31		
Copper	mg	0.063	0	0.098		
Manganese	mg	0.100	0	0.156		
Selenium	µg	0.6	0	0.9		
Vitamins:						
Ascorbic acid	mg	3.9	0	6.1		
Thiamin	mg	0.035	0	0.055		
Riboflavin	mg	0.028	0	0.044		
Niacin	mg	0.560	0	0.874		
Pantothenic acid	mg	0.141	0	0.220		
Vitamin B-6	mg	0.067	0	0.105		
Folate	µg	8	0	12		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	25	0	39		
Vitamin A, RE	µg	2	0	3		
Vitamin E, α-TE	mg	0.030	0	0.047		
Lipids:						
Saturated, total	g	0.025	0	0.039		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15.0	g					
16:0	g	0.023	0	0.036		
17:0	g					
18:0	g	0.002	0	0.003		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.015	0	0.023
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.013	0	0.020
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.125	0	0.195
18:2	g	0.028	0	0.044
18:3	g	0.094	0	0.147
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.015	0	0.023
Threonine	g	0.042	0	0.066
Isoleucine	g	0.062	0	0.097
Leucine	g	0.057	0	0.089
Lysine	g	0.061	0	0.095
Methionine	g	0.019	0	0.030
Cystine	g	0.009	0	0.014
Phenylalanine	g	0.030	0	0.047
Tyrosine	g	0.023	0	0.036
Valine	g	0.051	0	0.080
Arginine	g	0.041	0	0.064
Histidine	g	0.024	0	0.037
Alanine	g	0.059	0	0.092
Aspartic acid	g	0.108	0	0.168
Glutamic acid	g	0.221	0	0.345
Glycine	g	0.042	0	0.066
Proline	g	0.045	0	0.070
Serine	g	0.049	0	0.076
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11567

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11568 Turnip greens, raw
Brassica rapa (Rapifera Group)

Refuse: 30% Root crown, tough stems and discarded leaves

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 55g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	91.07	0.476	8	50.09	
Energy	kcal	27		0	15	
Energy	kJ	113		0	62	
Protein (N x 5.95)	g	1.50		1	0.83	
Total lipid (fat)	g	0.30		1	0.17	
Carbohydrate, by difference	g	5.73		0	3.15	
Fiber, total dietary	g	3.2		0	1.8	
Ash	g	1.40		0	0.77	
Sugars, total	g					
Minerals:						
Calcium	mg	190		1	105	
Iron	mg	1.10		1	0.61	
Magnesium	mg	31		1	17	
Phosphorus	mg	42		1	23	
Potassium	mg	296	20.476	5	163	
Sodium	mg	40	8.549	5	22	
Zinc	mg	0.19		0	0.10	
Copper	mg	0.350		1	0.193	
Manganese	mg	0.466		0	0.256	
Selenium	µg	1.2		0	0.7	
Vitamins:						
Ascorbic acid	mg	60.0		1	33.0	
Thiamin	mg	0.070		1	0.039	
Riboflavin	mg	0.100		1	0.055	
Niacin	mg	0.600		1	0.330	
Pantothenic acid	mg	0.380		0	0.209	
Vitamin B-6	mg	0.263		0	0.145	
Folate	µg	194	4.220	3	107	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	7600		0	4180	
Vitamin A, RE	µg	760		0	418	
Vitamin E, α-TE	mg	2.900		0	1.595	
Lipids:						
Saturated, total	g	0.070		0	0.039	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.001		1	0.001	
10:0	g	0.002		1	0.001	
12:0	g	0.002		1	0.001	
14:0	g	0.003		1	0.002	
15:0	g					
16:0	g	0.054		1	0.030	
17:0	g					
18:0	g	0.010		1	0.006	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.020	0	0.011
14:1	g			
16:1	g	0.014	1	0.008
18:1	g	0.005	1	0.003
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.120	0	0.066
18:2	g	0.036	1	0.020
18:3	g	0.084	1	0.046
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg	12	0	7
Amino acids:				
Tryptophan	g	0.026	7	0.014
Threonine	g	0.082	5	0.045
Isoleucine	g	0.078	5	0.043
Leucine	g	0.137	5	0.075
Lysine	g	0.098	5	0.054
Methionine	g	0.034	5	0.019
Cystine	g	0.017	7	0.009
Phenylalanine	g	0.092	5	0.051
Tyrosine	g	0.058	5	0.032
Valine	g	0.102	5	0.056
Arginine	g	0.094	5	0.052
Histidine	g	0.036	5	0.020
Alanine	g	0.103	5	0.057
Aspartic acid	g	0.158	5	0.087
Glutamic acid	g	0.204	5	0.112
Glycine	g	0.090	5	0.050
Proline	g	0.071	5	0.039
Serine	g	0.061	5	0.034
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11568

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11569 Turnip greens, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 144g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.20	0	134.21		
Energy	kcal	20	0	29		
Energy	kJ	84	0	121		
Protein (N x 5.95)	g	1.14	0	1.64		
Total lipid (fat)	g	0.23	0	0.33		
Carbohydrate, by difference	g	4.36	0	6.28		
Fiber, total dietary	g	3.5	0	5.0		
Ash	g	1.07	0	1.54		
Sugars, total	g					
Minerals:						
Calcium	mg	137	0	197		
Iron	mg	0.80	0	1.15		
Magnesium	mg	22	0	32		
Phosphorus	mg	29	0	42		
Potassium	mg	203	0	292		
Sodium	mg	29	0	42		
Zinc	mg	0.14	0	0.20		
Copper	mg	0.253	0	0.364		
Manganese	mg	0.337	0	0.485		
Selenium	µg	0.9	0	1.3		
Vitamins:						
Ascorbic acid	mg	27.4	0	39.5		
Thiamin	mg	0.045	0	0.065		
Riboflavin	mg	0.072	0	0.104		
Niacin	mg	0.411	0	0.592		
Pantothenic acid	mg	0.274	0	0.395		
Vitamin B-6	mg	0.180	0	0.259		
Folate	µg	118	0	170		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	5498	0	7917		
Vitamin A, RE	µg	550	0	792		
Vitamin E, α-TE	mg	1.721	0	2.478		
Lipids:						
Saturated, total	g	0.053	0	0.076		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.001	0	0.001		
10:0	g	0.001	0	0.001		
12:0	g	0.001	0	0.001		
14:0	g	0.002	0	0.003		
15:0	g					
16:0	g	0.041	0	0.059		
17:0	g					
18:0	g	0.007	0	0.010		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.015	0	0.022
14:1	g			
16:1	g	0.011	0	0.016
18:1	g	0.004	0	0.006
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.091	0	0.131
18:2	g	0.028	0	0.040
18:3	g	0.064	0	0.092
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.020	0	0.029
Threonine	g	0.063	0	0.091
Isoleucine	g	0.059	0	0.085
Leucine	g	0.105	0	0.151
Lysine	g	0.074	0	0.107
Methionine	g	0.026	0	0.037
Cystine	g	0.013	0	0.019
Phenylalanine	g	0.070	0	0.101
Tyrosine	g	0.044	0	0.063
Valine	g	0.078	0	0.112
Arginine	g	0.072	0	0.104
Histidine	g	0.028	0	0.040
Alanine	g	0.078	0	0.112
Aspartic acid	g	0.121	0	0.174
Glutamic acid	g	0.156	0	0.225
Glycine	g	0.069	0	0.099
Proline	g	0.054	0	0.078
Serine	g	0.047	0	0.068
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup, chopped

NDB No. 11569

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11570 Turnip greens, canned, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 117g	Measure 2* 425g	Measure 3*
Proximates:						
Water	g	94.69	0.165	5	110.79	402.43
Energy	kcal	14		0	16	60
Energy	kJ	59		0	69	251
Protein (N x 5.95)	g	1.36	0.107	5	1.59	5.78
Total lipid (fat)	g	0.30	0.000	5	0.35	1.27
Carbohydrate, by difference	g	2.42		0	2.83	10.29
Fiber, total dietary	g	1.7		0	2.0	7.2
Ash	g	1.23	0.031	5	1.44	5.23
Sugars, total	g					
Minerals:						
Calcium	mg	118	10.098	4	138	502
Iron	mg	1.51	0.134	5	1.77	6.42
Magnesium	mg	20		0	23	85
Phosphorus	mg	21		0	25	89
Potassium	mg	141	15.876	5	165	599
Sodium	mg	277	3.444	5	324	1177
Zinc	mg	0.23		0	0.27	0.98
Copper	mg	0.083		0	0.097	0.353
Manganese	mg	0.277		0	0.324	1.177
Selenium	µg	0.7		0	0.8	3.0
Vitamins:						
Ascorbic acid	mg	15.5	1.762	5	18.1	65.9
Thiamin	mg	0.012	0.002	5	0.014	0.051
Riboflavin	mg	0.063	0.008	5	0.074	0.268
Niacin	mg	0.362	0.037	4	0.424	1.539
Pantothenic acid	mg	0.040		0	0.047	0.170
Vitamin B-6	mg	0.037		0	0.043	0.157
Folate	µg	41	5.984	3	48	175
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	3586	324.677	5	4196	15241
Vitamin A, RE	µg	359	32.468	5	420	1526
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.070		0	0.082	0.298
4:0	g					
6:0	g					
8:0	g	0.001		0	0.001	0.004
10:0	g	0.002		0	0.002	0.009
12:0	g	0.002		0	0.002	0.009
14:0	g	0.003		0	0.004	0.013
15:0	g					
16:0	g	0.054		0	0.063	0.230
17:0	g					
18:0	g	0.010		0	0.012	0.043
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.020	0	0.023	0.085
14:1	g				
16:1	g	0.014	0	0.016	0.060
18:1	g	0.005	0	0.006	0.021
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.120	0	0.140	0.510
18:2	g	0.036	0	0.042	0.153
18:3	g	0.084	0	0.098	0.357
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	0.023	0	0.027	0.098
Threonine	g	0.074	0	0.087	0.315
Isoleucine	g	0.070	0	0.082	0.298
Leucine	g	0.124	0	0.145	0.527
Lysine	g	0.088	0	0.103	0.374
Methionine	g	0.031	0	0.036	0.132
Cystine	g	0.015	0	0.018	0.064
Phenylalanine	g	0.083	0	0.097	0.353
Tyrosine	g	0.053	0	0.062	0.225
Valine	g	0.092	0	0.108	0.391
Arginine	g	0.085	0	0.099	0.361
Histidine	g	0.033	0	0.039	0.140
Alanine	g	0.093	0	0.109	0.395
Aspartic acid	g	0.143	0	0.167	0.608
Glutamic acid	g	0.185	0	0.216	0.786
Glycine	g	0.081	0	0.095	0.344
Proline	g	0.064	0	0.075	0.272
Serine	g	0.055	0	0.064	0.234
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup

Measure 2: 15 oz can (303 x 406)

NDB No. 11570

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11574 Turnip greens, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 82g	Measure 2* 284g	Measure 3*
Proximates:						
Water	g	92.93	0.193	19	76.20	263.92
Energy	kcal	22		0	18	62
Energy	kJ	92		0	75	261
Protein (N x 5.95)	g	2.47	0.080	13	2.03	7.01
Total lipid (fat)	g	0.31	0.039	13	0.25	0.88
Carbohydrate, by difference	g	3.67		0	3.01	10.42
Fiber, total dietary	g	2.5		0	2.0	7.1
Ash	g	0.62	0.044	13	0.51	1.76
Sugars, total	g					
Minerals:						
Calcium	mg	118	12.014	13	97	335
Iron	mg	1.51	0.162	13	1.24	4.29
Magnesium	mg	27	6.529	3	22	77
Phosphorus	mg	27	2.546	3	22	77
Potassium	mg	184	9.493	3	151	523
Sodium	mg	12	1.156	3	10	34
Zinc	mg	0.17	0.031	3	0.14	0.48
Copper	mg	0.057	0.006	3	0.047	0.162
Manganese	mg	0.369	0.031	3	0.303	1.048
Selenium	µg	0.9		1	0.7	2.6
Vitamins:						
Ascorbic acid	mg	26.8	2.401	12	22.0	76.1
Thiamin	mg	0.044	0.005	13	0.036	0.125
Riboflavin	mg	0.091	0.006	13	0.075	0.258
Niacin	mg	0.383	0.031	13	0.314	1.088
Pantothenic acid	mg	0.140		0	0.115	0.398
Vitamin B-6	mg	0.100		0	0.082	0.284
Folate	µg	74	7.145	6	60	209
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	6184	484.574	13	5071	17563
Vitamin A, RE	µg	618	48.457	13	507	1755
Vitamin E, α-TE	mg	2.260		0	1.853	6.418
Lipids:						
Saturated, total	g	0.073		0	0.060	0.207
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.001		0	0.001	0.003
10:0	g	0.002		0	0.002	0.006
12:0	g	0.002		0	0.002	0.006
14:0	g	0.003		0	0.002	0.009
15:0	g					
16:0	g	0.056		0	0.046	0.159
17:0	g					
18:0	g	0.010		0	0.008	0.028
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.020	0	0.016	0.057
14:1	g				
16:1	g	0.015	0	0.012	0.043
18:1	g	0.005	0	0.004	0.014
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.125	0	0.103	0.355
18:2	g	0.038	0	0.031	0.108
18:3	g	0.087	0	0.071	0.247
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.043	0	0.035	0.122
Threonine	g	0.135	0	0.111	0.383
Isoleucine	g	0.128	0	0.105	0.364
Leucine	g	0.226	0	0.185	0.642
Lysine	g	0.161	0	0.132	0.457
Methionine	g	0.056	0	0.046	0.159
Cystine	g	0.028	0	0.023	0.080
Phenylalanine	g	0.152	0	0.125	0.432
Tyrosine	g	0.096	0	0.079	0.273
Valine	g	0.168	0	0.138	0.477
Arginine	g	0.154	0	0.126	0.437
Histidine	g	0.060	0	0.049	0.170
Alanine	g	0.169	0	0.139	0.480
Aspartic acid	g	0.260	0	0.213	0.738
Glutamic acid	g	0.337	0	0.276	0.957
Glycine	g	0.148	0	0.121	0.420
Proline	g	0.116	0	0.095	0.329
Serine	g	0.101	0	0.083	0.287
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup chopped or diced
- Measure 2: 10 oz package, chopped

NDB No. 11574

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11575 Turnip greens, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 164g	Measure 2* 220g	Measure 3*
Proximates:						
Water	g	90.40	0	148.26	198.88	
Energy	kcal	30	0	49	66	
Energy	kJ	126	0	207	277	
Protein (N x 5.95)	g	3.35	0	5.49	7.37	
Total lipid (fat)	g	0.42	0	0.69	0.92	
Carbohydrate, by difference	g	4.98	0	8.17	10.96	
Fiber, total dietary	g	3.4	0	5.6	7.5	
Ash	g	0.85	0	1.39	1.87	
Sugars, total	g					
Minerals:						
Calcium	mg	152	0	249	334	
Iron	mg	1.94	0	3.18	4.27	
Magnesium	mg	26	0	43	57	
Phosphorus	mg	34	0	56	75	
Potassium	mg	224	0	367	493	
Sodium	mg	15	0	25	33	
Zinc	mg	0.41	1	0.67	0.90	
Copper	mg	0.150	1	0.246	0.330	
Manganese	mg	0.475	0	0.779	1.045	
Selenium	µg	1.2	0	2.0	2.6	
Vitamins:						
Ascorbic acid	mg	21.8	0	35.8	48.0	
Thiamin	mg	0.054	1	0.089	0.119	
Riboflavin	mg	0.074	1	0.121	0.163	
Niacin	mg	0.468	0	0.768	1.030	
Pantothenic acid	mg	0.069	0	0.113	0.152	
Vitamin B-6	mg	0.067	1	0.110	0.147	
Folate	µg	39	6.132	65	87	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	7975	0	13079	17545	
Vitamin A, RE	µg	798	0	1309	1756	
Vitamin E, α-TE	mg	2.920	0	4.789	6.424	
Lipids:						
Saturated, total	g	0.099	0	0.162	0.218	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.002	0	0.003	0.004	
10:0	g	0.002	0	0.003	0.004	
12:0	g	0.002	0	0.003	0.004	
14:0	g	0.004	0	0.007	0.009	
15:0	g					
16:0	g	0.076	0	0.125	0.167	
17:0	g					
18:0	g	0.014	0	0.023	0.031	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.028	0	0.046	0.062
14:1	g				
16:1	g	0.020	0	0.033	0.044
18:1	g	0.007	0	0.011	0.015
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.170	0	0.279	0.374
18:2	g	0.051	0	0.084	0.112
18:3	g	0.119	0	0.195	0.262
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.058	0	0.095	0.128
Threonine	g	0.184	0	0.302	0.405
Isoleucine	g	0.173	0	0.284	0.381
Leucine	g	0.307	0	0.503	0.675
Lysine	g	0.218	0	0.358	0.480
Methionine	g	0.076	0	0.125	0.167
Cystine	g	0.038	0	0.062	0.084
Phenylalanine	g	0.206	0	0.338	0.453
Tyrosine	g	0.130	0	0.213	0.286
Valine	g	0.228	0	0.374	0.502
Arginine	g	0.210	0	0.344	0.462
Histidine	g	0.081	0	0.133	0.178
Alanine	g	0.229	0	0.376	0.504
Aspartic acid	g	0.353	0	0.579	0.777
Glutamic acid	g	0.457	0	0.749	1.005
Glycine	g	0.201	0	0.330	0.442
Proline	g	0.158	0	0.259	0.348
Serine	g	0.137	0	0.225	0.301
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 package (10 oz) yields

NDB No. 11575

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11576 Turnip greens and turnips, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 1361g	Measure 3*
Proximates:						
Water	g	93.13	0.725	2	264.49	1267.50
Energy	kcal	21		0	60	286
Energy	kJ	88		0	250	1198
Protein (N x 5.95)	g	2.46	0.631	2	6.99	33.48
Total lipid (fat)	g	0.19	0.020	2	0.54	2.59
Carbohydrate, by difference	g	3.40		0	9.66	46.27
Fiber, total dietary	g	2.4		0	6.8	32.7
Ash	g	0.83	0.154	2	2.36	11.30
Sugars, total	g					
Minerals:						
Calcium	mg	114	1.500	2	324	1552
Iron	mg	1.63	0.005	2	4.63	22.18
Magnesium	mg	18		0	51	245
Phosphorus	mg	24		0	68	327
Potassium	mg	82		0	233	1116
Sodium	mg	18		0	51	245
Zinc	mg	0.16		0	0.45	2.18
Copper	mg	0.051		0	0.145	0.694
Manganese	mg	0.220		0	0.625	2.994
Selenium	µg	0.9		0	2.6	12.2
Vitamins:						
Ascorbic acid	mg	25.8	7.650	2	73.3	351.1
Thiamin	mg	0.044	0.015	2	0.125	0.599
Riboflavin	mg	0.088	0.002	2	0.250	1.198
Niacin	mg	0.388	0.062	2	1.102	5.281
Pantothenic acid	mg	0.123		0	0.349	1.674
Vitamin B-6	mg	0.074		0	0.210	1.007
Folate	µg	41		0	115	553
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	6108	517.500	2	17347	83130
Vitamin A, RE	µg	611	51.750	2	1735	8316
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.032		0	0.091	0.436
4:0	g					
6:0	g					
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.001		0	0.003	0.014
14:0	g	0.001		0	0.003	0.014
15:0	g					
16:0	g	0.026		0	0.074	0.354
17:0	g					
18:0	g	0.004		0	0.011	0.054
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.012	0	0.034	0.163
14:1	g				
16:1	g	0.005	0	0.014	0.068
18:1	g	0.007	0	0.020	0.095
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.088	0	0.250	1.198
18:2	g	0.023	0	0.065	0.313
18:3	g	0.065	0	0.185	0.885
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	0.037	0	0.105	0.504
Threonine	g	0.115	0	0.327	1.565
Isoleucine	g	0.119	0	0.338	1.620
Leucine	g	0.185	0	0.525	2.518
Lysine	g	0.141	0	0.400	1.919
Methionine	g	0.048	0	0.136	0.653
Cystine	g	0.024	0	0.068	0.327
Phenylalanine	g	0.121	0	0.344	1.647
Tyrosine	g	0.078	0	0.222	1.062
Valine	g	0.142	0	0.403	1.933
Arginine	g	0.128	0	0.364	1.742
Histidine	g	0.053	0	0.151	0.721
Alanine	g	0.147	0	0.417	2.001
Aspartic acid	g	0.234	0	0.665	3.185
Glutamic acid	g	0.341	0	0.968	4.641
Glycine	g	0.124	0	0.352	1.688
Proline	g	0.103	0	0.293	1.402
Serine	g	0.094	0	0.267	1.279
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz)
- Measure 2: 3 lb package

NDB No. 11576

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11577 Turnip greens and turnips, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 163g	Measure 2* 86g	Measure 3*
Proximates:						
Water	g	94.19	0	153.53	81.00	
Energy	kcal	17	0	28	15	
Energy	kJ	71	0	116	61	
Protein (N x 5.95)	g	2.08	0	3.39	1.79	
Total lipid (fat)	g	0.16	0	0.26	0.14	
Carbohydrate, by difference	g	2.88	0	4.69	2.48	
Fiber, total dietary	g	1.8	0	2.9	1.5	
Ash	g	0.70	0	1.14	0.60	
Sugars, total	g					
Minerals:						
Calcium	mg	91	0	148	78	
Iron	mg	1.33	0	2.17	1.14	
Magnesium	mg	12	0	20	10	
Phosphorus	mg	17	0	28	15	
Potassium	mg	62	0	101	53	
Sodium	mg	15	0	24	13	
Zinc	mg	0.13	0	0.21	0.11	
Copper	mg	0.041	0	0.067	0.035	
Manganese	mg	0.177	0	0.289	0.152	
Selenium	µg	0.9	0	1.5	0.8	
Vitamins:						
Ascorbic acid	mg	9.4	0	15.3	8.1	
Thiamin	mg	0.030	0	0.049	0.026	
Riboflavin	mg	0.070	0	0.114	0.060	
Niacin	mg	0.295	0	0.481	0.254	
Pantothenic acid	mg	0.096	0	0.156	0.083	
Vitamin B-6	mg	0.058	0	0.095	0.050	
Folate	µg	22	0	35	18	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	5161	0	8412	4438	
Vitamin A, RE	µg	516	0	841	444	
Vitamin E, α-TE	mg	0.226	0	0.368	0.194	
Lipids:						
Saturated, total	g	0.027	0	0.044	0.023	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.001	0	0.002	0.001	
15:0	g					
16:0	g	0.022	0	0.036	0.019	
17:0	g					
18:0	g	0.003	0	0.005	0.003	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.016	0.009
14:1	g				
16:1	g	0.004	0	0.007	0.003
18:1	g	0.006	0	0.010	0.005
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.074	0	0.121	0.064
18:2	g	0.019	0	0.031	0.016
18:3	g	0.054	0	0.088	0.046
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.031	0	0.051	0.027
Threonine	g	0.097	0	0.158	0.083
Isoleucine	g	0.101	0	0.165	0.087
Leucine	g	0.156	0	0.254	0.134
Lysine	g	0.120	0	0.196	0.103
Methionine	g	0.041	0	0.067	0.035
Cystine	g	0.020	0	0.033	0.017
Phenylalanine	g	0.102	0	0.166	0.088
Tyrosine	g	0.066	0	0.108	0.057
Valine	g	0.120	0	0.196	0.103
Arginine	g	0.108	0	0.176	0.093
Histidine	g	0.045	0	0.073	0.039
Alanine	g	0.124	0	0.202	0.107
Aspartic acid	g	0.198	0	0.323	0.170
Glutamic acid	g	0.288	0	0.469	0.248
Glycine	g	0.105	0	0.171	0.090
Proline	g	0.087	0	0.142	0.075
Serine	g	0.079	0	0.129	0.068
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1/2 cup

NDB No. 11577

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11578 Vegetable juice cocktail, canned

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 242g	Measure 2* 182g	Measure 3*
Proximates:						
Water	g	93.52	0.066	13	226.32	170.21
Energy	kcal	19		0	46	35
Energy	kJ	79		0	191	144
Protein (N x 5.95)	g	0.63	0.001	13	1.52	1.15
Total lipid (fat)	g	0.09	0.001	13	0.22	0.16
Carbohydrate, by difference	g	4.55		0	11.01	8.28
Fiber, total dietary	g	0.8		0	1.9	1.5
Ash	g	1.21	0.012	13	2.93	2.20
Sugars, total	g					
Minerals:						
Calcium	mg	11	0.392	13	27	20
Iron	mg	0.42	0.025	13	1.02	0.76
Magnesium	mg	11		0	27	20
Phosphorus	mg	17		0	41	31
Potassium	mg	193		1	467	351
Sodium	mg	270		1	653	491
Zinc	mg	0.20		1	0.48	0.36
Copper	mg	0.200		1	0.484	0.364
Manganese	mg	0.100		1	0.242	0.182
Selenium	µg	0.5	0.110	7	1.2	0.9
Vitamins:						
Ascorbic acid	mg	27.7	1.145	13	67.0	50.4
Thiamin	mg	0.043	0.001	13	0.104	0.078
Riboflavin	mg	0.028	0.000	13	0.068	0.051
Niacin	mg	0.726	0.014	13	1.757	1.321
Pantothenic acid	mg	0.266		0	0.644	0.484
Vitamin B-6	mg	0.140		1	0.339	0.255
Folate	µg	21		0	51	38
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	1170	74.217	13	2831	2129
Vitamin A, RE	µg	117	7.422	13	283	213
Vitamin E, α-TE	mg	0.320		0	0.774	0.582
Lipids:						
Saturated, total	g	0.013		0	0.031	0.024
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.009		0	0.022	0.016
17:0	g					
18:0	g	0.003		0	0.007	0.005
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.014	0	0.034	0.025
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.014	0	0.034	0.025
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.038	0	0.092	0.069
18:2	g	0.036	0	0.087	0.066
18:3	g	0.001	0	0.002	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 6 fl oz

NDB No. 11578

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11579 Vegetables, mixed, canned, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:						
Water	g	90.24	0.268	56	221.09	
Energy	kcal	36		0	88	
Energy	kJ	151		0	370	
Protein (N x 5.95)	g	1.42	0.033	56	3.48	
Total lipid (fat)	g	0.25	0.010	56	0.61	
Carbohydrate, by difference	g	7.12		0	17.44	
Fiber, total dietary	g	3.8		0	9.3	
Ash	g	0.96	0.095	56	2.35	
Sugars, total	g					
Minerals:						
Calcium	mg	21	1.550	56	51	
Iron	mg	0.65	0.076	55	1.59	
Magnesium	mg	15	0.209	54	37	
Phosphorus	mg	37	1.028	54	91	
Potassium	mg	138	6.543	53	338	
Sodium	mg	224	25.656	53	549	
Zinc	mg	0.51	0.026	18	1.25	
Copper	mg	0.104	0.004	18	0.255	
Manganese	mg	0.427		0	1.046	
Selenium	µg	0.2		0	0.5	
Vitamins:						
Ascorbic acid	mg	3.8	0.305	56	9.3	
Thiamin	mg	0.034	0.003	56	0.083	
Riboflavin	mg	0.040	0.004	56	0.098	
Niacin	mg	0.482		77	1.181	
Pantothenic acid	mg	0.114		0	0.279	
Vitamin B-6	mg	0.077		0	0.189	
Folate	µg	18		0	44	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	5081	171.953	56	12448	
Vitamin A, RE	µg	508	17.195	56	1245	
Vitamin E, α-TE	mg	0.451		0	1.105	
Lipids:						
Saturated, total	g	0.051		0	0.125	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.001		0	0.002	
14:0	g	0.001		0	0.002	
15.0	g					
16:0	g	0.044		0	0.108	
17:0	g					
18:0	g	0.005		0	0.012	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.016	0	0.039
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.015	0	0.037
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.120	0	0.294
18:2	g	0.088	0	0.216
18:3	g	0.032	0	0.078
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.015	0	0.037
Threonine	g	0.057	0	0.140
Isoleucine	g	0.069	0	0.169
Leucine	g	0.095	0	0.233
Lysine	g	0.085	0	0.208
Methionine	g	0.017	0	0.042
Cystine	g	0.013	0	0.032
Phenylalanine	g	0.060	0	0.147
Tyrosine	g	0.037	0	0.091
Valine	g	0.074	0	0.181
Arginine	g	0.096	0	0.235
Histidine	g	0.036	0	0.088
Alanine	g	0.061	0	0.149
Aspartic acid	g	0.151	0	0.370
Glutamic acid	g	0.194	0	0.475
Glycine	g	0.052	0	0.127
Proline	g	0.035	0	0.086
Serine	g	0.068	0	0.167
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11579

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11581 Vegetables, mixed, canned, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 163g	Measure 2*	Measure 3*
Proximates:						
Water	g	87.01	0	141.83		
Energy	kcal	47	0	77		
Energy	kJ	197	0	321		
Protein (N x 5.95)	g	2.59	0	4.22		
Total lipid (fat)	g	0.25	0	0.41		
Carbohydrate, by difference	g	9.26	0	15.09		
Fiber, total dietary	g	3.0	0	4.9		
Ash	g	0.89	0	1.45		
Sugars, total	g					
Minerals:						
Calcium	mg	27	0	44		
Iron	mg	1.05	0	1.71		
Magnesium	mg	16	0	26		
Phosphorus	mg	42	0	68		
Potassium	mg	291	0	474		
Sodium	mg	149	0	243		
Zinc	mg	0.41	0	0.67		
Copper	mg	0.073	0	0.119		
Manganese	mg	0.568	0	0.926		
Selenium	µg	0.3	1	0.5		
Vitamins:						
Ascorbic acid	mg	5.0	0	8.2		
Thiamin	mg	0.046	0	0.075		
Riboflavin	mg	0.048	0	0.078		
Niacin	mg	0.577	0	0.941		
Pantothenic acid	mg	0.143	0	0.233		
Vitamin B-6	mg	0.079	0	0.129		
Folate	µg	24	0	38		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	11647	0	18985		
Vitamin A, RE	µg	1165	0	1899		
Vitamin E, α-TE	mg	0.600	0	0.978		
Lipids:						
Saturated, total	g	0.051	0	0.083		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.001	0	0.002		
15:0	g					
16:0	g	0.044	0	0.072		
17:0	g					
18:0	g	0.005	0	0.008		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.016	0	0.026
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.015	0	0.024
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.119	0	0.194
18:2	g	0.087	0	0.142
18:3	g	0.032	0	0.052
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.026	0	0.042
Threonine	g	0.104	0	0.170
Isoleucine	g	0.126	0	0.205
Leucine	g	0.172	0	0.280
Lysine	g	0.154	0	0.251
Methionine	g	0.031	0	0.051
Cystine	g	0.024	0	0.039
Phenylalanine	g	0.108	0	0.176
Tyrosine	g	0.067	0	0.109
Valine	g	0.135	0	0.220
Arginine	g	0.174	0	0.284
Histidine	g	0.066	0	0.108
Alanine	g	0.111	0	0.181
Aspartic acid	g	0.274	0	0.447
Glutamic acid	g	0.353	0	0.575
Glycine	g	0.094	0	0.153
Proline	g	0.063	0	0.103
Serine	g	0.123	0	0.200
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11581

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11583 Vegetables, mixed, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 1134g	Measure 3*
Proximates:						
Water	g	82.08	0.309	28	233.11	930.79
Energy	kcal	64		0	182	726
Energy	kJ	268		0	761	3039
Protein (N x 5.95)	g	3.33	0.082	36	9.46	37.76
Total lipid (fat)	g	0.52	0.073	36	1.48	5.90
Carbohydrate, by difference	g	13.46		0	38.23	152.64
Fiber, total dietary	g	4.0		0	11.4	45.4
Ash	g	0.60	0.028	25	1.70	6.80
Sugars, total	g					
Minerals:						
Calcium	mg	25	0.712	36	71	284
Iron	mg	0.95	0.046	36	2.70	10.77
Magnesium	mg	24	1.260	13	68	272
Phosphorus	mg	59	1.872	25	168	669
Potassium	mg	212	6.678	10	602	2404
Sodium	mg	47	2.057	13	133	533
Zinc	mg	0.45	0.036	14	1.28	5.10
Copper	mg	0.093	0.012	13	0.264	1.055
Manganese	mg	0.244	0.014	8	0.693	2.767
Selenium	µg	0.4		0	1.1	4.5
Vitamins:						
Ascorbic acid	mg	10.4	0.911	31	29.5	117.9
Thiamin	mg	0.122	0.006	36	0.346	1.383
Riboflavin	mg	0.085	0.005	36	0.241	0.964
Niacin	mg	1.252	0.050	36	3.556	14.198
Pantothenic acid	mg	0.163		1	0.463	1.848
Vitamin B-6	mg	0.096	0.006	21	0.273	1.089
Folate	µg	29		1	82	329
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	5078	248.759	36	14422	57585
Vitamin A, RE	µg	508		0	1443	5761
Vitamin E, α-TE	mg	0.300		0	0.852	3.402
Lipids:						
Saturated, total	g	0.098		0	0.278	1.111
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.001		1	0.003	0.011
14:0	g	0.001		1	0.003	0.011
15:0	g					
16:0	g	0.086		1	0.244	0.975
17:0	g					
18:0	g	0.009		1	0.026	0.102
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.031	0	0.088	0.352
14:1	g				
16:1	g	0.001	1	0.003	0.011
18:1	g	0.030	1	0.085	0.340
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.235	0	0.667	2.665
18:2	g	0.173	1	0.491	1.962
18:3	g	0.063	1	0.179	0.714
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.034	0	0.097	0.386
Threonine	g	0.133	0	0.378	1.508
Isoleucine	g	0.162	0	0.460	1.837
Leucine	g	0.221	0	0.628	2.506
Lysine	g	0.198	0	0.562	2.245
Methionine	g	0.040	0	0.114	0.454
Cystine	g	0.030	0	0.085	0.340
Phenylalanine	g	0.139	0	0.395	1.576
Tyrosine	g	0.086	0	0.244	0.975
Valine	g	0.174	0	0.494	1.973
Arginine	g	0.225	0	0.639	2.551
Histidine	g	0.085	0	0.241	0.964
Alanine	g	0.143	0	0.406	1.622
Aspartic acid	g	0.353	0	1.003	4.003
Glutamic acid	g	0.455	0	1.292	5.160
Glycine	g	0.121	0	0.344	1.372
Proline	g	0.082	0	0.233	0.930
Serine	g	0.158	0	0.449	1.792
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz)
- Measure 2: 2-1/2 lb pack

NDB No. 11583

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11584 Vegetables, mixed, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 275g	Measure 2* 91g	Measure 3*
Proximates:						
Water	g	83.23	0	228.88	75.74	
Energy	kcal	59	0	162	54	
Energy	kJ	247	0	679	225	
Protein (N x 5.95)	g	2.86	0	7.87	2.60	
Total lipid (fat)	g	0.15	0	0.41	0.14	
Carbohydrate, by difference	g	13.09	0	36.00	11.91	
Fiber, total dietary	g	4.4	0	12.1	4.0	
Ash	g	0.67	0	1.84	0.61	
Sugars, total	g					
Minerals:						
Calcium	mg	25	0	69	23	
Iron	mg	0.82	0	2.25	0.75	
Magnesium	mg	22	0	61	20	
Phosphorus	mg	51	0	140	46	
Potassium	mg	169	0	465	154	
Sodium	mg	35	0	96	32	
Zinc	mg	0.49	0	1.35	0.45	
Copper	mg	0.083	0	0.228	0.076	
Manganese	mg	0.379	0	1.042	0.345	
Selenium	µg	0.3	1	0.8	0.3	
Vitamins:						
Ascorbic acid	mg	3.2	0	8.8	2.9	
Thiamin	mg	0.071	0.023	2	0.195	0.065
Riboflavin	mg	0.120	0.032	2	0.330	0.109
Niacin	mg	0.851	0	2.340	0.774	
Pantothenic acid	mg	0.151	0	0.415	0.137	
Vitamin B-6	mg	0.074	0.013	2	0.204	0.067
Folate	µg	19	0	52	17	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	4277	0	11762	3892	
Vitamin A, RE	µg	428	0	1177	389	
Vitamin E, α-TE	mg	0.360	0	0.990	0.328	
Lipids:						
Saturated, total	g	0.031	0	0.085	0.028	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.027	0	0.074	0.025	
17:0	g					
18:0	g	0.003	0	0.008	0.003	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.028	0.009
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.009	0	0.025	0.008
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.072	0	0.198	0.066
18:2	g	0.053	0	0.146	0.048
18:3	g	0.019	0	0.052	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.029	0	0.080	0.026
Threonine	g	0.115	0	0.316	0.105
Isoleucine	g	0.139	0	0.382	0.126
Leucine	g	0.190	0	0.523	0.173
Lysine	g	0.170	0	0.468	0.155
Methionine	g	0.034	0	0.094	0.031
Cystine	g	0.026	0	0.071	0.024
Phenylalanine	g	0.120	0	0.330	0.109
Tyrosine	g	0.074	0	0.204	0.067
Valine	g	0.149	0	0.410	0.136
Arginine	g	0.193	0	0.531	0.176
Histidine	g	0.073	0	0.201	0.066
Alanine	g	0.123	0	0.338	0.112
Aspartic acid	g	0.303	0	0.833	0.276
Glutamic acid	g	0.390	0	1.073	0.355
Glycine	g	0.104	0	0.286	0.095
Proline	g	0.070	0	0.193	0.064
Serine	g	0.136	0	0.374	0.124
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11584

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11587 Vinespinach, (basella), raw

Basella alba

Refuse: %

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	93.10	0			
Energy	kcal	19	0			
Energy	kJ	79	0			
Protein (N x 5.95)	g	1.80	0			
Total lipid (fat)	g	0.30	0			
Carbohydrate, by difference	g	3.40	0			
Fiber, total dietary	g					
Ash	g	1.40	0			
Sugars, total	g					
Minerals:						
Calcium	mg	109	0			
Iron	mg	1.20	0			
Magnesium	mg	65	0			
Phosphorus	mg	52	0			
Potassium	mg	510	0			
Sodium	mg	24	0			
Zinc	mg	0.43	0			
Copper	mg	0.107	0			
Manganese	mg	0.735	0			
Selenium	µg	0.8	0			
Vitamins:						
Ascorbic acid	mg	102.0	0			
Thiamin	mg	0.050	0			
Riboflavin	mg	0.155	0			
Niacin	mg	0.500	0			
Pantothenic acid	mg	0.053	0			
Vitamin B-6	mg	0.240	0			
Folate	µg	140	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	8000	0			
Vitamin A, RE	µg	800	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g		
14:1	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
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.028	1
Threonine	g	0.055	2
Isoleucine	g	0.053	2
Leucine	g	0.101	2
Lysine	g	0.086	2
Methionine	g	0.019	2
Cystine	g	0.027	2
Phenylalanine	g	0.085	2
Tyrosine	g	0.048	2
Valine	g	0.065	2
Arginine	g	0.070	2
Histidine	g	0.039	2
Alanine	g	0.075	2
Aspartic acid	g	0.108	2
Glutamic acid	g	0.283	2
Glycine	g	0.067	2
Proline	g	0.070	2
Serine	g	0.057	2
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11587

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11588 Waterchestnuts, chinese, (matai), raw
Eleocharis dulcis

Refuse: 23% Skin

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 62g	Measure 2* 36g	Measure 3*
Proximates:						
Water	g	73.46	4.324	3	45.55	26.45
Energy	kcal	97		0	60	35
Energy	kJ	406		0	252	146
Protein (N x 5.95)	g	1.40		1	0.87	0.50
Total lipid (fat)	g	0.10		1	0.06	0.04
Carbohydrate, by difference	g	23.94		0	14.84	8.62
Fiber, total dietary	g	3.0		0	1.9	1.1
Ash	g	1.10		0	0.68	0.40
Sugars, total	g					
Minerals:						
Calcium	mg	11		1	7	4
Iron	mg	0.06		1	0.04	0.02
Magnesium	mg	22	10.100	2	14	8
Phosphorus	mg	63		1	39	23
Potassium	mg	584	83.550	2	362	210
Sodium	mg	14	5.700	2	9	5
Zinc	mg	0.50		0	0.31	0.18
Copper	mg	0.326		0	0.202	0.117
Manganese	mg	0.331		0	0.205	0.119
Selenium	µg	0.7		0	0.4	0.3
Vitamins:						
Ascorbic acid	mg	4.0		1	2.5	1.4
Thiamin	mg	0.140		1	0.087	0.050
Riboflavin	mg	0.200		1	0.124	0.072
Niacin	mg	1.000		1	0.620	0.360
Pantothenic acid	mg	0.479		0	0.297	0.172
Vitamin B-6	mg	0.328		0	0.203	0.118
Folate	µg	16		0	10	6
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	µg	0		1	0	0
Vitamin E, α-TE	mg	1.200		0	0.744	0.432
Lipids:						
Saturated, total	g	0.026		0	0.016	0.009
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.001		0	0.001	0.000
12:0	g	0.003		0	0.002	0.001
14:0	g	0.001		0	0.001	0.000
15:0	g					
16:0	g	0.016		0	0.010	0.006
17:0	g					
18:0	g	0.004		0	0.002	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.001	0.001
14:1	g				
16:1	g	0.001	0	0.001	0.000
18:1	g	0.001	0	0.001	0.000
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.043	0	0.027	0.015
18:2	g	0.032	0	0.020	0.012
18:3	g	0.010	0	0.006	0.004
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup slices
- Measure 2: 4 waterchestnuts

NDB No. 11588

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11590 Waterchestnuts, chinese, canned, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 70g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	86.42	0	60.49	24.20	
Energy	kcal	50	0	35	14	
Energy	kJ	209	0	146	59	
Protein (N x 5.95)	g	0.88	0.037	6	0.62	0.25
Total lipid (fat)	g	0.06		1	0.04	0.02
Carbohydrate, by difference	g	12.43		0	8.70	3.48
Fiber, total dietary	g	2.5		0	1.8	0.7
Ash	g	0.34		1	0.24	0.10
Sugars, total	g					
Minerals:						
Calcium	mg	4	0.433	6	3	1
Iron	mg	0.87	0.022	6	0.61	0.24
Magnesium	mg	5		1	4	1
Phosphorus	mg	19		1	13	5
Potassium	mg	118	0.241	6	83	33
Sodium	mg	8	1.260	4	6	2
Zinc	mg	0.38		1	0.27	0.11
Copper	mg	0.100		1	0.070	0.028
Manganese	mg	0.161		0	0.113	0.045
Selenium	µg	0.7		0	0.5	0.2
Vitamins:						
Ascorbic acid	mg	1.3	0.065	6	0.9	0.4
Thiamin	mg	0.011	0.006	6	0.008	0.003
Riboflavin	mg	0.024	0.011	6	0.017	0.007
Niacin	mg	0.360	0.024	6	0.252	0.101
Pantothenic acid	mg	0.221		0	0.155	0.062
Vitamin B-6	mg	0.159		0	0.111	0.045
Folate	µg	6		0	4	2
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	4	0.804	6	3	1
Vitamin A, RE	µg	0	0.080	6	0	0
Vitamin E, α-TE	mg	0.500		0	0.350	0.140
Lipids:						
Saturated, total	g	0.016		0	0.011	0.004
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.001		0	0.001	0.000
12:0	g	0.002		0	0.001	0.001
14:0	g	0.001		0	0.001	0.000
15.0	g					
16:0	g	0.010		0	0.007	0.003
17:0	g					
18:0	g	0.002		0	0.001	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.001	0	0.001	0.000
14:1	g				
16:1	g	0.001	0	0.001	0.000
18:1	g	0.001	0	0.001	0.000
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.026	0	0.018	0.007
18:2	g	0.019	0	0.013	0.005
18:3	g	0.006	0	0.004	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * Common Measures:**
 Measure 1: 1/2 cup slices
 Measure 2: 4 waterchestnuts

NDB No. 11590

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11591 Watercress, raw
Nasturtium officinale

Refuse: 8% Tough stems and ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 34g	Measure 2 [*] 3g	Measure 3 [*] 25g	
Proximates:							
Water	g	95.11	0.110	2	32.34	2.38	23.78
Energy	kcal	11		0	4	0	3
Energy	kJ	46		0	16	1	12
Protein (N x 5.95)	g	2.30		1	0.78	0.06	0.57
Total lipid (fat)	g	0.10		1	0.03	0.00	0.03
Carbohydrate, by difference	g	1.29		0	0.44	0.03	0.32
Fiber, total dietary	g	1.5		0	0.5	0.0	0.4
Ash	g	1.20		0	0.41	0.03	0.30
Sugars, total	g						
Minerals:							
Calcium	mg	120		1	41	3	30
Iron	mg	0.20		1	0.07	0.01	0.05
Magnesium	mg	21	7.900	2	7	1	5
Phosphorus	mg	60		1	20	2	15
Potassium	mg	330	59.700	2	112	8	83
Sodium	mg	41	8.850	2	14	1	10
Zinc	mg	0.11		0	0.04	0.00	0.03
Copper	mg	0.077		0	0.026	0.002	0.019
Manganese	mg	0.244		0	0.083	0.006	0.061
Selenium	µg	0.9		0	0.3	0.0	0.2
Vitamins:							
Ascorbic acid	mg	43.0		1	14.6	1.1	10.8
Thiamin	mg	0.090		1	0.031	0.002	0.023
Riboflavin	mg	0.120		1	0.041	0.003	0.030
Niacin	mg	0.200		1	0.068	0.005	0.050
Pantothenic acid	mg	0.310		0	0.105	0.008	0.078
Vitamin B-6	mg	0.129		0	0.044	0.003	0.032
Folate	µg	9		0	3	0	2
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	4700		1	1598	118	1175
Vitamin A, RE	µg	470		1	160	12	118
Vitamin E, α-TE	mg	1.000		0	0.340	0.025	0.250
Lipids:							
Saturated, total	g	0.027		0	0.009	0.001	0.007
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.024		3	0.008	0.001	0.006
17:0	g						
18:0	g	0.003		3	0.001	0.000	0.001
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.003	0.000	0.002
14:1	g					
16:1	g	0.002	3	0.001	0.000	0.001
18:1	g	0.006	3	0.002	0.000	0.002
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.035	0	0.012	0.001	0.009
18:2	g	0.012	3	0.004	0.000	0.003
18:3	g	0.023	3	0.008	0.001	0.006
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.030	5	0.010	0.001	0.008
Threonine	g	0.133	2	0.045	0.003	0.033
Isoleucine	g	0.093	2	0.032	0.002	0.023
Leucine	g	0.166	2	0.056	0.004	0.042
Lysine	g	0.134	6	0.046	0.003	0.034
Methionine	g	0.020	6	0.007	0.001	0.005
Cystine	g	0.007	1	0.002	0.000	0.002
Phenylalanine	g	0.114	2	0.039	0.003	0.029
Tyrosine	g	0.063	1	0.021	0.002	0.016
Valine	g	0.137	2	0.047	0.003	0.034
Arginine	g	0.150	1	0.051	0.004	0.038
Histidine	g	0.040	1	0.014	0.001	0.010
Alanine	g	0.137	1	0.047	0.003	0.034
Aspartic acid	g	0.187	1	0.064	0.005	0.047
Glutamic acid	g	0.190	1	0.065	0.005	0.048
Glycine	g	0.112	1	0.038	0.003	0.028
Proline	g	0.096	1	0.033	0.002	0.024
Serine	g	0.060	1	0.020	0.002	0.015
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 cup, chopped
 Measure 2: 1 sprig
 Measure 3: 10 sprigs

NDB No. 11591

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11593 Waxgourd, (chinese preserving melon), raw
Benincasa hispida

Refuse: 29% Stem, center and skin

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 132g	Measure 2 [*] 5700g	Measure 3 [*]
Proximates:						
Water	g	96.10	0	126.85	5477.70	
Energy	kcal	13	0	17	741	
Energy	kJ	54	0	71	3078	
Protein (N x 5.95)	g	0.40	0	0.53	22.80	
Total lipid (fat)	g	0.20	0	0.26	11.40	
Carbohydrate, by difference	g	3.00	0	3.96	171.00	
Fiber, total dietary	g	2.9	0	3.8	165.3	
Ash	g	0.30	0	0.40	17.10	
Sugars, total	g					
Minerals:						
Calcium	mg	19	0	25	1083	
Iron	mg	0.40	0	0.53	22.80	
Magnesium	mg	10	0	13	570	
Phosphorus	mg	19	0	25	1083	
Potassium	mg	6	0	8	342	
Sodium	mg	111	0	147	6327	
Zinc	mg	0.61	0	0.81	34.77	
Copper	mg	0.023	0	0.030	1.311	
Manganese	mg	0.058	0	0.077	3.306	
Selenium	µg	0.2	0	0.3	11.4	
Vitamins:						
Ascorbic acid	mg	13.0	0	17.2	741.0	
Thiamin	mg	0.040	0	0.053	2.280	
Riboflavin	mg	0.110	0	0.145	6.270	
Niacin	mg	0.400	0	0.528	22.800	
Pantothenic acid	mg	0.133	0	0.176	7.581	
Vitamin B-6	mg	0.035	0	0.046	1.995	
Folate	µg	5	0	7	296	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.016	0	0.021	0.912	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.011	0	0.015	0.627	
17:0	g					
18:0	g	0.005	0	0.007	0.285	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.037	0	0.049	2.109
14:1	g				
16:1	g				
18:1	g	0.037	0	0.049	2.109
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.087	0	0.115	4.959
18:2	g	0.087	0	0.115	4.959
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	0.002	1	0.003	0.114
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g	0.009	1	0.012	0.513
Methionine	g	0.003	1	0.004	0.171
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
 Measure 1: 1 cup, cubes
 Measure 2: 1 waxgourd

NDB No. 11593

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11594 Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 175g	Measure 2*	Measure 3*
Proximates:						
Water	g	96.06	0	168.10		
Energy	kcal	13	0	23		
Energy	kJ	54	0	95		
Protein (N x 5.95)	g	0.40	0	0.70		
Total lipid (fat)	g	0.20	0	0.35		
Carbohydrate, by difference	g	3.03	0	5.30		
Fiber, total dietary	g	1.0	0	1.8		
Ash	g	0.30	0	0.53		
Sugars, total	g					
Minerals:						
Calcium	mg	18	0	32		
Iron	mg	0.38	0	0.67		
Magnesium	mg	10	0	18		
Phosphorus	mg	17	0	30		
Potassium	mg	5	0	9		
Sodium	mg	107	0	187		
Zinc	mg	0.59	0	1.03		
Copper	mg	0.022	0	0.039		
Manganese	mg	0.056	0	0.098		
Selenium	µg	0.2	0	0.4		
Vitamins:						
Ascorbic acid	mg	10.5	0	18.4		
Thiamin	mg	0.034	0	0.060		
Riboflavin	mg	0.001	0	0.002		
Niacin	mg	0.384	0	0.672		
Pantothenic acid	mg	0.121	0	0.212		
Vitamin B-6	mg	0.032	0	0.056		
Folate	µg	4	0	6		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	0	0	0		
Vitamin A, RE	µg	0	0	0		
Vitamin E, α-TE	mg	0.390	0	0.683		
Lipids:						
Saturated, total	g	0.016	0	0.028		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.011	0	0.019		
17:0	g					
18:0	g	0.005	0	0.009		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.037	0	0.065
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.037	0	0.065
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.088	0	0.154
18:2	g	0.088	0	0.154
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.002	0	0.004
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g	0.009	0	0.016
Methionine	g	0.003	0	0.005
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11594

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11595 Winged beans, immature seeds, raw
Psophocarpus tetragonolobus

Refuse: 2% Ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 44g	Measure 2* 16g	Measure 3*
Proximates:						
Water	g	87.04	1.253	8	38.30	13.93
Energy	kcal	49		0	22	8
Energy	kJ	205		0	90	33
Protein (N x 5.95)	g	6.95	2.974	7	3.06	1.11
Total lipid (fat)	g	0.87	0.327	7	0.38	0.14
Carbohydrate, by difference	g	4.31		0	1.90	0.69
Fiber, total dietary	g					
Ash	g	0.83	0.218	7	0.37	0.13
Sugars, total	g					
Minerals:						
Calcium	mg	84	27.278	7	37	13
Iron	mg	1.50		0	0.66	0.24
Magnesium	mg	34		0	15	5
Phosphorus	mg	37	3.552	7	16	6
Potassium	mg	223	21.595	3	98	36
Sodium	mg	4	0.900	3	2	1
Zinc	mg	0.39		0	0.17	0.06
Copper	mg	0.051		0	0.022	0.008
Manganese	mg	0.218		0	0.096	0.035
Selenium	µg	1.5		0	0.7	0.2
Vitamins:						
Ascorbic acid	mg	18.3		0	8.1	2.9
Thiamin	mg	0.140		1	0.062	0.022
Riboflavin	mg	0.100		1	0.044	0.016
Niacin	mg	0.900		1	0.396	0.144
Pantothenic acid	mg	0.059		0	0.026	0.009
Vitamin B-6	mg	0.113		1	0.050	0.018
Folate	µg	66		0	29	11
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	128		1	56	20
Vitamin A, RE	µg	13		1	6	2
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.238		0	0.105	0.038
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001		0	0.000	0.000
15:0	g					
16:0	g	0.066		0	0.029	0.011
17:0	g					
18:0	g	0.038		0	0.017	0.006
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.250	0	0.110	0.040
14:1	g				
16:1	g				
18:1	g	0.248	0	0.109	0.040
20:1	g				
22:1	g	0.002	0	0.001	0.000
Polyunsaturated, total	g	0.186	0	0.082	0.030
18:2	g	0.164	0	0.072	0.026
18:3	g	0.023	0	0.010	0.004
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
 Measure 1: 1 cup, slices
 Measure 2: 1 pod

NDB No. 11595

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11596 Winged beans, immature seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 62g	Measure 2*	Measure 3*
Proximates:						
Water	g	90.11	0	55.87		
Energy	kcal	38	0	24		
Energy	kJ	159	0	99		
Protein (N x 5.95)	g	5.31	0	3.29		
Total lipid (fat)	g	0.66	0	0.41		
Carbohydrate, by difference	g	3.21	0	1.99		
Fiber, total dietary	g					
Ash	g	0.71	1	0.44		
Sugars, total	g					
Minerals:						
Calcium	mg	61	0	38		
Iron	mg	1.09	0	0.68		
Magnesium	mg	30	1	19		
Phosphorus	mg	25	0	16		
Potassium	mg	274	1	170		
Sodium	mg	4	1	2		
Zinc	mg	0.28	0	0.17		
Copper	mg	0.037	0	0.023		
Manganese	mg	0.158	0	0.098		
Selenium	µg	1.1	0	0.7		
Vitamins:						
Ascorbic acid	mg	9.8	0	6.1		
Thiamin	mg	0.086	0	0.053		
Riboflavin	mg	0.072	0	0.045		
Niacin	mg	0.652	0	0.404		
Pantothenic acid	mg	0.041	0	0.025		
Vitamin B-6	mg	0.082	0	0.051		
Folate	µg	35	0	22		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	88	0	55		
Vitamin A, RE	µg	9	0	6		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.181	0	0.112		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001	0	0.001		
15:0	g					
16:0	g	0.051	0	0.032		
17:0	g					
18:0	g	0.029	0	0.018		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.189	0	0.117
14:1	g			
16:1	g			
18:1	g	0.189	0	0.117
20:1	g			
22:1	g	0.001	0	0.001
Polyunsaturated, total	g	0.142	0	0.088
18:2	g	0.125	0	0.078
18:3	g	0.017	0	0.011
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11596

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11597 Winged bean leaves, raw
Psophocarpus tetragonolobus

Refuse: %

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	76.85	1.050	2		
Energy	kcal	74		0		
Energy	kJ	310		0		
Protein (N x 5.95)	g	5.85	0.050	2		
Total lipid (fat)	g	1.10	0.000	2		
Carbohydrate, by difference	g	14.10		0		
Fiber, total dietary	g					
Ash	g	2.10	0.200	2		
Sugars, total	g					
Minerals:						
Calcium	mg	224	39.500	2		
Iron	mg	4.00	2.000	2		
Magnesium	mg	8		0		
Phosphorus	mg	63	10.500	2		
Potassium	mg	176		0		
Sodium	mg	9		0		
Zinc	mg	1.28		0		
Copper	mg	0.456		0		
Manganese	mg	1.367		0		
Selenium	µg	0.9		0		
Vitamins:						
Ascorbic acid	mg	45.0		0		
Thiamin	mg	0.833		0		
Riboflavin	mg	0.602		0		
Niacin	mg	3.472		0		
Pantothenic acid	mg	0.136		0		
Vitamin B-6	mg	0.232		0		
Folate	µg	16		0		
Vitamin B-12	µg	0.00		0		
Vitamin A	IU	8090		0		
Vitamin A, RE	µg	809		0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.272		0		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001		0		
15:0	g					
16:0	g	0.076		0		
17:0	g					
18:0	g	0.044		0		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.285	0
14:1	g		
16:1	g		
18:1	g	0.284	0
20:1	g		
22:1	g	0.002	0
Polyunsaturated, total	g	0.213	0
18:2	g	0.187	0
18:3	g	0.026	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.116	8
Threonine	g	0.182	8
Isoleucine	g	0.204	8
Leucine	g	0.359	8
Lysine	g	0.228	8
Methionine	g	0.064	6
Cystine	g	0.075	6
Phenylalanine	g	0.188	6
Tyrosine	g	0.126	6
Valine	g	0.245	8
Arginine	g	0.178	6
Histidine	g	0.082	6
Alanine	g	0.172	6
Aspartic acid	g	0.517	6
Glutamic acid	g	0.389	6
Glycine	g	0.149	6
Proline	g	0.168	6
Serine	g	0.149	6
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11597

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11599 Winged bean tuber, raw
Psophocarpus tetragonolobus

Refuse: %

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	57.40				
Energy	kcal	148	1			
Energy	kJ	619	0			
Protein (N x 5.95)	g	11.60	0			
Total lipid (fat)	g	0.90	1			
Carbohydrate, by difference	g	28.10	0			
Fiber, total dietary	g					
Ash	g	2.00	1			
Sugars, total	g					
Minerals:						
Calcium	mg	30	1			
Iron	mg	2.00	1			
Magnesium	mg	24	0			
Phosphorus	mg	45	1			
Potassium	mg	586	0			
Sodium	mg	35	0			
Zinc	mg	1.39	0			
Copper	mg	1.386	0			
Manganese	mg	0.532	0			
Selenium	µg	0.7	0			
Vitamins:						
Ascorbic acid	mg	0.0	0			
Thiamin	mg	0.379	0			
Riboflavin	mg	0.149	0			
Niacin	mg	1.640	0			
Pantothenic acid	mg	0.116	0			
Vitamin B-6	mg	0.075	0			
Folate	µg	19	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	0	0			
Vitamin A, RE	µg	0	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.222	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0			
15:0	g					
16:0	g	0.062	0			
17:0	g					
18:0	g	0.036	0			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.234	0
14:1	g		
16:1	g		
18:1	g	0.232	0
20:1	g		
22:1	g	0.001	0
Polyunsaturated, total	g	0.174	0
18:2	g	0.153	0
18:3	g	0.021	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.252	2
Threonine	g	0.451	4
Isoleucine	g	0.425	4
Leucine	g	0.640	4
Lysine	g	0.592	4
Methionine	g	0.143	3
Cystine	g	0.197	2
Phenylalanine	g	0.451	3
Tyrosine	g	0.353	3
Valine	g	0.599	4
Arginine	g	0.412	3
Histidine	g	0.241	3
Alanine	g	0.397	3
Aspartic acid	g	1.735	3
Glutamic acid	g	0.800	3
Glycine	g	0.390	3
Proline	g	0.679	3
Serine	g	0.464	3
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11599

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11601 Yam, raw
Dioscorea spp.

Refuse: 14% Skin

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 150g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	69.60	0.962	12	104.40	
Energy	kcal	118		0	177	
Energy	kJ	494		0	741	
Protein (N x 5.95)	g	1.53	0.268	6	2.29	
Total lipid (fat)	g	0.17	0.073	6	0.26	
Carbohydrate, by difference	g	27.89		0	41.84	
Fiber, total dietary	g	4.1		0	6.2	
Ash	g	0.82	0.048	6	1.23	
Sugars, total	g					
Minerals:						
Calcium	mg	17	4.934	6	26	
Iron	mg	0.54	0.066	6	0.81	
Magnesium	mg	21	2.634	6	32	
Phosphorus	mg	55	3.522	6	83	
Potassium	mg	816	72.323	6	1224	
Sodium	mg	9	1.430	6	14	
Zinc	mg	0.24	0.030	6	0.36	
Copper	mg	0.178	0.020	6	0.267	
Manganese	mg	0.397		0	0.596	
Selenium	µg	0.7		0	1.1	
Vitamins:						
Ascorbic acid	mg	17.1	5.245	6	25.6	
Thiamin	mg	0.112	0.024	6	0.168	
Riboflavin	mg	0.032	0.005	6	0.048	
Niacin	mg	0.552	0.030	6	0.828	
Pantothenic acid	mg	0.314	0.007	6	0.471	
Vitamin B-6	mg	0.293	0.040	6	0.439	
Folate	µg	23	4.000	12	35	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		6	0	
Vitamin A, RE	µg	0		6	0	
Vitamin E, α-TE	mg	0.160		0	0.240	
Lipids:						
Saturated, total	g	0.037		0	0.056	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.034		0	0.051	
17:0	g					
18:0	g	0.004		0	0.006	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.006	0	0.009
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.006	0	0.009
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.076	0	0.114
18:2	g	0.064	0	0.096
18:3	g	0.012	0	0.018
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg	10	0	15
Amino acids:				
Tryptophan	g	0.012	40	0.018
Threonine	g	0.054	72	0.081
Isoleucine	g	0.052	72	0.078
Leucine	g	0.096	72	0.144
Lysine	g	0.059	74	0.089
Methionine	g	0.021	73	0.032
Cystine	g	0.019	16	0.029
Phenylalanine	g	0.071	72	0.106
Tyrosine	g	0.040	72	0.060
Valine	g	0.062	72	0.093
Arginine	g	0.127	72	0.191
Histidine	g	0.034	72	0.051
Alanine	g	0.063	71	0.094
Aspartic acid	g	0.155	71	0.233
Glutamic acid	g	0.181	71	0.271
Glycine	g	0.053	71	0.080
Proline	g	0.054	71	0.081
Serine	g	0.081	71	0.122
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11601

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11602 Yam, cooked, boiled, drained, or baked, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 68g	Measure 3*
Proximates:						
Water	g	70.13	1.132	12	95.38	47.69
Energy	kcal	116		0	158	79
Energy	kJ	485		0	660	330
Protein (N x 5.95)	g	1.49	0.260	6	2.03	1.01
Total lipid (fat)	g	0.14	0.100	6	0.19	0.10
Carbohydrate, by difference	g	27.60		0	37.54	18.77
Fiber, total dietary	g	3.9		0	5.3	2.7
Ash	g	0.66	0.036	6	0.90	0.45
Sugars, total	g					
Minerals:						
Calcium	mg	14	4.137	6	19	10
Iron	mg	0.52	0.059	6	0.71	0.35
Magnesium	mg	18	2.082	6	24	12
Phosphorus	mg	49	4.506	6	67	33
Potassium	mg	670	36.100	6	911	456
Sodium	mg	8	1.156	6	11	5
Zinc	mg	0.20	0.023	6	0.27	0.14
Copper	mg	0.152	0.014	6	0.207	0.103
Manganese	mg	0.371		0	0.505	0.252
Selenium	µg	0.7		0	1.0	0.5
Vitamins:						
Ascorbic acid	mg	12.1	3.014	12	16.5	8.2
Thiamin	mg	0.095	0.019	6	0.129	0.065
Riboflavin	mg	0.028	0.005	6	0.038	0.019
Niacin	mg	0.552	0.030	6	0.751	0.375
Pantothenic acid	mg	0.311	0.009	6	0.423	0.211
Vitamin B-6	mg	0.228	0.011	6	0.310	0.155
Folate	µg	16	4.000	12	22	11
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0	0.000	6	0	0
Vitamin A, RE	µg	0	0.000	6	0	0
Vitamin E, α-TE	mg	0.160		0	0.218	0.109
Lipids:						
Saturated, total	g	0.029		0	0.039	0.020
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.027		0	0.037	0.018
17:0	g					
18:0	g	0.003		0	0.004	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.007	0.003
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.005	0	0.007	0.003
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.060	0	0.082	0.041
18:2	g	0.050	0	0.068	0.034
18:3	g	0.009	0	0.012	0.006
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.012	0	0.016	0.008
Threonine	g	0.052	0	0.071	0.035
Isoleucine	g	0.050	0	0.068	0.034
Leucine	g	0.094	0	0.128	0.064
Lysine	g	0.058	0	0.079	0.039
Methionine	g	0.020	0	0.027	0.014
Cystine	g	0.018	0	0.024	0.012
Phenylalanine	g	0.069	0	0.094	0.047
Tyrosine	g	0.039	0	0.053	0.027
Valine	g	0.060	0	0.082	0.041
Arginine	g	0.124	0	0.169	0.084
Histidine	g	0.033	0	0.045	0.022
Alanine	g	0.061	0	0.083	0.041
Aspartic acid	g	0.151	0	0.205	0.103
Glutamic acid	g	0.176	0	0.239	0.120
Glycine	g	0.052	0	0.071	0.035
Proline	g	0.053	0	0.072	0.036
Serine	g	0.079	0	0.107	0.054
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, cubes
- Measure 2: 1/2 cup cubes

NDB No. 11602

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11603 Yambean (jicama), raw
Pachyrhizus spp.

Refuse: 8% Ends and skin

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 120g	Measure 2 [*] 130g	Measure 3 [*] 1200g	
Proximates:							
Water	g	90.07	0.819	3	108.08	117.09	1080.84
Energy	kcal	38		0	46	49	456
Energy	kJ	159		0	191	207	1908
Protein (N x 5.95)	g	0.72	0.145	2	0.86	0.94	8.64
Total lipid (fat)	g	0.09	0.010	2	0.11	0.12	1.08
Carbohydrate, by difference	g	8.82		0	10.58	11.47	105.84
Fiber, total dietary	g	4.9		0	5.9	6.4	58.8
Ash	g	0.30	0.000	2	0.36	0.39	3.60
Sugars, total	g						
Minerals:							
Calcium	mg	12	1.950	2	14	16	144
Iron	mg	0.60		1	0.72	0.78	7.20
Magnesium	mg	12	2.117	3	14	16	144
Phosphorus	mg	18	4.500	2	22	23	216
Potassium	mg	150	13.229	3	180	195	1800
Sodium	mg	4	1.719	3	5	5	48
Zinc	mg	0.16	0.069	2	0.19	0.21	1.92
Copper	mg	0.048	0.032	2	0.058	0.062	0.576
Manganese	mg	0.060	0.009	2	0.072	0.078	0.720
Selenium	µg	0.7		0	0.8	0.9	8.4
Vitamins:							
Ascorbic acid	mg	20.2	0.367	2	24.2	26.3	242.4
Thiamin	mg	0.020	0.001	2	0.024	0.026	0.240
Riboflavin	mg	0.029	0.003	2	0.035	0.038	0.348
Niacin	mg	0.200	0.020	2	0.240	0.260	2.400
Pantothenic acid	mg	0.135	0.019	2	0.162	0.176	1.620
Vitamin B-6	mg	0.042	0.003	3	0.050	0.055	0.504
Folate	µg	12	1.090	2	14	16	144
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	21		1	25	27	252
Vitamin A, RE	µg	2		0	2	3	24
Vitamin E, α-TE	mg	0.457		0	0.548	0.594	5.484
Lipids:							
Saturated, total	g	0.021		0	0.025	0.027	0.252
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.018		0	0.022	0.023	0.216
17:0	g						
18:0	g	0.002		0	0.002	0.003	0.024
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.006	0.007	0.060
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.005	0	0.006	0.007	0.060
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.043	0	0.052	0.056	0.516
18:2	g	0.029	0	0.035	0.038	0.348
18:3	g	0.014	0	0.017	0.018	0.168
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g	0.018	0	0.022	0.023	0.216
Isoleucine	g	0.016	0	0.019	0.021	0.192
Leucine	g	0.025	0	0.030	0.033	0.300
Lysine	g	0.026	0	0.031	0.034	0.312
Methionine	g	0.007	0	0.008	0.009	0.084
Cystine	g	0.006	0	0.007	0.008	0.072
Phenylalanine	g	0.017	0	0.020	0.022	0.204
Tyrosine	g	0.012	0	0.014	0.016	0.144
Valine	g	0.022	0	0.026	0.029	0.264
Arginine	g	0.037	0	0.044	0.048	0.444
Histidine	g	0.019	0	0.023	0.025	0.228
Alanine	g	0.020	0	0.024	0.026	0.240
Aspartic acid	g	0.200	0	0.240	0.260	2.400
Glutamic acid	g	0.043	0	0.052	0.056	0.516
Glycine	g	0.016	0	0.019	0.021	0.192
Proline	g	0.025	0	0.030	0.033	0.300
Serine	g	0.025	0	0.030	0.033	0.300
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 cup, slices
 Measure 2: 1 cup
 Measure 3: 1 large

NDB No. 11603

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11604 Yambean (jicama), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	90.07	0			
Energy	kcal	38	0			
Energy	kJ	159	0			
Protein (N x 5.95)	g	0.72	0			
Total lipid (fat)	g	0.09	0			
Carbohydrate, by difference	g	8.82	0			
Fiber, total dietary	g					
Ash	g	0.30	0			
Sugars, total	g					
Minerals:						
Calcium	mg	11	0			
Iron	mg	0.57	0			
Magnesium	mg	11	0			
Phosphorus	mg	16	0			
Potassium	mg	135	0			
Sodium	mg	4	0			
Zinc	mg	0.15	0			
Copper	mg	0.046	0			
Manganese	mg	0.057	0			
Selenium	µg	0.7	0			
Vitamins:						
Ascorbic acid	mg	14.1	0			
Thiamin	mg	0.017	0			
Riboflavin	mg	0.028	0			
Niacin	mg	0.190	0			
Pantothenic acid	mg	0.121	0			
Vitamin B-6	mg	0.040	0			
Folate	µg	8	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	19	0			
Vitamin A, RE	µg	2	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g		
14:1	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
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g	0.018	0
Isoleucine	g	0.016	0
Leucine	g	0.025	0
Lysine	g	0.026	0
Methionine	g	0.007	0
Cystine	g	0.006	0
Phenylalanine	g	0.017	0
Tyrosine	g	0.012	0
Valine	g	0.022	0
Arginine	g	0.037	0
Histidine	g	0.019	0
Alanine	g	0.020	0
Aspartic acid	g	0.200	0
Glutamic acid	g	0.043	0
Glycine	g	0.016	0
Proline	g	0.025	0
Serine	g	0.025	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11604

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11605 Beets, harvard, canned, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 246g	Measure 2*	Measure 3*
Proximates:						
Water	g	80.16	0.255	29	197.19	
Energy	kcal	73		0	180	
Energy	kJ	305		0	750	
Protein (N x 5.95)	g	0.84	0.012	29	2.07	
Total lipid (fat)	g	0.06	0.003	29	0.15	
Carbohydrate, by difference	g	18.18		0	44.72	
Fiber, total dietary	g	2.5		0	6.2	
Ash	g	0.76	0.007	29	1.87	
Sugars, total	g					
Minerals:						
Calcium	mg	11	0.244	29	27	
Iron	mg	0.36	0.028	29	0.89	
Magnesium	mg	19	0.473	21	47	
Phosphorus	mg	17	0.432	29	42	
Potassium	mg	164	4.288	21	403	
Sodium	mg	162	2.904	27	399	
Zinc	mg	0.23		0	0.57	
Copper	mg	0.097		0	0.239	
Manganese	mg	0.241		0	0.593	
Selenium	µg	1.1		0	2.7	
Vitamins:						
Ascorbic acid	mg	2.4	0.124	22	5.9	
Thiamin	mg	0.010		0	0.025	
Riboflavin	mg	0.050	0.003	20	0.123	
Niacin	mg	0.084	0.007	29	0.207	
Pantothenic acid	mg	0.150		0	0.369	
Vitamin B-6	mg	0.055		0	0.135	
Folate	µg	29		0	71	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	11		0	27	
Vitamin A, RE	µg	1		0	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.009		0	0.022	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.008		0	0.020	
17:0	g					
18:0	g	0.000		0	0.000	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.011	0	0.027
14:1	g			
16:1	g			
18:1	g	0.011	0	0.027
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.019	0	0.047
18:2	g	0.018	0	0.044
18:3	g	0.002	0	0.005
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	0.010	0	0.025
Threonine	g	0.025	0	0.062
Isoleucine	g	0.025	0	0.062
Leucine	g	0.035	0	0.086
Lysine	g	0.030	0	0.074
Methionine	g	0.010	0	0.025
Cystine	g	0.010	0	0.025
Phenylalanine	g	0.024	0	0.059
Tyrosine	g	0.020	0	0.049
Valine	g	0.029	0	0.071
Arginine	g	0.022	0	0.054
Histidine	g	0.011	0	0.027
Alanine	g	0.031	0	0.076
Aspartic acid	g	0.060	0	0.148
Glutamic acid	g	0.222	0	0.546
Glycine	g	0.016	0	0.039
Proline	g	0.022	0	0.054
Serine	g	0.031	0	0.076
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 11605

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11609 Beets, pickled, canned, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 227g	Measure 2*	Measure 3*
Proximates:						
Water	g	81.88	0.175	70	185.87	
Energy	kcal	65		0	148	
Energy	kJ	272		0	617	
Protein (N x 5.95)	g	0.80	0.014	60	1.82	
Total lipid (fat)	g	0.08	0.001	60	0.18	
Carbohydrate, by difference	g	16.28		0	36.96	
Fiber, total dietary	g					
Ash	g	0.96	0.011	70	2.18	
Sugars, total	g					
Minerals:						
Calcium	mg	11	0.266	59	25	
Iron	mg	0.41	0.012	70	0.93	
Magnesium	mg	15	0.253	60	34	
Phosphorus	mg	17	0.438	60	39	
Potassium	mg	148	1.965	60	336	
Sodium	mg	264	4.558	58	599	
Zinc	mg	0.26	0.012	38	0.59	
Copper	mg	0.116	0.006	38	0.263	
Manganese	mg	0.220		0	0.499	
Selenium	µg	1.0		0	2.3	
Vitamins:						
Ascorbic acid	mg	2.3	0.081	62	5.2	
Thiamin	mg	0.010		0	0.023	
Riboflavin	mg	0.048	0.002	51	0.109	
Niacin	mg	0.251	0.011	58	0.570	
Pantothenic acid	mg	0.137		0	0.311	
Vitamin B-6	mg	0.050		0	0.114	
Folate	µg	27		0	60	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	11		0	25	
Vitamin A, RE	µg	1		0	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.013		0	0.030	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.013		0	0.030	
17:0	g					
18:0	g	0.001		0	0.002	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.016	0	0.036
14:1	g			
16:1	g			
18:1	g	0.016	0	0.036
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.029	0	0.066
18:2	g	0.027	0	0.061
18:3	g	0.002	0	0.005
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	0.009	0	0.020
Threonine	g	0.024	0	0.054
Isoleucine	g	0.024	0	0.054
Leucine	g	0.034	0	0.077
Lysine	g	0.029	0	0.066
Methionine	g	0.009	0	0.020
Cystine	g	0.010	0	0.023
Phenylalanine	g	0.023	0	0.052
Tyrosine	g	0.019	0	0.043
Valine	g	0.028	0	0.064
Arginine	g	0.021	0	0.048
Histidine	g	0.011	0	0.025
Alanine	g	0.030	0	0.068
Aspartic acid	g	0.057	0	0.129
Glutamic acid	g	0.212	0	0.481
Glycine	g	0.015	0	0.034
Proline	g	0.021	0	0.048
Serine	g	0.029	0	0.066
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 11609

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11613 Borage, raw
Borago officinalis

Refuse: 20% Tough leaves and stems

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 89g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	93.00	1	82.77		
Energy	kcal	21	0	19		
Energy	kJ	88	0	78		
Protein (N x 5.95)	g	1.80	1	1.60		
Total lipid (fat)	g	0.70	1	0.62		
Carbohydrate, by difference	g	3.06	0	2.72		
Fiber, total dietary	g					
Ash	g	1.44	0	1.28		
Sugars, total	g					
Minerals:						
Calcium	mg	93	1	83		
Iron	mg	3.30	1	2.94		
Magnesium	mg	52	1	46		
Phosphorus	mg	53	1	47		
Potassium	mg	470	1	418		
Sodium	mg	80	1	71		
Zinc	mg	0.20	0	0.18		
Copper	mg	0.130	0	0.116		
Manganese	mg	0.349	0	0.311		
Selenium	µg	0.9	0	0.8		
Vitamins:						
Ascorbic acid	mg	35.0	1	31.1		
Thiamin	mg	0.060	1	0.053		
Riboflavin	mg	0.150	1	0.134		
Niacin	mg	0.900	1	0.801		
Pantothenic acid	mg	0.041	0	0.036		
Vitamin B-6	mg	0.084	0	0.075		
Folate	µg	13	0	12		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	4200	1	3738		
Vitamin A, RE	µg	420	1	374		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.170	0	0.151		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.060	0	0.053		
17:0	g					
18:0	g	0.021	0	0.019		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.211	0	0.188
14:1	g			
16:1	g	0.191	0	0.170
18:1	g			
20:1	g			
22:1	g	0.020	0	0.018
Polyunsaturated, total	g	0.109	0	0.097
18:2	g	0.109	0	0.097
18:3	g			
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" pieces)

NDB No. 11613

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11614 Borage, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	91.88	0			
Energy	kcal	25	0			
Energy	kJ	105	0			
Protein (N x 5.95)	g	2.09	0			
Total lipid (fat)	g	0.81	0			
Carbohydrate, by difference	g	3.55	0			
Fiber, total dietary	g					
Ash	g	1.67	0			
Sugars, total	g					
Minerals:						
Calcium	mg	102	0			
Iron	mg	3.64	0			
Magnesium	mg	57	0			
Phosphorus	mg	55	0			
Potassium	mg	491	0			
Sodium	mg	88	0			
Zinc	mg	0.22	0			
Copper	mg	0.143	0			
Manganese	mg	0.385	0			
Selenium	µg	0.9	0			
Vitamins:						
Ascorbic acid	mg	32.5	0			
Thiamin	mg	0.059	0			
Riboflavin	mg	0.165	0			
Niacin	mg	0.940	0			
Pantothenic acid	mg	0.045	0			
Vitamin B-6	mg	0.088	0			
Folate	µg	10	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	4385	0			
Vitamin A, RE	µg	438	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.197	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.069	0			
17:0	g					
18:0	g	0.024	0			
20:0	g					
22.0	g					
24:0	g					

Monounsaturated, total	g	0.245	0
14:1	g		
16:1	g	0.222	0
18:1	g		
20:1	g		
22:1	g	0.023	0
Polyunsaturated, total	g	0.127	0
18:2	g	0.127	0
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11614

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11615 Chives, freeze-dried

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 0g	Measure 2* 1g	Measure 3*
Proximates:						
Water	g	2.00	1	0.00	0.02	
Energy	kcal	311	0	1	2	
Energy	kJ	1301	0	3	10	
Protein (N x 5.95)	g	21.20	1	0.04	0.17	
Total lipid (fat)	g	3.50	1	0.01	0.03	
Carbohydrate, by difference	g	64.29	0	0.13	0.51	
Fiber, total dietary	g	26.2	0	0.1	0.2	
Ash	g	9.01	0	0.02	0.07	
Sugars, total	g					
Minerals:						
Calcium	mg	813	1	2	7	
Iron	mg	20.00	1	0.04	0.16	
Magnesium	mg	640	0	1	5	
Phosphorus	mg	518	1	1	4	
Potassium	mg	2960	1	6	24	
Sodium	mg	70	0	0	1	
Zinc	mg	5.12	0	0.01	0.04	
Copper	mg	0.686	0	0.001	0.005	
Manganese	mg	1.350	0	0.003	0.011	
Selenium	µg	9.4	0	0.0	0.1	
Vitamins:						
Ascorbic acid	mg	660.0	1	1.3	5.3	
Thiamin	mg	0.900	1	0.002	0.007	
Riboflavin	mg	1.500	1	0.003	0.012	
Niacin	mg	5.900	1	0.012	0.047	
Pantothenic acid	mg	2.106	0	0.004	0.017	
Vitamin B-6	mg	1.996	0	0.004	0.016	
Folate	µg	108	0	0	1	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	68300	1	137	546	
Vitamin A, RE	µg	6830	1	14	55	
Vitamin E, α-TE	mg	2.200	0	0.004	0.018	
Lipids:						
Saturated, total	g	0.591	0	0.001	0.005	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.017	0	0.000	0.000	
15:0	g					
16:0	g	0.528	0	0.001	0.004	
17:0	g					
18:0	g	0.046	0	0.000	0.000	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.490	0	0.001	0.004
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.490	0	0.001	0.004
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.369	0	0.003	0.011
18:2	g	1.296	0	0.003	0.010
18:3	g	0.073	0	0.000	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.237	0	0.000	0.002
Threonine	g	0.831	0	0.002	0.007
Isoleucine	g	0.899	0	0.002	0.007
Leucine	g	1.265	0	0.003	0.010
Lysine	g	1.058	0	0.002	0.008
Methionine	g	0.231	0	0.000	0.002
Cystine	g				
Phenylalanine	g	0.682	0	0.001	0.005
Tyrosine	g	0.614	0	0.001	0.005
Valine	g	0.936	0	0.002	0.007
Arginine	g	1.533	0	0.003	0.012
Histidine	g	0.366	0	0.001	0.003
Alanine	g	0.957	0	0.002	0.008
Aspartic acid	g	1.961	0	0.004	0.016
Glutamic acid	g	4.386	0	0.009	0.035
Glycine	g	1.052	0	0.002	0.008
Proline	g	1.401	0	0.003	0.011
Serine	g	0.957	0	0.002	0.008
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 tablespoon
- Measure 2: 1/4 cup

NDB No. 11615

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11616 Dock, raw

Rumex spp.

Refuse: 30% Stalks

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 133g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	93.00	1	123.69		
Energy	kcal	22	0	29		
Energy	kJ	92	0	122		
Protein (N x 5.95)	g	2.00	1	2.66		
Total lipid (fat)	g	0.70	1	0.93		
Carbohydrate, by difference	g	3.20	0	4.26		
Fiber, total dietary	g	2.9	0	3.9		
Ash	g	1.10	0	1.46		
Sugars, total	g					
Minerals:						
Calcium	mg	44	1	59		
Iron	mg	2.40	1	3.19		
Magnesium	mg	103	1	137		
Phosphorus	mg	63	1	84		
Potassium	mg	390	1	519		
Sodium	mg	4	1	5		
Zinc	mg	0.20	0	0.27		
Copper	mg	0.131	0	0.174		
Manganese	mg	0.349	0	0.464		
Selenium	µg	0.9	0	1.2		
Vitamins:						
Ascorbic acid	mg	48.0	1	63.8		
Thiamin	mg	0.040	1	0.053		
Riboflavin	mg	0.100	1	0.133		
Niacin	mg	0.500	1	0.665		
Pantothenic acid	mg	0.041	0	0.055		
Vitamin B-6	mg	0.122	0	0.162		
Folate	µg	13	0	18		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	4000	1	5320		
Vitamin A, RE	µg	400	1	532		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g	0.094	1	0.125
Isoleucine	g	0.102	1	0.136
Leucine	g	0.167	1	0.222
Lysine	g	0.115	1	0.153
Methionine	g	0.035	1	0.047
Cystine	g			
Phenylalanine	g	0.114	1	0.152
Tyrosine	g	0.083	1	0.110
Valine	g	0.133	1	0.177
Arginine	g	0.108	1	0.144
Histidine	g	0.054	1	0.072
Alanine	g	0.132	1	0.176
Aspartic acid	g	0.181	1	0.241
Glutamic acid	g	0.216	1	0.287
Glycine	g	0.114	1	0.152
Proline	g	0.116	1	0.154
Serine	g	0.077	1	0.102
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup, chopped

NDB No. 11616

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11617 Dock, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	93.60	0			
Energy	kcal	20	0			
Energy	kJ	84	0			
Protein (N x 5.95)	g	1.83	0			
Total lipid (fat)	g	0.64	0			
Carbohydrate, by difference	g	2.93	0			
Fiber, total dietary	g	2.6	0			
Ash	g	1.01	0			
Sugars, total	g					
Minerals:						
Calcium	mg	38	0			
Iron	mg	2.08	0			
Magnesium	mg	89	0			
Phosphorus	mg	52	0			
Potassium	mg	321	0			
Sodium	mg	3	0			
Zinc	mg	0.17	0			
Copper	mg	0.114	0			
Manganese	mg	0.303	0			
Selenium	µg	0.9	0			
Vitamins:						
Ascorbic acid	mg	26.3	0			
Thiamin	mg	0.034	0			
Riboflavin	mg	0.086	0			
Niacin	mg	0.411	0			
Pantothenic acid	mg	0.036	0			
Vitamin B-6	mg	0.100	0			
Folate	µg	8	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	3474	0			
Vitamin A, RE	µg	347	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g		
14:1	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
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g	0.086	0
Isoleucine	g	0.093	0
Leucine	g	0.152	0
Lysine	g	0.105	0
Methionine	g	0.032	0
Cystine	g		
Phenylalanine	g	0.104	0
Tyrosine	g	0.075	0
Valine	g	0.121	0
Arginine	g	0.098	0
Histidine	g	0.049	0
Alanine	g	0.121	0
Aspartic acid	g	0.166	0
Glutamic acid	g	0.197	0
Glycine	g	0.104	0
Proline	g	0.106	0
Serine	g	0.070	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11617

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11618 Eppaw, raw
Perideridia oregana

Refuse: %

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 100g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	60.00	1	60.00		
Energy	kcal	150	0	150		
Energy	kJ	628	0	628		
Protein (N x 5.95)	g	4.60	1	4.60		
Total lipid (fat)	g	1.80	1	1.80		
Carbohydrate, by difference	g	31.68	0	31.68		
Fiber, total dietary	g					
Ash	g	1.92	0	1.92		
Sugars, total	g					
Minerals:						
Calcium	mg	110	1	110		
Iron	mg	1.15	0	1.15		
Magnesium	mg	32	1	32		
Phosphorus	mg	165	1	165		
Potassium	mg	340	1	340		
Sodium	mg	12	1	12		
Zinc	mg	1.15	0	1.15		
Copper	mg	0.234	0	0.234		
Manganese	mg	1.094	0	1.094		
Selenium	µg	0.9	0	0.9		
Vitamins:						
Ascorbic acid	mg	13.0	1	13.0		
Thiamin	mg	0.110	1	0.110		
Riboflavin	mg	0.120	1	0.120		
Niacin	mg	0.300	1	0.300		
Pantothenic acid	mg	1.172	0	1.172		
Vitamin B-6	mg	0.176	0	0.176		
Folate	µg	24	0	24		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	0	1	0		
Vitamin A, RE	µg	0	1	0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup

NDB No. 11618

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11620 Horseradish-tree, pods, raw
Moringa oleifera

Refuse: 48% Hard outer covering and fibers

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 100g	Measure 2* 11g	Measure 3*
Proximates:						
Water	g	88.20	1	88.20	9.70	
Energy	kcal	37	0	37	4	
Energy	kJ	155	0	155	17	
Protein (N x 5.95)	g	2.10	0	2.10	0.23	
Total lipid (fat)	g	0.20	0	0.20	0.02	
Carbohydrate, by difference	g	8.53	0	8.53	0.94	
Fiber, total dietary	g	3.2	0	3.2	0.4	
Ash	g	0.97	0	0.97	0.11	
Sugars, total	g					
Minerals:						
Calcium	mg	30	0	30	3	
Iron	mg	0.36	0	0.36	0.04	
Magnesium	mg	45	1	45	5	
Phosphorus	mg	50	0	50	6	
Potassium	mg	461	1	461	51	
Sodium	mg	42	1	42	5	
Zinc	mg	0.45	0	0.45	0.05	
Copper	mg	0.084	0	0.084	0.009	
Manganese	mg	0.259	0	0.259	0.028	
Selenium	µg	0.7	0	0.7	0.1	
Vitamins:						
Ascorbic acid	mg	141.0	0	141.0	15.5	
Thiamin	mg	0.053	0	0.053	0.006	
Riboflavin	mg	0.074	0	0.074	0.008	
Niacin	mg	0.620	0	0.620	0.068	
Pantothenic acid	mg	0.794	0	0.794	0.087	
Vitamin B-6	mg	0.120	1	0.120	0.013	
Folate	µg	44	0	44	5	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	74	0	74	8	
Vitamin A, RE	µg	7	0	7	1	
Vitamin E, α-TE	mg	0.095	0	0.095	0.010	
Lipids:						
Saturated, total	g	0.033	0	0.033	0.004	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.102	0	0.102	0.011
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.003	0	0.003	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, slices
- Measure 2: 1 pod, 15-1/3 in long

NDB No. 11620

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11621 Horseradish-tree, pods, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 118g	Measure 2*	Measure 3*
Proximates:						
Water	g	88.42	1	104.34		
Energy	kcal	36	0	42		
Energy	kJ	151	0	178		
Protein (N x 5.95)	g	2.09	1	2.47		
Total lipid (fat)	g	0.19	1	0.22		
Carbohydrate, by difference	g	8.18	0	9.65		
Fiber, total dietary	g	4.2	0	5.0		
Ash	g	1.12	1	1.32		
Sugars, total	g					
Minerals:						
Calcium	mg	20	1	24		
Iron	mg	0.45	1	0.53		
Magnesium	mg	42	1	50		
Phosphorus	mg	49	1	58		
Potassium	mg	457	1	539		
Sodium	mg	43	1	51		
Zinc	mg	0.42	0	0.50		
Copper	mg	0.078	0	0.092		
Manganese	mg	0.241	0	0.284		
Selenium	µg	0.7	0	0.8		
Vitamins:						
Ascorbic acid	mg	97.0	0	114.5		
Thiamin	mg	0.046	0	0.054		
Riboflavin	mg	0.068	0	0.080		
Niacin	mg	0.590	0	0.696		
Pantothenic acid	mg	0.701	0	0.827		
Vitamin B-6	mg	0.112	0	0.132		
Folate	µg	30	0	36		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	70	0	83		
Vitamin A, RE	µg	7	0	8		
Vitamin E, α-TE	mg	0.095	0	0.112		
Lipids:						
Saturated, total	g	0.031	0	0.037		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.006	0	0.007		
17:0	g					
18:0	g	0.013	0	0.015		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.097	0	0.114
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.097	0	0.114
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.003	0	0.004
18:2	g	0.003	0	0.004
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced

NDB No. 11621

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11622 Kale, scotch, raw
Brassica napus (Pabularia Group)

Refuse: 39% Stems, tough part of midribs

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 67g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	87.00	1	58.29		
Energy	kcal	42	0	28		
Energy	kJ	176	0	118		
Protein (N x 5.95)	g	2.80	1	1.88		
Total lipid (fat)	g	0.60	1	0.40		
Carbohydrate, by difference	g	8.32	0	5.57		
Fiber, total dietary	g	1.7	0	1.1		
Ash	g	1.28	0	0.86		
Sugars, total	g					
Minerals:						
Calcium	mg	205	1	137		
Iron	mg	3.00	1	2.01		
Magnesium	mg	88	1	59		
Phosphorus	mg	62	1	42		
Potassium	mg	450	1	302		
Sodium	mg	70	1	47		
Zinc	mg	0.37	0	0.25		
Copper	mg	0.243	0	0.163		
Manganese	mg	0.648	0	0.434		
Selenium	µg	0.9	0	0.6		
Vitamins:						
Ascorbic acid	mg	130.0	1	87.1		
Thiamin	mg	0.070	1	0.047		
Riboflavin	mg	0.060	1	0.040		
Niacin	mg	1.300	1	0.871		
Pantothenic acid	mg	0.076	0	0.051		
Vitamin B-6	mg	0.227	0	0.152		
Folate	µg	28	0	19		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	3100	1	2077		
Vitamin A, RE	µg	310	1	208		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.078	0	0.052		
4:0	g					
6:0	g					
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.002	0	0.001		
14:0	g	0.003	0	0.002		
15:0	g					
16:0	g	0.065	0	0.044		
17:0	g					
18:0	g	0.003	0	0.002		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.045	0	0.030
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.042	0	0.028
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.289	0	0.194
18:2	g	0.118	0	0.079
18:3	g	0.154	0	0.103
18:4	g			
20:4	g	0.001	0	0.001
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.034	0	0.023
Threonine	g	0.125	0	0.084
Isoleucine	g	0.168	0	0.113
Leucine	g	0.196	0	0.131
Lysine	g	0.168	0	0.113
Methionine	g	0.027	0	0.018
Cystine	g	0.037	0	0.025
Phenylalanine	g	0.143	0	0.096
Tyrosine	g	0.099	0	0.066
Valine	g	0.153	0	0.103
Arginine	g	0.156	0	0.105
Histidine	g	0.059	0	0.040
Alanine	g	0.141	0	0.094
Aspartic acid	g	0.250	0	0.168
Glutamic acid	g	0.318	0	0.213
Glycine	g	0.135	0	0.090
Proline	g	0.166	0	0.111
Serine	g	0.118	0	0.079
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11622

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11623 Kale, scotch, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 130g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.20	0	118.56		
Energy	kcal	28	0	36		
Energy	kJ	117	0	152		
Protein (N x 5.95)	g	1.90	0	2.47		
Total lipid (fat)	g	0.41	0	0.53		
Carbohydrate, by difference	g	5.63	0	7.32		
Fiber, total dietary	g	1.2	0	1.6		
Ash	g	0.87	0	1.13		
Sugars, total	g					
Minerals:						
Calcium	mg	132	0	172		
Iron	mg	1.93	0	2.51		
Magnesium	mg	57	0	74		
Phosphorus	mg	38	0	49		
Potassium	mg	274	0	356		
Sodium	mg	45	0	59		
Zinc	mg	0.24	0	0.31		
Copper	mg	0.156	0	0.203		
Manganese	mg	0.417	0	0.542		
Selenium	µg	0.9	0	1.2		
Vitamins:						
Ascorbic acid	mg	52.8	0	68.6		
Thiamin	mg	0.040	0	0.052		
Riboflavin	mg	0.039	0	0.051		
Niacin	mg	0.792	0	1.030		
Pantothenic acid	mg	0.048	0	0.062		
Vitamin B-6	mg	0.139	0	0.181		
Folate	µg	13	0	17		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	1994	0	2592		
Vitamin A, RE	µg	199	0	259		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.053	0	0.069		
4:0	g					
6:0	g					
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.001	0	0.001		
14:0	g	0.002	0	0.003		
15:0	g					
16:0	g	0.044	0	0.057		
17:0	g					
18:0	g	0.002	0	0.003		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.030	0	0.039
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.028	0	0.036
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.196	0	0.255
18:2	g	0.080	0	0.104
18:3	g	0.104	0	0.135
18:4	g			
20:4	g	0.001	0	0.001
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.023	0	0.030
Threonine	g	0.085	0	0.111
Isoleucine	g	0.113	0	0.147
Leucine	g	0.132	0	0.172
Lysine	g	0.113	0	0.147
Methionine	g	0.018	0	0.023
Cystine	g	0.025	0	0.033
Phenylalanine	g	0.097	0	0.126
Tyrosine	g	0.067	0	0.087
Valine	g	0.104	0	0.135
Arginine	g	0.105	0	0.137
Histidine	g	0.040	0	0.052
Alanine	g	0.095	0	0.124
Aspartic acid	g	0.169	0	0.220
Glutamic acid	g	0.215	0	0.279
Glycine	g	0.091	0	0.118
Proline	g	0.112	0	0.146
Serine	g	0.080	0	0.104
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11623

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11624 Leeks, (bulb and lower-leaf portion), freeze-dried

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 0g	Measure 2* 1g	Measure 3*
Proximates:						
Water	g	2.00	1	0.00	0.02	
Energy	kcal	321	0	1	3	
Energy	kJ	1343	0	3	11	
Protein (N x 5.95)	g	15.20	1	0.03	0.12	
Total lipid (fat)	g	2.10	1	0.00	0.02	
Carbohydrate, by difference	g	74.65	0	0.15	0.60	
Fiber, total dietary	g	10.4	0	0.0	0.1	
Ash	g	6.05	0	0.01	0.05	
Sugars, total	g					
Minerals:						
Calcium	mg	360	1	1	3	
Iron	mg	7.60	1	0.02	0.06	
Magnesium	mg	161	0	0	1	
Phosphorus	mg	346	1	1	3	
Potassium	mg	2400	1	5	19	
Sodium	mg	35	1	0	0	
Zinc	mg	0.66	0	0.00	0.01	
Copper	mg	0.657	0	0.001	0.005	
Manganese	mg	2.634	0	0.005	0.021	
Selenium	µg	5.7	0	0.0	0.0	
Vitamins:						
Ascorbic acid	mg	118.0	1	0.2	0.9	
Thiamin	mg	0.800	1	0.002	0.006	
Riboflavin	mg	0.400	1	0.001	0.003	
Niacin	mg	3.500	1	0.007	0.028	
Pantothenic acid	mg	0.767	0	0.002	0.006	
Vitamin B-6	mg	1.209	0	0.002	0.010	
Folate	µg	366	0	1	3	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	277	1	1	2	
Vitamin A, RE	µg	28	1	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.279	0	0.001	0.002	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.265	0	0.001	0.002	
17:0	g					
18:0	g	0.015	0	0.000	0.000	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.029	0	0.000	0.000
14:1	g				
16:1	g				
18:1	g	0.029	0	0.000	0.000
20:1	g				
22:1	g				
Polyunsaturated, total	g	1.161	0	0.002	0.009
18:2	g	0.470	0	0.001	0.004
18:3	g	0.691	0	0.001	0.006
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	0.000	0.001
Threonine	g	0.640	0	0.001	0.005
Isoleucine	g	0.525	0	0.001	0.004
Leucine	g	0.973	0	0.002	0.008
Lysine	g	0.786	0	0.002	0.006
Methionine	g	0.180	0	0.000	0.001
Cystine	g	0.253	0	0.001	0.002
Phenylalanine	g	0.559	0	0.001	0.004
Tyrosine	g	0.413	0	0.001	0.003
Valine	g	0.572	0	0.001	0.005
Arginine	g	0.790	0	0.002	0.006
Histidine	g	0.253	0	0.001	0.002
Alanine	g	0.749	0	0.001	0.006
Aspartic acid	g	1.420	0	0.003	0.011
Glutamic acid	g	2.293	0	0.005	0.018
Glycine	g	0.698	0	0.001	0.006
Proline	g	0.674	0	0.001	0.005
Serine	g	0.936	0	0.002	0.007
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 tablespoon
 Measure 2: 1/4 cup

NDB No. 11624

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11625 Parsley, freeze-dried

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 0g	Measure 2* 1g	Measure 3*
Proximates:						
Water	g	2.00	1	0.01	0.03	
Energy	kcal	271	0	1	4	
Energy	kJ	1134	0	5	16	
Protein (N x 5.95)	g	31.30	1	0.13	0.44	
Total lipid (fat)	g	5.20	1	0.02	0.07	
Carbohydrate, by difference	g	42.38	0	0.17	0.59	
Fiber, total dietary	g	32.7	0	0.1	0.5	
Ash	g	19.12	0	0.08	0.27	
Sugars, total	g					
Minerals:						
Calcium	mg	176	1	1	2	
Iron	mg	53.90	1	0.22	0.75	
Magnesium	mg	372	0	1	5	
Phosphorus	mg	548	1	2	8	
Potassium	mg	6300	1	25	88	
Sodium	mg	391	1	2	5	
Zinc	mg	6.11	0	0.02	0.09	
Copper	mg	0.459	0	0.002	0.006	
Manganese	mg	1.338	0	0.005	0.019	
Selenium	µg	32.3	0	0.1	0.5	
Vitamins:						
Ascorbic acid	mg	149.0	1	0.6	2.1	
Thiamin	mg	1.040	1	0.004	0.015	
Riboflavin	mg	2.260	1	0.009	0.032	
Niacin	mg	10.400	1	0.042	0.146	
Pantothenic acid	mg	2.516	0	0.010	0.035	
Vitamin B-6	mg	1.375	0	0.006	0.019	
Folate	µg	1535	0	6	21	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	63240	1	253	885	
Vitamin A, RE	µg	6324	1	25	89	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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	0.516	0	0.002	0.007
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g	3.115	0	0.012	0.044
Methionine	g	0.210	0	0.001	0.003
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 tablespoon
 Measure 2: 1/4 cup

NDB No. 11625

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11626 Beans, mung, mature seeds, sprouted, canned, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 125g	Measure 2*	Measure 3*
Proximates:						
Water	g	96.10	0.224	5	120.13	
Energy	kcal	12		0	15	
Energy	kJ	50		0	63	
Protein (N x 5.95)	g	1.40	0.067	5	1.75	
Total lipid (fat)	g	0.06		0	0.08	
Carbohydrate, by difference	g	2.15		0	2.69	
Fiber, total dietary	g	0.8		0	1.0	
Ash	g	0.30		0	0.38	
Sugars, total	g					
Minerals:						
Calcium	mg	14	0.653	5	18	
Iron	mg	0.43	0.036	5	0.54	
Magnesium	mg	9		0	11	
Phosphorus	mg	32	6.261	5	40	
Potassium	mg	27	2.236	5	34	
Sodium	mg	140		0	175	
Zinc	mg	0.28		0	0.35	
Copper	mg	0.157		0	0.196	
Manganese	mg	0.073		0	0.091	
Selenium	µg	0.6	0.325	2	0.8	
Vitamins:						
Ascorbic acid	mg	0.3	0.080	5	0.4	
Thiamin	mg	0.030	0.004	5	0.038	
Riboflavin	mg	0.070	0.040	5	0.088	
Niacin	mg	0.220	0.009	5	0.275	
Pantothenic acid	mg	0.143		0	0.179	
Vitamin B-6	mg	0.032		0	0.040	
Folate	µg	10	1.227	3	12	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	23	2.088	5	29	
Vitamin A, RE	µg	2	0.209	5	3	
Vitamin E, α-TE	mg	0.010		0	0.013	
Lipids:						
Saturated, total	g	0.016		0	0.020	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.011		0	0.014	
17:0	g					
18:0	g	0.003		0	0.004	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.010
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.008	0	0.010
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.020	0	0.025
18:2	g	0.015	0	0.019
18:3	g	0.006	0	0.008
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.019	0	0.024
Threonine	g	0.040	0	0.050
Isoleucine	g	0.067	0	0.084
Leucine	g	0.089	0	0.111
Lysine	g	0.085	0	0.106
Methionine	g	0.017	0	0.021
Cystine	g	0.009	0	0.011
Phenylalanine	g	0.060	0	0.075
Tyrosine	g	0.026	0	0.033
Valine	g	0.067	0	0.084
Arginine	g	0.101	0	0.126
Histidine	g	0.036	0	0.045
Alanine	g	0.050	0	0.063
Aspartic acid	g	0.245	0	0.306
Glutamic acid	g	0.082	0	0.103
Glycine	g	0.032	0	0.040
Proline	g			
Serine	g	0.017	0	0.021
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11626

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11632 Peppers, jalapeno, canned, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 104g	Measure 3* 22g	
Proximates:							
Water	g	88.89	0.522	3	120.89	92.45	19.56
Energy	kcal	27		0	37	28	6
Energy	kJ	113		0	154	118	25
Protein (N x 5.95)	g	0.92	0.066	3	1.25	0.96	0.20
Total lipid (fat)	g	0.94	0.170	3	1.28	0.98	0.21
Carbohydrate, by difference	g	4.72		0	6.42	4.91	1.04
Fiber, total dietary	g	2.6	0.489	3	3.5	2.7	0.6
Ash	g	4.51	0.325	3	6.13	4.69	0.99
Sugars, total	g						
Minerals:							
Calcium	mg	23	1.399	3	31	24	5
Iron	mg	1.88	0.398	3	2.56	1.96	0.41
Magnesium	mg	15	3.109	3	20	16	3
Phosphorus	mg	18	0.637	3	24	19	4
Potassium	mg	193	26.006	3	262	201	42
Sodium	mg	1671	91.478	3	2273	1738	368
Zinc	mg	0.34	0.067	3	0.46	0.35	0.07
Copper	mg	0.146	0.007	3	0.199	0.152	0.032
Manganese	mg	0.114	0.032	3	0.155	0.119	0.025
Selenium	µg	0.4		0	0.5	0.4	0.1
Vitamins:							
Ascorbic acid	mg	10.0	2.122	3	13.6	10.4	2.2
Thiamin	mg	0.043	0.006	3	0.058	0.045	0.009
Riboflavin	mg	0.038	0.006	3	0.052	0.040	0.008
Niacin	mg	0.403	0.084	3	0.548	0.419	0.089
Pantothenic acid	mg	0.416	0.271	3	0.566	0.433	0.092
Vitamin B-6	mg	0.190	0.031	3	0.258	0.198	0.042
Folate	µg	14	0.401	3	19	15	3
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	1700		1	2312	1768	374
Vitamin A, RE	µg	170		1	231	177	37
Vitamin E, α-TE	mg	0.690		0	0.938	0.718	0.152
Lipids:							
Saturated, total	g	0.097		0	0.132	0.101	0.021
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.002		0	0.003	0.002	0.000
14:0	g	0.006		0	0.008	0.006	0.001
15:0	g						
16:0	g	0.072		0	0.098	0.075	0.016
17:0	g						
18:0	g	0.013		0	0.018	0.014	0.003
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.053	0	0.072	0.055	0.012
14:1	g					
16:1	g	0.002	0	0.003	0.002	0.000
18:1	g	0.050	0	0.068	0.052	0.011
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.514	0	0.699	0.535	0.113
18:2	g	0.490	0	0.666	0.510	0.108
18:3	g	0.024	0	0.033	0.025	0.005
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.012	0	0.016	0.012	0.003
Threonine	g	0.033	0	0.045	0.034	0.007
Isoleucine	g	0.030	0	0.041	0.031	0.007
Leucine	g	0.048	0	0.065	0.050	0.011
Lysine	g	0.042	0	0.057	0.044	0.009
Methionine	g	0.012	0	0.016	0.012	0.003
Cystine	g	0.017	0	0.023	0.018	0.004
Phenylalanine	g	0.029	0	0.039	0.030	0.006
Tyrosine	g	0.020	0	0.027	0.021	0.004
Valine	g	0.039	0	0.053	0.041	0.009
Arginine	g	0.044	0	0.060	0.046	0.010
Histidine	g	0.018	0	0.024	0.019	0.004
Alanine	g	0.038	0	0.052	0.040	0.008
Aspartic acid	g	0.132	0	0.180	0.137	0.029
Glutamic acid	g	0.122	0	0.166	0.127	0.027
Glycine	g	0.035	0	0.048	0.036	0.008
Proline	g	0.040	0	0.054	0.042	0.009
Serine	g	0.037	0	0.050	0.038	0.008
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 cup, chopped
 Measure 2: 1 cup, sliced
 Measure 3: 1 pepper

NDB No. 11632

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11634 Peppers, sweet, green, freeze-dried

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 0g	Measure 2* 2g	Measure 3*
Proximates:						
Water	g	2.00	1	0.01	0.03	
Energy	kcal	314	0	1	5	
Energy	kJ	1314	0	5	21	
Protein (N x 5.95)	g	17.90	1	0.07	0.29	
Total lipid (fat)	g	3.00	1	0.01	0.05	
Carbohydrate, by difference	g	68.70	0	0.27	1.10	
Fiber, total dietary	g	21.3	0	0.1	0.3	
Ash	g	8.40	0	0.03	0.13	
Sugars, total	g					
Minerals:						
Calcium	mg	134	1	1	2	
Iron	mg	10.40	1	0.04	0.17	
Magnesium	mg	188	0	1	3	
Phosphorus	mg	327	1	1	5	
Potassium	mg	3170	1	13	51	
Sodium	mg	193	1	1	3	
Zinc	mg	2.41	0	0.01	0.04	
Copper	mg	1.389	0	0.006	0.022	
Manganese	mg	1.897	0	0.008	0.030	
Selenium	µg	3.7	0	0.0	0.1	
Vitamins:						
Ascorbic acid	mg	1900.0	1	7.6	30.4	
Thiamin	mg	1.200	1	0.005	0.019	
Riboflavin	mg	1.200	1	0.005	0.019	
Niacin	mg	7.400	1	0.030	0.118	
Pantothenic acid	mg	0.488	0	0.002	0.008	
Vitamin B-6	mg	2.223	0	0.009	0.036	
Folate	µg	229	0	1	4	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	6249	1	25	100	
Vitamin A, RE	µg	625	1	3	10	
Vitamin E, α-TE	mg	4.000	0	0.016	0.064	
Lipids:						
Saturated, total	g	0.447	0	0.002	0.007	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.002	0	0.000	0.000	
14:0	g	0.009	0	0.000	0.000	
15:0	g					
16:0	g	0.331	0	0.001	0.005	
17:0	g					
18:0	g	0.105	0	0.000	0.002	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.202	0	0.001	0.003
14:1	g				
16:1	g	0.021	0	0.000	0.000
18:1	g	0.181	0	0.001	0.003
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.607	0	0.006	0.026
18:2	g	1.462	0	0.006	0.023
18:3	g	0.145	0	0.001	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.229	0	0.001	0.004
Threonine	g	0.659	0	0.003	0.011
Isoleucine	g	0.579	0	0.002	0.009
Leucine	g	0.937	0	0.004	0.015
Lysine	g	0.796	0	0.003	0.013
Methionine	g	0.215	0	0.001	0.003
Cystine	g	0.344	0	0.001	0.006
Phenylalanine	g	0.553	0	0.002	0.009
Tyrosine	g	0.372	0	0.001	0.006
Valine	g	0.756	0	0.003	0.012
Arginine	g	0.859	0	0.003	0.014
Histidine	g	0.364	0	0.001	0.006
Alanine	g	0.733	0	0.003	0.012
Aspartic acid	g	2.558	0	0.010	0.041
Glutamic acid	g	2.363	0	0.009	0.038
Glycine	g	0.662	0	0.003	0.011
Proline	g	0.779	0	0.003	0.012
Serine	g	0.719	0	0.003	0.012
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 tablespoon
- Measure 2: 1/4 cup

NDB No. 11634

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11637 Radishes, white icicle, raw

Raphanus sativus

Refuse: 35% Parings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 50g	Measure 2* 17g	Measure 3*
Proximates:						
Water	g	95.37	0.478	4	47.69	16.21
Energy	kcal	14		0	7	2
Energy	kJ	59		0	30	10
Protein (N x 5.95)	g	1.10		1	0.55	0.19
Total lipid (fat)	g	0.10		1	0.05	0.02
Carbohydrate, by difference	g	2.63		0	1.31	0.45
Fiber, total dietary	g	1.4		0	0.7	0.2
Ash	g	0.80		1	0.40	0.14
Sugars, total	g					
Minerals:						
Calcium	mg	27		1	14	5
Iron	mg	0.80		1	0.40	0.14
Magnesium	mg	9		1	5	2
Phosphorus	mg	28		1	14	5
Potassium	mg	280		1	140	48
Sodium	mg	16		1	8	3
Zinc	mg	0.13		0	0.07	0.02
Copper	mg	0.099		0	0.050	0.017
Manganese	mg	0.033		0	0.017	0.006
Selenium	µg	0.7		0	0.4	0.1
Vitamins:						
Ascorbic acid	mg	29.0		1	14.5	4.9
Thiamin	mg	0.030		1	0.015	0.005
Riboflavin	mg	0.020		1	0.010	0.003
Niacin	mg	0.300		1	0.150	0.051
Pantothenic acid	mg	0.184		1	0.092	0.031
Vitamin B-6	mg	0.075		1	0.038	0.013
Folate	µg	14	2.818	3	7	2
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.030		0	0.015	0.005
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		1	0.000	0.000
15:0	g					
16:0	g	0.026		1	0.013	0.004
17:0	g					
18:0	g	0.004		1	0.002	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.016	0	0.008	0.003
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.016	1	0.008	0.003
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.045	0	0.023	0.008
18:2	g	0.016	1	0.008	0.003
18:3	g	0.029	1	0.015	0.005
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	0.006	0	0.003	0.001
Threonine	g	0.045	0	0.023	0.008
Isoleucine	g	0.048	0	0.024	0.008
Leucine	g	0.058	0	0.029	0.010
Lysine	g	0.055	0	0.028	0.009
Methionine	g	0.010	0	0.005	0.002
Cystine	g	0.009	0	0.004	0.002
Phenylalanine	g	0.036	0	0.018	0.006
Tyrosine	g	0.021	0	0.011	0.004
Valine	g	0.051	0	0.026	0.009
Arginine	g	0.064	0	0.032	0.011
Histidine	g	0.021	0	0.011	0.004
Alanine	g	0.034	0	0.017	0.006
Aspartic acid	g	0.075	0	0.038	0.013
Glutamic acid	g	0.208	0	0.104	0.035
Glycine	g	0.034	0	0.017	0.006
Proline	g	0.028	0	0.014	0.005
Serine	g	0.033	0	0.017	0.006
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup slices
- Measure 2: 1 radish, (7" long)

NDB No. 11637

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11640 Shallots, freeze-dried

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 1g	Measure 2* 4g	Measure 3*
Proximates:						
Water	g	2.00	1	0.02	0.07	
Energy	kcal	348	0	3	13	
Energy	kJ	1456	0	13	52	
Protein (N x 5.95)	g	12.30	1	0.11	0.44	
Total lipid (fat)	g	0.50	1	0.00	0.02	
Carbohydrate, by difference	g	80.70	0	0.73	2.91	
Fiber, total dietary	g					
Ash	g	4.50	0	0.04	0.16	
Sugars, total	g					
Minerals:						
Calcium	mg	183	1	2	7	
Iron	mg	6.00	1	0.05	0.22	
Magnesium	mg	104	0	1	4	
Phosphorus	mg	296	1	3	11	
Potassium	mg	1650	1	15	59	
Sodium	mg	59	1	1	2	
Zinc	mg	1.93	0	0.02	0.07	
Copper	mg	0.425	0	0.004	0.015	
Manganese	mg	1.417	0	0.013	0.051	
Selenium	µg	5.7	0	0.1	0.2	
Vitamins:						
Ascorbic acid	mg	39.0	1	0.4	1.4	
Thiamin	mg	0.300	1	0.003	0.011	
Riboflavin	mg	0.100	1	0.001	0.004	
Niacin	mg	1.000	1	0.009	0.036	
Pantothenic acid	mg	1.408	0	0.013	0.051	
Vitamin B-6	mg	1.675	0	0.015	0.060	
Folate	µg	116	0	1	4	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	56099	0	505	2020	
Vitamin A, RE	µg	5610	0	50	202	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.084	0	0.001	0.003	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.002	0	0.000	0.000	
15:0	g					
16:0	g	0.075	0	0.001	0.003	
17:0	g					
18:0	g	0.007	0	0.000	0.000	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.070	0	0.001	0.003
14:1	g				
16:1	g				
18:1	g	0.070	0	0.001	0.003
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.196	0	0.002	0.007
18:2	g	0.185	0	0.002	0.007
18:3	g	0.010	0	0.000	0.000
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	0.138	0	0.001	0.005
Threonine	g	0.482	0	0.004	0.017
Isoleucine	g	0.522	0	0.005	0.019
Leucine	g	0.734	0	0.007	0.026
Lysine	g	0.614	0	0.006	0.022
Methionine	g	0.134	0	0.001	0.005
Cystine	g				
Phenylalanine	g	0.396	0	0.004	0.014
Tyrosine	g	0.356	0	0.003	0.013
Valine	g	0.543	0	0.005	0.020
Arginine	g	0.890	0	0.008	0.032
Histidine	g	0.213	0	0.002	0.008
Alanine	g	0.555	0	0.005	0.020
Aspartic acid	g	1.138	0	0.010	0.041
Glutamic acid	g	2.545	0	0.023	0.092
Glycine	g	0.610	0	0.005	0.022
Proline	g	0.813	0	0.007	0.029
Serine	g	0.555	0	0.005	0.020
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 tablespoon
- Measure 2: 1/4 cup

NDB No. 11640

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11641 Squash, summer, all varieties, raw
Cucurbita spp.

Refuse: 5% Ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 113g	Measure 2 [*] 323g	Measure 3 [*] 196g	
Proximates:							
Water	g	93.68		25	105.86	302.59	183.61
Energy	kcal	20		0	23	65	39
Energy	kJ	84		0	95	271	165
Protein (N x 5.95)	g	1.18		10	1.33	3.81	2.31
Total lipid (fat)	g	0.21		10	0.24	0.68	0.41
Carbohydrate, by difference	g	4.35		0	4.92	14.05	8.53
Fiber, total dietary	g	1.9		0	2.1	6.1	3.7
Ash	g	0.58	0.027	6	0.66	1.87	1.14
Sugars, total	g						
Minerals:							
Calcium	mg	20		10	23	65	39
Iron	mg	0.46		10	0.52	1.49	0.90
Magnesium	mg	23		10	26	74	45
Phosphorus	mg	35		10	40	113	69
Potassium	mg	195		16	220	630	382
Sodium	mg	2		16	2	6	4
Zinc	mg	0.26		7	0.29	0.84	0.51
Copper	mg	0.076		7	0.086	0.245	0.149
Manganese	mg	0.157	0.013	6	0.177	0.507	0.308
Selenium	µg	0.2		0	0.2	0.6	0.4
Vitamins:							
Ascorbic acid	mg	14.8		10	16.7	47.8	29.0
Thiamin	mg	0.064		10	0.072	0.207	0.125
Riboflavin	mg	0.037		10	0.042	0.120	0.073
Niacin	mg	0.551		10	0.623	1.780	1.080
Pantothenic acid	mg	0.102	0.015	6	0.115	0.329	0.200
Vitamin B-6	mg	0.109	0.007	6	0.123	0.352	0.214
Folate	µg	26	3.600	15	29	83	50
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	196		10	221	633	384
Vitamin A, RE	µg	20		10	23	65	39
Vitamin E, α-TE	mg	0.120		0	0.136	0.388	0.235
Lipids:							
Saturated, total	g	0.044		0	0.050	0.142	0.086
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.001	0.003	0.002
14:0	g	0.001		0	0.001	0.003	0.002
15:0	g						
16:0	g	0.038		0	0.043	0.123	0.074
17:0	g						
18:0	g	0.004		0	0.005	0.013	0.008
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.016	0	0.018	0.052	0.031
14:1	g					
16:1	g	0.001	0	0.001	0.003	0.002
18:1	g	0.014	0	0.016	0.045	0.027
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.089	0	0.101	0.287	0.174
18:2	g	0.033	0	0.037	0.107	0.065
18:3	g	0.056	0	0.063	0.181	0.110
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.011	1	0.012	0.036	0.022
Threonine	g	0.028	1	0.032	0.090	0.055
Isoleucine	g	0.042	1	0.047	0.136	0.082
Leucine	g	0.069	1	0.078	0.223	0.135
Lysine	g	0.065	1	0.073	0.210	0.127
Methionine	g	0.017	1	0.019	0.055	0.033
Cystine	g	0.012	1	0.014	0.039	0.024
Phenylalanine	g	0.041	1	0.046	0.132	0.080
Tyrosine	g	0.031	1	0.035	0.100	0.061
Valine	g	0.053	1	0.060	0.171	0.104
Arginine	g	0.050	1	0.057	0.162	0.098
Histidine	g	0.025	1	0.028	0.081	0.049
Alanine	g	0.062	1	0.070	0.200	0.122
Aspartic acid	g	0.144	1	0.163	0.465	0.282
Glutamic acid	g	0.126	1	0.142	0.407	0.247
Glycine	g	0.044	1	0.050	0.142	0.086
Proline	g	0.037	1	0.042	0.120	0.073
Serine	g	0.048	1	0.054	0.155	0.094
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, sliced
- Measure 2: 1 large
- Measure 3: 1 medium

NDB No. 11641

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.70	0.122	6	168.66	
Energy	kcal	20		0	36	
Energy	kJ	84		0	151	
Protein (N x 5.95)	g	0.91	0.075	6	1.64	
Total lipid (fat)	g	0.31	0.022	6	0.56	
Carbohydrate, by difference	g	4.31		0	7.76	
Fiber, total dietary	g	1.4		0	2.5	
Ash	g	0.77	0.024	6	1.39	
Sugars, total	g					
Minerals:						
Calcium	mg	27	1.248	6	49	
Iron	mg	0.36	0.036	6	0.65	
Magnesium	mg	24	0.500	6	43	
Phosphorus	mg	39	1.908	6	70	
Potassium	mg	192	5.618	6	346	
Sodium	mg	1	0.335	6	2	
Zinc	mg	0.39	0.012	6	0.70	
Copper	mg	0.103	0.006	6	0.185	
Manganese	mg	0.213	0.011	6	0.383	
Selenium	µg	0.2		0	0.4	
Vitamins:						
Ascorbic acid	mg	5.5	0.775	6	9.9	
Thiamin	mg	0.044	0.003	9	0.079	
Riboflavin	mg	0.041	0.004	9	0.074	
Niacin	mg	0.513	0.044	6	0.923	
Pantothenic acid	mg	0.137	0.003	6	0.247	
Vitamin B-6	mg	0.065	0.008	9	0.117	
Folate	µg	20	3.726	3	36	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	287	39.996	6	517	
Vitamin A, RE	µg	29	4.000	6	52	
Vitamin E, α-TE	mg	0.120		0	0.216	
Lipids:						
Saturated, total	g	0.064		0	0.115	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.001		0	0.002	
14:0	g	0.001		0	0.002	
15:0	g					
16:0	g	0.056		0	0.101	
17:0	g					
18:0	g	0.006		0	0.011	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.023	0	0.041
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.021	0	0.038
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.131	0	0.236
18:2	g	0.049	0	0.088
18:3	g	0.082	0	0.148
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.008	0	0.014
Threonine	g	0.022	0	0.040
Isoleucine	g	0.033	0	0.059
Leucine	g	0.053	0	0.095
Lysine	g	0.050	0	0.090
Methionine	g	0.013	0	0.023
Cystine	g	0.010	0	0.018
Phenylalanine	g	0.032	0	0.058
Tyrosine	g	0.024	0	0.043
Valine	g	0.041	0	0.074
Arginine	g	0.038	0	0.068
Histidine	g	0.020	0	0.036
Alanine	g	0.048	0	0.086
Aspartic acid	g	0.111	0	0.200
Glutamic acid	g	0.097	0	0.175
Glycine	g	0.034	0	0.061
Proline	g	0.028	0	0.050
Serine	g	0.037	0	0.067
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced

NDB No. 11642

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11643 Squash, winter, all varieties, raw
Cucurbita spp.

Refuse: 29% Seeds, rind and stem

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 116g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	88.72	17	102.92		
Energy	kcal	37	0	43		
Energy	kJ	155	0	180		
Protein (N x 5.95)	g	1.45	4	1.68		
Total lipid (fat)	g	0.23	4	0.27		
Carbohydrate, by difference	g	8.80	0	10.21		
Fiber, total dietary	g	1.5	0	1.7		
Ash	g	0.80	0	0.93		
Sugars, total	g					
Minerals:						
Calcium	mg	31	4	36		
Iron	mg	0.58	4	0.67		
Magnesium	mg	21	5	24		
Phosphorus	mg	32	4	37		
Potassium	mg	350	10	406		
Sodium	mg	4	9	5		
Zinc	mg	0.13	0.010	0.15		
Copper	mg	0.065	0.055	0.075		
Manganese	mg	0.168	0	0.195		
Selenium	µg	0.4	0	0.5		
Vitamins:						
Ascorbic acid	mg	12.3	4	14.3		
Thiamin	mg	0.097	4	0.113		
Riboflavin	mg	0.027	4	0.031		
Niacin	mg	0.800	4	0.928		
Pantothenic acid	mg	0.400	0	0.464		
Vitamin B-6	mg	0.082	0	0.095		
Folate	µg	22	2.887	25		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	4060	4	4710		
Vitamin A, RE	µg	406	4	471		
Vitamin E, α-TE	mg	0.120	0	0.139		
Lipids:						
Saturated, total	g	0.046	0	0.053		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.001	3	0.001		
14:0	g	0.001	3	0.001		
15:0	g					
16:0	g	0.040	3	0.046		
17:0	g					
18:0	g	0.004	3	0.005		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.017	0	0.020
14:1	g			
16:1	g	0.001	3	0.001
18:1	g	0.016	3	0.019
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.094	0	0.109
18:2	g	0.035	3	0.041
18:3	g	0.059	3	0.068
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.021	2	0.024
Threonine	g	0.043	2	0.050
Isoleucine	g	0.057	2	0.066
Leucine	g	0.082	2	0.095
Lysine	g	0.053	2	0.061
Methionine	g	0.018	2	0.021
Cystine	g	0.013	2	0.015
Phenylalanine	g	0.057	2	0.066
Tyrosine	g	0.049	2	0.057
Valine	g	0.062	2	0.072
Arginine	g	0.081	2	0.094
Histidine	g	0.027	2	0.031
Alanine	g	0.061	2	0.071
Aspartic acid	g	0.156	2	0.181
Glutamic acid	g	0.254	2	0.295
Glycine	g	0.053	2	0.061
Proline	g	0.052	2	0.060
Serine	g	0.057	2	0.066
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11643

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11644 Squash, winter, all varieties, cooked, baked, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 205g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.02	0.754	12	182.49	
Energy	kcal	39		0	80	
Energy	kJ	163		0	334	
Protein (N x 5.95)	g	0.89	0.098	7	1.82	
Total lipid (fat)	g	0.63	0.119	8	1.29	
Carbohydrate, by difference	g	8.75		0	17.94	
Fiber, total dietary	g	2.8		0	5.7	
Ash	g	0.72	0.036	8	1.48	
Sugars, total	g					
Minerals:						
Calcium	mg	14		1	29	
Iron	mg	0.33	0.040	8	0.68	
Magnesium	mg	8		1	16	
Phosphorus	mg	20		1	41	
Potassium	mg	437		1	896	
Sodium	mg	1		1	2	
Zinc	mg	0.26	0.063	7	0.53	
Copper	mg	0.095	0.021	7	0.195	
Manganese	mg	0.211	0.056	7	0.433	
Selenium	µg	0.4		0	0.8	
Vitamins:						
Ascorbic acid	mg	9.6		0	19.7	
Thiamin	mg	0.085		0	0.174	
Riboflavin	mg	0.024		0	0.049	
Niacin	mg	0.701		0	1.437	
Pantothenic acid	mg	0.350		0	0.718	
Vitamin B-6	mg	0.072		0	0.148	
Folate	µg	28	4.602	3	57	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	3557		0	7292	
Vitamin A, RE	µg	356		0	730	
Vitamin E, α-TE	mg	0.120		0	0.246	
Lipids:						
Saturated, total	g	0.130		0	0.267	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.003		0	0.006	
14:0	g	0.002		0	0.004	
15:0	g					
16:0	g	0.112		0	0.230	
17:0	g					
18:0	g	0.013		0	0.027	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.047	0	0.096
14:1	g			
16:1	g	0.003	0	0.006
18:1	g	0.043	0	0.088
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.265	0	0.543
18:2	g	0.099	0	0.203
18:3	g	0.165	0	0.338
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.013	0	0.027
Threonine	g	0.027	0	0.055
Isoleucine	g	0.035	0	0.072
Leucine	g	0.050	0	0.103
Lysine	g	0.033	0	0.068
Methionine	g	0.011	0	0.023
Cystine	g	0.008	0	0.016
Phenylalanine	g	0.035	0	0.072
Tyrosine	g	0.030	0	0.061
Valine	g	0.038	0	0.078
Arginine	g	0.049	0	0.100
Histidine	g	0.017	0	0.035
Alanine	g	0.037	0	0.076
Aspartic acid	g	0.095	0	0.195
Glutamic acid	g	0.155	0	0.318
Glycine	g	0.033	0	0.068
Proline	g	0.032	0	0.066
Serine	g	0.035	0	0.072
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11644

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11645 Sweetpotato, canned, syrup pack, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 228g	Measure 2* 638g	Measure 3*
Proximates:						
Water	g	77.39	0.586	26	176.45	493.75
Energy	kcal	89		0	203	568
Energy	kJ	372		0	848	2373
Protein (N x 5.95)	g	0.98	0.038	26	2.23	6.25
Total lipid (fat)	g	0.20	0.000	16	0.46	1.28
Carbohydrate, by difference	g	20.93		0	47.72	133.53
Fiber, total dietary	g	2.5		0	5.7	15.9
Ash	g	0.50	0.012	26	1.14	3.19
Sugars, total	g					
Minerals:						
Calcium	mg	15	0.782	36	34	96
Iron	mg	0.80	0.059	36	1.82	5.10
Magnesium	mg	13	0.503	36	30	83
Phosphorus	mg	27	1.235	36	62	172
Potassium	mg	185	4.275	27	422	1180
Sodium	mg	44	2.243	29	100	281
Zinc	mg	0.19	0.011	36	0.43	1.21
Copper	mg	0.124	0.013	36	0.283	0.791
Manganese	mg	0.507	0.051	36	1.156	3.235
Selenium	µg	0.7		0	1.6	4.5
Vitamins:						
Ascorbic acid	mg	10.5	0.674	25	23.9	67.0
Thiamin	mg	0.024	0.001	25	0.055	0.153
Riboflavin	mg	0.046	0.003	24	0.105	0.293
Niacin	mg	0.456	0.016	25	1.040	2.909
Pantothenic acid	mg	0.330		0	0.752	2.105
Vitamin B-6	mg	0.051		0	0.116	0.325
Folate	µg	7		0	15	41
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	5719	293.414	26	13039	36487
Vitamin A, RE	µg	572	29.341	26	1304	3649
Vitamin E, α-TE	mg	0.230		0	0.524	1.467
Lipids:						
Saturated, total	g	0.043		0	0.098	0.274
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.039		0	0.089	0.249
17:0	g					
18:0	g	0.004		0	0.009	0.026
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.018	0.051
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.008	0	0.018	0.051
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.089	0	0.203	0.568
18:2	g	0.075	0	0.171	0.479
18:3	g	0.014	0	0.032	0.089
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.012	0	0.027	0.077
Threonine	g	0.049	0	0.112	0.313
Isoleucine	g	0.049	0	0.112	0.313
Leucine	g	0.072	0	0.164	0.459
Lysine	g	0.048	0	0.109	0.306
Methionine	g	0.024	0	0.055	0.153
Cystine	g	0.008	0	0.018	0.051
Phenylalanine	g	0.059	0	0.135	0.376
Tyrosine	g	0.040	0	0.091	0.255
Valine	g	0.064	0	0.146	0.408
Arginine	g	0.046	0	0.105	0.293
Histidine	g	0.018	0	0.041	0.115
Alanine	g	0.054	0	0.123	0.345
Aspartic acid	g	0.168	0	0.383	1.072
Glutamic acid	g	0.096	0	0.219	0.612
Glycine	g	0.044	0	0.100	0.281
Proline	g	0.043	0	0.098	0.274
Serine	g	0.051	0	0.116	0.325
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 can (404 x 307)

NDB No. 11645

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11647 Sweetpotato, canned, syrup pack, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 196g	Measure 2*	Measure 3*
Proximates:						
Water	g	72.47	0.625	29	142.04	
Energy	kcal	108		0	212	
Energy	kJ	452		0	886	
Protein (N x 5.95)	g	1.28	0.049	29	2.51	
Total lipid (fat)	g	0.32	0.013	29	0.63	
Carbohydrate, by difference	g	25.36		0	49.71	
Fiber, total dietary	g	3.0		0	5.9	
Ash	g	0.57	0.060	29	1.12	
Sugars, total	g					
Minerals:						
Calcium	mg	17	1.307	29	33	
Iron	mg	0.95	0.074	29	1.86	
Magnesium	mg	12	0.969	10	24	
Phosphorus	mg	25	2.273	10	49	
Potassium	mg	193	5.562	10	378	
Sodium	mg	39	4.888	10	76	
Zinc	mg	0.16	0.009	10	0.31	
Copper	mg	0.167	0.022	10	0.327	
Manganese	mg	0.615	0.094	10	1.205	
Selenium	µg	0.8		0	1.6	
Vitamins:						
Ascorbic acid	mg	10.8	0.532	29	21.2	
Thiamin	mg	0.025	0.001	29	0.049	
Riboflavin	mg	0.038	0.001	29	0.074	
Niacin	mg	0.340	0.022	29	0.666	
Pantothenic acid	mg	0.402		0	0.788	
Vitamin B-6	mg	0.062		0	0.122	
Folate	µg	8		0	15	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	7157	481.272	29	14028	
Vitamin A, RE	µg	716	48.127	29	1403	
Vitamin E, α-TE	mg	0.280		0	0.549	
Lipids:						
Saturated, total	g	0.069		0	0.135	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.062		0	0.122	
17:0	g					
18:0	g	0.007		0	0.014	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.012	0	0.024
14:1	g			
16:1	g			
18:1	g	0.012	0	0.024
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.141	0	0.276
18:2	g	0.119	0	0.233
18:3	g	0.022	0	0.043
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	0.016	0	0.031
Threonine	g	0.064	0	0.125
Isoleucine	g	0.064	0	0.125
Leucine	g	0.094	0	0.184
Lysine	g	0.063	0	0.123
Methionine	g	0.032	0	0.063
Cystine	g	0.010	0	0.020
Phenylalanine	g	0.077	0	0.151
Tyrosine	g	0.053	0	0.104
Valine	g	0.084	0	0.165
Arginine	g	0.060	0	0.118
Histidine	g	0.024	0	0.047
Alanine	g	0.070	0	0.137
Aspartic acid	g	0.220	0	0.431
Glutamic acid	g	0.126	0	0.247
Glycine	g	0.058	0	0.114
Proline	g	0.056	0	0.110
Serine	g	0.066	0	0.129
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11647

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11649 Tomato products, canned, sauce, spanish style

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 425g	Measure 3*
Proximates:						
Water	g	89.08	0.423	5	217.36	378.59
Energy	kcal	33		0	81	140
Energy	kJ	138		0	337	587
Protein (N x 5.95)	g	1.44	0.131	5	3.51	6.12
Total lipid (fat)	g	0.27	0.016	5	0.66	1.15
Carbohydrate, by difference	g	7.24		0	17.67	30.77
Fiber, total dietary	g	1.4		0	3.4	6.0
Ash	g	1.98	0.039	5	4.83	8.41
Sugars, total	g					
Minerals:						
Calcium	mg	17	1.496	5	41	72
Iron	mg	3.48	0.227	5	8.49	14.79
Magnesium	mg	19		0	46	81
Phosphorus	mg	48		0	117	204
Potassium	mg	369		0	900	1568
Sodium	mg	472	25.714	5	1152	2006
Zinc	mg	0.34		0	0.83	1.45
Copper	mg	0.160		0	0.390	0.680
Manganese	mg	0.216		0	0.527	0.918
Selenium	µg	0.6		0	1.5	2.5
Vitamins:						
Ascorbic acid	mg	8.6	1.465	5	21.0	36.5
Thiamin	mg	0.074	0.006	5	0.181	0.315
Riboflavin	mg	0.062	0.003	5	0.151	0.264
Niacin	mg	1.292	0.092	5	3.152	5.491
Pantothenic acid	mg	0.281		0	0.686	1.194
Vitamin B-6	mg	0.177		0	0.432	0.752
Folate	µg	14		0	33	57
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	985	66.752	5	2403	4186
Vitamin A, RE	µg	99	6.675	5	242	421
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.038		0	0.093	0.161
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.027		0	0.066	0.115
17:0	g					
18:0	g	0.010		0	0.024	0.043
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.040	0	0.098	0.170
14:1	g				
16:1	g	0.001	0	0.002	0.004
18:1	g	0.039	0	0.095	0.166
20:1	g	0.000	0	0.000	0.000
22:1	g				
Polyunsaturated, total	g	0.108	0	0.264	0.459
18:2	g	0.103	0	0.251	0.438
18:3	g	0.004	0	0.010	0.017
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	0.010	0	0.024	0.043
Threonine	g	0.033	0	0.081	0.140
Isoleucine	g	0.028	0	0.068	0.119
Leucine	g	0.040	0	0.098	0.170
Lysine	g	0.041	0	0.100	0.174
Methionine	g	0.007	0	0.017	0.030
Cystine	g	0.009	0	0.022	0.038
Phenylalanine	g	0.030	0	0.073	0.128
Tyrosine	g	0.019	0	0.046	0.081
Valine	g	0.029	0	0.071	0.123
Arginine	g	0.029	0	0.071	0.123
Histidine	g	0.023	0	0.056	0.098
Alanine	g	0.045	0	0.110	0.191
Aspartic acid	g	0.180	0	0.439	0.765
Glutamic acid	g	0.575	0	1.403	2.444
Glycine	g	0.024	0	0.059	0.102
Proline	g	0.032	0	0.078	0.136
Serine	g	0.034	0	0.083	0.145
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 15 oz can (303 x 406)

NDB No. 11649

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11653 Beans, pinto, mature seeds, sprouted, raw
Phaseolus vulgaris

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*]	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	81.30	11.500	2		
Energy	kcal	62		0		
Energy	kJ	259		0		
Protein (N x 5.95)	g	5.25	1.950	2		
Total lipid (fat)	g	0.90	0.600	2		
Carbohydrate, by difference	g	11.60		0		
Fiber, total dietary	g					
Ash	g	0.95	0.450	2		
Sugars, total	g					
Minerals:						
Calcium	mg	43	27.300	2		
Iron	mg	1.97	1.430	2		
Magnesium	mg	53	33.250	2		
Phosphorus	mg	94	43.950	2		
Potassium	mg	307	119.900	2		
Sodium	mg	153		1		
Zinc	mg	0.50		1		
Copper	mg	0.320		0		
Manganese	mg	0.366		0		
Selenium	µg	0.6		0		
Vitamins:						
Ascorbic acid	mg	21.7	6.900	2		
Thiamin	mg	0.230	0.010	2		
Riboflavin	mg	0.175	0.005	2		
Niacin	mg	2.280	0.020	2		
Pantothenic acid	mg	0.740		0		
Vitamin B-6	mg	0.171		0		
Folate	µg	118		0		
Vitamin B-12	µg	0.00		0		
Vitamin A	IU	2	1.205	2		
Vitamin A, RE	µg	0	0.121	2		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.109		0		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.097		0		
17:0	g					
18:0	g	0.012		0		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.067	0
14:1	g		
16:1	g		
18:1	g	0.067	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.523	0
18:2	g	0.189	0
18:3	g	0.334	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.055	0
Threonine	g	0.220	0
Isoleucine	g	0.233	0
Leucine	g	0.377	0
Lysine	g	0.299	0
Methionine	g	0.055	0
Cystine	g	0.060	0
Phenylalanine	g	0.265	0
Tyrosine	g	0.181	0
Valine	g	0.270	0
Arginine	g	0.286	0
Histidine	g	0.147	0
Alanine	g	0.218	0
Aspartic acid	g	0.682	0
Glutamic acid	g	0.640	0
Glycine	g	0.181	0
Proline	g	0.212	0
Serine	g	0.281	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11653

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11654 Beans, pinto, mature seeds, sprouted, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	93.39	0			
Energy	kcal	22	0			
Energy	kJ	92	0			
Protein (N x 5.95)	g	1.86	0			
Total lipid (fat)	g	0.32	0			
Carbohydrate, by difference	g	4.10	0			
Fiber, total dietary	g					
Ash	g	0.34	0			
Sugars, total	g					
Minerals:						
Calcium	mg	15	0			
Iron	mg	0.66	0			
Magnesium	mg	18	0			
Phosphorus	mg	30	0			
Potassium	mg	98	0			
Sodium	mg	51	0			
Zinc	mg	0.17	0			
Copper	mg	0.107	0			
Manganese	mg	0.123	0			
Selenium	µg	0.6	0			
Vitamins:						
Ascorbic acid	mg	6.1	0			
Thiamin	mg	0.067	0			
Riboflavin	mg	0.059	0			
Niacin	mg	0.725	0			
Pantothenic acid	mg	0.235	0			
Vitamin B-6	mg	0.054	0			
Folate	µg	29	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	1	0			
Vitamin A, RE	µg	0	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.039	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.034	0			
17:0	g					
18:0	g	0.004	0			
20:0	g					
22.0	g					
24:0	g					

Monounsaturated, total	g	0.024	0
14:1	g		
16:1	g		
18:1	g	0.024	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.185	0
18:2	g	0.067	0
18:3	g	0.118	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.019	0
Threonine	g	0.078	0
Isoleucine	g	0.082	0
Leucine	g	0.133	0
Lysine	g	0.106	0
Methionine	g	0.019	0
Cystine	g	0.021	0
Phenylalanine	g	0.094	0
Tyrosine	g	0.064	0
Valine	g	0.095	0
Arginine	g	0.101	0
Histidine	g	0.052	0
Alanine	g	0.077	0
Aspartic acid	g	0.241	0
Glutamic acid	g	0.226	0
Glycine	g	0.064	0
Proline	g	0.075	0
Serine	g	0.099	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11654

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11655 Carrot juice, canned

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 236g	Measure 2* 30g	Measure 3*
Proximates:						
Water	g	88.87	0.425	3	209.73	26.22
Energy	kcal	40		0	94	12
Energy	kJ	167		0	394	49
Protein (N x 5.95)	g	0.95		0	2.24	0.28
Total lipid (fat)	g	0.15		0	0.35	0.04
Carbohydrate, by difference	g	9.29		0	21.92	2.74
Fiber, total dietary	g	0.8		0	1.9	0.2
Ash	g	0.75		0	1.77	0.22
Sugars, total	g					
Minerals:						
Calcium	mg	24		0	57	7
Iron	mg	0.46		0	1.09	0.14
Magnesium	mg	14		0	33	4
Phosphorus	mg	42		0	99	12
Potassium	mg	292		0	689	86
Sodium	mg	29		0	68	9
Zinc	mg	0.18		0	0.42	0.05
Copper	mg	0.046		0	0.109	0.014
Manganese	mg	0.130		0	0.307	0.038
Selenium	µg	0.6		0	1.4	0.2
Vitamins:						
Ascorbic acid	mg	8.5		0	20.1	2.5
Thiamin	mg	0.092		0	0.217	0.027
Riboflavin	mg	0.055		0	0.130	0.016
Niacin	mg	0.386		0	0.911	0.114
Pantothenic acid	mg	0.228		0	0.538	0.067
Vitamin B-6	mg	0.217		0	0.512	0.064
Folate	µg	4	0.292	3	9	1
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	10946		2	25833	3229
Vitamin A, RE	µg	1095		2	2584	323
Vitamin E, α-TE	mg	0.010		0	0.024	0.003
Lipids:						
Saturated, total	g	0.027		0	0.064	0.008
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.002		0	0.005	0.001
14:0	g	0.001		0	0.002	0.000
15:0	g					
16:0	g	0.021		0	0.050	0.006
17:0	g					
18:0	g	0.001		0	0.002	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.017	0.002
14:1	g				
16:1	g	0.002	0	0.005	0.001
18:1	g	0.005	0	0.012	0.001
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.071	0	0.168	0.021
18:2	g	0.061	0	0.144	0.018
18:3	g	0.009	0	0.021	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 fl oz

NDB No. 11655

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11656 Corn pudding, home-prepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 167g	Measure 3*
Proximates:						
Water	g	76.32	0	190.80	127.45	
Energy	kcal	109	0	273	182	
Energy	kJ	456	0	1140	762	
Protein (N x 5.95)	g	4.39	0	10.97	7.33	
Total lipid (fat)	g	5.32	0	13.30	8.88	
Carbohydrate, by difference	g	12.76	0	31.90	21.31	
Fiber, total dietary	g					
Ash	g	1.20	0	3.00	2.00	
Sugars, total	g					
Minerals:						
Calcium	mg	40	0	100	67	
Iron	mg	0.56	0	1.40	0.94	
Magnesium	mg	15	0	38	25	
Phosphorus	mg	57	0	143	95	
Potassium	mg	161	0	403	269	
Sodium	mg	55	0	138	92	
Zinc	mg	0.50	0	1.25	0.84	
Copper	mg	0.043	0	0.108	0.072	
Manganese	mg	0.536	0	1.340	0.895	
Selenium	µg	5.2	0	13.0	8.7	
Vitamins:						
Ascorbic acid	mg	2.8	0	7.0	4.7	
Thiamin	mg	0.413	0	1.032	0.690	
Riboflavin	mg	0.128	0	0.320	0.214	
Niacin	mg	0.987	0	2.467	1.648	
Pantothenic acid	mg	0.246	0	0.615	0.411	
Vitamin B-6	mg	0.118	0	0.295	0.197	
Folate	µg	25	0	63	42	
Vitamin B-12	µg	0.09	0	0.23	0.15	
Vitamin A	IU	246	0	615	411	
Vitamin A, RE	µg	36	0	90	60	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.537	0	6.343	4.237	
4:0	g	0.101	0	0.253	0.169	
6:0	g	0.060	0	0.150	0.100	
8:0	g	0.035	0	0.088	0.058	
10:0	g	0.079	0	0.198	0.132	
12:0	g	0.088	0	0.220	0.147	
14:0	g	0.321	0	0.803	0.536	
15:0	g					
16:0	g	1.269	0	3.172	2.119	
17:0	g					
18:0	g	0.517	0	1.293	0.863	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.721	0	4.303	2.874
14:1	g				
16:1	g	0.126	0	0.315	0.210
18:1	g	1.547	0	3.868	2.583
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.684	0	1.710	1.142
18:2	g	0.626	0	1.565	1.045
18:3	g	0.058	0	0.145	0.097
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	100	0	250	167
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.053	0	0.133	0.089
Threonine	g	0.198	0	0.495	0.331
Isoleucine	g	0.235	0	0.588	0.392
Leucine	g	0.430	0	1.075	0.718
Lysine	g	0.263	0	0.658	0.439
Methionine	g	0.117	0	0.293	0.195
Cystine	g	0.065	0	0.163	0.109
Phenylalanine	g	0.224	0	0.560	0.374
Tyrosine	g	0.182	0	0.455	0.304
Valine	g	0.287	0	0.718	0.479
Arginine	g	0.217	0	0.543	0.362
Histidine	g	0.115	0	0.287	0.192
Alanine	g	0.295	0	0.738	0.493
Aspartic acid	g	0.377	0	0.943	0.630
Glutamic acid	g	0.752	0	1.880	1.256
Glycine	g	0.147	0	0.368	0.245
Proline	g	0.311	0	0.778	0.519
Serine	g	0.268	0	0.670	0.448
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 2/3 cup (#6 scoop)

NDB No. 11656

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11657 Potatoes, mashed, home-prepared, whole milk added

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 210g	Measure 2*	Measure 3*
Proximates:						
Water	g	78.46	0	164.77		
Energy	kcal	77	0	162		
Energy	kJ	322	0	676		
Protein (N x 5.95)	g	1.94	0	4.07		
Total lipid (fat)	g	0.59	0	1.24		
Carbohydrate, by difference	g	17.55	0	36.85		
Fiber, total dietary	g	2.0	0	4.2		
Ash	g	1.47	0	3.09		
Sugars, total	g					
Minerals:						
Calcium	mg	26	0	55		
Iron	mg	0.27	0	0.57		
Magnesium	mg	18	0	38		
Phosphorus	mg	48	0	101		
Potassium	mg	299	0	628		
Sodium	mg	303	0	636		
Zinc	mg	0.29	0	0.61		
Copper	mg	0.140	0	0.294		
Manganese	mg	0.118	0	0.248		
Selenium	µg	0.6	0	1.3		
Vitamins:						
Ascorbic acid	mg	6.7	0	14.1		
Thiamin	mg	0.088	0	0.185		
Riboflavin	mg	0.040	0	0.084		
Niacin	mg	1.118	0	2.348		
Pantothenic acid	mg	0.476	0	1.000		
Vitamin B-6	mg	0.233	0	0.489		
Folate	µg	8	0	17		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	19	0	40		
Vitamin A, RE	µg	6	0	13		
Vitamin E, α-TE	mg	0.050	0	0.105		
Lipids:						
Saturated, total	g	0.333	0	0.699		
4:0	g	0.016	0	0.034		
6:0	g	0.010	0	0.021		
8:0	g	0.006	0	0.013		
10:0	g	0.013	0	0.027		
12:0	g	0.017	0	0.036		
14:0	g	0.051	0	0.107		
15:0	g					
16:0	g	0.145	0	0.305		
17:0	g					
18:0	g	0.064	0	0.134		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.146	0	0.307
14:1	g			
16:1	g	0.012	0	0.025
18:1	g	0.126	0	0.265
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.055	0	0.116
18:2	g	0.039	0	0.082
18:3	g	0.016	0	0.034
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	2	0	4
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.030	0	0.063
Threonine	g	0.075	0	0.158
Isoleucine	g	0.089	0	0.187
Leucine	g	0.136	0	0.286
Lysine	g	0.128	0	0.269
Methionine	g	0.035	0	0.074
Cystine	g	0.023	0	0.048
Phenylalanine	g	0.088	0	0.185
Tyrosine	g	0.078	0	0.164
Valine	g	0.115	0	0.242
Arginine	g	0.085	0	0.179
Histidine	g	0.045	0	0.094
Alanine	g	0.062	0	0.130
Aspartic acid	g	0.393	0	0.825
Glutamic acid	g	0.348	0	0.731
Glycine	g	0.054	0	0.113
Proline	g	0.100	0	0.210
Serine	g	0.090	0	0.189
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11657

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11658 Spinach souffle, home-prepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 813g	Measure 3*
Proximates:						
Water	g	73.94	0	100.56	601.13	
Energy	kcal	161	0	219	1309	
Energy	kJ	674	0	917	5480	
Protein (N x 5.95)	g	8.08	0	10.99	65.69	
Total lipid (fat)	g	13.50	0	18.36	109.75	
Carbohydrate, by difference	g	2.08	0	2.83	16.91	
Fiber, total dietary	g					
Ash	g	2.41	0	3.28	19.59	
Sugars, total	g					
Minerals:						
Calcium	mg	169	0	230	1374	
Iron	mg	0.99	0	1.35	8.05	
Magnesium	mg	28	0	38	228	
Phosphorus	mg	170	0	231	1382	
Potassium	mg	148	0	201	1203	
Sodium	mg	561	0	763	4561	
Zinc	mg	0.95	0	1.29	7.72	
Copper	mg	0.088	0	0.120	0.715	
Manganese	mg	0.807	0	1.098	6.561	
Selenium	µg	9.5	0	12.9	77.2	
Vitamins:						
Ascorbic acid	mg	2.2	0	3.0	17.9	
Thiamin	mg	0.067	0	0.091	0.545	
Riboflavin	mg	0.224	0	0.305	1.821	
Niacin	mg	0.351	0	0.477	2.854	
Pantothenic acid	mg	0.649	0	0.883	5.276	
Vitamin B-6	mg	0.088	0	0.120	0.715	
Folate	µg	59	0	80	480	
Vitamin B-12	µg	1.00	0	1.36	8.13	
Vitamin A	IU	2545	0	3461	20691	
Vitamin A, RE	µg	496	0	675	4032	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	5.256	0	7.148	42.731	
4:0	g	0.171	0	0.233	1.390	
6:0	g	0.089	0	0.121	0.724	
8:0	g	0.048	0	0.065	0.390	
10:0	g	0.104	0	0.141	0.846	
12:0	g	0.100	0	0.136	0.813	
14:0	g	0.561	0	0.763	4.561	
15:0	g					
16:0	g	2.781	0	3.782	22.610	
17:0	g					
18:0	g	1.255	0	1.707	10.203	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.026	0	6.835	40.861
14:1	g				
16:1	g	0.236	0	0.321	1.919
18:1	g	4.710	0	6.406	38.292
20:1	g				
22:1	g				
Polyunsaturated, total	g	2.266	0	3.082	18.423
18:2	g	2.081	0	2.830	16.919
18:3	g	0.147	0	0.200	1.195
18:4	g				
20:4	g	0.021	0	0.029	0.171
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	135	0	184	1098
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.122	0	0.166	0.992
Threonine	g	0.337	0	0.458	2.740
Isoleucine	g	0.478	0	0.650	3.886
Leucine	g	0.731	0	0.994	5.943
Lysine	g	0.575	0	0.782	4.675
Methionine	g	0.219	0	0.298	1.780
Cystine	g	0.105	0	0.143	0.854
Phenylalanine	g	0.422	0	0.574	3.431
Tyrosine	g	0.358	0	0.487	2.911
Valine	g	0.529	0	0.719	4.301
Arginine	g	0.392	0	0.533	3.187
Histidine	g	0.230	0	0.313	1.870
Alanine	g	0.336	0	0.457	2.732
Aspartic acid	g	0.603	0	0.820	4.902
Glutamic acid	g	1.602	0	2.179	13.024
Glycine	g	0.237	0	0.322	1.927
Proline	g	0.645	0	0.877	5.244
Serine	g	0.503	0	0.684	4.089
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: recipe yield

NDB No. 11658

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11659 Sweetpotato, cooked, candied, home-prepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 105g	Measure 2*	Measure 3*
Proximates:						
Water	g	66.94	0	70.29		
Energy	kcal	137	0	144		
Energy	kJ	573	0	602		
Protein (N x 5.95)	g	0.87	0	0.91		
Total lipid (fat)	g	3.25	0	3.41		
Carbohydrate, by difference	g	27.86	0	29.25		
Fiber, total dietary	g	2.4	0	2.5		
Ash	g	1.08	0	1.13		
Sugars, total	g					
Minerals:						
Calcium	mg	26	0	27		
Iron	mg	1.13	0	1.19		
Magnesium	mg	11	0	12		
Phosphorus	mg	26	0	27		
Potassium	mg	189	0	198		
Sodium	mg	70	0	74		
Zinc	mg	0.15	0	0.16		
Copper	mg	0.102	0	0.107		
Manganese	mg	0.427	0	0.448		
Selenium	µg	0.8	0	0.8		
Vitamins:						
Ascorbic acid	mg	6.7	0	7.0		
Thiamin	mg	0.018	0	0.019		
Riboflavin	mg	0.042	0	0.044		
Niacin	mg	0.394	0	0.414		
Pantothenic acid	mg	0.271	0	0.285		
Vitamin B-6	mg	0.041	0	0.043		
Folate	µg	11	0	12		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	4189	0	4398		
Vitamin A, RE	µg	419	0	440		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	1.350	0	1.418		
4:0	g	0.069	0	0.072		
6:0	g	0.041	0	0.043		
8:0	g	0.024	0	0.025		
10:0	g	0.054	0	0.057		
12:0	g	0.060	0	0.063		
14:0	g	0.216	0	0.227		
15:0	g					
16:0	g	0.580	0	0.609		
17:0	g					
18:0	g	0.263	0	0.276		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.627	0	0.658
14:1	g			
16:1	g	0.048	0	0.050
18:1	g	0.547	0	0.574
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.147	0	0.154
18:2	g	0.076	0	0.080
18:3	g	0.074	0	0.078
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	8	0	8
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.011	0	0.012
Threonine	g	0.043	0	0.045
Isoleucine	g	0.044	0	0.046
Leucine	g	0.065	0	0.068
Lysine	g	0.044	0	0.046
Methionine	g	0.021	0	0.022
Cystine	g	0.007	0	0.007
Phenylalanine	g	0.052	0	0.055
Tyrosine	g	0.036	0	0.038
Valine	g	0.057	0	0.060
Arginine	g	0.040	0	0.042
Histidine	g	0.017	0	0.018
Alanine	g	0.047	0	0.049
Aspartic acid	g	0.146	0	0.153
Glutamic acid	g	0.089	0	0.093
Glycine	g	0.039	0	0.041
Proline	g	0.040	0	0.042
Serine	g	0.045	0	0.047
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 piece (2-1/2" x 2" dia)

NDB No. 11659

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11660 Tomatoes, red, ripe, cooked, stewed

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 101g	Measure 2* 604g	Measure 3*
Proximates:						
Water	g	80.63	0	81.44	487.01	
Energy	kcal	79	0	80	477	
Energy	kJ	331	0	334	1999	
Protein (N x 5.95)	g	1.96	0	1.98	11.84	
Total lipid (fat)	g	2.68	0	2.71	16.19	
Carbohydrate, by difference	g	13.05	0	13.18	78.82	
Fiber, total dietary	g	1.7	0	1.7	10.3	
Ash	g	1.68	0	1.70	10.15	
Sugars, total	g					
Minerals:						
Calcium	mg	26	0	26	157	
Iron	mg	1.06	0	1.07	6.40	
Magnesium	mg	15	0	15	91	
Phosphorus	mg	38	0	38	230	
Potassium	mg	247	0	249	1492	
Sodium	mg	455	0	460	2748	
Zinc	mg	0.18	0	0.18	1.09	
Copper	mg	0.095	0	0.096	0.574	
Manganese	mg	0.193	0	0.195	1.166	
Selenium	µg	1.2	0	1.2	7.2	
Vitamins:						
Ascorbic acid	mg	18.2	0	18.4	109.9	
Thiamin	mg	0.108	0	0.109	0.652	
Riboflavin	mg	0.080	0	0.081	0.483	
Niacin	mg	1.110	0	1.121	6.704	
Pantothenic acid	mg	0.256	0	0.259	1.546	
Vitamin B-6	mg	0.086	0	0.087	0.519	
Folate	µg	11	0	11	66	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	666	0	673	4023	
Vitamin A, RE	µg	67	0	68	405	
Vitamin E, α-TE	mg	1.270	0	1.283	7.671	
Lipids:						
Saturated, total	g	0.521	0	0.526	3.147	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.007	0	0.007	0.042	
15:0	g					
16:0	g	0.327	0	0.330	1.975	
17:0	g					
18:0	g	0.186	0	0.188	1.123	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.048	0	1.058	6.330
14:1	g				
16:1	g	0.002	0	0.002	0.012
18:1	g	1.046	0	1.056	6.318
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.878	0	0.887	5.303
18:2	g	0.839	0	0.847	5.068
18:3	g	0.038	0	0.038	0.230
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	14	0	14	85
Amino acids:					
Tryptophan	g	0.019	0	0.019	0.115
Threonine	g	0.054	0	0.055	0.326
Isoleucine	g	0.064	0	0.065	0.387
Leucine	g	0.106	0	0.107	0.640
Lysine	g	0.062	0	0.063	0.374
Methionine	g	0.024	0	0.024	0.145
Cystine	g	0.029	0	0.029	0.175
Phenylalanine	g	0.075	0	0.076	0.453
Tyrosine	g	0.041	0	0.041	0.248
Valine	g	0.075	0	0.076	0.453
Arginine	g	0.067	0	0.068	0.405
Histidine	g	0.036	0	0.036	0.217
Alanine	g	0.063	0	0.064	0.381
Aspartic acid	g	0.174	0	0.176	1.051
Glutamic acid	g	0.643	0	0.649	3.884
Glycine	g	0.063	0	0.064	0.381
Proline	g	0.130	0	0.131	0.785
Serine	g	0.077	0	0.078	0.465
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: recipe yield

NDB No. 11660

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11663 Seaweed, agar, dried

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	8.68	0.382	2		
Energy	kcal	306		0		
Energy	kJ	1280		0		
Protein (N x 5.95)	g	6.21	2.228	2		
Total lipid (fat)	g	0.30		0		
Carbohydrate, by difference	g	80.89		0		
Fiber, total dietary	g	7.7		0		
Ash	g	3.93	0.725	2		
Sugars, total	g					
Minerals:						
Calcium	mg	625	65.000	2		
Iron	mg	21.40	12.403	2		
Magnesium	mg	770		0		
Phosphorus	mg	52	38.000	2		
Potassium	mg	1125		0		
Sodium	mg	102	71.614	3		
Zinc	mg	5.80		0		
Copper	mg	0.610		0		
Manganese	mg	4.300		0		
Selenium	µg	7.4		0		
Vitamins:						
Ascorbic acid	mg	0.0		0		
Thiamin	mg	0.010		0		
Riboflavin	mg	0.222		0		
Niacin	mg	0.202		0		
Pantothenic acid	mg	3.018		0		
Vitamin B-6	mg	0.303		0		
Folate	µg	580		0		
Vitamin B-12	µg	0.00		0		
Vitamin A	IU	0		0		
Vitamin A, RE	µg	0		0		
Vitamin E, α-TE	mg	5.000		0		
Lipids:						
Saturated, total	g	0.061		0		
4:0	g	0.000		0		
6:0	g	0.000		0		
8:0	g	0.000		0		
10:0	g	0.000		0		
12:0	g	0.000		0		
14:0	g	0.003		0		
15:0	g					
16:0	g	0.055		0		
17:0	g					
18:0	g	0.003		0		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.027	0
14:1	g		
16:1	g	0.009	0
18:1	g	0.009	0
20:1	g	0.009	0
22:1	g	0.000	0
Polyunsaturated, total	g	0.102	0
18:2	g	0.004	0
18:3	g	0.001	0
18:4	g	0.000	0
20:4	g	0.010	0
20:5	g	0.087	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11663

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11666 Seaweed, spirulina, raw
Spirulina spp.

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*]	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	90.67	1.006	5		
Energy	kcal	26		0		
Energy	kJ	109		0		
Protein (N x 5.95)	g	5.92	0.150	14		
Total lipid (fat)	g	0.39	0.088	10		
Carbohydrate, by difference	g	2.42		0		
Fiber, total dietary	g					
Ash	g	0.60	0.064	8		
Sugars, total	g					
Minerals:						
Calcium	mg	12		0		
Iron	mg	2.79		0		
Magnesium	mg	19		0		
Phosphorus	mg	11		0		
Potassium	mg	127	19.870	2		
Sodium	mg	98	3.451	2		
Zinc	mg	0.20		0		
Copper	mg	0.597		0		
Manganese	mg	0.186		0		
Selenium	µg	0.7		0		
Vitamins:						
Ascorbic acid	mg	0.9	0.010	4		
Thiamin	mg	0.222	0.095	4		
Riboflavin	mg	0.342	0.080	4		
Niacin	mg	1.196		0		
Pantothenic acid	mg	0.325		0		
Vitamin B-6	mg	0.034	0.205	4		
Folate	µg	9		0		
Vitamin B-12	µg	0.00		0		
Vitamin A	IU	56		0		
Vitamin A, RE	µg	6		0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.135		0		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.004		0		
15:0	g					
16:0	g	0.127		0		
17:0	g					
18:0	g	0.004		0		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.034	0
14:1	g		
16:1	g	0.017	0
18:1	g	0.018	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.106	0
18:2	g	0.064	0
18:3	g	0.042	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.096	8
Threonine	g	0.306	9
Isoleucine	g	0.331	9
Leucine	g	0.509	9
Lysine	g	0.312	9
Methionine	g	0.118	9
Cystine	g	0.068	7
Phenylalanine	g	0.286	9
Tyrosine	g	0.266	9
Valine	g	0.362	8
Arginine	g	0.427	8
Histidine	g	0.112	8
Alanine	g	0.465	8
Aspartic acid	g	0.597	8
Glutamic acid	g	0.864	8
Glycine	g	0.319	8
Proline	g	0.245	8
Serine	g	0.309	8
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11666

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11667 Seaweed, spirulina, dried

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 15g	Measure 2*	Measure 3*
Proximates:						
Water	g	4.68	0.050	2	0.70	
Energy	kcal	290		0	44	
Energy	kJ	1213		0	182	
Protein (N x 5.95)	g	57.47	0.090	2	8.62	
Total lipid (fat)	g	7.72	0.110	2	1.16	
Carbohydrate, by difference	g	23.90		0	3.59	
Fiber, total dietary	g	3.6		0	0.5	
Ash	g	6.23	0.070	2	0.93	
Sugars, total	g					
Minerals:						
Calcium	mg	120		0	18	
Iron	mg	28.50	2.000	2	4.28	
Magnesium	mg	195	39.070	2	29	
Phosphorus	mg	118		0	18	
Potassium	mg	1363		0	204	
Sodium	mg	1048		0	157	
Zinc	mg	2.00		0	0.30	
Copper	mg	6.100		0	0.915	
Manganese	mg	1.900		0	0.285	
Selenium	µg	7.2		0	1.1	
Vitamins:						
Ascorbic acid	mg	10.1		0	1.5	
Thiamin	mg	2.380		0	0.357	
Riboflavin	mg	3.670		0	0.551	
Niacin	mg	12.820		0	1.923	
Pantothenic acid	mg	3.480		0	0.522	
Vitamin B-6	mg	0.364		0	0.055	
Folate	µg	94		0	14	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	570		0	86	
Vitamin A, RE	µg	57		0	9	
Vitamin E, α-TE	mg	5.000		0	0.750	
Lipids:						
Saturated, total	g	2.650		0	0.398	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.075		0	0.011	
15:0	g					
16:0	g	2.496		0	0.374	
17:0	g					
18:0	g	0.077		0	0.012	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.675	0	0.101
14:1	g			
16:1	g	0.328	0	0.049
18:1	g	0.347	0	0.052
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	2.080	0	0.312
18:2	g	1.254	0	0.188
18:3	g	0.823	0	0.123
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.929	0	0.139
Threonine	g	2.970	0	0.446
Isoleucine	g	3.209	0	0.481
Leucine	g	4.947	0	0.742
Lysine	g	3.025	0	0.454
Methionine	g	1.149	0	0.172
Cystine	g	0.662	0	0.099
Phenylalanine	g	2.777	0	0.417
Tyrosine	g	2.584	0	0.388
Valine	g	3.512	0	0.527
Arginine	g	4.147	0	0.622
Histidine	g	1.085	0	0.163
Alanine	g	4.515	0	0.677
Aspartic acid	g	5.793	0	0.869
Glutamic acid	g	8.386	0	1.258
Glycine	g	3.099	0	0.465
Proline	g	2.382	0	0.357
Serine	g	2.998	0	0.450
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11667

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11669 Seaweed, wakame, raw
Undaria spp.

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 10g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	79.99	2.635	4	8.00	
Energy	kcal	45		0	5	
Energy	kJ	188		0	19	
Protein (N x 5.95)	g	3.03	0.202	3	0.30	
Total lipid (fat)	g	0.64		0	0.06	
Carbohydrate, by difference	g	9.14		0	0.91	
Fiber, total dietary	g	0.5		0	0.1	
Ash	g	7.20	0.925	4	0.72	
Sugars, total	g					
Minerals:						
Calcium	mg	150	42.023	2	15	
Iron	mg	2.18	0.778	2	0.22	
Magnesium	mg	107		0	11	
Phosphorus	mg	80		0	8	
Potassium	mg	50		0	5	
Sodium	mg	872	348.172	2	87	
Zinc	mg	0.38		0	0.04	
Copper	mg	0.284	0.170	4	0.028	
Manganese	mg	1.400		0	0.140	
Selenium	µg	0.7		0	0.1	
Vitamins:						
Ascorbic acid	mg	3.0		0	0.3	
Thiamin	mg	0.060		0	0.006	
Riboflavin	mg	0.230		0	0.023	
Niacin	mg	1.600		0	0.160	
Pantothenic acid	mg	0.697		0	0.070	
Vitamin B-6	mg	0.002		0	0.000	
Folate	µg	196		0	20	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	360		0	36	
Vitamin A, RE	µg	36		0	4	
Vitamin E, α-TE	mg	1.000		0	0.100	
Lipids:						
Saturated, total	g	0.130		0	0.013	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.007		0	0.001	
15:0	g					
16:0	g	0.117		0	0.012	
17:0	g					
18:0	g	0.006		0	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.058	0	0.006
14:1	g			
16:1	g	0.019	0	0.002
18:1	g	0.020	0	0.002
20:1	g	0.020	0	0.002
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.218	0	0.022
18:2	g	0.010	0	0.001
18:3	g	0.002	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.021	0	0.002
20:5	g	0.186	0	0.019
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.035	1	0.004
Threonine	g	0.165	1	0.017
Isoleucine	g	0.087	1	0.009
Leucine	g	0.257	1	0.026
Lysine	g	0.112	1	0.011
Methionine	g	0.063	1	0.006
Cystine	g	0.028	1	0.003
Phenylalanine	g	0.112	1	0.011
Tyrosine	g	0.049	1	0.005
Valine	g	0.209	1	0.021
Arginine	g	0.092	1	0.009
Histidine	g	0.015	1	0.002
Alanine	g	0.136	1	0.014
Aspartic acid	g	0.179	1	0.018
Glutamic acid	g	0.199	1	0.020
Glycine	g	0.112	1	0.011
Proline	g	0.092	1	0.009
Serine	g	0.078	1	0.008
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/8 cup or 2 tablespoons

NDB No. 11669

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11670 Peppers, hot chili, green, raw
Capsicum frutescens

Refuse: 27% Stem ends, seeds and core

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 45g	Measure 2* 75g	Measure 3*
Proximates:						
Water	g	87.74	1.215	5	39.48	65.81
Energy	kcal	40		0	18	30
Energy	kJ	167		0	75	125
Protein (N x 5.95)	g	2.00	0.000	2	0.90	1.50
Total lipid (fat)	g	0.20		0	0.09	0.15
Carbohydrate, by difference	g	9.46		0	4.26	7.10
Fiber, total dietary	g	1.5		0	0.7	1.1
Ash	g	0.60		0	0.27	0.45
Sugars, total	g					
Minerals:						
Calcium	mg	18	0.500	2	8	14
Iron	mg	1.20	0.200	2	0.54	0.90
Magnesium	mg	25	2.000	2	11	19
Phosphorus	mg	46	0.500	2	21	35
Potassium	mg	340	80.000	2	153	255
Sodium	mg	7	2.000	2	3	5
Zinc	mg	0.30		0	0.14	0.23
Copper	mg	0.174		0	0.078	0.130
Manganese	mg	0.237		0	0.107	0.178
Selenium	µg	0.5		0	0.2	0.4
Vitamins:						
Ascorbic acid	mg	242.5	2.500	2	109.1	181.9
Thiamin	mg	0.090	0.010	2	0.041	0.068
Riboflavin	mg	0.090	0.010	2	0.041	0.068
Niacin	mg	0.950	0.050	2	0.428	0.713
Pantothenic acid	mg	0.061		0	0.027	0.046
Vitamin B-6	mg	0.278		0	0.125	0.209
Folate	µg	23	2.011	3	11	18
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	770		0	347	578
Vitamin A, RE	µg	77		0	35	58
Vitamin E, α-TE	mg	0.690		0	0.311	0.518
Lipids:						
Saturated, total	g	0.021		0	0.009	0.016
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.001		0	0.000	0.001
15:0	g					
16:0	g	0.015		0	0.007	0.011
17:0	g					
18:0	g	0.003		0	0.001	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.011	0	0.005	0.008
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.011	0	0.005	0.008
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.109	0	0.049	0.082
18:2	g	0.104	0	0.047	0.078
18:3	g	0.005	0	0.002	0.004
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.026	11	0.012	0.020
Threonine	g	0.074	7	0.033	0.056
Isoleucine	g	0.065	7	0.029	0.049
Leucine	g	0.105	7	0.047	0.079
Lysine	g	0.089	13	0.040	0.067
Methionine	g	0.024	13	0.011	0.018
Cystine	g	0.038	6	0.017	0.029
Phenylalanine	g	0.062	7	0.028	0.047
Tyrosine	g	0.042	7	0.019	0.032
Valine	g	0.084	7	0.038	0.063
Arginine	g	0.096	7	0.043	0.072
Histidine	g	0.041	7	0.018	0.031
Alanine	g	0.082	7	0.037	0.062
Aspartic acid	g	0.286	7	0.129	0.215
Glutamic acid	g	0.264	7	0.119	0.198
Glycine	g	0.074	7	0.033	0.056
Proline	g	0.087	7	0.039	0.065
Serine	g	0.080	7	0.036	0.060
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 pepper
- Measure 2: 1/2 cup chopped or diced

NDB No. 11670

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11671 Potatoes, o'brien, home-prepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 194g	Measure 2* 1162g	Measure 3*
Proximates:						
Water	g	79.60	0	154.42	924.95	
Energy	kcal	81	0	157	941	
Energy	kJ	339	0	658	3939	
Protein (N x 5.95)	g	2.35	0	4.56	27.31	
Total lipid (fat)	g	1.28	0	2.48	14.87	
Carbohydrate, by difference	g	15.47	0	30.01	179.76	
Fiber, total dietary	g					
Ash	g	1.29	0	2.50	14.99	
Sugars, total	g					
Minerals:						
Calcium	mg	36	0	70	418	
Iron	mg	0.47	0	0.91	5.46	
Magnesium	mg	18	0	35	209	
Phosphorus	mg	50	0	97	581	
Potassium	mg	266	0	516	3091	
Sodium	mg	217	0	421	2522	
Zinc	mg	0.30	0	0.58	3.49	
Copper	mg	0.129	0	0.250	1.499	
Manganese	mg	0.121	0	0.235	1.406	
Selenium	µg	1.2	0	2.3	13.9	
Vitamins:						
Ascorbic acid	mg	16.7	0	32.4	194.1	
Thiamin	mg	0.075	0	0.145	0.872	
Riboflavin	mg	0.056	0	0.109	0.651	
Niacin	mg	1.008	0	1.956	11.713	
Pantothenic acid	mg	0.436	0	0.846	5.066	
Vitamin B-6	mg	0.213	0	0.413	2.475	
Folate	µg	8	0	16	96	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	481	0	933	5589	
Vitamin A, RE	µg	57	0	111	662	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.797	0	1.546	9.261	
4:0	g	0.040	0	0.078	0.465	
6:0	g	0.021	0	0.041	0.244	
8:0	g	0.011	0	0.021	0.128	
10:0	g	0.025	0	0.049	0.290	
12:0	g	0.025	0	0.049	0.290	
14:0	g	0.125	0	0.243	1.452	
15:0	g					
16:0	g	0.365	0	0.708	4.241	
17:0	g					
18:0	g	0.152	0	0.295	1.766	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.347	0	0.673	4.032
14:1	g				
16:1	g	0.036	0	0.070	0.418
18:1	g	0.302	0	0.586	3.509
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.055	0	0.107	0.639
18:2	g	0.037	0	0.072	0.430
18:3	g	0.018	0	0.035	0.209
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	4	0	8	46
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.035	0	0.068	0.407
Threonine	g	0.089	0	0.173	1.034
Isoleucine	g	0.110	0	0.213	1.278
Leucine	g	0.169	0	0.328	1.964
Lysine	g	0.144	0	0.279	1.673
Methionine	g	0.043	0	0.083	0.500
Cystine	g	0.030	0	0.058	0.349
Phenylalanine	g	0.106	0	0.206	1.232
Tyrosine	g	0.092	0	0.178	1.069
Valine	g	0.133	0	0.258	1.545
Arginine	g	0.109	0	0.211	1.267
Histidine	g	0.054	0	0.105	0.627
Alanine	g	0.076	0	0.147	0.883
Aspartic acid	g	0.376	0	0.729	4.369
Glutamic acid	g	0.470	0	0.912	5.461
Glycine	g	0.067	0	0.130	0.779
Proline	g	0.150	0	0.291	1.743
Serine	g	0.112	0	0.217	1.301
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: recipe yield

NDB No. 11671

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11672 Potato pancakes, home-prepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 76g	Measure 2*	Measure 3*
Proximates:						
Water	g	47.26	0	35.92		
Energy	kcal	272	0	207		
Energy	kJ	1138	0	865		
Protein (N x 5.95)	g	6.16	0	4.68		
Total lipid (fat)	g	15.24	0	11.58		
Carbohydrate, by difference	g	28.64	0	21.77		
Fiber, total dietary	g	2.0	0	1.5		
Ash	g	2.69	0	2.04		
Sugars, total	g					
Minerals:						
Calcium	mg	24	0	18		
Iron	mg	1.56	0	1.19		
Magnesium	mg	33	0	25		
Phosphorus	mg	111	0	84		
Potassium	mg	786	0	597		
Sodium	mg	508	0	386		
Zinc	mg	0.83	0	0.63		
Copper	mg	0.367	0	0.279		
Manganese	mg	0.410	0	0.312		
Selenium	µg	4.6	0	3.5		
Vitamins:						
Ascorbic acid	mg	22.0	0	16.7		
Thiamin	mg	0.135	0	0.103		
Riboflavin	mg	0.173	0	0.131		
Niacin	mg	2.143	0	1.629		
Pantothenic acid	mg	0.741	0	0.563		
Vitamin B-6	mg	0.379	0	0.288		
Folate	µg	16	0	12		
Vitamin B-12	µg	0.19	0	0.14		
Vitamin A	IU	143	0	109		
Vitamin A, RE	µg	14	0	11		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	3.044	0	2.313		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.001	0	0.001		
10:0	g	0.002	0	0.002		
12:0	g	0.005	0	0.004		
14:0	g	0.047	0	0.036		
15:0	g					
16:0	g	2.323	0	1.765		
17:0	g					
18:0	g	0.656	0	0.499		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.639	0	3.526
14:1	g			
16:1	g	0.094	0	0.071
18:1	g	4.536	0	3.447
20:1	g	0.006	0	0.005
22:1	g	0.001	0	0.001
Polyunsaturated, total	g	6.541	0	4.971
18:2	g	6.119	0	4.650
18:3	g	0.381	0	0.290
18:4	g	0.000	0	0.000
20:4	g	0.032	0	0.024
20:5	g	0.001	0	0.001
22:5	g	0.000	0	0.000
22:6	g	0.008	0	0.006
Cholesterol	mg	96	0	73
Phytosterols	mg	28	0	21
Amino acids:				
Tryptophan	g	0.085	0	0.065
Threonine	g	0.251	0	0.191
Isoleucine	g	0.286	0	0.217
Leucine	g	0.440	0	0.334
Lysine	g	0.388	0	0.295
Methionine	g	0.141	0	0.107
Cystine	g	0.112	0	0.085
Phenylalanine	g	0.298	0	0.226
Tyrosine	g	0.234	0	0.178
Valine	g	0.349	0	0.265
Arginine	g	0.334	0	0.254
Histidine	g	0.139	0	0.106
Alanine	g	0.260	0	0.198
Aspartic acid	g	0.991	0	0.753
Glutamic acid	g	0.995	0	0.756
Glycine	g	0.199	0	0.151
Proline	g	0.263	0	0.200
Serine	g	0.355	0	0.270
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 pancake

NDB No. 11672

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11674 Potatoes, baked, flesh and skin, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 202g	Measure 2*	Measure 3*
Proximates:						
Water	g	71.20	1.064	12	143.82	
Energy	kcal	109		0	220	
Energy	kJ	456		0	921	
Protein (N x 5.95)	g	2.30	0.043	10	4.65	
Total lipid (fat)	g	0.10		0	0.20	
Carbohydrate, by difference	g	25.23		0	50.96	
Fiber, total dietary	g	2.4		0	4.8	
Ash	g	1.16	0.055	10	2.34	
Sugars, total	g					
Minerals:						
Calcium	mg	10	1.884	12	20	
Iron	mg	1.36	0.293	12	2.75	
Magnesium	mg	27	1.590	12	55	
Phosphorus	mg	57	3.174	12	115	
Potassium	mg	418	16.382	12	844	
Sodium	mg	8	0.766	12	16	
Zinc	mg	0.32	0.027	12	0.65	
Copper	mg	0.305	0.038	12	0.616	
Manganese	mg	0.229	0.019	12	0.463	
Selenium	µg	0.8	0.256	10	1.6	
Vitamins:						
Ascorbic acid	mg	12.9	0.525	6	26.1	
Thiamin	mg	0.107	0.006	12	0.216	
Riboflavin	mg	0.033	0.001	12	0.067	
Niacin	mg	1.645	0.087	11	3.323	
Pantothenic acid	mg	0.555		1	1.121	
Vitamin B-6	mg	0.347	0.011	12	0.701	
Folate	µg	11	0.548	12	22	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		0	0	
Vitamin A, RE	µg	0		0	0	
Vitamin E, α-TE	mg	0.050		0	0.101	
Lipids:						
Saturated, total	g	0.026		0	0.053	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.001		0	0.002	
12:0	g	0.003		0	0.006	
14:0	g	0.001		0	0.002	
15:0	g					
16:0	g	0.016		0	0.032	
17:0	g					
18:0	g	0.004		0	0.008	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.004
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.001	0	0.002
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.043	0	0.087
18:2	g	0.032	0	0.065
18:3	g	0.010	0	0.020
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.036	0	0.073
Threonine	g	0.084	0	0.170
Isoleucine	g	0.093	0	0.188
Leucine	g	0.138	0	0.279
Lysine	g	0.140	0	0.283
Methionine	g	0.036	0	0.073
Cystine	g	0.029	0	0.059
Phenylalanine	g	0.102	0	0.206
Tyrosine	g	0.085	0	0.172
Valine	g	0.130	0	0.263
Arginine	g	0.106	0	0.214
Histidine	g	0.050	0	0.101
Alanine	g	0.071	0	0.143
Aspartic acid	g	0.563	0	1.137
Glutamic acid	g	0.386	0	0.780
Glycine	g	0.068	0	0.137
Proline	g	0.083	0	0.168
Serine	g	0.100	0	0.202
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 potato, (2-1/3" x 4-3/4")

NDB No. 11674

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11675 Potatoes, microwaved, cooked in skin, flesh and skin, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 202g	Measure 2*	Measure 3*
Proximates:						
Water	g	72.04	1.061	10	145.52	
Energy	kcal	105		0	212	
Energy	kJ	439		0	887	
Protein (N x 5.95)	g	2.44	0.120	6	4.93	
Total lipid (fat)	g	0.10		0	0.20	
Carbohydrate, by difference	g	24.13		0	48.74	
Fiber, total dietary	g	2.3		0	4.6	
Ash	g	1.18	0.077	6	2.38	
Sugars, total	g					
Minerals:						
Calcium	mg	11	3.037	10	22	
Iron	mg	1.24	0.089	10	2.50	
Magnesium	mg	27	1.825	10	55	
Phosphorus	mg	105	44.634	10	212	
Potassium	mg	447	19.494	10	903	
Sodium	mg	8	1.513	10	16	
Zinc	mg	0.36	0.033	10	0.73	
Copper	mg	0.334	0.036	10	0.675	
Manganese	mg	0.292	0.029	10	0.590	
Selenium	µg	0.4		0	0.8	
Vitamins:						
Ascorbic acid	mg	15.1		3	30.5	
Thiamin	mg	0.120	0.006	10	0.242	
Riboflavin	mg	0.032	0.001	10	0.065	
Niacin	mg	1.714	0.107	10	3.462	
Pantothenic acid	mg	0.454		0	0.917	
Vitamin B-6	mg	0.344	0.022	10	0.695	
Folate	µg	12	0.559	10	24	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		0	0	
Vitamin A, RE	µg	0		0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.026		0	0.053	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001		0	0.002	
12:0	g	0.003		0	0.006	
14:0	g	0.001		0	0.002	
15:0	g					
16:0	g	0.016		0	0.032	
17:0	g					
18:0	g	0.004		0	0.008	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.004
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.001	0	0.002
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.043	0	0.087
18:2	g	0.032	0	0.065
18:3	g	0.010	0	0.020
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	0.038	0	0.077
Threonine	g	0.089	0	0.180
Isoleucine	g	0.099	0	0.200
Leucine	g	0.147	0	0.297
Lysine	g	0.149	0	0.301
Methionine	g	0.039	0	0.079
Cystine	g	0.031	0	0.063
Phenylalanine	g	0.109	0	0.220
Tyrosine	g	0.091	0	0.184
Valine	g	0.138	0	0.279
Arginine	g	0.113	0	0.228
Histidine	g	0.054	0	0.109
Alanine	g	0.075	0	0.152
Aspartic acid	g	0.598	0	1.208
Glutamic acid	g	0.410	0	0.828
Glycine	g	0.073	0	0.147
Proline	g	0.088	0	0.178
Serine	g	0.106	0	0.214
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 potato, (2-1/2" dia, sphere)

NDB No. 11675

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11676 Radish seeds, sprouted, raw
Raphanus sativus

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 38g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	90.07	2.968	3	34.23	
Energy	kcal	43		0	16	
Energy	kJ	180		0	68	
Protein (N x 5.95)	g	3.81	0.920	3	1.45	
Total lipid (fat)	g	2.53	1.566	3	0.96	
Carbohydrate, by difference	g	3.60		0	1.37	
Fiber, total dietary	g					
Ash	g	0.53	0.127	3	0.20	
Sugars, total	g					
Minerals:						
Calcium	mg	51	9.435	3	19	
Iron	mg	0.86	0.211	3	0.33	
Magnesium	mg	44	6.778	3	17	
Phosphorus	mg	113	10.808	3	43	
Potassium	mg	86	16.619	3	33	
Sodium	mg	6	1.426	3	2	
Zinc	mg	0.56	0.159	3	0.21	
Copper	mg	0.120	0.035	3	0.046	
Manganese	mg	0.260	0.036	3	0.099	
Selenium	µg	0.6		0	0.2	
Vitamins:						
Ascorbic acid	mg	28.9	3.205	3	11.0	
Thiamin	mg	0.102	0.005	3	0.039	
Riboflavin	mg	0.103	0.009	3	0.039	
Niacin	mg	2.853	0.390	3	1.084	
Pantothenic acid	mg	0.733	0.088	3	0.279	
Vitamin B-6	mg	0.285	0.057	3	0.108	
Folate	µg	95	11.465	3	36	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	391	73.877	3	149	
Vitamin A, RE	µg	39	7.388	3	15	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.767		0	0.291	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.003		0	0.001	
15:0	g					
16:0	g	0.663		0	0.252	
17:0	g					
18:0	g	0.095		0	0.036	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.419	0	0.159
14:1	g			
16:1	g	0.007	0	0.003
18:1	g	0.409	0	0.155
20:1	g			
22:1	g			
Polyunsaturated, total	g	1.141	0	0.434
18:2	g	0.410	0	0.156
18:3	g	0.722	0	0.274
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11676

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11677 Shallots, raw
Allium ascalonicum

Refuse: 12% Skins

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 10g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	79.80	0	7.98		
Energy	kcal	72	0	7		
Energy	kJ	301	0	30		
Protein (N x 5.95)	g	2.50	0	0.25		
Total lipid (fat)	g	0.10	0	0.01		
Carbohydrate, by difference	g	16.80	0	1.68		
Fiber, total dietary	g					
Ash	g	0.80	0	0.08		
Sugars, total	g					
Minerals:						
Calcium	mg	37	0	4		
Iron	mg	1.20	0	0.12		
Magnesium	mg	21	0	2		
Phosphorus	mg	60	0	6		
Potassium	mg	334	0	33		
Sodium	mg	12	0	1		
Zinc	mg	0.40	0	0.04		
Copper	mg	0.088	0	0.009		
Manganese	mg	0.292	0	0.029		
Selenium	µg	1.2	0	0.1		
Vitamins:						
Ascorbic acid	mg	8.0	0	0.8		
Thiamin	mg	0.060	0	0.006		
Riboflavin	mg	0.020	0	0.002		
Niacin	mg	0.200	0	0.020		
Pantothenic acid	mg	0.290	0	0.029		
Vitamin B-6	mg	0.345	0	0.034		
Folate	µg	34	0	3		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	1190	0	119		
Vitamin A, RE	µg	119	0	12		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.017	0	0.002		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.015	0	0.002		
17:0	g					
18:0	g	0.001	0	0.000		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.014	0	0.001
14:1	g			
16:1	g			
18:1	g	0.014	0	0.001
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.039	0	0.004
18:2	g	0.037	0	0.004
18:3	g	0.002	0	0.000
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg	5	0	1
Amino acids:				
Tryptophan	g	0.028	0	0.003
Threonine	g	0.098	0	0.010
Isoleucine	g	0.106	0	0.011
Leucine	g	0.149	0	0.015
Lysine	g	0.125	0	0.013
Methionine	g	0.027	0	0.003
Cystine	g			
Phenylalanine	g	0.081	0	0.008
Tyrosine	g	0.072	0	0.007
Valine	g	0.110	0	0.011
Arginine	g	0.181	0	0.018
Histidine	g	0.043	0	0.004
Alanine	g	0.113	0	0.011
Aspartic acid	g	0.231	0	0.023
Glutamic acid	g	0.517	0	0.052
Glycine	g	0.124	0	0.012
Proline	g	0.165	0	0.017
Serine	g	0.113	0	0.011
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon, chopped

NDB No. 11677

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11693 Tomatoes, crushed, canned

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	89.44	0.316	31		
Energy	kcal	32		0		
Energy	kJ	134		0		
Protein (N x 5.95)	g	1.64	0.083	31		
Total lipid (fat)	g	0.28	0.030	31		
Carbohydrate, by difference	g	7.29		0		
Fiber, total dietary	g	1.9		0		
Ash	g	1.35	0.061	31		
Sugars, total	g					
Minerals:						
Calcium	mg	34	3.889	31		
Iron	mg	1.30	0.171	31		
Magnesium	mg	20		0		
Phosphorus	mg	32		0		
Potassium	mg	293	21.062	12		
Sodium	mg	132	12.382	27		
Zinc	mg	0.27		0		
Copper	mg	0.183		0		
Manganese	mg	0.183		0		
Selenium	µg	0.6		0		
Vitamins:						
Ascorbic acid	mg	9.2	0.948	33		
Thiamin	mg	0.075		0		
Riboflavin	mg	0.052		0		
Niacin	mg	1.222		0		
Pantothenic acid	mg	0.278		0		
Vitamin B-6	mg	0.150		0		
Folate	µg	13		0		
Vitamin B-12	µg	0.00		0		
Vitamin A	IU	699	71.921	33		
Vitamin A, RE	µg	70		0		
Vitamin E, α-TE	mg	0.532		0		
Lipids:						
Saturated, total	g	0.040		0		
4:0	g	0.000		0		
6:0	g	0.000		0		
8:0	g	0.000		0		
10:0	g	0.000		0		
12:0	g	0.000		0		
14:0	g	0.000		0		
15:0	g					
16:0	g	0.027		0		
17:0	g					
18:0	g	0.010		0		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.043	0
14:1	g		
16:1	g	0.001	0
18:1	g	0.041	0
20:1	g	0.000	0
22:1	g	0.000	0
Polyunsaturated, total	g	0.113	0
18:2	g	0.108	0
18:3	g	0.005	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.012	0
Threonine	g	0.040	0
Isoleucine	g	0.037	0
Leucine	g	0.057	0
Lysine	g	0.057	0
Methionine	g	0.013	0
Cystine	g	0.020	0
Phenylalanine	g	0.040	0
Tyrosine	g	0.027	0
Valine	g	0.040	0
Arginine	g	0.038	0
Histidine	g	0.023	0
Alanine	g	0.045	0
Aspartic acid	g	0.215	0
Glutamic acid	g	0.570	0
Glycine	g	0.038	0
Proline	g	0.030	0
Serine	g	0.042	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11693

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11695 Tomatoes, orange, raw
Lycopersicon esculentum

Refuse: 9% Core and stem ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 158g	Measure 2* 111g	Measure 3*
Proximates:						
Water	g	94.78	0.078	2	149.75	105.21
Energy	kcal	16		0	25	18
Energy	kJ	67		0	106	74
Protein (N x 5.95)	g	1.16	0.064	2	1.83	1.29
Total lipid (fat)	g	0.19	0.002	2	0.30	0.21
Carbohydrate, by difference	g	3.18		0	5.02	3.53
Fiber, total dietary	g	0.9	0.028	2	1.4	1.0
Ash	g	0.69	0.070	2	1.09	0.77
Sugars, total	g					
Minerals:						
Calcium	mg	5	0.354	2	8	6
Iron	mg	0.47	0.064	2	0.74	0.52
Magnesium	mg	8	0.283	2	13	9
Phosphorus	mg	29	0.283	2	46	32
Potassium	mg	212	14.177	2	335	235
Sodium	mg	42	6.258	2	66	47
Zinc	mg	0.14	0.025	2	0.22	0.16
Copper	mg	0.062		0	0.098	0.069
Manganese	mg	0.088		0	0.139	0.098
Selenium	µg	0.4		0	0.6	0.4
Vitamins:						
Ascorbic acid	mg	16.0	0.308	2	25.3	17.8
Thiamin	mg	0.046	0.005	2	0.073	0.051
Riboflavin	mg	0.034	0.001	2	0.054	0.038
Niacin	mg	0.593	0.018	2	0.937	0.658
Pantothenic acid	mg	0.186	0.016	2	0.294	0.206
Vitamin B-6	mg	0.060	0.002	2	0.095	0.067
Folate	µg	29	0.849	2	46	32
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	1496	188.120	2	2364	1661
Vitamin A, RE	µg	150		2	237	167
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.025		0	0.040	0.028
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.019		0	0.030	0.021
17:0	g					
18:0	g	0.007		0	0.011	0.008
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.028	0	0.044	0.031
14:1	g				
16:1	g	0.001	0	0.002	0.001
18:1	g	0.028	0	0.044	0.031
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.076	0	0.120	0.084
18:2	g	0.073	0	0.115	0.081
18:3	g	0.003	0	0.005	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	4	0	6	4
Amino acids:					
Tryptophan	g	0.008	0	0.013	0.009
Threonine	g	0.029	0	0.046	0.032
Isoleucine	g	0.027	0	0.043	0.030
Leucine	g	0.042	0	0.066	0.047
Lysine	g	0.042	0	0.066	0.047
Methionine	g	0.010	0	0.016	0.011
Cystine	g	0.015	0	0.024	0.017
Phenylalanine	g	0.030	0	0.047	0.033
Tyrosine	g	0.020	0	0.032	0.022
Valine	g	0.030	0	0.047	0.033
Arginine	g	0.029	0	0.046	0.032
Histidine	g	0.018	0	0.028	0.020
Alanine	g	0.033	0	0.052	0.037
Aspartic acid	g	0.161	0	0.254	0.179
Glutamic acid	g	0.427	0	0.675	0.474
Glycine	g	0.029	0	0.046	0.032
Proline	g	0.022	0	0.035	0.024
Serine	g	0.031	0	0.049	0.034
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, chopped
 Measure 2: 1 tomato

NDB No. 11695

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11696 Tomatoes, yellow, raw
Lycopersicon esculentum

Refuse: 9% Core and stem ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 139g	Measure 2* 212g	Measure 3*
Proximates:						
Water	g	95.28	0.064	2	132.44	201.99
Energy	kcal	15		0	21	32
Energy	kJ	63		0	88	134
Protein (N x 5.95)	g	0.98	0.186	2	1.36	2.08
Total lipid (fat)	g	0.26	0.108	2	0.36	0.55
Carbohydrate, by difference	g	2.98		0	4.14	6.32
Fiber, total dietary	g	0.7		1	1.0	1.5
Ash	g	0.50	0.166	2	0.70	1.06
Sugars, total	g					
Minerals:						
Calcium	mg	11	1.945	2	15	23
Iron	mg	0.49	0.063	2	0.68	1.04
Magnesium	mg	12	1.308	2	17	25
Phosphorus	mg	36	7.142	2	50	76
Potassium	mg	258	20.966	2	359	547
Sodium	mg	23	7.142	2	32	49
Zinc	mg	0.28	0.112	2	0.39	0.59
Copper	mg	0.101		1	0.140	0.214
Manganese	mg	0.120	0.004	2	0.167	0.254
Selenium	µg	0.4		0	0.6	0.8
Vitamins:						
Ascorbic acid	mg	9.0	3.543	2	12.5	19.1
Thiamin	mg	0.041	0.002	2	0.057	0.087
Riboflavin	mg	0.047	0.011	2	0.065	0.100
Niacin	mg	1.179	0.141	2	1.639	2.499
Pantothenic acid	mg	0.110	0.017	2	0.153	0.233
Vitamin B-6	mg	0.056	0.015	2	0.078	0.119
Folate	µg	30	9.475	2	42	64
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		2	0	0
Vitamin A, RE	µg	0		2	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.036		0	0.050	0.076
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.027		0	0.038	0.057
17:0	g					
18:0	g	0.010		0	0.014	0.021
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.040	0	0.056	0.085
14:1	g				
16:1	g	0.002	0	0.003	0.004
18:1	g	0.039	0	0.054	0.083
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.108	0	0.150	0.229
18:2	g	0.104	0	0.145	0.220
18:3	g	0.004	0	0.006	0.008
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg	6	0	8	13
Amino acids:					
Tryptophan	g	0.007	0	0.010	0.015
Threonine	g	0.024	0	0.033	0.051
Isoleucine	g	0.023	0	0.032	0.049
Leucine	g	0.036	0	0.050	0.076
Lysine	g	0.036	0	0.050	0.076
Methionine	g	0.008	0	0.011	0.017
Cystine	g	0.013	0	0.018	0.028
Phenylalanine	g	0.025	0	0.035	0.053
Tyrosine	g	0.017	0	0.024	0.036
Valine	g	0.025	0	0.035	0.053
Arginine	g	0.024	0	0.033	0.051
Histidine	g	0.015	0	0.021	0.032
Alanine	g	0.028	0	0.039	0.059
Aspartic acid	g	0.135	0	0.188	0.286
Glutamic acid	g	0.359	0	0.499	0.761
Glycine	g	0.024	0	0.033	0.051
Proline	g	0.018	0	0.025	0.038
Serine	g	0.026	0	0.036	0.055
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, chopped
 Measure 2: 1 tomato

NDB No. 11696

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11697 Arrowroot, raw
Maranta arundinacea

Refuse: 15% Peel

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 120g	Measure 2* 33g	Measure 3*
Proximates:						
Water	g	80.75	0.037	2	96.90	26.65
Energy	kcal	65		0	78	21
Energy	kJ	272		0	326	90
Protein (N x 5.95)	g	4.24	0.172	2	5.09	1.40
Total lipid (fat)	g	0.20	0.021	2	0.24	0.07
Carbohydrate, by difference	g	13.38		0	16.06	4.42
Fiber, total dietary	g	1.3	0.163	2	1.6	0.4
Ash	g	1.42	0.152	2	1.70	0.47
Sugars, total	g					
Minerals:						
Calcium	mg	6	0.566	2	7	2
Iron	mg	2.22	0.104	2	2.66	0.73
Magnesium	mg	25	1.273	2	30	8
Phosphorus	mg	98	3.889	2	118	32
Potassium	mg	454	15.415	2	545	150
Sodium	mg	26	11.950	2	31	9
Zinc	mg	0.63	0.087	2	0.76	0.21
Copper	mg	0.121	0.007	2	0.145	0.040
Manganese	mg	0.174	0.017	2	0.209	0.057
Selenium	µg	0.7		0	0.8	0.2
Vitamins:						
Ascorbic acid	mg	1.9		1	2.3	0.6
Thiamin	mg	0.143	0.025	2	0.172	0.047
Riboflavin	mg	0.059	0.005	2	0.071	0.019
Niacin	mg	1.693	0.045	2	2.032	0.559
Pantothenic acid	mg	0.292	0.046	2	0.350	0.096
Vitamin B-6	mg	0.266	0.039	2	0.319	0.088
Folate	µg	338	6.541	2	406	112
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	19	5.918	2	23	6
Vitamin A, RE	µg	2		2	2	1
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.039		0	0.047	0.013
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.002		0	0.002	0.001
15:0	g					
16:0	g	0.035		0	0.042	0.012
17:0	g					
18:0	g	0.002		0	0.002	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.004	0	0.005	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.005	0.001
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.092	0	0.110	0.030
18:2	g	0.074	0	0.089	0.024
18:3	g	0.018	0	0.022	0.006
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, sliced
- Measure 2: 1 root

NDB No. 11697

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11698 Chrysanthemum leaves, raw

Chrysanthemum coronarium

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 51g	Measure 2* 18g	Measure 3*
Proximates:						
Water	g	91.40	0.279	2	46.61	16.45
Energy	kcal	24		0	12	4
Energy	kJ	100		0	51	18
Protein (N x 5.95)	g	3.36	0.309	2	1.71	0.60
Total lipid (fat)	g	0.56	0.056	2	0.29	0.10
Carbohydrate, by difference	g	3.01		0	1.54	0.54
Fiber, total dietary	g	3.0	0.007	2	1.5	0.5
Ash	g	1.67	0.010	2	0.85	0.30
Sugars, total	g					
Minerals:						
Calcium	mg	117	14.142	2	60	21
Iron	mg	2.30	0.508	2	1.17	0.41
Magnesium	mg	32	3.288	2	16	6
Phosphorus	mg	54	2.722	2	28	10
Potassium	mg	567	58.725	2	289	102
Sodium	mg	118	3.394	2	60	21
Zinc	mg	0.71	0.117	2	0.36	0.13
Copper	mg	0.137		1	0.070	0.025
Manganese	mg	0.943	0.346	2	0.481	0.170
Selenium	µg	0.3		0	0.2	0.1
Vitamins:						
Ascorbic acid	mg	1.4		1	0.7	0.3
Thiamin	mg	0.130	0.013	2	0.066	0.023
Riboflavin	mg	0.144	0.020	2	0.073	0.026
Niacin	mg	0.531	0.114	2	0.271	0.096
Pantothenic acid	mg	0.221	0.015	2	0.113	0.040
Vitamin B-6	mg	0.176	0.011	2	0.090	0.032
Folate	µg	177	53.775	2	90	32
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	1870	473.615	2	954	337
Vitamin A, RE	µg	187		2	95	34
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, chopped
 Measure 2: 1 leaf

NDB No. 11698

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11700 Amaranth leaves, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 132g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.49	1	120.77		
Energy	kcal	21	0	28		
Energy	kJ	88	0	116		
Protein (N x 5.95)	g	2.11	1	2.79		
Total lipid (fat)	g	0.18	1	0.24		
Carbohydrate, by difference	g	4.11	0	5.43		
Fiber, total dietary	g					
Ash	g	2.11	1	2.79		
Sugars, total	g					
Minerals:						
Calcium	mg	209	0	276		
Iron	mg	2.26	1	2.98		
Magnesium	mg	55	1	73		
Phosphorus	mg	72	1	95		
Potassium	mg	641	1	846		
Sodium	mg	257	0	339		
Zinc	mg	0.88	0	1.16		
Copper	mg	0.158	0	0.209		
Manganese	mg	0.861	0	1.137		
Selenium	µg	0.9	0	1.2		
Vitamins:						
Ascorbic acid	mg	41.1	8.325	5	54.3	
Thiamin	mg	0.020	0.010	5	0.026	
Riboflavin	mg	0.134	0.027	5	0.177	
Niacin	mg	0.559	0.090	5	0.738	
Pantothenic acid	mg	0.062		0	0.082	
Vitamin B-6	mg	0.177		0	0.234	
Folate	µg	57		0	75	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	2770	1140.712	5	3656	
Vitamin A, RE	µg	277	114.071	5	366	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.050	0	0.066		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.040	0	0.053		
17:0	g					
18:0	g	0.006	0	0.008		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.041	0	0.054
14:1	g			
16:1	g			
18:1	g	0.041	0	0.054
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.080	0	0.106
18:2	g	0.079	0	0.104
18:3	g	0.001	0	0.001
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	0.027	0	0.036
Threonine	g	0.085	0	0.112
Isoleucine	g	0.102	0	0.135
Leucine	g	0.167	0	0.220
Lysine	g	0.109	0	0.144
Methionine	g	0.031	0	0.041
Cystine	g	0.025	0	0.033
Phenylalanine	g	0.114	0	0.150
Tyrosine	g	0.068	0	0.090
Valine	g	0.118	0	0.156
Arginine	g	0.104	0	0.137
Histidine	g	0.044	0	0.058
Alanine	g	0.119	0	0.157
Aspartic acid	g	0.196	0	0.259
Glutamic acid	g	0.250	0	0.330
Glycine	g	0.113	0	0.149
Proline	g	0.104	0	0.137
Serine	g	0.095	0	0.125
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11700

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11701 Arrowhead, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 12g	Measure 2*	Measure 3*
Proximates:						
Water	g	77.08	1	9.25		
Energy	kcal	78	0	9		
Energy	kJ	326	0	39		
Protein (N x 5.95)	g	4.49	1	0.54		
Total lipid (fat)	g	0.10	1	0.01		
Carbohydrate, by difference	g	16.14	0	1.94		
Fiber, total dietary	g					
Ash	g	2.19	1	0.26		
Sugars, total	g					
Minerals:						
Calcium	mg	7	1	1		
Iron	mg	1.21	1	0.15		
Magnesium	mg	49	1	6		
Phosphorus	mg	197	1	24		
Potassium	mg	881	1	106		
Sodium	mg	254	0	30		
Zinc	mg	0.22	0	0.03		
Copper	mg	0.135	0	0.016		
Manganese	mg	0.285	0	0.034		
Selenium	µg	0.6	0	0.1		
Vitamins:						
Ascorbic acid	mg	0.3	1	0.0		
Thiamin	mg	0.144	1	0.017		
Riboflavin	mg	0.060	1	0.007		
Niacin	mg	1.160	1	0.139		
Pantothenic acid	mg	0.449	0	0.054		
Vitamin B-6	mg	0.206	0	0.025		
Folate	µg	9	0	1		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	0	0	0		
Vitamin A, RE	µg	0	0	0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 medium corn

NDB No. 11701

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11702 Artichokes, (globe or french), cooked, boiled, drained, with salt

Refuse: 60% Stems and inedible parts of bracts and flower

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 120g	Measure 2* 84g	Measure 3*
Proximates:						
Water	g	83.97	0	100.76	70.53	
Energy	kcal	50	0	60	42	
Energy	kJ	209	0	251	176	
Protein (N x 5.95)	g	3.48	0	4.18	2.92	
Total lipid (fat)	g	0.16	0	0.19	0.13	
Carbohydrate, by difference	g	11.18	0	13.42	9.39	
Fiber, total dietary	g	5.4	0	6.5	4.5	
Ash	g	1.21	0	1.45	1.02	
Sugars, total	g					
Minerals:						
Calcium	mg	45	0	54	38	
Iron	mg	1.29	0	1.55	1.08	
Magnesium	mg	60	0	72	50	
Phosphorus	mg	86	0	103	72	
Potassium	mg	354	0	425	297	
Sodium	mg	331	0	397	278	
Zinc	mg	0.49	0	0.59	0.41	
Copper	mg	0.233	0	0.280	0.196	
Manganese	mg	0.259	0	0.311	0.218	
Selenium	µg	0.2	0	0.2	0.2	
Vitamins:						
Ascorbic acid	mg	10.0	0	12.0	8.4	
Thiamin	mg	0.065	0	0.078	0.055	
Riboflavin	mg	0.066	0	0.079	0.055	
Niacin	mg	1.001	0	1.201	0.841	
Pantothenic acid	mg	0.342	0	0.410	0.287	
Vitamin B-6	mg	0.111	0	0.133	0.093	
Folate	µg	51	0	61	43	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	177	0	212	149	
Vitamin A, RE	µg	18	0	22	15	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.037	0	0.044	0.031	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.002	0	0.002	0.002	
14:0	g	0.002	0	0.002	0.002	
15:0	g					
16:0	g	0.031	0	0.037	0.026	
17:0	g					
18:0	g	0.003	0	0.004	0.003	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.006	0.004
14:1	g				
16:1	g				
18:1	g	0.005	0	0.006	0.004
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.068	0	0.082	0.057
18:2	g	0.049	0	0.059	0.041
18:3	g	0.018	0	0.022	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				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 medium artichoke
- Measure 2: 1/2 cup hearts

NDB No. 11702

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11703 Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 168g	Measure 2* 240g	Measure 3* 80g
Proximates:						
Water	g	86.50	0	145.32	207.60	69.20
Energy	kcal	45	0	76	108	36
Energy	kJ	188	0	316	451	150
Protein (N x 5.95)	g	3.11	0	5.22	7.46	2.49
Total lipid (fat)	g	0.50	0	0.84	1.20	0.40
Carbohydrate, by difference	g	9.18	0	15.42	22.03	7.34
Fiber, total dietary	g	4.6	0	7.7	11.0	3.7
Ash	g	0.71	0	1.19	1.70	0.57
Sugars, total	g					
Minerals:						
Calcium	mg	21	0	35	50	17
Iron	mg	0.56	0	0.94	1.34	0.45
Magnesium	mg	31	0	52	74	25
Phosphorus	mg	61	0	102	146	49
Potassium	mg	264	0	444	634	211
Sodium	mg	289	0	486	694	231
Zinc	mg	0.36	0	0.60	0.86	0.29
Copper	mg	0.061	0	0.102	0.146	0.049
Manganese	mg	0.273	0	0.459	0.655	0.218
Selenium	µg	0.2	0	0.3	0.5	0.2
Vitamins:						
Ascorbic acid	mg	5.0	0	8.4	12.0	4.0
Thiamin	mg	0.062	0	0.104	0.149	0.050
Riboflavin	mg	0.158	0	0.265	0.379	0.126
Niacin	mg	0.915	0	1.537	2.196	0.732
Pantothenic acid	mg	0.200	0	0.336	0.480	0.160
Vitamin B-6	mg	0.087	0	0.146	0.209	0.070
Folate	µg	119	0	200	285	95
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00
Vitamin A	IU	164	0	276	394	131
Vitamin A, RE	µg	16	0	27	38	13
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.117	0	0.197	0.281	0.094
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.005	0	0.008	0.012	0.004
14:0	g	0.005	0	0.008	0.012	0.004
15.0	g					
16:0	g	0.097	0	0.163	0.233	0.078
17:0	g					
18:0	g	0.010	0	0.017	0.024	0.008
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.015	0	0.025	0.036	0.012
14:1	g					
16:1	g					
18:1	g	0.015	0	0.025	0.036	0.012
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.212	0	0.356	0.509	0.170
18:2	g	0.154	0	0.259	0.370	0.123
18:3	g	0.058	0	0.097	0.139	0.046
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 package (9 oz), yields
- Measure 3: yield, 1/3 of 9 oz package

NDB No. 11703

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11705 Asparagus, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 90g	Measure 2* 60g	Measure 3*
Proximates:						
Water	g	92.20	0.493	2	82.98	55.32
Energy	kcal	24		0	22	14
Energy	kJ	100		0	90	60
Protein (N x 5.95)	g	2.59	0.035	2	2.33	1.55
Total lipid (fat)	g	0.31	0.180	2	0.28	0.19
Carbohydrate, by difference	g	4.23		0	3.81	2.54
Fiber, total dietary	g	2.1		0	1.9	1.3
Ash	g	0.66	0.100	2	0.59	0.40
Sugars, total	g					
Minerals:						
Calcium	mg	20	0.538	32	18	12
Iron	mg	0.73	0.052	34	0.66	0.44
Magnesium	mg	10	0.413	33	9	6
Phosphorus	mg	54	1.552	32	49	32
Potassium	mg	160	8.751	33	144	96
Sodium	mg	240		0	216	144
Zinc	mg	0.42	0.014	33	0.38	0.25
Copper	mg	0.112	0.004	33	0.101	0.067
Manganese	mg	0.152	0.005	32	0.137	0.091
Selenium	µg	1.7	0.359	15	1.5	1.0
Vitamins:						
Ascorbic acid	mg	10.8		1	9.7	6.5
Thiamin	mg	0.123		1	0.111	0.074
Riboflavin	mg	0.126		1	0.113	0.076
Niacin	mg	1.082		1	0.974	0.649
Pantothenic acid	mg	0.161	0.000	1	0.145	0.097
Vitamin B-6	mg	0.122		1	0.110	0.073
Folate	µg	146	8.000	4	131	88
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	539		1	485	323
Vitamin A, RE	µg	54		0	49	32
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.071		0	0.064	0.043
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001		1	0.001	0.001
14:0	g	0.001		1	0.001	0.001
15:0	g					
16:0	g	0.064		1	0.058	0.038
17:0	g					
18:0	g	0.004		1	0.004	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.009	0.006
14:1	g				
16:1	g	0.001	1	0.001	0.001
18:1	g	0.009	1	0.008	0.005
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.136	0	0.122	0.082
18:2	g	0.129	1	0.116	0.077
18:3	g	0.007	1	0.006	0.004
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg	24	1	22	14
Amino acids:					
Tryptophan	g	0.025	0	0.023	0.015
Threonine	g	0.072	0	0.065	0.043
Isoleucine	g	0.095	0	0.086	0.057
Leucine	g	0.113	0	0.102	0.068
Lysine	g	0.123	0	0.111	0.074
Methionine	g	0.025	0	0.023	0.015
Cystine	g	0.031	0	0.028	0.019
Phenylalanine	g	0.061	0	0.055	0.037
Tyrosine	g	0.041	0	0.037	0.025
Valine	g	0.100	0	0.090	0.060
Arginine	g	0.121	0	0.109	0.073
Histidine	g	0.040	0	0.036	0.024
Alanine	g	0.122	0	0.110	0.073
Aspartic acid	g	0.301	0	0.271	0.181
Glutamic acid	g	0.425	0	0.383	0.255
Glycine	g	0.084	0	0.076	0.050
Proline	g	0.138	0	0.124	0.083
Serine	g	0.099	0	0.089	0.059
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 4 spears, (1/2" base)

NDB No. 11705

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11707 Asparagus, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 122g	Measure 2* 411g	Measure 3*
Proximates:						
Water	g	94.32	0.036	186	115.07	387.66
Energy	kcal	15		0	18	62
Energy	kJ	63		0	77	259
Protein (N x 5.95)	g	1.80	0.021	158	2.20	7.40
Total lipid (fat)	g	0.18	0.006	142	0.22	0.74
Carbohydrate, by difference	g	2.47		0	3.01	10.15
Fiber, total dietary	g	1.0		0	1.2	4.1
Ash	g	1.22	0.020	5	1.49	5.01
Sugars, total	g					
Minerals:						
Calcium	mg	15	0.326	166	18	62
Iron	mg	0.60	0.034	195	0.73	2.47
Magnesium	mg	9	0.129	143	11	37
Phosphorus	mg	38	0.385	153	46	156
Potassium	mg	172	3.682	112	210	707
Sodium	mg	26	6.065	6	32	107
Zinc	mg	0.47	0.009	78	0.57	1.93
Copper	mg	0.107	0.004	78	0.131	0.440
Manganese	mg	0.152		0	0.185	0.625
Selenium	µg	1.6		0	2.0	6.6
Vitamins:						
Ascorbic acid	mg	16.5	0.468	120	20.1	67.8
Thiamin	mg	0.054	0.002	138	0.066	0.222
Riboflavin	mg	0.089	0.002	156	0.109	0.366
Niacin	mg	0.851		153	1.038	3.498
Pantothenic acid	mg	0.124		0	0.151	0.510
Vitamin B-6	mg	0.098		0	0.120	0.403
Folate	µg	85	10.820	3	104	351
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	526	11.237	203	642	2162
Vitamin A, RE	µg	53		0	65	218
Vitamin E, α-TE	mg	0.126		0	0.154	0.518
Lipids:						
Saturated, total	g	0.044		0	0.054	0.181
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001		0	0.001	0.004
14:0	g	0.001		0	0.001	0.004
15:0	g					
16:0	g	0.039		0	0.048	0.160
17:0	g					
18:0	g	0.003		0	0.004	0.012
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.006	0	0.007	0.025
14:1	g				
16:1	g	0.001	0	0.001	0.004
18:1	g	0.005	0	0.006	0.021
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.085	0	0.104	0.349
18:2	g	0.080	0	0.098	0.329
18:3	g	0.004	0	0.005	0.016
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	0.018	0	0.022	0.074
Threonine	g	0.050	0	0.061	0.206
Isoleucine	g	0.066	0	0.081	0.271
Leucine	g	0.078	0	0.095	0.321
Lysine	g	0.085	0	0.104	0.349
Methionine	g	0.017	0	0.021	0.070
Cystine	g	0.021	0	0.026	0.086
Phenylalanine	g	0.043	0	0.052	0.177
Tyrosine	g	0.029	0	0.035	0.119
Valine	g	0.069	0	0.084	0.284
Arginine	g	0.084	0	0.102	0.345
Histidine	g	0.028	0	0.034	0.115
Alanine	g	0.085	0	0.104	0.349
Aspartic acid	g	0.209	0	0.255	0.859
Glutamic acid	g	0.295	0	0.360	1.212
Glycine	g	0.058	0	0.071	0.238
Proline	g	0.096	0	0.117	0.395
Serine	g	0.069	0	0.084	0.284
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (300 x 407)

NDB No. 11707

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11709 Asparagus, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2* 293g	Measure 3* 60g	
Proximates:							
Water	g	91.15	0	164.07	267.07	54.69	
Energy	kcal	28	0	50	82	17	
Energy	kJ	117	0	211	343	70	
Protein (N x 5.95)	g	2.95	0.108	4	5.31	8.64	1.77
Total lipid (fat)	g	0.42	0.079	4	0.76	1.23	0.25
Carbohydrate, by difference	g	4.87		0	8.77	14.27	2.92
Fiber, total dietary	g	1.6		0	2.9	4.7	1.0
Ash	g	0.61	0.043	4	1.10	1.79	0.37
Sugars, total	g						
Minerals:							
Calcium	mg	23		0	41	67	14
Iron	mg	0.64	0.065	4	1.15	1.88	0.38
Magnesium	mg	13		0	23	38	8
Phosphorus	mg	55		0	99	161	33
Potassium	mg	218		0	392	639	131
Sodium	mg	240		0	432	703	144
Zinc	mg	0.56	0.057	4	1.01	1.64	0.34
Copper	mg	0.171	0.005	4	0.308	0.501	0.103
Manganese	mg	0.185		0	0.333	0.542	0.111
Selenium	µg	1.7	0.359	15	3.1	5.0	1.0
Vitamins:							
Ascorbic acid	mg	24.4		0	43.9	71.5	14.6
Thiamin	mg	0.065	0.025	3	0.117	0.190	0.039
Riboflavin	mg	0.103	0.018	3	0.185	0.302	0.062
Niacin	mg	1.038		0	1.868	3.041	0.623
Pantothenic acid	mg	0.158		0	0.284	0.463	0.095
Vitamin B-6	mg	0.020	0.005	3	0.036	0.059	0.012
Folate	µg	135	25.658	6	242	395	81
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	818		0	1472	2397	491
Vitamin A, RE	µg	82		0	148	240	49
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.095		0	0.171	0.278	0.057
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.002	0.003	0.001
14:0	g	0.003		0	0.005	0.009	0.002
15:0	g						
16:0	g	0.085		0	0.153	0.249	0.051
17:0	g						
18:0	g	0.006		0	0.011	0.018	0.004
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.023	0.038	0.008
14:1	g					
16:1	g	0.002	0	0.004	0.006	0.001
18:1	g	0.011	0	0.020	0.032	0.007
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.184	0	0.331	0.539	0.110
18:2	g	0.174	0	0.313	0.510	0.104
18:3	g	0.010	0	0.018	0.029	0.006
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.029	0	0.052	0.085	0.017
Threonine	g	0.082	0	0.148	0.240	0.049
Isoleucine	g	0.109	0	0.196	0.319	0.065
Leucine	g	0.128	0	0.230	0.375	0.077
Lysine	g	0.140	0	0.252	0.410	0.084
Methionine	g	0.028	0	0.050	0.082	0.017
Cystine	g	0.035	0	0.063	0.103	0.021
Phenylalanine	g	0.070	0	0.126	0.205	0.042
Tyrosine	g	0.047	0	0.085	0.138	0.028
Valine	g	0.114	0	0.205	0.334	0.068
Arginine	g	0.138	0	0.248	0.404	0.083
Histidine	g	0.046	0	0.083	0.135	0.028
Alanine	g	0.139	0	0.250	0.407	0.083
Aspartic acid	g	0.342	0	0.616	1.002	0.205
Glutamic acid	g	0.483	0	0.869	1.415	0.290
Glycine	g	0.096	0	0.173	0.281	0.058
Proline	g	0.157	0	0.283	0.460	0.094
Serine	g	0.112	0	0.202	0.328	0.067
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 package (10 oz) yields
- Measure 3: 4 spears

NDB No. 11709

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11710 Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 58g	Measure 2*	Measure 3*
Proximates:						
Water	g	88.69	1	51.44		
Energy	kcal	35	0	20		
Energy	kJ	146	0	85		
Protein (N x 5.95)	g	3.60	1	2.09		
Total lipid (fat)	g	0.20	1	0.12		
Carbohydrate, by difference	g	6.78	0	3.93		
Fiber, total dietary	g	1.9	0	1.1		
Ash	g	0.73	1	0.42		
Sugars, total	g					
Minerals:						
Calcium	mg	42	0	24		
Iron	mg	1.02	0	0.59		
Magnesium	mg	94	1	55		
Phosphorus	mg	77	1	45		
Potassium	mg	602	1	349		
Sodium	mg	249	0	144		
Zinc	mg	0.30	0	0.17		
Copper	mg	0.201	0	0.117		
Manganese	mg	0.536	0	0.311		
Selenium	µg	0.9	0	0.5		
Vitamins:						
Ascorbic acid	mg	55.6	0	32.2		
Thiamin	mg	0.147	0	0.085		
Riboflavin	mg	0.282	0	0.164		
Niacin	mg	0.995	0	0.577		
Pantothenic acid	mg	0.060	0	0.035		
Vitamin B-6	mg	0.760	0	0.441		
Folate	µg	88	0	51		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	1733	0	1005		
Vitamin A, RE	µg	173	0	100		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11710

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11711 Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 124g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.95	1	116.50		
Energy	kcal	19	0	24		
Energy	kJ	79	0	98		
Protein (N x 5.95)	g	0.84	1	1.04		
Total lipid (fat)	g	0.18	1	0.22		
Carbohydrate, by difference	g	4.32	0	5.36		
Fiber, total dietary	g	2.0	0	2.5		
Ash	g	0.71	1	0.88		
Sugars, total	g					
Minerals:						
Calcium	mg	9	1	11		
Iron	mg	0.38	1	0.47		
Magnesium	mg	16	1	20		
Phosphorus	mg	36	1	45		
Potassium	mg	319	1	396		
Sodium	mg	242	0	300		
Zinc	mg	0.77	0	0.95		
Copper	mg	0.033	0	0.041		
Manganese	mg	0.086	0	0.107		
Selenium	µg	0.2	0	0.2		
Vitamins:						
Ascorbic acid	mg	33.0	0	40.9		
Thiamin	mg	0.051	0	0.063		
Riboflavin	mg	0.053	0	0.066		
Niacin	mg	0.280	0	0.347		
Pantothenic acid	mg	0.193	0	0.239		
Vitamin B-6	mg	0.041	0	0.051		
Folate	µg	51	0	63		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	113	0	140		
Vitamin A, RE	µg	11	0	14		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, (1/2" pieces)

NDB No. 11711

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11712 Bamboo shoots, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 120g	Measure 2* 144g	Measure 3*
Proximates:						
Water	g	95.92	0	115.10	138.12	
Energy	kcal	12	0	14	17	
Energy	kJ	50	0	60	72	
Protein (N x 5.95)	g	1.53	0	1.84	2.20	
Total lipid (fat)	g	0.22	0	0.26	0.32	
Carbohydrate, by difference	g	1.92	0	2.30	2.76	
Fiber, total dietary	g	1.0	0	1.2	1.4	
Ash	g	0.41	0	0.49	0.59	
Sugars, total	g					
Minerals:						
Calcium	mg	12	0	14	17	
Iron	mg	0.24	0	0.29	0.35	
Magnesium	mg	3	0	4	4	
Phosphorus	mg	20	0	24	29	
Potassium	mg	533	45.174	640	768	
Sodium	mg	240	0	288	346	
Zinc	mg	0.47	0	0.56	0.68	
Copper	mg	0.082	0	0.098	0.118	
Manganese	mg	0.113	0	0.136	0.163	
Selenium	µg	0.4	0	0.5	0.6	
Vitamins:						
Ascorbic acid	mg	0.0	0	0.0	0.0	
Thiamin	mg	0.020	0	0.024	0.029	
Riboflavin	mg	0.050	0	0.060	0.072	
Niacin	mg	0.300	0	0.360	0.432	
Pantothenic acid	mg	0.066	0	0.079	0.095	
Vitamin B-6	mg	0.098	0	0.118	0.141	
Folate	µg	2	0	3	3	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.051	0	0.061	0.073	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001	0	0.001	0.001	
14:0	g	0.002	0	0.002	0.003	
15:0	g					
16:0	g	0.038	0	0.046	0.055	
17:0	g					
18:0	g	0.004	0	0.005	0.006	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.006	0.007
14:1	g				
16:1	g				
18:1	g	0.005	0	0.006	0.007
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.098	0	0.118	0.141
18:2	g	0.083	0	0.100	0.120
18:3	g	0.015	0	0.018	0.022
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	0.016	0	0.019	0.023
Threonine	g	0.050	0	0.060	0.072
Isoleucine	g	0.051	0	0.061	0.073
Leucine	g	0.082	0	0.098	0.118
Lysine	g	0.079	0	0.095	0.114
Methionine	g	0.017	0	0.020	0.024
Cystine	g	0.013	0	0.016	0.019
Phenylalanine	g	0.053	0	0.064	0.076
Tyrosine	g				
Valine	g	0.062	0	0.074	0.089
Arginine	g	0.057	0	0.068	0.082
Histidine	g	0.025	0	0.030	0.036
Alanine	g	0.072	0	0.086	0.104
Aspartic acid	g	0.249	0	0.299	0.359
Glutamic acid	g	0.145	0	0.174	0.209
Glycine	g	0.051	0	0.061	0.073
Proline	g	0.129	0	0.155	0.186
Serine	g	0.075	0	0.090	0.108
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, (1/2" slices)
- Measure 2: 1 shoot

NDB No. 11712

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11713 Beans, kidney, mature seeds, sprouted, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	89.30	0			
Energy	kcal	33	0			
Energy	kJ	138	0			
Protein (N x 5.95)	g	4.83	0			
Total lipid (fat)	g	0.58	0			
Carbohydrate, by difference	g	4.72	0			
Fiber, total dietary	g					
Ash	g	0.58	0			
Sugars, total	g					
Minerals:						
Calcium	mg	19	0			
Iron	mg	0.89	0			
Magnesium	mg	23	0			
Phosphorus	mg	38	0			
Potassium	mg	194	0			
Sodium	mg	243	0			
Zinc	mg	0.44	0			
Copper	mg	0.174	0			
Manganese	mg	0.199	0			
Selenium	µg	0.6	0			
Vitamins:						
Ascorbic acid	mg	35.6	0			
Thiamin	mg	0.362	0			
Riboflavin	mg	0.273	0			
Niacin	mg	3.024	0			
Pantothenic acid	mg	0.381	0			
Vitamin B-6	mg	0.093	0			
Folate	µg	47	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	2	0			
Vitamin A, RE	µg	0	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.083	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.074	0			
17:0	g					
18:0	g	0.010	0			
20:0	g					
22.0	g					
24:0	g					

Monounsaturated, total	g	0.045	0
14:1	g		
16:1	g		
18:1	g	0.045	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.318	0
18:2	g	0.123	0
18:3	g	0.194	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.050	0
Threonine	g	0.203	0
Isoleucine	g	0.214	0
Leucine	g	0.347	0
Lysine	g	0.275	0
Methionine	g	0.050	0
Cystine	g	0.055	0
Phenylalanine	g	0.243	0
Tyrosine	g	0.166	0
Valine	g	0.248	0
Arginine	g	0.263	0
Histidine	g	0.135	0
Alanine	g	0.200	0
Aspartic acid	g	0.628	0
Glutamic acid	g	0.589	0
Glycine	g	0.166	0
Proline	g	0.195	0
Serine	g	0.258	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11713

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11714 Lima beans, immature seeds, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:						
Water	g	67.17	0.946	12	114.19	
Energy	kcal	123		0	209	
Energy	kJ	515		0	876	
Protein (N x 5.95)	g	6.81	0.110	12	11.58	
Total lipid (fat)	g	0.32	0.043	12	0.54	
Carbohydrate, by difference	g	23.64		0	40.19	
Fiber, total dietary	g	5.3		0	9.0	
Ash	g	2.06	0.052	12	3.50	
Sugars, total	g					
Minerals:						
Calcium	mg	32	1.150	12	54	
Iron	mg	2.45	0.082	12	4.17	
Magnesium	mg	74	1.821	12	126	
Phosphorus	mg	130	5.484	12	221	
Potassium	mg	570	11.768	12	969	
Sodium	mg	253		0	430	
Zinc	mg	0.79	0.032	12	1.34	
Copper	mg	0.305	0.012	12	0.518	
Manganese	mg	1.252	0.097	12	2.128	
Selenium	µg	2.0		0	3.4	
Vitamins:						
Ascorbic acid	mg	10.1	0.660	12	17.2	
Thiamin	mg	0.140	0.002	12	0.238	
Riboflavin	mg	0.096	0.001	12	0.163	
Niacin	mg	1.040	0.033	12	1.768	
Pantothenic acid	mg	0.257	0.014	12	0.437	
Vitamin B-6	mg	0.193	0.013	12	0.328	
Folate	µg	26		0	45	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	370	38.105	12	629	
Vitamin A, RE	µg	37	3.811	12	63	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.073		0	0.124	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001		0	0.002	
15:0	g					
16:0	g	0.064		0	0.109	
17:0	g					
18:0	g	0.008		0	0.014	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.019	0	0.032
14:1	g			
16:1	g			
18:1	g	0.019	0	0.032
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.154	0	0.262
18:2	g	0.104	0	0.177
18:3	g	0.050	0	0.085
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	0.089	0	0.151
Threonine	g	0.289	0	0.491
Isoleucine	g	0.438	0	0.745
Leucine	g	0.535	0	0.910
Lysine	g	0.450	0	0.765
Methionine	g	0.068	0	0.116
Cystine	g	0.083	0	0.141
Phenylalanine	g	0.336	0	0.571
Tyrosine	g	0.219	0	0.372
Valine	g	0.425	0	0.723
Arginine	g	0.456	0	0.775
Histidine	g	0.231	0	0.393
Alanine	g	0.258	0	0.439
Aspartic acid	g	0.731	0	1.243
Glutamic acid	g	0.877	0	1.491
Glycine	g	0.273	0	0.464
Proline	g	0.101	0	0.172
Serine	g	0.425	0	0.723
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11714

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11715 Lima beans, immature seeds, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	81.17	0.243	106	100.65	368.51
Energy	kcal	71		0	88	322
Energy	kJ	297		0	368	1348
Protein (N x 5.95)	g	4.07	0.068	109	5.05	18.48
Total lipid (fat)	g	0.29	0.016	107	0.36	1.32
Carbohydrate, by difference	g	13.33		0	16.53	60.52
Fiber, total dietary	g	3.6		0	4.5	16.3
Ash	g	1.14	0.039	108	1.41	5.18
Sugars, total	g					
Minerals:						
Calcium	mg	28	0.908	115	35	127
Iron	mg	1.61	0.062	115	2.00	7.31
Magnesium	mg	34	0.578	82	42	154
Phosphorus	mg	71	1.541	120	88	322
Potassium	mg	285	7.240	106	353	1294
Sodium	mg	4	1.263	4	5	18
Zinc	mg	0.64	0.019	44	0.79	2.91
Copper	mg	0.162	0.008	44	0.201	0.735
Manganese	mg	0.700	0.051	6	0.868	3.178
Selenium	µg	1.1		0	1.4	5.0
Vitamins:						
Ascorbic acid	mg	8.7	0.261	145	10.8	39.5
Thiamin	mg	0.029	0.001	134	0.036	0.132
Riboflavin	mg	0.043	0.000	134	0.053	0.195
Niacin	mg	0.532	0.012	140	0.660	2.415
Pantothenic acid	mg	0.095	0.006	6	0.118	0.431
Vitamin B-6	mg	0.062	0.003	6	0.077	0.281
Folate	µg	16		0	20	73
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	150	8.200	122	186	681
Vitamin A, RE	µg	15		0	19	68
Vitamin E, α-TE	mg	0.290		0	0.360	1.317
Lipids:						
Saturated, total	g	0.066		0	0.082	0.300
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.001		0	0.001	0.005
15:0	g					
16:0	g	0.057		0	0.071	0.259
17:0	g					
18:0	g	0.007		0	0.009	0.032
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.016	0	0.020	0.073
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.016	0	0.020	0.073
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.139	0	0.172	0.631
18:2	g	0.094	0	0.117	0.427
18:3	g	0.045	0	0.056	0.204
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.054	0	0.067	0.245
Threonine	g	0.173	0	0.215	0.785
Isoleucine	g	0.261	0	0.324	1.185
Leucine	g	0.319	0	0.396	1.448
Lysine	g	0.268	0	0.332	1.217
Methionine	g	0.040	0	0.050	0.182
Cystine	g	0.049	0	0.061	0.222
Phenylalanine	g	0.200	0	0.248	0.908
Tyrosine	g	0.131	0	0.162	0.595
Valine	g	0.254	0	0.315	1.153
Arginine	g	0.272	0	0.337	1.235
Histidine	g	0.138	0	0.171	0.627
Alanine	g	0.154	0	0.191	0.699
Aspartic acid	g	0.436	0	0.541	1.979
Glutamic acid	g	0.523	0	0.649	2.374
Glycine	g	0.163	0	0.202	0.740
Proline	g	0.068	0	0.084	0.309
Serine	g	0.254	0	0.315	1.153
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11715

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11716 Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 311g	Measure 2* 90g	Measure 3*
Proximates:						
Water	g	72.35	0.438	6	225.01	65.11
Energy	kcal	105		0	327	95
Energy	kJ	439		0	1365	395
Protein (N x 5.95)	g	6.65	0.468	6	20.68	5.99
Total lipid (fat)	g	0.30	0.051	6	0.93	0.27
Carbohydrate, by difference	g	19.45		0	60.49	17.50
Fiber, total dietary	g	6.0		0	18.7	5.4
Ash	g	1.25	0.056	6	3.89	1.13
Sugars, total	g					
Minerals:						
Calcium	mg	28	1.613	6	87	25
Iron	mg	1.96	0.087	6	6.10	1.76
Magnesium	mg	56	0.839	6	174	50
Phosphorus	mg	112	2.260	6	348	101
Potassium	mg	411	24.148	6	1278	370
Sodium	mg	265		0	824	239
Zinc	mg	0.55	0.023	6	1.71	0.50
Copper	mg	0.197	0.020	6	0.613	0.177
Manganese	mg	0.813	0.054	6	2.528	0.732
Selenium	µg	1.7		0	5.3	1.5
Vitamins:						
Ascorbic acid	mg	5.8		0	18.0	5.2
Thiamin	mg	0.070	0.002	6	0.218	0.063
Riboflavin	mg	0.055	0.000	6	0.171	0.050
Niacin	mg	0.770	0.040	6	2.395	0.693
Pantothenic acid	mg	0.177	0.009	6	0.550	0.159
Vitamin B-6	mg	0.115	0.009	6	0.358	0.104
Folate	µg	16		0	48	14
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	167	8.281	6	519	150
Vitamin A, RE	µg	17	0.828	6	53	15
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.068		0	0.211	0.061
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001		0	0.003	0.001
15:0	g					
16:0	g	0.060		0	0.187	0.054
17:0	g					
18:0	g	0.008		0	0.025	0.007
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.017	0	0.053	0.015
14:1	g				
16:1	g				
18:1	g	0.017	0	0.053	0.015
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.145	0	0.451	0.130
18:2	g	0.098	0	0.305	0.088
18:3	g	0.047	0	0.146	0.042
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	0.271	0.078
Threonine	g	0.282	0	0.877	0.254
Isoleucine	g	0.428	0	1.331	0.385
Leucine	g	0.522	0	1.623	0.470
Lysine	g	0.439	0	1.365	0.395
Methionine	g	0.066	0	0.205	0.059
Cystine	g	0.081	0	0.252	0.073
Phenylalanine	g	0.328	0	1.020	0.295
Tyrosine	g	0.214	0	0.666	0.193
Valine	g	0.415	0	1.291	0.374
Arginine	g	0.445	0	1.384	0.401
Histidine	g	0.226	0	0.703	0.203
Alanine	g	0.252	0	0.784	0.227
Aspartic acid	g	0.714	0	2.221	0.643
Glutamic acid	g	0.857	0	2.665	0.771
Glycine	g	0.266	0	0.827	0.239
Proline	g	0.099	0	0.308	0.089
Serine	g	0.415	0	1.291	0.374
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11716

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11717 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 311g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	73.50	0	228.59	62.48	
Energy	kcal	100	0	311	85	
Energy	kJ	418	0	1300	355	
Protein (N x 5.95)	g	6.07	0	18.88	5.16	
Total lipid (fat)	g	0.34	0	1.06	0.29	
Carbohydrate, by difference	g	18.80	0	58.47	15.98	
Fiber, total dietary	g	5.8	0	18.0	4.9	
Ash	g	1.30	0	4.04	1.10	
Sugars, total	g					
Minerals:						
Calcium	mg	22	0	68	19	
Iron	mg	1.36	0	4.23	1.16	
Magnesium	mg	34	0	106	29	
Phosphorus	mg	63	0	196	54	
Potassium	mg	408	0	1269	347	
Sodium	mg	289	0	899	246	
Zinc	mg	0.44	0	1.37	0.37	
Copper	mg	0.055	0	0.171	0.047	
Manganese	mg	0.311	0	0.967	0.264	
Selenium	µg	1.6	0	5.0	1.4	
Vitamins:						
Ascorbic acid	mg	12.8	0	39.8	10.9	
Thiamin	mg	0.074	0	0.230	0.063	
Riboflavin	mg	0.061	0	0.190	0.052	
Niacin	mg	1.069	0	3.325	0.909	
Pantothenic acid	mg	0.163	0	0.507	0.139	
Vitamin B-6	mg	0.122	0	0.379	0.104	
Folate	µg	21	0	66	18	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	190	0	591	162	
Vitamin A, RE	µg	19	0	59	16	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.077	0	0.239	0.065	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001	0	0.003	0.001	
15:0	g					
16:0	g	0.067	0	0.208	0.057	
17:0	g					
18:0	g	0.008	0	0.025	0.007	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.020	0	0.062	0.017
14:1	g				
16:1	g				
18:1	g	0.020	0	0.062	0.017
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.163	0	0.507	0.139
18:2	g	0.110	0	0.342	0.094
18:3	g	0.053	0	0.165	0.045
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	0.249	0.068
Threonine	g	0.257	0	0.799	0.218
Isoleucine	g	0.390	0	1.213	0.331
Leucine	g	0.477	0	1.483	0.405
Lysine	g	0.401	0	1.247	0.341
Methionine	g	0.060	0	0.187	0.051
Cystine	g	0.074	0	0.230	0.063
Phenylalanine	g	0.299	0	0.930	0.254
Tyrosine	g	0.195	0	0.606	0.166
Valine	g	0.379	0	1.179	0.322
Arginine	g	0.406	0	1.263	0.345
Histidine	g	0.206	0	0.641	0.175
Alanine	g	0.230	0	0.715	0.196
Aspartic acid	g	0.652	0	2.028	0.554
Glutamic acid	g	0.782	0	2.432	0.665
Glycine	g	0.243	0	0.756	0.207
Proline	g	0.090	0	0.280	0.077
Serine	g	0.379	0	1.179	0.322
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11717

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11718 Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 124g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.39	1	115.80		
Energy	kcal	21	0	26		
Energy	kJ	88	0	109		
Protein (N x 5.95)	g	2.03	0	2.52		
Total lipid (fat)	g	0.09	0	0.11		
Carbohydrate, by difference	g	4.19	0	5.20		
Fiber, total dietary	g	0.8	0	1.0		
Ash	g	0.30	1	0.37		
Sugars, total	g					
Minerals:						
Calcium	mg	12	0	15		
Iron	mg	0.65	0	0.81		
Magnesium	mg	14	1	17		
Phosphorus	mg	28	0	35		
Potassium	mg	101	1	125		
Sodium	mg	246	0	305		
Zinc	mg	0.47	0	0.58		
Copper	mg	0.122	0	0.151		
Manganese	mg	0.140	0	0.174		
Selenium	µg	0.6	0	0.7		
Vitamins:						
Ascorbic acid	mg	11.4	0	14.1		
Thiamin	mg	0.050	0	0.062		
Riboflavin	mg	0.102	0	0.126		
Niacin	mg	0.817	0	1.013		
Pantothenic acid	mg	0.243	0	0.301		
Vitamin B-6	mg	0.054	0	0.067		
Folate	µg	29	0	36		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	14	0	17		
Vitamin A, RE	µg	1	0	1		
Vitamin E, α-TE	mg	0.010	0	0.012		
Lipids:						
Saturated, total	g	0.025	0	0.031		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.018	0	0.022		
17:0	g					
18:0	g	0.005	0	0.006		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.012	0	0.015
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.012	0	0.015
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.032	0	0.040
18:2	g	0.023	0	0.029
18:3	g	0.009	0	0.011
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.028	0	0.035
Threonine	g	0.058	0	0.072
Isoleucine	g	0.098	0	0.122
Leucine	g	0.130	0	0.161
Lysine	g	0.123	0	0.153
Methionine	g	0.025	0	0.031
Cystine	g	0.012	0	0.015
Phenylalanine	g	0.086	0	0.107
Tyrosine	g	0.038	0	0.047
Valine	g	0.097	0	0.120
Arginine	g	0.146	0	0.181
Histidine	g	0.052	0	0.064
Alanine	g	0.073	0	0.091
Aspartic acid	g	0.355	0	0.440
Glutamic acid	g	0.120	0	0.149
Glycine	g	0.046	0	0.057
Proline	g			
Serine	g	0.024	0	0.030
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11718

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11719 Beans, navy, mature seeds, sprouted, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	76.02	0			
Energy	kcal	78	0			
Energy	kJ	326	0			
Protein (N x 5.95)	g	7.07	0			
Total lipid (fat)	g	0.81	0			
Carbohydrate, by difference	g	15.01	0			
Fiber, total dietary	g					
Ash	g	1.09	0			
Sugars, total	g					
Minerals:						
Calcium	mg	16	0			
Iron	mg	2.11	0			
Magnesium	mg	111	0			
Phosphorus	mg	103	0			
Potassium	mg	317	0			
Sodium	mg	250	0			
Zinc	mg	0.97	0			
Copper	mg	0.389	0			
Manganese	mg	0.446	0			
Selenium	µg	0.6	0			
Vitamins:						
Ascorbic acid	mg	17.3	0			
Thiamin	mg	0.381	0			
Riboflavin	mg	0.235	0			
Niacin	mg	1.263	0			
Pantothenic acid	mg	0.854	0			
Vitamin B-6	mg	0.198	0			
Folate	µg	106	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	4	0			
Vitamin A, RE	µg	0	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.098	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.087	0			
17:0	g					
18:0	g	0.011	0			
20:0	g					
22.0	g					
24:0	g					

Monounsaturated, total	g	0.060	0
14:1	g		
16:1	g		
18:1	g	0.060	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.468	0
18:2	g	0.169	0
18:3	g	0.299	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.074	0
Threonine	g	0.297	0
Isoleucine	g	0.314	0
Leucine	g	0.508	0
Lysine	g	0.403	0
Methionine	g	0.074	0
Cystine	g	0.080	0
Phenylalanine	g	0.357	0
Tyrosine	g	0.243	0
Valine	g	0.363	0
Arginine	g	0.385	0
Histidine	g	0.198	0
Alanine	g	0.293	0
Aspartic acid	g	0.919	0
Glutamic acid	g	0.863	0
Glycine	g	0.243	0
Proline	g	0.285	0
Serine	g	0.378	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11719

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11720 Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 94g	Measure 3*
Proximates:						
Water	g	58.01	0	164.75	54.53	
Energy	kcal	162	0	460	152	
Energy	kJ	678	0	1926	637	
Protein (N x 5.95)	g	9.31	0	26.44	8.75	
Total lipid (fat)	g	0.48	0	1.36	0.45	
Carbohydrate, by difference	g	30.88	0	87.70	29.03	
Fiber, total dietary	g	8.6	0	24.4	8.1	
Ash	g	1.33	0	3.78	1.25	
Sugars, total	g					
Minerals:						
Calcium	mg	52	0	148	49	
Iron	mg	2.71	0	7.70	2.55	
Magnesium	mg	54	0	153	51	
Phosphorus	mg	100	0	284	94	
Potassium	mg	646	0	1835	607	
Sodium	mg	319	0	906	300	
Zinc	mg	0.69	0	1.96	0.65	
Copper	mg	0.088	0	0.250	0.083	
Manganese	mg	0.493	0	1.400	0.463	
Selenium	µg	1.4	0	4.0	1.3	
Vitamins:						
Ascorbic acid	mg	0.7	0	2.0	0.7	
Thiamin	mg	0.274	0	0.778	0.258	
Riboflavin	mg	0.108	0	0.307	0.102	
Niacin	mg	0.632	0	1.795	0.594	
Pantothenic acid	mg	0.258	0	0.733	0.243	
Vitamin B-6	mg	0.194	0	0.551	0.182	
Folate	µg	34	0	95	31	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.058	0	0.165	0.055	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.051	0	0.145	0.048	
17:0	g					
18:0	g	0.006	0	0.017	0.006	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.035	0	0.099	0.033
14:1	g				
16:1	g				
18:1	g	0.035	0	0.099	0.033
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.276	0	0.784	0.259
18:2	g	0.099	0	0.281	0.093
18:3	g	0.177	0	0.503	0.166
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: yield, 1/3 of 10 oz package

NDB No. 11720

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11721 Beans, pinto, mature seeds, sprouted, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	93.39	0			
Energy	kcal	22	0			
Energy	kJ	92	0			
Protein (N x 5.95)	g	1.86	0			
Total lipid (fat)	g	0.32	0			
Carbohydrate, by difference	g	4.10	0			
Fiber, total dietary	g					
Ash	g	0.34	0			
Sugars, total	g					
Minerals:						
Calcium	mg	15	0			
Iron	mg	0.66	0			
Magnesium	mg	18	0			
Phosphorus	mg	30	0			
Potassium	mg	98	0			
Sodium	mg	287	0			
Zinc	mg	0.17	0			
Copper	mg	0.107	0			
Manganese	mg	0.123	0			
Selenium	µg	0.6	0			
Vitamins:						
Ascorbic acid	mg	6.1	0			
Thiamin	mg	0.067	0			
Riboflavin	mg	0.059	0			
Niacin	mg	0.725	0			
Pantothenic acid	mg	0.235	0			
Vitamin B-6	mg	0.054	0			
Folate	µg	29	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	1	0			
Vitamin A, RE	µg	0	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.039	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.034	0			
17:0	g					
18:0	g	0.004	0			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.024	0
14:1	g		
16:1	g		
18:1	g	0.024	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.185	0
18:2	g	0.067	0
18:3	g	0.118	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.019	0
Threonine	g	0.078	0
Isoleucine	g	0.082	0
Leucine	g	0.133	0
Lysine	g	0.106	0
Methionine	g	0.019	0
Cystine	g	0.021	0
Phenylalanine	g	0.094	0
Tyrosine	g	0.064	0
Valine	g	0.095	0
Arginine	g	0.101	0
Histidine	g	0.052	0
Alanine	g	0.077	0
Aspartic acid	g	0.241	0
Glutamic acid	g	0.226	0
Glycine	g	0.064	0
Proline	g	0.075	0
Serine	g	0.099	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11721

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11722 Beans, snap, yellow, raw

Refuse: 12% Ends, strings, trimmings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 110g	Measure 2*	Measure 3*
Proximates:						
Water	g	90.27	0.280	161	99.30	
Energy	kcal	31		0	34	
Energy	kJ	130		0	143	
Protein (N x 5.95)	g	1.82	0.050	100	2.00	
Total lipid (fat)	g	0.12	0.033	10	0.13	
Carbohydrate, by difference	g	7.14		0	7.85	
Fiber, total dietary	g	3.4		0	3.7	
Ash	g	0.66	0.019	140	0.73	
Sugars, total	g					
Minerals:						
Calcium	mg	37	1.405	149	41	
Iron	mg	1.04	0.079	151	1.14	
Magnesium	mg	25	0.647	147	28	
Phosphorus	mg	38	0.807	136	42	
Potassium	mg	209	4.557	150	230	
Sodium	mg	6	0.177	150	7	
Zinc	mg	0.24	0.022	148	0.26	
Copper	mg	0.069	0.004	157	0.076	
Manganese	mg	0.214	0.008	146	0.235	
Selenium	µg	0.6		1	0.7	
Vitamins:						
Ascorbic acid	mg	16.3	1.289	5	17.9	
Thiamin	mg	0.084	0.002	98	0.092	
Riboflavin	mg	0.105	0.003	98	0.116	
Niacin	mg	0.752		8	0.827	
Pantothenic acid	mg	0.094		0	0.103	
Vitamin B-6	mg	0.074		0	0.081	
Folate	µg	37	3.519	6	40	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	108		0	119	
Vitamin A, RE	µg	11		0	12	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.026		0	0.029	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		1	0.000	
15:0	g					
16:0	g	0.022		2	0.024	
17:0	g					
18:0	g	0.004		2	0.004	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.006
14:1	g			
16:1	g	0.000	1	0.000
18:1	g	0.004	2	0.004
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.059	0	0.065
18:2	g	0.023	2	0.025
18:3	g	0.036	2	0.040
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	0.019	3	0.021
Threonine	g	0.079	94	0.087
Isoleucine	g	0.066	94	0.073
Leucine	g	0.112	94	0.123
Lysine	g	0.088	94	0.097
Methionine	g	0.022	15	0.024
Cystine	g	0.018	15	0.020
Phenylalanine	g	0.067	94	0.074
Tyrosine	g	0.042	94	0.046
Valine	g	0.090	94	0.099
Arginine	g	0.073	94	0.080
Histidine	g	0.034	94	0.037
Alanine	g	0.084	94	0.092
Aspartic acid	g	0.255	94	0.281
Glutamic acid	g	0.187	94	0.206
Glycine	g	0.065	94	0.072
Proline	g	0.068	94	0.075
Serine	g	0.099	94	0.109
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11722

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11723 Beans, snap, green, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 125g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.22	1.145	6	111.53	
Energy	kcal	35		0	44	
Energy	kJ	146		0	183	
Protein (N x 5.95)	g	1.89	0.288	5	2.36	
Total lipid (fat)	g	0.28	0.066	5	0.35	
Carbohydrate, by difference	g	7.89		0	9.86	
Fiber, total dietary	g	3.2		0	4.0	
Ash	g	0.73	0.072	5	0.91	
Sugars, total	g					
Minerals:						
Calcium	mg	46		0	58	
Iron	mg	1.28	0.218	5	1.60	
Magnesium	mg	25		1	31	
Phosphorus	mg	39		0	49	
Potassium	mg	299		1	374	
Sodium	mg	239		0	299	
Zinc	mg	0.36	0.045	5	0.45	
Copper	mg	0.103	0.014	5	0.129	
Manganese	mg	0.294	0.036	5	0.368	
Selenium	µg	0.4	0.103	8	0.5	
Vitamins:						
Ascorbic acid	mg	9.7	0.256	9	12.1	
Thiamin	mg	0.074		0	0.093	
Riboflavin	mg	0.097		0	0.121	
Niacin	mg	0.614		0	0.768	
Pantothenic acid	mg	0.074		0	0.093	
Vitamin B-6	mg	0.056		0	0.070	
Folate	µg	33		0	42	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	666		0	833	
Vitamin A, RE	µg	67		0	84	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.064		0	0.080	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.053		0	0.066	
17:0	g					
18:0	g	0.009		0	0.011	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.011	0	0.014
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.011	0	0.014
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.145	0	0.181
18:2	g	0.056	0	0.070
18:3	g	0.089	0	0.111
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	0.020	0	0.025
Threonine	g	0.082	0	0.103
Isoleucine	g	0.069	0	0.086
Leucine	g	0.116	0	0.145
Lysine	g	0.091	0	0.114
Methionine	g	0.023	0	0.029
Cystine	g	0.018	0	0.023
Phenylalanine	g	0.069	0	0.086
Tyrosine	g	0.044	0	0.055
Valine	g	0.093	0	0.116
Arginine	g	0.076	0	0.095
Histidine	g	0.035	0	0.044
Alanine	g	0.087	0	0.109
Aspartic acid	g	0.265	0	0.331
Glutamic acid	g	0.194	0	0.243
Glycine	g	0.068	0	0.085
Proline	g	0.070	0	0.088
Serine	g	0.103	0	0.129
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11723

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11724 Beans, snap, yellow, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 125g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.22	1.145	6	111.53	
Energy	kcal	35		0	44	
Energy	kJ	146		0	183	
Protein (N x 5.95)	g	1.89	0.288	5	2.36	
Total lipid (fat)	g	0.28	0.066	5	0.35	
Carbohydrate, by difference	g	7.89		0	9.86	
Fiber, total dietary	g	3.3		0	4.1	
Ash	g	0.73	0.072	5	0.91	
Sugars, total	g					
Minerals:						
Calcium	mg	46		0	58	
Iron	mg	1.28	0.218	5	1.60	
Magnesium	mg	25		1	31	
Phosphorus	mg	39		0	49	
Potassium	mg	299		1	374	
Sodium	mg	3		1	4	
Zinc	mg	0.36	0.045	5	0.45	
Copper	mg	0.103	0.014	5	0.129	
Manganese	mg	0.294	0.036	5	0.368	
Selenium	µg	0.4	0.103	8	0.5	
Vitamins:						
Ascorbic acid	mg	9.7	0.256	9	12.1	
Thiamin	mg	0.074		0	0.093	
Riboflavin	mg	0.097		0	0.121	
Niacin	mg	0.614		0	0.768	
Pantothenic acid	mg	0.074		0	0.093	
Vitamin B-6	mg	0.056		0	0.070	
Folate	µg	33		0	42	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	81		0	101	
Vitamin A, RE	µg	8		0	10	
Vitamin E, α-TE	mg	0.290		0	0.363	
Lipids:						
Saturated, total	g	0.064		0	0.080	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.053		0	0.066	
17:0	g					
18:0	g	0.009		0	0.011	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.011	0	0.014
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.011	0	0.014
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.145	0	0.181
18:2	g	0.056	0	0.070
18:3	g	0.089	0	0.111
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.020	0	0.025
Threonine	g	0.082	0	0.103
Isoleucine	g	0.069	0	0.086
Leucine	g	0.116	0	0.145
Lysine	g	0.091	0	0.114
Methionine	g	0.023	0	0.029
Cystine	g	0.018	0	0.023
Phenylalanine	g	0.069	0	0.086
Tyrosine	g	0.044	0	0.055
Valine	g	0.093	0	0.116
Arginine	g	0.076	0	0.095
Histidine	g	0.035	0	0.044
Alanine	g	0.087	0	0.109
Aspartic acid	g	0.265	0	0.331
Glutamic acid	g	0.194	0	0.243
Glycine	g	0.068	0	0.085
Proline	g	0.070	0	0.088
Serine	g	0.103	0	0.129
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11724

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11725 Beans, snap, yellow, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 125g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.22	1.145	6	111.53	
Energy	kcal	35		0	44	
Energy	kJ	146		0	183	
Protein (N x 5.95)	g	1.89	0.288	5	2.36	
Total lipid (fat)	g	0.28	0.066	5	0.35	
Carbohydrate, by difference	g	7.89		0	9.86	
Fiber, total dietary	g	3.3		0	4.1	
Ash	g	0.73	0.072	5	0.91	
Sugars, total	g					
Minerals:						
Calcium	mg	46		0	58	
Iron	mg	1.28	0.218	5	1.60	
Magnesium	mg	25		1	31	
Phosphorus	mg	39		0	49	
Potassium	mg	299		1	374	
Sodium	mg	239		0	299	
Zinc	mg	0.36	0.045	5	0.45	
Copper	mg	0.103	0.014	5	0.129	
Manganese	mg	0.294	0.036	5	0.368	
Selenium	µg	0.4	0.103	8	0.5	
Vitamins:						
Ascorbic acid	mg	9.7	0.256	9	12.1	
Thiamin	mg	0.074		0	0.093	
Riboflavin	mg	0.097		0	0.121	
Niacin	mg	0.614		0	0.768	
Pantothenic acid	mg	0.074		0	0.093	
Vitamin B-6	mg	0.056		0	0.070	
Folate	µg	33		0	42	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	81		0	101	
Vitamin A, RE	µg	8		0	10	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.064		0	0.080	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	
15.0	g					
16:0	g	0.053		0	0.066	
17:0	g					
18:0	g	0.009		0	0.011	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.011	0	0.014
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.011	0	0.014
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.145	0	0.181
18:2	g	0.056	0	0.070
18:3	g	0.089	0	0.111
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	0.020	0	0.025
Threonine	g	0.082	0	0.103
Isoleucine	g	0.069	0	0.086
Leucine	g	0.116	0	0.145
Lysine	g	0.091	0	0.114
Methionine	g	0.023	0	0.029
Cystine	g	0.018	0	0.023
Phenylalanine	g	0.069	0	0.086
Tyrosine	g	0.044	0	0.055
Valine	g	0.093	0	0.116
Arginine	g	0.076	0	0.095
Histidine	g	0.035	0	0.044
Alanine	g	0.087	0	0.109
Aspartic acid	g	0.265	0	0.331
Glutamic acid	g	0.194	0	0.243
Glycine	g	0.068	0	0.085
Proline	g	0.070	0	0.088
Serine	g	0.103	0	0.129
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11725

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11726 Beans, snap, green, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 120g	Measure 2* 439g	Measure 3*
Proximates:						
Water	g	94.68	0.053	948	113.62	415.65
Energy	kcal	15		0	18	66
Energy	kJ	63		0	76	277
Protein (N x 5.95)	g	0.80	0.010	999	0.96	3.51
Total lipid (fat)	g	0.10	0.005	932	0.12	0.44
Carbohydrate, by difference	g	3.50		0	4.20	15.37
Fiber, total dietary	g	1.5		0	1.8	6.6
Ash	g	0.92	0.012	852	1.10	4.04
Sugars, total	g					
Minerals:						
Calcium	mg	24	0.229	1032	29	105
Iron	mg	0.90	0.026	1016	1.08	3.95
Magnesium	mg	13	0.108	996	16	57
Phosphorus	mg	19	0.278	1082	23	83
Potassium	mg	92	1.886	701	110	404
Sodium	mg	14	2.636	26	17	61
Zinc	mg	0.20	0.004	454	0.24	0.88
Copper	mg	0.070	0.002	400	0.084	0.307
Manganese	mg	0.335	0.015	115	0.402	1.471
Selenium	µg	0.2		0	0.2	0.9
Vitamins:						
Ascorbic acid	mg	3.4	0.065	1073	4.1	14.9
Thiamin	mg	0.025	0.001	1443	0.030	0.110
Riboflavin	mg	0.051	0.001	1380	0.061	0.224
Niacin	mg	0.200	0.005	1371	0.240	0.878
Pantothenic acid	mg	0.106	0.028	6	0.127	0.465
Vitamin B-6	mg	0.030	0.002	6	0.036	0.132
Folate	µg	18	1.913	3	22	80
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	321	4.211	1113	385	1409
Vitamin A, RE	µg	32		0	38	140
Vitamin E, α-TE	mg	0.140		0	0.168	0.615
Lipids:						
Saturated, total	g	0.023		0	0.028	0.101
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.019		0	0.023	0.083
17:0	g					
18:0	g	0.003		0	0.004	0.013
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.004	0	0.005	0.018
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.005	0.018
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.052	0	0.062	0.228
18:2	g	0.020	0	0.024	0.088
18:3	g	0.032	0	0.038	0.140
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	0.008	0	0.010	0.035
Threonine	g	0.035	0	0.042	0.154
Isoleucine	g	0.029	0	0.035	0.127
Leucine	g	0.049	0	0.059	0.215
Lysine	g	0.039	0	0.047	0.171
Methionine	g	0.009	0	0.011	0.040
Cystine	g	0.008	0	0.010	0.035
Phenylalanine	g	0.029	0	0.035	0.127
Tyrosine	g	0.019	0	0.023	0.083
Valine	g	0.040	0	0.048	0.176
Arginine	g	0.032	0	0.038	0.140
Histidine	g	0.015	0	0.018	0.066
Alanine	g	0.037	0	0.044	0.162
Aspartic acid	g	0.111	0	0.133	0.487
Glutamic acid	g	0.082	0	0.098	0.360
Glycine	g	0.028	0	0.034	0.123
Proline	g	0.029	0	0.035	0.127
Serine	g	0.043	0	0.052	0.189
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11726

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11727 Beans, snap, yellow, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 120g	Measure 2* 439g	Measure 3*
Proximates:						
Water	g	94.68	0.053	948	113.62	415.65
Energy	kcal	15		0	18	66
Energy	kJ	63		0	76	277
Protein (N x 5.95)	g	0.80	0.010	999	0.96	3.51
Total lipid (fat)	g	0.10	0.005	932	0.12	0.44
Carbohydrate, by difference	g	3.50		0	4.20	15.37
Fiber, total dietary	g	1.5		0	1.8	6.6
Ash	g	0.92	0.012	852	1.10	4.04
Sugars, total	g					
Minerals:						
Calcium	mg	24	0.229	1032	29	105
Iron	mg	0.90	0.026	1016	1.08	3.95
Magnesium	mg	13	0.108	996	16	57
Phosphorus	mg	19	0.278	1082	23	83
Potassium	mg	98	2.417	1079	118	430
Sodium	mg	259	8.812	58	311	1137
Zinc	mg	0.20	0.004	454	0.24	0.88
Copper	mg	0.070	0.002	400	0.084	0.307
Manganese	mg	0.335	0.015	115	0.402	1.471
Selenium	µg	0.2		0	0.2	0.9
Vitamins:						
Ascorbic acid	mg	3.4	0.065	1073	4.1	14.9
Thiamin	mg	0.025	0.001	1443	0.030	0.110
Riboflavin	mg	0.051	0.001	1380	0.061	0.224
Niacin	mg	0.200	0.005	1371	0.240	0.878
Pantothenic acid	mg	0.106	0.028	6	0.127	0.465
Vitamin B-6	mg	0.030	0.002	6	0.036	0.132
Folate	µg	18	1.913	3	22	80
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	63		0	76	277
Vitamin A, RE	µg	6		0	7	26
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.023		0	0.028	0.101
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.019		0	0.023	0.083
17:0	g					
18:0	g	0.003		0	0.004	0.013
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.004	0	0.005	0.018
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.005	0.018
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.052	0	0.062	0.228
18:2	g	0.020	0	0.024	0.088
18:3	g	0.032	0	0.038	0.140
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	0.008	0	0.010	0.035
Threonine	g	0.035	0	0.042	0.154
Isoleucine	g	0.029	0	0.035	0.127
Leucine	g	0.049	0	0.059	0.215
Lysine	g	0.039	0	0.047	0.171
Methionine	g	0.009	0	0.011	0.040
Cystine	g	0.008	0	0.010	0.035
Phenylalanine	g	0.029	0	0.035	0.127
Tyrosine	g	0.019	0	0.023	0.083
Valine	g	0.040	0	0.048	0.176
Arginine	g	0.032	0	0.038	0.140
Histidine	g	0.015	0	0.018	0.066
Alanine	g	0.037	0	0.044	0.162
Aspartic acid	g	0.111	0	0.133	0.487
Glutamic acid	g	0.082	0	0.098	0.360
Glycine	g	0.028	0	0.034	0.123
Proline	g	0.029	0	0.035	0.127
Serine	g	0.043	0	0.052	0.189
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11727

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11728 Beans, snap, yellow, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 120g	Measure 2* 439g	Measure 3*
Proximates:						
Water	g	94.68	0.053	948	113.62	415.65
Energy	kcal	15		0	18	66
Energy	kJ	63		0	76	277
Protein (N x 5.95)	g	0.80	0.010	999	0.96	3.51
Total lipid (fat)	g	0.10	0.005	932	0.12	0.44
Carbohydrate, by difference	g	3.50		0	4.20	15.37
Fiber, total dietary	g	1.5		0	1.8	6.6
Ash	g	0.92	0.012	852	1.10	4.04
Sugars, total	g					
Minerals:						
Calcium	mg	24	0.229	1032	29	105
Iron	mg	0.90	0.026	1016	1.08	3.95
Magnesium	mg	13	0.108	996	16	57
Phosphorus	mg	19	0.278	1082	23	83
Potassium	mg	98	2.417	1079	118	430
Sodium	mg	14	2.636	26	17	61
Zinc	mg	0.20	0.004	454	0.24	0.88
Copper	mg	0.070	0.002	400	0.084	0.307
Manganese	mg	0.335	0.015	115	0.402	1.471
Selenium	µg	0.2		0	0.2	0.9
Vitamins:						
Ascorbic acid	mg	4.0	0.114	1526	4.8	17.6
Thiamin	mg	0.025	0.001	1443	0.030	0.110
Riboflavin	mg	0.051	0.001	1380	0.061	0.224
Niacin	mg	0.200	0.005	1371	0.240	0.878
Pantothenic acid	mg	0.106	0.028	6	0.127	0.465
Vitamin B-6	mg	0.030	0.002	6	0.036	0.132
Folate	µg	18	1.913	3	22	80
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	63		0	76	277
Vitamin A, RE	µg	6		0	7	26
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.023		0	0.028	0.101
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.019		0	0.023	0.083
17:0	g					
18:0	g	0.003		0	0.004	0.013
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.004	0	0.005	0.018
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.005	0.018
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.052	0	0.062	0.228
18:2	g	0.020	0	0.024	0.088
18:3	g	0.032	0	0.038	0.140
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	0.008	0	0.010	0.035
Threonine	g	0.035	0	0.042	0.154
Isoleucine	g	0.029	0	0.035	0.127
Leucine	g	0.049	0	0.059	0.215
Lysine	g	0.039	0	0.047	0.171
Methionine	g	0.009	0	0.011	0.040
Cystine	g	0.008	0	0.010	0.035
Phenylalanine	g	0.029	0	0.035	0.127
Tyrosine	g	0.019	0	0.023	0.083
Valine	g	0.040	0	0.048	0.176
Arginine	g	0.032	0	0.038	0.140
Histidine	g	0.015	0	0.018	0.066
Alanine	g	0.037	0	0.044	0.162
Aspartic acid	g	0.111	0	0.133	0.487
Glutamic acid	g	0.082	0	0.098	0.360
Glycine	g	0.028	0	0.034	0.123
Proline	g	0.029	0	0.035	0.127
Serine	g	0.043	0	0.052	0.189
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11728

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11729 Beans, snap, green, canned, special dietary pack, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 135g	Measure 2* 62g	Measure 3* 262g	
Proximates:							
Water	g	93.30	0.184	17	125.95	57.85	244.45
Energy	kcal	20		0	27	12	52
Energy	kJ	84		0	113	52	220
Protein (N x 5.95)	g	1.15	0.045	17	1.55	0.71	3.01
Total lipid (fat)	g	0.10	0.005	17	0.14	0.06	0.26
Carbohydrate, by difference	g	4.50		0	6.08	2.79	11.79
Fiber, total dietary	g	1.9		0	2.6	1.2	5.0
Ash	g	0.95	0.041	17	1.28	0.59	2.49
Sugars, total	g						
Minerals:							
Calcium	mg	26	1.197	12	35	16	68
Iron	mg	0.90	0.106	12	1.22	0.56	2.36
Magnesium	mg	13	0.290	12	18	8	34
Phosphorus	mg	19	0.654	12	26	12	50
Potassium	mg	109	1.286	12	147	68	286
Sodium	mg	2		0	3	1	5
Zinc	mg	0.29	0.036	17	0.39	0.18	0.76
Copper	mg	0.038	0.003	11	0.051	0.024	0.100
Manganese	mg	0.200	0.019	16	0.270	0.124	0.524
Selenium	µg	0.4	0.103	8	0.5	0.2	1.0
Vitamins:							
Ascorbic acid	mg	4.8	0.397	12	6.5	3.0	12.6
Thiamin	mg	0.015	0.001	12	0.020	0.009	0.039
Riboflavin	mg	0.056	0.002	12	0.076	0.035	0.147
Niacin	mg	0.201	0.007	12	0.271	0.125	0.527
Pantothenic acid	mg	0.129		0	0.174	0.080	0.338
Vitamin B-6	mg	0.037		0	0.050	0.023	0.097
Folate	µg	32	7.950	6	43	20	83
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	349	23.568	11	471	216	914
Vitamin A, RE	µg	35	2.357	11	47	22	92
Vitamin E, α-TE	mg	0.140		0	0.189	0.087	0.367
Lipids:							
Saturated, total	g	0.022		0	0.030	0.014	0.058
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.019		0	0.026	0.012	0.050
17:0	g						
18:0	g	0.003		0	0.004	0.002	0.008
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.005	0.002	0.010
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.004	0	0.005	0.002	0.010
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.051	0	0.069	0.032	0.134
18:2	g	0.019	0	0.026	0.012	0.050
18:3	g	0.031	0	0.042	0.019	0.081
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.012	0	0.016	0.007	0.031
Threonine	g	0.050	0	0.068	0.031	0.131
Isoleucine	g	0.042	0	0.057	0.026	0.110
Leucine	g	0.071	0	0.096	0.044	0.186
Lysine	g	0.055	0	0.074	0.034	0.144
Methionine	g	0.014	0	0.019	0.009	0.037
Cystine	g	0.011	0	0.015	0.007	0.029
Phenylalanine	g	0.042	0	0.057	0.026	0.110
Tyrosine	g	0.027	0	0.036	0.017	0.071
Valine	g	0.057	0	0.077	0.035	0.149
Arginine	g	0.046	0	0.062	0.029	0.121
Histidine	g	0.022	0	0.030	0.014	0.058
Alanine	g	0.053	0	0.072	0.033	0.139
Aspartic acid	g	0.161	0	0.217	0.100	0.422
Glutamic acid	g	0.118	0	0.159	0.073	0.309
Glycine	g	0.041	0	0.055	0.025	0.107
Proline	g	0.043	0	0.058	0.027	0.113
Serine	g	0.063	0	0.085	0.039	0.165
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 10 beans
- Measure 3: 1 can (303 x 406)

NDB No. 11729

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11730 Beans, snap, yellow, frozen, all styles, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 284g	Measure 3*
Proximates:						
Water	g	89.88	0.254	95	111.45	255.26
Energy	kcal	33		0	41	94
Energy	kJ	138		0	171	392
Protein (N x 5.95)	g	1.80	0.084	99	2.23	5.11
Total lipid (fat)	g	0.21	0.057	97	0.26	0.60
Carbohydrate, by difference	g	7.57		0	9.39	21.50
Fiber, total dietary	g	2.8		0	3.5	8.0
Ash	g	0.53	0.026	92	0.66	1.51
Sugars, total	g					
Minerals:						
Calcium	mg	42	1.455	99	52	119
Iron	mg	0.86	0.042	98	1.07	2.44
Magnesium	mg	22	0.243	28	27	62
Phosphorus	mg	32	1.777	39	40	91
Potassium	mg	186	12.416	27	231	528
Sodium	mg	3	0.368	34	4	9
Zinc	mg	0.26	0.023	20	0.32	0.74
Copper	mg	0.049	0.009	21	0.061	0.139
Manganese	mg	0.385	0.039	19	0.477	1.093
Selenium	µg	0.4	0.103	8	0.5	1.1
Vitamins:						
Ascorbic acid	mg	12.9	1.481	80	16.0	36.6
Thiamin	mg	0.099	0.034	99	0.123	0.281
Riboflavin	mg	0.092	0.005	99	0.114	0.261
Niacin	mg	0.499	0.031	96	0.619	1.417
Pantothenic acid	mg	0.085	0.018	6	0.105	0.241
Vitamin B-6	mg	0.042		13	0.052	0.119
Folate	µg	15	2.599	3	18	42
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	128		0	159	364
Vitamin A, RE	µg	13		0	16	37
Vitamin E, α-TE	mg	0.110		0	0.136	0.312
Lipids:						
Saturated, total	g	0.047		0	0.058	0.133
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.039		0	0.048	0.111
17:0	g					
18:0	g	0.007		0	0.009	0.020
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.010	0.023
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.008	0	0.010	0.023
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.108	0	0.134	0.307
18:2	g	0.041	0	0.051	0.116
18:3	g	0.066	0	0.082	0.187
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.019	0	0.024	0.054
Threonine	g	0.079	0	0.098	0.224
Isoleucine	g	0.066	0	0.082	0.187
Leucine	g	0.111	0	0.138	0.315
Lysine	g	0.087	0	0.108	0.247
Methionine	g	0.022	0	0.027	0.062
Cystine	g	0.018	0	0.022	0.051
Phenylalanine	g	0.066	0	0.082	0.187
Tyrosine	g	0.042	0	0.052	0.119
Valine	g	0.089	0	0.110	0.253
Arginine	g	0.073	0	0.091	0.207
Histidine	g	0.034	0	0.042	0.097
Alanine	g	0.083	0	0.103	0.236
Aspartic acid	g	0.253	0	0.314	0.719
Glutamic acid	g	0.186	0	0.231	0.528
Glycine	g	0.065	0	0.081	0.185
Proline	g	0.067	0	0.083	0.190
Serine	g	0.099	0	0.123	0.281
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 package (10 oz)

NDB No. 11730

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11731 Beans, snap, green, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 135g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.42	0.441	10	123.42	
Energy	kcal	28		0	38	
Energy	kJ	117		0	158	
Protein (N x 5.95)	g	1.49	0.079	10	2.01	
Total lipid (fat)	g	0.17	0.022	10	0.23	
Carbohydrate, by difference	g	6.45		0	8.71	
Fiber, total dietary	g	3.0		0	4.0	
Ash	g	0.47	0.030	10	0.63	
Sugars, total	g					
Minerals:						
Calcium	mg	49	2.320	7	66	
Iron	mg	0.88	0.071	10	1.19	
Magnesium	mg	24	1.546	7	32	
Phosphorus	mg	31	2.991	7	42	
Potassium	mg	126	9.529	7	170	
Sodium	mg	245		0	331	
Zinc	mg	0.48	0.239	10	0.65	
Copper	mg	0.061	0.004	10	0.082	
Manganese	mg	0.323	0.029	10	0.436	
Selenium	µg	0.4	0.103	8	0.5	
Vitamins:						
Ascorbic acid	mg	4.1	0.990	7	5.5	
Thiamin	mg	0.035	0.005	7	0.047	
Riboflavin	mg	0.090	0.007	7	0.122	
Niacin	mg	0.383	0.031	7	0.517	
Pantothenic acid	mg	0.049	0.007	7	0.066	
Vitamin B-6	mg	0.060	0.003	7	0.081	
Folate	µg	23	3.270	7	31	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	401	48.837	7	541	
Vitamin A, RE	µg	40		0	54	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.044		0	0.059	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.035		0	0.047	
17:0	g					
18:0	g	0.006		0	0.008	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.011
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.007	0	0.009
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.083	0	0.112
18:2	g	0.036	0	0.049
18:3	g	0.047	0	0.063
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	0.016	0	0.022
Threonine	g	0.065	0	0.088
Isoleucine	g	0.054	0	0.073
Leucine	g	0.091	0	0.123
Lysine	g	0.072	0	0.097
Methionine	g	0.018	0	0.024
Cystine	g	0.014	0	0.019
Phenylalanine	g	0.054	0	0.073
Tyrosine	g	0.034	0	0.046
Valine	g	0.073	0	0.099
Arginine	g	0.060	0	0.081
Histidine	g	0.028	0	0.038
Alanine	g	0.068	0	0.092
Aspartic acid	g	0.208	0	0.281
Glutamic acid	g	0.153	0	0.207
Glycine	g	0.053	0	0.072
Proline	g	0.055	0	0.074
Serine	g	0.081	0	0.109
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11731

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11732 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 135g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.42	0.441	10	123.42	
Energy	kcal	28		0	38	
Energy	kJ	117		0	158	
Protein (N x 5.95)	g	1.49	0.079	10	2.01	
Total lipid (fat)	g	0.17	0.022	10	0.23	
Carbohydrate, by difference	g	6.45		0	8.71	
Fiber, total dietary	g	3.0		0	4.0	
Ash	g	0.47	0.030	10	0.63	
Sugars, total	g					
Minerals:						
Calcium	mg	49	2.320	7	66	
Iron	mg	0.88	0.071	10	1.19	
Magnesium	mg	24	1.546	7	32	
Phosphorus	mg	31	2.991	7	42	
Potassium	mg	126	9.529	7	170	
Sodium	mg	9	2.283	11	12	
Zinc	mg	0.48	0.239	10	0.65	
Copper	mg	0.061	0.004	10	0.082	
Manganese	mg	0.323	0.029	10	0.436	
Selenium	µg	0.4	0.103	8	0.5	
Vitamins:						
Ascorbic acid	mg	4.1	0.990	7	5.5	
Thiamin	mg	0.035	0.005	7	0.047	
Riboflavin	mg	0.090	0.007	7	0.122	
Niacin	mg	0.383	0.031	7	0.517	
Pantothenic acid	mg	0.049	0.007	7	0.066	
Vitamin B-6	mg	0.060	0.003	7	0.081	
Folate	µg	23	3.270	7	31	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	112		0	151	
Vitamin A, RE	µg	11		0	15	
Vitamin E, α-TE	mg	0.140		0	0.189	
Lipids:						
Saturated, total	g	0.044		0	0.059	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.035		0	0.047	
17:0	g					
18:0	g	0.006		0	0.008	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.011
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.007	0	0.009
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.083	0	0.112
18:2	g	0.036	0	0.049
18:3	g	0.047	0	0.063
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.016	0	0.022
Threonine	g	0.065	0	0.088
Isoleucine	g	0.054	0	0.073
Leucine	g	0.091	0	0.123
Lysine	g	0.072	0	0.097
Methionine	g	0.018	0	0.024
Cystine	g	0.014	0	0.019
Phenylalanine	g	0.054	0	0.073
Tyrosine	g	0.034	0	0.046
Valine	g	0.073	0	0.099
Arginine	g	0.060	0	0.081
Histidine	g	0.028	0	0.038
Alanine	g	0.068	0	0.092
Aspartic acid	g	0.208	0	0.281
Glutamic acid	g	0.153	0	0.207
Glycine	g	0.053	0	0.072
Proline	g	0.055	0	0.074
Serine	g	0.081	0	0.109
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11732

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11733 Beans, snap, yellow, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 135g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.42	0.441	10	123.42	
Energy	kcal	28		0	38	
Energy	kJ	117		0	158	
Protein (N x 5.95)	g	1.49	0.079	10	2.01	
Total lipid (fat)	g	0.17	0.022	10	0.23	
Carbohydrate, by difference	g	6.45		0	8.71	
Fiber, total dietary	g	3.0		0	4.0	
Ash	g	0.47	0.030	10	0.63	
Sugars, total	g					
Minerals:						
Calcium	mg	49	2.320	7	66	
Iron	mg	0.88	0.071	10	1.19	
Magnesium	mg	24	1.546	7	32	
Phosphorus	mg	31	2.991	7	42	
Potassium	mg	126	9.529	7	170	
Sodium	mg	245		0	331	
Zinc	mg	0.48	0.239	10	0.65	
Copper	mg	0.061	0.004	10	0.082	
Manganese	mg	0.323	0.029	10	0.436	
Selenium	µg	0.4	0.103	8	0.5	
Vitamins:						
Ascorbic acid	mg	4.1	0.990	7	5.5	
Thiamin	mg	0.035	0.005	7	0.047	
Riboflavin	mg	0.090	0.007	7	0.122	
Niacin	mg	0.383	0.031	7	0.517	
Pantothenic acid	mg	0.049	0.007	7	0.066	
Vitamin B-6	mg	0.060	0.003	7	0.081	
Folate	µg	23	3.270	7	31	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	112		0	151	
Vitamin A, RE	µg	11		0	15	
Vitamin E, α-TE	mg	0.140		0	0.189	
Lipids:						
Saturated, total	g	0.044		0	0.059	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.035		0	0.047	
17:0	g					
18:0	g	0.006		0	0.008	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.011
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.007	0	0.009
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.083	0	0.112
18:2	g	0.036	0	0.049
18:3	g	0.047	0	0.063
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	0.016	0	0.022
Threonine	g	0.065	0	0.088
Isoleucine	g	0.054	0	0.073
Leucine	g	0.091	0	0.123
Lysine	g	0.072	0	0.097
Methionine	g	0.018	0	0.024
Cystine	g	0.014	0	0.019
Phenylalanine	g	0.054	0	0.073
Tyrosine	g	0.034	0	0.046
Valine	g	0.073	0	0.099
Arginine	g	0.060	0	0.081
Histidine	g	0.028	0	0.038
Alanine	g	0.068	0	0.092
Aspartic acid	g	0.208	0	0.281
Glutamic acid	g	0.153	0	0.207
Glycine	g	0.053	0	0.072
Proline	g	0.055	0	0.074
Serine	g	0.081	0	0.109
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11733

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11734 Beets, cooked, boiled. drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 100g	Measure 3*
Proximates:						
Water	g	87.06	0	74.00	87.06	
Energy	kcal	44	0	37	44	
Energy	kJ	184	0	156	184	
Protein (N x 5.95)	g	1.68	0	1.43	1.68	
Total lipid (fat)	g	0.18	0	0.15	0.18	
Carbohydrate, by difference	g	9.96	0	8.47	9.96	
Fiber, total dietary	g	2.0	0	1.7	2.0	
Ash	g	1.12	0	0.95	1.12	
Sugars, total	g					
Minerals:						
Calcium	mg	16	0	14	16	
Iron	mg	0.79	0	0.67	0.79	
Magnesium	mg	23	0	20	23	
Phosphorus	mg	38	0	32	38	
Potassium	mg	305	0	259	305	
Sodium	mg	285	0	242	285	
Zinc	mg	0.35	0	0.30	0.35	
Copper	mg	0.074	0	0.063	0.074	
Manganese	mg	0.326	0	0.277	0.326	
Selenium	µg	0.7	0	0.6	0.7	
Vitamins:						
Ascorbic acid	mg	3.6	0	3.1	3.6	
Thiamin	mg	0.027	0	0.023	0.027	
Riboflavin	mg	0.040	0	0.034	0.040	
Niacin	mg	0.331	0	0.281	0.331	
Pantothenic acid	mg	0.145	0	0.123	0.145	
Vitamin B-6	mg	0.067	0	0.057	0.067	
Folate	µg	80	0	68	80	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	35	0	30	35	
Vitamin A, RE	µg	4	0	3	4	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.028	0	0.024	0.028	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.027	0	0.023	0.027	
17:0	g					
18:0	g	0.001	0	0.001	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.035	0	0.030	0.035
14:1	g				
16:1	g				
18:1	g	0.035	0	0.030	0.035
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.064	0	0.054	0.064
18:2	g	0.058	0	0.049	0.058
18:3	g	0.005	0	0.004	0.005
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	0.020	0	0.017	0.020
Threonine	g	0.049	0	0.042	0.049
Isoleucine	g	0.050	0	0.043	0.050
Leucine	g	0.071	0	0.060	0.071
Lysine	g	0.060	0	0.051	0.060
Methionine	g	0.019	0	0.016	0.019
Cystine	g	0.020	0	0.017	0.020
Phenylalanine	g	0.048	0	0.041	0.048
Tyrosine	g	0.040	0	0.034	0.040
Valine	g	0.059	0	0.050	0.059
Arginine	g	0.044	0	0.037	0.044
Histidine	g	0.022	0	0.019	0.022
Alanine	g	0.063	0	0.054	0.063
Aspartic acid	g	0.121	0	0.103	0.121
Glutamic acid	g	0.446	0	0.379	0.446
Glycine	g	0.033	0	0.028	0.033
Proline	g	0.043	0	0.037	0.043
Serine	g	0.062	0	0.053	0.062
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup slices
- Measure 2: 2 beets, (2" dia, sphere)

NDB No. 11734

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11735 Beets, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 246g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.62	0.096	196	225.39	
Energy	kcal	28		0	69	
Energy	kJ	117		0	288	
Protein (N x 5.95)	g	0.80	0.013	203	1.97	
Total lipid (fat)	g	0.07	0.003	197	0.17	
Carbohydrate, by difference	g	6.58		0	16.19	
Fiber, total dietary	g	1.2		0	3.0	
Ash	g	0.94	0.015	197	2.31	
Sugars, total	g					
Minerals:						
Calcium	mg	13	0.336	200	32	
Iron	mg	0.63	0.023	206	1.55	
Magnesium	mg	16	0.246	134	39	
Phosphorus	mg	16	0.336	198	39	
Potassium	mg	142	2.508	138	349	
Sodium	mg	21	7.001	9	52	
Zinc	mg	0.23	0.009	67	0.57	
Copper	mg	0.097	0.006	67	0.239	
Manganese	mg	0.241		0	0.593	
Selenium	µg	0.5		0	1.2	
Vitamins:						
Ascorbic acid	mg	2.8	0.155	168	6.9	
Thiamin	mg	0.010	0.000	141	0.025	
Riboflavin	mg	0.038	0.002	174	0.093	
Niacin	mg	0.151	0.003	215	0.371	
Pantothenic acid	mg	0.150		0	0.369	
Vitamin B-6	mg	0.055		0	0.135	
Folate	µg	29	4.663	3	71	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	26	3.441	43	64	
Vitamin A, RE	µg	3		0	7	
Vitamin E, α-TE	mg	0.300		0	0.738	
Lipids:						
Saturated, total	g	0.011		0	0.027	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.011		0	0.027	
17:0	g					
18:0	g	0.000		0	0.000	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.032
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.013	0	0.032
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.025	0	0.062
18:2	g	0.023	0	0.057
18:3	g	0.002	0	0.005
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.010	0	0.025
Threonine	g	0.023	0	0.057
Isoleucine	g	0.024	0	0.059
Leucine	g	0.034	0	0.084
Lysine	g	0.029	0	0.071
Methionine	g	0.009	0	0.022
Cystine	g	0.010	0	0.025
Phenylalanine	g	0.023	0	0.057
Tyrosine	g	0.019	0	0.047
Valine	g	0.028	0	0.069
Arginine	g	0.021	0	0.052
Histidine	g	0.011	0	0.027
Alanine	g	0.030	0	0.074
Aspartic acid	g	0.058	0	0.143
Glutamic acid	g	0.213	0	0.524
Glycine	g	0.015	0	0.037
Proline	g	0.020	0	0.049
Serine	g	0.029	0	0.071
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11735

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11736 Beet greens, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 144g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.13	0	128.35		
Energy	kcal	27	0	39		
Energy	kJ	113	0	163		
Protein (N x 5.95)	g	2.57	1	3.70		
Total lipid (fat)	g	0.20	1	0.29		
Carbohydrate, by difference	g	5.46	0	7.86		
Fiber, total dietary	g	2.9	0	4.2		
Ash	g	2.64	1	3.80		
Sugars, total	g					
Minerals:						
Calcium	mg	114	1	164		
Iron	mg	1.90	0	2.74		
Magnesium	mg	68	1	98		
Phosphorus	mg	41	1	59		
Potassium	mg	909	1	1309		
Sodium	mg	477	0	687		
Zinc	mg	0.50	0	0.72		
Copper	mg	0.251	0	0.361		
Manganese	mg	0.514	0	0.740		
Selenium	µg	0.9	0	1.3		
Vitamins:						
Ascorbic acid	mg	24.9	0	35.9		
Thiamin	mg	0.117	0	0.168		
Riboflavin	mg	0.289	0	0.416		
Niacin	mg	0.499	0	0.719		
Pantothenic acid	mg	0.329	0	0.474		
Vitamin B-6	mg	0.132	0	0.190		
Folate	µg	14	0	21		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	5100	0	7344		
Vitamin A, RE	µg	510	0	734		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.031	0	0.045		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.030	0	0.043		
17:0	g					
18:0	g	0.001	0	0.001		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.038	0	0.055
14:1	g			
16:1	g			
18:1	g	0.038	0	0.055
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.070	0	0.101
18:2	g	0.065	0	0.094
18:3	g	0.006	0	0.009
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	0.040	0	0.058
Threonine	g	0.076	0	0.109
Isoleucine	g	0.053	0	0.076
Leucine	g	0.115	0	0.166
Lysine	g	0.075	0	0.108
Methionine	g	0.021	0	0.030
Cystine	g	0.024	0	0.035
Phenylalanine	g	0.068	0	0.098
Tyrosine	g	0.061	0	0.088
Valine	g	0.076	0	0.109
Arginine	g	0.073	0	0.105
Histidine	g	0.039	0	0.056
Alanine	g	0.095	0	0.137
Aspartic acid	g	0.152	0	0.219
Glutamic acid	g	0.312	0	0.449
Glycine	g	0.094	0	0.135
Proline	g	0.061	0	0.088
Serine	g	0.082	0	0.118
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" pieces)

NDB No. 11736

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11737 Borage, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	91.88	0			
Energy	kcal	25	0			
Energy	kJ	105	0			
Protein (N x 5.95)	g	2.09	0			
Total lipid (fat)	g	0.81	0			
Carbohydrate, by difference	g	3.55	0			
Fiber, total dietary	g					
Ash	g	1.67	0			
Sugars, total	g					
Minerals:						
Calcium	mg	102	0			
Iron	mg	3.64	0			
Magnesium	mg	57	0			
Phosphorus	mg	55	0			
Potassium	mg	491	0			
Sodium	mg	324	0			
Zinc	mg	0.22	0			
Copper	mg	0.143	0			
Manganese	mg	0.385	0			
Selenium	µg	0.9	0			
Vitamins:						
Ascorbic acid	mg	32.5	0			
Thiamin	mg	0.059	0			
Riboflavin	mg	0.165	0			
Niacin	mg	0.940	0			
Pantothenic acid	mg	0.045	0			
Vitamin B-6	mg	0.088	0			
Folate	µg	10	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	4385	0			
Vitamin A, RE	µg	438	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.197	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.069	0			
17:0	g					
18:0	g	0.024	0			
20:0	g					
22.0	g					
24:0	g					

Monounsaturated, total	g	0.245	0
14:1	g		
16:1	g	0.222	0
18:1	g		
20:1	g		
22:1	g	0.023	0
Polyunsaturated, total	g	0.127	0
18:2	g	0.127	0
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11737

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11738 Broadbeans, immature seeds, cooked, boiled, drained, with salt
Vicia faba

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*]	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	83.70	0			
Energy	kcal	62	0			
Energy	kJ	259	0			
Protein (N x 5.95)	g	4.80	0			
Total lipid (fat)	g	0.50	0			
Carbohydrate, by difference	g	10.10	0			
Fiber, total dietary	g					
Ash	g	0.90	0			
Sugars, total	g					
Minerals:						
Calcium	mg	18	0			
Iron	mg	1.50	0			
Magnesium	mg	31	0			
Phosphorus	mg	73	0			
Potassium	mg	193	0			
Sodium	mg	277	0			
Zinc	mg	0.47	0			
Copper	mg	0.060	0			
Manganese	mg	0.261	0			
Selenium	µg	1.0	0			
Vitamins:						
Ascorbic acid	mg	19.8	0			
Thiamin	mg	0.128	0			
Riboflavin	mg	0.090	0			
Niacin	mg	1.200	0			
Pantothenic acid	mg	0.066	0			
Vitamin B-6	mg	0.029	0			
Folate	µg	58	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	270	0			
Vitamin A, RE	µg	27	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.142	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0			
15:0	g					
16:0	g	0.121	0			
17:0	g					
18:0	g	0.020	0			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.020	0
14:1	g		
16:1	g	0.000	0
18:1	g	0.020	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.303	0
18:2	g	0.121	0
18:3	g	0.182	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.048	0
Threonine	g	0.178	0
Isoleucine	g	0.215	0
Leucine	g	0.370	0
Lysine	g	0.313	0
Methionine	g	0.037	0
Cystine	g	0.066	0
Phenylalanine	g	0.195	0
Tyrosine	g	0.168	0
Valine	g	0.235	0
Arginine	g	0.397	0
Histidine	g	0.115	0
Alanine	g	0.195	0
Aspartic acid	g	0.541	0
Glutamic acid	g	0.733	0
Glycine	g	0.197	0
Proline	g	0.216	0
Serine	g	0.210	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11738

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11739 Broccoli, leaves, raw

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	90.69	0.333	33		
Energy	kcal	28		0		
Energy	kJ	117		0		
Protein (N x 5.95)	g	2.98	0.109	22		
Total lipid (fat)	g	0.35	0.034	22		
Carbohydrate, by difference	g	5.24		0		
Fiber, total dietary	g					
Ash	g	0.92	0.027	23		
Sugars, total	g					
Minerals:						
Calcium	mg	48	2.510	28		
Iron	mg	0.88	0.082	34		
Magnesium	mg	25	3.601	27		
Phosphorus	mg	66	1.593	27		
Potassium	mg	325	7.243	25		
Sodium	mg	27	1.782	30		
Zinc	mg	0.40	0.014	33		
Copper	mg	0.045	0.003	33		
Manganese	mg	0.229	0.016	22		
Selenium	µg	3.0		0		
Vitamins:						
Ascorbic acid	mg	93.2	2.068	15		
Thiamin	mg	0.065	0.008	15		
Riboflavin	mg	0.119	0.004	15		
Niacin	mg	0.638	0.021	15		
Pantothenic acid	mg	0.535	0.049	15		
Vitamin B-6	mg	0.159	0.011	15		
Folate	µg	71	7.000	26		
Vitamin B-12	µg	0.00		0		
Vitamin A	IU	16000		0		
Vitamin A, RE	µg	1600		0		
Vitamin E, α-TE	mg	1.660		0		
Lipids:						
Saturated, total	g	0.054		0		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.047		0		
17:0	g					
18:0	g	0.007		0		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.024	0
14:1	g		
16:1	g		
18:1	g	0.024	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.167	0
18:2	g	0.038	0
18:3	g	0.129	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.029	26
Threonine	g	0.091	26
Isoleucine	g	0.109	26
Leucine	g	0.131	26
Lysine	g	0.141	26
Methionine	g	0.034	26
Cystine	g	0.020	4
Phenylalanine	g	0.084	26
Tyrosine	g	0.063	4
Valine	g	0.128	26
Arginine	g	0.145	26
Histidine	g	0.050	24
Alanine	g	0.118	4
Aspartic acid	g	0.213	4
Glutamic acid	g	0.375	4
Glycine	g	0.095	4
Proline	g	0.114	4
Serine	g	0.100	4
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11739

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11740 Broccoli, flower clusters, raw

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 71g	Measure 2* 11g	Measure 3*
Proximates:						
Water	g	90.69	0.333	33	64.39	9.98
Energy	kcal	28		0	20	3
Energy	kJ	117		0	83	13
Protein (N x 5.95)	g	2.98	0.109	22	2.12	0.33
Total lipid (fat)	g	0.35	0.034	22	0.25	0.04
Carbohydrate, by difference	g	5.24		0	3.72	0.58
Fiber, total dietary	g					
Ash	g	0.92	0.027	23	0.65	0.10
Sugars, total	g					
Minerals:						
Calcium	mg	48	2.510	28	34	5
Iron	mg	0.88	0.082	34	0.62	0.10
Magnesium	mg	25	3.601	27	18	3
Phosphorus	mg	66	1.593	27	47	7
Potassium	mg	325	7.243	25	231	36
Sodium	mg	27	1.782	30	19	3
Zinc	mg	0.40	0.014	33	0.28	0.04
Copper	mg	0.045	0.003	33	0.032	0.005
Manganese	mg	0.229	0.016	22	0.163	0.025
Selenium	µg	3.0		0	2.1	0.3
Vitamins:						
Ascorbic acid	mg	93.2	2.068	15	66.2	10.3
Thiamin	mg	0.065	0.008	15	0.046	0.007
Riboflavin	mg	0.119	0.004	15	0.084	0.013
Niacin	mg	0.638	0.021	15	0.453	0.070
Pantothenic acid	mg	0.535	0.049	15	0.380	0.059
Vitamin B-6	mg	0.159	0.011	15	0.113	0.017
Folate	µg	71	7.000	26	50	8
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	3000		0	2130	330
Vitamin A, RE	µg	300		0	213	33
Vitamin E, α-TE	mg	1.660		0	1.179	0.183
Lipids:						
Saturated, total	g	0.054		0	0.038	0.006
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.047		0	0.033	0.005
17:0	g					
18:0	g	0.007		0	0.005	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.024	0	0.017	0.003
14:1	g				
16:1	g				
18:1	g	0.024	0	0.017	0.003
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.167	0	0.119	0.018
18:2	g	0.038	0	0.027	0.004
18:3	g	0.129	0	0.092	0.014
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	26	0.021	0.003
Threonine	g	0.091	26	0.065	0.010
Isoleucine	g	0.109	26	0.077	0.012
Leucine	g	0.131	26	0.093	0.014
Lysine	g	0.141	26	0.100	0.016
Methionine	g	0.034	26	0.024	0.004
Cystine	g	0.020	4	0.014	0.002
Phenylalanine	g	0.084	26	0.060	0.009
Tyrosine	g	0.063	4	0.045	0.007
Valine	g	0.128	26	0.091	0.014
Arginine	g	0.145	26	0.103	0.016
Histidine	g	0.050	24	0.036	0.006
Alanine	g	0.118	4	0.084	0.013
Aspartic acid	g	0.213	4	0.151	0.023
Glutamic acid	g	0.375	4	0.266	0.041
Glycine	g	0.095	4	0.067	0.010
Proline	g	0.114	4	0.081	0.013
Serine	g	0.100	4	0.071	0.011
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, flowerets
- Measure 2: 1 floweret

NDB No. 11740

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11741 Broccoli, stalks, raw

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 114g	Measure 2*	Measure 3*
Proximates:						
Water	g	90.69	0.333	33	103.39	
Energy	kcal	28		0	32	
Energy	kJ	117		0	133	
Protein (N x 5.95)	g	2.98	0.109	22	3.40	
Total lipid (fat)	g	0.35	0.034	22	0.40	
Carbohydrate, by difference	g	5.24		0	5.97	
Fiber, total dietary	g					
Ash	g	0.92	0.027	23	1.05	
Sugars, total	g					
Minerals:						
Calcium	mg	48	2.510	28	55	
Iron	mg	0.88	0.082	34	1.00	
Magnesium	mg	25	3.601	27	29	
Phosphorus	mg	66	1.593	27	75	
Potassium	mg	325	7.243	25	371	
Sodium	mg	27	1.782	30	31	
Zinc	mg	0.40	0.014	33	0.46	
Copper	mg	0.045	0.003	33	0.051	
Manganese	mg	0.229	0.016	22	0.261	
Selenium	µg	3.0		0	3.4	
Vitamins:						
Ascorbic acid	mg	93.2	2.068	15	106.2	
Thiamin	mg	0.065	0.008	15	0.074	
Riboflavin	mg	0.119	0.004	15	0.136	
Niacin	mg	0.638	0.021	15	0.727	
Pantothenic acid	mg	0.535	0.049	15	0.610	
Vitamin B-6	mg	0.159	0.011	15	0.181	
Folate	µg	71	7.000	26	81	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	400		0	456	
Vitamin A, RE	µg	40		0	46	
Vitamin E, α-TE	mg	1.660		0	1.892	
Lipids:						
Saturated, total	g	0.054		0	0.062	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.047		0	0.054	
17:0	g					
18:0	g	0.007		0	0.008	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.024	0	0.027
14:1	g			
16:1	g			
18:1	g	0.024	0	0.027
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.167	0	0.190
18:2	g	0.038	0	0.043
18:3	g	0.129	0	0.147
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	0.029	26	0.033
Threonine	g	0.091	26	0.104
Isoleucine	g	0.109	26	0.124
Leucine	g	0.131	26	0.149
Lysine	g	0.141	26	0.161
Methionine	g	0.034	26	0.039
Cystine	g	0.020	4	0.023
Phenylalanine	g	0.084	26	0.096
Tyrosine	g	0.063	4	0.072
Valine	g	0.128	26	0.146
Arginine	g	0.145	26	0.165
Histidine	g	0.050	24	0.057
Alanine	g	0.118	4	0.135
Aspartic acid	g	0.213	4	0.243
Glutamic acid	g	0.375	4	0.428
Glycine	g	0.095	4	0.108
Proline	g	0.114	4	0.130
Serine	g	0.100	4	0.114
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 stalk

NDB No. 11741

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11742 Broccoli, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 280g	Measure 2* 180g	Measure 3* 140g
Proximates:						
Water	g	90.69	0	253.93	163.24	126.97
Energy	kcal	28	0	78	50	39
Energy	kJ	117	0	328	211	164
Protein (N x 5.95)	g	2.98	0	8.34	5.36	4.17
Total lipid (fat)	g	0.35	0	0.98	0.63	0.49
Carbohydrate, by difference	g	5.06	0	14.17	9.11	7.08
Fiber, total dietary	g	2.9	0	8.1	5.2	4.1
Ash	g	0.92	0	2.58	1.66	1.29
Sugars, total	g					
Minerals:						
Calcium	mg	46	0	129	83	64
Iron	mg	0.84	0	2.35	1.51	1.18
Magnesium	mg	24	0	67	43	34
Phosphorus	mg	59	0	165	106	83
Potassium	mg	292	0	818	526	409
Sodium	mg	262	0	734	472	367
Zinc	mg	0.38	0	1.06	0.68	0.53
Copper	mg	0.043	0	0.120	0.077	0.060
Manganese	mg	0.218	0	0.610	0.392	0.305
Selenium	µg	1.9	0.307	5.3	3.4	2.7
Vitamins:						
Ascorbic acid	mg	74.6	0	208.9	134.3	104.4
Thiamin	mg	0.055	0	0.154	0.099	0.077
Riboflavin	mg	0.113	0	0.316	0.203	0.158
Niacin	mg	0.574	0	1.607	1.033	0.804
Pantothenic acid	mg	0.508	0	1.422	0.914	0.711
Vitamin B-6	mg	0.143	0	0.400	0.257	0.200
Folate	µg	50	0	140	90	70
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00
Vitamin A	IU	1388	0	3886	2498	1943
Vitamin A, RE	µg	139	0	389	250	195
Vitamin E, α-TE	mg	1.690	0	4.732	3.042	2.366
Lipids:						
Saturated, total	g	0.054	0	0.151	0.097	0.076
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.047	0	0.132	0.085	0.066
17:0	g					
18:0	g	0.007	0	0.020	0.013	0.010
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.024	0	0.067	0.043	0.034
14:1	g					
16:1	g					
18:1	g	0.024	0	0.067	0.043	0.034
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.167	0	0.468	0.301	0.234
18:2	g	0.038	0	0.106	0.068	0.053
18:3	g	0.129	0	0.361	0.232	0.181
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.031	0	0.087	0.056	0.043
Threonine	g	0.097	0	0.272	0.175	0.136
Isoleucine	g	0.116	0	0.325	0.209	0.162
Leucine	g	0.139	0	0.389	0.250	0.195
Lysine	g	0.150	0	0.420	0.270	0.210
Methionine	g	0.036	0	0.101	0.065	0.050
Cystine	g	0.021	0	0.059	0.038	0.029
Phenylalanine	g	0.090	0	0.252	0.162	0.126
Tyrosine	g	0.067	0	0.188	0.121	0.094
Valine	g	0.136	0	0.381	0.245	0.190
Arginine	g	0.155	0	0.434	0.279	0.217
Histidine	g	0.053	0	0.148	0.095	0.074
Alanine	g	0.125	0	0.350	0.225	0.175
Aspartic acid	g	0.227	0	0.636	0.409	0.318
Glutamic acid	g	0.401	0	1.123	0.722	0.561
Glycine	g	0.101	0	0.283	0.182	0.141
Proline	g	0.122	0	0.342	0.220	0.171
Serine	g	0.106	0	0.297	0.191	0.148
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 large stalk (11" - 12" long)
- Measure 2: 1 medium stalk (7-1/2" - 8" long)
- Measure 3: 1 small stalk (5" long)

NDB No. 11742

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11743 Broccoli, frozen, chopped, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 184g	Measure 2*	Measure 3*
Proximates:						
Water	g	90.72	0.303	9	166.92	
Energy	kcal	28		0	52	
Energy	kJ	117		0	215	
Protein (N x 5.95)	g	3.10	0.132	6	5.70	
Total lipid (fat)	g	0.12	0.021	6	0.22	
Carbohydrate, by difference	g	5.35		0	9.84	
Fiber, total dietary	g	3.0		0	5.5	
Ash	g	0.71	0.030	6	1.31	
Sugars, total	g					
Minerals:						
Calcium	mg	51	4.683	6	94	
Iron	mg	0.61	0.043	6	1.12	
Magnesium	mg	20	0.594	6	37	
Phosphorus	mg	55	3.268	6	101	
Potassium	mg	180	18.064	6	331	
Sodium	mg	260		0	478	
Zinc	mg	0.30	0.018	6	0.55	
Copper	mg	0.043	0.003	6	0.079	
Manganese	mg	0.325	0.034	6	0.598	
Selenium	µg	3.0		0	5.5	
Vitamins:						
Ascorbic acid	mg	40.1	5.569	6	73.8	
Thiamin	mg	0.055	0.004	7	0.101	
Riboflavin	mg	0.081	0.004	7	0.149	
Niacin	mg	0.458	0.036	6	0.843	
Pantothenic acid	mg	0.274	0.013	6	0.504	
Vitamin B-6	mg	0.130	0.009	7	0.239	
Folate	µg	56	4.028	3	104	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	1892	188.685	6	3481	
Vitamin A, RE	µg	189	18.869	6	348	
Vitamin E, α-TE	mg	1.650		0	3.036	
Lipids:						
Saturated, total	g	0.018		0	0.033	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.016		0	0.029	
17:0	g					
18:0	g	0.002		0	0.004	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.015
14:1	g			
16:1	g			
18:1	g	0.008	0	0.015
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.055	0	0.101
18:2	g	0.013	0	0.024
18:3	g	0.042	0	0.077
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	0.032	0	0.059
Threonine	g	0.101	0	0.186
Isoleucine	g	0.121	0	0.223
Leucine	g	0.145	0	0.267
Lysine	g	0.156	0	0.287
Methionine	g	0.037	0	0.068
Cystine	g	0.022	0	0.040
Phenylalanine	g	0.094	0	0.173
Tyrosine	g	0.070	0	0.129
Valine	g	0.142	0	0.261
Arginine	g	0.161	0	0.296
Histidine	g	0.055	0	0.101
Alanine	g	0.130	0	0.239
Aspartic acid	g	0.236	0	0.434
Glutamic acid	g	0.417	0	0.767
Glycine	g	0.105	0	0.193
Proline	g	0.127	0	0.234
Serine	g	0.111	0	0.204
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11743

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11744 Broccoli, frozen, spears, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 92g	Measure 3*
Proximates:						
Water	g	90.72	0.303	9	226.80	83.46
Energy	kcal	28		0	70	26
Energy	kJ	117		0	293	108
Protein (N x 5.95)	g	3.10	0.131	6	7.75	2.85
Total lipid (fat)	g	0.11	0.021	6	0.28	0.10
Carbohydrate, by difference	g	5.35		0	13.38	4.92
Fiber, total dietary	g	3.0		0	7.5	2.8
Ash	g	0.71	0.030	6	1.77	0.65
Sugars, total	g					
Minerals:						
Calcium	mg	51	4.684	6	128	47
Iron	mg	0.61	0.043	6	1.52	0.56
Magnesium	mg	20	0.594	6	50	18
Phosphorus	mg	55	3.268	6	138	51
Potassium	mg	180	18.064	6	450	166
Sodium	mg	260		0	650	239
Zinc	mg	0.30	0.018	6	0.75	0.28
Copper	mg	0.043	0.003	6	0.108	0.040
Manganese	mg	0.325	0.034	6	0.813	0.299
Selenium	µg	1.9	0.307	9	4.8	1.7
Vitamins:						
Ascorbic acid	mg	40.1	5.568	6	100.3	36.9
Thiamin	mg	0.055	0.004	7	0.138	0.051
Riboflavin	mg	0.081	0.004	7	0.203	0.075
Niacin	mg	0.458	0.035	6	1.145	0.421
Pantothenic acid	mg	0.274	0.013	6	0.685	0.252
Vitamin B-6	mg	0.130	0.009	7	0.325	0.120
Folate	µg	30	6.888	16	75	28
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	1892	188.683	6	4730	1741
Vitamin A, RE	µg	189		0	473	174
Vitamin E, α-TE	mg	1.650		0	4.125	1.518
Lipids:						
Saturated, total	g	0.018		0	0.045	0.017
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.016		1	0.040	0.015
17:0	g					
18:0	g	0.002		1	0.005	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.020	0.007
14:1	g				
16:1	g				
18:1	g	0.008	1	0.020	0.007
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.055	0	0.138	0.051
18:2	g	0.013	1	0.033	0.012
18:3	g	0.042	1	0.105	0.039
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	0.032	0	0.080	0.029
Threonine	g	0.101	0	0.253	0.093
Isoleucine	g	0.121	0	0.303	0.111
Leucine	g	0.145	0	0.363	0.133
Lysine	g	0.156	0	0.390	0.144
Methionine	g	0.037	0	0.093	0.034
Cystine	g	0.022	0	0.055	0.020
Phenylalanine	g	0.094	0	0.235	0.086
Tyrosine	g	0.070	0	0.175	0.064
Valine	g	0.142	0	0.355	0.131
Arginine	g	0.161	0	0.403	0.148
Histidine	g	0.055	0	0.138	0.051
Alanine	g	0.131	0	0.328	0.121
Aspartic acid	g	0.236	0	0.590	0.217
Glutamic acid	g	0.417	0	1.042	0.384
Glycine	g	0.105	0	0.263	0.097
Proline	g	0.127	0	0.318	0.117
Serine	g	0.111	0	0.278	0.102
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11744

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11745 Brussels sprouts, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 21g	Measure 2* 78g	Measure 3*
Proximates:						
Water	g	87.32	0	18.34	68.11	
Energy	kcal	41	0	9	32	
Energy	kJ	172	0	36	134	
Protein (N x 5.95)	g	2.55	0.486	5	0.54	1.99
Total lipid (fat)	g	0.51	0.111	5	0.11	0.40
Carbohydrate, by difference	g	8.67		0	1.82	6.76
Fiber, total dietary	g	2.6		0	0.5	2.0
Ash	g	0.95	0.042	5	0.20	0.74
Sugars, total	g					
Minerals:						
Calcium	mg	36		0	8	28
Iron	mg	1.20		0	0.25	0.94
Magnesium	mg	20		0	4	16
Phosphorus	mg	56		0	12	44
Potassium	mg	317		0	67	247
Sodium	mg	257		0	54	200
Zinc	mg	0.33	0.019	6	0.07	0.26
Copper	mg	0.083	0.009	5	0.017	0.065
Manganese	mg	0.227	0.027	5	0.048	0.177
Selenium	µg	1.5		0	0.3	1.2
Vitamins:						
Ascorbic acid	mg	62.0		0	13.0	48.4
Thiamin	mg	0.107		0	0.022	0.083
Riboflavin	mg	0.080		0	0.017	0.062
Niacin	mg	0.607		0	0.127	0.473
Pantothenic acid	mg	0.252		0	0.053	0.197
Vitamin B-6	mg	0.178		0	0.037	0.139
Folate	µg	60		1	13	47
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	719		0	151	561
Vitamin A, RE	µg	72		0	15	56
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.105		0	0.022	0.082
4:0	g					
6:0	g					
8:0	g	0.003		0	0.001	0.002
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.001		0	0.000	0.001
15:0	g					
16:0	g	0.090		0	0.019	0.070
17:0	g					
18:0	g	0.005		0	0.001	0.004
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.039	0	0.008	0.030
14:1	g				
16:1	g	0.004	0	0.001	0.003
18:1	g	0.033	0	0.007	0.026
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.260	0	0.055	0.203
18:2	g	0.077	0	0.016	0.060
18:3	g	0.168	0	0.035	0.131
18:4	g				
20:4	g	0.002	0	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	0.028	0	0.006	0.022
Threonine	g	0.091	0	0.019	0.071
Isoleucine	g	0.100	0	0.021	0.078
Leucine	g	0.114	0	0.024	0.089
Lysine	g	0.116	0	0.024	0.090
Methionine	g	0.024	0	0.005	0.019
Cystine	g	0.016	0	0.003	0.012
Phenylalanine	g	0.074	0	0.016	0.058
Tyrosine	g				
Valine	g	0.117	0	0.025	0.091
Arginine	g	0.153	0	0.032	0.119
Histidine	g	0.057	0	0.012	0.044
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 sprout
 Measure 2: 1/2 cup

NDB No. 11745

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11746 Brussels sprouts, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 155g	Measure 2*	Measure 3*
Proximates:						
Water	g	86.74	0.416	10	134.45	
Energy	kcal	42		0	65	
Energy	kJ	176		0	273	
Protein (N x 5.95)	g	3.64	0.166	7	5.64	
Total lipid (fat)	g	0.39	0.095	7	0.60	
Carbohydrate, by difference	g	8.32		0	12.90	
Fiber, total dietary	g	4.1		0	6.4	
Ash	g	0.91	0.057	7	1.41	
Sugars, total	g					
Minerals:						
Calcium	mg	24	0.400	3	37	
Iron	mg	0.74	0.059	7	1.15	
Magnesium	mg	24	1.330	3	37	
Phosphorus	mg	54	0.733	3	84	
Potassium	mg	325	48.254	3	504	
Sodium	mg	259		0	401	
Zinc	mg	0.36	0.023	7	0.56	
Copper	mg	0.070	0.013	7	0.109	
Manganese	mg	0.320	0.036	6	0.496	
Selenium	µg	1.5		0	2.3	
Vitamins:						
Ascorbic acid	mg	45.7	4.175	3	70.8	
Thiamin	mg	0.103	0.009	6	0.160	
Riboflavin	mg	0.113	0.006	6	0.175	
Niacin	mg	0.537	0.145	3	0.832	
Pantothenic acid	mg	0.342	0.009	3	0.530	
Vitamin B-6	mg	0.289	0.037	6	0.448	
Folate	µg	101	19.059	8	157	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	589	44.024	3	913	
Vitamin A, RE	µg	59	4.402	3	91	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.081		0	0.126	
4:0	g					
6:0	g					
8:0	g	0.002		0	0.003	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.001		0	0.002	
15:0	g					
16:0	g	0.069		0	0.107	
17:0	g					
18:0	g	0.004		0	0.006	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.030	0	0.046
14:1	g			
16:1	g	0.003	0	0.005
18:1	g	0.025	0	0.039
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.200	0	0.310
18:2	g	0.059	0	0.091
18:3	g	0.129	0	0.200
18:4	g			
20:4	g	0.002	0	0.003
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.040	0	0.062
Threonine	g	0.130	0	0.202
Isoleucine	g	0.143	0	0.222
Leucine	g	0.164	0	0.254
Lysine	g	0.166	0	0.257
Methionine	g	0.035	0	0.054
Cystine	g	0.023	0	0.036
Phenylalanine	g	0.106	0	0.164
Tyrosine	g			
Valine	g	0.167	0	0.259
Arginine	g	0.218	0	0.338
Histidine	g	0.082	0	0.127
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11746

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11747 Burdock root, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 125g	Measure 2* 166g	Measure 3*
Proximates:						
Water	g	75.64	1	94.55	125.56	
Energy	kcal	88	0	110	146	
Energy	kJ	368	0	460	611	
Protein (N x 5.95)	g	2.09	1	2.61	3.47	
Total lipid (fat)	g	0.14	1	0.18	0.23	
Carbohydrate, by difference	g	21.15	0	26.44	35.11	
Fiber, total dietary	g	1.8	0	2.3	3.0	
Ash	g	0.98	1	1.23	1.63	
Sugars, total	g					
Minerals:						
Calcium	mg	49	1	61	81	
Iron	mg	0.77	1	0.96	1.28	
Magnesium	mg	39	1	49	65	
Phosphorus	mg	93	1	116	154	
Potassium	mg	360	1	450	598	
Sodium	mg	240	0	300	398	
Zinc	mg	0.38	0	0.48	0.63	
Copper	mg	0.089	0	0.111	0.148	
Manganese	mg	0.270	0	0.338	0.448	
Selenium	µg	0.9	0	1.1	1.5	
Vitamins:						
Ascorbic acid	mg	2.6	0	3.3	4.3	
Thiamin	mg	0.039	0	0.049	0.065	
Riboflavin	mg	0.058	0	0.072	0.096	
Niacin	mg	0.320	0	0.400	0.531	
Pantothenic acid	mg	0.353	0	0.441	0.586	
Vitamin B-6	mg	0.279	0	0.349	0.463	
Folate	µg	20	0	24	32	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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	0.008	0	0.010	0.013
Threonine	g	0.035	0	0.044	0.058
Isoleucine	g	0.041	0	0.051	0.068
Leucine	g	0.044	0	0.055	0.073
Lysine	g	0.092	0	0.115	0.153
Methionine	g	0.012	0	0.015	0.020
Cystine	g	0.008	0	0.010	0.013
Phenylalanine	g	0.045	0	0.056	0.075
Tyrosine	g	0.024	0	0.030	0.040
Valine	g	0.046	0	0.058	0.076
Arginine	g	0.144	0	0.180	0.239
Histidine	g	0.042	0	0.053	0.070
Alanine	g	0.034	0	0.043	0.056
Aspartic acid	g	0.242	0	0.303	0.402
Glutamic acid	g	0.215	0	0.269	0.357
Glycine	g	0.042	0	0.053	0.070
Proline	g	0.071	0	0.089	0.118
Serine	g	0.034	0	0.043	0.056
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, (1" pieces)
- Measure 2: 1 root

NDB No. 11747

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11748 Butterbur, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	96.70	0			
Energy	kcal	8	0			
Energy	kJ	33	0			
Protein (N x 5.95)	g	0.23	0			
Total lipid (fat)	g	0.02	0			
Carbohydrate, by difference	g	2.16	0			
Fiber, total dietary	g					
Ash	g	0.88	0			
Sugars, total	g					
Minerals:						
Calcium	mg	59	0			
Iron	mg	0.10	0			
Magnesium	mg	8	0			
Phosphorus	mg	7	0			
Potassium	mg	354	0			
Sodium	mg	240	0			
Zinc	mg	0.09	0			
Copper	mg	0.059	0			
Manganese	mg	0.156	0			
Selenium	µg	0.9	0			
Vitamins:						
Ascorbic acid	mg	18.9	0			
Thiamin	mg	0.010	0			
Riboflavin	mg	0.010	0			
Niacin	mg	0.100	0			
Pantothenic acid	mg	0.018	0			
Vitamin B-6	mg	0.052	0			
Folate	µg	4	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	27	0			
Vitamin A, RE	µg	3	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g		
14:1	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
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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11748

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11749 Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw

Refuse: 20% Outer leaves and core

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 908g	Measure 2* 35g	Measure 3*
Proximates:						
Water	g	92.52	0.173	57	840.08	32.38
Energy	kcal	24		0	218	8
Energy	kJ	100		0	908	35
Protein (N x 5.95)	g	1.21	0.132	6	10.99	0.42
Total lipid (fat)	g	0.18	0.071	5	1.63	0.06
Carbohydrate, by difference	g	5.37		0	48.76	1.88
Fiber, total dietary	g	2.3		0	20.9	0.8
Ash	g	0.72	0.021	27	6.54	0.25
Sugars, total	g					
Minerals:						
Calcium	mg	47	2.244	36	427	16
Iron	mg	0.56	0.152	29	5.08	0.20
Magnesium	mg	15	1.665	37	136	5
Phosphorus	mg	23	1.628	34	209	8
Potassium	mg	246	9.164	30	2234	86
Sodium	mg	18	1.651	46	163	6
Zinc	mg	0.18	0.010	39	1.63	0.06
Copper	mg	0.023	0.002	49	0.209	0.008
Manganese	mg	0.159	0.016	35	1.444	0.056
Selenium	µg	0.9	0.318	6	8.2	0.3
Vitamins:						
Ascorbic acid	mg	51.0		0	463.1	17.9
Thiamin	mg	0.050		1	0.454	0.018
Riboflavin	mg	0.030		1	0.272	0.011
Niacin	mg	0.300		1	2.724	0.105
Pantothenic acid	mg	0.140	0.005	6	1.271	0.049
Vitamin B-6	mg	0.095	0.010	6	0.863	0.033
Folate	µg	57	12.121	10	515	20
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	126	23.908	7	1144	44
Vitamin A, RE	µg	13	2.391	7	118	5
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.023		0	0.209	0.008
4:0	g					
6:0	g					
8:0	g	0.000		1	0.000	0.000
10:0	g	0.000		1	0.000	0.000
12:0	g	0.001		1	0.009	0.000
14:0	g	0.001		1	0.009	0.000
15:0	g					
16:0	g	0.019		1	0.173	0.007
17:0	g					
18:0	g	0.001		1	0.009	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.118	0.005
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.013	1	0.118	0.005
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.087	0	0.790	0.030
18:2	g	0.035	1	0.318	0.012
18:3	g	0.046	1	0.418	0.016
18:4	g				
20:4	g	0.000	1	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg	11	0	100	4
Amino acids:					
Tryptophan	g	0.012	199	0.109	0.004
Threonine	g	0.042	206	0.381	0.015
Isoleucine	g	0.061	205	0.554	0.021
Leucine	g	0.063	205	0.572	0.022
Lysine	g	0.057	208	0.518	0.020
Methionine	g	0.012	210	0.109	0.004
Cystine	g	0.010	15	0.091	0.004
Phenylalanine	g	0.039	205	0.354	0.014
Tyrosine	g	0.021	10	0.191	0.007
Valine	g	0.052	205	0.472	0.018
Arginine	g	0.069	205	0.627	0.024
Histidine	g	0.025	204	0.227	0.009
Alanine	g	0.042	9	0.381	0.015
Aspartic acid	g	0.119	9	1.081	0.042
Glutamic acid	g	0.270	9	2.452	0.095
Glycine	g	0.027	9	0.245	0.009
Proline	g	0.238	9	2.161	0.083
Serine	g	0.071	9	0.645	0.025
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 head
 Measure 2: 1/2 cup shredded

NDB No. 11749

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11750 Cabbage, common (danish, domestic, and pointed types), stored, raw

Refuse: 20% Outer leaves and core

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 908g	Measure 2* 35g	Measure 3*
Proximates:						
Water	g	92.52	0.173	57	840.08	32.38
Energy	kcal	24		0	218	8
Energy	kJ	100		0	908	35
Protein (N x 5.95)	g	1.21	0.132	6	10.99	0.42
Total lipid (fat)	g	0.18	0.071	5	1.63	0.06
Carbohydrate, by difference	g	5.37		0	48.76	1.88
Fiber, total dietary	g	2.3		0	20.9	0.8
Ash	g	0.72	0.021	27	6.54	0.25
Sugars, total	g					
Minerals:						
Calcium	mg	47	2.244	36	427	16
Iron	mg	0.56	0.152	29	5.08	0.20
Magnesium	mg	15	1.665	37	136	5
Phosphorus	mg	23	1.628	34	209	8
Potassium	mg	246	9.164	30	2234	86
Sodium	mg	18	1.651	46	163	6
Zinc	mg	0.18	0.010	39	1.63	0.06
Copper	mg	0.023	0.002	49	0.209	0.008
Manganese	mg	0.159	0.016	35	1.444	0.056
Selenium	µg	0.9	0.318	6	8.2	0.3
Vitamins:						
Ascorbic acid	mg	42.0		0	381.4	14.7
Thiamin	mg	0.050		1	0.454	0.018
Riboflavin	mg	0.030		1	0.272	0.011
Niacin	mg	0.300		1	2.724	0.105
Pantothenic acid	mg	0.140	0.005	6	1.271	0.049
Vitamin B-6	mg	0.095	0.010	6	0.863	0.033
Folate	µg	57	12.121	10	515	20
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	126	23.908	7	1144	44
Vitamin A, RE	µg	13	2.391	7	118	5
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.023		0	0.209	0.008
4:0	g					
6:0	g					
8:0	g	0.000		1	0.000	0.000
10:0	g	0.000		1	0.000	0.000
12:0	g	0.001		1	0.009	0.000
14:0	g	0.001		1	0.009	0.000
15:0	g					
16:0	g	0.019		1	0.173	0.007
17:0	g					
18:0	g	0.001		1	0.009	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.118	0.005
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.013	1	0.118	0.005
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.087	0	0.790	0.030
18:2	g	0.035	1	0.318	0.012
18:3	g	0.046	1	0.418	0.016
18:4	g				
20:4	g	0.000	1	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg	11	0	100	4
Amino acids:					
Tryptophan	g	0.012	199	0.109	0.004
Threonine	g	0.042	206	0.381	0.015
Isoleucine	g	0.061	205	0.554	0.021
Leucine	g	0.063	205	0.572	0.022
Lysine	g	0.057	208	0.518	0.020
Methionine	g	0.012	210	0.109	0.004
Cystine	g	0.010	15	0.091	0.004
Phenylalanine	g	0.039	205	0.354	0.014
Tyrosine	g	0.021	10	0.191	0.007
Valine	g	0.052	205	0.472	0.018
Arginine	g	0.069	205	0.627	0.024
Histidine	g	0.025	204	0.227	0.009
Alanine	g	0.042	9	0.381	0.015
Aspartic acid	g	0.119	9	1.081	0.042
Glutamic acid	g	0.270	9	2.452	0.095
Glycine	g	0.027	9	0.245	0.009
Proline	g	0.238	9	2.161	0.083
Serine	g	0.071	9	0.645	0.025
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 head
 Measure 2: 1/2 cup shredded

NDB No. 11750

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11751 Cabbage, common, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 1262g	Measure 2* 75g	Measure 3*
Proximates:						
Water	g	93.60	0.315	4	1181.23	70.20
Energy	kcal	22		0	278	17
Energy	kJ	92		0	1161	69
Protein (N x 5.95)	g	1.02		1	12.87	0.77
Total lipid (fat)	g	0.43	0.340	2	5.43	0.32
Carbohydrate, by difference	g	4.46		0	56.29	3.35
Fiber, total dietary	g	2.8		0	35.3	2.1
Ash	g	0.49		1	6.18	0.37
Sugars, total	g					
Minerals:						
Calcium	mg	31	1.168	28	391	23
Iron	mg	0.17	0.010	29	2.15	0.13
Magnesium	mg	8	0.346	29	101	6
Phosphorus	mg	15	0.670	28	189	11
Potassium	mg	97	5.676	29	1224	73
Sodium	mg	255		0	3218	191
Zinc	mg	0.09	0.006	28	1.14	0.07
Copper	mg	0.012	0.002	28	0.151	0.009
Manganese	mg	0.117	0.012	28	1.477	0.088
Selenium	µg	0.6	0.170	5	7.6	0.5
Vitamins:						
Ascorbic acid	mg	20.1		1	253.7	15.1
Thiamin	mg	0.057		1	0.719	0.043
Riboflavin	mg	0.055		1	0.694	0.041
Niacin	mg	0.282		1	3.559	0.212
Pantothenic acid	mg	0.139		1	1.754	0.104
Vitamin B-6	mg	0.113		1	1.426	0.085
Folate	µg	20	4.028	3	252	15
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	132		1	1666	99
Vitamin A, RE	µg	13		0	164	10
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.053		0	0.669	0.040
4:0	g	0.000		0	0.000	0.000
6:0	g					
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.001		0	0.013	0.001
14:0	g	0.002		0	0.025	0.002
15:0	g					
16:0	g	0.047		0	0.593	0.035
17:0	g					
18:0	g	0.002		0	0.025	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.030	0	0.379	0.023
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.030	0	0.379	0.023
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.196	0	2.474	0.147
18:2	g	0.085	0	1.073	0.064
18:3	g	0.110	0	1.388	0.083
18:4	g				
20:4	g	0.001	0	0.013	0.001
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	0	0.126	0.008
Threonine	g	0.035	0	0.442	0.026
Isoleucine	g	0.051	0	0.644	0.038
Leucine	g	0.052	0	0.656	0.039
Lysine	g	0.047	0	0.593	0.035
Methionine	g	0.010	0	0.126	0.008
Cystine	g	0.008	0	0.101	0.006
Phenylalanine	g	0.032	0	0.404	0.024
Tyrosine	g	0.017	0	0.215	0.013
Valine	g	0.043	0	0.543	0.032
Arginine	g	0.057	0	0.719	0.043
Histidine	g	0.020	0	0.252	0.015
Alanine	g	0.035	0	0.442	0.026
Aspartic acid	g	0.099	0	1.249	0.074
Glutamic acid	g	0.224	0	2.827	0.168
Glycine	g	0.022	0	0.278	0.017
Proline	g	0.197	0	2.486	0.148
Serine	g	0.059	0	0.745	0.044
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 head
 Measure 2: 1/2 cup shredded

NDB No. 11751

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11752 Cabbage, red, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 22g	Measure 2* 75g	Measure 3*
Proximates:						
Water	g	93.60	0	20.59	70.20	
Energy	kcal	21	0	5	16	
Energy	kJ	88	0	19	66	
Protein (N x 5.95)	g	1.05	0	0.23	0.79	
Total lipid (fat)	g	0.20	0	0.04	0.15	
Carbohydrate, by difference	g	4.64	0	1.02	3.48	
Fiber, total dietary	g	2.0	0	0.4	1.5	
Ash	g	0.52	0	0.11	0.39	
Sugars, total	g					
Minerals:						
Calcium	mg	37	0	8	28	
Iron	mg	0.35	0	0.08	0.26	
Magnesium	mg	11	0	2	8	
Phosphorus	mg	29	0	6	22	
Potassium	mg	140	0	31	105	
Sodium	mg	244	0	54	183	
Zinc	mg	0.15	0	0.03	0.11	
Copper	mg	0.069	0	0.015	0.052	
Manganese	mg	0.129	0	0.028	0.097	
Selenium	µg	0.6	0	0.1	0.5	
Vitamins:						
Ascorbic acid	mg	34.4	0	7.6	25.8	
Thiamin	mg	0.034	0	0.007	0.026	
Riboflavin	mg	0.020	0	0.004	0.015	
Niacin	mg	0.200	0	0.044	0.150	
Pantothenic acid	mg	0.220	0	0.048	0.165	
Vitamin B-6	mg	0.140	0	0.031	0.105	
Folate	µg	13	0	3	9	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	27	0	6	20	
Vitamin A, RE	µg	3	0	1	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.026	0	0.006	0.020	
4:0	g					
6:0	g					
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.001	0	0.000	0.001	
14:0	g	0.001	0	0.000	0.001	
15:0	g					
16:0	g	0.021	0	0.005	0.016	
17:0	g					
18:0	g	0.001	0	0.000	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.015	0	0.003	0.011
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.014	0	0.003	0.011
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.095	0	0.021	0.071
18:2	g	0.039	0	0.009	0.029
18:3	g	0.051	0	0.011	0.038
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.011	0	0.002	0.008
Threonine	g	0.036	0	0.008	0.027
Isoleucine	g	0.053	0	0.012	0.040
Leucine	g	0.054	0	0.012	0.041
Lysine	g	0.050	0	0.011	0.038
Methionine	g	0.011	0	0.002	0.008
Cystine	g	0.009	0	0.002	0.007
Phenylalanine	g	0.034	0	0.007	0.026
Tyrosine	g	0.018	0	0.004	0.013
Valine	g	0.045	0	0.010	0.034
Arginine	g	0.060	0	0.013	0.045
Histidine	g	0.021	0	0.005	0.016
Alanine	g	0.037	0	0.008	0.028
Aspartic acid	g	0.103	0	0.023	0.077
Glutamic acid	g	0.234	0	0.051	0.176
Glycine	g	0.023	0	0.005	0.017
Proline	g	0.206	0	0.045	0.155
Serine	g	0.061	0	0.013	0.046
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 leaf
- Measure 2: 1/2 cup shredded

NDB No. 11752

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11753 Cabbage, savoy, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 145g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.00	0	133.40		
Energy	kcal	24	0	35		
Energy	kJ	100	0	145		
Protein (N x 5.95)	g	1.80	0	2.61		
Total lipid (fat)	g	0.09	0	0.13		
Carbohydrate, by difference	g	5.41	0	7.84		
Fiber, total dietary	g	2.8	0	4.1		
Ash	g	0.70	0	1.01		
Sugars, total	g					
Minerals:						
Calcium	mg	30	0	44		
Iron	mg	0.38	0	0.55		
Magnesium	mg	24	0	35		
Phosphorus	mg	33	0	48		
Potassium	mg	184	0	267		
Sodium	mg	260	0	377		
Zinc	mg	0.23	0	0.33		
Copper	mg	0.052	0	0.075		
Manganese	mg	0.152	0	0.220		
Selenium	µg	0.7	0	1.0		
Vitamins:						
Ascorbic acid	mg	17.0	0	24.6		
Thiamin	mg	0.051	0	0.074		
Riboflavin	mg	0.020	0	0.029		
Niacin	mg	0.024	0	0.035		
Pantothenic acid	mg	0.159	0	0.231		
Vitamin B-6	mg	0.152	0	0.220		
Folate	µg	46	0	67		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	889	0	1289		
Vitamin A, RE	µg	89	0	129		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.012	0	0.017		
4:0	g					
6:0	g					
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.010	0	0.015		
17:0	g					
18:0	g	0.000	0	0.000		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.010
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.006	0	0.009
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.043	0	0.062
18:2	g	0.018	0	0.026
18:3	g	0.023	0	0.033
18:4	g			
20:4	g	0.000	0	0.000
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.018	0	0.026
Threonine	g	0.062	0	0.090
Isoleucine	g	0.091	0	0.132
Leucine	g	0.093	0	0.135
Lysine	g	0.085	0	0.123
Methionine	g	0.018	0	0.026
Cystine	g	0.015	0	0.022
Phenylalanine	g	0.058	0	0.084
Tyrosine	g	0.031	0	0.045
Valine	g	0.077	0	0.112
Arginine	g	0.102	0	0.148
Histidine	g	0.037	0	0.054
Alanine	g	0.063	0	0.091
Aspartic acid	g	0.177	0	0.257
Glutamic acid	g	0.400	0	0.580
Glycine	g	0.040	0	0.058
Proline	g	0.353	0	0.512
Serine	g	0.105	0	0.152
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, shredded

NDB No. 11753

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11754 Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:						
Water	g	95.55	0	162.44		
Energy	kcal	12	0	20		
Energy	kJ	50	0	85		
Protein (N x 5.95)	g	1.56	1	2.65		
Total lipid (fat)	g	0.16	1	0.27		
Carbohydrate, by difference	g	1.78	0	3.03		
Fiber, total dietary	g	1.6	0	2.7		
Ash	g	0.95	1	1.62		
Sugars, total	g					
Minerals:						
Calcium	mg	93	1	158		
Iron	mg	1.04	1	1.77		
Magnesium	mg	11	1	19		
Phosphorus	mg	29	1	49		
Potassium	mg	371	1	631		
Sodium	mg	270	0	459		
Zinc	mg	0.17	0	0.29		
Copper	mg	0.019	0	0.032		
Manganese	mg	0.144	0	0.245		
Selenium	µg	0.4	0	0.7		
Vitamins:						
Ascorbic acid	mg	26.0	0	44.2		
Thiamin	mg	0.032	0	0.054		
Riboflavin	mg	0.063	0	0.107		
Niacin	mg	0.428	0	0.728		
Pantothenic acid	mg	0.079	0	0.134		
Vitamin B-6	mg	0.166	0	0.282		
Folate	µg	41	0	69		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	2568	0	4366		
Vitamin A, RE	µg	257	0	437		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.021	0	0.036		
4:0	g					
6:0	g					
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.001	0	0.002		
14:0	g	0.001	0	0.002		
15:0	g					
16:0	g	0.017	0	0.029		
17:0	g					
18:0	g	0.001	0	0.002		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.012	0	0.020
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.011	0	0.019
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.077	0	0.131
18:2	g	0.031	0	0.053
18:3	g	0.041	0	0.070
18:4	g			
20:4	g	0.000	0	0.000
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.015	0	0.026
Threonine	g	0.051	0	0.087
Isoleucine	g	0.089	0	0.151
Leucine	g	0.091	0	0.155
Lysine	g	0.093	0	0.158
Methionine	g	0.009	0	0.015
Cystine	g	0.017	0	0.029
Phenylalanine	g	0.046	0	0.078
Tyrosine	g	0.030	0	0.051
Valine	g	0.069	0	0.117
Arginine	g	0.087	0	0.148
Histidine	g	0.027	0	0.046
Alanine	g	0.090	0	0.153
Aspartic acid	g	0.112	0	0.190
Glutamic acid	g	0.374	0	0.636
Glycine	g	0.045	0	0.077
Proline	g	0.032	0	0.054
Serine	g	0.050	0	0.085
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, shredded

NDB No. 11754

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11755 Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 119g	Measure 2* 14g	Measure 3*
Proximates:						
Water	g	95.24	0.830	2	113.34	13.33
Energy	kcal	14		0	17	2
Energy	kJ	59		0	70	8
Protein (N x 5.95)	g	1.50		0	1.78	0.21
Total lipid (fat)	g	0.17		0	0.20	0.02
Carbohydrate, by difference	g	2.41		0	2.87	0.34
Fiber, total dietary	g	2.7		0	3.2	0.4
Ash	g	0.68		1	0.81	0.10
Sugars, total	g					
Minerals:						
Calcium	mg	32		0	38	4
Iron	mg	0.30		0	0.36	0.04
Magnesium	mg	10		1	12	1
Phosphorus	mg	39		0	46	5
Potassium	mg	225		1	268	32
Sodium	mg	245		0	292	34
Zinc	mg	0.18		0	0.21	0.03
Copper	mg	0.029		0	0.035	0.004
Manganese	mg	0.153		0	0.182	0.021
Selenium	µg	0.4		0	0.5	0.1
Vitamins:						
Ascorbic acid	mg	15.8		0	18.8	2.2
Thiamin	mg	0.044		0	0.052	0.006
Riboflavin	mg	0.044		0	0.052	0.006
Niacin	mg	0.500		0	0.595	0.070
Pantothenic acid	mg	0.080		0	0.095	0.011
Vitamin B-6	mg	0.177		0	0.211	0.025
Folate	µg	53		0	64	7
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	967		0	1151	135
Vitamin A, RE	µg	97		0	115	14
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.036		0	0.043	0.005
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.032		0	0.038	0.004
17:0	g					
18:0	g	0.004		0	0.005	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.020	0	0.024	0.003
14:1	g				
16:1	g	0.002	0	0.002	0.000
18:1	g	0.018	0	0.021	0.003
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.061	0	0.073	0.009
18:2	g	0.013	0	0.015	0.002
18:3	g	0.048	0	0.057	0.007
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	0.015	0	0.018	0.002
Threonine	g	0.049	0	0.058	0.007
Isoleucine	g	0.085	0	0.101	0.012
Leucine	g	0.088	0	0.105	0.012
Lysine	g	0.089	0	0.106	0.012
Methionine	g	0.009	0	0.011	0.001
Cystine	g	0.017	0	0.020	0.002
Phenylalanine	g	0.044	0	0.052	0.006
Tyrosine	g	0.029	0	0.035	0.004
Valine	g	0.066	0	0.079	0.009
Arginine	g	0.084	0	0.100	0.012
Histidine	g	0.026	0	0.031	0.004
Alanine	g	0.086	0	0.102	0.012
Aspartic acid	g	0.108	0	0.129	0.015
Glutamic acid	g	0.360	0	0.428	0.050
Glycine	g	0.043	0	0.051	0.006
Proline	g	0.031	0	0.037	0.004
Serine	g	0.048	0	0.057	0.007
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, shredded
 Measure 2: 1 leaf

NDB No. 11755

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11756 Cardoon, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	93.46	0			
Energy	kcal	22	0			
Energy	kJ	92	0			
Protein (N x 5.95)	g	0.76	0			
Total lipid (fat)	g	0.11	0			
Carbohydrate, by difference	g	5.33	0			
Fiber, total dietary	g	1.7	0			
Ash	g	0.34	0			
Sugars, total	g					
Minerals:						
Calcium	mg	72	0			
Iron	mg	0.73	0			
Magnesium	mg	43	0			
Phosphorus	mg	23	0			
Potassium	mg	392	0			
Sodium	mg	412	0			
Zinc	mg	0.18	0			
Copper	mg	0.029	0			
Manganese	mg	0.133	0			
Selenium	µg	1.0	0			
Vitamins:						
Ascorbic acid	mg	1.7	0			
Thiamin	mg	0.018	0			
Riboflavin	mg	0.031	0			
Niacin	mg	0.294	0			
Pantothenic acid	mg	0.097	0			
Vitamin B-6	mg	0.042	0			
Folate	µg	22	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	118	0			
Vitamin A, RE	µg	12	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.012	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.010	0			
17:0	g					
18:0	g	0.002	0			
20:0	g					
22.0	g					
24:0	g					

Monounsaturated, total	g	0.020	0
14:1	g		
16:1	g	0.000	0
18:1	g	0.020	0
20:1	g	0.000	0
22:1	g		
Polyunsaturated, total	g	0.044	0
18:2	g	0.044	0
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11756

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11757 Carrots, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 10g	Measure 2* 78g	Measure 3* 46g	
Proximates:							
Water	g	87.38	0.293	13	8.48	68.16	40.19
Energy	kcal	45		0	4	35	21
Energy	kJ	188		0	18	147	86
Protein (N x 5.95)	g	1.09	0.039	13	0.11	0.85	0.50
Total lipid (fat)	g	0.18	0.015	13	0.02	0.14	0.08
Carbohydrate, by difference	g	10.48		0	1.02	8.17	4.82
Fiber, total dietary	g	3.3		0	0.3	2.6	1.5
Ash	g	0.87	0.028	13	0.08	0.68	0.40
Sugars, total	g						
Minerals:							
Calcium	mg	31	1.023	13	3	24	14
Iron	mg	0.62	0.042	12	0.06	0.48	0.29
Magnesium	mg	13	0.705	13	1	10	6
Phosphorus	mg	30	2.356	13	3	23	14
Potassium	mg	227	21.761	13	22	177	104
Sodium	mg	302		0	29	236	139
Zinc	mg	0.30	0.010	12	0.03	0.23	0.14
Copper	mg	0.134	0.010	12	0.013	0.105	0.062
Manganese	mg	0.752	0.061	12	0.073	0.587	0.346
Selenium	µg	0.8	0.264	5	0.1	0.6	0.4
Vitamins:							
Ascorbic acid	mg	2.3	0.176	12	0.2	1.8	1.1
Thiamin	mg	0.034	0.001	12	0.003	0.027	0.016
Riboflavin	mg	0.056	0.002	12	0.005	0.044	0.026
Niacin	mg	0.506	0.017	12	0.049	0.395	0.233
Pantothenic acid	mg	0.304	0.007	12	0.029	0.237	0.140
Vitamin B-6	mg	0.246	0.007	12	0.024	0.192	0.113
Folate	µg	14	0.944	12	1	11	6
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	24554	670.300	12	2382	19152	11295
Vitamin A, RE	µg	2455	67.030	12	238	1915	1129
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.034		0	0.003	0.027	0.016
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.002		0	0.000	0.002	0.001
14:0	g	0.001		0	0.000	0.001	0.000
15:0	g						
16:0	g	0.026		0	0.003	0.020	0.012
17:0	g						
18:0	g	0.001		0	0.000	0.001	0.000
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.001	0.007	0.004
14:1	g					
16:1	g	0.002	0	0.000	0.002	0.001
18:1	g	0.006	0	0.001	0.005	0.003
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.088	0	0.009	0.069	0.040
18:2	g	0.076	0	0.007	0.059	0.035
18:3	g	0.011	0	0.001	0.009	0.005
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.012	0	0.001	0.009	0.006
Threonine	g	0.040	0	0.004	0.031	0.018
Isoleucine	g	0.043	0	0.004	0.034	0.020
Leucine	g	0.046	0	0.004	0.036	0.021
Lysine	g	0.043	0	0.004	0.034	0.020
Methionine	g	0.007	0	0.001	0.005	0.003
Cystine	g	0.009	0	0.001	0.007	0.004
Phenylalanine	g	0.034	0	0.003	0.027	0.016
Tyrosine	g	0.021	0	0.002	0.016	0.010
Valine	g	0.046	0	0.004	0.036	0.021
Arginine	g	0.045	0	0.004	0.035	0.021
Histidine	g	0.017	0	0.002	0.013	0.008
Alanine	g	0.062	0	0.006	0.048	0.029
Aspartic acid	g	0.144	0	0.014	0.112	0.066
Glutamic acid	g	0.213	0	0.021	0.166	0.098
Glycine	g	0.031	0	0.003	0.024	0.014
Proline	g	0.031	0	0.003	0.024	0.014
Serine	g	0.037	0	0.004	0.029	0.017
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 tablespoon
 Measure 2: 1/2 cup slices
 Measure 3: 1 carrot

NDB No. 11757

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11758 Carrots, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 123g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	92.99	0.711	133	114.38	422.17
Energy	kcal	23		0	28	104
Energy	kJ	96		0	118	436
Protein (N x 5.95)	g	0.59	0.020	155	0.73	2.68
Total lipid (fat)	g	0.14	0.007	152	0.17	0.64
Carbohydrate, by difference	g	5.37		0	6.61	24.38
Fiber, total dietary	g	1.8		0	2.2	8.2
Ash	g	0.92	0.024	124	1.13	4.18
Sugars, total	g					
Minerals:						
Calcium	mg	31	1.325	152	38	141
Iron	mg	0.52	0.038	147	0.64	2.36
Magnesium	mg	9	0.173	109	11	41
Phosphorus	mg	20	0.347	152	25	91
Potassium	mg	158	5.499	75	194	717
Sodium	mg	34	5.276	10	42	154
Zinc	mg	0.29	0.006	73	0.36	1.32
Copper	mg	0.103	0.007	73	0.127	0.468
Manganese	mg	0.450	0.027	6	0.554	2.043
Selenium	µg	0.4		0	0.5	1.8
Vitamins:						
Ascorbic acid	mg	2.0	0.123	122	2.5	9.1
Thiamin	mg	0.019	0.000	167	0.023	0.086
Riboflavin	mg	0.027	0.000	167	0.033	0.123
Niacin	mg	0.421	0.012	164	0.518	1.911
Pantothenic acid	mg	0.139	0.005	6	0.171	0.631
Vitamin B-6	mg	0.112	0.002	6	0.138	0.508
Folate	µg	8	0.707	9	10	37
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	9670	413.553	136	11894	43902
Vitamin A, RE	µg	967		0	1189	4390
Vitamin E, α-TE	mg	0.420		0	0.517	1.907
Lipids:						
Saturated, total	g	0.025		0	0.031	0.114
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.002		0	0.002	0.009
14:0	g	0.001		0	0.001	0.005
15:0	g					
16:0	g	0.019		0	0.023	0.086
17:0	g					
18:0	g	0.001		0	0.001	0.005
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.006	0	0.007	0.027
14:1	g				
16:1	g	0.002	0	0.002	0.009
18:1	g	0.005	0	0.006	0.023
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.065	0	0.080	0.295
18:2	g	0.056	0	0.069	0.254
18:3	g	0.008	0	0.010	0.036
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.006	0	0.007	0.027
Threonine	g	0.021	0	0.026	0.095
Isoleucine	g	0.023	0	0.028	0.104
Leucine	g	0.024	0	0.030	0.109
Lysine	g	0.023	0	0.028	0.104
Methionine	g	0.004	0	0.005	0.018
Cystine	g	0.005	0	0.006	0.023
Phenylalanine	g	0.018	0	0.022	0.082
Tyrosine	g	0.011	0	0.014	0.050
Valine	g	0.025	0	0.031	0.114
Arginine	g	0.024	0	0.030	0.109
Histidine	g	0.009	0	0.011	0.041
Alanine	g	0.033	0	0.041	0.150
Aspartic acid	g	0.077	0	0.095	0.350
Glutamic acid	g	0.113	0	0.139	0.513
Glycine	g	0.017	0	0.021	0.077
Proline	g	0.016	0	0.020	0.073
Serine	g	0.019	0	0.023	0.086
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup slices
- Measure 2: 1 can (303 x 406)

NDB No. 11758

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11759 Carrots, canned, no salt added, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 228g	Measure 2* 146g	Measure 3* 3g	
Proximates:							
Water	g	92.95	0.290	11	211.93	135.71	2.60
Energy	kcal	25		0	57	37	1
Energy	kJ	105		0	239	153	3
Protein (N x 5.95)	g	0.64	0.029	11	1.46	0.93	0.02
Total lipid (fat)	g	0.19	0.013	11	0.43	0.28	0.01
Carbohydrate, by difference	g	5.54		0	12.63	8.09	0.16
Fiber, total dietary	g	1.5		1	3.4	2.2	0.0
Ash	g	0.68	0.068	11	1.55	0.99	0.02
Sugars, total	g						
Minerals:							
Calcium	mg	25	0.353	6	57	37	1
Iron	mg	0.64	0.025	6	1.46	0.93	0.02
Magnesium	mg	8	0.183	6	18	12	0
Phosphorus	mg	24	0.281	6	55	35	1
Potassium	mg	179	14.472	6	408	261	5
Sodium	mg	42		0	96	61	1
Zinc	mg	0.26	0.020	11	0.59	0.38	0.01
Copper	mg	0.104	0.013	10	0.237	0.152	0.003
Manganese	mg	0.450	0.027	6	1.026	0.657	0.013
Selenium	µg	0.4		0	0.9	0.6	0.0
Vitamins:							
Ascorbic acid	mg	2.7	0.062	6	6.2	3.9	0.1
Thiamin	mg	0.018	0.002	6	0.041	0.026	0.001
Riboflavin	mg	0.030	0.000	6	0.068	0.044	0.001
Niacin	mg	0.552	0.021	6	1.259	0.806	0.015
Pantothenic acid	mg	0.135	0.005	6	0.308	0.197	0.004
Vitamin B-6	mg	0.112	0.002	6	0.255	0.164	0.003
Folate	µg	9	0.297	6	21	13	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	13774		0	31405	20110	386
Vitamin A, RE	µg	1377		0	3140	2010	39
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.036		0	0.082	0.053	0.001
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.002		0	0.005	0.003	0.000
14:0	g	0.001		0	0.002	0.001	0.000
15:0	g						
16:0	g	0.027		0	0.062	0.039	0.001
17:0	g						
18:0	g	0.001		0	0.002	0.001	0.000
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.021	0.013	0.000
14:1	g					
16:1	g	0.002	0	0.005	0.003	0.000
18:1	g	0.007	0	0.016	0.010	0.000
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.092	0	0.210	0.134	0.003
18:2	g	0.079	0	0.180	0.115	0.002
18:3	g	0.011	0	0.025	0.016	0.000
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.007	0	0.016	0.010	0.000
Threonine	g	0.023	0	0.052	0.034	0.001
Isoleucine	g	0.025	0	0.057	0.037	0.001
Leucine	g	0.027	0	0.062	0.039	0.001
Lysine	g	0.025	0	0.057	0.037	0.001
Methionine	g	0.004	0	0.009	0.006	0.000
Cystine	g	0.005	0	0.011	0.007	0.000
Phenylalanine	g	0.020	0	0.046	0.029	0.001
Tyrosine	g	0.012	0	0.027	0.018	0.000
Valine	g	0.027	0	0.062	0.039	0.001
Arginine	g	0.026	0	0.059	0.038	0.001
Histidine	g	0.010	0	0.023	0.015	0.000
Alanine	g	0.036	0	0.082	0.053	0.001
Aspartic acid	g	0.084	0	0.192	0.123	0.002
Glutamic acid	g	0.124	0	0.283	0.181	0.003
Glycine	g	0.018	0	0.041	0.026	0.001
Proline	g	0.018	0	0.041	0.026	0.001
Serine	g	0.021	0	0.048	0.031	0.001
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, mashed
- Measure 2: 1 cup, sliced
- Measure 3: 1 slice

NDB No. 11759

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11760 Carrots, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 146g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.88	0.128	6	131.22	
Energy	kcal	36		0	53	
Energy	kJ	151		0	220	
Protein (N x 5.95)	g	1.19	0.037	6	1.74	
Total lipid (fat)	g	0.11	0.007	6	0.16	
Carbohydrate, by difference	g	8.25		0	12.04	
Fiber, total dietary	g	3.5		0	5.1	
Ash	g	0.58	0.004	6	0.85	
Sugars, total	g					
Minerals:						
Calcium	mg	28	0.285	6	41	
Iron	mg	0.47	0.007	6	0.69	
Magnesium	mg	10	0.192	6	15	
Phosphorus	mg	26	0.525	6	38	
Potassium	mg	158	4.023	6	231	
Sodium	mg	295		0	431	
Zinc	mg	0.24	0.005	6	0.35	
Copper	mg	0.073	0.002	6	0.107	
Manganese	mg	0.405	0.011	6	0.591	
Selenium	µg	0.6		0	0.9	
Vitamins:						
Ascorbic acid	mg	2.8	0.096	6	4.1	
Thiamin	mg	0.027	0.001	6	0.039	
Riboflavin	mg	0.037	0.000	6	0.054	
Niacin	mg	0.438	0.024	6	0.639	
Pantothenic acid	mg	0.161	0.006	6	0.235	
Vitamin B-6	mg	0.129	0.002	6	0.188	
Folate	µg	11	0.452	6	16	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	17702		0	25845	
Vitamin A, RE	µg	1770		0	2584	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.021		0	0.031	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001		0	0.001	
14:0	g	0.001		0	0.001	
15:0	g					
16:0	g	0.016		0	0.023	
17:0	g					
18:0	g	0.001		0	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.007
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.004	0	0.006
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.053	0	0.077
18:2	g	0.046	0	0.067
18:3	g	0.007	0	0.010
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	0.013	0	0.019
Threonine	g	0.043	0	0.063
Isoleucine	g	0.047	0	0.069
Leucine	g	0.049	0	0.072
Lysine	g	0.046	0	0.067
Methionine	g	0.008	0	0.012
Cystine	g	0.010	0	0.015
Phenylalanine	g	0.037	0	0.054
Tyrosine	g	0.023	0	0.034
Valine	g	0.050	0	0.073
Arginine	g	0.049	0	0.072
Histidine	g	0.018	0	0.026
Alanine	g	0.068	0	0.099
Aspartic acid	g	0.157	0	0.229
Glutamic acid	g	0.232	0	0.339
Glycine	g	0.034	0	0.050
Proline	g	0.033	0	0.048
Serine	g	0.040	0	0.058
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 11760

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11761 Cauliflower, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 62g	Measure 2* 54g	Measure 3*
Proximates:						
Water	g	93.00	0.336	7	57.66	50.22
Energy	kcal	23		0	14	12
Energy	kJ	96		0	60	52
Protein (N x 5.95)	g	1.84	0.087	4	1.14	0.99
Total lipid (fat)	g	0.45	0.111	4	0.28	0.24
Carbohydrate, by difference	g	4.11		0	2.55	2.22
Fiber, total dietary	g	2.7		0	1.7	1.5
Ash	g	0.60	0.062	4	0.37	0.32
Sugars, total	g					
Minerals:						
Calcium	mg	16	0.459	27	10	9
Iron	mg	0.33	0.014	32	0.20	0.18
Magnesium	mg	9	0.350	28	6	5
Phosphorus	mg	32	1.127	27	20	17
Potassium	mg	142	6.193	28	88	77
Sodium	mg	242		0	150	131
Zinc	mg	0.18	0.007	32	0.11	0.10
Copper	mg	0.027	0.005	32	0.017	0.015
Manganese	mg	0.138	0.005	32	0.086	0.075
Selenium	µg	0.5		0	0.3	0.3
Vitamins:						
Ascorbic acid	mg	44.3	0.257	8	27.5	23.9
Thiamin	mg	0.042		0	0.026	0.023
Riboflavin	mg	0.052		0	0.032	0.028
Niacin	mg	0.410		0	0.254	0.221
Pantothenic acid	mg	0.508		0	0.315	0.274
Vitamin B-6	mg	0.173		0	0.107	0.093
Folate	µg	44	2.277	8	27	24
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	17		1	11	9
Vitamin A, RE	µg	2		0	1	1
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.070		0	0.043	0.038
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.062		0	0.038	0.033
17:0	g					
18:0	g	0.008		0	0.005	0.004
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.032	0	0.020	0.017
14:1	g				
16:1	g				
18:1	g	0.032	0	0.020	0.017
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.217	0	0.135	0.117
18:2	g	0.050	0	0.031	0.027
18:3	g	0.167	0	0.104	0.090
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	0.024	0	0.015	0.013
Threonine	g	0.067	0	0.042	0.036
Isoleucine	g	0.070	0	0.043	0.038
Leucine	g	0.107	0	0.066	0.058
Lysine	g	0.099	0	0.061	0.053
Methionine	g	0.026	0	0.016	0.014
Cystine	g	0.021	0	0.013	0.011
Phenylalanine	g	0.066	0	0.041	0.036
Tyrosine	g	0.040	0	0.025	0.022
Valine	g	0.092	0	0.057	0.050
Arginine	g	0.089	0	0.055	0.048
Histidine	g	0.037	0	0.023	0.020
Alanine	g	0.097	0	0.060	0.052
Aspartic acid	g	0.216	0	0.134	0.117
Glutamic acid	g	0.245	0	0.152	0.132
Glycine	g	0.059	0	0.037	0.032
Proline	g	0.079	0	0.049	0.043
Serine	g	0.096	0	0.060	0.052
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup, (1" pieces)
- Measure 2: 3 flowerets

NDB No. 11761

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11762 Cauliflower, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:						
Water	g	94.00	0	169.20		
Energy	kcal	19	0	34		
Energy	kJ	79	0	142		
Protein (N x 5.95)	g	1.61	0	2.90		
Total lipid (fat)	g	0.22	0	0.40		
Carbohydrate, by difference	g	3.75	0	6.75		
Fiber, total dietary	g	2.7	0	4.9		
Ash	g	0.42	0	0.76		
Sugars, total	g					
Minerals:						
Calcium	mg	17	0	31		
Iron	mg	0.41	0	0.74		
Magnesium	mg	9	0	16		
Phosphorus	mg	24	0	43		
Potassium	mg	139	0	250		
Sodium	mg	254	0	457		
Zinc	mg	0.13	0	0.23		
Copper	mg	0.024	0	0.043		
Manganese	mg	0.150	0	0.270		
Selenium	µg	0.6	0	1.1		
Vitamins:						
Ascorbic acid	mg	31.3	0	56.3		
Thiamin	mg	0.037	0	0.067		
Riboflavin	mg	0.053	0	0.095		
Niacin	mg	0.310	0	0.558		
Pantothenic acid	mg	0.098	0	0.176		
Vitamin B-6	mg	0.088	0	0.158		
Folate	µg	41	0	74		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	22	0	40		
Vitamin A, RE	µg	2	0	4		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.033	0	0.059		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.029	0	0.052		
17:0	g					
18:0	g	0.004	0	0.007		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.015	0	0.027
14:1	g			
16:1	g			
18:1	g	0.015	0	0.027
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.103	0	0.185
18:2	g	0.024	0	0.043
18:3	g	0.079	0	0.142
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	0.021	0	0.038
Threonine	g	0.059	0	0.106
Isoleucine	g	0.061	0	0.110
Leucine	g	0.094	0	0.169
Lysine	g	0.086	0	0.155
Methionine	g	0.023	0	0.041
Cystine	g	0.019	0	0.034
Phenylalanine	g	0.058	0	0.104
Tyrosine	g	0.035	0	0.063
Valine	g	0.081	0	0.146
Arginine	g	0.078	0	0.140
Histidine	g	0.033	0	0.059
Alanine	g	0.085	0	0.153
Aspartic acid	g	0.189	0	0.340
Glutamic acid	g	0.215	0	0.387
Glycine	g	0.052	0	0.094
Proline	g	0.070	0	0.126
Serine	g	0.084	0	0.151
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" pieces)

NDB No. 11762

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11763 Celeriac, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 155g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.30	0	143.06		
Energy	kcal	27	0	42		
Energy	kJ	113	0	175		
Protein (N x 5.95)	g	0.96	0	1.49		
Total lipid (fat)	g	0.19	0	0.29		
Carbohydrate, by difference	g	5.90	0	9.14		
Fiber, total dietary	g					
Ash	g	0.64	0	0.99		
Sugars, total	g					
Minerals:						
Calcium	mg	26	0	40		
Iron	mg	0.43	0	0.67		
Magnesium	mg	12	0	19		
Phosphorus	mg	66	0	102		
Potassium	mg	173	0	268		
Sodium	mg	297	0	460		
Zinc	mg	0.20	0	0.31		
Copper	mg	0.043	0	0.067		
Manganese	mg	0.096	0	0.149		
Selenium	µg	0.4	0	0.6		
Vitamins:						
Ascorbic acid	mg	3.6	0	5.6		
Thiamin	mg	0.027	0	0.042		
Riboflavin	mg	0.037	0	0.057		
Niacin	mg	0.427	0	0.662		
Pantothenic acid	mg	0.203	0	0.315		
Vitamin B-6	mg	0.101	0	0.157		
Folate	µg	3	0	5		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	0	0	0		
Vitamin A, RE	µg	0	0	0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, pieces

NDB No. 11763

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11764 Celery, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 150g	Measure 2*	Measure 3*
Proximates:						
Water	g	94.11	0	141.16		
Energy	kcal	18	0	27		
Energy	kJ	75	0	113		
Protein (N x 5.95)	g	0.83	0	1.25		
Total lipid (fat)	g	0.16	0	0.24		
Carbohydrate, by difference	g	4.01	0	6.01		
Fiber, total dietary	g	1.6	1	2.4		
Ash	g	0.90	0	1.35		
Sugars, total	g					
Minerals:						
Calcium	mg	42	0	63		
Iron	mg	0.42	0	0.63		
Magnesium	mg	12	0	18		
Phosphorus	mg	25	0	38		
Potassium	mg	284	0	426		
Sodium	mg	327	0	491		
Zinc	mg	0.14	0	0.21		
Copper	mg	0.036	0	0.054		
Manganese	mg	0.106	0	0.159		
Selenium	µg	1.0	0	1.5		
Vitamins:						
Ascorbic acid	mg	6.1	0	9.2		
Thiamin	mg	0.043	0	0.064		
Riboflavin	mg	0.047	0	0.070		
Niacin	mg	0.319	0	0.479		
Pantothenic acid	mg	0.195	0	0.293		
Vitamin B-6	mg	0.086	0	0.129		
Folate	µg	22	0	33		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	132	0	198		
Vitamin A, RE	µg	13	0	20		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.040	0	0.060		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001	0	0.002		
15:0	g					
16:0	g	0.035	0	0.053		
17:0	g					
18:0	g	0.004	0	0.006		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.030	0	0.045
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.029	0	0.044
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.075	0	0.113
18:2	g	0.075	0	0.113
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg	7	0	11
Amino acids:				
Tryptophan	g	0.011	0	0.017
Threonine	g	0.024	0	0.036
Isoleucine	g	0.025	0	0.038
Leucine	g	0.039	0	0.059
Lysine	g	0.032	0	0.048
Methionine	g	0.007	0	0.011
Cystine	g	0.005	0	0.008
Phenylalanine	g	0.024	0	0.036
Tyrosine	g	0.011	0	0.017
Valine	g	0.033	0	0.050
Arginine	g	0.024	0	0.036
Histidine	g	0.014	0	0.021
Alanine	g	0.027	0	0.041
Aspartic acid	g	0.141	0	0.212
Glutamic acid	g	0.107	0	0.161
Glycine	g	0.026	0	0.039
Proline	g	0.022	0	0.033
Serine	g	0.024	0	0.036
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, diced

NDB No. 11764

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11765 Chard, swiss, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 175g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.65	0	162.14		
Energy	kcal	20	0	35		
Energy	kJ	84	0	147		
Protein (N x 5.95)	g	1.88	1	3.29		
Total lipid (fat)	g	0.08	1	0.14		
Carbohydrate, by difference	g	4.14	0	7.25		
Fiber, total dietary	g	2.1	1	3.7		
Ash	g	1.26	1	2.21		
Sugars, total	g					
Minerals:						
Calcium	mg	58	1	102		
Iron	mg	2.26	1	3.95		
Magnesium	mg	86	1	151		
Phosphorus	mg	33	1	58		
Potassium	mg	549	1	961		
Sodium	mg	415	0	726		
Zinc	mg	0.33	0	0.58		
Copper	mg	0.163	0	0.285		
Manganese	mg	0.334	0	0.585		
Selenium	µg	0.9	0	1.6		
Vitamins:						
Ascorbic acid	mg	18.0	0	31.5		
Thiamin	mg	0.034	0	0.060		
Riboflavin	mg	0.086	0	0.151		
Niacin	mg	0.360	0	0.630		
Pantothenic acid	mg	0.163	0	0.285		
Vitamin B-6	mg	0.085	0	0.149		
Folate	µg	9	0	15		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	3139	0	5493		
Vitamin A, RE	µg	314	0	550		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.018	0	0.032
Threonine	g	0.086	0	0.151
Isoleucine	g	0.154	0	0.270
Leucine	g	0.135	0	0.236
Lysine	g	0.103	0	0.180
Methionine	g	0.020	0	0.035
Cystine	g			
Phenylalanine	g	0.114	0	0.200
Tyrosine	g			
Valine	g	0.114	0	0.200
Arginine	g	0.122	0	0.213
Histidine	g	0.038	0	0.066
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup, chopped

NDB No. 11765

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11766 Chayote, fruit, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 160g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.43	0	149.49		
Energy	kcal	24	0	38		
Energy	kJ	100	0	160		
Protein (N x 5.95)	g	0.62	1	0.99		
Total lipid (fat)	g	0.48	1	0.77		
Carbohydrate, by difference	g	5.09	0	8.14		
Fiber, total dietary	g					
Ash	g	0.38	1	0.61		
Sugars, total	g					
Minerals:						
Calcium	mg	13	1	21		
Iron	mg	0.22	1	0.35		
Magnesium	mg	12	1	19		
Phosphorus	mg	29	1	46		
Potassium	mg	173	1	277		
Sodium	mg	237	0	379		
Zinc	mg	0.31	0	0.50		
Copper	mg	0.110	0	0.176		
Manganese	mg	0.169	0	0.270		
Selenium	µg	0.3	0	0.5		
Vitamins:						
Ascorbic acid	mg	8.0	0	12.8		
Thiamin	mg	0.026	0	0.042		
Riboflavin	mg	0.040	0	0.064		
Niacin	mg	0.420	0	0.672		
Pantothenic acid	mg	0.408	0	0.653		
Vitamin B-6	mg	0.118	0	0.189		
Folate	µg	18	0	29		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	47	0	75		
Vitamin A, RE	µg	5	0	8		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.008	0	0.013
Threonine	g	0.031	0	0.050
Isoleucine	g	0.033	0	0.053
Leucine	g	0.058	0	0.093
Lysine	g	0.030	0	0.048
Methionine	g	0.001	0	0.002
Cystine	g			
Phenylalanine	g	0.036	0	0.058
Tyrosine	g	0.024	0	0.038
Valine	g	0.047	0	0.075
Arginine	g	0.026	0	0.042
Histidine	g	0.011	0	0.018
Alanine	g	0.038	0	0.061
Aspartic acid	g	0.069	0	0.110
Glutamic acid	g	0.094	0	0.150
Glycine	g	0.031	0	0.050
Proline	g	0.033	0	0.053
Serine	g	0.035	0	0.056
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" pieces)

NDB No. 11766

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 100g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.49	1	92.49		
Energy	kcal	20	0	20		
Energy	kJ	84	0	84		
Protein (N x 5.95)	g	1.64	1	1.64		
Total lipid (fat)	g	0.09	1	0.09		
Carbohydrate, by difference	g	4.31	0	4.31		
Fiber, total dietary	g	2.3	0	2.3		
Ash	g	1.47	1	1.47		
Sugars, total	g					
Minerals:						
Calcium	mg	69	1	69		
Iron	mg	3.74	1	3.74		
Magnesium	mg	18	1	18		
Phosphorus	mg	43	1	43		
Potassium	mg	569	1	569		
Sodium	mg	289	0	289		
Zinc	mg	0.20	0	0.20		
Copper	mg	0.133	0	0.133		
Manganese	mg	0.355	0	0.355		
Selenium	µg	0.3	0	0.3		
Vitamins:						
Ascorbic acid	mg	23.9	0	23.9		
Thiamin	mg	0.021	1	0.021		
Riboflavin	mg	0.160	1	0.160		
Niacin	mg	0.720	1	0.720		
Pantothenic acid	mg	0.042	0	0.042		
Vitamin B-6	mg	0.118	0	0.118		
Folate	µg	50	0	50		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	5050	1	5050		
Vitamin A, RE	µg	505	1	505		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" pieces)

NDB No. 11767

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11768 Collards, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 190g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.86	0	174.53		
Energy	kcal	26	0	49		
Energy	kJ	109	0	207		
Protein (N x 5.95)	g	2.11	0	4.01		
Total lipid (fat)	g	0.36	0	0.68		
Carbohydrate, by difference	g	4.90	0	9.31		
Fiber, total dietary	g	2.8	0	5.3		
Ash	g	0.76	0	1.44		
Sugars, total	g					
Minerals:						
Calcium	mg	119	0	226		
Iron	mg	0.46	0	0.87		
Magnesium	mg	17	0	32		
Phosphorus	mg	26	0	49		
Potassium	mg	260	0	494		
Sodium	mg	252	0	479		
Zinc	mg	0.42	0	0.80		
Copper	mg	0.032	0	0.061		
Manganese	mg	0.565	0	1.073		
Selenium	µg	1.1	0	2.1		
Vitamins:						
Ascorbic acid	mg	18.2	0	34.6		
Thiamin	mg	0.040	0	0.076		
Riboflavin	mg	0.106	0	0.201		
Niacin	mg	0.575	0	1.092		
Pantothenic acid	mg	0.218	0	0.414		
Vitamin B-6	mg	0.128	0	0.243		
Folate	µg	93	0	177		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	3129	0	5945		
Vitamin A, RE	µg	313	0	595		
Vitamin E, α-TE	mg	0.880	0	1.672		
Lipids:						
Saturated, total	g	0.047	0	0.089		
4:0	g	0.000	0	0.000		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.002	0	0.004		
14:0	g	0.002	0	0.004		
15:0	g					
16:0	g	0.039	0	0.074		
17:0	g					
18:0	g	0.002	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.026	0	0.049
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.025	0	0.048
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.173	0	0.329
18:2	g	0.070	0	0.133
18:3	g	0.093	0	0.177
18:4	g	0.000	0	0.000
20:4	g	0.002	0	0.004
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.027	0	0.051
Threonine	g	0.074	0	0.141
Isoleucine	g	0.086	0	0.163
Leucine	g	0.130	0	0.247
Lysine	g	0.101	0	0.192
Methionine	g	0.028	0	0.053
Cystine	g	0.022	0	0.042
Phenylalanine	g	0.075	0	0.142
Tyrosine	g	0.056	0	0.106
Valine	g	0.104	0	0.198
Arginine	g	0.108	0	0.205
Histidine	g	0.040	0	0.076
Alanine	g	0.090	0	0.171
Aspartic acid	g	0.161	0	0.306
Glutamic acid	g	0.176	0	0.334
Glycine	g	0.081	0	0.154
Proline	g	0.090	0	0.171
Serine	g	0.067	0	0.127
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11768

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11769 Collards, frozen, chopped, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:						
Water	g	88.47	0	150.40		
Energy	kcal	36	0	61		
Energy	kJ	151	0	257		
Protein (N x 5.95)	g	2.97	0	5.05		
Total lipid (fat)	g	0.41	0	0.70		
Carbohydrate, by difference	g	7.11	0	12.09		
Fiber, total dietary	g	2.8	0	4.8		
Ash	g	1.05	0	1.78		
Sugars, total	g					
Minerals:						
Calcium	mg	210	0	357		
Iron	mg	1.12	0	1.90		
Magnesium	mg	30	0	51		
Phosphorus	mg	27	0	46		
Potassium	mg	251	0	427		
Sodium	mg	286	0	486		
Zinc	mg	0.27	0	0.46		
Copper	mg	0.055	0	0.094		
Manganese	mg	0.663	0	1.127		
Selenium	µg	1.5	0	2.5		
Vitamins:						
Ascorbic acid	mg	26.4	0	44.9		
Thiamin	mg	0.047	0	0.080		
Riboflavin	mg	0.115	0	0.196		
Niacin	mg	0.635	0	1.080		
Pantothenic acid	mg	0.115	0	0.196		
Vitamin B-6	mg	0.114	0	0.194		
Folate	µg	76	12.887	129		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	5981	0	10168		
Vitamin A, RE	µg	598	0	1017		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.040	0	0.068		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.038	0	0.065
Threonine	g	0.105	0	0.179
Isoleucine	g	0.121	0	0.206
Leucine	g	0.184	0	0.313
Lysine	g	0.141	0	0.240
Methionine	g	0.040	0	0.068
Cystine	g	0.030	0	0.051
Phenylalanine	g	0.105	0	0.179
Tyrosine	g	0.080	0	0.136
Valine	g	0.145	0	0.247
Arginine	g	0.152	0	0.258
Histidine	g	0.057	0	0.097
Alanine	g	0.127	0	0.216
Aspartic acid	g	0.228	0	0.388
Glutamic acid	g	0.248	0	0.422
Glycine	g	0.114	0	0.194
Proline	g	0.126	0	0.214
Serine	g	0.095	0	0.161
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11769

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt

Refuse: 45% Cob

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 164g	Measure 2* 77g	Measure 3* 82g	
Proximates:							
Water	g	69.57	1.246	7	114.09	53.57	57.05
Energy	kcal	108		0	177	83	89
Energy	kJ	452		0	741	348	371
Protein (N x 5.95)	g	3.32	0.154	7	5.44	2.56	2.72
Total lipid (fat)	g	1.28	0.125	7	2.10	0.99	1.05
Carbohydrate, by difference	g	25.11		0	41.18	19.33	20.59
Fiber, total dietary	g	2.8		0	4.6	2.2	2.3
Ash	g	0.72	0.016	7	1.18	0.55	0.59
Sugars, total	g						
Minerals:							
Calcium	mg	2	0.254	7	3	2	2
Iron	mg	0.61	0.058	7	1.00	0.47	0.50
Magnesium	mg	32	5.030	7	52	25	26
Phosphorus	mg	103		1	169	79	84
Potassium	mg	249	28.982	7	408	192	204
Sodium	mg	253		0	415	195	207
Zinc	mg	0.48	0.045	6	0.79	0.37	0.39
Copper	mg	0.053	0.002	6	0.087	0.041	0.043
Manganese	mg	0.194		0	0.318	0.149	0.159
Selenium	µg	0.8		0	1.3	0.6	0.7
Vitamins:							
Ascorbic acid	mg	6.2	0.490	6	10.2	4.8	5.1
Thiamin	mg	0.215		0	0.353	0.166	0.176
Riboflavin	mg	0.072		0	0.118	0.055	0.059
Niacin	mg	1.614	0.086	6	2.647	1.243	1.323
Pantothenic acid	mg	0.878	0.036	6	1.440	0.676	0.720
Vitamin B-6	mg	0.060	0.010	6	0.098	0.046	0.049
Folate	µg	46		0	76	36	38
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	217	50.459	6	356	167	178
Vitamin A, RE	µg	22	5.046	6	36	17	18
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.197		0	0.323	0.152	0.162
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15:0	g						
16:0	g	0.185		0	0.303	0.142	0.152
17:0	g						
18:0	g	0.012		0	0.020	0.009	0.010
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.374	0	0.613	0.288	0.307
14:1	g					
16:1	g					
18:1	g	0.374	0	0.613	0.288	0.307
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.603	0	0.989	0.464	0.494
18:2	g	0.586	0	0.961	0.451	0.481
18:3	g	0.018	0	0.030	0.014	0.015
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.023	0	0.038	0.018	0.019
Threonine	g	0.133	0	0.218	0.102	0.109
Isoleucine	g	0.133	0	0.218	0.102	0.109
Leucine	g	0.358	0	0.587	0.276	0.294
Lysine	g	0.141	0	0.231	0.109	0.116
Methionine	g	0.069	0	0.113	0.053	0.057
Cystine	g	0.027	0	0.044	0.021	0.022
Phenylalanine	g	0.155	0	0.254	0.119	0.127
Tyrosine	g	0.126	0	0.207	0.097	0.103
Valine	g	0.191	0	0.313	0.147	0.157
Arginine	g	0.135	0	0.221	0.104	0.111
Histidine	g	0.091	0	0.149	0.070	0.075
Alanine	g	0.304	0	0.499	0.234	0.249
Aspartic acid	g	0.252	0	0.413	0.194	0.207
Glutamic acid	g	0.655	0	1.074	0.504	0.537
Glycine	g	0.131	0	0.215	0.101	0.107
Proline	g	0.301	0	0.494	0.232	0.247
Serine	g	0.158	0	0.259	0.122	0.130
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: kernels from 1 ear
- Measure 3: 1/2 cup cut

NDB No. 11770

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11771 Corn, sweet, yellow, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 128g	Measure 2* 482g	Measure 3*
Proximates:						
Water	g	81.34	0.163	300	104.12	392.06
Energy	kcal	64		0	82	308
Energy	kJ	268		0	343	1292
Protein (N x 5.95)	g	1.95	0.020	354	2.50	9.40
Total lipid (fat)	g	0.50	0.014	337	0.64	2.41
Carbohydrate, by difference	g	15.40		0	19.71	74.23
Fiber, total dietary	g	1.7		0	2.2	8.2
Ash	g	0.80	0.016	316	1.02	3.86
Sugars, total	g					
Minerals:						
Calcium	mg	4	0.272	329	5	19
Iron	mg	0.41	0.018	327	0.52	1.98
Magnesium	mg	16	0.200	151	20	77
Phosphorus	mg	51	0.372	174	65	246
Potassium	mg	164	2.761	272	210	790
Sodium	mg	12	2.283	33	15	58
Zinc	mg	0.36	0.009	97	0.46	1.74
Copper	mg	0.056	0.003	97	0.072	0.270
Manganese	mg	0.033	0.002	39	0.042	0.159
Selenium	µg	0.6		0	0.8	2.9
Vitamins:						
Ascorbic acid	mg	5.5	0.148	354	7.0	26.5
Thiamin	mg	0.026		202	0.033	0.125
Riboflavin	mg	0.061	0.002	219	0.078	0.294
Niacin	mg	0.939	0.051	218	1.202	4.526
Pantothenic acid	mg	0.522		0	0.668	2.516
Vitamin B-6	mg	0.037	0.003	39	0.047	0.178
Folate	µg	38	6.525	3	49	184
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	152	20.211	340	195	733
Vitamin A, RE	µg	15		0	19	72
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.077		0	0.099	0.371
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.071		0	0.091	0.342
17:0	g					
18:0	g	0.004		0	0.005	0.019
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.144	0	0.184	0.694
14:1	g				
16:1	g				
18:1	g	0.144	0	0.184	0.694
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.234	0	0.300	1.128
18:2	g	0.227	0	0.291	1.094
18:3	g	0.007	0	0.009	0.034
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	0.014	0	0.018	0.067
Threonine	g	0.078	0	0.100	0.376
Isoleucine	g	0.078	0	0.100	0.376
Leucine	g	0.210	0	0.269	1.012
Lysine	g	0.082	0	0.105	0.395
Methionine	g	0.040	0	0.051	0.193
Cystine	g	0.016	0	0.020	0.077
Phenylalanine	g	0.090	0	0.115	0.434
Tyrosine	g	0.074	0	0.095	0.357
Valine	g	0.112	0	0.143	0.540
Arginine	g	0.079	0	0.101	0.381
Histidine	g	0.053	0	0.068	0.255
Alanine	g	0.177	0	0.227	0.853
Aspartic acid	g	0.148	0	0.189	0.713
Glutamic acid	g	0.385	0	0.493	1.856
Glycine	g	0.076	0	0.097	0.366
Proline	g	0.177	0	0.227	0.853
Serine	g	0.092	0	0.118	0.443
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11771

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11772 Corn, sweet, yellow, canned, cream style, no salt added

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 256g	Measure 2* 482g	Measure 3*
Proximates:						
Water	g	78.73	0.198	267	201.55	379.48
Energy	kcal	72		0	184	347
Energy	kJ	301		0	771	1451
Protein (N x 5.95)	g	1.74	0.024	305	4.45	8.39
Total lipid (fat)	g	0.42	0.011	281	1.08	2.02
Carbohydrate, by difference	g	18.13		0	46.41	87.39
Fiber, total dietary	g	1.2		0	3.1	5.8
Ash	g	0.98	0.017	291	2.51	4.72
Sugars, total	g					
Minerals:						
Calcium	mg	3	0.110	287	8	14
Iron	mg	0.38	0.012	286	0.97	1.83
Magnesium	mg	17	0.246	226	44	82
Phosphorus	mg	51	1.092	251	131	246
Potassium	mg	134	2.209	250	343	646
Sodium	mg	3		0	8	14
Zinc	mg	0.53	0.010	80	1.36	2.55
Copper	mg	0.052	0.006	81	0.133	0.251
Manganese	mg	0.039		0	0.100	0.188
Selenium	µg	0.6		0	1.5	2.9
Vitamins:						
Ascorbic acid	mg	4.6	0.124	324	11.8	22.2
Thiamin	mg	0.025	0.001	274	0.064	0.121
Riboflavin	mg	0.053	0.002	297	0.136	0.255
Niacin	mg	0.960	0.028	304	2.458	4.627
Pantothenic acid	mg	0.180	0.004	7	0.461	0.868
Vitamin B-6	mg	0.063	0.002	14	0.161	0.304
Folate	µg	45		0	115	216
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	97	2.687	314	248	468
Vitamin A, RE	µg	10	0.269	314	26	48
Vitamin E, α-TE	mg	0.090		0	0.230	0.434
Lipids:						
Saturated, total	g	0.065		0	0.166	0.313
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.061		0	0.156	0.294
17:0	g					
18:0	g	0.004		0	0.010	0.019
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.123	0	0.315	0.593
14:1	g				
16:1	g				
18:1	g	0.123	0	0.315	0.593
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.198	0	0.507	0.954
18:2	g	0.193	0	0.494	0.930
18:3	g	0.006	0	0.015	0.029
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	0.012	0	0.031	0.058
Threonine	g	0.070	0	0.179	0.337
Isoleucine	g	0.070	0	0.179	0.337
Leucine	g	0.188	0	0.481	0.906
Lysine	g	0.074	0	0.189	0.357
Methionine	g	0.036	0	0.092	0.174
Cystine	g	0.014	0	0.036	0.067
Phenylalanine	g	0.081	0	0.207	0.390
Tyrosine	g	0.066	0	0.169	0.318
Valine	g	0.100	0	0.256	0.482
Arginine	g	0.071	0	0.182	0.342
Histidine	g	0.048	0	0.123	0.231
Alanine	g	0.159	0	0.407	0.766
Aspartic acid	g	0.132	0	0.338	0.636
Glutamic acid	g	0.343	0	0.878	1.653
Glycine	g	0.068	0	0.174	0.328
Proline	g	0.158	0	0.404	0.762
Serine	g	0.083	0	0.212	0.400
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11772

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11773 Corn, sweet, yellow, canned, vacuum pack, no salt added

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 105g	Measure 2* 340g	Measure 3*
Proximates:						
Water	g	76.58	0.431	71	80.41	260.37
Energy	kcal	79		0	83	269
Energy	kJ	331		0	348	1125
Protein (N x 5.95)	g	2.41	0.096	71	2.53	8.19
Total lipid (fat)	g	0.50	0.026	71	0.53	1.70
Carbohydrate, by difference	g	19.44		0	20.41	66.10
Fiber, total dietary	g	2.0		0	2.1	6.8
Ash	g	1.07	0.049	71	1.12	3.64
Sugars, total	g					
Minerals:						
Calcium	mg	5	0.389	69	5	17
Iron	mg	0.42	0.017	69	0.44	1.43
Magnesium	mg	23	0.620	57	24	78
Phosphorus	mg	64	1.569	63	67	218
Potassium	mg	186	5.052	66	195	632
Sodium	mg	3		0	3	10
Zinc	mg	0.46	0.012	57	0.48	1.56
Copper	mg	0.048	0.002	57	0.050	0.163
Manganese	mg	0.067	0.007	15	0.070	0.228
Selenium	µg	0.7		0	0.7	2.4
Vitamins:						
Ascorbic acid	mg	8.1	0.205	56	8.5	27.5
Thiamin	mg	0.041	0.003	71	0.043	0.139
Riboflavin	mg	0.073	0.002	71	0.077	0.248
Niacin	mg	1.167	0.038	70	1.225	3.968
Pantothenic acid	mg	0.675		0	0.709	2.295
Vitamin B-6	mg	0.055	0.005	15	0.058	0.187
Folate	µg	49		0	52	168
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	241	11.834	67	253	819
Vitamin A, RE	µg	24	1.183	67	25	82
Vitamin E, α-TE	mg	0.090		0	0.094	0.306
Lipids:						
Saturated, total	g	0.077		0	0.081	0.262
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.073		0	0.077	0.248
17:0	g					
18:0	g	0.005		0	0.005	0.017
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.147	0	0.154	0.500
14:1	g				
16:1	g				
18:1	g	0.147	0	0.154	0.500
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.237	0	0.249	0.806
18:2	g	0.230	0	0.242	0.782
18:3	g	0.007	0	0.007	0.024
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	0.017	0	0.018	0.058
Threonine	g	0.097	0	0.102	0.330
Isoleucine	g	0.097	0	0.102	0.330
Leucine	g	0.260	0	0.273	0.884
Lysine	g	0.102	0	0.107	0.347
Methionine	g	0.050	0	0.053	0.170
Cystine	g	0.020	0	0.021	0.068
Phenylalanine	g	0.112	0	0.118	0.381
Tyrosine	g	0.092	0	0.097	0.313
Valine	g	0.138	0	0.145	0.469
Arginine	g	0.098	0	0.103	0.333
Histidine	g	0.066	0	0.069	0.224
Alanine	g	0.220	0	0.231	0.748
Aspartic acid	g	0.182	0	0.191	0.619
Glutamic acid	g	0.475	0	0.499	1.615
Glycine	g	0.095	0	0.100	0.323
Proline	g	0.218	0	0.229	0.741
Serine	g	0.114	0	0.120	0.388
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11773

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11774 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 82g	Measure 3*
Proximates:						
Water	g	76.73	0.476	10	217.91	62.92
Energy	kcal	80		0	227	66
Energy	kJ	335		0	951	275
Protein (N x 5.95)	g	2.75	0.119	7	7.81	2.25
Total lipid (fat)	g	0.43	0.129	7	1.22	0.35
Carbohydrate, by difference	g	19.56		0	55.55	16.04
Fiber, total dietary	g	2.4	0.106	7	6.8	2.0
Ash	g	0.53	0.043	7	1.51	0.43
Sugars, total	g					
Minerals:						
Calcium	mg	4	0.738	7	11	3
Iron	mg	0.35	0.024	7	0.99	0.29
Magnesium	mg	19	0.636	7	54	16
Phosphorus	mg	57	4.041	7	162	47
Potassium	mg	147	9.043	7	417	121
Sodium	mg	245		0	696	201
Zinc	mg	0.40	0.026	7	1.14	0.33
Copper	mg	0.037	0.004	7	0.105	0.030
Manganese	mg	0.127	0.021	7	0.361	0.104
Selenium	µg	0.7	0.159	7	2.0	0.6
Vitamins:						
Ascorbic acid	mg	3.1	0.453	7	8.8	2.5
Thiamin	mg	0.083	0.018	12	0.236	0.068
Riboflavin	mg	0.071	0.005	12	0.202	0.058
Niacin	mg	1.299	0.041	7	3.689	1.065
Pantothenic acid	mg	0.180	0.032	7	0.511	0.148
Vitamin B-6	mg	0.129	0.035	12	0.366	0.106
Folate	µg	31	2.227	10	88	25
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	220	31.435	7	625	180
Vitamin A, RE	µg	22		0	62	18
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.066		0	0.187	0.054
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.062		1	0.176	0.051
17:0	g					
18:0	g	0.004		1	0.011	0.003
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.126	0	0.358	0.103
14:1	g				
16:1	g				
18:1	g	0.126	1	0.358	0.103
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.203	0	0.577	0.166
18:2	g	0.197	1	0.559	0.162
18:3	g	0.006	1	0.017	0.005
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	0.033	0	0.094	0.027
Threonine	g	0.124	0	0.352	0.102
Isoleucine	g	0.147	0	0.417	0.121
Leucine	g	0.270	0	0.767	0.221
Lysine	g	0.165	0	0.469	0.135
Methionine	g	0.073	0	0.207	0.060
Cystine	g	0.041	0	0.116	0.034
Phenylalanine	g	0.141	0	0.400	0.116
Tyrosine	g	0.114	0	0.324	0.093
Valine	g	0.180	0	0.511	0.148
Arginine	g	0.136	0	0.386	0.112
Histidine	g	0.072	0	0.204	0.059
Alanine	g	0.185	0	0.525	0.152
Aspartic acid	g	0.236	0	0.670	0.194
Glutamic acid	g	0.471	0	1.338	0.386
Glycine	g	0.092	0	0.261	0.075
Proline	g	0.195	0	0.554	0.160
Serine	g	0.168	0	0.477	0.138
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11774

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11775 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt

Refuse: 45% Cob

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 63g	Measure 2* 82g	Measure 3*
Proximates:						
Water	g	73.20	0	46.12	60.02	
Energy	kcal	93	0	59	76	
Energy	kJ	389	0	245	319	
Protein (N x 5.95)	g	3.11	0	1.96	2.55	
Total lipid (fat)	g	0.74	0	0.47	0.61	
Carbohydrate, by difference	g	22.33	0	14.07	18.31	
Fiber, total dietary	g	2.8	0	1.8	2.3	
Ash	g	0.62	0	0.39	0.51	
Sugars, total	g					
Minerals:						
Calcium	mg	3	0	2	2	
Iron	mg	0.61	0	0.38	0.50	
Magnesium	mg	29	0	18	24	
Phosphorus	mg	75	0	47	62	
Potassium	mg	251	0	158	206	
Sodium	mg	240	0	151	197	
Zinc	mg	0.63	0	0.40	0.52	
Copper	mg	0.046	0	0.029	0.038	
Manganese	mg	0.142	0	0.089	0.116	
Selenium	µg	0.7	0	0.4	0.6	
Vitamins:						
Ascorbic acid	mg	4.8	0	3.0	3.9	
Thiamin	mg	0.174	0.032	3	0.110	0.143
Riboflavin	mg	0.069	0.001	3	0.043	0.057
Niacin	mg	1.517		0	0.956	1.244
Pantothenic acid	mg	0.250		0	0.158	0.205
Vitamin B-6	mg	0.224	0.141	3	0.141	0.184
Folate	µg	31		0	19	25
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	211		0	133	173
Vitamin A, RE	µg	21		0	13	17
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.114	0	0.072	0.093	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.107	0	0.067	0.088	
17:0	g					
18:0	g	0.007	0	0.004	0.006	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.216	0	0.136	0.177
14:1	g				
16:1	g				
18:1	g	0.216	0	0.136	0.177
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.348	0	0.219	0.285
18:2	g	0.338	0	0.213	0.277
18:3	g	0.010	0	0.006	0.008
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	0.022	0	0.014	0.018
Threonine	g	0.125	0	0.079	0.103
Isoleucine	g	0.125	0	0.079	0.103
Leucine	g	0.336	0	0.212	0.276
Lysine	g	0.132	0	0.083	0.108
Methionine	g	0.065	0	0.041	0.053
Cystine	g	0.025	0	0.016	0.021
Phenylalanine	g	0.145	0	0.091	0.119
Tyrosine	g	0.119	0	0.075	0.098
Valine	g	0.179	0	0.113	0.147
Arginine	g	0.126	0	0.079	0.103
Histidine	g	0.086	0	0.054	0.071
Alanine	g	0.285	0	0.180	0.234
Aspartic acid	g	0.236	0	0.149	0.194
Glutamic acid	g	0.615	0	0.387	0.504
Glycine	g	0.123	0	0.077	0.101
Proline	g	0.282	0	0.178	0.231
Serine	g	0.148	0	0.093	0.121
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: kernels from 1 ear
- Measure 2: 1/2 cup kernels

NDB No. 11775

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11777 Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 165g	Measure 2*	Measure 3*
Proximates:						
Water	g	75.48	0	124.54		
Energy	kcal	97	0	160		
Energy	kJ	406	0	670		
Protein (N x 5.95)	g	3.17	0	5.23		
Total lipid (fat)	g	0.38	0	0.63		
Carbohydrate, by difference	g	20.33	0	33.54		
Fiber, total dietary	g	5.0	0	8.3		
Ash	g	0.65	0	1.07		
Sugars, total	g					
Minerals:						
Calcium	mg	128	0	211		
Iron	mg	1.12	0	1.85		
Magnesium	mg	52	0	86		
Phosphorus	mg	51	0	84		
Potassium	mg	418	0	690		
Sodium	mg	240	0	396		
Zinc	mg	1.03	0	1.70		
Copper	mg	0.133	0	0.219		
Manganese	mg	0.572	0	0.944		
Selenium	µg	2.5	0	4.1		
Vitamins:						
Ascorbic acid	mg	2.2	0	3.6		
Thiamin	mg	0.101	0	0.167		
Riboflavin	mg	0.148	0	0.244		
Niacin	mg	1.403	0	2.315		
Pantothenic acid	mg	0.154	0	0.254		
Vitamin B-6	mg	0.065	0	0.107		
Folate	µg	127	0	210		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	791	0	1305		
Vitamin A, RE	µg	79	0	130		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.096	0	0.158		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001	0	0.002		
15:0	g					
16:0	g	0.082	0	0.135		
17:0	g					
18:0	g	0.013	0	0.021		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.034	0	0.056
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.021	0	0.035
20:1	g			
22:1	g	0.012	0	0.020
Polyunsaturated, total	g	0.161	0	0.266
18:2	g	0.093	0	0.153
18:3	g	0.068	0	0.112
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	0.037	0	0.061
Threonine	g	0.118	0	0.195
Isoleucine	g	0.170	0	0.281
Leucine	g	0.226	0	0.373
Lysine	g	0.209	0	0.345
Methionine	g	0.045	0	0.074
Cystine	g	0.047	0	0.078
Phenylalanine	g	0.174	0	0.287
Tyrosine	g	0.130	0	0.215
Valine	g	0.184	0	0.304
Arginine	g	0.222	0	0.366
Histidine	g	0.103	0	0.170
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11777

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11778 Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:						
Water	g	66.10	0	112.37		
Energy	kcal	132	0	224		
Energy	kJ	552	0	938		
Protein (N x 5.95)	g	8.49	0	14.43		
Total lipid (fat)	g	0.66	0	1.12		
Carbohydrate, by difference	g	23.76	0	40.39		
Fiber, total dietary	g	6.4	0	10.9		
Ash	g	0.99	0	1.68		
Sugars, total	g					
Minerals:						
Calcium	mg	23	0	39		
Iron	mg	2.12	0	3.60		
Magnesium	mg	50	0	85		
Phosphorus	mg	122	0	207		
Potassium	mg	375	0	638		
Sodium	mg	241	0	410		
Zinc	mg	1.42	0	2.41		
Copper	mg	0.184	0	0.313		
Manganese	mg	0.791	0	1.345		
Selenium	µg	3.4	0	5.8		
Vitamins:						
Ascorbic acid	mg	2.6	0	4.4		
Thiamin	mg	0.260	0	0.442		
Riboflavin	mg	0.064	0	0.109		
Niacin	mg	0.728	0	1.238		
Pantothenic acid	mg	0.213	0	0.362		
Vitamin B-6	mg	0.095	0	0.161		
Folate	µg	141	0	240		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	75	0	128		
Vitamin A, RE	µg	8	0	14		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.175	0	0.298		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.002	0	0.003		
15:0	g					
16:0	g	0.140	0	0.238		
17:0	g					
18:0	g	0.022	0	0.037		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.060	0	0.102
14:1	g			
16:1	g	0.002	0	0.003
18:1	g	0.035	0	0.060
20:1	g			
22:1	g	0.021	0	0.036
Polyunsaturated, total	g	0.280	0	0.476
18:2	g	0.159	0	0.270
18:3	g	0.116	0	0.197
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	0.098	0	0.167
Threonine	g	0.316	0	0.537
Isoleucine	g	0.455	0	0.774
Leucine	g	0.606	0	1.030
Lysine	g	0.558	0	0.949
Methionine	g	0.121	0	0.206
Cystine	g	0.126	0	0.214
Phenylalanine	g	0.466	0	0.792
Tyrosine	g	0.348	0	0.592
Valine	g	0.492	0	0.836
Arginine	g	0.595	0	1.011
Histidine	g	0.274	0	0.466
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11778

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11779 Cowpeas, young pods with seeds, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 95g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.50	0	85.03		
Energy	kcal	34	0	32		
Energy	kJ	142	0	135		
Protein (N x 5.95)	g	2.60	0	2.47		
Total lipid (fat)	g	0.30	0	0.28		
Carbohydrate, by difference	g	7.00	0	6.65		
Fiber, total dietary	g					
Ash	g	0.60	0	0.57		
Sugars, total	g					
Minerals:						
Calcium	mg	55	0	52		
Iron	mg	0.70	0	0.67		
Magnesium	mg	41	0	39		
Phosphorus	mg	49	0	47		
Potassium	mg	196	0	186		
Sodium	mg	239	0	227		
Zinc	mg	0.24	0	0.23		
Copper	mg	0.071	0	0.067		
Manganese	mg	0.219	0	0.208		
Selenium	µg	0.7	0	0.7		
Vitamins:						
Ascorbic acid	mg	17.0	0	16.1		
Thiamin	mg	0.090	0	0.086		
Riboflavin	mg	0.090	0	0.086		
Niacin	mg	0.800	0	0.760		
Pantothenic acid	mg	0.638	0	0.606		
Vitamin B-6	mg	0.123	0	0.117		
Folate	µg	26	0	24		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	1400	0	1330		
Vitamin A, RE	µg	140	0	133		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.079	0	0.075		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001	0	0.001		
15:0	g					
16:0	g	0.063	0	0.060		
17:0	g					
18:0	g	0.010	0	0.010		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.027	0	0.026
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.016	0	0.015
20:1	g			
22:1	g	0.010	0	0.010
Polyunsaturated, total	g	0.127	0	0.121
18:2	g	0.072	0	0.068
18:3	g	0.052	0	0.049
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup

NDB No. 11779

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11780 Cowpeas, leafy tips, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 53g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.30	1	48.39		
Energy	kcal	22	0	12		
Energy	kJ	92	0	49		
Protein (N x 5.95)	g	4.67	1	2.48		
Total lipid (fat)	g	0.10	1	0.05		
Carbohydrate, by difference	g	2.80	0	1.48		
Fiber, total dietary	g					
Ash	g	1.13	1	0.60		
Sugars, total	g					
Minerals:						
Calcium	mg	69	1	37		
Iron	mg	1.09	1	0.58		
Magnesium	mg	62	1	33		
Phosphorus	mg	42	1	22		
Potassium	mg	351	1	186		
Sodium	mg	242	0	128		
Zinc	mg	0.24	0	0.13		
Copper	mg	0.154	0	0.082		
Manganese	mg	0.412	0	0.218		
Selenium	µg	0.9	0	0.5		
Vitamins:						
Ascorbic acid	mg	18.4	0	9.8		
Thiamin	mg	0.256	0	0.136		
Riboflavin	mg	0.142	0	0.075		
Niacin	mg	1.008	0	0.534		
Pantothenic acid	mg	0.046	0	0.024		
Vitamin B-6	mg	0.135	0	0.072		
Folate	µg	60	0	32		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	576	0	305		
Vitamin A, RE	µg	58	0	31		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.026	0	0.014		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0	0.000		
15.0	g					
16:0	g	0.021	0	0.011		
17:0	g					
18:0	g	0.003	0	0.002		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.009	0	0.005
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.005	0	0.003
20:1	g			
22:1	g	0.003	0	0.002
Polyunsaturated, total	g	0.042	0	0.022
18:2	g	0.024	0	0.013
18:3	g	0.017	0	0.009
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, chopped

NDB No. 11780

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11781 Cress, garden, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 135g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.50	0	124.88		
Energy	kcal	23	0	31		
Energy	kJ	96	0	130		
Protein (N x 5.95)	g	1.90	0	2.56		
Total lipid (fat)	g	0.60	0	0.81		
Carbohydrate, by difference	g	3.80	0	5.13		
Fiber, total dietary	g	0.7	0	0.9		
Ash	g	1.20	0	1.62		
Sugars, total	g					
Minerals:						
Calcium	mg	61	0	82		
Iron	mg	0.80	0	1.08		
Magnesium	mg	26	0	35		
Phosphorus	mg	48	0	65		
Potassium	mg	353	0	477		
Sodium	mg	244	0	329		
Zinc	mg	0.15	0	0.20		
Copper	mg	0.114	0	0.154		
Manganese	mg	0.372	0	0.502		
Selenium	µg	0.9	0	1.2		
Vitamins:						
Ascorbic acid	mg	23.0	0	31.1		
Thiamin	mg	0.060	0	0.081		
Riboflavin	mg	0.160	0	0.216		
Niacin	mg	0.800	0	1.080		
Pantothenic acid	mg	0.163	0	0.220		
Vitamin B-6	mg	0.157	0	0.212		
Folate	µg	37	0	50		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	7700	0	10395		
Vitamin A, RE	µg	770	0	1040		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.020	0	0.027		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.014	0	0.019		
17:0	g					
18:0	g	0.006	0	0.008		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.205	0	0.277
14:1	g			
16:1	g			
18:1	g	0.075	0	0.101
20:1	g	0.052	0	0.070
22:1	g	0.078	0	0.105
Polyunsaturated, total	g	0.196	0	0.265
18:2	g	0.130	0	0.176
18:3	g	0.065	0	0.088
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11781

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11782 Dandelion greens, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 105g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.80	0	94.29		
Energy	kcal	33	0	35		
Energy	kJ	138	0	145		
Protein (N x 5.95)	g	2.00	0	2.10		
Total lipid (fat)	g	0.60	0	0.63		
Carbohydrate, by difference	g	6.40	0	6.72		
Fiber, total dietary	g	2.9	0	3.0		
Ash	g	1.20	0	1.26		
Sugars, total	g					
Minerals:						
Calcium	mg	140	0	147		
Iron	mg	1.80	0	1.89		
Magnesium	mg	24	0	25		
Phosphorus	mg	42	0	44		
Potassium	mg	232	0	244		
Sodium	mg	280	0	294		
Zinc	mg	0.28	0	0.29		
Copper	mg	0.115	0	0.121		
Manganese	mg	0.230	0	0.242		
Selenium	µg	0.3	0	0.3		
Vitamins:						
Ascorbic acid	mg	18.0	0	18.9		
Thiamin	mg	0.130	0	0.137		
Riboflavin	mg	0.175	0	0.184		
Niacin	mg	0.514	0	0.540		
Pantothenic acid	mg	0.057	0	0.060		
Vitamin B-6	mg	0.160	0	0.168		
Folate	µg	13	0	13		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	11700	0	12285		
Vitamin A, RE	µg	1170	0	1229		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, chopped

NDB No. 11782

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11783 Eggplant, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 99g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.77	0	90.85		
Energy	kcal	28	0	28		
Energy	kJ	117	0	116		
Protein (N x 5.95)	g	0.83	0.074	3	0.82	
Total lipid (fat)	g	0.23	0.005	2	0.23	
Carbohydrate, by difference	g	6.64		0	6.57	
Fiber, total dietary	g	2.5		0	2.5	
Ash	g	0.54	0.035	2	0.53	
Sugars, total	g					
Minerals:						
Calcium	mg	6	1.250	2	6	
Iron	mg	0.35	0.040	2	0.35	
Magnesium	mg	13	0.300	2	13	
Phosphorus	mg	22	5.000	2	22	
Potassium	mg	248	20.700	2	246	
Sodium	mg	239		0	237	
Zinc	mg	0.15		0	0.15	
Copper	mg	0.108		0	0.107	
Manganese	mg	0.136		0	0.135	
Selenium	µg	0.4	0.112	5	0.4	
Vitamins:						
Ascorbic acid	mg	1.3		0	1.3	
Thiamin	mg	0.076		0	0.075	
Riboflavin	mg	0.020		0	0.020	
Niacin	mg	0.600		0	0.594	
Pantothenic acid	mg	0.075		0	0.074	
Vitamin B-6	mg	0.086		0	0.085	
Folate	µg	14		0	14	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	64		0	63	
Vitamin A, RE	µg	6		0	6	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.044		0	0.044	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001		0	0.001	
15.0	g					
16:0	g	0.032		0	0.032	
17:0	g					
18:0	g	0.012		0	0.012	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.020	0	0.020
14:1	g			
16:1	g	0.002	0	0.002
18:1	g	0.018	0	0.018
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.093	0	0.092
18:2	g	0.078	0	0.077
18:3	g	0.015	0	0.015
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	0.008	0	0.008
Threonine	g	0.030	0	0.030
Isoleucine	g	0.036	0	0.036
Leucine	g	0.052	0	0.051
Lysine	g	0.039	0	0.039
Methionine	g	0.009	0	0.009
Cystine	g	0.004	0	0.004
Phenylalanine	g	0.035	0	0.035
Tyrosine	g	0.022	0	0.022
Valine	g	0.043	0	0.043
Arginine	g	0.046	0	0.046
Histidine	g	0.019	0	0.019
Alanine	g	0.042	0	0.042
Aspartic acid	g	0.134	0	0.133
Glutamic acid	g	0.152	0	0.150
Glycine	g	0.033	0	0.033
Proline	g	0.034	0	0.034
Serine	g	0.034	0	0.034
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" cubes)

NDB No. 11783

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11784 Gourd, white-flowered (calabash), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 146g	Measure 2*	Measure 3*
Proximates:						
Water	g	95.32	1	139.17		
Energy	kcal	15	0	22		
Energy	kJ	63	0	92		
Protein (N x 5.95)	g	0.60	0	0.88		
Total lipid (fat)	g	0.02	0	0.03		
Carbohydrate, by difference	g	3.69	0	5.39		
Fiber, total dietary	g					
Ash	g	0.37	1	0.54		
Sugars, total	g					
Minerals:						
Calcium	mg	24	1	35		
Iron	mg	0.25	1	0.37		
Magnesium	mg	11	1	16		
Phosphorus	mg	13	1	19		
Potassium	mg	170	1	248		
Sodium	mg	238	0	347		
Zinc	mg	0.70	0	1.02		
Copper	mg	0.026	0	0.038		
Manganese	mg	0.066	0	0.096		
Selenium	µg	0.2	0	0.3		
Vitamins:						
Ascorbic acid	mg	8.5	0	12.4		
Thiamin	mg	0.029	0	0.042		
Riboflavin	mg	0.022	0	0.032		
Niacin	mg	0.390	0	0.569		
Pantothenic acid	mg	0.144	0	0.210		
Vitamin B-6	mg	0.038	0	0.055		
Folate	µg	4	0	6		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	0	0	0		
Vitamin A, RE	µg	0	0	0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.002	0	0.003		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.001	0	0.001		
17:0	g					
18:0	g	0.000	0	0.000		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.004	0	0.006
14:1	g			
16:1	g			
18:1	g	0.004	0	0.006
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.009	0	0.013
18:2	g	0.009	0	0.013
18:3	g			
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	0.003	0	0.004
Threonine	g	0.017	0	0.025
Isoleucine	g	0.032	0	0.047
Leucine	g	0.035	0	0.051
Lysine	g	0.020	0	0.029
Methionine	g	0.004	0	0.006
Cystine	g			
Phenylalanine	g	0.014	0	0.020
Tyrosine	g			
Valine	g	0.026	0	0.038
Arginine	g	0.014	0	0.020
Histidine	g	0.004	0	0.006
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" cubes)

NDB No. 11784

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11785 Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 178g	Measure 2* 89g	Measure 3*
Proximates:						
Water	g	84.29	1	150.04	75.02	
Energy	kcal	56	0	100	50	
Energy	kJ	234	0	417	208	
Protein (N x 5.95)	g	0.66	0	1.17	0.59	
Total lipid (fat)	g	0.34	0	0.61	0.30	
Carbohydrate, by difference	g	14.34	0	25.53	12.76	
Fiber, total dietary	g					
Ash	g	0.37	0	0.66	0.33	
Sugars, total	g					
Minerals:						
Calcium	mg	9	0	16	8	
Iron	mg	0.36	0	0.64	0.32	
Magnesium	mg	20	1	36	18	
Phosphorus	mg	31	0	55	28	
Potassium	mg	453	1	806	403	
Sodium	mg	257	0	457	229	
Zinc	mg	0.17	0	0.30	0.15	
Copper	mg	0.085	0	0.151	0.076	
Manganese	mg	0.223	0	0.397	0.198	
Selenium	µg	0.2	0	0.4	0.2	
Vitamins:						
Ascorbic acid	mg	5.7	0	10.1	5.1	
Thiamin	mg	0.046	0	0.082	0.041	
Riboflavin	mg	0.042	0	0.075	0.037	
Niacin	mg	0.260	0	0.463	0.231	
Pantothenic acid	mg	0.501	0	0.892	0.446	
Vitamin B-6	mg	0.099	0	0.176	0.088	
Folate	µg	12	0	21	11	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	260	0	463	231	
Vitamin A, RE	µg	26	0	46	23	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.027	0	0.048	0.024	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.019	0	0.034	0.017	
17:0	g					
18:0	g	0.008	0	0.014	0.007	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.063	0	0.112	0.056
14:1	g				
16:1	g				
18:1	g	0.063	0	0.112	0.056
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.148	0	0.263	0.132
18:2	g	0.148	0	0.263	0.132
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, (1" pieces)
- Measure 2: 1/2 cup, 1 in slices

NDB No. 11785

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11786 Horseradish-tree, leafy tips, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 42g	Measure 2*	Measure 3*
Proximates:						
Water	g	81.65	1	34.29		
Energy	kcal	60	0	25		
Energy	kJ	251	0	105		
Protein (N x 5.95)	g	5.27	1	2.21		
Total lipid (fat)	g	0.93	1	0.39		
Carbohydrate, by difference	g	11.15	0	4.68		
Fiber, total dietary	g	2.0	0	0.8		
Ash	g	1.00	1	0.42		
Sugars, total	g					
Minerals:						
Calcium	mg	151	0	63		
Iron	mg	2.32	1	0.97		
Magnesium	mg	151	1	63		
Phosphorus	mg	67	1	28		
Potassium	mg	344	1	144		
Sodium	mg	245	0	103		
Zinc	mg	0.49	0	0.21		
Copper	mg	0.086	0	0.036		
Manganese	mg	0.868	0	0.365		
Selenium	µg	0.9	0	0.4		
Vitamins:						
Ascorbic acid	mg	31.0	0	13.0		
Thiamin	mg	0.222	0	0.093		
Riboflavin	mg	0.509	0	0.214		
Niacin	mg	1.995	0	0.838		
Pantothenic acid	mg	0.102	0	0.043		
Vitamin B-6	mg	0.929	0	0.390		
Folate	µg	23	0	9		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	7013	0	2945		
Vitamin A, RE	µg	701	0	294		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.081	0	0.034
Threonine	g	0.230	0	0.097
Isoleucine	g	0.253	0	0.106
Leucine	g	0.443	0	0.186
Lysine	g	0.301	0	0.126
Methionine	g	0.069	0	0.029
Cystine	g	0.078	0	0.033
Phenylalanine	g	0.273	0	0.115
Tyrosine	g	0.195	0	0.082
Valine	g	0.342	0	0.144
Arginine	g	0.298	0	0.125
Histidine	g	0.110	0	0.046
Alanine	g	0.395	0	0.166
Aspartic acid	g	0.516	0	0.217
Glutamic acid	g	0.580	0	0.244
Glycine	g	0.290	0	0.122
Proline	g	0.253	0	0.106
Serine	g	0.232	0	0.097
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, chopped

NDB No. 11786

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11787 Horseradish-tree, pods, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 118g	Measure 2*	Measure 3*
Proximates:						
Water	g	88.42	1	104.34		
Energy	kcal	36	0	42		
Energy	kJ	151	0	178		
Protein (N x 5.95)	g	2.09	1	2.47		
Total lipid (fat)	g	0.19	1	0.22		
Carbohydrate, by difference	g	8.18	0	9.65		
Fiber, total dietary	g	4.2	0	5.0		
Ash	g	1.12	1	1.32		
Sugars, total	g					
Minerals:						
Calcium	mg	20	1	24		
Iron	mg	0.45	1	0.53		
Magnesium	mg	42	1	50		
Phosphorus	mg	49	1	58		
Potassium	mg	457	1	539		
Sodium	mg	279	0	329		
Zinc	mg	0.42	0	0.50		
Copper	mg	0.078	0	0.092		
Manganese	mg	0.241	0	0.284		
Selenium	µg	0.7	0	0.8		
Vitamins:						
Ascorbic acid	mg	97.0	0	114.5		
Thiamin	mg	0.046	0	0.054		
Riboflavin	mg	0.068	0	0.080		
Niacin	mg	0.590	0	0.696		
Pantothenic acid	mg	0.701	0	0.827		
Vitamin B-6	mg	0.112	0	0.132		
Folate	µg	30	0	36		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	70	0	83		
Vitamin A, RE	µg	7	0	8		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, slices

NDB No. 11787

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11788 Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 87g	Measure 2*	Measure 3*
Proximates:						
Water	g	86.90	1	75.60		
Energy	kcal	50	0	44		
Energy	kJ	209	0	182		
Protein (N x 5.95)	g	2.95	1	2.57		
Total lipid (fat)	g	0.27	1	0.23		
Carbohydrate, by difference	g	9.20	0	8.00		
Fiber, total dietary	g					
Ash	g	0.68	1	0.59		
Sugars, total	g					
Minerals:						
Calcium	mg	41	1	36		
Iron	mg	0.76	1	0.66		
Magnesium	mg	42	1	37		
Phosphorus	mg	49	1	43		
Potassium	mg	262	1	228		
Sodium	mg	238	0	207		
Zinc	mg	0.38	0	0.33		
Copper	mg	0.048	0	0.042		
Manganese	mg	0.210	0	0.183		
Selenium	µg	1.6	0	1.4		
Vitamins:						
Ascorbic acid	mg	5.1	0	4.4		
Thiamin	mg	0.056	0	0.049		
Riboflavin	mg	0.088	0	0.077		
Niacin	mg	0.480	0	0.418		
Pantothenic acid	mg	0.053	0	0.046		
Vitamin B-6	mg	0.023	0	0.020		
Folate	µg	47	0	40		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	142	0	124		
Vitamin A, RE	µg	14	0	12		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.119	0	0.104		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.002	0	0.002		
14:0	g	0.004	0	0.003		
15:0	g					
16:0	g	0.076	0	0.066		
17:0	g					
18:0	g	0.012	0	0.010		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.129	0	0.112
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.128	0	0.111
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.010	0	0.009
18:2	g	0.002	0	0.002
18:3	g	0.009	0	0.008
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			
Threonine	g	0.124	0	0.108
Isoleucine	g	0.201	0	0.175
Leucine	g	0.307	0	0.267
Lysine	g	0.203	0	0.177
Methionine	g	0.026	0	0.023
Cystine	g	0.020	0	0.017
Phenylalanine	g	0.065	0	0.057
Tyrosine	g	0.053	0	0.046
Valine	g	0.218	0	0.190
Arginine	g	0.201	0	0.175
Histidine	g	0.124	0	0.108
Alanine	g	0.153	0	0.133
Aspartic acid	g	0.059	0	0.051
Glutamic acid	g	0.360	0	0.313
Glycine	g	0.242	0	0.211
Proline	g			
Serine	g	0.150	0	0.130
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11788

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11789 Jute, potherb, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 87g	Measure 2*	Measure 3*
Proximates:						
Water	g	87.15	1	75.82		
Energy	kcal	37	0	32		
Energy	kJ	155	0	135		
Protein (N x 5.95)	g	3.68	1	3.20		
Total lipid (fat)	g	0.20	0	0.17		
Carbohydrate, by difference	g	7.30	0	6.35		
Fiber, total dietary	g	2.0	0	1.7		
Ash	g	1.68	1	1.46		
Sugars, total	g					
Minerals:						
Calcium	mg	211	1	184		
Iron	mg	3.14	1	2.73		
Magnesium	mg	62	1	54		
Phosphorus	mg	72	1	63		
Potassium	mg	550	1	479		
Sodium	mg	247	0	215		
Zinc	mg	0.79	0	0.69		
Copper	mg	0.255	0	0.222		
Manganese	mg	0.123	0	0.107		
Selenium	µg	0.9	0	0.8		
Vitamins:						
Ascorbic acid	mg	33.0	0	28.7		
Thiamin	mg	0.091	0	0.079		
Riboflavin	mg	0.192	0	0.167		
Niacin	mg	0.890	0	0.774		
Pantothenic acid	mg	0.072	0	0.063		
Vitamin B-6	mg	0.570	0	0.496		
Folate	µg	104	0	90		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	5185	0	4511		
Vitamin A, RE	µg	519	0	452		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.030	0	0.026		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.024	0	0.021		
17:0	g					
18:0	g	0.005	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.014	0	0.012
14:1	g			
16:1	g	0.003	0	0.003
18:1	g	0.011	0	0.010
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.096	0	0.084
18:2	g	0.094	0	0.082
18:3	g	0.002	0	0.002
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	0.024	0	0.021
Threonine	g	0.130	0	0.113
Isoleucine	g	0.175	0	0.152
Leucine	g	0.306	0	0.266
Lysine	g	0.173	0	0.151
Methionine	g	0.051	0	0.044
Cystine	g	0.032	0	0.028
Phenylalanine	g	0.168	0	0.146
Tyrosine	g	0.116	0	0.101
Valine	g	0.196	0	0.171
Arginine	g	0.196	0	0.171
Histidine	g	0.087	0	0.076
Alanine	g	0.202	0	0.176
Aspartic acid	g	0.448	0	0.390
Glutamic acid	g	0.389	0	0.338
Glycine	g	0.169	0	0.147
Proline	g	0.195	0	0.170
Serine	g	0.143	0	0.124
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11789

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11790 Kale, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 130g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.20	0	118.56		
Energy	kcal	28	0	36		
Energy	kJ	117	0	152		
Protein (N x 5.95)	g	1.90	0	2.47		
Total lipid (fat)	g	0.40	0	0.52		
Carbohydrate, by difference	g	5.63	0	7.32		
Fiber, total dietary	g	2.0	0	2.6		
Ash	g	0.87	0	1.13		
Sugars, total	g					
Minerals:						
Calcium	mg	72	0	94		
Iron	mg	0.90	0	1.17		
Magnesium	mg	18	0	23		
Phosphorus	mg	28	0	36		
Potassium	mg	228	0	296		
Sodium	mg	259	0	337		
Zinc	mg	0.24	0	0.31		
Copper	mg	0.156	0	0.203		
Manganese	mg	0.416	0	0.541		
Selenium	µg	0.9	0	1.2		
Vitamins:						
Ascorbic acid	mg	41.0	0	53.3		
Thiamin	mg	0.053	0	0.069		
Riboflavin	mg	0.070	0	0.091		
Niacin	mg	0.500	0	0.650		
Pantothenic acid	mg	0.049	0	0.064		
Vitamin B-6	mg	0.138	0	0.179		
Folate	µg	13	0	17		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	7400	0	9620		
Vitamin A, RE	µg	740	0	962		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.052	0	0.068		
4:0	g					
6:0	g					
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.001	0	0.001		
14:0	g	0.002	0	0.003		
15:0	g					
16:0	g	0.043	0	0.056		
17:0	g					
18:0	g	0.002	0	0.003		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.030	0	0.039
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.028	0	0.036
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.193	0	0.251
18:2	g	0.079	0	0.103
18:3	g	0.103	0	0.134
18:4	g			
20:4	g	0.001	0	0.001
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.023	0	0.030
Threonine	g	0.085	0	0.111
Isoleucine	g	0.114	0	0.148
Leucine	g	0.133	0	0.173
Lysine	g	0.114	0	0.148
Methionine	g	0.018	0	0.023
Cystine	g	0.025	0	0.033
Phenylalanine	g	0.097	0	0.126
Tyrosine	g	0.067	0	0.087
Valine	g	0.104	0	0.135
Arginine	g	0.106	0	0.138
Histidine	g	0.040	0	0.052
Alanine	g	0.096	0	0.125
Aspartic acid	g	0.170	0	0.221
Glutamic acid	g	0.216	0	0.281
Glycine	g	0.092	0	0.120
Proline	g	0.113	0	0.147
Serine	g	0.080	0	0.104
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11790

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11791 Kale, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 130g	Measure 2*	Measure 3*
Proximates:						
Water	g	90.50	0	117.65		
Energy	kcal	30	0	39		
Energy	kJ	126	0	164		
Protein (N x 5.95)	g	2.84	0	3.69		
Total lipid (fat)	g	0.49	0	0.64		
Carbohydrate, by difference	g	5.24	0	6.81		
Fiber, total dietary	g	2.0	0	2.6		
Ash	g	0.94	0	1.22		
Sugars, total	g					
Minerals:						
Calcium	mg	138	0	179		
Iron	mg	0.94	0	1.22		
Magnesium	mg	18	0	23		
Phosphorus	mg	28	0	36		
Potassium	mg	321	0	417		
Sodium	mg	251	0	326		
Zinc	mg	0.18	0	0.23		
Copper	mg	0.047	0	0.061		
Manganese	mg	0.450	0	0.585		
Selenium	µg	0.9	0	1.2		
Vitamins:						
Ascorbic acid	mg	25.2	0	32.8		
Thiamin	mg	0.043	0	0.056		
Riboflavin	mg	0.114	0	0.148		
Niacin	mg	0.672	0	0.874		
Pantothenic acid	mg	0.053	0	0.069		
Vitamin B-6	mg	0.086	0	0.112		
Folate	µg	14	0	19		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	6354	0	8260		
Vitamin A, RE	µg	635	0	826		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.063	0	0.082		
4:0	g					
6:0	g					
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.002	0	0.003		
14:0	g	0.002	0	0.003		
15:0	g					
16:0	g	0.053	0	0.069		
17:0	g					
18:0	g	0.002	0	0.003		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.036	0	0.047
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.034	0	0.044
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.235	0	0.306
18:2	g	0.096	0	0.125
18:3	g	0.125	0	0.163
18:4	g			
20:4	g	0.001	0	0.001
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.035	0	0.046
Threonine	g	0.127	0	0.165
Isoleucine	g	0.170	0	0.221
Leucine	g	0.199	0	0.259
Lysine	g	0.170	0	0.221
Methionine	g	0.027	0	0.035
Cystine	g	0.038	0	0.049
Phenylalanine	g	0.146	0	0.190
Tyrosine	g	0.101	0	0.131
Valine	g	0.156	0	0.203
Arginine	g	0.158	0	0.205
Histidine	g	0.060	0	0.078
Alanine	g	0.143	0	0.186
Aspartic acid	g	0.254	0	0.330
Glutamic acid	g	0.323	0	0.420
Glycine	g	0.137	0	0.178
Proline	g	0.169	0	0.220
Serine	g	0.120	0	0.156
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11791

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11792 Kale, scotch, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 130g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.20	0	118.56		
Energy	kcal	28	0	36		
Energy	kJ	117	0	152		
Protein (N x 5.95)	g	1.90	0	2.47		
Total lipid (fat)	g	0.41	0	0.53		
Carbohydrate, by difference	g	5.63	0	7.32		
Fiber, total dietary	g					
Ash	g	0.87	0	1.13		
Sugars, total	g					
Minerals:						
Calcium	mg	132	0	172		
Iron	mg	1.93	0	2.51		
Magnesium	mg	57	0	74		
Phosphorus	mg	38	0	49		
Potassium	mg	274	0	356		
Sodium	mg	281	0	365		
Zinc	mg	0.24	0	0.31		
Copper	mg	0.156	0	0.203		
Manganese	mg	0.417	0	0.542		
Selenium	µg	0.9	0	1.2		
Vitamins:						
Ascorbic acid	mg	52.8	0	68.6		
Thiamin	mg	0.040	0	0.052		
Riboflavin	mg	0.039	0	0.051		
Niacin	mg	0.792	0	1.030		
Pantothenic acid	mg	0.048	0	0.062		
Vitamin B-6	mg	0.139	0	0.181		
Folate	µg	13	0	17		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	1994	0	2592		
Vitamin A, RE	µg	199	0	259		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.053	0	0.069		
4:0	g					
6:0	g					
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.001	0	0.001		
14:0	g	0.002	0	0.003		
15.0	g					
16:0	g	0.044	0	0.057		
17:0	g					
18:0	g	0.002	0	0.003		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.030	0	0.039
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.028	0	0.036
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.196	0	0.255
18:2	g	0.080	0	0.104
18:3	g	0.104	0	0.135
18:4	g			
20:4	g	0.001	0	0.001
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.023	0	0.030
Threonine	g	0.085	0	0.111
Isoleucine	g	0.113	0	0.147
Leucine	g	0.132	0	0.172
Lysine	g	0.113	0	0.147
Methionine	g	0.018	0	0.023
Cystine	g	0.025	0	0.033
Phenylalanine	g	0.097	0	0.126
Tyrosine	g	0.067	0	0.087
Valine	g	0.104	0	0.135
Arginine	g	0.105	0	0.137
Histidine	g	0.040	0	0.052
Alanine	g	0.095	0	0.124
Aspartic acid	g	0.169	0	0.220
Glutamic acid	g	0.215	0	0.279
Glycine	g	0.091	0	0.118
Proline	g	0.112	0	0.146
Serine	g	0.080	0	0.104
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11792

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11793 Kohlrabi, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 165g	Measure 2*	Measure 3*
Proximates:						
Water	g	90.30	0	149.00		
Energy	kcal	29	0	48		
Energy	kJ	121	0	200		
Protein (N x 5.95)	g	1.80	0	2.97		
Total lipid (fat)	g	0.11	0	0.18		
Carbohydrate, by difference	g	6.69	0	11.04		
Fiber, total dietary	g	1.1	1	1.8		
Ash	g	1.10	0	1.82		
Sugars, total	g					
Minerals:						
Calcium	mg	25	0	41		
Iron	mg	0.40	0	0.66		
Magnesium	mg	19	0	31		
Phosphorus	mg	45	0	74		
Potassium	mg	340	0	561		
Sodium	mg	257	0	424		
Zinc	mg	0.31	0	0.51		
Copper	mg	0.132	0	0.218		
Manganese	mg	0.142	0	0.234		
Selenium	µg	0.8	0	1.3		
Vitamins:						
Ascorbic acid	mg	54.0	0	89.1		
Thiamin	mg	0.040	0	0.066		
Riboflavin	mg	0.020	0	0.033		
Niacin	mg	0.390	0	0.644		
Pantothenic acid	mg	0.160	0	0.264		
Vitamin B-6	mg	0.154	0	0.254		
Folate	µg	12	0	20		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	35	0	58		
Vitamin A, RE	µg	4	0	7		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.014	0	0.023		
4:0	g					
6:0	g					
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.001	0	0.002		
15:0	g					
16:0	g	0.012	0	0.020		
17:0	g					
18:0	g	0.001	0	0.002		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.013
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.008	0	0.013
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.053	0	0.087
18:2	g	0.022	0	0.036
18:3	g	0.028	0	0.046
18:4	g			
20:4	g	0.000	0	0.000
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.011	0	0.018
Threonine	g	0.052	0	0.086
Isoleucine	g	0.083	0	0.137
Leucine	g	0.071	0	0.117
Lysine	g	0.059	0	0.097
Methionine	g	0.014	0	0.023
Cystine	g	0.007	0	0.012
Phenylalanine	g	0.041	0	0.068
Tyrosine	g			
Valine	g	0.053	0	0.087
Arginine	g	0.111	0	0.183
Histidine	g	0.020	0	0.033
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 11793

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11794 Lambs quarters, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:						
Water	g	88.90	0	160.02		
Energy	kcal	32	0	58		
Energy	kJ	134	0	241		
Protein (N x 5.95)	g	3.20	0	5.76		
Total lipid (fat)	g	0.70	0	1.26		
Carbohydrate, by difference	g	5.00	0	9.00		
Fiber, total dietary	g	2.1	0	3.8		
Ash	g	2.20	0	3.96		
Sugars, total	g					
Minerals:						
Calcium	mg	258	0	464		
Iron	mg	0.70	0	1.26		
Magnesium	mg	23	0	41		
Phosphorus	mg	45	0	81		
Potassium	mg	288	0	518		
Sodium	mg	265	0	477		
Zinc	mg	0.30	0	0.54		
Copper	mg	0.197	0	0.355		
Manganese	mg	0.525	0	0.945		
Selenium	µg	0.9	0	1.6		
Vitamins:						
Ascorbic acid	mg	37.0	0	66.6		
Thiamin	mg	0.100	0	0.180		
Riboflavin	mg	0.260	0	0.468		
Niacin	mg	0.900	0	1.620		
Pantothenic acid	mg	0.062	0	0.112		
Vitamin B-6	mg	0.174	0	0.313		
Folate	µg	14	0	24		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	9700	0	17460		
Vitamin A, RE	µg	970	0	1746		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.052	0	0.094		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001	0	0.002		
15:0	g					
16:0	g	0.041	0	0.074		
17:0	g					
18:0	g	0.004	0	0.007		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.131	0	0.236
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.101	0	0.182
20:1	g	0.011	0	0.020
22:1	g	0.018	0	0.032
Polyunsaturated, total	g	0.307	0	0.553
18:2	g	0.274	0	0.493
18:3	g	0.032	0	0.058
18:4	g			
20:4	g	0.001	0	0.002
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.029	0	0.052
Threonine	g	0.124	0	0.223
Isoleucine	g	0.193	0	0.347
Leucine	g	0.267	0	0.481
Lysine	g	0.270	0	0.486
Methionine	g	0.037	0	0.067
Cystine	g	0.068	0	0.122
Phenylalanine	g	0.126	0	0.227
Tyrosine	g	0.134	0	0.241
Valine	g	0.172	0	0.310
Arginine	g	0.193	0	0.347
Histidine	g	0.088	0	0.158
Alanine	g	0.245	0	0.441
Aspartic acid	g	0.329	0	0.592
Glutamic acid	g	0.397	0	0.715
Glycine	g	0.190	0	0.342
Proline	g	0.170	0	0.306
Serine	g	0.152	0	0.274
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup, chopped

NDB No. 11794

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11795 Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 26g	Measure 3*
Proximates:						
Water	g	90.80	0	112.59	23.61	
Energy	kcal	31	0	38	8	
Energy	kJ	130	0	161	34	
Protein (N x 5.95)	g	0.81	0	1.00	0.21	
Total lipid (fat)	g	0.20	0	0.25	0.05	
Carbohydrate, by difference	g	7.62	0	9.45	1.98	
Fiber, total dietary	g	1.0	0	1.2	0.3	
Ash	g	0.57	0	0.71	0.15	
Sugars, total	g					
Minerals:						
Calcium	mg	30	0	37	8	
Iron	mg	1.10	0	1.36	0.29	
Magnesium	mg	14	0	17	4	
Phosphorus	mg	17	0	21	4	
Potassium	mg	87	0	108	23	
Sodium	mg	246	0	305	64	
Zinc	mg	0.06	0	0.07	0.02	
Copper	mg	0.062	0	0.077	0.016	
Manganese	mg	0.247	0	0.306	0.064	
Selenium	µg	0.5	0	0.6	0.1	
Vitamins:						
Ascorbic acid	mg	4.2	0	5.2	1.1	
Thiamin	mg	0.026	0	0.032	0.007	
Riboflavin	mg	0.020	0	0.025	0.005	
Niacin	mg	0.200	0	0.248	0.052	
Pantothenic acid	mg	0.072	0	0.089	0.019	
Vitamin B-6	mg	0.113	0	0.140	0.029	
Folate	µg	24	0	30	6	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	46	0	57	12	
Vitamin A, RE	µg	5	0	6	1	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.027	0	0.033	0.007	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.025	0	0.031	0.007	
17:0	g					
18:0	g	0.001	0	0.001	0.000	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.003	0	0.004	0.001
14:1	g				
16:1	g				
18:1	g	0.003	0	0.004	0.001
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.111	0	0.138	0.029
18:2	g	0.045	0	0.056	0.012
18:3	g	0.066	0	0.082	0.017
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	0.006	0	0.007	0.002
Threonine	g	0.034	0	0.042	0.009
Isoleucine	g	0.028	0	0.035	0.007
Leucine	g	0.052	0	0.064	0.014
Lysine	g	0.042	0	0.052	0.011
Methionine	g	0.010	0	0.012	0.003
Cystine	g	0.014	0	0.017	0.004
Phenylalanine	g	0.030	0	0.037	0.008
Tyrosine	g	0.022	0	0.027	0.006
Valine	g	0.031	0	0.038	0.008
Arginine	g	0.042	0	0.052	0.011
Histidine	g	0.014	0	0.017	0.004
Alanine	g	0.040	0	0.050	0.010
Aspartic acid	g	0.076	0	0.094	0.020
Glutamic acid	g	0.123	0	0.153	0.032
Glycine	g	0.037	0	0.046	0.010
Proline	g	0.036	0	0.045	0.009
Serine	g	0.050	0	0.062	0.013
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 leek
- Measure 2: 1/4 cup chopped

NDB No. 11795

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11796 Lotus root, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 60g	Measure 2* 89g	Measure 3*
Proximates:						
Water	g	81.42	1	48.85	72.46	
Energy	kcal	66	0	40	59	
Energy	kJ	276	0	166	246	
Protein (N x 5.95)	g	1.58	1	0.95	1.41	
Total lipid (fat)	g	0.07	1	0.04	0.06	
Carbohydrate, by difference	g	16.03	0	9.62	14.27	
Fiber, total dietary	g	3.1	1	1.9	2.8	
Ash	g	0.91	1	0.55	0.81	
Sugars, total	g					
Minerals:						
Calcium	mg	26	1	16	23	
Iron	mg	0.90	1	0.54	0.80	
Magnesium	mg	22	1	13	20	
Phosphorus	mg	78	1	47	69	
Potassium	mg	363	1	218	323	
Sodium	mg	281	0	169	250	
Zinc	mg	0.33	0	0.20	0.29	
Copper	mg	0.217	0	0.130	0.193	
Manganese	mg	0.220	0	0.132	0.196	
Selenium	µg	0.6	0	0.4	0.5	
Vitamins:						
Ascorbic acid	mg	27.4	0	16.4	24.4	
Thiamin	mg	0.127	0	0.076	0.113	
Riboflavin	mg	0.010	0	0.006	0.009	
Niacin	mg	0.300	0	0.180	0.267	
Pantothenic acid	mg	0.302	0	0.181	0.269	
Vitamin B-6	mg	0.218	0	0.131	0.194	
Folate	µg	8	0	5	7	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.021	0	0.013	0.019	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.020	0	0.012	0.018	
17:0	g					
18:0	g	0.001	0	0.001	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.014	0	0.008	0.012
14:1	g				
16:1	g	0.001	0	0.001	0.001
18:1	g	0.010	0	0.006	0.009
20:1	g	0.002	0	0.001	0.002
22:1	g				
Polyunsaturated, total	g	0.014	0	0.008	0.012
18:2	g	0.010	0	0.006	0.009
18:3	g	0.004	0	0.002	0.004
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	0.012	0	0.007	0.011
Threonine	g	0.031	0	0.019	0.028
Isoleucine	g	0.033	0	0.020	0.029
Leucine	g	0.042	0	0.025	0.037
Lysine	g	0.057	0	0.034	0.051
Methionine	g	0.014	0	0.008	0.012
Cystine	g	0.014	0	0.008	0.012
Phenylalanine	g	0.028	0	0.017	0.025
Tyrosine	g	0.017	0	0.010	0.015
Valine	g	0.034	0	0.020	0.030
Arginine	g	0.053	0	0.032	0.047
Histidine	g	0.023	0	0.014	0.020
Alanine	g	0.033	0	0.020	0.029
Aspartic acid	g	0.223	0	0.134	0.198
Glutamic acid	g	0.084	0	0.050	0.075
Glycine	g	0.095	0	0.057	0.085
Proline	g	0.082	0	0.049	0.073
Serine	g	0.037	0	0.022	0.033
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 10 slices, (2-1/2" dia)

NDB No. 11796

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11797 Mushrooms, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 10g	Measure 3* 12g
Proximates:						
Water	g	91.08	0	142.08	8.93	10.93
Energy	kcal	27	0	42	3	3
Energy	kJ	113	0	176	11	14
Protein (N x 5.95)	g	2.17	0	3.39	0.21	0.26
Total lipid (fat)	g	0.47	0	0.73	0.05	0.06
Carbohydrate, by difference	g	5.14	0	8.02	0.50	0.62
Fiber, total dietary	g	2.2	1	3.4	0.2	0.3
Ash	g	0.99	0	1.54	0.10	0.12
Sugars, total	g					
Minerals:						
Calcium	mg	6	0	9	1	1
Iron	mg	1.74	0	2.71	0.17	0.21
Magnesium	mg	12	0	19	1	1
Phosphorus	mg	87	0	136	9	10
Potassium	mg	356	0	555	35	43
Sodium	mg	238	0	371	23	29
Zinc	mg	0.87	0	1.36	0.09	0.10
Copper	mg	0.504	0	0.786	0.049	0.060
Manganese	mg	0.115	0	0.179	0.011	0.014
Selenium	µg	13.4	0	20.9	1.3	1.6
Vitamins:						
Ascorbic acid	mg	4.0	0	6.2	0.4	0.5
Thiamin	mg	0.073	0	0.114	0.007	0.009
Riboflavin	mg	0.300	0	0.468	0.029	0.036
Niacin	mg	4.460	0	6.958	0.437	0.535
Pantothenic acid	mg	2.160	0	3.370	0.212	0.259
Vitamin B-6	mg	0.095	0	0.148	0.009	0.011
Folate	µg	18	0	28	2	2
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00
Vitamin A	IU	0	0	0	0	0
Vitamin A, RE	µg	0	0	0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.061	0	0.095	0.006	0.007
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001	0	0.002	0.000	0.000
12:0	g	0.005	0	0.008	0.000	0.001
14:0	g	0.002	0	0.003	0.000	0.000
15.0	g					
16:0	g	0.030	0	0.047	0.003	0.004
17:0	g					
18:0	g	0.010	0	0.016	0.001	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.008	0	0.012	0.001	0.001
14:1	g					
16:1	g					
18:1	g	0.007	0	0.011	0.001	0.001
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.183	0	0.285	0.018	0.022
18:2	g	0.179	0	0.279	0.018	0.021
18:3	g	0.001	0	0.002	0.000	0.000
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.051	0	0.080	0.005	0.006
Threonine	g	0.101	0	0.158	0.010	0.012
Isoleucine	g	0.089	0	0.139	0.009	0.011
Leucine	g	0.137	0	0.214	0.013	0.016
Lysine	g	0.227	0	0.354	0.022	0.027
Methionine	g	0.043	0	0.067	0.004	0.005
Cystine	g	0.006	0	0.009	0.001	0.001
Phenylalanine	g	0.088	0	0.137	0.009	0.011
Tyrosine	g	0.048	0	0.075	0.005	0.006
Valine	g	0.103	0	0.161	0.010	0.012
Arginine	g	0.111	0	0.173	0.011	0.013
Histidine	g	0.060	0	0.094	0.006	0.007
Alanine	g	0.168	0	0.262	0.016	0.020
Aspartic acid	g	0.206	0	0.321	0.020	0.025
Glutamic acid	g	0.383	0	0.597	0.038	0.046
Glycine	g	0.100	0	0.156	0.010	0.012
Proline	g	0.158	0	0.246	0.015	0.019
Serine	g	0.101	0	0.158	0.010	0.012
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, pieces
- Measure 2: 1 tablespoon
- Measure 3: 1 mushroom

NDB No. 11797

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11798 Mushrooms, shiitake, cooked, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 145g	Measure 2* 72g	Measure 3*
Proximates:						
Water	g	83.48	0.415	2	121.05	60.11
Energy	kcal	55		0	80	40
Energy	kJ	230		0	334	166
Protein (N x 5.95)	g	1.56		0	2.26	1.12
Total lipid (fat)	g	0.22		1	0.32	0.16
Carbohydrate, by difference	g	14.28		0	20.71	10.28
Fiber, total dietary	g	2.1		0	3.0	1.5
Ash	g	0.35		1	0.51	0.25
Sugars, total	g					
Minerals:						
Calcium	mg	3		1	4	2
Iron	mg	0.44		1	0.64	0.32
Magnesium	mg	14		1	20	10
Phosphorus	mg	29		1	42	21
Potassium	mg	117		1	170	84
Sodium	mg	240		0	348	173
Zinc	mg	1.33		0	1.93	0.96
Copper	mg	0.896		0	1.299	0.645
Manganese	mg	0.204		0	0.296	0.147
Selenium	µg	24.8		0	36.0	17.9
Vitamins:						
Ascorbic acid	mg	0.3		1	0.4	0.2
Thiamin	mg	0.037		1	0.054	0.027
Riboflavin	mg	0.170		1	0.247	0.122
Niacin	mg	1.500		1	2.175	1.080
Pantothenic acid	mg	3.594		0	5.211	2.588
Vitamin B-6	mg	0.159		0	0.231	0.114
Folate	µg	21		0	30	15
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	µg	0		1	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.055		0	0.080	0.040
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.004		0	0.006	0.003
12:0	g	0.002		0	0.003	0.001
14:0	g	0.004		0	0.006	0.003
15:0	g					
16:0	g	0.025		0	0.036	0.018
17:0	g					
18:0	g	0.011		0	0.016	0.008
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.068	0	0.099	0.049
14:1	g				
16:1	g	0.018	0	0.026	0.013
18:1	g	0.031	0	0.045	0.022
20:1	g				
22:1	g	0.015	0	0.022	0.011
Polyunsaturated, total	g	0.031	0	0.045	0.022
18:2	g	0.028	0	0.041	0.020
18:3	g	0.003	0	0.004	0.002
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	0.004	0	0.006	0.003
Threonine	g	0.068	0	0.099	0.049
Isoleucine	g	0.055	0	0.080	0.040
Leucine	g	0.093	0	0.135	0.067
Lysine	g	0.047	0	0.068	0.034
Methionine	g	0.025	0	0.036	0.018
Cystine	g	0.027	0	0.039	0.019
Phenylalanine	g	0.067	0	0.097	0.048
Tyrosine	g	0.044	0	0.064	0.032
Valine	g	0.067	0	0.097	0.048
Arginine	g	0.089	0	0.129	0.064
Histidine	g	0.022	0	0.032	0.016
Alanine	g	0.078	0	0.113	0.056
Aspartic acid	g	0.104	0	0.151	0.075
Glutamic acid	g	0.353	0	0.512	0.254
Glycine	g	0.057	0	0.083	0.041
Proline	g	0.057	0	0.083	0.041
Serine	g	0.069	0	0.100	0.050
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup (pieces)
- Measure 2: 4 mushrooms

NDB No. 11798

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11799 Mustard greens, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 140g	Measure 2*	Measure 3*
Proximates:						
Water	g	94.46	0	132.24		
Energy	kcal	15	0	21		
Energy	kJ	63	0	88		
Protein (N x 5.95)	g	2.26	1	3.16		
Total lipid (fat)	g	0.24	1	0.34		
Carbohydrate, by difference	g	2.10	0	2.94		
Fiber, total dietary	g	2.0	0	2.8		
Ash	g	0.94	1	1.32		
Sugars, total	g					
Minerals:						
Calcium	mg	74	1	104		
Iron	mg	0.70	1	0.98		
Magnesium	mg	15	1	21		
Phosphorus	mg	41	1	57		
Potassium	mg	202	0	283		
Sodium	mg	252	0	353		
Zinc	mg	0.11	0	0.15		
Copper	mg	0.084	0	0.118		
Manganese	mg	0.274	0	0.384		
Selenium	µg	0.6	0	0.8		
Vitamins:						
Ascorbic acid	mg	25.3	0	35.4		
Thiamin	mg	0.041	0	0.057		
Riboflavin	mg	0.063	0	0.088		
Niacin	mg	0.433	0	0.606		
Pantothenic acid	mg	0.120	0	0.168		
Vitamin B-6	mg	0.098	0	0.137		
Folate	µg	73	0	103		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	3031	0	4243		
Vitamin A, RE	µg	303	0	424		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.012	0	0.017		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.006	0	0.008		
17:0	g					
18:0	g	0.002	0	0.003		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.110	0	0.154
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.018	0	0.025
20:1	g	0.023	0	0.032
22:1	g	0.069	0	0.097
Polyunsaturated, total	g	0.046	0	0.064
18:2	g	0.024	0	0.034
18:3	g	0.022	0	0.031
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	0.025	0	0.035
Threonine	g	0.060	0	0.084
Isoleucine	g	0.082	0	0.115
Leucine	g	0.069	0	0.097
Lysine	g	0.103	0	0.144
Methionine	g	0.021	0	0.029
Cystine	g	0.034	0	0.048
Phenylalanine	g	0.060	0	0.084
Tyrosine	g	0.119	0	0.167
Valine	g	0.088	0	0.123
Arginine	g	0.165	0	0.231
Histidine	g	0.040	0	0.056
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11799

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11800 Mustard greens, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 212g	Measure 2* 75g	Measure 3*
Proximates:						
Water	g	93.80	0	198.86	70.35	
Energy	kcal	19	0	40	14	
Energy	kJ	79	0	167	59	
Protein (N x 5.95)	g	2.27	0	4.81	1.70	
Total lipid (fat)	g	0.25	0	0.53	0.19	
Carbohydrate, by difference	g	3.12	0	6.61	2.34	
Fiber, total dietary	g	2.8	0	5.9	2.1	
Ash	g	0.57	0	1.21	0.43	
Sugars, total	g					
Minerals:						
Calcium	mg	101	0	214	76	
Iron	mg	1.12	0	2.37	0.84	
Magnesium	mg	13	0	28	10	
Phosphorus	mg	24	0	51	18	
Potassium	mg	139	0	295	104	
Sodium	mg	261	0	553	196	
Zinc	mg	0.20	0	0.42	0.15	
Copper	mg	0.058	0	0.123	0.044	
Manganese	mg	0.294	0	0.623	0.220	
Selenium	µg	0.6	0	1.3	0.5	
Vitamins:						
Ascorbic acid	mg	13.8	0	29.3	10.3	
Thiamin	mg	0.040	0	0.085	0.030	
Riboflavin	mg	0.053	0	0.112	0.040	
Niacin	mg	0.258	0	0.547	0.194	
Pantothenic acid	mg	0.016	0	0.034	0.012	
Vitamin B-6	mg	0.108	0	0.229	0.081	
Folate	µg	70	0	147	52	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	4470	0	9476	3353	
Vitamin A, RE	µg	447	0	948	335	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.013	0	0.028	0.010	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.006	0	0.013	0.005	
17:0	g					
18:0	g	0.002	0	0.004	0.002	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.113	0	0.240	0.085
14:1	g				
16:1	g	0.001	0	0.002	0.001
18:1	g	0.018	0	0.038	0.013
20:1	g	0.023	0	0.049	0.017
22:1	g	0.071	0	0.151	0.053
Polyunsaturated, total	g	0.047	0	0.100	0.035
18:2	g	0.024	0	0.051	0.018
18:3	g	0.022	0	0.047	0.017
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	0.053	0.019
Threonine	g	0.060	0	0.127	0.045
Isoleucine	g	0.083	0	0.176	0.062
Leucine	g	0.070	0	0.148	0.053
Lysine	g	0.103	0	0.218	0.077
Methionine	g	0.021	0	0.045	0.016
Cystine	g	0.034	0	0.072	0.026
Phenylalanine	g	0.060	0	0.127	0.045
Tyrosine	g	0.120	0	0.254	0.090
Valine	g	0.088	0	0.187	0.066
Arginine	g	0.166	0	0.352	0.125
Histidine	g	0.041	0	0.087	0.031
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup chopped or diced

NDB No. 11800

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11801 Mustard spinach, (tendergreen), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:						
Water	g	94.50	0	170.10		
Energy	kcal	16	0	29		
Energy	kJ	67	0	121		
Protein (N x 5.95)	g	1.70	0	3.06		
Total lipid (fat)	g	0.20	0	0.36		
Carbohydrate, by difference	g	2.80	0	5.04		
Fiber, total dietary	g	2.0	0	3.6		
Ash	g	0.80	0	1.44		
Sugars, total	g					
Minerals:						
Calcium	mg	158	0	284		
Iron	mg	0.80	0	1.44		
Magnesium	mg	7	0	13		
Phosphorus	mg	18	0	32		
Potassium	mg	285	0	513		
Sodium	mg	250	0	450		
Zinc	mg	0.11	0	0.20		
Copper	mg	0.050	0	0.090		
Manganese	mg	0.270	0	0.486		
Selenium	µg	0.6	0	1.1		
Vitamins:						
Ascorbic acid	mg	65.0	0	117.0		
Thiamin	mg	0.041	0	0.074		
Riboflavin	mg	0.062	0	0.112		
Niacin	mg	0.430	0	0.774		
Pantothenic acid	mg	0.119	0	0.214		
Vitamin B-6	mg	0.097	0	0.175		
Folate	µg	73	0	131		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	8200	0	14760		
Vitamin A, RE	µg	820	0	1476		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, chopped

NDB No. 11801

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11802 New zealand spinach, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:						
Water	g	94.80	0	170.64		
Energy	kcal	12	0	22		
Energy	kJ	50	0	90		
Protein (N x 5.95)	g	1.30	0	2.34		
Total lipid (fat)	g	0.17	0	0.31		
Carbohydrate, by difference	g	2.20	0	3.96		
Fiber, total dietary	g					
Ash	g	1.60	0	2.88		
Sugars, total	g					
Minerals:						
Calcium	mg	48	0	86		
Iron	mg	0.66	0	1.19		
Magnesium	mg	32	0	58		
Phosphorus	mg	22	0	40		
Potassium	mg	102	0	184		
Sodium	mg	343	0	617		
Zinc	mg	0.31	0	0.56		
Copper	mg	0.077	0	0.139		
Manganese	mg	0.526	0	0.947		
Selenium	µg	0.9	0	1.6		
Vitamins:						
Ascorbic acid	mg	16.0	0	28.8		
Thiamin	mg	0.030	0	0.054		
Riboflavin	mg	0.107	0	0.193		
Niacin	mg	0.390	0	0.702		
Pantothenic acid	mg	0.256	0	0.461		
Vitamin B-6	mg	0.237	0	0.427		
Folate	µg	8	0	15		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	3622	0	6520		
Vitamin A, RE	µg	362	0	652		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.027	0	0.049		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.004	0	0.007		
15:0	g					
16:0	g	0.020	0	0.036		
17:0	g					
18:0	g	0.002	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.009
14:1	g			
16:1	g	0.002	0	0.004
18:1	g	0.002	0	0.004
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.071	0	0.128
18:2	g	0.011	0	0.020
18:3	g	0.056	0	0.101
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, chopped

NDB No. 11802

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11803 Okra, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 80g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	89.91	0	71.93	76.42	
Energy	kcal	32	0	26	27	
Energy	kJ	134	0	107	114	
Protein (N x 5.95)	g	1.87	1	1.50	1.59	
Total lipid (fat)	g	0.17	1	0.14	0.14	
Carbohydrate, by difference	g	7.21	0	5.77	6.13	
Fiber, total dietary	g	2.5	0	2.0	2.1	
Ash	g	0.84	1	0.67	0.71	
Sugars, total	g					
Minerals:						
Calcium	mg	63	1	50	54	
Iron	mg	0.45	1	0.36	0.38	
Magnesium	mg	57	1	46	48	
Phosphorus	mg	56	1	45	48	
Potassium	mg	322	1	258	274	
Sodium	mg	241	0	193	205	
Zinc	mg	0.55	0	0.44	0.47	
Copper	mg	0.086	0	0.069	0.073	
Manganese	mg	0.911	0	0.729	0.774	
Selenium	µg	0.7	0	0.6	0.6	
Vitamins:						
Ascorbic acid	mg	16.3	0	13.0	13.9	
Thiamin	mg	0.132	0	0.106	0.112	
Riboflavin	mg	0.055	0	0.044	0.047	
Niacin	mg	0.871	0	0.697	0.740	
Pantothenic acid	mg	0.213	0	0.170	0.181	
Vitamin B-6	mg	0.187	0	0.150	0.159	
Folate	µg	46	6.157	37	39	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	575	0	460	489	
Vitamin A, RE	µg	58	0	46	49	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.045	0	0.036	0.038	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.038	0	0.030	0.032	
17:0	g					
18:0	g	0.004	0	0.003	0.003	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.028	0	0.022	0.024
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.028	0	0.022	0.024
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.046	0	0.037	0.039
18:2	g	0.045	0	0.036	0.038
18:3	g	0.001	0	0.001	0.001
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.016	0	0.013	0.014
Threonine	g	0.061	0	0.049	0.052
Isoleucine	g	0.065	0	0.052	0.055
Leucine	g	0.098	0	0.078	0.083
Lysine	g	0.075	0	0.060	0.064
Methionine	g	0.020	0	0.016	0.017
Cystine	g	0.018	0	0.014	0.015
Phenylalanine	g	0.061	0	0.049	0.052
Tyrosine	g	0.081	0	0.065	0.069
Valine	g	0.085	0	0.068	0.072
Arginine	g	0.078	0	0.062	0.066
Histidine	g	0.029	0	0.023	0.025
Alanine	g	0.068	0	0.054	0.058
Aspartic acid	g	0.135	0	0.108	0.115
Glutamic acid	g	0.253	0	0.202	0.215
Glycine	g	0.041	0	0.033	0.035
Proline	g	0.042	0	0.034	0.036
Serine	g	0.041	0	0.033	0.035
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup slices
- Measure 2: 8 pods, (3" long)

NDB No. 11803

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11804 Okra, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 255g	Measure 2* 92g	Measure 3*
Proximates:						
Water	g	91.12	0	232.36	83.83	
Energy	kcal	28	0	71	26	
Energy	kJ	117	0	298	108	
Protein (N x 5.95)	g	2.08	0	5.30	1.91	
Total lipid (fat)	g	0.30	0	0.77	0.28	
Carbohydrate, by difference	g	5.75	0	14.66	5.29	
Fiber, total dietary	g	2.8	0	7.1	2.6	
Ash	g	0.75	0	1.91	0.69	
Sugars, total	g					
Minerals:						
Calcium	mg	96	0	245	88	
Iron	mg	0.67	0	1.71	0.62	
Magnesium	mg	51	0	130	47	
Phosphorus	mg	46	0	117	42	
Potassium	mg	234	0	597	215	
Sodium	mg	239	0	609	220	
Zinc	mg	0.62	0	1.58	0.57	
Copper	mg	0.097	0	0.247	0.089	
Manganese	mg	1.021	0	2.604	0.939	
Selenium	µg	0.6	0	1.5	0.6	
Vitamins:						
Ascorbic acid	mg	12.2	0	31.1	11.2	
Thiamin	mg	0.099	0	0.252	0.091	
Riboflavin	mg	0.123	0	0.314	0.113	
Niacin	mg	0.785	0	2.002	0.722	
Pantothenic acid	mg	0.240	0	0.612	0.221	
Vitamin B-6	mg	0.047	0	0.120	0.043	
Folate	µg	146	0	371	134	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	514	0	1311	473	
Vitamin A, RE	µg	51	0	130	47	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.079	0	0.201	0.073	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.068	0	0.173	0.063	
17:0	g					
18:0	g	0.008	0	0.020	0.007	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.050	0	0.128	0.046
14:1	g				
16:1	g	0.001	0	0.003	0.001
18:1	g	0.050	0	0.128	0.046
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.081	0	0.207	0.075
18:2	g	0.079	0	0.201	0.073
18:3	g	0.002	0	0.005	0.002
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.017	0	0.043	0.016
Threonine	g	0.068	0	0.173	0.063
Isoleucine	g	0.072	0	0.184	0.066
Leucine	g	0.109	0	0.278	0.100
Lysine	g	0.084	0	0.214	0.077
Methionine	g	0.022	0	0.056	0.020
Cystine	g	0.020	0	0.051	0.018
Phenylalanine	g	0.068	0	0.173	0.063
Tyrosine	g	0.091	0	0.232	0.084
Valine	g	0.095	0	0.242	0.087
Arginine	g	0.087	0	0.222	0.080
Histidine	g	0.033	0	0.084	0.030
Alanine	g	0.075	0	0.191	0.069
Aspartic acid	g	0.151	0	0.385	0.139
Glutamic acid	g	0.282	0	0.719	0.259
Glycine	g	0.046	0	0.117	0.042
Proline	g	0.046	0	0.117	0.042
Serine	g	0.045	0	0.115	0.041
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup slices

NDB No. 11804

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11805 Onions, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 210g	Measure 2* 15g	Measure 3* 170g
Proximates:						
Water	g	87.86	0	184.51	13.18	149.36
Energy	kcal	44	0	92	7	75
Energy	kJ	184	0	386	28	313
Protein (N x 5.95)	g	1.36	0	2.86	0.20	2.31
Total lipid (fat)	g	0.19	0	0.40	0.03	0.32
Carbohydrate, by difference	g	10.15	0	21.32	1.52	17.25
Fiber, total dietary	g	1.4	0	2.9	0.2	2.4
Ash	g	0.44	0	0.92	0.07	0.75
Sugars, total	g					
Minerals:						
Calcium	mg	22	0	46	3	37
Iron	mg	0.24	0	0.50	0.04	0.41
Magnesium	mg	11	0	23	2	19
Phosphorus	mg	35	0	74	5	60
Potassium	mg	166	0	349	25	282
Sodium	mg	239	0	502	36	406
Zinc	mg	0.21	0	0.44	0.03	0.36
Copper	mg	0.067	0	0.141	0.010	0.114
Manganese	mg	0.153	0	0.321	0.023	0.260
Selenium	µg	0.6	0	1.3	0.1	1.0
Vitamins:						
Ascorbic acid	mg	5.2	0	10.9	0.8	8.8
Thiamin	mg	0.042	0	0.088	0.006	0.071
Riboflavin	mg	0.023	0	0.048	0.003	0.039
Niacin	mg	0.165	0	0.347	0.025	0.281
Pantothenic acid	mg	0.113	0	0.237	0.017	0.192
Vitamin B-6	mg	0.129	0	0.271	0.019	0.219
Folate	µg	15	0	32	2	26
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00
Vitamin A	IU	0	0	0	0	0
Vitamin A, RE	µg	0	0	0	0	0
Vitamin E, α-TE	mg	0.130	0	0.273	0.020	0.221
Lipids:						
Saturated, total	g	0.031	0	0.065	0.005	0.053
4:0	g	0.000	0	0.000	0.000	0.000
6:0	g	0.000	0	0.000	0.000	0.000
8:0	g	0.000	0	0.000	0.000	0.000
10:0	g	0.000	0	0.000	0.000	0.000
12:0	g	0.000	0	0.000	0.000	0.000
14:0	g	0.001	0	0.002	0.000	0.002
15:0	g					
16:0	g	0.028	0	0.059	0.004	0.048
17:0	g					
18:0	g	0.002	0	0.004	0.000	0.003
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.027	0	0.057	0.004	0.046
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.027	0	0.057	0.004	0.046
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.073	0	0.153	0.011	0.124
18:2	g	0.070	0	0.147	0.011	0.119
18:3	g	0.004	0	0.008	0.001	0.007
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	18	0	38	3	31
Amino acids:						
Tryptophan	g	0.020	0	0.042	0.003	0.034
Threonine	g	0.033	0	0.069	0.005	0.056
Isoleucine	g	0.048	0	0.101	0.007	0.082
Leucine	g	0.048	0	0.101	0.007	0.082
Lysine	g	0.065	0	0.137	0.010	0.111
Methionine	g	0.011	0	0.023	0.002	0.019
Cystine	g	0.024	0	0.050	0.004	0.041
Phenylalanine	g	0.035	0	0.074	0.005	0.060
Tyrosine	g	0.034	0	0.071	0.005	0.058
Valine	g	0.031	0	0.065	0.005	0.053
Arginine	g	0.183	0	0.384	0.027	0.311
Histidine	g	0.022	0	0.046	0.003	0.037
Alanine	g	0.038	0	0.080	0.006	0.065
Aspartic acid	g	0.074	0	0.155	0.011	0.126
Glutamic acid	g	0.220	0	0.462	0.033	0.374
Glycine	g	0.057	0	0.120	0.009	0.097
Proline	g	0.042	0	0.088	0.006	0.071
Serine	g	0.040	0	0.084	0.006	0.068
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 tablespoon, chopped
- Measure 3: 1 large

NDB No. 11805

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11806 Onions, frozen, chopped, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 15g	Measure 2* 105g	Measure 3*
Proximates:						
Water	g	92.24	0	13.84	96.85	
Energy	kcal	28	0	4	29	
Energy	kJ	117	0	18	123	
Protein (N x 5.95)	g	0.77	0	0.12	0.81	
Total lipid (fat)	g	0.10	0	0.02	0.11	
Carbohydrate, by difference	g	6.60	0	0.99	6.93	
Fiber, total dietary	g	1.7	0	0.3	1.8	
Ash	g	0.30	0	0.05	0.32	
Sugars, total	g					
Minerals:						
Calcium	mg	16	0	2	17	
Iron	mg	0.30	0	0.05	0.32	
Magnesium	mg	6	0	1	6	
Phosphorus	mg	19	0	3	20	
Potassium	mg	108	0	16	113	
Sodium	mg	248	0	37	260	
Zinc	mg	0.07	0	0.01	0.07	
Copper	mg	0.019	0	0.003	0.020	
Manganese	mg	0.071	0	0.011	0.075	
Selenium	µg	0.4	0	0.1	0.4	
Vitamins:						
Ascorbic acid	mg	2.6	0	0.4	2.7	
Thiamin	mg	0.023	0	0.003	0.024	
Riboflavin	mg	0.025	0	0.004	0.026	
Niacin	mg	0.139	1	0.021	0.146	
Pantothenic acid	mg	0.099	1	0.015	0.104	
Vitamin B-6	mg	0.069	1	0.010	0.072	
Folate	µg	13	1	2	14	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	34	0	5	36	
Vitamin A, RE	µg	3	0	0	3	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.016	0	0.002	0.017	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.014	0	0.002	0.015	
17:0	g					
18:0	g	0.001	0	0.000	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.002	0.014
14:1	g				
16:1	g				
18:1	g	0.013	0	0.002	0.014
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.038	0	0.006	0.040
18:2	g	0.036	0	0.005	0.038
18:3	g	0.002	0	0.000	0.002
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	0.011	0	0.002	0.012
Threonine	g	0.018	0	0.003	0.019
Isoleucine	g	0.027	0	0.004	0.028
Leucine	g	0.027	0	0.004	0.028
Lysine	g	0.036	0	0.005	0.038
Methionine	g	0.006	0	0.001	0.006
Cystine	g	0.014	0	0.002	0.015
Phenylalanine	g	0.020	0	0.003	0.021
Tyrosine	g	0.019	0	0.003	0.020
Valine	g	0.018	0	0.003	0.019
Arginine	g	0.102	0	0.015	0.107
Histidine	g	0.012	0	0.002	0.013
Alanine	g	0.021	0	0.003	0.022
Aspartic acid	g	0.042	0	0.006	0.044
Glutamic acid	g	0.123	0	0.018	0.129
Glycine	g	0.032	0	0.005	0.034
Proline	g	0.024	0	0.004	0.025
Serine	g	0.022	0	0.003	0.023
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 tablespoon, chopped
- Measure 2: 1/2 cup chopped or diced

NDB No. 11806

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11807 Onions, frozen, whole, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 210g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.24	0	193.70		
Energy	kcal	28	0	59		
Energy	kJ	117	0	246		
Protein (N x 5.95)	g	0.71	0	1.49		
Total lipid (fat)	g	0.05	0	0.11		
Carbohydrate, by difference	g	6.70	0	14.07		
Fiber, total dietary	g	1.4	0	2.9		
Ash	g	0.30	0	0.63		
Sugars, total	g					
Minerals:						
Calcium	mg	27	0	57		
Iron	mg	0.34	0	0.71		
Magnesium	mg	8	0	17		
Phosphorus	mg	2	0	4		
Potassium	mg	101	0	212		
Sodium	mg	244	0	512		
Zinc	mg	0.09	0	0.19		
Copper	mg	0.024	0	0.050		
Manganese	mg	0.040	0	0.084		
Selenium	µg	0.4	0.103	5	0.8	
Vitamins:						
Ascorbic acid	mg	5.1	0	10.7		
Thiamin	mg	0.016	0	0.034		
Riboflavin	mg	0.018	0	0.038		
Niacin	mg	0.132	0	0.277		
Pantothenic acid	mg	0.078	0	0.164		
Vitamin B-6	mg	0.070	0	0.147		
Folate	µg	13	0	28		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	21	0	44		
Vitamin A, RE	µg	2	0	4		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.009	0	0.019		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.008	0	0.017		
17:0	g					
18:0	g	0.001	0	0.002		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.015
14:1	g			
16:1	g			
18:1	g	0.007	0	0.015
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.020	0	0.042
18:2	g	0.019	0	0.040
18:3	g	0.001	0	0.002
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	0.010	0	0.021
Threonine	g	0.017	0	0.036
Isoleucine	g	0.025	0	0.053
Leucine	g	0.025	0	0.053
Lysine	g	0.034	0	0.071
Methionine	g	0.006	0	0.013
Cystine	g	0.013	0	0.027
Phenylalanine	g	0.018	0	0.038
Tyrosine	g	0.018	0	0.038
Valine	g	0.016	0	0.034
Arginine	g	0.095	0	0.200
Histidine	g	0.012	0	0.025
Alanine	g	0.020	0	0.042
Aspartic acid	g	0.039	0	0.082
Glutamic acid	g	0.114	0	0.239
Glycine	g	0.029	0	0.061
Proline	g	0.022	0	0.046
Serine	g	0.021	0	0.044
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11807

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11808 Parsnips, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 78g	Measure 2* 160g	Measure 3*
Proximates:						
Water	g	77.72	0	60.62	124.35	
Energy	kcal	81	0	63	130	
Energy	kJ	339	0	264	542	
Protein (N x 5.95)	g	1.32	0.075	5	1.03	2.11
Total lipid (fat)	g	0.30	0.025	5	0.23	0.48
Carbohydrate, by difference	g	19.53		0	15.23	31.25
Fiber, total dietary	g	4.0		1	3.1	6.4
Ash	g	1.13	0.072	5	0.88	1.81
Sugars, total	g					
Minerals:						
Calcium	mg	37		0	29	59
Iron	mg	0.58	0.108	5	0.45	0.93
Magnesium	mg	29		0	23	46
Phosphorus	mg	69		0	54	110
Potassium	mg	367		0	286	587
Sodium	mg	246		0	192	394
Zinc	mg	0.26	0.035	5	0.20	0.42
Copper	mg	0.138	0.018	5	0.108	0.221
Manganese	mg	0.294	0.041	5	0.229	0.470
Selenium	µg	1.7		0	1.3	2.7
Vitamins:						
Ascorbic acid	mg	13.0		0	10.1	20.8
Thiamin	mg	0.083		0	0.065	0.133
Riboflavin	mg	0.051		0	0.040	0.082
Niacin	mg	0.724		0	0.565	1.158
Pantothenic acid	mg	0.588		0	0.459	0.941
Vitamin B-6	mg	0.093		0	0.073	0.149
Folate	µg	58		0	45	93
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.050		0	0.039	0.080
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.003		0	0.002	0.005
15:0	g					
16:0	g	0.030		0	0.023	0.048
17:0	g					
18:0	g	0.014		0	0.011	0.022
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.112	0	0.087	0.179
14:1	g				
16:1	g	0.003	0	0.002	0.005
18:1	g	0.102	0	0.080	0.163
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.047	0	0.037	0.075
18:2	g	0.041	0	0.032	0.066
18:3	g	0.003	0	0.002	0.005
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup slices
- Measure 2: 1 parsnip, (9" long)

NDB No. 11808

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11809 Peas, edible-podded, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 160g	Measure 2*	Measure 3*
Proximates:						
Water	g	88.91	0.410	2	142.26	
Energy	kcal	42		0	67	
Energy	kJ	176		0	282	
Protein (N x 5.95)	g	3.27	0.703	2	5.23	
Total lipid (fat)	g	0.23	0.085	2	0.37	
Carbohydrate, by difference	g	7.05		0	11.28	
Fiber, total dietary	g	2.8		0	4.5	
Ash	g	0.54	0.070	2	0.86	
Sugars, total	g					
Minerals:						
Calcium	mg	42		1	67	
Iron	mg	1.97		0	3.15	
Magnesium	mg	26		1	42	
Phosphorus	mg	55		1	88	
Potassium	mg	240		1	384	
Sodium	mg	240		0	384	
Zinc	mg	0.37		1	0.59	
Copper	mg	0.077		1	0.123	
Manganese	mg	0.168		1	0.269	
Selenium	µg	0.7		0	1.1	
Vitamins:						
Ascorbic acid	mg	47.9		0	76.6	
Thiamin	mg	0.128		0	0.205	
Riboflavin	mg	0.076		0	0.122	
Niacin	mg	0.539		0	0.862	
Pantothenic acid	mg	0.673		0	1.077	
Vitamin B-6	mg	0.144		0	0.230	
Folate	µg	29		0	47	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	131		0	210	
Vitamin A, RE	µg	13		0	21	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.044		0	0.070	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.002		0	0.003	
15:0	g					
16:0	g					
17:0	g					
18:0	g	0.003		0	0.005	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.023	0	0.037
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.023	0	0.037
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.100	0	0.160
18:2	g	0.085	0	0.136
18:3	g	0.015	0	0.024
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	0.032	0	0.051
Threonine	g	0.115	0	0.184
Isoleucine	g	0.188	0	0.301
Leucine	g	0.267	0	0.427
Lysine	g	0.235	0	0.376
Methionine	g	0.013	0	0.021
Cystine	g	0.037	0	0.059
Phenylalanine	g	0.105	0	0.168
Tyrosine	g	0.115	0	0.184
Valine	g	0.319	0	0.510
Arginine	g	0.157	0	0.251
Histidine	g	0.020	0	0.032
Alanine	g	0.068	0	0.109
Aspartic acid	g	0.267	0	0.427
Glutamic acid	g	0.523	0	0.837
Glycine	g	0.084	0	0.134
Proline	g	0.073	0	0.117
Serine	g	0.146	0	0.234
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11809

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11810 Peas, edible-podded, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 253g	Measure 3*
Proximates:						
Water	g	86.60	0	138.56	219.10	
Energy	kcal	52	0	83	132	
Energy	kJ	218	0	349	552	
Protein (N x 5.95)	g	3.50	0	5.60	8.86	
Total lipid (fat)	g	0.38	0	0.61	0.96	
Carbohydrate, by difference	g	9.02	0	14.43	22.82	
Fiber, total dietary	g	3.1	0	5.0	7.8	
Ash	g	0.50	0	0.80	1.26	
Sugars, total	g					
Minerals:						
Calcium	mg	59	0	94	149	
Iron	mg	2.40	0	3.84	6.07	
Magnesium	mg	28	0	45	71	
Phosphorus	mg	58	0	93	147	
Potassium	mg	217	0	347	549	
Sodium	mg	241	0	386	610	
Zinc	mg	0.49	0	0.78	1.24	
Copper	mg	0.090	0	0.144	0.228	
Manganese	mg	0.280	0	0.448	0.708	
Selenium	µg	0.8	0	1.3	2.0	
Vitamins:						
Ascorbic acid	mg	22.0	0	35.2	55.7	
Thiamin	mg	0.064	0	0.102	0.162	
Riboflavin	mg	0.119	0	0.190	0.301	
Niacin	mg	0.563	0	0.901	1.424	
Pantothenic acid	mg	0.857	0	1.371	2.168	
Vitamin B-6	mg	0.174	0	0.278	0.440	
Folate	µg	35	0	56	89	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	167	0	267	423	
Vitamin A, RE	µg	17	0	27	43	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.073	0	0.117	0.185	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.003	0	0.005	0.008	
15:0	g					
16:0	g	0.063	0	0.101	0.159	
17:0	g					
18:0	g	0.006	0	0.010	0.015	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.039	0	0.062	0.099
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.039	0	0.062	0.099
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.167	0	0.267	0.423
18:2	g	0.142	0	0.227	0.359
18:3	g	0.025	0	0.040	0.063
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	0.034	0	0.054	0.086
Threonine	g	0.123	0	0.197	0.311
Isoleucine	g	0.202	0	0.323	0.511
Leucine	g	0.286	0	0.458	0.724
Lysine	g	0.252	0	0.403	0.638
Methionine	g	0.014	0	0.022	0.035
Cystine	g	0.040	0	0.064	0.101
Phenylalanine	g	0.112	0	0.179	0.283
Tyrosine	g	0.123	0	0.197	0.311
Valine	g	0.342	0	0.547	0.865
Arginine	g	0.168	0	0.269	0.425
Histidine	g	0.022	0	0.035	0.056
Alanine	g	0.073	0	0.117	0.185
Aspartic acid	g	0.286	0	0.458	0.724
Glutamic acid	g	0.560	0	0.896	1.417
Glycine	g	0.090	0	0.144	0.228
Proline	g	0.078	0	0.125	0.197
Serine	g	0.157	0	0.251	0.397
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 package (10 oz) yields

NDB No. 11810

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11811 Peas, green, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 160g	Measure 2*	Measure 3*
Proximates:						
Water	g	77.87	1.000	14	124.59	
Energy	kcal	84		0	134	
Energy	kJ	351		0	562	
Protein (N x 5.95)	g	5.36	0.258	14	8.58	
Total lipid (fat)	g	0.22	0.018	14	0.35	
Carbohydrate, by difference	g	15.64		0	25.02	
Fiber, total dietary	g	5.5		1	8.8	
Ash	g	0.92	0.052	14	1.47	
Sugars, total	g					
Minerals:						
Calcium	mg	27	0.969	12	43	
Iron	mg	1.54	0.055	14	2.46	
Magnesium	mg	39	2.447	13	62	
Phosphorus	mg	117	2.787	12	187	
Potassium	mg	271	12.010	12	434	
Sodium	mg	239		0	382	
Zinc	mg	1.19	0.094	14	1.90	
Copper	mg	0.173	0.008	14	0.277	
Manganese	mg	0.525	0.033	14	0.840	
Selenium	µg	1.9		0	3.0	
Vitamins:						
Ascorbic acid	mg	14.2	1.200	12	22.7	
Thiamin	mg	0.259	0.018	12	0.414	
Riboflavin	mg	0.149	0.003	12	0.238	
Niacin	mg	2.021	0.070	12	3.234	
Pantothenic acid	mg	0.153		0	0.245	
Vitamin B-6	mg	0.216	0.005	12	0.346	
Folate	µg	63		0	101	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	597	30.031	12	955	
Vitamin A, RE	µg	60	3.003	12	96	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.039		0	0.062	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.035		0	0.056	
17:0	g					
18:0	g	0.004		0	0.006	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.019	0	0.030
14:1	g			
16:1	g			
18:1	g	0.019	0	0.030
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.102	0	0.163
18:2	g	0.082	0	0.131
18:3	g	0.019	0	0.030
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	0.037	0	0.059
Threonine	g	0.201	0	0.322
Isoleucine	g	0.193	0	0.309
Leucine	g	0.320	0	0.512
Lysine	g	0.314	0	0.502
Methionine	g	0.081	0	0.130
Cystine	g	0.032	0	0.051
Phenylalanine	g	0.198	0	0.317
Tyrosine	g	0.112	0	0.179
Valine	g	0.232	0	0.371
Arginine	g	0.423	0	0.677
Histidine	g	0.105	0	0.168
Alanine	g	0.237	0	0.379
Aspartic acid	g	0.490	0	0.784
Glutamic acid	g	0.733	0	1.173
Glycine	g	0.182	0	0.291
Proline	g	0.171	0	0.274
Serine	g	0.179	0	0.286
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11811

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11812 Peas, green, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 482g	Measure 3*
Proximates:						
Water	g	85.92	0.110	521	106.54	414.13
Energy	kcal	53		0	66	255
Energy	kJ	222		0	275	1070
Protein (N x 5.95)	g	3.19	0.025	566	3.96	15.38
Total lipid (fat)	g	0.30	0.007	564	0.37	1.45
Carbohydrate, by difference	g	9.75		0	12.09	46.99
Fiber, total dietary	g	3.2		0	4.0	15.4
Ash	g	0.84	0.015	536	1.04	4.05
Sugars, total	g					
Minerals:						
Calcium	mg	18	0.239	592	22	87
Iron	mg	1.02	0.021	595	1.26	4.92
Magnesium	mg	17	0.275	259	21	82
Phosphorus	mg	53	0.794	365	66	255
Potassium	mg	100	1.217	391	124	482
Sodium	mg	9	1.439	35	11	43
Zinc	mg	0.70	0.073	176	0.87	3.37
Copper	mg	0.108	0.002	167	0.134	0.521
Manganese	mg	0.264		0	0.327	1.272
Selenium	µg	1.3		0	1.6	6.3
Vitamins:						
Ascorbic acid	mg	9.8	0.147	580	12.2	47.2
Thiamin	mg	0.111	0.002	479	0.138	0.535
Riboflavin	mg	0.073	0.001	459	0.091	0.352
Niacin	mg	0.842		452	1.044	4.058
Pantothenic acid	mg	0.091		0	0.113	0.439
Vitamin B-6	mg	0.065	0.000	9	0.081	0.313
Folate	µg	29	7.318	3	35	137
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	385	7.524	555	477	1856
Vitamin A, RE	µg	38		0	47	183
Vitamin E, α-TE	mg	0.380		0	0.471	1.832
Lipids:						
Saturated, total	g	0.054		0	0.067	0.260
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.048		0	0.060	0.231
17:0	g					
18:0	g	0.005		0	0.006	0.024
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.027	0	0.033	0.130
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.027	0	0.033	0.130
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.142	0	0.176	0.684
18:2	g	0.115	0	0.143	0.554
18:3	g	0.027	0	0.033	0.130
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.022	0	0.027	0.106
Threonine	g	0.120	0	0.149	0.578
Isoleucine	g	0.114	0	0.141	0.549
Leucine	g	0.190	0	0.236	0.916
Lysine	g	0.187	0	0.232	0.901
Methionine	g	0.048	0	0.060	0.231
Cystine	g	0.019	0	0.024	0.092
Phenylalanine	g	0.118	0	0.146	0.569
Tyrosine	g	0.066	0	0.082	0.318
Valine	g	0.138	0	0.171	0.665
Arginine	g	0.252	0	0.312	1.215
Histidine	g	0.063	0	0.078	0.304
Alanine	g	0.141	0	0.175	0.680
Aspartic acid	g	0.292	0	0.362	1.407
Glutamic acid	g	0.436	0	0.541	2.102
Glycine	g	0.108	0	0.134	0.521
Proline	g	0.102	0	0.126	0.492
Serine	g	0.107	0	0.133	0.516
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11812

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11813 Peas, green, canned, dietary pack, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 313g	Measure 3*
Proximates:						
Water	g	81.70	0.788	11	69.44	255.72
Energy	kcal	69		0	59	216
Energy	kJ	289		0	246	905
Protein (N x 5.95)	g	4.42	0.174	11	3.76	13.83
Total lipid (fat)	g	0.35	0.028	11	0.30	1.10
Carbohydrate, by difference	g	12.58		0	10.69	39.38
Fiber, total dietary	g	4.1		0	3.5	12.8
Ash	g	0.97	0.058	11	0.82	3.04
Sugars, total	g					
Minerals:						
Calcium	mg	20	1.769	6	17	63
Iron	mg	0.95	0.137	11	0.81	2.97
Magnesium	mg	17	0.469	6	14	53
Phosphorus	mg	67	1.901	6	57	210
Potassium	mg	173	16.888	6	147	541
Sodium	mg	2		0	2	6
Zinc	mg	0.71	0.085	11	0.60	2.22
Copper	mg	0.082	0.007	11	0.070	0.257
Manganese	mg	0.303	0.033	10	0.258	0.948
Selenium	µg	1.7	0.460	16	1.4	5.3
Vitamins:						
Ascorbic acid	mg	9.6	1.271	6	8.2	30.0
Thiamin	mg	0.121	0.011	6	0.103	0.379
Riboflavin	mg	0.078	0.005	6	0.066	0.244
Niacin	mg	0.732	0.048	6	0.622	2.291
Pantothenic acid	mg	0.128		0	0.109	0.401
Vitamin B-6	mg	0.064	0.003	6	0.054	0.200
Folate	µg	44	6.200	4	38	139
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	768	7.463	6	653	2404
Vitamin A, RE	µg	77	0.746	6	65	241
Vitamin E, α-TE	mg	0.380		0	0.323	1.189
Lipids:						
Saturated, total	g	0.062		0	0.053	0.194
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.056		0	0.048	0.175
17:0	g					
18:0	g	0.006		0	0.005	0.019
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.031	0	0.026	0.097
14:1	g				
16:1	g				
18:1	g	0.031	0	0.026	0.097
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.163	0	0.139	0.510
18:2	g	0.132	0	0.112	0.413
18:3	g	0.031	0	0.026	0.097
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	0.030	0	0.026	0.094
Threonine	g	0.165	0	0.140	0.516
Isoleucine	g	0.159	0	0.135	0.498
Leucine	g	0.264	0	0.224	0.826
Lysine	g	0.259	0	0.220	0.811
Methionine	g	0.067	0	0.057	0.210
Cystine	g	0.026	0	0.022	0.081
Phenylalanine	g	0.163	0	0.139	0.510
Tyrosine	g	0.093	0	0.079	0.291
Valine	g	0.192	0	0.163	0.601
Arginine	g	0.349	0	0.297	1.092
Histidine	g	0.087	0	0.074	0.272
Alanine	g	0.196	0	0.167	0.613
Aspartic acid	g	0.404	0	0.343	1.265
Glutamic acid	g	0.604	0	0.513	1.891
Glycine	g	0.150	0	0.128	0.470
Proline	g	0.141	0	0.120	0.441
Serine	g	0.148	0	0.126	0.463
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11813

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11814 Peas, green, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 253g	Measure 2* 80g	Measure 3*
Proximates:						
Water	g	79.52	0.681	11	201.19	63.62
Energy	kcal	78		0	197	62
Energy	kJ	326		0	825	261
Protein (N x 5.95)	g	5.15	0.205	11	13.03	4.12
Total lipid (fat)	g	0.27	0.049	11	0.68	0.22
Carbohydrate, by difference	g	14.26		0	36.08	11.41
Fiber, total dietary	g	5.5		0	13.9	4.4
Ash	g	0.80	0.100	11	2.02	0.64
Sugars, total	g					
Minerals:						
Calcium	mg	24	1.687	9	61	19
Iron	mg	1.57	0.048	11	3.97	1.26
Magnesium	mg	29	1.749	9	73	23
Phosphorus	mg	90	3.754	9	228	72
Potassium	mg	168	9.348	9	425	134
Sodium	mg	323		0	817	258
Zinc	mg	0.94	0.037	11	2.38	0.75
Copper	mg	0.139	0.008	11	0.352	0.111
Manganese	mg	0.414	0.051	11	1.047	0.331
Selenium	µg	1.0	0.390	12	2.5	0.8
Vitamins:						
Ascorbic acid	mg	9.9	0.906	9	25.0	7.9
Thiamin	mg	0.283	0.022	11	0.716	0.226
Riboflavin	mg	0.100	0.005	11	0.253	0.080
Niacin	mg	1.480	0.053	9	3.744	1.184
Pantothenic acid	mg	0.142	0.018	3	0.359	0.114
Vitamin B-6	mg	0.113	0.008	11	0.286	0.090
Folate	µg	59	3.802	18	148	47
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	668	46.905	9	1690	534
Vitamin A, RE	µg	67	4.691	9	170	54
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.049		0	0.124	0.039
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.044		0	0.111	0.035
17:0	g					
18:0	g	0.005		0	0.013	0.004
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.024	0	0.061	0.019
14:1	g				
16:1	g				
18:1	g	0.024	0	0.061	0.019
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.129	0	0.326	0.103
18:2	g	0.105	0	0.266	0.084
18:3	g	0.024	0	0.061	0.019
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	0.035	0	0.089	0.028
Threonine	g	0.193	0	0.488	0.154
Isoleucine	g	0.185	0	0.468	0.148
Leucine	g	0.307	0	0.777	0.246
Lysine	g	0.302	0	0.764	0.242
Methionine	g	0.078	0	0.197	0.062
Cystine	g	0.030	0	0.076	0.024
Phenylalanine	g	0.190	0	0.481	0.152
Tyrosine	g	0.108	0	0.273	0.086
Valine	g	0.223	0	0.564	0.178
Arginine	g	0.407	0	1.030	0.326
Histidine	g	0.101	0	0.256	0.081
Alanine	g	0.228	0	0.577	0.182
Aspartic acid	g	0.471	0	1.192	0.377
Glutamic acid	g	0.705	0	1.784	0.564
Glycine	g	0.175	0	0.443	0.140
Proline	g	0.165	0	0.417	0.132
Serine	g	0.172	0	0.435	0.138
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11814

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11815 Peas, mature seeds, sprouted, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	74.37	0			
Energy	kcal	118	0			
Energy	kJ	494	0			
Protein (N x 5.95)	g	7.05	0			
Total lipid (fat)	g	0.51	0			
Carbohydrate, by difference	g	21.86	0			
Fiber, total dietary	g					
Ash	g	0.99	0			
Sugars, total	g					
Minerals:						
Calcium	mg	26	0			
Iron	mg	1.67	0			
Magnesium	mg	41	0			
Phosphorus	mg	24	0			
Potassium	mg	268	0			
Sodium	mg	239	0			
Zinc	mg	0.78	0			
Copper	mg	0.020	0			
Manganese	mg	0.325	0			
Selenium	µg	0.6	0			
Vitamins:						
Ascorbic acid	mg	6.6	0			
Thiamin	mg	0.216	0			
Riboflavin	mg	0.285	0			
Niacin	mg	1.072	0			
Pantothenic acid	mg	0.683	0			
Vitamin B-6	mg	0.128	0			
Folate	µg	36	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	107	0			
Vitamin A, RE	µg	11	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.090	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.082	0			
17:0	g					
18:0	g	0.009	0			
20:0	g					
22.0	g					
24:0	g					

Monounsaturated, total	g	0.045	0
14:1	g		
16:1	g		
18:1	g	0.045	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.240	0
18:2	g	0.195	0
18:3	g	0.045	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g	0.240	0
Isoleucine	g	0.221	0
Leucine	g	0.473	0
Lysine	g	0.497	0
Methionine	g	0.089	0
Cystine	g	0.200	0
Phenylalanine	g	0.325	0
Tyrosine	g	0.164	0
Valine	g	0.285	0
Arginine	g	0.627	0
Histidine	g	0.217	0
Alanine	g	0.317	0
Aspartic acid	g	0.849	0
Glutamic acid	g	1.317	0
Glycine	g	0.270	0
Proline	g	0.359	0
Serine	g	0.386	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11815

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11816 Peas and carrots, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 255g	Measure 2*	Measure 3*
Proximates:						
Water	g	88.15	0.139	155	224.78	
Energy	kcal	38		0	97	
Energy	kJ	159		0	405	
Protein (N x 5.95)	g	2.17	0.043	155	5.53	
Total lipid (fat)	g	0.27	0.003	155	0.69	
Carbohydrate, by difference	g	8.48		0	21.62	
Fiber, total dietary	g	3.3		0	8.4	
Ash	g	0.93	0.019	165	2.37	
Sugars, total	g					
Minerals:						
Calcium	mg	23	0.475	164	59	
Iron	mg	0.75	0.055	165	1.91	
Magnesium	mg	14	0.197	89	36	
Phosphorus	mg	46	0.693	151	117	
Potassium	mg	100	4.393	88	255	
Sodium	mg	4		0	10	
Zinc	mg	0.58	0.020	28	1.48	
Copper	mg	0.103	0.004	28	0.263	
Manganese	mg	0.357		0	0.910	
Selenium	µg	0.9		0	2.3	
Vitamins:						
Ascorbic acid	mg	6.6	0.829	165	16.8	
Thiamin	mg	0.074	0.003	154	0.189	
Riboflavin	mg	0.053	0.002	155	0.135	
Niacin	mg	0.581	0.028	155	1.482	
Pantothenic acid	mg	0.120		0	0.306	
Vitamin B-6	mg	0.088		0	0.224	
Folate	µg	18		0	47	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	5770	205.539	165	14714	
Vitamin A, RE	µg	577	20.554	165	1471	
Vitamin E, α-TE	mg	0.420		0	1.071	
Lipids:						
Saturated, total	g	0.049		0	0.125	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.043		0	0.110	
17:0	g					
18:0	g	0.004		0	0.010	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.023	0	0.059
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.022	0	0.056
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.129	0	0.329
18:2	g	0.105	0	0.268
18:3	g	0.023	0	0.059
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.016	0	0.041
Threonine	g	0.081	0	0.207
Isoleucine	g	0.079	0	0.201
Leucine	g	0.125	0	0.319
Lysine	g	0.123	0	0.314
Methionine	g	0.031	0	0.079
Cystine	g	0.013	0	0.033
Phenylalanine	g	0.079	0	0.201
Tyrosine	g	0.045	0	0.115
Valine	g	0.094	0	0.240
Arginine	g	0.164	0	0.418
Histidine	g	0.042	0	0.107
Alanine	g	0.098	0	0.250
Aspartic acid	g	0.206	0	0.525
Glutamic acid	g	0.307	0	0.783
Glycine	g	0.072	0	0.184
Proline	g	0.069	0	0.176
Serine	g	0.072	0	0.184
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11816

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11817 Peas and carrots, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 278g	Measure 2* 80g	Measure 3*
Proximates:						
Water	g	85.80	0	238.52	68.64	
Energy	kcal	48	0	133	38	
Energy	kJ	201	0	559	161	
Protein (N x 5.95)	g	3.09	0	8.59	2.47	
Total lipid (fat)	g	0.42	0	1.17	0.34	
Carbohydrate, by difference	g	10.12	0	28.13	8.10	
Fiber, total dietary	g	3.1	0	8.6	2.5	
Ash	g	0.57	0	1.58	0.46	
Sugars, total	g					
Minerals:						
Calcium	mg	23	0	64	18	
Iron	mg	0.94	0	2.61	0.75	
Magnesium	mg	16	0	44	13	
Phosphorus	mg	49	0	136	39	
Potassium	mg	158	0	439	126	
Sodium	mg	304	0	845	243	
Zinc	mg	0.45	0	1.25	0.36	
Copper	mg	0.076	0	0.211	0.061	
Manganese	mg	0.202	0	0.562	0.162	
Selenium	µg	1.1	0	3.1	0.9	
Vitamins:						
Ascorbic acid	mg	8.1	0	22.5	6.5	
Thiamin	mg	0.225	1	0.626	0.180	
Riboflavin	mg	0.064	1	0.178	0.051	
Niacin	mg	1.154	0	3.208	0.923	
Pantothenic acid	mg	0.163	0	0.453	0.130	
Vitamin B-6	mg	0.087	1	0.242	0.070	
Folate	µg	26	0	72	21	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	7761	0	21576	6209	
Vitamin A, RE	µg	776	0	2157	621	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.077	0	0.214	0.062	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001	0	0.003	0.001	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.068	0	0.189	0.054	
17:0	g					
18:0	g	0.007	0	0.019	0.006	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.035	0	0.097	0.028
14:1	g				
16:1	g	0.001	0	0.003	0.001
18:1	g	0.035	0	0.097	0.028
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.201	0	0.559	0.161
18:2	g	0.164	0	0.456	0.131
18:3	g	0.036	0	0.100	0.029
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	0.022	0	0.061	0.018
Threonine	g	0.116	0	0.322	0.093
Isoleucine	g	0.112	0	0.311	0.090
Leucine	g	0.179	0	0.498	0.143
Lysine	g	0.175	0	0.487	0.140
Methionine	g	0.044	0	0.122	0.035
Cystine	g	0.019	0	0.053	0.015
Phenylalanine	g	0.113	0	0.314	0.090
Tyrosine	g	0.064	0	0.178	0.051
Valine	g	0.134	0	0.373	0.107
Arginine	g	0.234	0	0.651	0.187
Histidine	g	0.060	0	0.167	0.048
Alanine	g	0.140	0	0.389	0.112
Aspartic acid	g	0.294	0	0.817	0.235
Glutamic acid	g	0.439	0	1.220	0.351
Glycine	g	0.103	0	0.286	0.082
Proline	g	0.098	0	0.272	0.078
Serine	g	0.103	0	0.286	0.082
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11817

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11818 Peas and onions, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:						
Water	g	88.18	0	158.72		
Energy	kcal	45	0	81		
Energy	kJ	188	0	338		
Protein (N x 5.95)	g	2.54	0	4.57		
Total lipid (fat)	g	0.20	0	0.36		
Carbohydrate, by difference	g	8.63	0	15.53		
Fiber, total dietary	g	2.2	0	4.0		
Ash	g	0.45	0	0.81		
Sugars, total	g					
Minerals:						
Calcium	mg	14	0	25		
Iron	mg	0.94	0	1.69		
Magnesium	mg	13	0	23		
Phosphorus	mg	34	0	61		
Potassium	mg	117	0	211		
Sodium	mg	273	0	491		
Zinc	mg	0.29	0	0.52		
Copper	mg	0.063	0	0.113		
Manganese	mg	0.166	0	0.299		
Selenium	µg	0.4	0	0.7		
Vitamins:						
Ascorbic acid	mg	6.9	0	12.4		
Thiamin	mg	0.150	0	0.270		
Riboflavin	mg	0.069	0	0.124		
Niacin	mg	1.044	0	1.879		
Pantothenic acid	mg	0.090	0	0.162		
Vitamin B-6	mg	0.087	0	0.157		
Folate	µg	20	0	36		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	347	0	625		
Vitamin A, RE	µg	35	0	63		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.036	0	0.065		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.033	0	0.059		
17:0	g					
18:0	g	0.003	0	0.005		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.019	0	0.034
14:1	g			
16:1	g			
18:1	g	0.019	0	0.034
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.094	0	0.169
18:2	g	0.078	0	0.140
18:3	g	0.016	0	0.029
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	0.019	0	0.034
Threonine	g	0.093	0	0.167
Isoleucine	g	0.091	0	0.164
Leucine	g	0.148	0	0.266
Lysine	g	0.147	0	0.265
Methionine	g	0.037	0	0.067
Cystine	g	0.017	0	0.031
Phenylalanine	g	0.092	0	0.166
Tyrosine	g	0.054	0	0.097
Valine	g	0.107	0	0.193
Arginine	g	0.209	0	0.376
Histidine	g	0.049	0	0.088
Alanine	g	0.110	0	0.198
Aspartic acid	g	0.227	0	0.409
Glutamic acid	g	0.351	0	0.632
Glycine	g	0.087	0	0.157
Proline	g	0.081	0	0.146
Serine	g	0.084	0	0.151
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11818

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11819 Peppers, hot chili, red, raw

Refuse: 27% Stem ends, seeds and core

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 45g	Measure 2* 75g	Measure 3*
Proximates:						
Water	g	87.74	1.215	5	39.48	65.81
Energy	kcal	40		0	18	30
Energy	kJ	167		0	75	125
Protein (N x 5.95)	g	2.00	0.000	2	0.90	1.50
Total lipid (fat)	g	0.20		0	0.09	0.15
Carbohydrate, by difference	g	9.46		0	4.26	7.10
Fiber, total dietary	g	1.5		0	0.7	1.1
Ash	g	0.60		0	0.27	0.45
Sugars, total	g					
Minerals:						
Calcium	mg	18	0.500	2	8	14
Iron	mg	1.20	0.200	2	0.54	0.90
Magnesium	mg	25	2.000	2	11	19
Phosphorus	mg	46	0.500	2	21	35
Potassium	mg	340	80.000	2	153	255
Sodium	mg	7	2.000	2	3	5
Zinc	mg	0.30		0	0.14	0.23
Copper	mg	0.174		0	0.078	0.130
Manganese	mg	0.237		0	0.107	0.178
Selenium	µg	0.5		0	0.2	0.4
Vitamins:						
Ascorbic acid	mg	242.5	2.500	2	109.1	181.9
Thiamin	mg	0.090	0.010	2	0.041	0.068
Riboflavin	mg	0.090	0.010	2	0.041	0.068
Niacin	mg	0.950	0.050	2	0.428	0.713
Pantothenic acid	mg	0.061		0	0.027	0.046
Vitamin B-6	mg	0.278		0	0.125	0.209
Folate	µg	23	2.011	3	11	18
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	10750		0	4838	8063
Vitamin A, RE	µg	1075		0	484	806
Vitamin E, α-TE	mg	0.690		0	0.311	0.518
Lipids:						
Saturated, total	g	0.021		0	0.009	0.016
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.001		0	0.000	0.001
15:0	g					
16:0	g	0.015		0	0.007	0.011
17:0	g					
18:0	g	0.003		0	0.001	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.011	0	0.005	0.008
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.011	0	0.005	0.008
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.109	0	0.049	0.082
18:2	g	0.104	0	0.047	0.078
18:3	g	0.005	0	0.002	0.004
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.026	11	0.012	0.020
Threonine	g	0.074	7	0.033	0.056
Isoleucine	g	0.065	7	0.029	0.049
Leucine	g	0.105	7	0.047	0.079
Lysine	g	0.089	13	0.040	0.067
Methionine	g	0.024	13	0.011	0.018
Cystine	g	0.038	6	0.017	0.029
Phenylalanine	g	0.062	7	0.028	0.047
Tyrosine	g	0.042	7	0.019	0.032
Valine	g	0.084	7	0.038	0.063
Arginine	g	0.096	7	0.043	0.072
Histidine	g	0.041	7	0.018	0.031
Alanine	g	0.082	7	0.037	0.062
Aspartic acid	g	0.286	7	0.129	0.215
Glutamic acid	g	0.264	7	0.119	0.198
Glycine	g	0.074	7	0.033	0.056
Proline	g	0.087	7	0.039	0.065
Serine	g	0.080	7	0.036	0.060
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 pepper
- Measure 2: 1/2 cup chopped or diced

NDB No. 11819

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11820 Peppers, hot chili, red, canned, excluding seeds, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 73g	Measure 2* 68g	Measure 3*
Proximates:						
Water	g	92.50	0	67.53	62.90	
Energy	kcal	21	0	15	14	
Energy	kJ	88	0	64	60	
Protein (N x 5.95)	g	0.90	0	0.66	0.61	
Total lipid (fat)	g	0.10	0	0.07	0.07	
Carbohydrate, by difference	g	5.10	0	3.72	3.47	
Fiber, total dietary	g	1.3	0	0.9	0.9	
Ash	g	1.40	0	1.02	0.95	
Sugars, total	g					
Minerals:						
Calcium	mg	7	0	5	5	
Iron	mg	0.50	0	0.37	0.34	
Magnesium	mg	14	0	10	10	
Phosphorus	mg	17	0	12	12	
Potassium	mg	187	0	137	127	
Sodium	mg	1173	0	856	798	
Zinc	mg	0.17	0	0.12	0.12	
Copper	mg	0.101	0	0.074	0.069	
Manganese	mg	0.138	0	0.101	0.094	
Selenium	µg	0.3	0	0.2	0.2	
Vitamins:						
Ascorbic acid	mg	68.0	0	49.6	46.2	
Thiamin	mg	0.020	0	0.015	0.014	
Riboflavin	mg	0.050	0	0.037	0.034	
Niacin	mg	0.800	0	0.584	0.544	
Pantothenic acid	mg	0.034	0	0.025	0.023	
Vitamin B-6	mg	0.153	0	0.112	0.104	
Folate	µg	10	0	7	7	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	11892	0	8681	8087	
Vitamin A, RE	µg	1189	0	868	809	
Vitamin E, α-TE	mg	0.690	0	0.504	0.469	
Lipids:						
Saturated, total	g	0.010	0	0.007	0.007	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.001	0	0.001	0.001	
15:0	g					
16:0	g	0.008	0	0.006	0.005	
17:0	g					
18:0	g	0.001	0	0.001	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.006	0	0.004	0.004
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.005	0	0.004	0.003
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.055	0	0.040	0.037
18:2	g	0.052	0	0.038	0.035
18:3	g	0.002	0	0.001	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.012	0	0.009	0.008
Threonine	g	0.033	0	0.024	0.022
Isoleucine	g	0.029	0	0.021	0.020
Leucine	g	0.047	0	0.034	0.032
Lysine	g	0.040	0	0.029	0.027
Methionine	g	0.011	0	0.008	0.007
Cystine	g	0.017	0	0.012	0.012
Phenylalanine	g	0.028	0	0.020	0.019
Tyrosine	g	0.019	0	0.014	0.013
Valine	g	0.038	0	0.028	0.026
Arginine	g	0.043	0	0.031	0.029
Histidine	g	0.018	0	0.013	0.012
Alanine	g	0.037	0	0.027	0.025
Aspartic acid	g	0.129	0	0.094	0.088
Glutamic acid	g	0.119	0	0.087	0.081
Glycine	g	0.033	0	0.024	0.022
Proline	g	0.039	0	0.028	0.027
Serine	g	0.036	0	0.026	0.024
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 pepper
- Measure 2: 1/2 cup chopped or diced

NDB No. 11820

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11821 Peppers, sweet, red, raw

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 149g	Measure 2* 92g	Measure 3* 9g	
Proximates:							
Water	g	92.19	0.481	30	137.36	84.81	8.57
Energy	kcal	27		0	40	25	3
Energy	kJ	113		0	168	104	11
Protein (N x 5.95)	g	0.89	0.020	16	1.33	0.82	0.08
Total lipid (fat)	g	0.19	0.038	14	0.28	0.17	0.02
Carbohydrate, by difference	g	6.43		0	9.58	5.92	0.60
Fiber, total dietary	g	2.0		0	3.0	1.8	0.2
Ash	g	0.30	0.000	2	0.45	0.28	0.03
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.483	32	13	8	1
Iron	mg	0.46	0.125	34	0.69	0.42	0.04
Magnesium	mg	10	0.343	34	15	9	1
Phosphorus	mg	19	0.639	32	28	17	2
Potassium	mg	177	5.160	35	264	163	16
Sodium	mg	2	0.218	37	3	2	0
Zinc	mg	0.12	0.008	34	0.18	0.11	0.01
Copper	mg	0.065	0.005	33	0.097	0.060	0.006
Manganese	mg	0.116	0.008	31	0.173	0.107	0.011
Selenium	µg	0.3		0	0.4	0.3	0.0
Vitamins:							
Ascorbic acid	mg	190.0		1	283.1	174.8	17.7
Thiamin	mg	0.066	0.004	16	0.098	0.061	0.006
Riboflavin	mg	0.030	0.004	16	0.045	0.028	0.003
Niacin	mg	0.509	0.031	16	0.758	0.468	0.047
Pantothenic acid	mg	0.080	0.005	14	0.119	0.074	0.007
Vitamin B-6	mg	0.248	0.012	16	0.370	0.228	0.023
Folate	µg	22	3.171	23	33	20	2
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	5700		1	8493	5244	530
Vitamin A, RE	µg	570		1	849	524	53
Vitamin E, α-TE	mg	0.690		0	1.028	0.635	0.064
Lipids:							
Saturated, total	g	0.028		0	0.042	0.026	0.003
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		1	0.000	0.000	0.000
14:0	g	0.000		1	0.000	0.000	0.000
15:0	g						
16:0	g	0.021		1	0.031	0.019	0.002
17:0	g						
18:0	g	0.007		1	0.010	0.006	0.001
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.019	0.012	0.001
14:1	g					
16:1	g	0.001	1	0.001	0.001	0.000
18:1	g	0.011	1	0.016	0.010	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.102	0	0.152	0.094	0.009
18:2	g	0.093	1	0.139	0.086	0.009
18:3	g	0.009	1	0.013	0.008	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	9	1	13	8	1
Amino acids:						
Tryptophan	g	0.011	0	0.016	0.010	0.001
Threonine	g	0.033	0	0.049	0.030	0.003
Isoleucine	g	0.029	0	0.043	0.027	0.003
Leucine	g	0.046	0	0.069	0.042	0.004
Lysine	g	0.039	0	0.058	0.036	0.004
Methionine	g	0.011	0	0.016	0.010	0.001
Cystine	g	0.017	0	0.025	0.016	0.002
Phenylalanine	g	0.027	0	0.040	0.025	0.003
Tyrosine	g	0.018	0	0.027	0.017	0.002
Valine	g	0.037	0	0.055	0.034	0.003
Arginine	g	0.043	0	0.064	0.040	0.004
Histidine	g	0.018	0	0.027	0.017	0.002
Alanine	g	0.036	0	0.054	0.033	0.003
Aspartic acid	g	0.127	0	0.189	0.117	0.012
Glutamic acid	g	0.117	0	0.174	0.108	0.011
Glycine	g	0.033	0	0.049	0.030	0.003
Proline	g	0.039	0	0.058	0.036	0.004
Serine	g	0.036	0	0.054	0.033	0.003
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, chopped
- Measure 2: 1 cup, sliced
- Measure 3: 1 tablespoon

NDB No. 11821

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11822 Peppers, sweet, green, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 12g	Measure 2* 73g	Measure 3* 92g
Proximates:						
Water	g	91.87	0	10.66	67.07	84.52
Energy	kcal	28	0	3	20	26
Energy	kJ	117	0	14	85	108
Protein (N x 5.95)	g	0.92	0	0.11	0.67	0.85
Total lipid (fat)	g	0.20	0	0.02	0.15	0.18
Carbohydrate, by difference	g	6.70	0	0.78	4.89	6.16
Fiber, total dietary	g	1.2	1	0.1	0.9	1.1
Ash	g	0.31	0	0.04	0.23	0.29
Sugars, total	g					
Minerals:						
Calcium	mg	9	0	1	7	8
Iron	mg	0.46	0	0.05	0.34	0.42
Magnesium	mg	10	0	1	7	9
Phosphorus	mg	18	0	2	13	17
Potassium	mg	166	0	19	121	153
Sodium	mg	238	1	28	174	219
Zinc	mg	0.12	0	0.01	0.09	0.11
Copper	mg	0.065	0	0.008	0.047	0.060
Manganese	mg	0.115	0	0.013	0.084	0.106
Selenium	µg	0.3	0	0.0	0.2	0.3
Vitamins:						
Ascorbic acid	mg	74.4	0	8.6	54.3	68.4
Thiamin	mg	0.059	0	0.007	0.043	0.054
Riboflavin	mg	0.030	0	0.003	0.022	0.028
Niacin	mg	0.477	0	0.055	0.348	0.439
Pantothenic acid	mg	0.079	0	0.009	0.058	0.073
Vitamin B-6	mg	0.233	0	0.027	0.170	0.214
Folate	µg	16	0	2	12	15
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00
Vitamin A	IU	592	0	69	432	545
Vitamin A, RE	µg	59	0	7	43	54
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.029	0	0.003	0.021	0.027
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000	0	0.000	0.000	0.000
14:0	g	0.000	0	0.000	0.000	0.000
15.0	g					
16:0	g	0.022	0	0.003	0.016	0.020
17:0	g					
18:0	g	0.007	0	0.001	0.005	0.006
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.002	0.009	0.012
14:1	g					
16:1	g	0.001	0	0.000	0.001	0.001
18:1	g	0.012	0	0.001	0.009	0.011
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.106	0	0.012	0.077	0.098
18:2	g	0.096	0	0.011	0.070	0.088
18:3	g	0.010	0	0.001	0.007	0.009
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	9	0	1	7	8
Amino acids:						
Tryptophan	g	0.012	0	0.001	0.009	0.011
Threonine	g	0.034	0	0.004	0.025	0.031
Isoleucine	g	0.030	0	0.003	0.022	0.028
Leucine	g	0.048	0	0.006	0.035	0.044
Lysine	g	0.041	0	0.005	0.030	0.038
Methionine	g	0.011	0	0.001	0.008	0.010
Cystine	g	0.018	0	0.002	0.013	0.017
Phenylalanine	g	0.029	0	0.003	0.021	0.027
Tyrosine	g	0.019	0	0.002	0.014	0.017
Valine	g	0.039	0	0.005	0.028	0.036
Arginine	g	0.044	0	0.005	0.032	0.040
Histidine	g	0.019	0	0.002	0.014	0.017
Alanine	g	0.038	0	0.004	0.028	0.035
Aspartic acid	g	0.132	0	0.015	0.096	0.121
Glutamic acid	g	0.122	0	0.014	0.089	0.112
Glycine	g	0.034	0	0.004	0.025	0.031
Proline	g	0.040	0	0.005	0.029	0.037
Serine	g	0.037	0	0.004	0.027	0.034
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 tablespoon
- Measure 2: 1 pepper
- Measure 3: 1/2 cup, chopped

NDB No. 11822

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11823 Peppers, sweet, red, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 135g	Measure 2* 12g	Measure 3* 68g
Proximates:						
Water	g	91.87	0	124.02	10.66	62.47
Energy	kcal	28	0	38	3	19
Energy	kJ	117	0	158	14	80
Protein (N x 5.95)	g	0.92	0	1.24	0.11	0.63
Total lipid (fat)	g	0.20	0	0.27	0.02	0.14
Carbohydrate, by difference	g	6.70	0	9.04	0.78	4.56
Fiber, total dietary	g	1.2	0	1.6	0.1	0.8
Ash	g	0.31	0	0.42	0.04	0.21
Sugars, total	g					
Minerals:						
Calcium	mg	9	0	12	1	6
Iron	mg	0.46	0	0.62	0.05	0.31
Magnesium	mg	10	0	14	1	7
Phosphorus	mg	18	0	24	2	12
Potassium	mg	166	0	224	19	113
Sodium	mg	2	0	3	0	1
Zinc	mg	0.12	0	0.16	0.01	0.08
Copper	mg	0.065	0	0.088	0.008	0.044
Manganese	mg	0.115	0	0.155	0.013	0.078
Selenium	µg	0.3	0	0.4	0.0	0.2
Vitamins:						
Ascorbic acid	mg	171.0	1	230.8	19.8	116.3
Thiamin	mg	0.059	0	0.080	0.007	0.040
Riboflavin	mg	0.030	0	0.041	0.003	0.020
Niacin	mg	0.477	0	0.644	0.055	0.324
Pantothenic acid	mg	0.079	0	0.107	0.009	0.054
Vitamin B-6	mg	0.233	0	0.315	0.027	0.158
Folate	µg	16	0	22	2	11
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00
Vitamin A	IU	3760	0	5076	436	2557
Vitamin A, RE	µg	376	0	508	44	256
Vitamin E, α-TE	mg	0.690	0	0.932	0.080	0.469
Lipids:						
Saturated, total	g	0.029	0	0.039	0.003	0.020
4:0	g	0.000	0	0.000	0.000	0.000
6:0	g	0.000	0	0.000	0.000	0.000
8:0	g	0.000	0	0.000	0.000	0.000
10:0	g	0.000	0	0.000	0.000	0.000
12:0	g	0.000	0	0.000	0.000	0.000
14:0	g	0.000	0	0.000	0.000	0.000
15:0	g					
16:0	g	0.022	0	0.030	0.003	0.015
17:0	g					
18:0	g	0.007	0	0.009	0.001	0.005
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.018	0.002	0.009
14:1	g					
16:1	g	0.001	0	0.001	0.000	0.001
18:1	g	0.012	0	0.016	0.001	0.008
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.106	0	0.143	0.012	0.072
18:2	g	0.096	0	0.130	0.011	0.065
18:3	g	0.010	0	0.014	0.001	0.007
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	9	0	12	1	6
Amino acids:						
Tryptophan	g	0.012	0	0.016	0.001	0.008
Threonine	g	0.034	0	0.046	0.004	0.023
Isoleucine	g	0.030	0	0.041	0.003	0.020
Leucine	g	0.048	0	0.065	0.006	0.033
Lysine	g	0.041	0	0.055	0.005	0.028
Methionine	g	0.011	0	0.015	0.001	0.007
Cystine	g	0.018	0	0.024	0.002	0.012
Phenylalanine	g	0.029	0	0.039	0.003	0.020
Tyrosine	g	0.019	0	0.026	0.002	0.013
Valine	g	0.039	0	0.053	0.005	0.027
Arginine	g	0.044	0	0.059	0.005	0.030
Histidine	g	0.019	0	0.026	0.002	0.013
Alanine	g	0.038	0	0.051	0.004	0.026
Aspartic acid	g	0.132	0	0.178	0.015	0.090
Glutamic acid	g	0.122	0	0.165	0.014	0.083
Glycine	g	0.034	0	0.046	0.004	0.023
Proline	g	0.040	0	0.054	0.005	0.027
Serine	g	0.037	0	0.050	0.004	0.025
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, strips
- Measure 2: 1 tablespoon
- Measure 3: 1/2 cup, chopped

NDB No. 11823

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11824 Peppers, sweet, red, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 12g	Measure 2* 73g	Measure 3* 92g
Proximates:						
Water	g	91.87	0	11.02	67.07	84.52
Energy	kcal	28	0	3	20	26
Energy	kJ	117	0	14	85	108
Protein (N x 5.95)	g	0.92	0	0.11	0.67	0.85
Total lipid (fat)	g	0.20	0	0.02	0.15	0.18
Carbohydrate, by difference	g	6.70	0	0.80	4.89	6.16
Fiber, total dietary	g	1.2	1	0.1	0.9	1.1
Ash	g	0.31	0	0.04	0.23	0.29
Sugars, total	g					
Minerals:						
Calcium	mg	9	0	1	7	8
Iron	mg	0.46	0	0.06	0.34	0.42
Magnesium	mg	10	0	1	7	9
Phosphorus	mg	18	0	2	13	17
Potassium	mg	166	0	20	121	153
Sodium	mg	238	1	29	174	219
Zinc	mg	0.12	0	0.01	0.09	0.11
Copper	mg	0.065	0	0.008	0.047	0.060
Manganese	mg	0.115	0	0.014	0.084	0.106
Selenium	µg	0.3	0	0.0	0.2	0.3
Vitamins:						
Ascorbic acid	mg	171.0	1	20.5	124.8	157.3
Thiamin	mg	0.059	0	0.007	0.043	0.054
Riboflavin	mg	0.030	0	0.004	0.022	0.028
Niacin	mg	0.477	0	0.057	0.348	0.439
Pantothenic acid	mg	0.079	0	0.009	0.058	0.073
Vitamin B-6	mg	0.233	0	0.028	0.170	0.214
Folate	µg	16	0	2	12	15
Vitamin B-12	µg	0.00	0	0.00	0.00	0.00
Vitamin A	IU	3760	1	451	2745	3459
Vitamin A, RE	µg	376	0	45	274	346
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.029	0	0.003	0.021	0.027
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000	0	0.000	0.000	0.000
14:0	g	0.000	0	0.000	0.000	0.000
15:0	g					
16:0	g	0.022	0	0.003	0.016	0.020
17:0	g					
18:0	g	0.007	0	0.001	0.005	0.006
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.002	0.009	0.012
14:1	g					
16:1	g	0.001	0	0.000	0.001	0.001
18:1	g	0.012	0	0.001	0.009	0.011
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.106	0	0.013	0.077	0.098
18:2	g	0.096	0	0.012	0.070	0.088
18:3	g	0.010	0	0.001	0.007	0.009
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	9	0	1	7	8
Amino acids:						
Tryptophan	g	0.012	0	0.001	0.009	0.011
Threonine	g	0.034	0	0.004	0.025	0.031
Isoleucine	g	0.030	0	0.004	0.022	0.028
Leucine	g	0.048	0	0.006	0.035	0.044
Lysine	g	0.041	0	0.005	0.030	0.038
Methionine	g	0.011	0	0.001	0.008	0.010
Cystine	g	0.018	0	0.002	0.013	0.017
Phenylalanine	g	0.029	0	0.003	0.021	0.027
Tyrosine	g	0.019	0	0.002	0.014	0.017
Valine	g	0.039	0	0.005	0.028	0.036
Arginine	g	0.044	0	0.005	0.032	0.040
Histidine	g	0.019	0	0.002	0.014	0.017
Alanine	g	0.038	0	0.005	0.028	0.035
Aspartic acid	g	0.132	0	0.016	0.096	0.121
Glutamic acid	g	0.122	0	0.015	0.089	0.112
Glycine	g	0.034	0	0.004	0.025	0.031
Proline	g	0.040	0	0.005	0.029	0.037
Serine	g	0.037	0	0.004	0.027	0.034
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 tablespoon
 Measure 2: 1 pepper
 Measure 3: 1/2 cup, chopped

NDB No. 11824

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11825 Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	94.70	0			
Energy	kcal	18	0			
Energy	kJ	75	0			
Protein (N x 5.95)	g	0.95	0			
Total lipid (fat)	g	0.18	0			
Carbohydrate, by difference	g	3.90	0			
Fiber, total dietary	g					
Ash	g	0.27	0			
Sugars, total	g					
Minerals:						
Calcium	mg	8	0			
Iron	mg	0.52	0			
Magnesium	mg	7	0			
Phosphorus	mg	13	0			
Potassium	mg	72	0			
Sodium	mg	240	0			
Zinc	mg	0.05	0			
Copper	mg	0.044	0			
Manganese	mg	0.097	0			
Selenium	µg	0.2	0			
Vitamins:						
Ascorbic acid	mg	41.2	0			
Thiamin	mg	0.051	0			
Riboflavin	mg	0.031	0			
Niacin	mg	1.082	0			
Pantothenic acid	mg	0.023	0			
Vitamin B-6	mg	0.108	0			
Folate	µg	10	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	290	0			
Vitamin A, RE	µg	29	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.027	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000	0			
14:0	g	0.001	0			
15:0	g					
16:0	g	0.020	0			
17:0	g					
18:0	g	0.006	0			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.012	0
14:1	g		
16:1	g	0.001	0
18:1	g	0.011	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.099	0
18:2	g	0.090	0
18:3	g	0.009	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.012	0
Threonine	g	0.035	0
Isoleucine	g	0.031	0
Leucine	g	0.049	0
Lysine	g	0.042	0
Methionine	g	0.011	0
Cystine	g	0.018	0
Phenylalanine	g	0.029	0
Tyrosine	g	0.020	0
Valine	g	0.040	0
Arginine	g	0.045	0
Histidine	g	0.019	0
Alanine	g	0.039	0
Aspartic acid	g	0.135	0
Glutamic acid	g	0.125	0
Glycine	g	0.035	0
Proline	g	0.041	0
Serine	g	0.038	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11825

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11826 Pigeonpeas, immature seeds, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 153g	Measure 2*	Measure 3*
Proximates:						
Water	g	71.80	0	109.85		
Energy	kcal	111	0	170		
Energy	kJ	464	0	710		
Protein (N x 5.95)	g	5.96	0	9.12		
Total lipid (fat)	g	1.36	0	2.08		
Carbohydrate, by difference	g	19.49	0	29.82		
Fiber, total dietary	g	6.2	0	9.5		
Ash	g	1.39	0	2.13		
Sugars, total	g					
Minerals:						
Calcium	mg	41	0	63		
Iron	mg	1.57	0	2.40		
Magnesium	mg	40	1	61		
Phosphorus	mg	118	0	181		
Potassium	mg	456	1	698		
Sodium	mg	240	0	367		
Zinc	mg	0.82	0	1.25		
Copper	mg	0.105	0	0.161		
Manganese	mg	0.451	0	0.690		
Selenium	µg	1.2	0	1.8		
Vitamins:						
Ascorbic acid	mg	28.1	0	43.0		
Thiamin	mg	0.350	0	0.536		
Riboflavin	mg	0.166	0	0.254		
Niacin	mg	2.153	0	3.294		
Pantothenic acid	mg	0.630	0	0.964		
Vitamin B-6	mg	0.053	0	0.081		
Folate	µg	100	0	153		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	130	0	199		
Vitamin A, RE	µg	13	0	20		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.365	0	0.558		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.082	0	0.125		
17:0	g					
18:0	g	0.006	0	0.009		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.020
14:1	g			
16:1	g			
18:1	g	0.013	0	0.020
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.899	0	1.375
18:2	g	0.860	0	1.316
18:3	g	0.039	0	0.060
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11826

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11827 Pokeberry shoots, (poke), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 165g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.90	0	153.29		
Energy	kcal	20	0	33		
Energy	kJ	84	0	139		
Protein (N x 5.95)	g	2.30	0	3.79		
Total lipid (fat)	g	0.40	0	0.66		
Carbohydrate, by difference	g	3.10	0	5.12		
Fiber, total dietary	g	1.5	1	2.5		
Ash	g	1.30	0	2.15		
Sugars, total	g					
Minerals:						
Calcium	mg	53	0	87		
Iron	mg	1.20	0	1.98		
Magnesium	mg	14	0	23		
Phosphorus	mg	33	0	54		
Potassium	mg	184	0	304		
Sodium	mg	254	0	419		
Zinc	mg	0.19	0	0.31		
Copper	mg	0.126	0	0.208		
Manganese	mg	0.336	0	0.554		
Selenium	µg	0.9	0	1.5		
Vitamins:						
Ascorbic acid	mg	82.0	0	135.3		
Thiamin	mg	0.070	0	0.116		
Riboflavin	mg	0.250	0	0.413		
Niacin	mg	1.100	0	1.815		
Pantothenic acid	mg	0.039	0	0.064		
Vitamin B-6	mg	0.111	0	0.183		
Folate	µg	9	0	14		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	8700	0	14355		
Vitamin A, RE	µg	870	0	1436		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup

NDB No. 11827

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11828 Potatoes, baked, flesh and skin, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 61g	Measure 2* 202g	Measure 3*
Proximates:						
Water	g	71.20	1.064	12	43.43	143.82
Energy	kcal	109		0	66	220
Energy	kJ	456		0	278	921
Protein (N x 5.95)	g	2.30	0.043	10	1.40	4.65
Total lipid (fat)	g	0.10		0	0.06	0.20
Carbohydrate, by difference	g	25.23		0	15.39	50.96
Fiber, total dietary	g	2.4		0	1.5	4.8
Ash	g	1.16	0.055	10	0.71	2.34
Sugars, total	g					
Minerals:						
Calcium	mg	10	1.884	12	6	20
Iron	mg	1.36	0.293	12	0.83	2.75
Magnesium	mg	27	1.590	12	16	55
Phosphorus	mg	57	3.174	12	35	115
Potassium	mg	418	16.382	12	255	844
Sodium	mg	244		0	149	493
Zinc	mg	0.32	0.027	12	0.20	0.65
Copper	mg	0.305	0.038	12	0.186	0.616
Manganese	mg	0.229	0.019	12	0.140	0.463
Selenium	µg	0.8	0.256	10	0.5	1.6
Vitamins:						
Ascorbic acid	mg	12.9	0.525	6	7.9	26.1
Thiamin	mg	0.107	0.006	12	0.065	0.216
Riboflavin	mg	0.033	0.001	12	0.020	0.067
Niacin	mg	1.645	0.087	11	1.003	3.323
Pantothenic acid	mg	0.555		1	0.339	1.121
Vitamin B-6	mg	0.347	0.011	12	0.212	0.701
Folate	µg	11	0.548	12	7	22
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.026		0	0.016	0.053
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001		0	0.001	0.002
12:0	g	0.003		0	0.002	0.006
14:0	g	0.001		0	0.001	0.002
15:0	g					
16:0	g	0.016		0	0.010	0.032
17:0	g					
18:0	g	0.004		0	0.002	0.008
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.001	0.004
14:1	g				
16:1	g	0.001	0	0.001	0.002
18:1	g	0.001	0	0.001	0.002
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.043	0	0.026	0.087
18:2	g	0.032	0	0.020	0.065
18:3	g	0.010	0	0.006	0.020
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	0.036	0	0.022	0.073
Threonine	g	0.084	0	0.051	0.170
Isoleucine	g	0.093	0	0.057	0.188
Leucine	g	0.138	0	0.084	0.279
Lysine	g	0.140	0	0.085	0.283
Methionine	g	0.036	0	0.022	0.073
Cystine	g	0.029	0	0.018	0.059
Phenylalanine	g	0.102	0	0.062	0.206
Tyrosine	g	0.085	0	0.052	0.172
Valine	g	0.130	0	0.079	0.263
Arginine	g	0.106	0	0.065	0.214
Histidine	g	0.050	0	0.031	0.101
Alanine	g	0.071	0	0.043	0.143
Aspartic acid	g	0.563	0	0.343	1.137
Glutamic acid	g	0.386	0	0.235	0.780
Glycine	g	0.068	0	0.041	0.137
Proline	g	0.083	0	0.051	0.168
Serine	g	0.100	0	0.061	0.202
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup

Measure 2: 1 potato, (2-1/3" x 4-3/4")

NDB No. 11828

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11829 Potatoes, baked, flesh, with salt

Refuse: 23% Skin and adhering flesh

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 61g	Measure 2* 156g	Measure 3*
Proximates:						
Water	g	75.42	1.207	6	46.01	117.66
Energy	kcal	93		0	57	145
Energy	kJ	389		0	237	607
Protein (N x 5.95)	g	1.96	0.018	6	1.20	3.06
Total lipid (fat)	g	0.10		0	0.06	0.16
Carbohydrate, by difference	g	21.56		0	13.15	33.63
Fiber, total dietary	g	1.5		0	0.9	2.3
Ash	g	0.97	0.061	6	0.59	1.51
Sugars, total	g					
Minerals:						
Calcium	mg	5	1.393	6	3	8
Iron	mg	0.35	0.080	6	0.21	0.55
Magnesium	mg	25	1.838	6	15	39
Phosphorus	mg	50	3.593	6	31	78
Potassium	mg	391	18.745	6	239	610
Sodium	mg	241		0	147	376
Zinc	mg	0.29	0.031	6	0.18	0.45
Copper	mg	0.215	0.043	6	0.131	0.335
Manganese	mg	0.161	0.014	6	0.098	0.251
Selenium	µg	0.3		0	0.2	0.5
Vitamins:						
Ascorbic acid	mg	12.8	0.617	3	7.8	20.0
Thiamin	mg	0.105	0.006	6	0.064	0.164
Riboflavin	mg	0.021	0.001	6	0.013	0.033
Niacin	mg	1.395	0.102	6	0.851	2.176
Pantothenic acid	mg	0.555		1	0.339	0.866
Vitamin B-6	mg	0.301	0.012	6	0.184	0.470
Folate	µg	9	0.557	6	6	14
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.026		0	0.016	0.041
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001		0	0.001	0.002
12:0	g	0.003		0	0.002	0.005
14:0	g	0.001		0	0.001	0.002
15:0	g					
16:0	g	0.016		0	0.010	0.025
17:0	g					
18:0	g	0.004		0	0.002	0.006
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.001	0.003
14:1	g				
16:1	g	0.001	0	0.001	0.002
18:1	g	0.001	0	0.001	0.002
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.043	0	0.026	0.067
18:2	g	0.032	0	0.020	0.050
18:3	g	0.010	0	0.006	0.016
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	0.030	0	0.018	0.047
Threonine	g	0.071	0	0.043	0.111
Isoleucine	g	0.080	0	0.049	0.125
Leucine	g	0.118	0	0.072	0.184
Lysine	g	0.119	0	0.073	0.186
Methionine	g	0.031	0	0.019	0.048
Cystine	g	0.025	0	0.015	0.039
Phenylalanine	g	0.087	0	0.053	0.136
Tyrosine	g	0.073	0	0.045	0.114
Valine	g	0.110	0	0.067	0.172
Arginine	g	0.090	0	0.055	0.140
Histidine	g	0.043	0	0.026	0.067
Alanine	g	0.060	0	0.037	0.094
Aspartic acid	g	0.479	0	0.292	0.747
Glutamic acid	g	0.328	0	0.200	0.512
Glycine	g	0.058	0	0.035	0.090
Proline	g	0.070	0	0.043	0.109
Serine	g	0.085	0	0.052	0.133
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 potato, (2-1/3" x 4-3/4")

NDB No. 11829

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11830 Potatoes, baked, skin, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 58g	Measure 2*	Measure 3*
Proximates:						
Water	g	47.31	1.891	6	27.44	
Energy	kcal	198		0	115	
Energy	kJ	828		0	480	
Protein (N x 5.95)	g	4.29	0.270	4	2.49	
Total lipid (fat)	g	0.10		0	0.06	
Carbohydrate, by difference	g	46.07		0	26.72	
Fiber, total dietary	g	7.9		0	4.6	
Ash	g	2.24	0.115	4	1.30	
Sugars, total	g					
Minerals:						
Calcium	mg	34	9.770	6	20	
Iron	mg	7.04	1.901	6	4.08	
Magnesium	mg	43	1.960	6	25	
Phosphorus	mg	101	5.775	6	59	
Potassium	mg	573	25.380	6	332	
Sodium	mg	257		0	149	
Zinc	mg	0.49	0.046	6	0.28	
Copper	mg	0.817	0.069	6	0.474	
Manganese	mg	0.616	0.099	6	0.357	
Selenium	µg	0.7		0	0.4	
Vitamins:						
Ascorbic acid	mg	13.5	0.169	3	7.8	
Thiamin	mg	0.122	0.011	6	0.071	
Riboflavin	mg	0.106	0.005	6	0.061	
Niacin	mg	3.065	0.038	5	1.778	
Pantothenic acid	mg	0.857		0	0.497	
Vitamin B-6	mg	0.614	0.026	6	0.356	
Folate	µg	22	1.844	6	13	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		0	0	
Vitamin A, RE	µg	0		0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.026		0	0.015	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001		0	0.001	
12:0	g	0.003		0	0.002	
14:0	g	0.001		0	0.001	
15:0	g					
16:0	g	0.016		0	0.009	
17:0	g					
18:0	g	0.004		0	0.002	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.001
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.001	0	0.001
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.043	0	0.025
18:2	g	0.032	0	0.019
18:3	g	0.010	0	0.006
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 potato skin

NDB No. 11830

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11831 Potatoes, boiled, cooked in skin, flesh, with salt

Refuse: 9% Skins and eyes

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 78g	Measure 2* 136g	Measure 3*
Proximates:						
Water	g	76.98	0.915	6	60.04	104.69
Energy	kcal	87		0	68	118
Energy	kJ	364		0	284	495
Protein (N x 5.95)	g	1.87	0.073	6	1.46	2.54
Total lipid (fat)	g	0.10		0	0.08	0.14
Carbohydrate, by difference	g	20.13		0	15.70	27.38
Fiber, total dietary	g	2.0		0	1.6	2.7
Ash	g	0.92	0.061	6	0.72	1.25
Sugars, total	g					
Minerals:						
Calcium	mg	5	1.310	6	4	7
Iron	mg	0.31	0.041	6	0.24	0.42
Magnesium	mg	22	1.282	6	17	30
Phosphorus	mg	44	2.407	6	34	60
Potassium	mg	379	10.859	6	296	515
Sodium	mg	240		0	187	326
Zinc	mg	0.30	0.027	6	0.23	0.41
Copper	mg	0.188	0.030	6	0.147	0.256
Manganese	mg	0.138	0.013	6	0.108	0.188
Selenium	µg	0.3		0	0.2	0.4
Vitamins:						
Ascorbic acid	mg	13.0	0.712	3	10.1	17.7
Thiamin	mg	0.106	0.007	6	0.083	0.144
Riboflavin	mg	0.020	0.000	6	0.016	0.027
Niacin	mg	1.439	0.110	6	1.122	1.957
Pantothenic acid	mg	0.520		0	0.406	0.707
Vitamin B-6	mg	0.299	0.005	6	0.233	0.407
Folate	µg	10	0.387	6	8	14
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.050		0	0.039	0.068
Lipids:						
Saturated, total	g	0.026		0	0.020	0.035
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.001		0	0.001	0.001
12:0	g	0.003		0	0.002	0.004
14:0	g	0.001		0	0.001	0.001
15:0	g					
16:0	g	0.016		0	0.012	0.022
17:0	g					
18:0	g	0.004		0	0.003	0.005
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.002	0.003
14:1	g				
16:1	g	0.001	0	0.001	0.001
18:1	g	0.001	0	0.001	0.001
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.043	0	0.034	0.058
18:2	g	0.032	0	0.025	0.044
18:3	g	0.010	0	0.008	0.014
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.029	0	0.023	0.039
Threonine	g	0.068	0	0.053	0.092
Isoleucine	g	0.076	0	0.059	0.103
Leucine	g	0.112	0	0.087	0.152
Lysine	g	0.114	0	0.089	0.155
Methionine	g	0.030	0	0.023	0.041
Cystine	g	0.024	0	0.019	0.033
Phenylalanine	g	0.083	0	0.065	0.113
Tyrosine	g	0.069	0	0.054	0.094
Valine	g	0.105	0	0.082	0.143
Arginine	g	0.086	0	0.067	0.117
Histidine	g	0.041	0	0.032	0.056
Alanine	g	0.057	0	0.044	0.078
Aspartic acid	g	0.457	0	0.356	0.622
Glutamic acid	g	0.314	0	0.245	0.427
Glycine	g	0.056	0	0.044	0.076
Proline	g	0.067	0	0.052	0.091
Serine	g	0.081	0	0.063	0.110
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup

Measure 2: 1 potato, (2-1/2" dia, sphere)

NDB No. 11831

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11832 Potatoes, boiled, cooked in skin, skin, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 34g	Measure 2*	Measure 3*
Proximates:						
Water	g	77.80	1.792	5	26.45	
Energy	kcal	78		0	27	
Energy	kJ	326		0	111	
Protein (N x 5.95)	g	2.86	0.035	2	0.97	
Total lipid (fat)	g	0.10		0	0.03	
Carbohydrate, by difference	g	17.21		0	5.85	
Fiber, total dietary	g	3.3		0	1.1	
Ash	g	2.04	0.339	2	0.69	
Sugars, total	g					
Minerals:						
Calcium	mg	45	14.305	5	15	
Iron	mg	6.07	0.315	5	2.06	
Magnesium	mg	30	0.380	5	10	
Phosphorus	mg	54	6.423	5	18	
Potassium	mg	407	19.419	5	138	
Sodium	mg	250		0	85	
Zinc	mg	0.44	0.020	5	0.15	
Copper	mg	0.878	0.144	5	0.299	
Manganese	mg	1.338	0.225	5	0.455	
Selenium	µg	0.3		0	0.1	
Vitamins:						
Ascorbic acid	mg	5.2	0.561	2	1.8	
Thiamin	mg	0.032	0.005	5	0.011	
Riboflavin	mg	0.036	0.004	5	0.012	
Niacin	mg	1.222	0.152	5	0.415	
Pantothenic acid	mg	0.361		0	0.123	
Vitamin B-6	mg	0.239	0.008	5	0.081	
Folate	µg	10	0.828	5	3	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		0	0	
Vitamin A, RE	µg	0		0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.026		0	0.009	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001		0	0.000	
12:0	g	0.003		0	0.001	
14:0	g	0.001		0	0.000	
15:0	g					
16:0	g	0.016		0	0.005	
17:0	g					
18:0	g	0.004		0	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.001
14:1	g			
16:1	g	0.001	0	0.000
18:1	g	0.001	0	0.000
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.043	0	0.015
18:2	g	0.032	0	0.011
18:3	g	0.010	0	0.003
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 potato skin

NDB No. 11832

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11833 Potatoes, boiled, cooked without skin, flesh, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 78g	Measure 2* 135g	Measure 3*
Proximates:						
Water	g	77.46	1.121	6	60.42	104.57
Energy	kcal	86		0	67	116
Energy	kJ	360		0	281	486
Protein (N x 5.95)	g	1.71	0.047	6	1.33	2.31
Total lipid (fat)	g	0.10		0	0.08	0.14
Carbohydrate, by difference	g	20.01		0	15.61	27.01
Fiber, total dietary	g	2.0		0	1.6	2.7
Ash	g	0.72	0.055	6	0.56	0.97
Sugars, total	g					
Minerals:						
Calcium	mg	8	3.105	6	6	11
Iron	mg	0.31	0.073	6	0.24	0.42
Magnesium	mg	20	1.181	6	16	27
Phosphorus	mg	40	2.023	6	31	54
Potassium	mg	328		0	256	443
Sodium	mg	241		0	188	325
Zinc	mg	0.27	0.031	6	0.21	0.36
Copper	mg	0.167	0.019	6	0.130	0.225
Manganese	mg	0.140	0.009	6	0.109	0.189
Selenium	µg	0.3		0	0.2	0.4
Vitamins:						
Ascorbic acid	mg	7.4	0.596	3	5.8	10.0
Thiamin	mg	0.098	0.006	6	0.076	0.132
Riboflavin	mg	0.019	0.002	6	0.015	0.026
Niacin	mg	1.312	0.176	6	1.023	1.771
Pantothenic acid	mg	0.509		0	0.397	0.687
Vitamin B-6	mg	0.269	0.006	6	0.210	0.363
Folate	µg	9	0.525	6	7	12
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.050		0	0.039	0.068
Lipids:						
Saturated, total	g	0.026		0	0.020	0.035
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.001		0	0.001	0.001
12:0	g	0.003		0	0.002	0.004
14:0	g	0.001		0	0.001	0.001
15:0	g					
16:0	g	0.016		0	0.012	0.022
17:0	g					
18:0	g	0.004		0	0.003	0.005
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.002	0.003
14:1	g				
16:1	g	0.001	0	0.001	0.001
18:1	g	0.001	0	0.001	0.001
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.043	0	0.034	0.058
18:2	g	0.032	0	0.025	0.043
18:3	g	0.010	0	0.008	0.014
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.027	0	0.021	0.036
Threonine	g	0.062	0	0.048	0.084
Isoleucine	g	0.070	0	0.055	0.095
Leucine	g	0.103	0	0.080	0.139
Lysine	g	0.104	0	0.081	0.140
Methionine	g	0.027	0	0.021	0.036
Cystine	g	0.022	0	0.017	0.030
Phenylalanine	g	0.076	0	0.059	0.103
Tyrosine	g	0.064	0	0.050	0.086
Valine	g	0.096	0	0.075	0.130
Arginine	g	0.079	0	0.062	0.107
Histidine	g	0.038	0	0.030	0.051
Alanine	g	0.053	0	0.041	0.072
Aspartic acid	g	0.419	0	0.327	0.566
Glutamic acid	g	0.287	0	0.224	0.387
Glycine	g	0.051	0	0.040	0.069
Proline	g	0.062	0	0.048	0.084
Serine	g	0.075	0	0.059	0.101
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 potato, (2-1/2" dia, sphere)

NDB No. 11833

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11834 Potatoes, microwaved, cooked, in skin, flesh and skin, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 202g	Measure 2*	Measure 3*
Proximates:						
Water	g	72.04	1.061	10	145.52	
Energy	kcal	105		0	212	
Energy	kJ	439		0	887	
Protein (N x 5.95)	g	2.44	0.120	6	4.93	
Total lipid (fat)	g	0.10		0	0.20	
Carbohydrate, by difference	g	24.13		0	48.74	
Fiber, total dietary	g	2.3		0	4.6	
Ash	g	1.18	0.077	6	2.38	
Sugars, total	g					
Minerals:						
Calcium	mg	11	3.037	10	22	
Iron	mg	1.24	0.089	10	2.50	
Magnesium	mg	27	1.825	10	55	
Phosphorus	mg	105	44.634	10	212	
Potassium	mg	447	19.494	10	903	
Sodium	mg	244		0	493	
Zinc	mg	0.36	0.033	10	0.73	
Copper	mg	0.334	0.036	10	0.675	
Manganese	mg	0.292	0.029	10	0.590	
Selenium	µg	0.4		0	0.8	
Vitamins:						
Ascorbic acid	mg	15.1		3	30.5	
Thiamin	mg	0.120	0.006	10	0.242	
Riboflavin	mg	0.032	0.001	10	0.065	
Niacin	mg	1.714	0.107	10	3.462	
Pantothenic acid	mg	0.454		0	0.917	
Vitamin B-6	mg	0.344	0.022	10	0.695	
Folate	µg	12	0.559	10	24	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		0	0	
Vitamin A, RE	µg	0		0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.026		0	0.053	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001		0	0.002	
12:0	g	0.003		0	0.006	
14:0	g	0.001		0	0.002	
15:0	g					
16:0	g	0.016		0	0.032	
17:0	g					
18:0	g	0.004		0	0.008	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.004
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.001	0	0.002
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.043	0	0.087
18:2	g	0.032	0	0.065
18:3	g	0.010	0	0.020
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	0.038	0	0.077
Threonine	g	0.089	0	0.180
Isoleucine	g	0.099	0	0.200
Leucine	g	0.147	0	0.297
Lysine	g	0.149	0	0.301
Methionine	g	0.039	0	0.079
Cystine	g	0.031	0	0.063
Phenylalanine	g	0.109	0	0.220
Tyrosine	g	0.091	0	0.184
Valine	g	0.138	0	0.279
Arginine	g	0.113	0	0.228
Histidine	g	0.054	0	0.109
Alanine	g	0.075	0	0.152
Aspartic acid	g	0.598	0	1.208
Glutamic acid	g	0.410	0	0.828
Glycine	g	0.073	0	0.147
Proline	g	0.088	0	0.178
Serine	g	0.106	0	0.214
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 potato, (2-1/3" x 4-3/4")

NDB No. 11834

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11835 Potatoes, microwaved, cooked in skin, flesh, with salt

Refuse: 23% Skin and adhering flesh

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 78g	Measure 2* 156g	Measure 3*
Proximates:						
Water	g	73.55	1.235	5	57.37	114.74
Energy	kcal	100		0	78	156
Energy	kJ	418		0	326	652
Protein (N x 5.95)	g	2.10	0.065	4	1.64	3.28
Total lipid (fat)	g	0.10		0	0.08	0.16
Carbohydrate, by difference	g	23.28		0	18.16	36.32
Fiber, total dietary	g	1.6		0	1.2	2.5
Ash	g	0.97	0.090	4	0.76	1.51
Sugars, total	g					
Minerals:						
Calcium	mg	5	1.740	5	4	8
Iron	mg	0.41	0.070	5	0.32	0.64
Magnesium	mg	25	2.117	5	20	39
Phosphorus	mg	109	52.505	5	85	170
Potassium	mg	411	22.733	5	321	641
Sodium	mg	243		0	190	379
Zinc	mg	0.33	0.039	5	0.26	0.51
Copper	mg	0.237	0.042	5	0.185	0.370
Manganese	mg	0.170	0.021	5	0.133	0.265
Selenium	µg	0.4		0	0.3	0.6
Vitamins:						
Ascorbic acid	mg	15.1	0.024	2	11.8	23.6
Thiamin	mg	0.129	0.007	5	0.101	0.201
Riboflavin	mg	0.025	0.001	5	0.020	0.039
Niacin	mg	1.625	0.111	5	1.268	2.535
Pantothenic acid	mg	0.597		0	0.466	0.931
Vitamin B-6	mg	0.319	0.025	5	0.249	0.498
Folate	µg	12	0.646	5	10	19
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.026		0	0.020	0.041
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001		0	0.001	0.002
12:0	g	0.003		0	0.002	0.005
14:0	g	0.001		0	0.001	0.002
15:0	g					
16:0	g	0.016		0	0.012	0.025
17:0	g					
18:0	g	0.004		0	0.003	0.006
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.002	0.003
14:1	g				
16:1	g	0.001	0	0.001	0.002
18:1	g	0.001	0	0.001	0.002
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.043	0	0.034	0.067
18:2	g	0.032	0	0.025	0.050
18:3	g	0.010	0	0.008	0.016
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	0.033	0	0.026	0.051
Threonine	g	0.076	0	0.059	0.119
Isoleucine	g	0.085	0	0.066	0.133
Leucine	g	0.126	0	0.098	0.197
Lysine	g	0.128	0	0.100	0.200
Methionine	g	0.033	0	0.026	0.051
Cystine	g	0.027	0	0.021	0.042
Phenylalanine	g	0.093	0	0.073	0.145
Tyrosine	g	0.078	0	0.061	0.122
Valine	g	0.118	0	0.092	0.184
Arginine	g	0.097	0	0.076	0.151
Histidine	g	0.046	0	0.036	0.072
Alanine	g	0.065	0	0.051	0.101
Aspartic acid	g	0.514	0	0.401	0.802
Glutamic acid	g	0.352	0	0.275	0.549
Glycine	g	0.062	0	0.048	0.097
Proline	g	0.076	0	0.059	0.119
Serine	g	0.091	0	0.071	0.142
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup

Measure 2: 1 potato, (2-1/3" x 4-3/4")

NDB No. 11835

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11836 Potatoes, microwaved, cooked, in skin, skin with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 58g	Measure 2*	Measure 3*
Proximates:						
Water	g	63.50	1.035	5	36.83	
Energy	kcal	132		0	77	
Energy	kJ	552		0	320	
Protein (N x 5.95)	g	4.39	0.713	2	2.55	
Total lipid (fat)	g	0.10		0	0.06	
Carbohydrate, by difference	g	29.63		0	17.19	
Fiber, total dietary	g	5.5		0	3.2	
Ash	g	2.38	0.062	2	1.38	
Sugars, total	g					
Minerals:						
Calcium	mg	46	17.686	5	27	
Iron	mg	5.94	0.442	5	3.45	
Magnesium	mg	37	2.021	5	21	
Phosphorus	mg	82	4.428	5	48	
Potassium	mg	650	17.190	5	377	
Sodium	mg	252		0	146	
Zinc	mg	0.51	0.028	5	0.30	
Copper	mg	0.882	0.039	5	0.512	
Manganese	mg	0.980	0.147	5	0.568	
Selenium	µg	0.5		0	0.3	
Vitamins:						
Ascorbic acid	mg	15.3		1	8.9	
Thiamin	mg	0.071	0.008	5	0.041	
Riboflavin	mg	0.075	0.002	5	0.044	
Niacin	mg	2.220	0.343	5	1.288	
Pantothenic acid	mg	0.594		0	0.345	
Vitamin B-6	mg	0.492	0.042	5	0.285	
Folate	µg	17	0.708	5	10	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		0	0	
Vitamin A, RE	µg	0		0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.026		0	0.015	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001		0	0.001	
12:0	g	0.003		0	0.002	
14:0	g	0.001		0	0.001	
15:0	g					
16:0	g	0.016		0	0.009	
17:0	g					
18:0	g	0.004		0	0.002	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.002	0	0.001
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.001	0	0.001
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.043	0	0.025
18:2	g	0.032	0	0.019
18:3	g	0.010	0	0.006
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 potato skin

NDB No. 11836

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11837 Potatoes, frozen, whole, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	82.80	0			
Energy	kcal	65	0			
Energy	kJ	272	0			
Protein (N x 5.95)	g	1.98	0			
Total lipid (fat)	g	0.13	0			
Carbohydrate, by difference	g	14.52	0			
Fiber, total dietary	g	1.4	0			
Ash	g	0.57	0			
Sugars, total	g					
Minerals:						
Calcium	mg	7	0			
Iron	mg	0.84	0			
Magnesium	mg	11	0			
Phosphorus	mg	26	0			
Potassium	mg	287	0			
Sodium	mg	256	0			
Zinc	mg	0.25	0			
Copper	mg	0.078	0			
Manganese	mg	0.185	0			
Selenium	µg	0.2	0			
Vitamins:						
Ascorbic acid	mg	9.4	0			
Thiamin	mg	0.102	0			
Riboflavin	mg	0.025	0			
Niacin	mg	1.326	0			
Pantothenic acid	mg	0.280	0			
Vitamin B-6	mg	0.202	0			
Folate	µg	8	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	0	0			
Vitamin A, RE	µg	0	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.034	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001	0			
12:0	g	0.004	0			
14:0	g	0.001	0			
15:0	g					
16:0	g	0.021	0			
17:0	g					
18:0	g	0.005	0			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.003	0
14:1	g		
16:1	g	0.001	0
18:1	g	0.001	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.056	0
18:2	g	0.042	0
18:3	g	0.013	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.031	0
Threonine	g	0.072	0
Isoleucine	g	0.080	0
Leucine	g	0.119	0
Lysine	g	0.120	0
Methionine	g	0.031	0
Cystine	g	0.025	0
Phenylalanine	g	0.088	0
Tyrosine	g	0.073	0
Valine	g	0.111	0
Arginine	g	0.091	0
Histidine	g	0.043	0
Alanine	g	0.061	0
Aspartic acid	g	0.483	0
Glutamic acid	g	0.331	0
Glycine	g	0.059	0
Proline	g	0.071	0
Serine	g	0.086	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11837

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11838 Potatoes, french fried, frozen, home-prepared, heated in oven, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 50g	Measure 2* 198g	Measure 3*
Proximates:						
Water	g	57.15	0	28.57	113.16	
Energy	kcal	200	0	100	396	
Energy	kJ	837	0	419	1657	
Protein (N x 5.95)	g	3.17	0	1.59	6.28	
Total lipid (fat)	g	7.56	0	3.78	14.97	
Carbohydrate, by difference	g	31.19	0	15.60	61.76	
Fiber, total dietary	g	3.2	0	1.6	6.3	
Ash	g	0.93	0	0.47	1.84	
Sugars, total	g					
Minerals:						
Calcium	mg	8	0	4	16	
Iron	mg	1.24	0	0.62	2.46	
Magnesium	mg	22	0	11	44	
Phosphorus	mg	82	0	41	162	
Potassium	mg	418	0	209	828	
Sodium	mg	266	0	133	527	
Zinc	mg	0.40	0	0.20	0.79	
Copper	mg	0.118	0	0.059	0.234	
Manganese	mg	0.261	0	0.131	0.517	
Selenium	µg	0.4	0.040	5	0.2	0.8
Vitamins:						
Ascorbic acid	mg	10.1	0	5.0	20.0	
Thiamin	mg	0.113	0	0.057	0.224	
Riboflavin	mg	0.028	0	0.014	0.055	
Niacin	mg	2.088	0	1.044	4.134	
Pantothenic acid	mg	0.337	0	0.169	0.667	
Vitamin B-6	mg	0.308	0	0.154	0.610	
Folate	µg	12	0	6	24	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	1.262	0	0.631	2.499	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.769	0	0.385	1.523	
17:0	g					
18:0	g	0.494	0	0.247	0.978	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.761	0	2.381	9.427
14:1	g				
16:1	g				
18:1	g	4.747	0	2.373	9.399
20:1	g	0.014	0	0.007	0.028
22:1	g				
Polyunsaturated, total	g	0.779	0	0.390	1.542
18:2	g	0.734	0	0.367	1.453
18:3	g	0.045	0	0.023	0.089
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	0.043	0	0.022	0.085
Threonine	g	0.129	0	0.065	0.255
Isoleucine	g	0.132	0	0.066	0.261
Leucine	g	0.186	0	0.093	0.368
Lysine	g	0.164	0	0.082	0.325
Methionine	g	0.039	0	0.020	0.077
Cystine	g	0.023	0	0.012	0.046
Phenylalanine	g	0.135	0	0.068	0.267
Tyrosine	g	0.083	0	0.042	0.164
Valine	g	0.163	0	0.082	0.323
Arginine	g	0.143	0	0.071	0.283
Histidine	g	0.055	0	0.028	0.109
Alanine	g	0.099	0	0.050	0.196
Aspartic acid	g	0.684	0	0.342	1.354
Glutamic acid	g	0.504	0	0.252	0.998
Glycine	g	0.101	0	0.051	0.200
Proline	g	0.093	0	0.047	0.184
Serine	g	0.101	0	0.051	0.200
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 10 strips
- Measure 2: yield from 9 oz package

NDB No. 11838

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11840 Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 50g	Measure 2* 198g	Measure 3*
Proximates:						
Water	g	52.90	0	26.45	104.74	
Energy	kcal	218	0	109	432	
Energy	kJ	912	0	456	1806	
Protein (N x 5.95)	g	3.44	0	1.72	6.81	
Total lipid (fat)	g	8.20	0	4.10	16.24	
Carbohydrate, by difference	g	34.04	0	17.02	67.40	
Fiber, total dietary	g	3.2	0	1.6	6.3	
Ash	g	1.43	0	0.72	2.83	
Sugars, total	g					
Minerals:						
Calcium	mg	10	0	5	20	
Iron	mg	1.49	0	0.75	2.95	
Magnesium	mg	22	0	11	44	
Phosphorus	mg	65	0	33	129	
Potassium	mg	480	0	240	950	
Sodium	mg	281	0	141	556	
Zinc	mg	0.41	0	0.21	0.81	
Copper	mg	0.200	0	0.100	0.396	
Manganese	mg	0.304	0	0.152	0.602	
Selenium	µg	0.4	0	0.2	0.8	
Vitamins:						
Ascorbic acid	mg	9.5	0	4.8	18.8	
Thiamin	mg	0.119	0	0.059	0.236	
Riboflavin	mg	0.031	0	0.016	0.061	
Niacin	mg	2.413	0	1.206	4.778	
Pantothenic acid	mg	0.690	0	0.345	1.366	
Vitamin B-6	mg	0.243	0	0.122	0.481	
Folate	µg	17	0	8	33	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	3.894	0	1.947	7.710	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	3.328	0	1.664	6.589	
17:0	g					
18:0	g	0.566	0	0.283	1.121	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.328	0	1.664	6.589
14:1	g				
16:1	g				
18:1	g	3.328	0	1.664	6.589
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.615	0	0.308	1.218
18:2	g	0.615	0	0.308	1.218
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	0.046	0	0.023	0.091
Threonine	g	0.156	0	0.078	0.309
Isoleucine	g	0.148	0	0.074	0.293
Leucine	g	0.207	0	0.104	0.410
Lysine	g	0.183	0	0.092	0.362
Methionine	g	0.039	0	0.020	0.077
Cystine	g	0.021	0	0.011	0.042
Phenylalanine	g	0.147	0	0.074	0.291
Tyrosine	g	0.086	0	0.043	0.170
Valine	g	0.175	0	0.088	0.347
Arginine	g	0.163	0	0.082	0.323
Histidine	g	0.058	0	0.029	0.115
Alanine	g	0.119	0	0.059	0.236
Aspartic acid	g	0.796	0	0.398	1.576
Glutamic acid	g	0.537	0	0.269	1.063
Glycine	g	0.124	0	0.062	0.246
Proline	g	0.111	0	0.056	0.220
Serine	g	0.124	0	0.062	0.246
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 10 strips
- Measure 2: yield from 9 oz package

NDB No. 11840

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11843 Potatoes, au gratin, home-prepared from recipe using margarine

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:						
Water	g	74.00	0	181.30		
Energy	kcal	132	0	323		
Energy	kJ	552	0	1352		
Protein (N x 5.95)	g	5.06	0	12.40		
Total lipid (fat)	g	7.59	0	18.60		
Carbohydrate, by difference	g	11.27	0	27.61		
Fiber, total dietary	g	1.8	0	4.4		
Ash	g	2.09	0	5.12		
Sugars, total	g					
Minerals:						
Calcium	mg	119	0	292		
Iron	mg	0.64	0	1.57		
Magnesium	mg	20	0	49		
Phosphorus	mg	113	0	277		
Potassium	mg	396	0	970		
Sodium	mg	433	0	1061		
Zinc	mg	0.69	0	1.69		
Copper	mg	0.160	0	0.392		
Manganese	mg	0.161	0	0.394		
Selenium	µg	2.7	0	6.6		
Vitamins:						
Ascorbic acid	mg	9.9	0	24.3		
Thiamin	mg	0.064	0	0.157		
Riboflavin	mg	0.116	0	0.284		
Niacin	mg	0.993	0	2.433		
Pantothenic acid	mg	0.387	0	0.948		
Vitamin B-6	mg	0.174	0	0.426		
Folate	µg	11	0	27		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	264	0	647		
Vitamin A, RE	µg	38	0	93		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	3.530	0	8.648		
4:0	g	0.150	0	0.368		
6:0	g	0.077	0	0.189		
8:0	g	0.043	0	0.105		
10:0	g	0.092	0	0.225		
12:0	g	0.091	0	0.223		
14:0	g	0.479	0	1.174		
15:0	g					
16:0	g	1.698	0	4.160		
17:0	g					
18:0	g	0.773	0	1.894		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.587	0	6.338
14:1	g			
16:1	g	0.135	0	0.331
18:1	g	2.388	0	5.851
20:1	g			
22:1	g			
Polyunsaturated, total	g	1.076	0	2.636
18:2	g	0.978	0	2.396
18:3	g	0.102	0	0.250
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	15	0	37
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.070	0	0.172
Threonine	g	0.192	0	0.470
Isoleucine	g	0.284	0	0.696
Leucine	g	0.443	0	1.085
Lysine	g	0.381	0	0.933
Methionine	g	0.117	0	0.287
Cystine	g	0.044	0	0.108
Phenylalanine	g	0.254	0	0.622
Tyrosine	g	0.230	0	0.564
Valine	g	0.325	0	0.796
Arginine	g	0.203	0	0.497
Histidine	g	0.151	0	0.370
Alanine	g	0.156	0	0.382
Aspartic acid	g	0.569	0	1.394
Glutamic acid	g	1.141	0	2.795
Glycine	g	0.113	0	0.277
Proline	g	0.463	0	1.134
Serine	g	0.275	0	0.674
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11843

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11844 Potatoes, scalloped, home-prepared with margarine

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:						
Water	g	80.94	0	198.30		
Energy	kcal	86	0	211		
Energy	kJ	360	0	882		
Protein (N x 5.95)	g	2.87	0	7.03		
Total lipid (fat)	g	3.68	0	9.02		
Carbohydrate, by difference	g	10.78	0	26.41		
Fiber, total dietary	g	1.9	0	4.7		
Ash	g	1.73	0	4.24		
Sugars, total	g					
Minerals:						
Calcium	mg	57	0	140		
Iron	mg	0.57	0	1.40		
Magnesium	mg	19	0	47		
Phosphorus	mg	63	0	154		
Potassium	mg	378	0	926		
Sodium	mg	335	0	821		
Zinc	mg	0.40	0	0.98		
Copper	mg	0.163	0	0.399		
Manganese	mg	0.166	0	0.407		
Selenium	µg	1.6	0	3.9		
Vitamins:						
Ascorbic acid	mg	10.6	0	26.0		
Thiamin	mg	0.069	0	0.169		
Riboflavin	mg	0.092	0	0.225		
Niacin	mg	1.053	0	2.580		
Pantothenic acid	mg	0.514	0	1.259		
Vitamin B-6	mg	0.178	0	0.436		
Folate	µg	11	0	27		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	135	0	331		
Vitamin A, RE	µg	19	0	47		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	1.377	0	3.374		
4:0	g	0.051	0	0.125		
6:0	g	0.028	0	0.069		
8:0	g	0.018	0	0.044		
10:0	g	0.038	0	0.093		
12:0	g	0.043	0	0.105		
14:0	g	0.161	0	0.394		
15:0	g					
16:0	g	0.665	0	1.629		
17:0	g					
18:0	g	0.335	0	0.821		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.352	0	3.312
14:1	g			
16:1	g	0.038	0	0.093
18:1	g	1.296	0	3.175
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.746	0	1.828
18:2	g	0.693	0	1.698
18:3	g	0.060	0	0.147
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	6	0	15
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.042	0	0.103
Threonine	g	0.115	0	0.282
Isoleucine	g	0.144	0	0.353
Leucine	g	0.225	0	0.551
Lysine	g	0.192	0	0.470
Methionine	g	0.058	0	0.142
Cystine	g	0.034	0	0.083
Phenylalanine	g	0.135	0	0.331
Tyrosine	g	0.121	0	0.296
Valine	g	0.174	0	0.426
Arginine	g	0.118	0	0.289
Histidine	g	0.070	0	0.172
Alanine	g	0.094	0	0.230
Aspartic acid	g	0.442	0	1.083
Glutamic acid	g	0.579	0	1.419
Glycine	g	0.076	0	0.186
Proline	g	0.202	0	0.495
Serine	g	0.142	0	0.348
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11844

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11845 Pumpkin, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.69	0	229.54		
Energy	kcal	20	0	49		
Energy	kJ	84	0	206		
Protein (N x 5.95)	g	0.72	0	1.76		
Total lipid (fat)	g	0.07	0	0.17		
Carbohydrate, by difference	g	4.89	0	11.98		
Fiber, total dietary	g	1.1	0	2.7		
Ash	g	0.62	0	1.52		
Sugars, total	g					
Minerals:						
Calcium	mg	15	0	37		
Iron	mg	0.57	0	1.40		
Magnesium	mg	9	0	22		
Phosphorus	mg	30	0	74		
Potassium	mg	230	0	564		
Sodium	mg	237	0	581		
Zinc	mg	0.23	0	0.56		
Copper	mg	0.091	0	0.223		
Manganese	mg	0.089	0	0.218		
Selenium	µg	0.2	0	0.5		
Vitamins:						
Ascorbic acid	mg	4.7	0	11.5		
Thiamin	mg	0.031	0	0.076		
Riboflavin	mg	0.078	0	0.191		
Niacin	mg	0.413	0	1.012		
Pantothenic acid	mg	0.201	0	0.492		
Vitamin B-6	mg	0.044	0	0.108		
Folate	µg	9	0	21		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	1082	0	2651		
Vitamin A, RE	µg	108	0	265		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.037	0	0.091		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001	0	0.002		
14:0	g	0.005	0	0.012		
15:0	g					
16:0	g	0.026	0	0.064		
17:0	g					
18:0	g	0.002	0	0.005		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.009	0	0.022
14:1	g			
16:1	g	0.005	0	0.012
18:1	g	0.005	0	0.012
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.004	0	0.010
18:2	g	0.002	0	0.005
18:3	g	0.002	0	0.005
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	0.009	0	0.022
Threonine	g	0.021	0	0.051
Isoleucine	g	0.023	0	0.056
Leucine	g	0.034	0	0.083
Lysine	g	0.039	0	0.096
Methionine	g	0.008	0	0.020
Cystine	g	0.002	0	0.005
Phenylalanine	g	0.023	0	0.056
Tyrosine	g	0.030	0	0.074
Valine	g	0.025	0	0.061
Arginine	g	0.039	0	0.096
Histidine	g	0.011	0	0.027
Alanine	g	0.020	0	0.049
Aspartic acid	g	0.074	0	0.181
Glutamic acid	g	0.133	0	0.326
Glycine	g	0.019	0	0.047
Proline	g	0.019	0	0.047
Serine	g	0.032	0	0.078
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, mashed

NDB No. 11845

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11846 Pumpkin, canned, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.97	0.142	94	220.43	
Energy	kcal	34		0	83	
Energy	kJ	142		0	348	
Protein (N x 5.95)	g	1.10	0.048	89	2.69	
Total lipid (fat)	g	0.28	0.008	82	0.69	
Carbohydrate, by difference	g	8.08		0	19.80	
Fiber, total dietary	g	2.9		0	7.1	
Ash	g	0.56	0.014	111	1.37	
Sugars, total	g					
Minerals:						
Calcium	mg	26	2.173	111	64	
Iron	mg	1.39	0.097	106	3.41	
Magnesium	mg	23	0.483	62	56	
Phosphorus	mg	35	0.685	82	86	
Potassium	mg	206	7.495	67	505	
Sodium	mg	241		0	590	
Zinc	mg	0.17	0.013	15	0.42	
Copper	mg	0.107	0.006	15	0.262	
Manganese	mg	0.149		0	0.365	
Selenium	µg	0.4		0	1.0	
Vitamins:						
Ascorbic acid	mg	4.2	0.148	105	10.3	
Thiamin	mg	0.024		1	0.059	
Riboflavin	mg	0.054		1	0.132	
Niacin	mg	0.367		1	0.899	
Pantothenic acid	mg	0.400		1	0.980	
Vitamin B-6	mg	0.056		1	0.137	
Folate	µg	12		1	30	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	22056	630.772	115	54037	
Vitamin A, RE	µg	2206	63.077	115	5405	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.146		0	0.358	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.003		0	0.007	
14:0	g	0.018		0	0.044	
15:0	g					
16:0	g	0.103		0	0.252	
17:0	g					
18:0	g	0.008		0	0.020	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.037	0	0.091
14:1	g			
16:1	g	0.018	0	0.044
18:1	g	0.018	0	0.044
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.015	0	0.037
18:2	g	0.007	0	0.017
18:3	g	0.008	0	0.020
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	0.013	0	0.032
Threonine	g	0.032	0	0.078
Isoleucine	g	0.034	0	0.083
Leucine	g	0.051	0	0.125
Lysine	g	0.060	0	0.147
Methionine	g	0.012	0	0.029
Cystine	g	0.003	0	0.007
Phenylalanine	g	0.035	0	0.086
Tyrosine	g	0.046	0	0.113
Valine	g	0.038	0	0.093
Arginine	g	0.059	0	0.145
Histidine	g	0.017	0	0.042
Alanine	g	0.031	0	0.076
Aspartic acid	g	0.112	0	0.274
Glutamic acid	g	0.202	0	0.495
Glycine	g	0.029	0	0.071
Proline	g	0.029	0	0.071
Serine	g	0.048	0	0.118
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11846

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11847 Pumpkin, flowers, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 134g	Measure 2*	Measure 3*
Proximates:						
Water	g	95.20	1	127.57		
Energy	kcal	15	0	20		
Energy	kJ	63	0	84		
Protein (N x 5.95)	g	1.09	1	1.46		
Total lipid (fat)	g	0.08	1	0.11		
Carbohydrate, by difference	g	3.30	0	4.42		
Fiber, total dietary	g	0.9	1	1.2		
Ash	g	0.33	1	0.44		
Sugars, total	g					
Minerals:						
Calcium	mg	37	0	50		
Iron	mg	0.88	1	1.18		
Magnesium	mg	25	1	34		
Phosphorus	mg	34	1	46		
Potassium	mg	106	1	142		
Sodium	mg	242	0	324		
Zinc	mg	0.10	0	0.13		
Copper	mg	0.100	0	0.134		
Manganese	mg					
Selenium	µg	0.9	0	1.2		
Vitamins:						
Ascorbic acid	mg	5.0	0	6.7		
Thiamin	mg	0.018	0	0.024		
Riboflavin	mg	0.032	0	0.043		
Niacin	mg	0.310	0	0.415		
Pantothenic acid	mg					
Vitamin B-6	mg	0.050	0	0.067		
Folate	µg	41	0	55		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	1734	0	2324		
Vitamin A, RE	µg	173	0	232		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.041	0	0.055		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001	0	0.001		
14:0	g	0.005	0	0.007		
15:0	g					
16:0	g	0.029	0	0.039		
17:0	g					
18:0	g	0.002	0	0.003		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.013
14:1	g			
16:1	g	0.005	0	0.007
18:1	g	0.005	0	0.007
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.004	0	0.005
18:2	g	0.002	0	0.003
18:3	g	0.002	0	0.003
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11847

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11848 Pumpkin, leaves, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 71g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.51	1	65.68		
Energy	kcal	21	0	15		
Energy	kJ	88	0	62		
Protein (N x 5.95)	g	2.72	1	1.93		
Total lipid (fat)	g	0.22	1	0.16		
Carbohydrate, by difference	g	3.39	0	2.41		
Fiber, total dietary	g	2.7	1	1.9		
Ash	g	1.16	1	0.82		
Sugars, total	g					
Minerals:						
Calcium	mg	43	1	31		
Iron	mg	3.20	1	2.27		
Magnesium	mg	38	1	27		
Phosphorus	mg	79	1	56		
Potassium	mg	438	1	311		
Sodium	mg	244	0	173		
Zinc	mg	0.20	0	0.14		
Copper	mg	0.133	0	0.094		
Manganese	mg	0.355	0	0.252		
Selenium	µg	0.9	0	0.6		
Vitamins:						
Ascorbic acid	mg	1.0	0	0.7		
Thiamin	mg	0.068	0	0.048		
Riboflavin	mg	0.136	0	0.097		
Niacin	mg	0.850	0	0.604		
Pantothenic acid	mg	0.042	0	0.030		
Vitamin B-6	mg	0.196	0	0.139		
Folate	µg	25	0	18		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	2474	0	1757		
Vitamin A, RE	µg	247	0	175		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.114	0	0.081		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.002	0	0.001		
14:0	g	0.014	0	0.010		
15:0	g					
16:0	g	0.080	0	0.057		
17:0	g					
18:0	g	0.006	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.029	0	0.021
14:1	g			
16:1	g	0.014	0	0.010
18:1	g	0.014	0	0.010
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.012	0	0.009
18:2	g	0.005	0	0.004
18:3	g	0.006	0	0.004
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	0.035	0	0.025
Threonine	g	0.135	0	0.096
Isoleucine	g	0.135	0	0.096
Leucine	g	0.274	0	0.195
Lysine	g	0.173	0	0.123
Methionine	g	0.047	0	0.033
Cystine	g	0.027	0	0.019
Phenylalanine	g	0.148	0	0.105
Tyrosine	g	0.135	0	0.096
Valine	g	0.157	0	0.111
Arginine	g	0.187	0	0.133
Histidine	g	0.044	0	0.031
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11848

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11849 Purslane, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 115g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.52	1	107.55		
Energy	kcal	18	0	21		
Energy	kJ	75	0	86		
Protein (N x 5.95)	g	1.49	1	1.71		
Total lipid (fat)	g	0.19	1	0.22		
Carbohydrate, by difference	g	3.55	0	4.08		
Fiber, total dietary	g					
Ash	g	1.25	1	1.44		
Sugars, total	g					
Minerals:						
Calcium	mg	78	1	90		
Iron	mg	0.77	1	0.89		
Magnesium	mg	67	1	77		
Phosphorus	mg	37	1	43		
Potassium	mg	488	1	561		
Sodium	mg	280	0	322		
Zinc	mg	0.17	0	0.20		
Copper	mg	0.114	0	0.131		
Manganese	mg	0.307	0	0.353		
Selenium	µg	0.9	0	1.0		
Vitamins:						
Ascorbic acid	mg	10.5	0	12.1		
Thiamin	mg	0.031	0	0.036		
Riboflavin	mg	0.090	0	0.104		
Niacin	mg	0.460	0	0.529		
Pantothenic acid	mg	0.036	0	0.041		
Vitamin B-6	mg	0.070	0	0.081		
Folate	µg	9	0	10		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	1852	0	2130		
Vitamin A, RE	µg	185	0	213		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.016	0	0.018
Threonine	g	0.050	0	0.058
Isoleucine	g	0.053	0	0.061
Leucine	g	0.091	0	0.105
Lysine	g	0.065	0	0.075
Methionine	g	0.014	0	0.016
Cystine	g	0.010	0	0.012
Phenylalanine	g	0.058	0	0.067
Tyrosine	g	0.024	0	0.028
Valine	g	0.072	0	0.083
Arginine	g	0.057	0	0.066
Histidine	g	0.023	0	0.026
Alanine	g	0.057	0	0.066
Aspartic acid	g	0.077	0	0.089
Glutamic acid	g	0.219	0	0.252
Glycine	g	0.046	0	0.053
Proline	g	0.070	0	0.081
Serine	g	0.045	0	0.052
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11849

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11850 Radishes, oriental, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 147g	Measure 2*	Measure 3*
Proximates:						
Water	g	95.04	0.070	2	139.71	
Energy	kcal	17		0	25	
Energy	kJ	71		0	104	
Protein (N x 5.95)	g	0.67		1	0.98	
Total lipid (fat)	g	0.24	0.090	2	0.35	
Carbohydrate, by difference	g	3.43		0	5.04	
Fiber, total dietary	g	1.6		1	2.4	
Ash	g	0.62		1	0.91	
Sugars, total	g					
Minerals:						
Calcium	mg	17		1	25	
Iron	mg	0.15		1	0.22	
Magnesium	mg	9		1	13	
Phosphorus	mg	24		1	35	
Potassium	mg	285		1	419	
Sodium	mg	249		0	366	
Zinc	mg	0.13		0	0.19	
Copper	mg	0.101		0	0.148	
Manganese	mg	0.033		0	0.049	
Selenium	µg	0.7		0	1.0	
Vitamins:						
Ascorbic acid	mg	15.1		1	22.2	
Thiamin	mg	0.000		0	0.000	
Riboflavin	mg	0.023		1	0.034	
Niacin	mg	0.150		1	0.221	
Pantothenic acid	mg	0.114		0	0.168	
Vitamin B-6	mg	0.038		0	0.056	
Folate	µg	17		0	26	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		1	0	
Vitamin A, RE	µg	0		1	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.073		0	0.107	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.063		0	0.093	
17:0	g					
18:0	g	0.009		0	0.013	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.040	0	0.059
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.039	0	0.057
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.108	0	0.159
18:2	g	0.039	0	0.057
18:3	g	0.069	0	0.101
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	0.004	0	0.006
Threonine	g	0.028	0	0.041
Isoleucine	g	0.029	0	0.043
Leucine	g	0.035	0	0.051
Lysine	g	0.033	0	0.049
Methionine	g	0.006	0	0.009
Cystine	g	0.005	0	0.007
Phenylalanine	g	0.022	0	0.032
Tyrosine	g	0.013	0	0.019
Valine	g	0.031	0	0.046
Arginine	g	0.039	0	0.057
Histidine	g	0.013	0	0.019
Alanine	g	0.021	0	0.031
Aspartic acid	g	0.046	0	0.068
Glutamic acid	g	0.126	0	0.185
Glycine	g	0.021	0	0.031
Proline	g	0.017	0	0.025
Serine	g	0.020	0	0.029
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 11850

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11851 Rutabagas, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 120g	Measure 2*	Measure 3*
Proximates:						
Water	g	88.88	0	106.66		
Energy	kcal	39	0	47		
Energy	kJ	163	0	196		
Protein (N x 5.95)	g	1.29	0	1.55		
Total lipid (fat)	g	0.22	0	0.26		
Carbohydrate, by difference	g	8.74	0	10.49		
Fiber, total dietary	g					
Ash	g	0.87	0	1.04		
Sugars, total	g					
Minerals:						
Calcium	mg	48	0	58		
Iron	mg	0.53	0	0.64		
Magnesium	mg	23	0	28		
Phosphorus	mg	56	0	67		
Potassium	mg	326	0	391		
Sodium	mg	254	0	305		
Zinc	mg	0.35	0	0.42		
Copper	mg	0.041	0	0.049		
Manganese	mg	0.174	0	0.209		
Selenium	µg	0.7	0	0.8		
Vitamins:						
Ascorbic acid	mg	18.8	0	22.6		
Thiamin	mg	0.082	0	0.098		
Riboflavin	mg	0.041	0	0.049		
Niacin	mg	0.715	0	0.858		
Pantothenic acid	mg	0.155	0	0.186		
Vitamin B-6	mg	0.102	0	0.122		
Folate	µg	15	0	18		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	561	0	673		
Vitamin A, RE	µg	56	0	67		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.029	0	0.035		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.026	0	0.031		
17:0	g					
18:0	g	0.003	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.027	0	0.032
14:1	g			
16:1	g			
18:1	g	0.027	0	0.032
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.095	0	0.114
18:2	g	0.038	0	0.046
18:3	g	0.057	0	0.068
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	0.014	0	0.017
Threonine	g	0.050	0	0.060
Isoleucine	g	0.053	0	0.064
Leucine	g	0.041	0	0.049
Lysine	g	0.042	0	0.050
Methionine	g	0.010	0	0.012
Cystine	g	0.012	0	0.014
Phenylalanine	g	0.034	0	0.041
Tyrosine	g	0.025	0	0.030
Valine	g	0.051	0	0.061
Arginine	g	0.159	0	0.191
Histidine	g	0.032	0	0.038
Alanine	g	0.035	0	0.042
Aspartic acid	g	0.094	0	0.113
Glutamic acid	g	0.152	0	0.182
Glycine	g	0.030	0	0.036
Proline	g			
Serine	g	0.037	0	0.044
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup mashed

NDB No. 11851

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11852 Salsify, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 135g	Measure 2*	Measure 3*
Proximates:						
Water	g	81.00	0	109.35		
Energy	kcal	68	0	92		
Energy	kJ	285	0	385		
Protein (N x 5.95)	g	2.73	0	3.69		
Total lipid (fat)	g	0.17	0	0.23		
Carbohydrate, by difference	g	15.37	0	20.75		
Fiber, total dietary	g	3.1	1	4.2		
Ash	g	0.74	0	1.00		
Sugars, total	g					
Minerals:						
Calcium	mg	47	0	63		
Iron	mg	0.55	0	0.74		
Magnesium	mg	18	0	24		
Phosphorus	mg	56	0	76		
Potassium	mg	283	0	382		
Sodium	mg	252	0	340		
Zinc	mg	0.30	0	0.41		
Copper	mg	0.070	0	0.095		
Manganese	mg	0.210	0	0.283		
Selenium	µg	0.6	0	0.8		
Vitamins:						
Ascorbic acid	mg	4.6	0	6.2		
Thiamin	mg	0.056	0	0.076		
Riboflavin	mg	0.173	0	0.234		
Niacin	mg	0.392	0	0.529		
Pantothenic acid	mg	0.276	0	0.373		
Vitamin B-6	mg	0.218	0	0.294		
Folate	µg	15	0	21		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	0	0	0		
Vitamin A, RE	µg	0	0	0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, slices

NDB No. 11852

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11853 Soybeans, green, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:						
Water	g	68.60	1.500	2	123.48	
Energy	kcal	141		0	254	
Energy	kJ	590		0	1062	
Protein (N x 5.95)	g	12.35	3.438	2	22.23	
Total lipid (fat)	g	6.40		1	11.52	
Carbohydrate, by difference	g	11.05		0	19.89	
Fiber, total dietary	g	4.2		0	7.6	
Ash	g	1.60	0.100	2	2.88	
Sugars, total	g					
Minerals:						
Calcium	mg	145	21.000	2	261	
Iron	mg	2.50	0.100	2	4.50	
Magnesium	mg	60		0	108	
Phosphorus	mg	158	74.500	2	284	
Potassium	mg	539		0	970	
Sodium	mg	250		0	450	
Zinc	mg	0.91		0	1.64	
Copper	mg	0.117		0	0.211	
Manganese	mg	0.502		0	0.904	
Selenium	µg	1.4		0	2.5	
Vitamins:						
Ascorbic acid	mg	17.0		0	30.6	
Thiamin	mg	0.260	0.040	2	0.468	
Riboflavin	mg	0.155	0.015	2	0.279	
Niacin	mg	1.250	0.050	2	2.250	
Pantothenic acid	mg	0.128		0	0.230	
Vitamin B-6	mg	0.060		0	0.108	
Folate	µg	111		1	200	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	156		0	281	
Vitamin A, RE	µg	16		0	29	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.740		0	1.332	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.005		1	0.009	
15:0	g					
16:0	g	0.537		1	0.967	
17:0	g					
18:0	g	0.198		1	0.356	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.209	0	2.176
14:1	g			
16:1	g	0.010	1	0.018
18:1	g	1.188	1	2.138
20:1	g	0.010	1	0.018
22:1	g			
Polyunsaturated, total	g	3.011	0	5.420
18:2	g	2.657	1	4.783
18:3	g	0.354	1	0.637
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg	50	1	90
Amino acids:				
Tryptophan	g	0.150	0	0.270
Threonine	g	0.492	0	0.886
Isoleucine	g	0.543	0	0.977
Leucine	g	0.883	0	1.589
Lysine	g	0.739	0	1.330
Methionine	g	0.150	0	0.270
Cystine	g	0.113	0	0.203
Phenylalanine	g	0.559	0	1.006
Tyrosine	g	0.443	0	0.797
Valine	g	0.549	0	0.988
Arginine	g	0.994	0	1.789
Histidine	g	0.332	0	0.598
Alanine	g	0.555	0	0.999
Aspartic acid	g	1.439	0	2.590
Glutamic acid	g	2.320	0	4.176
Glycine	g	0.514	0	0.925
Proline	g	0.579	0	1.042
Serine	g	0.688	0	1.238
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11853

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11854 Spinach, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.21	0.222	19	164.18	
Energy	kcal	23		0	41	
Energy	kJ	96		0	173	
Protein (N x 5.95)	g	2.97	0.158	16	5.35	
Total lipid (fat)	g	0.26	0.045	16	0.47	
Carbohydrate, by difference	g	3.75		0	6.75	
Fiber, total dietary	g	2.4		0	4.3	
Ash	g	1.81	0.097	16	3.26	
Sugars, total	g					
Minerals:						
Calcium	mg	136	3.285	12	245	
Iron	mg	3.57	0.996	12	6.43	
Magnesium	mg	87	4.795	12	157	
Phosphorus	mg	56	2.198	12	101	
Potassium	mg	466	18.532	12	839	
Sodium	mg	306		0	551	
Zinc	mg	0.76	0.044	16	1.37	
Copper	mg	0.174	0.012	16	0.313	
Manganese	mg	0.935	0.061	15	1.683	
Selenium	µg	1.5	0.300	5	2.7	
Vitamins:						
Ascorbic acid	mg	9.8	1.545	12	17.6	
Thiamin	mg	0.095	0.004	12	0.171	
Riboflavin	mg	0.236	0.007	12	0.425	
Niacin	mg	0.490	0.032	12	0.882	
Pantothenic acid	mg	0.145	0.008	12	0.261	
Vitamin B-6	mg	0.242	0.006	12	0.436	
Folate	µg	146	13.229	3	262	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	8190	288.493	12	14742	
Vitamin A, RE	µg	819	28.849	12	1474	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.042		0	0.076	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.006		0	0.011	
15.0	g					
16:0	g	0.031		0	0.056	
17:0	g					
18:0	g	0.003		0	0.005	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.013
14:1	g			
16:1	g	0.003	0	0.005
18:1	g	0.003	0	0.005
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.108	0	0.194
18:2	g	0.016	0	0.029
18:3	g	0.085	0	0.153
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	0.040	0	0.072
Threonine	g	0.127	0	0.229
Isoleucine	g	0.152	0	0.274
Leucine	g	0.231	0	0.416
Lysine	g	0.182	0	0.328
Methionine	g	0.055	0	0.099
Cystine	g	0.035	0	0.063
Phenylalanine	g	0.134	0	0.241
Tyrosine	g	0.113	0	0.203
Valine	g	0.168	0	0.302
Arginine	g	0.168	0	0.302
Histidine	g	0.066	0	0.119
Alanine	g	0.147	0	0.265
Aspartic acid	g	0.250	0	0.450
Glutamic acid	g	0.357	0	0.643
Glycine	g	0.140	0	0.252
Proline	g	0.116	0	0.209
Serine	g	0.107	0	0.193
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11854

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11855 Spinach, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 234g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.22	0.053	226	218.13	
Energy	kcal	19		0	44	
Energy	kJ	79		0	185	
Protein (N x 5.95)	g	2.11	0.025	139	4.94	
Total lipid (fat)	g	0.37	0.007	111	0.87	
Carbohydrate, by difference	g	2.92		0	6.83	
Fiber, total dietary	g	2.2		0	5.1	
Ash	g	1.38	0.012	161	3.23	
Sugars, total	g					
Minerals:						
Calcium	mg	83	1.761	272	194	
Iron	mg	1.58	0.037	235	3.70	
Magnesium	mg	56	0.962	193	131	
Phosphorus	mg	32	0.537	162	75	
Potassium	mg	230	7.376	105	538	
Sodium	mg	75		0	176	
Zinc	mg	0.42	0.022	47	0.98	
Copper	mg	0.116	0.008	47	0.271	
Manganese	mg	0.493		0	1.154	
Selenium	µg	1.2		0	2.8	
Vitamins:						
Ascorbic acid	mg	13.5	0.562	117	31.6	
Thiamin	mg	0.018	0.001	146	0.042	
Riboflavin	mg	0.106	0.001	269	0.248	
Niacin	mg	0.271	0.016	122	0.634	
Pantothenic acid	mg	0.038		0	0.089	
Vitamin B-6	mg	0.080		0	0.187	
Folate	µg	58	4.129	3	136	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	6432	80.531	252	15051	
Vitamin A, RE	µg	643	8.053	252	1505	
Vitamin E, α-TE	mg	0.962		0	2.251	
Lipids:						
Saturated, total	g	0.060		0	0.140	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.008		0	0.019	
15:0	g					
16:0	g	0.044		0	0.103	
17:0	g					
18:0	g	0.004		0	0.009	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.023
14:1	g			
16:1	g	0.005	0	0.012
18:1	g	0.005	0	0.012
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.155	0	0.363
18:2	g	0.023	0	0.054
18:3	g	0.122	0	0.285
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	0.028	0	0.066
Threonine	g	0.090	0	0.211
Isoleucine	g	0.108	0	0.253
Leucine	g	0.164	0	0.384
Lysine	g	0.129	0	0.302
Methionine	g	0.039	0	0.091
Cystine	g	0.025	0	0.059
Phenylalanine	g	0.095	0	0.222
Tyrosine	g	0.080	0	0.187
Valine	g	0.119	0	0.278
Arginine	g	0.119	0	0.278
Histidine	g	0.047	0	0.110
Alanine	g	0.104	0	0.243
Aspartic acid	g	0.177	0	0.414
Glutamic acid	g	0.253	0	0.592
Glycine	g	0.099	0	0.232
Proline	g	0.082	0	0.192
Serine	g	0.076	0	0.178
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11855

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11856 Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 220g	Measure 2* 95g	Measure 3*
Proximates:						
Water	g	89.98	0.535	13	197.96	85.48
Energy	kcal	28		0	62	27
Energy	kJ	117		0	257	111
Protein (N x 5.95)	g	3.14	0.102	10	6.91	2.98
Total lipid (fat)	g	0.21	0.033	10	0.46	0.20
Carbohydrate, by difference	g	5.34		0	11.75	5.07
Fiber, total dietary	g	3.0		0	6.6	2.9
Ash	g	1.33	0.106	10	2.93	1.26
Sugars, total	g					
Minerals:						
Calcium	mg	146	12.640	9	321	139
Iron	mg	1.52	0.132	10	3.34	1.44
Magnesium	mg	69	4.731	9	152	66
Phosphorus	mg	48	2.635	9	106	46
Potassium	mg	298	19.626	9	656	283
Sodium	mg	322		0	708	306
Zinc	mg	0.70	0.090	10	1.54	0.67
Copper	mg	0.141	0.014	10	0.310	0.134
Manganese	mg	0.942	0.064	10	2.072	0.895
Selenium	µg	1.7		0	3.7	1.6
Vitamins:						
Ascorbic acid	mg	12.3	2.330	9	27.1	11.7
Thiamin	mg	0.060	0.009	14	0.132	0.057
Riboflavin	mg	0.168	0.017	14	0.370	0.160
Niacin	mg	0.419	0.050	9	0.922	0.398
Pantothenic acid	mg	0.083	0.007	3	0.183	0.079
Vitamin B-6	mg	0.146	0.015	14	0.321	0.139
Folate	µg	108	11.309	6	237	102
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	7784	255.516	9	17125	7395
Vitamin A, RE	µg	778	25.552	9	1712	739
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.033		0	0.073	0.031
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.005		0	0.011	0.005
15:0	g					
16:0	g	0.024		0	0.053	0.023
17:0	g					
18:0	g	0.002		0	0.004	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.006	0	0.013	0.006
14:1	g				
16:1	g	0.003	0	0.007	0.003
18:1	g	0.003	0	0.007	0.003
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.086	0	0.189	0.082
18:2	g	0.013	0	0.029	0.012
18:3	g	0.068	0	0.150	0.065
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	0.092	0.040
Threonine	g	0.134	0	0.295	0.127
Isoleucine	g	0.160	0	0.352	0.152
Leucine	g	0.244	0	0.537	0.232
Lysine	g	0.192	0	0.422	0.182
Methionine	g	0.058	0	0.128	0.055
Cystine	g	0.038	0	0.084	0.036
Phenylalanine	g	0.142	0	0.312	0.135
Tyrosine	g	0.119	0	0.262	0.113
Valine	g	0.177	0	0.389	0.168
Arginine	g	0.178	0	0.392	0.169
Histidine	g	0.069	0	0.152	0.066
Alanine	g	0.155	0	0.341	0.147
Aspartic acid	g	0.264	0	0.581	0.251
Glutamic acid	g	0.377	0	0.829	0.358
Glycine	g	0.147	0	0.323	0.140
Proline	g	0.123	0	0.271	0.117
Serine	g	0.114	0	0.251	0.108
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11856

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11857 Squash, summer, all varieties, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.70	0.122	6	168.66	
Energy	kcal	20		0	36	
Energy	kJ	84		0	151	
Protein (N x 5.95)	g	0.91	0.075	6	1.64	
Total lipid (fat)	g	0.31	0.022	6	0.56	
Carbohydrate, by difference	g	4.31		0	7.76	
Fiber, total dietary	g	1.4		1	2.5	
Ash	g	0.77	0.024	6	1.39	
Sugars, total	g					
Minerals:						
Calcium	mg	27	1.248	6	49	
Iron	mg	0.36	0.036	6	0.65	
Magnesium	mg	24	0.500	6	43	
Phosphorus	mg	39	1.908	6	70	
Potassium	mg	192	5.618	6	346	
Sodium	mg	237		0	427	
Zinc	mg	0.39	0.012	6	0.70	
Copper	mg	0.103	0.006	6	0.185	
Manganese	mg	0.213	0.011	6	0.383	
Selenium	µg	0.2		0	0.4	
Vitamins:						
Ascorbic acid	mg	5.5	0.775	6	9.9	
Thiamin	mg	0.044	0.003	9	0.079	
Riboflavin	mg	0.041	0.004	9	0.074	
Niacin	mg	0.513	0.044	6	0.923	
Pantothenic acid	mg	0.137	0.003	6	0.247	
Vitamin B-6	mg	0.065	0.008	9	0.117	
Folate	µg	20	3.726	3	36	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	287	39.996	6	517	
Vitamin A, RE	µg	29	4.000	6	52	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.064		0	0.115	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001		0	0.002	
14:0	g	0.001		0	0.002	
15:0	g					
16:0	g	0.056		0	0.101	
17:0	g					
18:0	g	0.006		0	0.011	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.023	0	0.041
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.021	0	0.038
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.131	0	0.236
18:2	g	0.049	0	0.088
18:3	g	0.082	0	0.148
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	0.008	0	0.014
Threonine	g	0.022	0	0.040
Isoleucine	g	0.033	0	0.059
Leucine	g	0.053	0	0.095
Lysine	g	0.050	0	0.090
Methionine	g	0.013	0	0.023
Cystine	g	0.010	0	0.018
Phenylalanine	g	0.032	0	0.058
Tyrosine	g	0.024	0	0.043
Valine	g	0.041	0	0.074
Arginine	g	0.038	0	0.068
Histidine	g	0.020	0	0.036
Alanine	g	0.048	0	0.086
Aspartic acid	g	0.111	0	0.200
Glutamic acid	g	0.097	0	0.175
Glycine	g	0.034	0	0.061
Proline	g	0.028	0	0.050
Serine	g	0.037	0	0.067
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup, slices

NDB No. 11857

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11858 Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.70	0.122	6	168.66	
Energy	kcal	20		0	36	
Energy	kJ	84		0	151	
Protein (N x 5.95)	g	0.91	0.075	6	1.64	
Total lipid (fat)	g	0.31	0.022	6	0.56	
Carbohydrate, by difference	g	4.31		0	7.76	
Fiber, total dietary	g	1.4		0	2.5	
Ash	g	0.77	0.024	6	1.39	
Sugars, total	g					
Minerals:						
Calcium	mg	27	1.248	6	49	
Iron	mg	0.36	0.036	6	0.65	
Magnesium	mg	24	0.500	6	43	
Phosphorus	mg	39	1.908	6	70	
Potassium	mg	192	5.618	6	346	
Sodium	mg	237		0	427	
Zinc	mg	0.39	0.012	6	0.70	
Copper	mg	0.103	0.006	6	0.185	
Manganese	mg	0.213	0.011	6	0.383	
Selenium	µg	0.2		0	0.4	
Vitamins:						
Ascorbic acid	mg	5.5	0.775	6	9.9	
Thiamin	mg	0.049	0.002	6	0.088	
Riboflavin	mg	0.049	0.003	6	0.088	
Niacin	mg	0.513	0.044	6	0.923	
Pantothenic acid	mg	0.137	0.003	6	0.247	
Vitamin B-6	mg	0.094	0.006	6	0.169	
Folate	µg	20	3.726	3	36	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	287	39.996	6	517	
Vitamin A, RE	µg	29	4.000	6	52	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.064		0	0.115	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001		0	0.002	
14:0	g	0.001		0	0.002	
15:0	g					
16:0	g	0.056		0	0.101	
17:0	g					
18:0	g	0.006		0	0.011	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.023	0	0.041
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.021	0	0.038
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.131	0	0.236
18:2	g	0.049	0	0.088
18:3	g	0.082	0	0.148
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	0.008	0	0.014
Threonine	g	0.022	0	0.040
Isoleucine	g	0.033	0	0.059
Leucine	g	0.053	0	0.095
Lysine	g	0.050	0	0.090
Methionine	g	0.013	0	0.023
Cystine	g	0.010	0	0.018
Phenylalanine	g	0.032	0	0.058
Tyrosine	g	0.024	0	0.043
Valine	g	0.041	0	0.074
Arginine	g	0.038	0	0.068
Histidine	g	0.020	0	0.036
Alanine	g	0.048	0	0.086
Aspartic acid	g	0.111	0	0.200
Glutamic acid	g	0.097	0	0.175
Glycine	g	0.034	0	0.061
Proline	g	0.028	0	0.050
Serine	g	0.037	0	0.067
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 11858

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11859 Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 192g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	92.24	0.062	6	177.10	
Energy	kcal	25		0	48	
Energy	kJ	105		0	202	
Protein (N x 5.95)	g	1.28	0.031	6	2.46	
Total lipid (fat)	g	0.20	0.014	6	0.38	
Carbohydrate, by difference	g	5.54		0	10.64	
Fiber, total dietary	g	1.4		0	2.7	
Ash	g	0.74	0.006	6	1.42	
Sugars, total	g					
Minerals:						
Calcium	mg	20	1.221	6	38	
Iron	mg	0.52	0.025	6	1.00	
Magnesium	mg	27	0.590	6	52	
Phosphorus	mg	41	1.026	6	79	
Potassium	mg	253	6.386	6	486	
Sodium	mg	242		0	465	
Zinc	mg	0.34	0.009	6	0.65	
Copper	mg	0.073	0.010	6	0.140	
Manganese	mg	0.263	0.021	6	0.505	
Selenium	µg	0.3		0	0.6	
Vitamins:						
Ascorbic acid	mg	6.8		0	13.1	
Thiamin	mg	0.036	0.002	6	0.069	
Riboflavin	mg	0.047	0.001	6	0.090	
Niacin	mg	0.440	0.027	6	0.845	
Pantothenic acid	mg	0.102	0.006	6	0.196	
Vitamin B-6	mg	0.099	0.004	6	0.190	
Folate	µg	13	1.079	6	24	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	195	6.926	6	374	
Vitamin A, RE	µg	20	0.693	6	38	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.040		0	0.077	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001		0	0.002	
14:0	g	0.001		0	0.002	
15:0	g					
16:0	g	0.035		0	0.067	
17:0	g					
18:0	g	0.004		0	0.008	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.015	0	0.029
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.014	0	0.027
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.082	0	0.157
18:2	g	0.031	0	0.060
18:3	g	0.051	0	0.098
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	0.011	0	0.021
Threonine	g	0.031	0	0.060
Isoleucine	g	0.046	0	0.088
Leucine	g	0.075	0	0.144
Lysine	g	0.071	0	0.136
Methionine	g	0.018	0	0.035
Cystine	g	0.014	0	0.027
Phenylalanine	g	0.045	0	0.086
Tyrosine	g	0.034	0	0.065
Valine	g	0.058	0	0.111
Arginine	g	0.054	0	0.104
Histidine	g	0.028	0	0.054
Alanine	g	0.067	0	0.129
Aspartic acid	g	0.157	0	0.301
Glutamic acid	g	0.138	0	0.265
Glycine	g	0.048	0	0.092
Proline	g	0.040	0	0.077
Serine	g	0.052	0	0.100
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup, slices

NDB No. 11859

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11860 Squash, summer, scallop, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 90g	Measure 2* 120g	Measure 3*
Proximates:						
Water	g	95.00	0	85.50	114.00	
Energy	kcal	16	0	14	19	
Energy	kJ	67	0	60	80	
Protein (N x 5.95)	g	1.03	0	0.93	1.24	
Total lipid (fat)	g	0.17	0	0.15	0.20	
Carbohydrate, by difference	g	3.30	0	2.97	3.96	
Fiber, total dietary	g	1.9	0	1.7	2.3	
Ash	g	0.50	0	0.45	0.60	
Sugars, total	g					
Minerals:						
Calcium	mg	15	0	14	18	
Iron	mg	0.33	0	0.30	0.40	
Magnesium	mg	19	0	17	23	
Phosphorus	mg	28	0	25	34	
Potassium	mg	140	0	126	168	
Sodium	mg	237	0	213	284	
Zinc	mg	0.24	0	0.22	0.29	
Copper	mg	0.083	0	0.075	0.100	
Manganese	mg	0.128	0	0.115	0.154	
Selenium	µg	0.2	0	0.2	0.2	
Vitamins:						
Ascorbic acid	mg	10.8	0	9.7	13.0	
Thiamin	mg	0.051	0	0.046	0.061	
Riboflavin	mg	0.025	0	0.023	0.030	
Niacin	mg	0.464	0	0.418	0.557	
Pantothenic acid	mg	0.079	0	0.071	0.095	
Vitamin B-6	mg	0.085	0	0.077	0.102	
Folate	µg	21	0	19	25	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	85	0	77	102	
Vitamin A, RE	µg	9	0	8	11	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.035	0	0.032	0.042	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001	0	0.001	0.001	
14:0	g	0.001	0	0.001	0.001	
15:0	g					
16:0	g	0.031	0	0.028	0.037	
17:0	g					
18:0	g	0.003	0	0.003	0.004	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.013	0	0.012	0.016
14:1	g				
16:1	g	0.001	0	0.001	0.001
18:1	g	0.012	0	0.011	0.014
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.072	0	0.065	0.086
18:2	g	0.027	0	0.024	0.032
18:3	g	0.045	0	0.041	0.054
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	0.009	0	0.008	0.011
Threonine	g	0.025	0	0.023	0.030
Isoleucine	g	0.037	0	0.033	0.044
Leucine	g	0.061	0	0.055	0.073
Lysine	g	0.057	0	0.051	0.068
Methionine	g	0.015	0	0.013	0.018
Cystine	g	0.011	0	0.010	0.013
Phenylalanine	g	0.036	0	0.032	0.043
Tyrosine	g	0.028	0	0.025	0.034
Valine	g	0.047	0	0.042	0.056
Arginine	g	0.044	0	0.040	0.053
Histidine	g	0.022	0	0.020	0.026
Alanine	g	0.054	0	0.049	0.065
Aspartic acid	g	0.126	0	0.113	0.151
Glutamic acid	g	0.111	0	0.100	0.133
Glycine	g	0.039	0	0.035	0.047
Proline	g	0.032	0	0.029	0.038
Serine	g	0.042	0	0.038	0.050
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup slices
- Measure 2: 1/2 cup mashed

NDB No. 11860

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11861 Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 90g	Measure 2* 120g	Measure 3*
Proximates:						
Water	g	94.74	1	85.27	113.69	
Energy	kcal	16	0	14	19	
Energy	kJ	67	0	60	80	
Protein (N x 5.95)	g	0.64	1	0.58	0.77	
Total lipid (fat)	g	0.05	1	0.05	0.06	
Carbohydrate, by difference	g	3.93	0	3.54	4.72	
Fiber, total dietary	g	1.4	0	1.3	1.7	
Ash	g	0.64	1	0.58	0.77	
Sugars, total	g					
Minerals:						
Calcium	mg	13	1	12	16	
Iron	mg	0.35	1	0.31	0.42	
Magnesium	mg	22	1	20	26	
Phosphorus	mg	40	1	36	48	
Potassium	mg	253	1	228	304	
Sodium	mg	239	0	215	287	
Zinc	mg	0.18	1	0.16	0.22	
Copper	mg	0.086	0	0.077	0.103	
Manganese	mg	0.178	0	0.160	0.214	
Selenium	µg	0.2	0	0.2	0.2	
Vitamins:						
Ascorbic acid	mg	4.6	0	4.1	5.5	
Thiamin	mg	0.041	0	0.037	0.049	
Riboflavin	mg	0.041	0	0.037	0.049	
Niacin	mg	0.428	0	0.385	0.514	
Pantothenic acid	mg	0.114	0	0.103	0.137	
Vitamin B-6	mg	0.078	0	0.070	0.094	
Folate	µg	17	0	15	20	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	240	0	216	288	
Vitamin A, RE	µg	24	0	22	29	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.010	0	0.009	0.012	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.009	0	0.008	0.011	
17:0	g					
18:0	g	0.001	0	0.001	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.004	0	0.004	0.005
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.004	0.005
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.021	0	0.019	0.025
18:2	g	0.008	0	0.007	0.010
18:3	g	0.013	0	0.012	0.016
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	0.006	0	0.005	0.007
Threonine	g	0.015	0	0.013	0.018
Isoleucine	g	0.023	0	0.021	0.028
Leucine	g	0.037	0	0.033	0.044
Lysine	g	0.035	0	0.032	0.042
Methionine	g	0.009	0	0.008	0.011
Cystine	g	0.007	0	0.006	0.008
Phenylalanine	g	0.022	0	0.020	0.026
Tyrosine	g	0.017	0	0.015	0.020
Valine	g	0.029	0	0.026	0.035
Arginine	g	0.027	0	0.024	0.032
Histidine	g	0.014	0	0.013	0.017
Alanine	g	0.033	0	0.030	0.040
Aspartic acid	g	0.078	0	0.070	0.094
Glutamic acid	g	0.068	0	0.061	0.082
Glycine	g	0.024	0	0.022	0.029
Proline	g	0.020	0	0.018	0.024
Serine	g	0.026	0	0.023	0.031
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup slices
- Measure 2: 1/2 cup mashed

NDB No. 11861

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11862 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 223g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	94.74	0	211.27		
Energy	kcal	17	0	38		
Energy	kJ	71	0	158		
Protein (N x 5.95)	g	1.15	0	2.56		
Total lipid (fat)	g	0.13	0	0.29		
Carbohydrate, by difference	g	3.56	0	7.94		
Fiber, total dietary	g	1.3	0	2.9		
Ash	g	0.42	0	0.94		
Sugars, total	g					
Minerals:						
Calcium	mg	17	0	38		
Iron	mg	0.48	0	1.07		
Magnesium	mg	13	0	29		
Phosphorus	mg	25	0	56		
Potassium	mg	194	0	433		
Sodium	mg	238	0	531		
Zinc	mg	0.20	0	0.45		
Copper	mg	0.047	0	0.105		
Manganese	mg	0.230	0	0.513		
Selenium	µg	0.2	0	0.4		
Vitamins:						
Ascorbic acid	mg	3.7	0	8.3		
Thiamin	mg	0.041	0	0.091		
Riboflavin	mg	0.040	0	0.089		
Niacin	mg	0.386	0	0.861		
Pantothenic acid	mg	0.265	0	0.591		
Vitamin B-6	mg	0.045	0	0.100		
Folate	µg	8	0	17		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	432	0	963		
Vitamin A, RE	µg	43	0	96		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.027	0	0.060		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001	0	0.002		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.024	0	0.054		
17:0	g					
18:0	g	0.003	0	0.007		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.022
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.009	0	0.020
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.055	0	0.123
18:2	g	0.021	0	0.047
18:3	g	0.034	0	0.076
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	0.010	0	0.022
Threonine	g	0.028	0	0.062
Isoleucine	g	0.041	0	0.091
Leucine	g	0.067	0	0.149
Lysine	g	0.064	0	0.143
Methionine	g	0.016	0	0.036
Cystine	g	0.012	0	0.027
Phenylalanine	g	0.040	0	0.089
Tyrosine	g	0.031	0	0.069
Valine	g	0.052	0	0.116
Arginine	g	0.048	0	0.107
Histidine	g	0.025	0	0.056
Alanine	g	0.060	0	0.134
Aspartic acid	g	0.140	0	0.312
Glutamic acid	g	0.123	0	0.274
Glycine	g	0.043	0	0.096
Proline	g	0.036	0	0.080
Serine	g	0.047	0	0.105
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11862

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11863 Squash, winter, all varieties, cooked, baked, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 205g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.02	0.754	12	182.49	
Energy	kcal	39		0	80	
Energy	kJ	163		0	334	
Protein (N x 5.95)	g	0.89	0.098	7	1.82	
Total lipid (fat)	g	0.63	0.119	8	1.29	
Carbohydrate, by difference	g	8.75		0	17.94	
Fiber, total dietary	g	2.8		1	5.7	
Ash	g	0.72	0.036	8	1.48	
Sugars, total	g					
Minerals:						
Calcium	mg	14		1	29	
Iron	mg	0.33	0.040	8	0.68	
Magnesium	mg	8		1	16	
Phosphorus	mg	20		1	41	
Potassium	mg	437		1	896	
Sodium	mg	237		0	486	
Zinc	mg	0.26	0.063	7	0.53	
Copper	mg	0.095	0.021	7	0.195	
Manganese	mg	0.211	0.056	7	0.433	
Selenium	µg	0.4		0	0.8	
Vitamins:						
Ascorbic acid	mg	9.6		0	19.7	
Thiamin	mg	0.085		0	0.174	
Riboflavin	mg	0.024		0	0.049	
Niacin	mg	0.701		0	1.437	
Pantothenic acid	mg	0.350		0	0.718	
Vitamin B-6	mg	0.072		0	0.148	
Folate	µg	28	4.602	3	57	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	3557		0	7292	
Vitamin A, RE	µg	356		0	730	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.130		0	0.267	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.003		0	0.006	
14:0	g	0.002		0	0.004	
15:0	g					
16:0	g	0.112		0	0.230	
17:0	g					
18:0	g	0.013		0	0.027	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.047	0	0.096
14:1	g			
16:1	g	0.003	0	0.006
18:1	g	0.043	0	0.088
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.265	0	0.543
18:2	g	0.099	0	0.203
18:3	g	0.165	0	0.338
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	0.013	0	0.027
Threonine	g	0.027	0	0.055
Isoleucine	g	0.035	0	0.072
Leucine	g	0.050	0	0.103
Lysine	g	0.033	0	0.068
Methionine	g	0.011	0	0.023
Cystine	g	0.008	0	0.016
Phenylalanine	g	0.035	0	0.072
Tyrosine	g	0.030	0	0.061
Valine	g	0.038	0	0.078
Arginine	g	0.049	0	0.100
Histidine	g	0.017	0	0.035
Alanine	g	0.037	0	0.076
Aspartic acid	g	0.095	0	0.195
Glutamic acid	g	0.155	0	0.318
Glycine	g	0.033	0	0.068
Proline	g	0.032	0	0.066
Serine	g	0.035	0	0.072
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11863

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11864 Squash, winter, acorn, cooked, baked, with salt

Refuse: 20% Rind

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 205g	Measure 2*	Measure 3*
Proximates:						
Water	g	82.90	0	169.94		
Energy	kcal	56	0	115		
Energy	kJ	234	0	480		
Protein (N x 5.95)	g	1.12	0	2.30		
Total lipid (fat)	g	0.14	0	0.29		
Carbohydrate, by difference	g	14.58	0	29.89		
Fiber, total dietary	g	4.4	0	9.0		
Ash	g	1.26	0	2.58		
Sugars, total	g					
Minerals:						
Calcium	mg	44	0	90		
Iron	mg	0.93	0	1.91		
Magnesium	mg	43	0	88		
Phosphorus	mg	45	0	92		
Potassium	mg	437	0	896		
Sodium	mg	240	0	492		
Zinc	mg	0.17	0	0.35		
Copper	mg	0.086	0	0.176		
Manganese	mg	0.242	0	0.496		
Selenium	µg	0.7	0	1.4		
Vitamins:						
Ascorbic acid	mg	10.8	0	22.1		
Thiamin	mg	0.167	0	0.342		
Riboflavin	mg	0.013	0	0.027		
Niacin	mg	0.881	0	1.806		
Pantothenic acid	mg	0.504	0	1.033		
Vitamin B-6	mg	0.194	0	0.398		
Folate	µg	19	0	38		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	428	0	877		
Vitamin A, RE	µg	43	0	88		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.029	0	0.059		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001	0	0.002		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.025	0	0.051		
17:0	g					
18:0	g	0.003	0	0.006		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.020
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.009	0	0.018
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.059	0	0.121
18:2	g	0.022	0	0.045
18:3	g	0.037	0	0.076
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	0.016	0	0.033
Threonine	g	0.033	0	0.068
Isoleucine	g	0.044	0	0.090
Leucine	g	0.064	0	0.131
Lysine	g	0.041	0	0.084
Methionine	g	0.014	0	0.029
Cystine	g	0.010	0	0.020
Phenylalanine	g	0.044	0	0.090
Tyrosine	g	0.038	0	0.078
Valine	g	0.048	0	0.098
Arginine	g	0.062	0	0.127
Histidine	g	0.021	0	0.043
Alanine	g	0.047	0	0.096
Aspartic acid	g	0.120	0	0.246
Glutamic acid	g	0.196	0	0.402
Glycine	g	0.041	0	0.084
Proline	g	0.040	0	0.082
Serine	g	0.044	0	0.090
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11864

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11865 Squash, winter, acorn, cooked, boiled, mashed, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.70	0	219.76		
Energy	kcal	34	0	83		
Energy	kJ	142	0	348		
Protein (N x 5.95)	g	0.67	0	1.64		
Total lipid (fat)	g	0.08	0	0.20		
Carbohydrate, by difference	g	8.78	0	21.51		
Fiber, total dietary	g	2.6	0	6.4		
Ash	g	0.76	0	1.86		
Sugars, total	g					
Minerals:						
Calcium	mg	26	0	64		
Iron	mg	0.56	0	1.37		
Magnesium	mg	26	0	64		
Phosphorus	mg	27	0	66		
Potassium	mg	263	0	644		
Sodium	mg	239	0	586		
Zinc	mg	0.11	0	0.27		
Copper	mg	0.052	0	0.127		
Manganese	mg	0.146	0	0.358		
Selenium	µg	0.4	0	1.0		
Vitamins:						
Ascorbic acid	mg	6.5	0	15.9		
Thiamin	mg	0.100	0	0.245		
Riboflavin	mg	0.008	0	0.020		
Niacin	mg	0.531	0	1.301		
Pantothenic acid	mg	0.303	0	0.742		
Vitamin B-6	mg	0.117	0	0.287		
Folate	µg	11	0	28		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	258	0	632		
Vitamin A, RE	µg	26	0	64		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.017	0	0.042		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.015	0	0.037		
17:0	g					
18:0	g	0.002	0	0.005		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.006	0	0.015
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.006	0	0.015
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.035	0	0.086
18:2	g	0.013	0	0.032
18:3	g	0.022	0	0.054
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	0.010	0	0.025
Threonine	g	0.020	0	0.049
Isoleucine	g	0.026	0	0.064
Leucine	g	0.038	0	0.093
Lysine	g	0.025	0	0.061
Methionine	g	0.008	0	0.020
Cystine	g	0.006	0	0.015
Phenylalanine	g	0.026	0	0.064
Tyrosine	g	0.023	0	0.056
Valine	g	0.029	0	0.071
Arginine	g	0.037	0	0.091
Histidine	g	0.013	0	0.032
Alanine	g	0.028	0	0.069
Aspartic acid	g	0.072	0	0.176
Glutamic acid	g	0.118	0	0.289
Glycine	g	0.025	0	0.061
Proline	g	0.024	0	0.059
Serine	g	0.026	0	0.064
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, mashed

NDB No. 11865

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11866 Squash, winter, butternut, cooked, baked, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 205g	Measure 2*	Measure 3*
Proximates:						
Water	g	87.80	0	179.99		
Energy	kcal	40	0	82		
Energy	kJ	167	0	342		
Protein (N x 5.95)	g	0.90	0	1.85		
Total lipid (fat)	g	0.09	0	0.18		
Carbohydrate, by difference	g	10.49	0	21.50		
Fiber, total dietary	g					
Ash	g	0.72	0	1.48		
Sugars, total	g					
Minerals:						
Calcium	mg	41	0	84		
Iron	mg	0.60	0	1.23		
Magnesium	mg	29	0	59		
Phosphorus	mg	27	0	55		
Potassium	mg	284	0	582		
Sodium	mg	240	0	492		
Zinc	mg	0.13	0	0.27		
Copper	mg	0.065	0	0.133		
Manganese	mg	0.172	0	0.353		
Selenium	µg	0.5	0	1.0		
Vitamins:						
Ascorbic acid	mg	15.1	0	31.0		
Thiamin	mg	0.072	0	0.148		
Riboflavin	mg	0.017	0	0.035		
Niacin	mg	0.969	1	1.986		
Pantothenic acid	mg	0.359	1	0.736		
Vitamin B-6	mg	0.124	1	0.254		
Folate	µg	19	1	39		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	7001	0	14352		
Vitamin A, RE	µg	700	0	1435		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.019	0	0.039		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.016	0	0.033		
17:0	g					
18:0	g	0.002	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.014
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.007	0	0.014
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.038	0	0.078
18:2	g	0.014	0	0.029
18:3	g	0.024	0	0.049
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	0.013	0	0.027
Threonine	g	0.027	0	0.055
Isoleucine	g	0.035	0	0.072
Leucine	g	0.051	0	0.105
Lysine	g	0.033	0	0.068
Methionine	g	0.011	0	0.023
Cystine	g	0.008	0	0.016
Phenylalanine	g	0.035	0	0.072
Tyrosine	g	0.030	0	0.061
Valine	g	0.039	0	0.080
Arginine	g	0.050	0	0.103
Histidine	g	0.017	0	0.035
Alanine	g	0.038	0	0.078
Aspartic acid	g	0.097	0	0.199
Glutamic acid	g	0.157	0	0.322
Glycine	g	0.033	0	0.068
Proline	g	0.032	0	0.066
Serine	g	0.035	0	0.072
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11866

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11867 Squash, winter, butternut, frozen, cooked, boiled, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 240g	Measure 2*	Measure 3*
Proximates:						
Water	g	87.80	0	210.72		
Energy	kcal	39	0	94		
Energy	kJ	163	0	391		
Protein (N x 5.95)	g	1.23	0	2.95		
Total lipid (fat)	g	0.07	0	0.17		
Carbohydrate, by difference	g	10.05	0	24.12		
Fiber, total dietary	g					
Ash	g	0.86	0	2.06		
Sugars, total	g					
Minerals:						
Calcium	mg	19	0	46		
Iron	mg	0.58	0	1.39		
Magnesium	mg	9	0	22		
Phosphorus	mg	14	0	34		
Potassium	mg	133	0	319		
Sodium	mg	238	0	571		
Zinc	mg	0.12	0	0.29		
Copper	mg	0.036	0	0.086		
Manganese	mg	0.173	0	0.415		
Selenium	µg	0.5	0	1.2		
Vitamins:						
Ascorbic acid	mg	3.5	0	8.4		
Thiamin	mg	0.050	0	0.120		
Riboflavin	mg	0.039	0	0.094		
Niacin	mg	0.464	0	1.114		
Pantothenic acid	mg	0.154	0	0.370		
Vitamin B-6	mg	0.069	0	0.166		
Folate	µg	16	0	39		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	3339	0	8014		
Vitamin A, RE	µg	334	0	802		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.014	0	0.034		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.012	0	0.029		
17:0	g					
18:0	g	0.001	0	0.002		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.012
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.005	0	0.012
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.029	0	0.070
18:2	g	0.011	0	0.026
18:3	g	0.018	0	0.043
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	0.017	0	0.041
Threonine	g	0.037	0	0.089
Isoleucine	g	0.048	0	0.115
Leucine	g	0.070	0	0.168
Lysine	g	0.045	0	0.108
Methionine	g	0.015	0	0.036
Cystine	g	0.011	0	0.026
Phenylalanine	g	0.048	0	0.115
Tyrosine	g	0.041	0	0.098
Valine	g	0.053	0	0.127
Arginine	g	0.068	0	0.163
Histidine	g	0.023	0	0.055
Alanine	g	0.051	0	0.122
Aspartic acid	g	0.132	0	0.317
Glutamic acid	g	0.214	0	0.514
Glycine	g	0.045	0	0.108
Proline	g	0.044	0	0.106
Serine	g	0.048	0	0.115
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, mashed

NDB No. 11867

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11868 Squash, winter, hubbard, cooked, baked, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 205g	Measure 2*	Measure 3*
Proximates:						
Water	g	85.10	0	174.46		
Energy	kcal	50	0	103		
Energy	kJ	209	0	428		
Protein (N x 5.95)	g	2.48	0	5.08		
Total lipid (fat)	g	0.62	0	1.27		
Carbohydrate, by difference	g	10.81	0	22.16		
Fiber, total dietary	g					
Ash	g	0.99	0	2.03		
Sugars, total	g					
Minerals:						
Calcium	mg	17	0	35		
Iron	mg	0.47	0	0.96		
Magnesium	mg	22	0	45		
Phosphorus	mg	23	0	47		
Potassium	mg	358	0	734		
Sodium	mg	244	0	500		
Zinc	mg	0.15	0	0.31		
Copper	mg	0.045	0	0.092		
Manganese	mg	0.170	0	0.349		
Selenium	µg	0.6	0	1.2		
Vitamins:						
Ascorbic acid	mg	9.5	0	19.5		
Thiamin	mg	0.074	0	0.152		
Riboflavin	mg	0.047	0	0.096		
Niacin	mg	0.558	0	1.144		
Pantothenic acid	mg	0.447	0	0.916		
Vitamin B-6	mg	0.172	0	0.353		
Folate	µg	16	0	33		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	6035	0	12372		
Vitamin A, RE	µg	604	0	1238		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.128	0	0.262		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.003	0	0.006		
14:0	g	0.002	0	0.004		
15:0	g					
16:0	g	0.110	0	0.226		
17:0	g					
18:0	g	0.012	0	0.025		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.046	0	0.094
14:1	g			
16:1	g	0.003	0	0.006
18:1	g	0.042	0	0.086
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.260	0	0.533
18:2	g	0.097	0	0.199
18:3	g	0.162	0	0.332
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	0.021	0	0.043
Threonine	g	0.044	0	0.090
Isoleucine	g	0.058	0	0.119
Leucine	g	0.084	0	0.172
Lysine	g	0.055	0	0.113
Methionine	g	0.018	0	0.037
Cystine	g	0.013	0	0.027
Phenylalanine	g	0.058	0	0.119
Tyrosine	g	0.050	0	0.103
Valine	g	0.064	0	0.131
Arginine	g	0.082	0	0.168
Histidine	g	0.028	0	0.057
Alanine	g	0.062	0	0.127
Aspartic acid	g	0.159	0	0.326
Glutamic acid	g	0.259	0	0.531
Glycine	g	0.055	0	0.113
Proline	g	0.053	0	0.109
Serine	g	0.058	0	0.119
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11868

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11869 Squash, winter, hubbard, cooked, boiled, mashed, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 236g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.10	0	215.00		
Energy	kcal	30	0	71		
Energy	kJ	126	0	297		
Protein (N x 5.95)	g	1.48	0	3.49		
Total lipid (fat)	g	0.37	0	0.87		
Carbohydrate, by difference	g	6.45	0	15.22		
Fiber, total dietary	g	2.9	1	6.8		
Ash	g	0.59	0	1.39		
Sugars, total	g					
Minerals:						
Calcium	mg	10	0	24		
Iron	mg	0.28	0	0.66		
Magnesium	mg	13	0	31		
Phosphorus	mg	14	0	33		
Potassium	mg	214	0	505		
Sodium	mg	241	0	569		
Zinc	mg	0.10	0	0.24		
Copper	mg	0.047	0	0.111		
Manganese	mg	0.126	0	0.297		
Selenium	µg	0.3	0	0.7		
Vitamins:						
Ascorbic acid	mg	6.5	0	15.3		
Thiamin	mg	0.042	0	0.099		
Riboflavin	mg	0.028	0	0.066		
Niacin	mg	0.334	0	0.788		
Pantothenic acid	mg	0.297	0	0.701		
Vitamin B-6	mg	0.103	0	0.243		
Folate	µg	10	0	23		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	4005	0	9452		
Vitamin A, RE	µg	401	0	946		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.076	0	0.179		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.002	0	0.005		
14:0	g	0.001	0	0.002		
15:0	g					
16:0	g	0.066	0	0.156		
17:0	g					
18:0	g	0.007	0	0.017		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.028	0	0.066
14:1	g			
16:1	g	0.002	0	0.005
18:1	g	0.025	0	0.059
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.156	0	0.368
18:2	g	0.058	0	0.137
18:3	g	0.097	0	0.229
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	0.021	0	0.050
Threonine	g	0.044	0	0.104
Isoleucine	g	0.058	0	0.137
Leucine	g	0.084	0	0.198
Lysine	g	0.055	0	0.130
Methionine	g	0.018	0	0.042
Cystine	g	0.013	0	0.031
Phenylalanine	g	0.058	0	0.137
Tyrosine	g	0.050	0	0.118
Valine	g	0.064	0	0.151
Arginine	g	0.082	0	0.194
Histidine	g	0.028	0	0.066
Alanine	g	0.062	0	0.146
Aspartic acid	g	0.159	0	0.375
Glutamic acid	g	0.259	0	0.611
Glycine	g	0.055	0	0.130
Proline	g	0.053	0	0.125
Serine	g	0.058	0	0.137
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, mashed

NDB No. 11869

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 155g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.30	1.520	3	143.06	
Energy	kcal	27		0	42	
Energy	kJ	113		0	175	
Protein (N x 5.95)	g	0.66	0.040	3	1.02	
Total lipid (fat)	g	0.26	0.040	3	0.40	
Carbohydrate, by difference	g	6.46		0	10.01	
Fiber, total dietary	g	1.4		1	2.2	
Ash	g	0.32	0.050	3	0.50	
Sugars, total	g					
Minerals:						
Calcium	mg	21	2.500	3	33	
Iron	mg	0.34	0.031	3	0.53	
Magnesium	mg	11	1.980	3	17	
Phosphorus	mg					
Potassium	mg	117	11.400	3	181	
Sodium	mg	254		0	394	
Zinc	mg	0.20	0.028	3	0.31	
Copper	mg	0.035	0.009	3	0.054	
Manganese	mg	0.109		0	0.169	
Selenium	µg	0.3		0	0.5	
Vitamins:						
Ascorbic acid	mg	3.5	2.530	3	5.4	
Thiamin	mg	0.038	0.006	3	0.059	
Riboflavin	mg	0.022	0.001	3	0.034	
Niacin	mg	0.810	0.020	3	1.256	
Pantothenic acid	mg	0.355	0.003	3	0.550	
Vitamin B-6	mg	0.099	0.008	3	0.153	
Folate	µg	8	2.000	3	12	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	110	20.000	3	171	
Vitamin A, RE	µg	11	2.000	3	17	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.062		0	0.096	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001		0	0.002	
14:0	g	0.001		0	0.002	
15:0	g					
16:0	g	0.053		0	0.082	
17:0	g					
18:0	g	0.006		0	0.009	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.022	0	0.034
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.018	0	0.028
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.126	0	0.195
18:2	g	0.047	0	0.073
18:3	g	0.078	0	0.121
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	0.009	0	0.014
Threonine	g	0.018	0	0.028
Isoleucine	g	0.024	0	0.037
Leucine	g	0.034	0	0.053
Lysine	g	0.022	0	0.034
Methionine	g	0.007	0	0.011
Cystine	g	0.005	0	0.008
Phenylalanine	g	0.024	0	0.037
Tyrosine	g	0.020	0	0.031
Valine	g	0.026	0	0.040
Arginine	g	0.033	0	0.051
Histidine	g	0.011	0	0.017
Alanine	g	0.025	0	0.039
Aspartic acid	g	0.064	0	0.099
Glutamic acid	g	0.105	0	0.163
Glycine	g	0.022	0	0.034
Proline	g	0.021	0	0.033
Serine	g	0.024	0	0.037
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11870

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11871 Succotash, (corn and limas), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 192g	Measure 2*	Measure 3*
Proximates:						
Water	g	68.37	0	131.27		
Energy	kcal	115	0	221		
Energy	kJ	481	0	924		
Protein (N x 5.95)	g	5.07	0	9.73		
Total lipid (fat)	g	0.80	0	1.54		
Carbohydrate, by difference	g	24.38	0	46.81		
Fiber, total dietary	g					
Ash	g	1.39	0	2.67		
Sugars, total	g					
Minerals:						
Calcium	mg	17	0	33		
Iron	mg	1.52	0	2.92		
Magnesium	mg	53	0	102		
Phosphorus	mg	117	0	225		
Potassium	mg	410	0	787		
Sodium	mg	253	0	486		
Zinc	mg	0.63	0	1.21		
Copper	mg	0.179	0	0.344		
Manganese	mg	0.769	0	1.476		
Selenium	µg	0.6	0	1.2		
Vitamins:						
Ascorbic acid	mg	8.2	0	15.7		
Thiamin	mg	0.168	0.008	0.323		
Riboflavin	mg	0.096	0.044	0.184		
Niacin	mg	1.327	0	2.548		
Pantothenic acid	mg	0.567	0	1.089		
Vitamin B-6	mg	0.116	0.017	0.223		
Folate	µg	33	0	63		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	294	0	564		
Vitamin A, RE	µg	29	0	56		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.148	0	0.284		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001	0	0.002		
15:0	g					
16:0	g	0.134	0	0.257		
17:0	g					
18:0	g	0.013	0	0.025		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.155	0	0.298
14:1	g			
16:1	g			
18:1	g	0.155	0	0.298
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.381	0	0.732
18:2	g	0.321	0	0.616
18:3	g	0.060	0	0.115
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	0.057	0	0.109
Threonine	g	0.211	0	0.405
Isoleucine	g	0.286	0	0.549
Leucine	g	0.446	0	0.856
Lysine	g	0.297	0	0.570
Methionine	g	0.068	0	0.131
Cystine	g	0.055	0	0.106
Phenylalanine	g	0.245	0	0.470
Tyrosine	g	0.173	0	0.332
Valine	g	0.308	0	0.591
Arginine	g	0.296	0	0.568
Histidine	g	0.161	0	0.309
Alanine	g	0.279	0	0.536
Aspartic acid	g	0.493	0	0.947
Glutamic acid	g	0.764	0	1.467
Glycine	g	0.202	0	0.388
Proline	g	0.198	0	0.380
Serine	g	0.292	0	0.561
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11871

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11872 Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:						
Water	g	74.10	0	125.97		
Energy	kcal	93	0	158		
Energy	kJ	389	0	661		
Protein (N x 5.95)	g	4.31	0	7.33		
Total lipid (fat)	g	0.89	0	1.51		
Carbohydrate, by difference	g	19.95	0	33.91		
Fiber, total dietary	g	4.1	0	7.0		
Ash	g	0.75	0	1.27		
Sugars, total	g					
Minerals:						
Calcium	mg	15	0	26		
Iron	mg	0.89	0	1.51		
Magnesium	mg	23	0	39		
Phosphorus	mg	70	0	119		
Potassium	mg	265	0	451		
Sodium	mg	281	0	478		
Zinc	mg	0.45	0	0.77		
Copper	mg	0.060	0	0.102		
Manganese	mg	0.280	0	0.476		
Selenium	µg	0.6	0	1.0		
Vitamins:						
Ascorbic acid	mg	5.9	0	10.0		
Thiamin	mg	0.074	0	0.126		
Riboflavin	mg	0.068	0	0.116		
Niacin	mg	1.306	0	2.220		
Pantothenic acid	mg	0.232	0	0.394		
Vitamin B-6	mg	0.095	0	0.161		
Folate	µg	33	0	56		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	231	0	393		
Vitamin A, RE	µg	23	0	39		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.166	0	0.282		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001	0	0.002		
15:0	g					
16:0	g	0.151	0	0.257		
17:0	g					
18:0	g	0.015	0	0.026		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.173	0	0.294
14:1	g			
16:1	g			
18:1	g	0.173	0	0.294
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.427	0	0.726
18:2	g	0.361	0	0.614
18:3	g	0.067	0	0.114
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	0.048	0	0.082
Threonine	g	0.179	0	0.304
Isoleucine	g	0.243	0	0.413
Leucine	g	0.379	0	0.644
Lysine	g	0.252	0	0.428
Methionine	g	0.058	0	0.099
Cystine	g	0.047	0	0.080
Phenylalanine	g	0.208	0	0.354
Tyrosine	g	0.147	0	0.250
Valine	g	0.262	0	0.445
Arginine	g	0.251	0	0.427
Histidine	g	0.137	0	0.233
Alanine	g	0.237	0	0.403
Aspartic acid	g	0.419	0	0.712
Glutamic acid	g	0.649	0	1.103
Glycine	g	0.172	0	0.292
Proline	g	0.168	0	0.286
Serine	g	0.248	0	0.422
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11872

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11873 Swamp cabbage, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 98g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.93	1	91.07		
Energy	kcal	20	0	20		
Energy	kJ	84	0	82		
Protein (N x 5.95)	g	2.08	1	2.04		
Total lipid (fat)	g	0.24	1	0.24		
Carbohydrate, by difference	g	3.71	0	3.64		
Fiber, total dietary	g	1.9	0	1.9		
Ash	g	1.05	1	1.03		
Sugars, total	g					
Minerals:						
Calcium	mg	54	1	53		
Iron	mg	1.32	1	1.29		
Magnesium	mg	30	1	29		
Phosphorus	mg	42	1	41		
Potassium	mg	284	1	278		
Sodium	mg	358	0	351		
Zinc	mg	0.16	0	0.16		
Copper	mg	0.021	0	0.021		
Manganese	mg	0.143	0	0.140		
Selenium	µg	0.9	0	0.9		
Vitamins:						
Ascorbic acid	mg	16.0	0	15.7		
Thiamin	mg	0.050	0	0.049		
Riboflavin	mg	0.080	0	0.078		
Niacin	mg	0.500	0	0.490		
Pantothenic acid	mg	0.126	0	0.123		
Vitamin B-6	mg	0.081	0	0.079		
Folate	µg	35	0	34		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	5200	0	5096		
Vitamin A, RE	µg	520	0	510		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g	0.112	0	0.110
Isoleucine	g	0.083	0	0.081
Leucine	g	0.116	0	0.114
Lysine	g	0.087	0	0.085
Methionine	g	0.035	0	0.034
Cystine	g	0.023	0	0.023
Phenylalanine	g	0.102	0	0.100
Tyrosine	g	0.064	0	0.063
Valine	g	0.108	0	0.106
Arginine	g	0.118	0	0.116
Histidine	g	0.037	0	0.036
Alanine	g	0.087	0	0.085
Aspartic acid	g	0.519	0	0.509
Glutamic acid	g	0.201	0	0.197
Glycine	g	0.079	0	0.077
Proline	g	0.070	0	0.069
Serine	g	0.097	0	0.095
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11873

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11874 Sweetpotato leaves, cooked, steamed, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 64g	Measure 2*	Measure 3*
Proximates:						
Water	g	88.71	1	56.77		
Energy	kcal	34	0	22		
Energy	kJ	142	0	91		
Protein (N x 5.95)	g	2.32	1	1.48		
Total lipid (fat)	g	0.30	1	0.19		
Carbohydrate, by difference	g	7.32	0	4.68		
Fiber, total dietary	g	1.9	0	1.2		
Ash	g	1.35	1	0.86		
Sugars, total	g					
Minerals:						
Calcium	mg	24	0	15		
Iron	mg	0.60	0	0.38		
Magnesium	mg	61	1	39		
Phosphorus	mg	60	0	38		
Potassium	mg	477	1	305		
Sodium	mg	249	0	159		
Zinc	mg	0.26	0	0.17		
Copper	mg	0.033	0	0.021		
Manganese	mg	0.229	0	0.147		
Selenium	µg	0.9	0	0.6		
Vitamins:						
Ascorbic acid	mg	1.5	0	1.0		
Thiamin	mg	0.112	0	0.072		
Riboflavin	mg	0.267	0	0.171		
Niacin	mg	1.003	0	0.642		
Pantothenic acid	mg	0.200	0	0.128		
Vitamin B-6	mg	0.160	0	0.102		
Folate	µg	49	0	31		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	916	0	586		
Vitamin A, RE	µg	92	0	59		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.065	0	0.042		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.059	0	0.038		
17:0	g					
18:0	g	0.006	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.012	0	0.008
14:1	g			
16:1	g			
18:1	g	0.012	0	0.008
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.134	0	0.086
18:2	g	0.113	0	0.072
18:3	g	0.021	0	0.013
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	0.020	0	0.013
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g	0.132	0	0.084
Methionine	g	0.050	0	0.032
Cystine	g	0.027	0	0.017
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11874

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11875 Sweetpotato, cooked, baked in skin, with salt

Refuse: 22% Skin

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 114g	Measure 2* 100g	Measure 3*
Proximates:						
Water	g	72.85	1.103	6	83.05	72.85
Energy	kcal	103		0	117	103
Energy	kJ	431		0	491	431
Protein (N x 5.95)	g	1.72	0.159	6	1.96	1.72
Total lipid (fat)	g	0.11	0.000	2	0.13	0.11
Carbohydrate, by difference	g	24.27		0	27.67	24.27
Fiber, total dietary	g	3.0		1	3.4	3.0
Ash	g	1.06	0.031	6	1.21	1.06
Sugars, total	g					
Minerals:						
Calcium	mg	28	3.556	6	32	28
Iron	mg	0.45	0.024	6	0.51	0.45
Magnesium	mg	20	1.467	6	23	20
Phosphorus	mg	55	1.430	6	63	55
Potassium	mg	348	23.514	6	397	348
Sodium	mg	246		0	280	246
Zinc	mg	0.29	0.034	6	0.33	0.29
Copper	mg	0.208	0.023	6	0.237	0.208
Manganese	mg	0.560	0.027	6	0.638	0.560
Selenium	µg	0.7	0.225	4	0.8	0.7
Vitamins:						
Ascorbic acid	mg	24.6	0.911	8	28.0	24.6
Thiamin	mg	0.073	0.006	6	0.083	0.073
Riboflavin	mg	0.127	0.069	7	0.145	0.127
Niacin	mg	0.604	0.047	7	0.689	0.604
Pantothenic acid	mg	0.646	0.066	7	0.736	0.646
Vitamin B-6	mg	0.241	0.023	6	0.275	0.241
Folate	µg	23	3.348	6	26	23
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	21822	1365.579	8	24877	21822
Vitamin A, RE	µg	2182	136.558	8	2487	2182
Vitamin E, α-TE	mg	0.280		0	0.319	0.280
Lipids:						
Saturated, total	g	0.024		0	0.027	0.024
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.022		0	0.025	0.022
17:0	g					
18:0	g	0.002		0	0.002	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.004	0	0.005	0.004
14:1	g				
16:1	g				
18:1	g	0.004	0	0.005	0.004
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.049	0	0.056	0.049
18:2	g	0.041	0	0.047	0.041
18:3	g	0.008	0	0.009	0.008
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	0.021	0	0.024	0.021
Threonine	g	0.086	0	0.098	0.086
Isoleucine	g	0.086	0	0.098	0.086
Leucine	g	0.126	0	0.144	0.126
Lysine	g	0.085	0	0.097	0.085
Methionine	g	0.042	0	0.048	0.042
Cystine	g	0.014	0	0.016	0.014
Phenylalanine	g	0.103	0	0.117	0.103
Tyrosine	g	0.071	0	0.081	0.071
Valine	g	0.112	0	0.128	0.112
Arginine	g	0.080	0	0.091	0.080
Histidine	g	0.032	0	0.036	0.032
Alanine	g	0.094	0	0.107	0.094
Aspartic acid	g	0.295	0	0.336	0.295
Glutamic acid	g	0.169	0	0.193	0.169
Glycine	g	0.078	0	0.089	0.078
Proline	g	0.076	0	0.087	0.076
Serine	g	0.089	0	0.101	0.089
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 medium (2" dia, 5" long, raw)
- Measure 2: 1/2 cup mashed

NDB No. 11875

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11876 Sweetpotato, cooked, boiled, without skin, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 328g	Measure 2* 151g	Measure 3*
Proximates:						
Water	g	72.84	0	238.92	109.99	
Energy	kcal	105	0	344	159	
Energy	kJ	439	0	1440	663	
Protein (N x 5.95)	g	1.65	0	5.41	2.49	
Total lipid (fat)	g	0.30	0	0.98	0.45	
Carbohydrate, by difference	g	24.28	0	79.64	36.66	
Fiber, total dietary	g	1.8	0	5.9	2.7	
Ash	g	0.95	0	3.12	1.43	
Sugars, total	g					
Minerals:						
Calcium	mg	21	0	69	32	
Iron	mg	0.56	0	1.84	0.85	
Magnesium	mg	10	0	33	15	
Phosphorus	mg	27	0	89	41	
Potassium	mg	184	0	604	278	
Sodium	mg	249	0	817	376	
Zinc	mg	0.27	0	0.89	0.41	
Copper	mg	0.161	0	0.528	0.243	
Manganese	mg	0.337	0	1.105	0.509	
Selenium	µg	0.7	0	2.3	1.1	
Vitamins:						
Ascorbic acid	mg	17.1	0	56.1	25.8	
Thiamin	mg	0.053	0	0.174	0.080	
Riboflavin	mg	0.140	0	0.459	0.211	
Niacin	mg	0.640	1	2.099	0.966	
Pantothenic acid	mg	0.532	1	1.745	0.803	
Vitamin B-6	mg	0.244	1	0.800	0.368	
Folate	µg	11	1	36	17	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	17054	0	55937	25752	
Vitamin A, RE	µg	1705	0	5592	2575	
Vitamin E, α-TE	mg	0.280	0	0.918	0.423	
Lipids:						
Saturated, total	g	0.064	0	0.210	0.097	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.058	0	0.190	0.088	
17:0	g					
18:0	g	0.006	0	0.020	0.009	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.011	0	0.036	0.017
14:1	g				
16:1	g				
18:1	g	0.011	0	0.036	0.017
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.132	0	0.433	0.199
18:2	g	0.111	0	0.364	0.168
18:3	g	0.020	0	0.066	0.030
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	0.020	0	0.066	0.030
Threonine	g	0.082	0	0.269	0.124
Isoleucine	g	0.082	0	0.269	0.124
Leucine	g	0.121	0	0.397	0.183
Lysine	g	0.081	0	0.266	0.122
Methionine	g	0.041	0	0.134	0.062
Cystine	g	0.013	0	0.043	0.020
Phenylalanine	g	0.099	0	0.325	0.149
Tyrosine	g	0.068	0	0.223	0.103
Valine	g	0.108	0	0.354	0.163
Arginine	g	0.077	0	0.253	0.116
Histidine	g	0.031	0	0.102	0.047
Alanine	g	0.090	0	0.295	0.136
Aspartic acid	g	0.282	0	0.925	0.426
Glutamic acid	g	0.161	0	0.528	0.243
Glycine	g	0.074	0	0.243	0.112
Proline	g	0.072	0	0.236	0.109
Serine	g	0.085	0	0.279	0.128
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, mashed
- Measure 2: 1 medium

NDB No. 11876

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11877 Sweetpotato, frozen, cooked, baked, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 176g	Measure 2*	Measure 3*
Proximates:						
Water	g	73.70	0.665	6	129.71	
Energy	kcal	100		0	176	
Energy	kJ	418		0	736	
Protein (N x 5.95)	g	1.71	0.206	6	3.01	
Total lipid (fat)	g	0.12		1	0.21	
Carbohydrate, by difference	g	23.40		0	41.18	
Fiber, total dietary	g	1.8		0	3.2	
Ash	g	1.07	0.023	6	1.88	
Sugars, total	g					
Minerals:						
Calcium	mg	35	3.358	6	62	
Iron	mg	0.54	0.047	6	0.95	
Magnesium	mg	21	0.961	6	37	
Phosphorus	mg	44	1.719	6	77	
Potassium	mg	377	18.771	6	664	
Sodium	mg	244		0	429	
Zinc	mg	0.30	0.027	6	0.53	
Copper	mg	0.183	0.017	6	0.322	
Manganese	mg	0.665	0.035	6	1.170	
Selenium	µg	0.6		0	1.1	
Vitamins:						
Ascorbic acid	mg	9.1	1.007	6	16.0	
Thiamin	mg	0.066	0.006	6	0.116	
Riboflavin	mg	0.056	0.003	6	0.099	
Niacin	mg	0.555	0.029	6	0.977	
Pantothenic acid	mg	0.560	0.083	6	0.986	
Vitamin B-6	mg	0.186	0.020	6	0.327	
Folate	µg	22	3.614	6	39	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	16410	881.063	6	28882	
Vitamin A, RE	µg	1641	88.106	6	2888	
Vitamin E, α-TE	mg	0.270		0	0.475	
Lipids:						
Saturated, total	g	0.026		0	0.046	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.024		0	0.042	
17:0	g					
18:0	g	0.003		0	0.005	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.009
14:1	g			
16:1	g			
18:1	g	0.005	0	0.009
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.053	0	0.093
18:2	g	0.045	0	0.079
18:3	g	0.008	0	0.014
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	0.021	0	0.037
Threonine	g	0.085	0	0.150
Isoleucine	g	0.086	0	0.151
Leucine	g	0.126	0	0.222
Lysine	g	0.084	0	0.148
Methionine	g	0.042	0	0.074
Cystine	g	0.014	0	0.025
Phenylalanine	g	0.103	0	0.181
Tyrosine	g	0.070	0	0.123
Valine	g	0.112	0	0.197
Arginine	g	0.080	0	0.141
Histidine	g	0.032	0	0.056
Alanine	g	0.094	0	0.165
Aspartic acid	g	0.293	0	0.516
Glutamic acid	g	0.168	0	0.296
Glycine	g	0.078	0	0.137
Proline	g	0.075	0	0.132
Serine	g	0.089	0	0.157
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11877

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11878 Taro, cooked, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 132g	Measure 2*	Measure 3*
Proximates:						
Water	g	63.80	1	84.22		
Energy	kcal	142	0	187		
Energy	kJ	594	0	784		
Protein (N x 5.95)	g	0.52	1	0.69		
Total lipid (fat)	g	0.11	1	0.15		
Carbohydrate, by difference	g	34.60	0	45.67		
Fiber, total dietary	g	5.1	0	6.7		
Ash	g	0.97	1	1.28		
Sugars, total	g					
Minerals:						
Calcium	mg	18	1	24		
Iron	mg	0.72	1	0.95		
Magnesium	mg	30	1	40		
Phosphorus	mg	76	1	100		
Potassium	mg	484	1	639		
Sodium	mg	251	0	331		
Zinc	mg	0.27	0	0.36		
Copper	mg	0.201	0	0.265		
Manganese	mg	0.449	0	0.593		
Selenium	µg	0.9	0	1.2		
Vitamins:						
Ascorbic acid	mg	5.0	0	6.6		
Thiamin	mg	0.107	0	0.141		
Riboflavin	mg	0.028	0	0.037		
Niacin	mg	0.510	0	0.673		
Pantothenic acid	mg	0.336	0	0.444		
Vitamin B-6	mg	0.331	0	0.437		
Folate	µg	19	0	25		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	0	0	0		
Vitamin A, RE	µg	0	0	0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.023	0	0.030		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.019	0	0.025		
17:0	g					
18:0	g	0.003	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.009	0	0.012
14:1	g			
16:1	g			
18:1	g	0.009	0	0.012
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.046	0	0.061
18:2	g	0.032	0	0.042
18:3	g	0.014	0	0.018
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	0.008	0	0.011
Threonine	g	0.024	0	0.032
Isoleucine	g	0.019	0	0.025
Leucine	g	0.038	0	0.050
Lysine	g	0.023	0	0.030
Methionine	g	0.007	0	0.009
Cystine	g	0.011	0	0.015
Phenylalanine	g	0.028	0	0.037
Tyrosine	g	0.019	0	0.025
Valine	g	0.028	0	0.037
Arginine	g	0.036	0	0.048
Histidine	g	0.012	0	0.016
Alanine	g	0.025	0	0.033
Aspartic acid	g	0.066	0	0.087
Glutamic acid	g	0.060	0	0.079
Glycine	g	0.026	0	0.034
Proline	g	0.021	0	0.028
Serine	g	0.032	0	0.042
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup, slices

NDB No. 11878

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11879 Taro, leaves, cooked, steamed, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 145g	Measure 2*	Measure 3*
Proximates:						
Water	g	92.15	3.410	3	133.62	
Energy	kcal	24		0	35	
Energy	kJ	100		0	145	
Protein (N x 5.95)	g	2.72		0	3.94	
Total lipid (fat)	g	0.41		0	0.59	
Carbohydrate, by difference	g	4.02		0	5.83	
Fiber, total dietary	g	2.0		0	2.9	
Ash	g	0.70		1	1.01	
Sugars, total	g					
Minerals:						
Calcium	mg	86	4.500	2	125	
Iron	mg	1.18	0.075	2	1.71	
Magnesium	mg	20	12.017	3	29	
Phosphorus	mg	27	0.650	2	39	
Potassium	mg	460	122.746	3	667	
Sodium	mg	238		0	345	
Zinc	mg	0.21		0	0.30	
Copper	mg	0.140		0	0.203	
Manganese	mg	0.371		0	0.538	
Selenium	µg	0.9		0	1.3	
Vitamins:						
Ascorbic acid	mg	35.5		0	51.5	
Thiamin	mg	0.139		0	0.202	
Riboflavin	mg	0.380		0	0.551	
Niacin	mg	1.267		0	1.837	
Pantothenic acid	mg	0.044		0	0.064	
Vitamin B-6	mg	0.072		0	0.104	
Folate	µg	48		0	70	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	4238		0	6145	
Vitamin A, RE	µg	424		0	615	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.083		0	0.120	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.072		0	0.104	
17:0	g					
18:0	g	0.011		0	0.016	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.033	0	0.048
14:1	g			
16:1	g			
18:1	g	0.033	0	0.048
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.168	0	0.244
18:2	g	0.117	0	0.170
18:3	g	0.051	0	0.074
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	0.026	0	0.038
Threonine	g	0.091	0	0.132
Isoleucine	g	0.142	0	0.206
Leucine	g	0.214	0	0.310
Lysine	g	0.134	0	0.194
Methionine	g	0.043	0	0.062
Cystine	g	0.035	0	0.051
Phenylalanine	g	0.107	0	0.155
Tyrosine	g	0.097	0	0.141
Valine	g	0.140	0	0.203
Arginine	g	0.120	0	0.174
Histidine	g	0.062	0	0.090
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11879

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11880 Taro, shoots, cooked, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 140g	Measure 2*	Measure 3*
Proximates:						
Water	g	95.30	1	133.42		
Energy	kcal	14	0	20		
Energy	kJ	59	0	83		
Protein (N x 5.95)	g	0.73	1	1.02		
Total lipid (fat)	g	0.08	1	0.11		
Carbohydrate, by difference	g	3.20	0	4.48		
Fiber, total dietary	g					
Ash	g	0.70	1	0.98		
Sugars, total	g					
Minerals:						
Calcium	mg	14	1	20		
Iron	mg	0.41	1	0.57		
Magnesium	mg	8	1	11		
Phosphorus	mg	26	1	36		
Potassium	mg	344	1	482		
Sodium	mg	238	0	333		
Zinc	mg	0.54	0	0.76		
Copper	mg	0.094	0	0.132		
Manganese	mg	0.130	0	0.182		
Selenium	µg	1.0	0	1.4		
Vitamins:						
Ascorbic acid	mg	18.9	0	26.5		
Thiamin	mg	0.038	0	0.053		
Riboflavin	mg	0.053	0	0.074		
Niacin	mg	0.810	0	1.134		
Pantothenic acid	mg	0.076	0	0.106		
Vitamin B-6	mg	0.112	0	0.157		
Folate	µg	3	0	4		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	51	0	71		
Vitamin A, RE	µg	5	0	7		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.016	0	0.022		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.014	0	0.020		
17:0	g					
18:0	g	0.002	0	0.003		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.006	0	0.008
14:1	g			
16:1	g			
18:1	g	0.006	0	0.008
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.033	0	0.046
18:2	g	0.023	0	0.032
18:3	g	0.010	0	0.014
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup, slices

NDB No. 11880

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11881 Taro, tahitian, cooked, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 137g	Measure 2*	Measure 3*
Proximates:						
Water	g	86.46	1	118.45		
Energy	kcal	44	0	60		
Energy	kJ	184	0	252		
Protein (N x 5.95)	g	4.16	1	5.70		
Total lipid (fat)	g	0.68	1	0.93		
Carbohydrate, by difference	g	6.85	0	9.38		
Fiber, total dietary	g					
Ash	g	1.85	1	2.53		
Sugars, total	g					
Minerals:						
Calcium	mg	149	1	204		
Iron	mg	1.56	1	2.14		
Magnesium	mg	51	1	70		
Phosphorus	mg	67	1	92		
Potassium	mg	623	1	854		
Sodium	mg	290	0	397		
Zinc	mg	0.10	0	0.14		
Copper	mg	0.076	0	0.104		
Manganese	mg	0.168	0	0.230		
Selenium	µg	0.8	0	1.1		
Vitamins:						
Ascorbic acid	mg	38.0	0	52.1		
Thiamin	mg	0.044	0	0.060		
Riboflavin	mg	0.198	0	0.271		
Niacin	mg	0.480	0	0.658		
Pantothenic acid	mg	0.126	0	0.173		
Vitamin B-6	mg	0.117	0	0.160		
Folate	µg	7	0	10		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	1764	0	2417		
Vitamin A, RE	µg	176	0	241		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.139	0	0.190		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.120	0	0.164		
17:0	g					
18:0	g	0.019	0	0.026		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.055	0	0.075
14:1	g			
16:1	g			
18:1	g	0.055	0	0.075
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.282	0	0.386
18:2	g	0.196	0	0.269
18:3	g	0.085	0	0.116
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			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, slices

NDB No. 11881

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11882 Tomatoes, red, ripe, raw, November thru May average

Refuse: 9% Core and stem ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 149g	Measure 2* 180g	Measure 3* 62g	
Proximates:							
Water	g	93.76	0.062	210	139.70	168.77	58.13
Energy	kcal	21		0	31	38	13
Energy	kJ	88		0	131	158	55
Protein (N x 5.95)	g	0.85	0.015	89	1.27	1.53	0.53
Total lipid (fat)	g	0.33	0.062	17	0.49	0.59	0.20
Carbohydrate, by difference	g	4.64		0	6.91	8.35	2.88
Fiber, total dietary	g	1.1		0	1.6	2.0	0.7
Ash	g	0.42	0.025	17	0.63	0.76	0.26
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.328	135	7	9	3
Iron	mg	0.45	0.016	137	0.67	0.81	0.28
Magnesium	mg	11	0.236	138	16	20	7
Phosphorus	mg	24	0.341	131	36	43	15
Potassium	mg	222	4.455	143	331	400	138
Sodium	mg	9	0.525	151	13	16	6
Zinc	mg	0.09	0.011	122	0.13	0.16	0.06
Copper	mg	0.074	0.002	149	0.110	0.133	0.046
Manganese	mg	0.105	0.004	136	0.156	0.189	0.065
Selenium	µg	0.4	0.150	3	0.6	0.7	0.2
Vitamins:							
Ascorbic acid	mg	10.0		1	14.9	18.0	6.2
Thiamin	mg	0.059	0.001	156	0.088	0.106	0.037
Riboflavin	mg	0.048	0.002	156	0.072	0.086	0.030
Niacin	mg	0.628	0.027	11	0.936	1.130	0.389
Pantothenic acid	mg	0.247	0.122	6	0.368	0.445	0.153
Vitamin B-6	mg	0.080	0.005	13	0.119	0.144	0.050
Folate	µg	15	3.102	16	22	27	9
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	623	27.637	11	928	1121	386
Vitamin A, RE	µg	62		0	92	112	38
Vitamin E, α-TE	mg	0.380		0	0.566	0.684	0.236
Lipids:							
Saturated, total	g	0.045		0	0.067	0.081	0.028
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		1	0.000	0.000	0.000
15.0	g						
16:0	g	0.033		1	0.049	0.059	0.020
17:0	g						
18:0	g	0.013		1	0.019	0.023	0.008
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.075	0.090	0.031
14:1	g					
16:1	g	0.002	1	0.003	0.004	0.001
18:1	g	0.049	1	0.073	0.088	0.030
20:1	g	0.000	1	0.000	0.000	0.000
22:1	g					
Polyunsaturated, total	g	0.135	0	0.201	0.243	0.084
18:2	g	0.130	1	0.194	0.234	0.081
18:3	g	0.005	1	0.007	0.009	0.003
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	7	1	10	13	4
Amino acids:						
Tryptophan	g	0.006	0	0.009	0.011	0.004
Threonine	g	0.021	0	0.031	0.038	0.013
Isoleucine	g	0.020	0	0.030	0.036	0.012
Leucine	g	0.031	0	0.046	0.056	0.019
Lysine	g	0.031	0	0.046	0.056	0.019
Methionine	g	0.007	0	0.010	0.013	0.004
Cystine	g	0.011	0	0.016	0.020	0.007
Phenylalanine	g	0.022	0	0.033	0.040	0.014
Tyrosine	g	0.015	0	0.022	0.027	0.009
Valine	g	0.022	0	0.033	0.040	0.014
Arginine	g	0.021	0	0.031	0.038	0.013
Histidine	g	0.013	0	0.019	0.023	0.008
Alanine	g	0.024	0	0.036	0.043	0.015
Aspartic acid	g	0.118	0	0.176	0.212	0.073
Glutamic acid	g	0.313	0	0.466	0.563	0.194
Glycine	g	0.021	0	0.031	0.038	0.013
Proline	g	0.016	0	0.024	0.029	0.010
Serine	g	0.023	0	0.034	0.041	0.014
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, cherry tomato
- Measure 2: 1 cup, chopped or sliced
- Measure 3: 1 Italian tomato

NDB No. 11882

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11883 Tomatoes, red, ripe, raw, June thru October average

Refuse: 9% Core and stem ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 149g	Measure 2* 180g	Measure 3* 62g	
Proximates:							
Water	g	93.76	0.062	210	139.70	168.77	58.13
Energy	kcal	21		0	31	38	13
Energy	kJ	88		0	131	158	55
Protein (N x 5.95)	g	0.85	0.015	89	1.27	1.53	0.53
Total lipid (fat)	g	0.33	0.062	17	0.49	0.59	0.20
Carbohydrate, by difference	g	4.64		0	6.91	8.35	2.88
Fiber, total dietary	g	1.1		0	1.6	2.0	0.7
Ash	g	0.42	0.025	17	0.63	0.76	0.26
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.328	135	7	9	3
Iron	mg	0.45	0.016	137	0.67	0.81	0.28
Magnesium	mg	11	0.236	138	16	20	7
Phosphorus	mg	24	0.341	131	36	43	15
Potassium	mg	222	4.455	143	331	400	138
Sodium	mg	9	0.525	151	13	16	6
Zinc	mg	0.09	0.011	122	0.13	0.16	0.06
Copper	mg	0.074	0.002	149	0.110	0.133	0.046
Manganese	mg	0.105	0.004	136	0.156	0.189	0.065
Selenium	µg	0.4	0.150	3	0.6	0.7	0.2
Vitamins:							
Ascorbic acid	mg	26.0		1	38.7	46.8	16.1
Thiamin	mg	0.059	0.001	156	0.088	0.106	0.037
Riboflavin	mg	0.048	0.002	156	0.072	0.086	0.030
Niacin	mg	0.628	0.027	11	0.936	1.130	0.389
Pantothenic acid	mg	0.247	0.122	6	0.368	0.445	0.153
Vitamin B-6	mg	0.080	0.005	13	0.119	0.144	0.050
Folate	µg	15	3.102	16	22	27	9
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	623	27.637	11	928	1121	386
Vitamin A, RE	µg	62		0	92	112	38
Vitamin E, α-TE	mg	0.380		0	0.566	0.684	0.236
Lipids:							
Saturated, total	g	0.045		0	0.067	0.081	0.028
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		1	0.000	0.000	0.000
15.0	g						
16:0	g	0.033		1	0.049	0.059	0.020
17:0	g						
18:0	g	0.013		1	0.019	0.023	0.008
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.075	0.090	0.031
14:1	g					
16:1	g	0.002	1	0.003	0.004	0.001
18:1	g	0.049	1	0.073	0.088	0.030
20:1	g	0.000	1	0.000	0.000	0.000
22:1	g					
Polyunsaturated, total	g	0.135	0	0.201	0.243	0.084
18:2	g	0.130	1	0.194	0.234	0.081
18:3	g	0.005	1	0.007	0.009	0.003
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	7	1	10	13	4
Amino acids:						
Tryptophan	g	0.006	0	0.009	0.011	0.004
Threonine	g	0.021	0	0.031	0.038	0.013
Isoleucine	g	0.020	0	0.030	0.036	0.012
Leucine	g	0.031	0	0.046	0.056	0.019
Lysine	g	0.031	0	0.046	0.056	0.019
Methionine	g	0.007	0	0.010	0.013	0.004
Cystine	g	0.011	0	0.016	0.020	0.007
Phenylalanine	g	0.022	0	0.033	0.040	0.014
Tyrosine	g	0.015	0	0.022	0.027	0.009
Valine	g	0.022	0	0.033	0.040	0.014
Arginine	g	0.021	0	0.031	0.038	0.013
Histidine	g	0.013	0	0.019	0.023	0.008
Alanine	g	0.024	0	0.036	0.043	0.015
Aspartic acid	g	0.118	0	0.176	0.212	0.073
Glutamic acid	g	0.313	0	0.466	0.563	0.194
Glycine	g	0.021	0	0.031	0.038	0.013
Proline	g	0.016	0	0.024	0.029	0.010
Serine	g	0.023	0	0.034	0.041	0.014
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, cherry tomato
- Measure 2: 1 cup, chopped
- Measure 3: 1 Italian tomato

NDB No. 11883

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11884 Tomatoes, red, ripe, cooked, boiled, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 120g	Measure 3*
Proximates:						
Water	g	92.16	0	221.18	110.59	
Energy	kcal	27	0	65	32	
Energy	kJ	113	0	271	136	
Protein (N x 5.95)	g	1.07	0	2.57	1.28	
Total lipid (fat)	g	0.41	0	0.98	0.49	
Carbohydrate, by difference	g	5.83	0	13.99	7.00	
Fiber, total dietary	g	1.1	0	2.6	1.3	
Ash	g	0.53	0	1.27	0.64	
Sugars, total	g					
Minerals:						
Calcium	mg	6	0	14	7	
Iron	mg	0.56	0	1.34	0.67	
Magnesium	mg	14	0	34	17	
Phosphorus	mg	31	0	74	37	
Potassium	mg	279	0	670	335	
Sodium	mg	247	0	593	296	
Zinc	mg	0.11	0	0.26	0.13	
Copper	mg	0.093	0	0.223	0.112	
Manganese	mg	0.132	0	0.317	0.158	
Selenium	µg	0.5	0	1.2	0.6	
Vitamins:						
Ascorbic acid	mg	22.8	0	54.7	27.4	
Thiamin	mg	0.070	0	0.168	0.084	
Riboflavin	mg	0.057	0	0.137	0.068	
Niacin	mg	0.749	0	1.798	0.899	
Pantothenic acid	mg	0.295	0	0.708	0.354	
Vitamin B-6	mg	0.095	0	0.228	0.114	
Folate	µg	13	0	31	16	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	743	0	1783	892	
Vitamin A, RE	µg	74	0	178	89	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.057	0	0.137	0.068	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.041	0	0.098	0.049	
17:0	g					
18:0	g	0.016	0	0.038	0.019	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.063	0	0.151	0.076
14:1	g				
16:1	g	0.002	0	0.005	0.002
18:1	g	0.061	0	0.146	0.073
20:1	g	0.000	0	0.000	0.000
22:1	g				
Polyunsaturated, total	g	0.169	0	0.406	0.203
18:2	g	0.163	0	0.391	0.196
18:3	g	0.006	0	0.014	0.007
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg	9	0	22	11
Amino acids:					
Tryptophan	g	0.008	0	0.019	0.010
Threonine	g	0.027	0	0.065	0.032
Isoleucine	g	0.026	0	0.062	0.031
Leucine	g	0.039	0	0.094	0.047
Lysine	g	0.039	0	0.094	0.047
Methionine	g	0.009	0	0.022	0.011
Cystine	g	0.014	0	0.034	0.017
Phenylalanine	g	0.028	0	0.067	0.034
Tyrosine	g	0.018	0	0.043	0.022
Valine	g	0.027	0	0.065	0.032
Arginine	g	0.026	0	0.062	0.031
Histidine	g	0.016	0	0.038	0.019
Alanine	g	0.030	0	0.072	0.036
Aspartic acid	g	0.148	0	0.355	0.178
Glutamic acid	g	0.393	0	0.943	0.472
Glycine	g	0.026	0	0.062	0.031
Proline	g	0.020	0	0.048	0.024
Serine	g	0.028	0	0.067	0.034
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1/2 cup

NDB No. 11884

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11885 Tomatoes, red, ripe, canned, whole, no salt added

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 15g	Measure 3* 190g	
Proximates:							
Water	g	93.65	0.027	492	224.76	14.05	177.94
Energy	kcal	19		0	46	3	36
Energy	kJ	79		0	190	12	150
Protein (N x 5.95)	g	0.92	0.007	490	2.21	0.14	1.75
Total lipid (fat)	g	0.13	0.009	220	0.31	0.02	0.25
Carbohydrate, by difference	g	4.37		0	10.49	0.66	8.30
Fiber, total dietary	g	1.0		0	2.4	0.2	1.9
Ash	g	0.93	0.013	424	2.23	0.14	1.77
Sugars, total	g						
Minerals:							
Calcium	mg	30	0.487	487	72	5	57
Iron	mg	0.55	0.019	456	1.32	0.08	1.05
Magnesium	mg	12	0.156	140	29	2	23
Phosphorus	mg	19	0.499	137	46	3	36
Potassium	mg	227	5.101	138	545	34	431
Sodium	mg	10	1.984	9	24	2	19
Zinc	mg	0.16	0.005	47	0.38	0.02	0.30
Copper	mg	0.110	0.004	47	0.264	0.017	0.209
Manganese	mg	0.127		0	0.305	0.019	0.241
Selenium	µg	0.7	0.214	3	1.7	0.1	1.3
Vitamins:							
Ascorbic acid	mg	14.2	0.197	399	34.1	2.1	27.0
Thiamin	mg	0.045	0.001	385	0.108	0.007	0.086
Riboflavin	mg	0.031	0.000	401	0.074	0.005	0.059
Niacin	mg	0.735	0.012	417	1.764	0.110	1.397
Pantothenic acid	mg	0.167		1	0.401	0.025	0.317
Vitamin B-6	mg	0.090		0	0.216	0.013	0.171
Folate	µg	8		0	19	1	15
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	595	7.019	699	1428	89	1131
Vitamin A, RE	µg	60		0	144	9	114
Vitamin E, α-TE	mg	0.380		0	0.912	0.057	0.722
Lipids:							
Saturated, total	g	0.019		0	0.046	0.003	0.036
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.013		0	0.031	0.002	0.025
17:0	g						
18:0	g	0.005		0	0.012	0.001	0.010
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.048	0.003	0.038
14:1	g					
16:1	g	0.001	0	0.002	0.000	0.002
18:1	g	0.020	0	0.048	0.003	0.038
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.054	0	0.130	0.008	0.103
18:2	g	0.051	0	0.122	0.008	0.097
18:3	g	0.002	0	0.005	0.000	0.004
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.007	0	0.017	0.001	0.013
Threonine	g	0.024	0	0.058	0.004	0.046
Isoleucine	g	0.022	0	0.053	0.003	0.042
Leucine	g	0.034	0	0.082	0.005	0.065
Lysine	g	0.034	0	0.082	0.005	0.065
Methionine	g	0.008	0	0.019	0.001	0.015
Cystine	g	0.012	0	0.029	0.002	0.023
Phenylalanine	g	0.024	0	0.058	0.004	0.046
Tyrosine	g	0.016	0	0.038	0.002	0.030
Valine	g	0.024	0	0.058	0.004	0.046
Arginine	g	0.023	0	0.055	0.003	0.044
Histidine	g	0.014	0	0.034	0.002	0.027
Alanine	g	0.027	0	0.065	0.004	0.051
Aspartic acid	g	0.128	0	0.307	0.019	0.243
Glutamic acid	g	0.339	0	0.814	0.051	0.644
Glycine	g	0.023	0	0.055	0.003	0.044
Proline	g	0.018	0	0.043	0.003	0.034
Serine	g	0.025	0	0.060	0.004	0.048
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 tablespoon
- Measure 3: 1 can

NDB No. 11885

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11886 Tomato juice, canned, without salt added

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 243g	Measure 2* 30g	Measure 3* 182g	
Proximates:							
Water	g	93.90	0.139	170	228.18	28.55	170.90
Energy	kcal	17		0	41	5	31
Energy	kJ	71		0	173	22	129
Protein (N x 5.95)	g	0.76	0.010	161	1.85	0.23	1.38
Total lipid (fat)	g	0.06		0	0.15	0.02	0.11
Carbohydrate, by difference	g	4.23		0	10.28	1.29	7.70
Fiber, total dietary	g	0.8		0	1.9	0.2	1.5
Ash	g	1.05	0.009	184	2.55	0.32	1.91
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.286	175	22	3	16
Iron	mg	0.58	0.046	178	1.41	0.18	1.06
Magnesium	mg	11		0	27	3	20
Phosphorus	mg	19		0	46	6	35
Potassium	mg	220	5.321	149	535	67	400
Sodium	mg	10		0	24	3	18
Zinc	mg	0.14	0.013	47	0.34	0.04	0.25
Copper	mg	0.101		0	0.245	0.031	0.184
Manganese	mg	0.400		1	0.972	0.122	0.728
Selenium	µg	0.5	0.110	7	1.2	0.2	0.9
Vitamins:							
Ascorbic acid	mg	18.3	0.607	244	44.5	5.6	33.3
Thiamin	mg	0.047	0.003	155	0.114	0.014	0.086
Riboflavin	mg	0.031	0.002	154	0.075	0.009	0.056
Niacin	mg	0.673	0.056	149	1.635	0.205	1.225
Pantothenic acid	mg	0.250		0	0.608	0.076	0.455
Vitamin B-6	mg	0.111		0	0.270	0.034	0.202
Folate	µg	20	0.640	3	48	6	36
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	556	14.523	215	1351	169	1012
Vitamin A, RE	µg	56	1.452	215	136	17	102
Vitamin E, α-TE	mg	0.910		0	2.211	0.277	1.656
Lipids:							
Saturated, total	g	0.008		0	0.019	0.002	0.015
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.006		0	0.015	0.002	0.011
17:0	g						
18:0	g	0.002		0	0.005	0.001	0.004
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.022	0.003	0.016
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.009	0	0.022	0.003	0.016
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.024	0	0.058	0.007	0.044
18:2	g	0.023	0	0.056	0.007	0.042
18:3	g	0.001	0	0.002	0.000	0.002
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.005	1	0.012	0.002	0.009
Threonine	g	0.017	4	0.041	0.005	0.031
Isoleucine	g	0.015	4	0.036	0.005	0.027
Leucine	g	0.021	4	0.051	0.006	0.038
Lysine	g	0.022	8	0.053	0.007	0.040
Methionine	g	0.004	2	0.010	0.001	0.007
Cystine	g	0.004	1	0.010	0.001	0.007
Phenylalanine	g	0.016	4	0.039	0.005	0.029
Tyrosine	g	0.010	4	0.024	0.003	0.018
Valine	g	0.015	4	0.036	0.005	0.027
Arginine	g	0.015	4	0.036	0.005	0.027
Histidine	g	0.012	4	0.029	0.004	0.022
Alanine	g	0.024	4	0.058	0.007	0.044
Aspartic acid	g	0.095	4	0.231	0.029	0.173
Glutamic acid	g	0.303	4	0.736	0.092	0.551
Glycine	g	0.012	4	0.029	0.004	0.022
Proline	g	0.017	4	0.041	0.005	0.031
Serine	g	0.018	4	0.044	0.005	0.033
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 fl oz
- Measure 3: 6 fl oz

NDB No. 11886

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11887 Tomato products, canned, paste, with salt added

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 131g	Measure 2* 170g	Measure 3*
Proximates:						
Water	g	73.80	0.074	314	96.68	125.46
Energy	kcal	82		0	107	139
Energy	kJ	343		0	449	583
Protein (N x 5.95)	g	3.67	0.023	380	4.81	6.24
Total lipid (fat)	g	0.55	0.090	84	0.72	0.94
Carbohydrate, by difference	g	19.30		0	25.28	32.81
Fiber, total dietary	g	4.1		0	5.4	7.0
Ash	g	2.67	0.020	278	3.50	4.54
Sugars, total	g					
Minerals:						
Calcium	mg	35	0.521	289	46	60
Iron	mg	1.94	0.052	358	2.54	3.30
Magnesium	mg	51	0.685	148	67	87
Phosphorus	mg	79	0.633	147	103	134
Potassium	mg	937	10.856	102	1227	1593
Sodium	mg	790		0	1035	1343
Zinc	mg	0.80	0.052	24	1.05	1.36
Copper	mg	0.592	0.080	24	0.776	1.006
Manganese	mg	0.520		0	0.681	0.884
Selenium	µg	1.4		0	1.8	2.4
Vitamins:						
Ascorbic acid	mg	42.4	1.032	272	55.5	72.1
Thiamin	mg	0.155	0.002	352	0.203	0.264
Riboflavin	mg	0.190	0.007	350	0.249	0.323
Niacin	mg	3.223	0.037	344	4.222	5.479
Pantothenic acid	mg	0.753		1	0.986	1.280
Vitamin B-6	mg	0.380		0	0.498	0.646
Folate	µg	22		0	29	38
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	2445	26.347	410	3203	4157
Vitamin A, RE	µg	244		0	320	415
Vitamin E, α-TE	mg	4.300		0	5.633	7.310
Lipids:						
Saturated, total	g	0.078		0	0.102	0.133
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.001		0	0.001	0.002
15:0	g					
16:0	g	0.056		0	0.073	0.095
17:0	g					
18:0	g	0.020		0	0.026	0.034
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.083	0	0.109	0.141
14:1	g				
16:1	g	0.003	0	0.004	0.005
18:1	g	0.081	0	0.106	0.138
20:1	g	0.001	0	0.001	0.002
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.224	0	0.293	0.381
18:2	g	0.214	0	0.280	0.364
18:3	g	0.009	0	0.012	0.015
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.025	0	0.033	0.043
Threonine	g	0.083	0	0.109	0.141
Isoleucine	g	0.071	0	0.093	0.121
Leucine	g	0.102	0	0.134	0.173
Lysine	g	0.105	0	0.138	0.179
Methionine	g	0.018	0	0.024	0.031
Cystine	g	0.021	0	0.028	0.036
Phenylalanine	g	0.078	0	0.102	0.133
Tyrosine	g	0.050	0	0.066	0.085
Valine	g	0.075	0	0.098	0.128
Arginine	g	0.074	0	0.097	0.126
Histidine	g	0.058	0	0.076	0.099
Alanine	g	0.115	0	0.151	0.196
Aspartic acid	g	0.459	0	0.601	0.780
Glutamic acid	g	1.466	0	1.920	2.492
Glycine	g	0.060	0	0.079	0.102
Proline	g	0.081	0	0.106	0.138
Serine	g	0.087	0	0.114	0.148
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1/2 cup
 Measure 2: 1 can (6 oz)

NDB No. 11887

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11888 Tomato products, canned, puree, with salt added

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 822g	Measure 3*
Proximates:						
Water	g	87.46	0.211	95	218.65	718.92
Energy	kcal	40		0	100	329
Energy	kJ	167		0	418	1373
Protein (N x 5.95)	g	1.69	0.045	82	4.22	13.89
Total lipid (fat)	g	0.16	0.016	91	0.40	1.32
Carbohydrate, by difference	g	9.56		0	23.90	78.58
Fiber, total dietary	g	2.0		0	5.0	16.4
Ash	g	1.14	0.055	78	2.85	9.37
Sugars, total	g					
Minerals:						
Calcium	mg	17	0.666	70	43	140
Iron	mg	1.24	0.156	181	3.10	10.19
Magnesium	mg	24	0.305	131	60	197
Phosphorus	mg	40	0.560	131	100	329
Potassium	mg	426	7.896	91	1065	3502
Sodium	mg	399		0	998	3280
Zinc	mg	0.22		1	0.55	1.81
Copper	mg	0.163		1	0.408	1.340
Manganese	mg	0.256		0	0.640	2.104
Selenium	µg	0.7		0	1.8	5.8
Vitamins:						
Ascorbic acid	mg	10.4	0.995	52	26.0	85.5
Thiamin	mg	0.071	0.001	138	0.178	0.584
Riboflavin	mg	0.054	0.000	121	0.135	0.444
Niacin	mg	1.715	0.031	82	4.287	14.097
Pantothenic acid	mg	0.440		0	1.100	3.617
Vitamin B-6	mg	0.152		0	0.380	1.249
Folate	µg	11		0	28	90
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	1275	22.122	206	3188	10481
Vitamin A, RE	µg	128		0	320	1052
Vitamin E, α-TE	mg	2.520		0	6.300	20.714
Lipids:						
Saturated, total	g	0.021		0	0.053	0.173
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.016		0	0.040	0.132
17:0	g					
18:0	g	0.005		0	0.013	0.041
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.023	0	0.058	0.189
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.023	0	0.058	0.189
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.063	0	0.158	0.518
18:2	g	0.060	0	0.150	0.493
18:3	g	0.003	0	0.008	0.025
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.011	0	0.028	0.090
Threonine	g	0.038	0	0.095	0.312
Isoleucine	g	0.032	0	0.080	0.263
Leucine	g	0.047	0	0.118	0.386
Lysine	g	0.049	0	0.123	0.403
Methionine	g	0.009	0	0.023	0.074
Cystine	g	0.010	0	0.025	0.082
Phenylalanine	g	0.035	0	0.088	0.288
Tyrosine	g	0.022	0	0.055	0.181
Valine	g	0.034	0	0.085	0.279
Arginine	g	0.033	0	0.083	0.271
Histidine	g	0.026	0	0.065	0.214
Alanine	g	0.053	0	0.133	0.436
Aspartic acid	g	0.212	0	0.530	1.743
Glutamic acid	g	0.676	0	1.690	5.557
Glycine	g	0.028	0	0.070	0.230
Proline	g	0.037	0	0.093	0.304
Serine	g	0.040	0	0.100	0.329
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 can (29 oz) (401 x 411)

NDB No. 11888

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11889 Turnips, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 230g	Measure 3*
Proximates:						
Water	g	93.60	0	146.02	215.28	
Energy	kcal	21	0	33	48	
Energy	kJ	88	0	137	202	
Protein (N x 5.95)	g	0.71	0	1.11	1.63	
Total lipid (fat)	g	0.08	0	0.12	0.18	
Carbohydrate, by difference	g	4.90	0	7.64	11.27	
Fiber, total dietary	g	2.0	0	3.1	4.6	
Ash	g	0.55	0	0.86	1.27	
Sugars, total	g					
Minerals:						
Calcium	mg	22	0	34	51	
Iron	mg	0.22	0	0.34	0.51	
Magnesium	mg	8	0	12	18	
Phosphorus	mg	19	0	30	44	
Potassium	mg	135	0	211	311	
Sodium	mg	286	0	446	658	
Zinc	mg	0.20	0	0.31	0.46	
Copper	mg	0.064	0	0.100	0.147	
Manganese	mg	0.100	0	0.156	0.230	
Selenium	µg	0.6	0	0.9	1.4	
Vitamins:						
Ascorbic acid	mg	11.6	0	18.1	26.7	
Thiamin	mg	0.027	0	0.042	0.062	
Riboflavin	mg	0.023	0	0.036	0.053	
Niacin	mg	0.299	0	0.466	0.688	
Pantothenic acid	mg	0.142	0	0.222	0.327	
Vitamin B-6	mg	0.067	0	0.105	0.154	
Folate	µg	9	0	14	21	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.008	0	0.012	0.018	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.008	0	0.012	0.018	
17:0	g					
18:0	g	0.001	0	0.002	0.002	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.008	0.012
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.006	0.009
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.042	0	0.066	0.097
18:2	g	0.009	0	0.014	0.021
18:3	g	0.032	0	0.050	0.074
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	0.007	0	0.011	0.016
Threonine	g	0.020	0	0.031	0.046
Isoleucine	g	0.029	0	0.045	0.067
Leucine	g	0.026	0	0.041	0.060
Lysine	g	0.028	0	0.044	0.064
Methionine	g	0.009	0	0.014	0.021
Cystine	g	0.004	0	0.006	0.009
Phenylalanine	g	0.014	0	0.022	0.032
Tyrosine	g	0.011	0	0.017	0.025
Valine	g	0.023	0	0.036	0.053
Arginine	g	0.019	0	0.030	0.044
Histidine	g	0.011	0	0.017	0.025
Alanine	g	0.027	0	0.042	0.062
Aspartic acid	g	0.050	0	0.078	0.115
Glutamic acid	g	0.102	0	0.159	0.235
Glycine	g	0.019	0	0.030	0.044
Proline	g	0.021	0	0.033	0.048
Serine	g	0.023	0	0.036	0.053
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, cubes
- Measure 2: 1 cup, mashed

NDB No. 11889

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11890 Turnips, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 156g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.60	0	146.02		
Energy	kcal	23	0	36		
Energy	kJ	96	0	150		
Protein (N x 5.95)	g	1.53	0	2.39		
Total lipid (fat)	g	0.24	0	0.37		
Carbohydrate, by difference	g	4.35	0	6.79		
Fiber, total dietary	g	2.0	0	3.1		
Ash	g	0.28	0	0.44		
Sugars, total	g					
Minerals:						
Calcium	mg	32	0	50		
Iron	mg	0.98	0	1.53		
Magnesium	mg	14	0	22		
Phosphorus	mg	26	0	41		
Potassium	mg	182	0	284		
Sodium	mg	272	0	424		
Zinc	mg	0.20	0	0.31		
Copper	mg	0.063	0	0.098		
Manganese	mg	0.100	0	0.156		
Selenium	µg	0.6	0	0.9		
Vitamins:						
Ascorbic acid	mg	3.9	0	6.1		
Thiamin	mg	0.035	0	0.055		
Riboflavin	mg	0.028	0	0.044		
Niacin	mg	0.560	0	0.874		
Pantothenic acid	mg	0.141	0	0.220		
Vitamin B-6	mg	0.067	0	0.105		
Folate	µg	8	0	12		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	25	0	39		
Vitamin A, RE	µg	2	0	3		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.025	0	0.039		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.023	0	0.036		
17:0	g					
18:0	g	0.002	0	0.003		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.015	0	0.023
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.013	0	0.020
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.125	0	0.195
18:2	g	0.028	0	0.044
18:3	g	0.094	0	0.147
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	0.015	0	0.023
Threonine	g	0.042	0	0.066
Isoleucine	g	0.062	0	0.097
Leucine	g	0.057	0	0.089
Lysine	g	0.061	0	0.095
Methionine	g	0.019	0	0.030
Cystine	g	0.009	0	0.014
Phenylalanine	g	0.030	0	0.047
Tyrosine	g	0.023	0	0.036
Valine	g	0.051	0	0.080
Arginine	g	0.041	0	0.064
Histidine	g	0.024	0	0.037
Alanine	g	0.059	0	0.092
Aspartic acid	g	0.108	0	0.168
Glutamic acid	g	0.221	0	0.345
Glycine	g	0.042	0	0.066
Proline	g	0.045	0	0.070
Serine	g	0.049	0	0.076
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11890

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11891 Turnip greens, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 144g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.20	0	134.21		
Energy	kcal	20	0	29		
Energy	kJ	84	0	121		
Protein (N x 5.95)	g	1.14	0	1.64		
Total lipid (fat)	g	0.23	0	0.33		
Carbohydrate, by difference	g	4.36	0	6.28		
Fiber, total dietary	g	3.5	0	5.0		
Ash	g	1.07	0	1.54		
Sugars, total	g					
Minerals:						
Calcium	mg	137	0	197		
Iron	mg	0.80	0	1.15		
Magnesium	mg	22	0	32		
Phosphorus	mg	29	0	42		
Potassium	mg	203	0	292		
Sodium	mg	265	0	382		
Zinc	mg	0.14	0	0.20		
Copper	mg	0.253	0	0.364		
Manganese	mg	0.337	0	0.485		
Selenium	µg	0.9	0	1.3		
Vitamins:						
Ascorbic acid	mg	27.4	0	39.5		
Thiamin	mg	0.045	0	0.065		
Riboflavin	mg	0.072	0	0.104		
Niacin	mg	0.411	0	0.592		
Pantothenic acid	mg	0.274	0	0.395		
Vitamin B-6	mg	0.180	0	0.259		
Folate	µg	118	0	170		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	5498	0	7917		
Vitamin A, RE	µg	550	0	792		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.053	0	0.076		
4:0	g					
6:0	g					
8:0	g	0.001	0	0.001		
10:0	g	0.001	0	0.001		
12:0	g	0.001	0	0.001		
14:0	g	0.002	0	0.003		
15:0	g					
16:0	g	0.041	0	0.059		
17:0	g					
18:0	g	0.007	0	0.010		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.015	0	0.022
14:1	g			
16:1	g	0.011	0	0.016
18:1	g	0.004	0	0.006
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.091	0	0.131
18:2	g	0.028	0	0.040
18:3	g	0.064	0	0.092
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	0.020	0	0.029
Threonine	g	0.063	0	0.091
Isoleucine	g	0.059	0	0.085
Leucine	g	0.105	0	0.151
Lysine	g	0.074	0	0.107
Methionine	g	0.026	0	0.037
Cystine	g	0.013	0	0.019
Phenylalanine	g	0.070	0	0.101
Tyrosine	g	0.044	0	0.063
Valine	g	0.078	0	0.112
Arginine	g	0.072	0	0.104
Histidine	g	0.028	0	0.040
Alanine	g	0.078	0	0.112
Aspartic acid	g	0.121	0	0.174
Glutamic acid	g	0.156	0	0.225
Glycine	g	0.069	0	0.099
Proline	g	0.054	0	0.078
Serine	g	0.047	0	0.068
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, chopped

NDB No. 11891

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11892 Turnip greens, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 220g	Measure 2* 82g	Measure 3*
Proximates:						
Water	g	90.40	0	198.88	74.13	
Energy	kcal	30	0	66	25	
Energy	kJ	126	0	277	103	
Protein (N x 5.95)	g	3.35	0	7.37	2.75	
Total lipid (fat)	g	0.42	0	0.92	0.34	
Carbohydrate, by difference	g	4.98	0	10.96	4.08	
Fiber, total dietary	g	3.4	0	7.5	2.8	
Ash	g	0.85	0	1.87	0.70	
Sugars, total	g					
Minerals:						
Calcium	mg	152	0	334	125	
Iron	mg	1.94	0	4.27	1.59	
Magnesium	mg	26	0	57	21	
Phosphorus	mg	34	0	75	28	
Potassium	mg	224	0	493	184	
Sodium	mg	251	0	552	206	
Zinc	mg	0.41	1	0.90	0.34	
Copper	mg	0.150	1	0.330	0.123	
Manganese	mg	0.475	0	1.045	0.389	
Selenium	µg	1.2	0	2.6	1.0	
Vitamins:						
Ascorbic acid	mg	21.8	0	48.0	17.9	
Thiamin	mg	0.054	1	0.119	0.044	
Riboflavin	mg	0.074	1	0.163	0.061	
Niacin	mg	0.468	0	1.030	0.384	
Pantothenic acid	mg	0.069	0	0.152	0.057	
Vitamin B-6	mg	0.067	1	0.147	0.055	
Folate	µg	39	6.132	87	32	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	7975	0	17545	6540	
Vitamin A, RE	µg	798	0	1756	654	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.099	0	0.218	0.081	
4:0	g					
6:0	g					
8:0	g	0.002	0	0.004	0.002	
10:0	g	0.002	0	0.004	0.002	
12:0	g	0.002	0	0.004	0.002	
14:0	g	0.004	0	0.009	0.003	
15:0	g					
16:0	g	0.076	0	0.167	0.062	
17:0	g					
18:0	g	0.014	0	0.031	0.011	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.028	0	0.062	0.023
14:1	g				
16:1	g	0.020	0	0.044	0.016
18:1	g	0.007	0	0.015	0.006
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.170	0	0.374	0.139
18:2	g	0.051	0	0.112	0.042
18:3	g	0.119	0	0.262	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	0.058	0	0.128	0.048
Threonine	g	0.184	0	0.405	0.151
Isoleucine	g	0.173	0	0.381	0.142
Leucine	g	0.307	0	0.675	0.252
Lysine	g	0.218	0	0.480	0.179
Methionine	g	0.076	0	0.167	0.062
Cystine	g	0.038	0	0.084	0.031
Phenylalanine	g	0.206	0	0.453	0.169
Tyrosine	g	0.130	0	0.286	0.107
Valine	g	0.228	0	0.502	0.187
Arginine	g	0.210	0	0.462	0.172
Histidine	g	0.081	0	0.178	0.066
Alanine	g	0.229	0	0.504	0.188
Aspartic acid	g	0.353	0	0.777	0.289
Glutamic acid	g	0.457	0	1.005	0.375
Glycine	g	0.201	0	0.442	0.165
Proline	g	0.158	0	0.348	0.130
Serine	g	0.137	0	0.301	0.112
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11892

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11893 Turnip greens and turnips, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 163g	Measure 2*	Measure 3*
Proximates:						
Water	g	94.19	0	153.53		
Energy	kcal	17	0	28		
Energy	kJ	71	0	116		
Protein (N x 5.95)	g	2.08	0	3.39		
Total lipid (fat)	g	0.16	0	0.26		
Carbohydrate, by difference	g	2.88	0	4.69		
Fiber, total dietary	g	2.4	0	3.9		
Ash	g	0.70	0	1.14		
Sugars, total	g					
Minerals:						
Calcium	mg	91	0	148		
Iron	mg	1.33	0	2.17		
Magnesium	mg	12	0	20		
Phosphorus	mg	17	0	28		
Potassium	mg	62	0	101		
Sodium	mg	251	0	409		
Zinc	mg	0.13	0	0.21		
Copper	mg	0.041	0	0.067		
Manganese	mg	0.177	0	0.289		
Selenium	µg	0.9	0	1.5		
Vitamins:						
Ascorbic acid	mg	9.4	0	15.3		
Thiamin	mg	0.030	0	0.049		
Riboflavin	mg	0.070	0	0.114		
Niacin	mg	0.295	0	0.481		
Pantothenic acid	mg	0.096	0	0.156		
Vitamin B-6	mg	0.058	0	0.095		
Folate	µg	22	0	35		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	5161	0	8412		
Vitamin A, RE	µg	516	0	841		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.027	0	0.044		
4:0	g					
6:0	g					
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.000	0	0.000		
14:0	g	0.001	0	0.002		
15:0	g					
16:0	g	0.022	0	0.036		
17:0	g					
18:0	g	0.003	0	0.005		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.016
14:1	g			
16:1	g	0.004	0	0.007
18:1	g	0.006	0	0.010
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.074	0	0.121
18:2	g	0.019	0	0.031
18:3	g	0.054	0	0.088
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	0.031	0	0.051
Threonine	g	0.097	0	0.158
Isoleucine	g	0.101	0	0.165
Leucine	g	0.156	0	0.254
Lysine	g	0.120	0	0.196
Methionine	g	0.041	0	0.067
Cystine	g	0.020	0	0.033
Phenylalanine	g	0.102	0	0.166
Tyrosine	g	0.066	0	0.108
Valine	g	0.120	0	0.196
Arginine	g	0.108	0	0.176
Histidine	g	0.045	0	0.073
Alanine	g	0.124	0	0.202
Aspartic acid	g	0.198	0	0.323
Glutamic acid	g	0.288	0	0.469
Glycine	g	0.105	0	0.171
Proline	g	0.087	0	0.142
Serine	g	0.079	0	0.129
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11893

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11894 Vegetables, mixed, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 275g	Measure 2* 91g	Measure 3*
Proximates:						
Water	g	83.23	0	228.88	75.74	
Energy	kcal	59	0	162	54	
Energy	kJ	247	0	679	225	
Protein (N x 5.95)	g	2.86	0	7.87	2.60	
Total lipid (fat)	g	0.15	0	0.41	0.14	
Carbohydrate, by difference	g	13.09	0	36.00	11.91	
Fiber, total dietary	g	4.4	0	12.1	4.0	
Ash	g	0.67	0	1.84	0.61	
Sugars, total	g					
Minerals:						
Calcium	mg	25	0	69	23	
Iron	mg	0.82	0	2.25	0.75	
Magnesium	mg	22	0	61	20	
Phosphorus	mg	51	0	140	46	
Potassium	mg	169	0	465	154	
Sodium	mg	271	0	745	247	
Zinc	mg	0.49	0	1.35	0.45	
Copper	mg	0.083	0	0.228	0.076	
Manganese	mg	0.379	0	1.042	0.345	
Selenium	µg	0.3	1	0.8	0.3	
Vitamins:						
Ascorbic acid	mg	3.2	0	8.8	2.9	
Thiamin	mg	0.071	0.023	2	0.195	0.065
Riboflavin	mg	0.120	0.032	2	0.330	0.109
Niacin	mg	0.851	0	2.340	0.774	
Pantothenic acid	mg	0.151	0	0.415	0.137	
Vitamin B-6	mg	0.074	0.013	2	0.204	0.067
Folate	µg	19	0	52	17	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	4277	0	11762	3892	
Vitamin A, RE	µg	428	0	1177	389	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.031	0	0.085	0.028	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.000	0	0.000	0.000	
15:0	g					
16:0	g	0.027	0	0.074	0.025	
17:0	g					
18:0	g	0.003	0	0.008	0.003	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.028	0.009
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.009	0	0.025	0.008
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.072	0	0.198	0.066
18:2	g	0.053	0	0.146	0.048
18:3	g	0.019	0	0.052	0.017
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	0.080	0.026
Threonine	g	0.115	0	0.316	0.105
Isoleucine	g	0.139	0	0.382	0.126
Leucine	g	0.190	0	0.523	0.173
Lysine	g	0.170	0	0.468	0.155
Methionine	g	0.034	0	0.094	0.031
Cystine	g	0.026	0	0.071	0.024
Phenylalanine	g	0.120	0	0.330	0.109
Tyrosine	g	0.074	0	0.204	0.067
Valine	g	0.149	0	0.410	0.136
Arginine	g	0.193	0	0.531	0.176
Histidine	g	0.073	0	0.201	0.066
Alanine	g	0.123	0	0.338	0.112
Aspartic acid	g	0.303	0	0.833	0.276
Glutamic acid	g	0.390	0	1.073	0.355
Glycine	g	0.104	0	0.286	0.095
Proline	g	0.070	0	0.193	0.064
Serine	g	0.136	0	0.374	0.124
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11894

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11895 Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 175g	Measure 2*	Measure 3*
Proximates:						
Water	g	96.06	0	168.10		
Energy	kcal	13	0	23		
Energy	kJ	54	0	95		
Protein (N x 5.95)	g	0.40	0	0.70		
Total lipid (fat)	g	0.20	0	0.35		
Carbohydrate, by difference	g	3.03	0	5.30		
Fiber, total dietary	g	1.0	0	1.8		
Ash	g	0.30	0	0.53		
Sugars, total	g					
Minerals:						
Calcium	mg	18	0	32		
Iron	mg	0.38	0	0.67		
Magnesium	mg	10	0	18		
Phosphorus	mg	17	0	30		
Potassium	mg	5	0	9		
Sodium	mg	343	0	600		
Zinc	mg	0.59	0	1.03		
Copper	mg	0.022	0	0.039		
Manganese	mg	0.056	0	0.098		
Selenium	µg	0.2	0	0.4		
Vitamins:						
Ascorbic acid	mg	10.5	0	18.4		
Thiamin	mg	0.034	0	0.060		
Riboflavin	mg	0.001	0	0.002		
Niacin	mg	0.384	0	0.672		
Pantothenic acid	mg	0.121	0	0.212		
Vitamin B-6	mg	0.032	0	0.056		
Folate	µg	4	0	6		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	0	0	0		
Vitamin A, RE	µg	0	0	0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.016	0	0.028		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.011	0	0.019		
17:0	g					
18:0	g	0.005	0	0.009		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.037	0	0.065
14:1	g			
16:1	g			
18:1	g	0.037	0	0.065
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.088	0	0.154
18:2	g	0.088	0	0.154
18:3	g			
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	0.002	0	0.004
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g	0.009	0	0.016
Methionine	g	0.003	0	0.005
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cup, cubes

NDB No. 11895

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11896 Winged bean, immature seeds, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 62g	Measure 2* 31g	Measure 3*
Proximates:						
Water	g	90.11	0	55.87	27.93	
Energy	kcal	38	0	24	12	
Energy	kJ	159	0	99	49	
Protein (N x 5.95)	g	5.31	0	3.29	1.65	
Total lipid (fat)	g	0.66	0	0.41	0.20	
Carbohydrate, by difference	g	3.21	0	1.99	1.00	
Fiber, total dietary	g					
Ash	g	0.71	1	0.44	0.22	
Sugars, total	g					
Minerals:						
Calcium	mg	61	0	38	19	
Iron	mg	1.09	0	0.68	0.34	
Magnesium	mg	30	1	19	9	
Phosphorus	mg	25	0	16	8	
Potassium	mg	274	1	170	85	
Sodium	mg	240	0	149	74	
Zinc	mg	0.28	0	0.17	0.09	
Copper	mg	0.037	0	0.023	0.011	
Manganese	mg	0.158	0	0.098	0.049	
Selenium	µg	1.1	0	0.7	0.3	
Vitamins:						
Ascorbic acid	mg	9.8	0	6.1	3.0	
Thiamin	mg	0.086	0	0.053	0.027	
Riboflavin	mg	0.072	0	0.045	0.022	
Niacin	mg	0.652	1	0.404	0.202	
Pantothenic acid	mg	0.041	0	0.025	0.013	
Vitamin B-6	mg	0.082	1	0.051	0.025	
Folate	µg	35	0	22	11	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	88	0	55	27	
Vitamin A, RE	µg	9	0	6	3	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.181	0	0.112	0.056	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001	0	0.001	0.000	
15:0	g					
16:0	g	0.051	0	0.032	0.016	
17:0	g					
18:0	g	0.029	0	0.018	0.009	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.189	0	0.117	0.059
14:1	g				
16:1	g				
18:1	g	0.189	0	0.117	0.059
20:1	g				
22:1	g	0.001	0	0.001	0.000
Polyunsaturated, total	g	0.142	0	0.088	0.044
18:2	g	0.125	0	0.078	0.039
18:3	g	0.017	0	0.011	0.005
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1/2 cup

NDB No. 11896

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11897 Yam, cooked, boiled, drained, or baked, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 68g	Measure 3*
Proximates:						
Water	g	70.13	1.132	12	95.38	47.69
Energy	kcal	116		0	158	79
Energy	kJ	485		0	660	330
Protein (N x 5.95)	g	1.49	0.260	6	2.03	1.01
Total lipid (fat)	g	0.14	0.100	6	0.19	0.10
Carbohydrate, by difference	g	27.60		0	37.54	18.77
Fiber, total dietary	g	3.9		0	5.3	2.7
Ash	g	0.66	0.036	6	0.90	0.45
Sugars, total	g					
Minerals:						
Calcium	mg	14	4.137	6	19	10
Iron	mg	0.52	0.059	6	0.71	0.35
Magnesium	mg	18	2.082	6	24	12
Phosphorus	mg	49	4.506	6	67	33
Potassium	mg	670	36.100	6	911	456
Sodium	mg	244		0	332	166
Zinc	mg	0.20	0.023	6	0.27	0.14
Copper	mg	0.152	0.014	6	0.207	0.103
Manganese	mg	0.371		0	0.505	0.252
Selenium	µg	0.7		0	1.0	0.5
Vitamins:						
Ascorbic acid	mg	12.1	3.014	12	16.5	8.2
Thiamin	mg	0.095	0.019	6	0.129	0.065
Riboflavin	mg	0.028	0.005	6	0.038	0.019
Niacin	mg	0.552	0.030	6	0.751	0.375
Pantothenic acid	mg	0.311	0.009	6	0.423	0.211
Vitamin B-6	mg	0.228	0.011	6	0.310	0.155
Folate	µg	16	4.000	12	22	11
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0	0.000	6	0	0
Vitamin A, RE	µg	0	0.000	6	0	0
Vitamin E, α-TE	mg	0.160		0	0.218	0.109
Lipids:						
Saturated, total	g	0.029		0	0.039	0.020
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.027		0	0.037	0.018
17:0	g					
18:0	g	0.003		0	0.004	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.005	0	0.007	0.003
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.005	0	0.007	0.003
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.060	0	0.082	0.041
18:2	g	0.050	0	0.068	0.034
18:3	g	0.009	0	0.012	0.006
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.012	0	0.016	0.008
Threonine	g	0.052	0	0.071	0.035
Isoleucine	g	0.050	0	0.068	0.034
Leucine	g	0.094	0	0.128	0.064
Lysine	g	0.058	0	0.079	0.039
Methionine	g	0.020	0	0.027	0.014
Cystine	g	0.018	0	0.024	0.012
Phenylalanine	g	0.069	0	0.094	0.047
Tyrosine	g	0.039	0	0.053	0.027
Valine	g	0.060	0	0.082	0.041
Arginine	g	0.124	0	0.169	0.084
Histidine	g	0.033	0	0.045	0.022
Alanine	g	0.061	0	0.083	0.041
Aspartic acid	g	0.151	0	0.205	0.103
Glutamic acid	g	0.176	0	0.239	0.120
Glycine	g	0.052	0	0.071	0.035
Proline	g	0.053	0	0.072	0.036
Serine	g	0.079	0	0.107	0.054
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, cubes
- Measure 2: 1/2 cup cubes

NDB No. 11897

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11898 Yambean (jicama), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	90.07	0			
Energy	kcal	38	0			
Energy	kJ	159	0			
Protein (N x 5.95)	g	0.72	0			
Total lipid (fat)	g	0.09	0			
Carbohydrate, by difference	g	8.82	0			
Fiber, total dietary	g					
Ash	g	0.30	0			
Sugars, total	g					
Minerals:						
Calcium	mg	11	0			
Iron	mg	0.57	0			
Magnesium	mg	11	0			
Phosphorus	mg	16	0			
Potassium	mg	135	0			
Sodium	mg	242	0			
Zinc	mg	0.15	0			
Copper	mg	0.046	0			
Manganese	mg	0.057	0			
Selenium	µg	0.7	0			
Vitamins:						
Ascorbic acid	mg	14.1	0			
Thiamin	mg	0.017	0			
Riboflavin	mg	0.028	0			
Niacin	mg	0.190	0			
Pantothenic acid	mg	0.121	0			
Vitamin B-6	mg	0.040	0			
Folate	µg	8	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	19	0			
Vitamin A, RE	µg	2	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g		
14:1	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
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g	0.018	0
Isoleucine	g	0.016	0
Leucine	g	0.025	0
Lysine	g	0.026	0
Methionine	g	0.007	0
Cystine	g	0.006	0
Phenylalanine	g	0.017	0
Tyrosine	g	0.012	0
Valine	g	0.022	0
Arginine	g	0.037	0
Histidine	g	0.019	0
Alanine	g	0.020	0
Aspartic acid	g	0.200	0
Glutamic acid	g	0.043	0
Glycine	g	0.016	0
Proline	g	0.025	0
Serine	g	0.025	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11898

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11899 Yardlong bean, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 104g	Measure 2* 14g	Measure 3*
Proximates:						
Water	g	87.47	0.020	2	90.97	12.25
Energy	kcal	47		0	49	7
Energy	kJ	197		0	205	28
Protein (N x 5.95)	g	2.53		1	2.63	0.35
Total lipid (fat)	g	0.10		1	0.10	0.01
Carbohydrate, by difference	g	9.18		0	9.55	1.29
Fiber, total dietary	g					
Ash	g	0.73		1	0.76	0.10
Sugars, total	g					
Minerals:						
Calcium	mg	44		1	46	6
Iron	mg	0.98		1	1.02	0.14
Magnesium	mg	42		1	44	6
Phosphorus	mg	57		1	59	8
Potassium	mg	290		1	302	41
Sodium	mg	240		0	250	34
Zinc	mg	0.36		0	0.37	0.05
Copper	mg	0.047		0	0.049	0.007
Manganese	mg	0.201		0	0.209	0.028
Selenium	µg	1.5		0	1.6	0.2
Vitamins:						
Ascorbic acid	mg	16.2		1	16.8	2.3
Thiamin	mg	0.085		1	0.088	0.012
Riboflavin	mg	0.099		1	0.103	0.014
Niacin	mg	0.630		1	0.655	0.088
Pantothenic acid	mg	0.051		0	0.053	0.007
Vitamin B-6	mg	0.024		0	0.025	0.003
Folate	µg	45		0	46	6
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	450		1	468	63
Vitamin A, RE	µg	45		1	47	6
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.026		0	0.027	0.004
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.021		0	0.022	0.003
17:0	g					
18:0	g	0.003		0	0.003	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.009	0	0.009	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.005	0	0.005	0.001
20:1	g				
22:1	g	0.003	0	0.003	0.000
Polyunsaturated, total	g	0.042	0	0.044	0.006
18:2	g	0.024	0	0.025	0.003
18:3	g	0.017	0	0.018	0.002
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	0.030	0.004
Threonine	g	0.094	0	0.098	0.013
Isoleucine	g	0.135	0	0.140	0.019
Leucine	g	0.180	0	0.187	0.025
Lysine	g	0.166	0	0.173	0.023
Methionine	g	0.036	0	0.037	0.005
Cystine	g	0.038	0	0.040	0.005
Phenylalanine	g	0.139	0	0.145	0.019
Tyrosine	g	0.103	0	0.107	0.014
Valine	g	0.146	0	0.152	0.020
Arginine	g	0.177	0	0.184	0.025
Histidine	g	0.082	0	0.085	0.011
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, slices
 Measure 2: 1 pod

NDB No. 11899

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11900 Corn, sweet, white, raw

Refuse: 64% 35% husk, silk, trimmings; 29% cob

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 154g	Measure 2* 143g	Measure 3* 73g	
Proximates:							
Water	g	75.96	0.880	101	116.98	108.62	55.45
Energy	kcal	86		0	132	123	63
Energy	kJ	360		0	554	515	263
Protein (N x 5.95)	g	3.22	0.223	6	4.96	4.60	2.35
Total lipid (fat)	g	1.18	0.132	6	1.82	1.69	0.86
Carbohydrate, by difference	g	19.02		0	29.29	27.20	13.88
Fiber, total dietary	g	2.7		0	4.2	3.9	2.0
Ash	g	0.62	0.044	45	0.95	0.89	0.45
Sugars, total	g						
Minerals:							
Calcium	mg	2	1.022	51	3	3	1
Iron	mg	0.52	0.022	91	0.80	0.74	0.38
Magnesium	mg	37	1.739	87	57	53	27
Phosphorus	mg	89	3.749	77	137	127	65
Potassium	mg	270	5.127	90	416	386	197
Sodium	mg	15	3.000	90	23	21	11
Zinc	mg	0.45	0.041	56	0.69	0.64	0.33
Copper	mg	0.054	0.005	101	0.083	0.077	0.039
Manganese	mg	0.161	0.014	90	0.248	0.230	0.118
Selenium	µg	0.6	0.001	269	0.9	0.9	0.4
Vitamins:							
Ascorbic acid	mg	6.8	0.568	7	10.5	9.7	5.0
Thiamin	mg	0.200		1	0.308	0.286	0.146
Riboflavin	mg	0.060		1	0.092	0.086	0.044
Niacin	mg	1.700		1	2.618	2.431	1.241
Pantothenic acid	mg	0.760	0.060	6	1.170	1.087	0.555
Vitamin B-6	mg	0.055	0.009	6	0.085	0.079	0.040
Folate	µg	46	3.940	6	71	65	33
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.090		0	0.139	0.129	0.066
Lipids:							
Saturated, total	g	0.182		0	0.280	0.260	0.133
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15:0	g						
16:0	g	0.171		2	0.263	0.245	0.125
17:0	g						
18:0	g	0.011		2	0.017	0.016	0.008
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.347	0	0.534	0.496	0.253
14:1	g					
16:1	g					
18:1	g	0.347	2	0.534	0.496	0.253
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.559	0	0.861	0.799	0.408
18:2	g	0.542	2	0.835	0.775	0.396
18:3	g	0.016	2	0.025	0.023	0.012
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.023	17	0.035	0.033	0.017
Threonine	g	0.129	21	0.199	0.184	0.094
Isoleucine	g	0.129	21	0.199	0.184	0.094
Leucine	g	0.348	21	0.536	0.498	0.254
Lysine	g	0.137	21	0.211	0.196	0.100
Methionine	g	0.067	21	0.103	0.096	0.049
Cystine	g	0.026	3	0.040	0.037	0.019
Phenylalanine	g	0.150	21	0.231	0.215	0.109
Tyrosine	g	0.123	5	0.189	0.176	0.090
Valine	g	0.185	21	0.285	0.265	0.135
Arginine	g	0.131	21	0.202	0.187	0.096
Histidine	g	0.089	21	0.137	0.127	0.065
Alanine	g	0.295	5	0.454	0.422	0.215
Aspartic acid	g	0.244	5	0.376	0.349	0.178
Glutamic acid	g	0.636	5	0.979	0.909	0.464
Glycine	g	0.127	5	0.196	0.182	0.093
Proline	g	0.292	5	0.450	0.418	0.213
Serine	g	0.153	5	0.236	0.219	0.112
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 large ear (7-3/4" to 9" long)
- Measure 3: 1 small ear (5-1/2" to 6-1/2" long)

NDB No. 11900

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11901 Corn, sweet, white, cooked, boiled, drained, without salt

Refuse: 45% Cob

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 77g	Measure 2* 82g	Measure 3*
Proximates:						
Water	g	69.57	1.246	7	53.57	57.05
Energy	kcal	108		0	83	89
Energy	kJ	452		0	348	371
Protein (N x 5.95)	g	3.32	0.154	7	2.56	2.72
Total lipid (fat)	g	1.28	0.125	7	0.99	1.05
Carbohydrate, by difference	g	25.11		0	19.33	20.59
Fiber, total dietary	g	2.7		0	2.1	2.2
Ash	g	0.72	0.016	7	0.55	0.59
Sugars, total	g					
Minerals:						
Calcium	mg	2	0.254	7	2	2
Iron	mg	0.61	0.058	7	0.47	0.50
Magnesium	mg	32	5.030	7	25	26
Phosphorus	mg	103		1	79	84
Potassium	mg	249	28.982	7	192	204
Sodium	mg	17	3.294	6	13	14
Zinc	mg	0.48	0.045	6	0.37	0.39
Copper	mg	0.053	0.002	6	0.041	0.043
Manganese	mg	0.194		0	0.149	0.159
Selenium	µg	0.8		0	0.6	0.7
Vitamins:						
Ascorbic acid	mg	6.2	0.490	6	4.8	5.1
Thiamin	mg	0.215		0	0.166	0.176
Riboflavin	mg	0.072		0	0.055	0.059
Niacin	mg	1.614	0.086	6	1.243	1.323
Pantothenic acid	mg	0.878	0.036	6	0.676	0.720
Vitamin B-6	mg	0.060	0.010	6	0.046	0.049
Folate	µg	46		0	36	38
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.090		0	0.069	0.074
Lipids:						
Saturated, total	g	0.197		0	0.152	0.162
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.185		0	0.142	0.152
17:0	g					
18:0	g	0.012		0	0.009	0.010
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.374	0	0.288	0.307
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.374	0	0.288	0.307
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.603	0	0.464	0.494
18:2	g	0.586	0	0.451	0.481
18:3	g	0.018	0	0.014	0.015
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.023	0	0.018	0.019
Threonine	g	0.133	0	0.102	0.109
Isoleucine	g	0.133	0	0.102	0.109
Leucine	g	0.358	0	0.276	0.294
Lysine	g	0.141	0	0.109	0.116
Methionine	g	0.069	0	0.053	0.057
Cystine	g	0.027	0	0.021	0.022
Phenylalanine	g	0.155	0	0.119	0.127
Tyrosine	g	0.126	0	0.097	0.103
Valine	g	0.191	0	0.147	0.157
Arginine	g	0.135	0	0.104	0.111
Histidine	g	0.091	0	0.070	0.075
Alanine	g	0.304	0	0.234	0.249
Aspartic acid	g	0.252	0	0.194	0.207
Glutamic acid	g	0.655	0	0.504	0.537
Glycine	g	0.131	0	0.101	0.107
Proline	g	0.301	0	0.232	0.247
Serine	g	0.158	0	0.122	0.130
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: kernels from 1 ear
- Measure 2: 1/2 cup cut

NDB No. 11901

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11902 Corn, sweet, white, cooked, boiled, drained, with salt

Refuse: 45% Cob

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 77g	Measure 2* 82g	Measure 3*
Proximates:						
Water	g	69.57	1.246	7	53.57	57.05
Energy	kcal	108		0	83	89
Energy	kJ	452		0	348	371
Protein (N x 5.95)	g	3.32	0.154	7	2.56	2.72
Total lipid (fat)	g	1.28	0.125	7	0.99	1.05
Carbohydrate, by difference	g	25.11		0	19.33	20.59
Fiber, total dietary	g	2.7		0	2.1	2.2
Ash	g	0.72	0.016	7	0.55	0.59
Sugars, total	g					
Minerals:						
Calcium	mg	2	0.254	7	2	2
Iron	mg	0.61	0.058	7	0.47	0.50
Magnesium	mg	32	5.030	7	25	26
Phosphorus	mg	103		1	79	84
Potassium	mg	249	28.982	7	192	204
Sodium	mg	253		0	195	207
Zinc	mg	0.48	0.045	6	0.37	0.39
Copper	mg	0.053	0.002	6	0.041	0.043
Manganese	mg	0.194		0	0.149	0.159
Selenium	µg	0.8		0	0.6	0.7
Vitamins:						
Ascorbic acid	mg	6.2	0.490	6	4.8	5.1
Thiamin	mg	0.215		0	0.166	0.176
Riboflavin	mg	0.072		0	0.055	0.059
Niacin	mg	1.614	0.086	6	1.243	1.323
Pantothenic acid	mg	0.878	0.036	6	0.676	0.720
Vitamin B-6	mg	0.060	0.010	6	0.046	0.049
Folate	µg	46		0	36	38
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.197		0	0.152	0.162
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.185		0	0.142	0.152
17:0	g					
18:0	g	0.012		0	0.009	0.010
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.374	0	0.288	0.307
14:1	g				
16:1	g				
18:1	g	0.374	0	0.288	0.307
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.603	0	0.464	0.494
18:2	g	0.586	0	0.451	0.481
18:3	g	0.018	0	0.014	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	0.023	0	0.018	0.019
Threonine	g	0.133	0	0.102	0.109
Isoleucine	g	0.133	0	0.102	0.109
Leucine	g	0.358	0	0.276	0.294
Lysine	g	0.141	0	0.109	0.116
Methionine	g	0.069	0	0.053	0.057
Cystine	g	0.027	0	0.021	0.022
Phenylalanine	g	0.155	0	0.119	0.127
Tyrosine	g	0.126	0	0.097	0.103
Valine	g	0.191	0	0.147	0.157
Arginine	g	0.135	0	0.104	0.111
Histidine	g	0.091	0	0.070	0.075
Alanine	g	0.304	0	0.234	0.249
Aspartic acid	g	0.252	0	0.194	0.207
Glutamic acid	g	0.655	0	0.504	0.537
Glycine	g	0.131	0	0.101	0.107
Proline	g	0.301	0	0.232	0.247
Serine	g	0.158	0	0.122	0.130
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: kernels from 1 ear
- Measure 2: 1/2 cup cut

NDB No. 11902

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11903 Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 128g	Measure 2* 482g	Measure 3*
Proximates:						
Water	g	81.34	0.163	300	104.12	392.06
Energy	kcal	64		0	82	308
Energy	kJ	268		0	343	1292
Protein (N x 5.95)	g	1.95	0.020	354	2.50	9.40
Total lipid (fat)	g	0.50	0.014	337	0.64	2.41
Carbohydrate, by difference	g	15.40		0	19.71	74.23
Fiber, total dietary	g	1.7		0	2.2	8.2
Ash	g	0.80	0.016	316	1.02	3.86
Sugars, total	g					
Minerals:						
Calcium	mg	4	0.272	329	5	19
Iron	mg	0.41	0.018	327	0.52	1.98
Magnesium	mg	16	0.200	151	20	77
Phosphorus	mg	51	0.372	174	65	246
Potassium	mg	164	2.761	272	210	790
Sodium	mg	213	15.382	50	273	1027
Zinc	mg	0.36	0.009	97	0.46	1.74
Copper	mg	0.056	0.003	97	0.072	0.270
Manganese	mg	0.033	0.002	39	0.042	0.159
Selenium	µg	0.6		0	0.8	2.9
Vitamins:						
Ascorbic acid	mg	5.5	0.148	354	7.0	26.5
Thiamin	mg	0.026		202	0.033	0.125
Riboflavin	mg	0.061	0.002	219	0.078	0.294
Niacin	mg	0.939	0.051	218	1.202	4.526
Pantothenic acid	mg	0.522		0	0.668	2.516
Vitamin B-6	mg	0.037	0.003	39	0.047	0.178
Folate	µg	38	6.525	3	49	184
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.077		0	0.099	0.371
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.071		0	0.091	0.342
17:0	g					
18:0	g	0.004		0	0.005	0.019
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.144	0	0.184	0.694
14:1	g				
16:1	g				
18:1	g	0.144	0	0.184	0.694
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.233	0	0.298	1.123
18:2	g	0.227	0	0.291	1.094
18:3	g	0.007	0	0.009	0.034
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	0.014	0	0.018	0.067
Threonine	g	0.078	0	0.100	0.376
Isoleucine	g	0.078	0	0.100	0.376
Leucine	g	0.210	0	0.269	1.012
Lysine	g	0.082	0	0.105	0.395
Methionine	g	0.040	0	0.051	0.193
Cystine	g	0.016	0	0.020	0.077
Phenylalanine	g	0.090	0	0.115	0.434
Tyrosine	g	0.074	0	0.095	0.357
Valine	g	0.112	0	0.143	0.540
Arginine	g	0.079	0	0.101	0.381
Histidine	g	0.053	0	0.068	0.255
Alanine	g	0.178	0	0.228	0.858
Aspartic acid	g	0.148	0	0.189	0.713
Glutamic acid	g	0.385	0	0.493	1.856
Glycine	g	0.076	0	0.097	0.366
Proline	g	0.177	0	0.227	0.853
Serine	g	0.092	0	0.118	0.443
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11903

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11904 Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 128g	Measure 2* 482g	Measure 3*
Proximates:						
Water	g	81.34	0.163	300	104.12	392.06
Energy	kcal	64		0	82	308
Energy	kJ	268		0	343	1292
Protein (N x 5.95)	g	1.95	0.020	354	2.50	9.40
Total lipid (fat)	g	0.50	0.014	337	0.64	2.41
Carbohydrate, by difference	g	15.40		0	19.71	74.23
Fiber, total dietary	g	0.7		0	0.9	3.4
Ash	g	0.80	0.016	316	1.02	3.86
Sugars, total	g					
Minerals:						
Calcium	mg	4	0.272	329	5	19
Iron	mg	0.41	0.018	327	0.52	1.98
Magnesium	mg	16	0.200	151	20	77
Phosphorus	mg	51	0.372	174	65	246
Potassium	mg	164	2.761	272	210	790
Sodium	mg	12	2.283	33	15	58
Zinc	mg	0.36	0.009	97	0.46	1.74
Copper	mg	0.056	0.003	97	0.072	0.270
Manganese	mg	0.033	0.002	39	0.042	0.159
Selenium	µg	0.6		0	0.8	2.9
Vitamins:						
Ascorbic acid	mg	5.5	0.148	354	7.0	26.5
Thiamin	mg	0.026		202	0.033	0.125
Riboflavin	mg	0.061	0.002	219	0.078	0.294
Niacin	mg	0.939	0.051	218	1.202	4.526
Pantothenic acid	mg	0.522		0	0.668	2.516
Vitamin B-6	mg	0.037	0.003	39	0.047	0.178
Folate	µg	38	6.525	3	49	184
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.077		0	0.099	0.371
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.071		0	0.091	0.342
17:0	g					
18:0	g	0.004		0	0.005	0.019
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.144	0	0.184	0.694
14:1	g				
16:1	g				
18:1	g	0.144	0	0.184	0.694
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.233	0	0.298	1.123
18:2	g	0.227	0	0.291	1.094
18:3	g	0.007	0	0.009	0.034
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	0.014	0	0.018	0.067
Threonine	g	0.078	0	0.100	0.376
Isoleucine	g	0.078	0	0.100	0.376
Leucine	g	0.210	0	0.269	1.012
Lysine	g	0.082	0	0.105	0.395
Methionine	g	0.040	0	0.051	0.193
Cystine	g	0.016	0	0.020	0.077
Phenylalanine	g	0.090	0	0.115	0.434
Tyrosine	g	0.074	0	0.095	0.357
Valine	g	0.112	0	0.143	0.540
Arginine	g	0.079	0	0.101	0.381
Histidine	g	0.053	0	0.068	0.255
Alanine	g	0.178	0	0.228	0.858
Aspartic acid	g	0.148	0	0.189	0.713
Glutamic acid	g	0.385	0	0.493	1.856
Glycine	g	0.076	0	0.097	0.366
Proline	g	0.177	0	0.227	0.853
Serine	g	0.092	0	0.118	0.443
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11904

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11905 Corn, sweet, white, canned, whole kernel, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 164g	Measure 2* 298g	Measure 3*
Proximates:						
Water	g	76.92	0.708	5	126.15	229.22
Energy	kcal	81		0	133	241
Energy	kJ	339		0	556	1010
Protein (N x 5.95)	g	2.62	0.041	5	4.30	7.81
Total lipid (fat)	g	1.00	0.097	5	1.64	2.98
Carbohydrate, by difference	g	18.59		0	30.49	55.40
Fiber, total dietary	g	2.0		0	3.3	6.0
Ash	g	0.87	0.015	5	1.43	2.59
Sugars, total	g					
Minerals:						
Calcium	mg	5		0	8	15
Iron	mg	0.86	0.215	5	1.41	2.56
Magnesium	mg	20		0	33	60
Phosphorus	mg	65		0	107	194
Potassium	mg	195		0	320	581
Sodium	mg	323		0	530	963
Zinc	mg	0.39	0.034	5	0.64	1.16
Copper	mg	0.058	0.014	5	0.095	0.173
Manganese	mg	0.173	0.050	5	0.284	0.516
Selenium	µg	0.7	0.159	7	1.1	2.1
Vitamins:						
Ascorbic acid	mg	8.5		0	13.9	25.3
Thiamin	mg	0.033		0	0.054	0.098
Riboflavin	mg	0.078		0	0.128	0.232
Niacin	mg	1.197		0	1.963	3.567
Pantothenic acid	mg	0.666		0	1.092	1.985
Vitamin B-6	mg	0.047		0	0.077	0.140
Folate	µg	49		0	80	145
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.090		0	0.148	0.268
Lipids:						
Saturated, total	g	0.154		0	0.253	0.459
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.144		0	0.236	0.429
17:0	g					
18:0	g	0.010		0	0.016	0.030
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.292	0	0.479	0.870
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.292	0	0.479	0.870
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.471	0	0.772	1.404
18:2	g	0.457	0	0.749	1.362
18:3	g	0.014	0	0.023	0.042
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.018	0	0.030	0.054
Threonine	g	0.105	0	0.172	0.313
Isoleucine	g	0.105	0	0.172	0.313
Leucine	g	0.284	0	0.466	0.846
Lysine	g	0.112	0	0.184	0.334
Methionine	g	0.055	0	0.090	0.164
Cystine	g	0.021	0	0.034	0.063
Phenylalanine	g	0.122	0	0.200	0.364
Tyrosine	g	0.100	0	0.164	0.298
Valine	g	0.151	0	0.248	0.450
Arginine	g	0.107	0	0.175	0.319
Histidine	g	0.072	0	0.118	0.215
Alanine	g	0.240	0	0.394	0.715
Aspartic acid	g	0.199	0	0.326	0.593
Glutamic acid	g	0.518	0	0.850	1.544
Glycine	g	0.103	0	0.169	0.307
Proline	g	0.238	0	0.390	0.709
Serine	g	0.125	0	0.205	0.373
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11905

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11906 Corn, sweet, white, canned, cream style, regular pack

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 256g	Measure 2* 482g	Measure 3*
Proximates:						
Water	g	78.73	0.198	267	201.55	379.48
Energy	kcal	72		0	184	347
Energy	kJ	301		0	771	1451
Protein (N x 5.95)	g	1.74	0.024	305	4.45	8.39
Total lipid (fat)	g	0.42	0.011	281	1.08	2.02
Carbohydrate, by difference	g	18.13		0	46.41	87.39
Fiber, total dietary	g	1.2		0	3.1	5.8
Ash	g	0.98	0.017	291	2.51	4.72
Sugars, total	g					
Minerals:						
Calcium	mg	3	0.110	287	8	14
Iron	mg	0.38	0.012	286	0.97	1.83
Magnesium	mg	17	0.246	226	44	82
Phosphorus	mg	51	1.092	251	131	246
Potassium	mg	134	2.209	250	343	646
Sodium	mg	285	5.775	291	730	1374
Zinc	mg	0.53	0.010	80	1.36	2.55
Copper	mg	0.052	0.006	81	0.133	0.251
Manganese	mg	0.039		0	0.100	0.188
Selenium	µg	0.6		0	1.5	2.9
Vitamins:						
Ascorbic acid	mg	4.6	0.124	324	11.8	22.2
Thiamin	mg	0.025	0.001	274	0.064	0.121
Riboflavin	mg	0.053	0.002	297	0.136	0.255
Niacin	mg	0.960	0.028	304	2.458	4.627
Pantothenic acid	mg	0.180	0.004	7	0.461	0.868
Vitamin B-6	mg	0.063	0.002	14	0.161	0.304
Folate	µg	45		0	115	216
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.090		0	0.230	0.434
Lipids:						
Saturated, total	g	0.065		0	0.166	0.313
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.061		0	0.156	0.294
17:0	g					
18:0	g	0.004		0	0.010	0.019
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.123	0	0.315	0.593
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.123	0	0.315	0.593
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.198	0	0.507	0.954
18:2	g	0.193	0	0.494	0.930
18:3	g	0.006	0	0.015	0.029
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.012	0	0.031	0.058
Threonine	g	0.070	0	0.179	0.337
Isoleucine	g	0.070	0	0.179	0.337
Leucine	g	0.188	0	0.481	0.906
Lysine	g	0.074	0	0.189	0.357
Methionine	g	0.036	0	0.092	0.174
Cystine	g	0.014	0	0.036	0.067
Phenylalanine	g	0.081	0	0.207	0.390
Tyrosine	g	0.066	0	0.169	0.318
Valine	g	0.100	0	0.256	0.482
Arginine	g	0.071	0	0.182	0.342
Histidine	g	0.048	0	0.123	0.231
Alanine	g	0.159	0	0.407	0.766
Aspartic acid	g	0.132	0	0.338	0.636
Glutamic acid	g	0.343	0	0.878	1.653
Glycine	g	0.068	0	0.174	0.328
Proline	g	0.158	0	0.404	0.762
Serine	g	0.083	0	0.212	0.400
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11906

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11907 Corn, sweet, white, canned, cream style, no salt added

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 128g	Measure 2* 482g	Measure 3*
Proximates:						
Water	g	78.73	0.198	267	100.77	379.48
Energy	kcal	72		0	92	347
Energy	kJ	301		0	385	1451
Protein (N x 5.95)	g	1.74	0.024	305	2.23	8.39
Total lipid (fat)	g	0.42	0.011	281	0.54	2.02
Carbohydrate, by difference	g	18.13		0	23.21	87.39
Fiber, total dietary	g	1.2		0	1.5	5.8
Ash	g	0.98	0.017	291	1.25	4.72
Sugars, total	g					
Minerals:						
Calcium	mg	3	0.110	287	4	14
Iron	mg	0.38	0.012	286	0.49	1.83
Magnesium	mg	17	0.246	226	22	82
Phosphorus	mg	51	1.092	251	65	246
Potassium	mg	134	2.209	250	172	646
Sodium	mg	3		0	4	14
Zinc	mg	0.53	0.010	80	0.68	2.55
Copper	mg	0.052	0.006	81	0.067	0.251
Manganese	mg	0.039		0	0.050	0.188
Selenium	µg	0.6		0	0.8	2.9
Vitamins:						
Ascorbic acid	mg	4.6	0.124	324	5.9	22.2
Thiamin	mg	0.025	0.001	274	0.032	0.121
Riboflavin	mg	0.053	0.002	297	0.068	0.255
Niacin	mg	0.960	0.028	304	1.229	4.627
Pantothenic acid	mg	0.180	0.004	7	0.230	0.868
Vitamin B-6	mg	0.063	0.002	14	0.081	0.304
Folate	µg	45		0	57	216
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.090		0	0.115	0.434
Lipids:						
Saturated, total	g	0.065		0	0.083	0.313
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.061		0	0.078	0.294
17:0	g					
18:0	g	0.004		0	0.005	0.019
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.123	0	0.157	0.593
14:1	g				
16:1	g				
18:1	g	0.123	0	0.157	0.593
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.198	0	0.253	0.954
18:2	g	0.193	0	0.247	0.930
18:3	g	0.006	0	0.008	0.029
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	0.012	0	0.015	0.058
Threonine	g	0.070	0	0.090	0.337
Isoleucine	g	0.070	0	0.090	0.337
Leucine	g	0.188	0	0.241	0.906
Lysine	g	0.074	0	0.095	0.357
Methionine	g	0.036	0	0.046	0.174
Cystine	g	0.014	0	0.018	0.067
Phenylalanine	g	0.081	0	0.104	0.390
Tyrosine	g	0.066	0	0.084	0.318
Valine	g	0.100	0	0.128	0.482
Arginine	g	0.071	0	0.091	0.342
Histidine	g	0.048	0	0.061	0.231
Alanine	g	0.159	0	0.204	0.766
Aspartic acid	g	0.132	0	0.169	0.636
Glutamic acid	g	0.343	0	0.439	1.653
Glycine	g	0.068	0	0.087	0.328
Proline	g	0.158	0	0.202	0.762
Serine	g	0.083	0	0.106	0.400
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11907

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11908 Corn, sweet, white, canned, vacuum pack, regular pack

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 105g	Measure 2* 340g	Measure 3*
Proximates:						
Water	g	76.58	0.431	71	80.41	260.37
Energy	kcal	79		0	83	269
Energy	kJ	331		0	348	1125
Protein (N x 5.95)	g	2.41	0.096	71	2.53	8.19
Total lipid (fat)	g	0.50	0.026	71	0.53	1.70
Carbohydrate, by difference	g	19.44		0	20.41	66.10
Fiber, total dietary	g	2.0		0	2.1	6.8
Ash	g	1.07	0.049	71	1.12	3.64
Sugars, total	g					
Minerals:						
Calcium	mg	5	0.389	69	5	17
Iron	mg	0.42	0.017	69	0.44	1.43
Magnesium	mg	23	0.620	57	24	78
Phosphorus	mg	64	1.569	63	67	218
Potassium	mg	186	5.052	66	195	632
Sodium	mg	272	7.706	66	286	925
Zinc	mg	0.46	0.012	57	0.48	1.56
Copper	mg	0.048	0.002	57	0.050	0.163
Manganese	mg	0.067	0.007	15	0.070	0.228
Selenium	µg	0.7		0	0.7	2.4
Vitamins:						
Ascorbic acid	mg	8.1	0.205	56	8.5	27.5
Thiamin	mg	0.041	0.003	71	0.043	0.139
Riboflavin	mg	0.073	0.002	71	0.077	0.248
Niacin	mg	1.167	0.038	70	1.225	3.968
Pantothenic acid	mg	0.675		0	0.709	2.295
Vitamin B-6	mg	0.055	0.005	15	0.058	0.187
Folate	µg	49		0	52	168
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.077		0	0.081	0.262
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.073		0	0.077	0.248
17:0	g					
18:0	g	0.005		0	0.005	0.017
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.147	0	0.154	0.500
14:1	g				
16:1	g				
18:1	g	0.147	0	0.154	0.500
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.237	0	0.249	0.806
18:2	g	0.230	0	0.242	0.782
18:3	g	0.007	0	0.007	0.024
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	0.017	0	0.018	0.058
Threonine	g	0.097	0	0.102	0.330
Isoleucine	g	0.097	0	0.102	0.330
Leucine	g	0.260	0	0.273	0.884
Lysine	g	0.102	0	0.107	0.347
Methionine	g	0.050	0	0.053	0.170
Cystine	g	0.020	0	0.021	0.068
Phenylalanine	g	0.112	0	0.118	0.381
Tyrosine	g	0.092	0	0.097	0.313
Valine	g	0.138	0	0.145	0.469
Arginine	g	0.098	0	0.103	0.333
Histidine	g	0.066	0	0.069	0.224
Alanine	g	0.220	0	0.231	0.748
Aspartic acid	g	0.182	0	0.191	0.619
Glutamic acid	g	0.475	0	0.499	1.615
Glycine	g	0.095	0	0.100	0.323
Proline	g	0.218	0	0.229	0.741
Serine	g	0.114	0	0.120	0.388
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11908

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11909 Corn, sweet, white, canned, vacuum pack, no salt added

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 105g	Measure 2* 340g	Measure 3*
Proximates:						
Water	g	76.58	0.431	71	80.41	260.37
Energy	kcal	79		0	83	269
Energy	kJ	331		0	348	1125
Protein (N x 5.95)	g	2.41	0.096	71	2.53	8.19
Total lipid (fat)	g	0.50	0.026	71	0.53	1.70
Carbohydrate, by difference	g	19.44		0	20.41	66.10
Fiber, total dietary	g	2.0		0	2.1	6.8
Ash	g	1.07	0.049	71	1.12	3.64
Sugars, total	g					
Minerals:						
Calcium	mg	5	0.389	69	5	17
Iron	mg	0.42	0.017	69	0.44	1.43
Magnesium	mg	23	0.620	57	24	78
Phosphorus	mg	64	1.569	63	67	218
Potassium	mg	186	5.052	66	195	632
Sodium	mg	3		0	3	10
Zinc	mg	0.46	0.012	57	0.48	1.56
Copper	mg	0.048	0.002	57	0.050	0.163
Manganese	mg	0.067	0.007	15	0.070	0.228
Selenium	µg	0.7		0	0.7	2.4
Vitamins:						
Ascorbic acid	mg	8.1	0.205	56	8.5	27.5
Thiamin	mg	0.041	0.003	71	0.043	0.139
Riboflavin	mg	0.073	0.002	71	0.077	0.248
Niacin	mg	1.167	0.038	70	1.225	3.968
Pantothenic acid	mg	0.675		0	0.709	2.295
Vitamin B-6	mg	0.055	0.005	15	0.058	0.187
Folate	µg	49		0	52	168
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.090		0	0.094	0.306
Lipids:						
Saturated, total	g	0.077		0	0.081	0.262
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.073		0	0.077	0.248
17:0	g					
18:0	g	0.005		0	0.005	0.017
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.147	0	0.154	0.500
14:1	g				
16:1	g				
18:1	g	0.147	0	0.154	0.500
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.237	0	0.249	0.806
18:2	g	0.230	0	0.242	0.782
18:3	g	0.007	0	0.007	0.024
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	0.017	0	0.018	0.058
Threonine	g	0.097	0	0.102	0.330
Isoleucine	g	0.097	0	0.102	0.330
Leucine	g	0.260	0	0.273	0.884
Lysine	g	0.102	0	0.107	0.347
Methionine	g	0.050	0	0.053	0.170
Cystine	g	0.020	0	0.021	0.068
Phenylalanine	g	0.112	0	0.118	0.381
Tyrosine	g	0.092	0	0.097	0.313
Valine	g	0.138	0	0.145	0.469
Arginine	g	0.098	0	0.103	0.333
Histidine	g	0.066	0	0.069	0.224
Alanine	g	0.220	0	0.231	0.748
Aspartic acid	g	0.182	0	0.191	0.619
Glutamic acid	g	0.475	0	0.499	1.615
Glycine	g	0.095	0	0.100	0.323
Proline	g	0.218	0	0.229	0.741
Serine	g	0.114	0	0.120	0.388
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11909

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11910 Corn, sweet, white, frozen, kernels cut off cob, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 82g	Measure 2* 284g	Measure 3*
Proximates:						
Water	g	74.92	0.911	74	61.43	212.77
Energy	kcal	88		0	72	250
Energy	kJ	368		0	302	1045
Protein (N x 5.95)	g	3.02	0.034	78	2.48	8.58
Total lipid (fat)	g	0.77	0.081	78	0.63	2.19
Carbohydrate, by difference	g	20.80		0	17.06	59.07
Fiber, total dietary	g	2.4		0	2.0	6.8
Ash	g	0.48	0.014	69	0.39	1.36
Sugars, total	g					
Minerals:						
Calcium	mg	4	0.703	54	3	11
Iron	mg	0.42	0.040	77	0.34	1.19
Magnesium	mg	18	0.920	22	15	51
Phosphorus	mg	69	2.270	35	57	196
Potassium	mg	210	8.140	21	172	596
Sodium	mg	3	0.440	35	2	9
Zinc	mg	0.37	0.026	17	0.30	1.05
Copper	mg	0.036	0.004	16	0.030	0.102
Manganese	mg	0.126	0.020	11	0.103	0.358
Selenium	µg	0.7	0.159	7	0.6	2.0
Vitamins:						
Ascorbic acid	mg	6.4	1.549	68	5.2	18.2
Thiamin	mg	0.083	0.012	78	0.068	0.236
Riboflavin	mg	0.070	0.003	77	0.057	0.199
Niacin	mg	1.726	0.182	78	1.415	4.902
Pantothenic acid	mg	0.280	0.120	8	0.230	0.795
Vitamin B-6	mg	0.178	0.010	20	0.146	0.506
Folate	µg	36	5.490	6	29	101
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.030		0	0.025	0.085
Lipids:						
Saturated, total	g	0.119		0	0.098	0.338
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.112		0	0.092	0.318
17:0	g					
18:0	g	0.007		0	0.006	0.020
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.227	0	0.186	0.645
14:1	g				
16:1	g				
18:1	g	0.227	0	0.186	0.645
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.366	0	0.300	1.039
18:2	g	0.355	0	0.291	1.008
18:3	g	0.011	0	0.009	0.031
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	0.021	0	0.017	0.060
Threonine	g	0.121	0	0.099	0.344
Isoleucine	g	0.121	0	0.099	0.344
Leucine	g	0.326	0	0.267	0.926
Lysine	g	0.128	0	0.105	0.364
Methionine	g	0.063	0	0.052	0.179
Cystine	g	0.025	0	0.021	0.071
Phenylalanine	g	0.141	0	0.116	0.400
Tyrosine	g	0.115	0	0.094	0.327
Valine	g	0.173	0	0.142	0.491
Arginine	g	0.123	0	0.101	0.349
Histidine	g	0.083	0	0.068	0.236
Alanine	g	0.276	0	0.226	0.784
Aspartic acid	g	0.229	0	0.188	0.650
Glutamic acid	g	0.596	0	0.489	1.693
Glycine	g	0.119	0	0.098	0.338
Proline	g	0.274	0	0.225	0.778
Serine	g	0.143	0	0.117	0.406
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 package (10 oz)

NDB No. 11910

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11911 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 82g	Measure 3*
Proximates:						
Water	g	76.73	0.476	10	217.91	62.92
Energy	kcal	80		0	227	66
Energy	kJ	335		0	951	275
Protein (N x 5.95)	g	2.75	0.119	7	7.81	2.25
Total lipid (fat)	g	0.43	0.129	7	1.22	0.35
Carbohydrate, by difference	g	19.56		0	55.55	16.04
Fiber, total dietary	g	2.4		0	6.8	2.0
Ash	g	0.53	0.043	7	1.51	0.43
Sugars, total	g					
Minerals:						
Calcium	mg	4	0.738	7	11	3
Iron	mg	0.35	0.024	7	0.99	0.29
Magnesium	mg	19	0.636	7	54	16
Phosphorus	mg	57	4.041	7	162	47
Potassium	mg	147	9.043	7	417	121
Sodium	mg	5	0.976	11	14	4
Zinc	mg	0.40	0.026	7	1.14	0.33
Copper	mg	0.037	0.004	7	0.105	0.030
Manganese	mg	0.127	0.021	7	0.361	0.104
Selenium	µg	0.7	0.159	7	2.0	0.6
Vitamins:						
Ascorbic acid	mg	3.1	0.453	7	8.8	2.5
Thiamin	mg	0.083	0.018	12	0.236	0.068
Riboflavin	mg	0.071	0.005	12	0.202	0.058
Niacin	mg	1.299	0.041	7	3.689	1.065
Pantothenic acid	mg	0.180	0.032	7	0.511	0.148
Vitamin B-6	mg	0.129	0.035	12	0.366	0.106
Folate	µg	31	2.227	10	88	25
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.080		0	0.227	0.066
Lipids:						
Saturated, total	g	0.066		0	0.187	0.054
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.062		1	0.176	0.051
17:0	g					
18:0	g	0.004		1	0.011	0.003
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.126	0	0.358	0.103
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.126	1	0.358	0.103
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.203	0	0.577	0.166
18:2	g	0.197	1	0.559	0.162
18:3	g	0.006	1	0.017	0.005
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.033	0	0.094	0.027
Threonine	g	0.124	0	0.352	0.102
Isoleucine	g	0.147	0	0.417	0.121
Leucine	g	0.270	0	0.767	0.221
Lysine	g	0.165	0	0.469	0.135
Methionine	g	0.073	0	0.207	0.060
Cystine	g	0.041	0	0.116	0.034
Phenylalanine	g	0.141	0	0.400	0.116
Tyrosine	g	0.114	0	0.324	0.093
Valine	g	0.180	0	0.511	0.148
Arginine	g	0.136	0	0.386	0.112
Histidine	g	0.072	0	0.204	0.059
Alanine	g	0.185	0	0.525	0.152
Aspartic acid	g	0.236	0	0.670	0.194
Glutamic acid	g	0.471	0	1.338	0.386
Glycine	g	0.092	0	0.261	0.075
Proline	g	0.195	0	0.554	0.160
Serine	g	0.168	0	0.477	0.138
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11911

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11912 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 82g	Measure 3*
Proximates:						
Water	g	76.73	0.476	10	217.91	62.92
Energy	kcal	80		0	227	66
Energy	kJ	335		0	951	275
Protein (N x 5.95)	g	2.75	0.119	7	7.81	2.25
Total lipid (fat)	g	0.43	0.129	7	1.22	0.35
Carbohydrate, by difference	g	19.56		0	55.55	16.04
Fiber, total dietary	g	2.4		0	6.8	2.0
Ash	g	0.53	0.043	7	1.51	0.43
Sugars, total	g					
Minerals:						
Calcium	mg	4	0.738	7	11	3
Iron	mg	0.35	0.024	7	0.99	0.29
Magnesium	mg	19	0.636	7	54	16
Phosphorus	mg	57	4.041	7	162	47
Potassium	mg	147	9.043	7	417	121
Sodium	mg	245		0	696	201
Zinc	mg	0.40	0.026	7	1.14	0.33
Copper	mg	0.037	0.004	7	0.105	0.030
Manganese	mg	0.127	0.021	7	0.361	0.104
Selenium	µg	0.7	0.159	7	2.0	0.6
Vitamins:						
Ascorbic acid	mg	3.1	0.453	7	8.8	2.5
Thiamin	mg	0.083	0.018	12	0.236	0.068
Riboflavin	mg	0.071	0.005	12	0.202	0.058
Niacin	mg	1.299	0.041	7	3.689	1.065
Pantothenic acid	mg	0.180	0.032	7	0.511	0.148
Vitamin B-6	mg	0.129	0.035	12	0.366	0.106
Folate	µg	31	2.227	10	88	25
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.066		0	0.187	0.054
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.062		1	0.176	0.051
17:0	g					
18:0	g	0.004		1	0.011	0.003
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.126	0	0.358	0.103
14:1	g				
16:1	g				
18:1	g	0.126	1	0.358	0.103
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.203	0	0.577	0.166
18:2	g	0.197	1	0.559	0.162
18:3	g	0.006	1	0.017	0.005
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	0.033	0	0.094	0.027
Threonine	g	0.124	0	0.352	0.102
Isoleucine	g	0.147	0	0.417	0.121
Leucine	g	0.270	0	0.767	0.221
Lysine	g	0.165	0	0.469	0.135
Methionine	g	0.073	0	0.207	0.060
Cystine	g	0.041	0	0.116	0.034
Phenylalanine	g	0.141	0	0.400	0.116
Tyrosine	g	0.114	0	0.324	0.093
Valine	g	0.180	0	0.511	0.148
Arginine	g	0.136	0	0.386	0.112
Histidine	g	0.072	0	0.204	0.059
Alanine	g	0.185	0	0.525	0.152
Aspartic acid	g	0.236	0	0.670	0.194
Glutamic acid	g	0.471	0	1.338	0.386
Glycine	g	0.092	0	0.261	0.075
Proline	g	0.195	0	0.554	0.160
Serine	g	0.168	0	0.477	0.138
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz) yields
- Measure 2: 1/2 cup

NDB No. 11912

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11913 Corn, sweet, white, frozen, kernels on cob, unprepared

Refuse: 45% Cob

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 125g	Measure 2* 82g	Measure 3*
Proximates:						
Water	g	71.79	0.270	58	89.74	58.87
Energy	kcal	98		0	123	80
Energy	kJ	410		0	513	336
Protein (N x 5.95)	g	3.28	0.044	58	4.10	2.69
Total lipid (fat)	g	0.78	0.038	58	0.98	0.64
Carbohydrate, by difference	g	23.50		0	29.38	19.27
Fiber, total dietary	g	2.8		0	3.5	2.3
Ash	g	0.65	0.015	57	0.81	0.53
Sugars, total	g					
Minerals:						
Calcium	mg	4	0.178	32	5	3
Iron	mg	0.68	0.033	58	0.85	0.56
Magnesium	mg	32	0.923	9	40	26
Phosphorus	mg	87	2.581	25	109	71
Potassium	mg	294	7.902	13	368	241
Sodium	mg	5	1.423	29	6	4
Zinc	mg	0.70	0.030	5	0.88	0.57
Copper	mg	0.051	0.004	6	0.064	0.042
Manganese	mg	0.158	0.013	5	0.198	0.130
Selenium	µg	0.8		0	1.0	0.7
Vitamins:						
Ascorbic acid	mg	7.2	0.355	53	9.0	5.9
Thiamin	mg	0.103	0.004	57	0.129	0.084
Riboflavin	mg	0.088	0.004	58	0.110	0.072
Niacin	mg	1.681	0.045	57	2.101	1.378
Pantothenic acid	mg	0.293		1	0.366	0.240
Vitamin B-6	mg	0.179	0.038	12	0.224	0.147
Folate	µg	40		0	50	33
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.120		0	0.150	0.098
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.112		0	0.140	0.092
17:0	g					
18:0	g	0.007		0	0.009	0.006
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.228	0	0.285	0.187
14:1	g				
16:1	g				
18:1	g	0.228	0	0.285	0.187
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.367	0	0.459	0.301
18:2	g	0.356	0	0.445	0.292
18:3	g	0.011	0	0.014	0.009
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	0.023	0	0.029	0.019
Threonine	g	0.132	0	0.165	0.108
Isoleucine	g	0.132	0	0.165	0.108
Leucine	g	0.354	0	0.443	0.290
Lysine	g	0.139	0	0.174	0.114
Methionine	g	0.068	0	0.085	0.056
Cystine	g	0.027	0	0.034	0.022
Phenylalanine	g	0.152	0	0.190	0.125
Tyrosine	g	0.125	0	0.156	0.103
Valine	g	0.188	0	0.235	0.154
Arginine	g	0.133	0	0.166	0.109
Histidine	g	0.090	0	0.113	0.074
Alanine	g	0.300	0	0.375	0.246
Aspartic acid	g	0.248	0	0.310	0.203
Glutamic acid	g	0.647	0	0.809	0.531
Glycine	g	0.129	0	0.161	0.106
Proline	g	0.297	0	0.371	0.244
Serine	g	0.156	0	0.195	0.128
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: kernels from 1 ear
- Measure 2: 1/2 cup kernels

NDB No. 11913

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11914 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt

Refuse: 45% Cob

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 63g	Measure 2* 82g	Measure 3*
Proximates:						
Water	g	73.20	0	46.12	60.02	
Energy	kcal	93	0	59	76	
Energy	kJ	389	0	245	319	
Protein (N x 5.95)	g	3.11	0	1.96	2.55	
Total lipid (fat)	g	0.74	0	0.47	0.61	
Carbohydrate, by difference	g	22.33	0	14.07	18.31	
Fiber, total dietary	g	2.1	0	1.3	1.7	
Ash	g	0.62	0	0.39	0.51	
Sugars, total	g					
Minerals:						
Calcium	mg	3	0	2	2	
Iron	mg	0.61	0	0.38	0.50	
Magnesium	mg	29	0	18	24	
Phosphorus	mg	75	0	47	62	
Potassium	mg	251	0	158	206	
Sodium	mg	4	0	3	3	
Zinc	mg	0.63	0	0.40	0.52	
Copper	mg	0.046	0	0.029	0.038	
Manganese	mg	0.142	0	0.089	0.116	
Selenium	µg	0.7	0	0.4	0.6	
Vitamins:						
Ascorbic acid	mg	4.8	0	3.0	3.9	
Thiamin	mg	0.174	0.032	0.110	0.143	
Riboflavin	mg	0.069	0.001	0.043	0.057	
Niacin	mg	1.517	0	0.956	1.244	
Pantothenic acid	mg	0.250	0	0.158	0.205	
Vitamin B-6	mg	0.224	0.141	0.141	0.184	
Folate	µg	31	0	19	25	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.114	0	0.072	0.093	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.107	0	0.067	0.088	
17:0	g					
18:0	g	0.007	0	0.004	0.006	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.216	0	0.136	0.177
14:1	g				
16:1	g				
18:1	g	0.216	0	0.136	0.177
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.348	0	0.219	0.285
18:2	g	0.338	0	0.213	0.277
18:3	g	0.010	0	0.006	0.008
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	0.022	0	0.014	0.018
Threonine	g	0.125	0	0.079	0.103
Isoleucine	g	0.125	0	0.079	0.103
Leucine	g	0.336	0	0.212	0.276
Lysine	g	0.132	0	0.083	0.108
Methionine	g	0.065	0	0.041	0.053
Cystine	g	0.025	0	0.016	0.021
Phenylalanine	g	0.145	0	0.091	0.119
Tyrosine	g	0.119	0	0.075	0.098
Valine	g	0.179	0	0.113	0.147
Arginine	g	0.126	0	0.079	0.103
Histidine	g	0.086	0	0.054	0.071
Alanine	g	0.285	0	0.180	0.234
Aspartic acid	g	0.236	0	0.149	0.194
Glutamic acid	g	0.615	0	0.387	0.504
Glycine	g	0.123	0	0.077	0.101
Proline	g	0.282	0	0.178	0.231
Serine	g	0.148	0	0.093	0.121
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: kernels from 1 ear
- Measure 2: 1/2 cup kernels

NDB No. 11914

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt

Refuse: 45% Cob

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 63g	Measure 2* 82g	Measure 3*
Proximates:						
Water	g	73.20	0	46.12	60.02	
Energy	kcal	93	0	59	76	
Energy	kJ	389	0	245	319	
Protein (N x 5.95)	g	3.11	0	1.96	2.55	
Total lipid (fat)	g	0.74	0	0.47	0.61	
Carbohydrate, by difference	g	22.33	0	14.07	18.31	
Fiber, total dietary	g	2.8	0	1.8	2.3	
Ash	g	0.62	0	0.39	0.51	
Sugars, total	g					
Minerals:						
Calcium	mg	3	0	2	2	
Iron	mg	0.61	0	0.38	0.50	
Magnesium	mg	29	0	18	24	
Phosphorus	mg	75	0	47	62	
Potassium	mg	251	0	158	206	
Sodium	mg	240	0	151	197	
Zinc	mg	0.63	0	0.40	0.52	
Copper	mg	0.046	0	0.029	0.038	
Manganese	mg	0.142	0	0.089	0.116	
Selenium	µg	0.7	0	0.4	0.6	
Vitamins:						
Ascorbic acid	mg	4.8	0	3.0	3.9	
Thiamin	mg	0.174	0.032	3	0.110	0.143
Riboflavin	mg	0.069	0.001	3	0.043	0.057
Niacin	mg	1.517		0	0.956	1.244
Pantothenic acid	mg	0.250		0	0.158	0.205
Vitamin B-6	mg	0.224	0.141	3	0.141	0.184
Folate	µg	31		0	19	25
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.114	0	0.072	0.093	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.107	0	0.067	0.088	
17:0	g					
18:0	g	0.007	0	0.004	0.006	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.216	0	0.136	0.177
14:1	g				
16:1	g				
18:1	g	0.216	0	0.136	0.177
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.348	0	0.219	0.285
18:2	g	0.338	0	0.213	0.277
18:3	g	0.010	0	0.006	0.008
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	0.022	0	0.014	0.018
Threonine	g	0.125	0	0.079	0.103
Isoleucine	g	0.125	0	0.079	0.103
Leucine	g	0.336	0	0.212	0.276
Lysine	g	0.132	0	0.083	0.108
Methionine	g	0.065	0	0.041	0.053
Cystine	g	0.025	0	0.016	0.021
Phenylalanine	g	0.145	0	0.091	0.119
Tyrosine	g	0.119	0	0.075	0.098
Valine	g	0.179	0	0.113	0.147
Arginine	g	0.126	0	0.079	0.103
Histidine	g	0.086	0	0.054	0.071
Alanine	g	0.285	0	0.180	0.234
Aspartic acid	g	0.236	0	0.149	0.194
Glutamic acid	g	0.615	0	0.387	0.504
Glycine	g	0.123	0	0.077	0.101
Proline	g	0.282	0	0.178	0.231
Serine	g	0.148	0	0.093	0.121
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: kernels from 1 ear
- Measure 2: 1/2 cup kernels

NDB No. 11915

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11916 Peppers, sweet, red, canned, solids and liquids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 70g	Measure 3*
Proximates:						
Water	g	91.25	1.750	2	127.75	63.88
Energy	kcal	18		0	25	13
Energy	kJ	75		0	105	53
Protein (N x 5.95)	g	0.80	0.200	2	1.12	0.56
Total lipid (fat)	g	0.30	0.100	2	0.42	0.21
Carbohydrate, by difference	g	3.90		0	5.46	2.73
Fiber, total dietary	g	1.2		0	1.7	0.8
Ash	g	3.75	1.650	2	5.25	2.63
Sugars, total	g					
Minerals:						
Calcium	mg	41	18.500	2	57	29
Iron	mg	0.80	0.100	2	1.12	0.56
Magnesium	mg	11	4.000	2	15	8
Phosphorus	mg	20	5.500	2	28	14
Potassium	mg	146	0.500	2	204	102
Sodium	mg	1369	644.000	2	1917	958
Zinc	mg	0.18	0.005	2	0.25	0.13
Copper	mg	0.130	0.000	2	0.182	0.091
Manganese	mg	0.160		0	0.224	0.112
Selenium	µg	0.3		0	0.4	0.2
Vitamins:						
Ascorbic acid	mg	46.5	0.500	2	65.1	32.5
Thiamin	mg	0.025	0.005	2	0.035	0.018
Riboflavin	mg	0.030		0	0.042	0.021
Niacin	mg	0.550		0	0.770	0.385
Pantothenic acid	mg	0.038		0	0.053	0.027
Vitamin B-6	mg	0.178		0	0.249	0.125
Folate	µg	16		0	23	11
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	520		0	728	364
Vitamin A, RE	µg	52		0	73	36
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.045		0	0.063	0.032
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000		0	0.000	0.000
14:0	g	0.001		0	0.001	0.001
15:0	g					
16:0	g	0.033		0	0.046	0.023
17:0	g					
18:0	g	0.011		0	0.015	0.008
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.020	0	0.028	0.014
14:1	g				
16:1	g	0.002	0	0.003	0.001
18:1	g	0.018	0	0.025	0.013
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.161	0	0.225	0.113
18:2	g	0.146	0	0.204	0.102
18:3	g	0.015	0	0.021	0.011
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	0.010	0	0.014	0.007
Threonine	g	0.029	0	0.041	0.020
Isoleucine	g	0.026	0	0.036	0.018
Leucine	g	0.042	0	0.059	0.029
Lysine	g	0.036	0	0.050	0.025
Methionine	g	0.010	0	0.014	0.007
Cystine	g	0.015	0	0.021	0.011
Phenylalanine	g	0.025	0	0.035	0.018
Tyrosine	g	0.017	0	0.024	0.012
Valine	g	0.034	0	0.048	0.024
Arginine	g	0.038	0	0.053	0.027
Histidine	g	0.016	0	0.022	0.011
Alanine	g	0.033	0	0.046	0.023
Aspartic acid	g	0.114	0	0.160	0.080
Glutamic acid	g	0.106	0	0.148	0.074
Glycine	g	0.030	0	0.042	0.021
Proline	g	0.035	0	0.049	0.025
Serine	g	0.032	0	0.045	0.022
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, halves
- Measure 2: 1/2 cup halves

NDB No. 11916

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11917 Peppers, sweet, red, frozen, chopped, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	93.96	0.386	7	266.85	26.31
Energy	kcal	20		0	57	6
Energy	kJ	84		0	239	24
Protein (N x 5.95)	g	1.08	0.074	7	3.07	0.30
Total lipid (fat)	g	0.21	0.049	7	0.60	0.06
Carbohydrate, by difference	g	4.45		0	12.64	1.25
Fiber, total dietary	g	1.6		0	4.5	0.4
Ash	g	0.30	0.028	7	0.85	0.08
Sugars, total	g					
Minerals:						
Calcium	mg	9	0.813	7	26	3
Iron	mg	0.62	0.093	7	1.76	0.17
Magnesium	mg	8		1	23	2
Phosphorus	mg	17		1	48	5
Potassium	mg	91		1	258	25
Sodium	mg	5		1	14	1
Zinc	mg	0.06		1	0.17	0.02
Copper	mg	0.053		1	0.151	0.015
Manganese	mg	0.117		0	0.332	0.033
Selenium	µg	0.2		0	0.6	0.1
Vitamins:						
Ascorbic acid	mg	58.7	11.929	7	166.7	16.4
Thiamin	mg	0.069	0.018	7	0.196	0.019
Riboflavin	mg	0.038	0.010	7	0.108	0.011
Niacin	mg	1.370	0.753	7	3.891	0.384
Pantothenic acid	mg	0.030		1	0.085	0.008
Vitamin B-6	mg	0.137		1	0.389	0.038
Folate	µg	14		0	40	4
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	4762		0	13524	1333
Vitamin A, RE	µg	476		0	1352	133
Vitamin E, α-TE	mg	0.690		0	1.960	0.193
Lipids:						
Saturated, total	g	0.031		0	0.088	0.009
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.001		0	0.003	0.000
15:0	g					
16:0	g	0.023		0	0.065	0.006
17:0	g					
18:0	g	0.007		0	0.020	0.002
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.014	0	0.040	0.004
14:1	g				
16:1	g	0.001	0	0.003	0.000
18:1	g	0.013	0	0.037	0.004
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.113	0	0.321	0.032
18:2	g	0.102	0	0.290	0.029
18:3	g	0.010	0	0.028	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.014	0	0.040	0.004
Threonine	g	0.040	0	0.114	0.011
Isoleucine	g	0.035	0	0.099	0.010
Leucine	g	0.056	0	0.159	0.016
Lysine	g	0.048	0	0.136	0.013
Methionine	g	0.013	0	0.037	0.004
Cystine	g	0.021	0	0.060	0.006
Phenylalanine	g	0.033	0	0.094	0.009
Tyrosine	g	0.022	0	0.062	0.006
Valine	g	0.045	0	0.128	0.013
Arginine	g	0.052	0	0.148	0.015
Histidine	g	0.022	0	0.062	0.006
Alanine	g	0.044	0	0.125	0.012
Aspartic acid	g	0.154	0	0.437	0.043
Glutamic acid	g	0.142	0	0.403	0.040
Glycine	g	0.040	0	0.114	0.011
Proline	g	0.047	0	0.133	0.013
Serine	g	0.043	0	0.122	0.012
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (10 oz)
- Measure 2: 1/10 of 10 oz package

NDB No. 11917

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11918 Peppers, sweet, red, frozen, chopped, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	94.70	0			
Energy	kcal	18	0			
Energy	kJ	75	0			
Protein (N x 5.95)	g	0.95	0			
Total lipid (fat)	g	0.18	0			
Carbohydrate, by difference	g	3.90	0			
Fiber, total dietary	g					
Ash	g	0.27	0			
Sugars, total	g					
Minerals:						
Calcium	mg	8	0			
Iron	mg	0.52	0			
Magnesium	mg	7	0			
Phosphorus	mg	13	0			
Potassium	mg	72	0			
Sodium	mg	4	0			
Zinc	mg	0.05	0			
Copper	mg	0.044	0			
Manganese	mg	0.097	0			
Selenium	µg	0.2	0			
Vitamins:						
Ascorbic acid	mg	41.2	0			
Thiamin	mg	0.051	0			
Riboflavin	mg	0.031	0			
Niacin	mg	1.082	0			
Pantothenic acid	mg	0.023	0			
Vitamin B-6	mg	0.108	0			
Folate	µg	10	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	3343	0			
Vitamin A, RE	µg	334	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.027	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000	0			
14:0	g	0.001	0			
15:0	g					
16:0	g	0.020	0			
17:0	g					
18:0	g	0.006	0			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.012	0
14:1	g		
16:1	g	0.001	0
18:1	g	0.011	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.099	0
18:2	g	0.090	0
18:3	g	0.009	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.012	0
Threonine	g	0.035	0
Isoleucine	g	0.031	0
Leucine	g	0.049	0
Lysine	g	0.042	0
Methionine	g	0.011	0
Cystine	g	0.018	0
Phenylalanine	g	0.029	0
Tyrosine	g	0.020	0
Valine	g	0.040	0
Arginine	g	0.045	0
Histidine	g	0.019	0
Alanine	g	0.039	0
Aspartic acid	g	0.135	0
Glutamic acid	g	0.125	0
Glycine	g	0.035	0
Proline	g	0.041	0
Serine	g	0.038	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11918

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11919 Peppers, sweet, red, frozen, chopped, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	94.70	0			
Energy	kcal	18	0			
Energy	kJ	75	0			
Protein (N x 5.95)	g	0.95	0			
Total lipid (fat)	g	0.18	0			
Carbohydrate, by difference	g	3.90	0			
Fiber, total dietary	g					
Ash	g	0.27	0			
Sugars, total	g					
Minerals:						
Calcium	mg	8	0			
Iron	mg	0.52	0			
Magnesium	mg	7	0			
Phosphorus	mg	13	0			
Potassium	mg	72	0			
Sodium	mg	240	0			
Zinc	mg	0.05	0			
Copper	mg	0.044	0			
Manganese	mg	0.097	0			
Selenium	µg	0.2	0			
Vitamins:						
Ascorbic acid	mg	41.2	0			
Thiamin	mg	0.051	0			
Riboflavin	mg	0.031	0			
Niacin	mg	1.082	0			
Pantothenic acid	mg	0.023	0			
Vitamin B-6	mg	0.108	0			
Folate	µg	10	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	3343	0			
Vitamin A, RE	µg	334	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.027	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000	0			
14:0	g	0.001	0			
15:0	g					
16:0	g	0.020	0			
17:0	g					
18:0	g	0.006	0			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.012	0
14:1	g		
16:1	g	0.001	0
18:1	g	0.011	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.099	0
18:2	g	0.090	0
18:3	g	0.009	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.012	0
Threonine	g	0.035	0
Isoleucine	g	0.031	0
Leucine	g	0.049	0
Lysine	g	0.042	0
Methionine	g	0.011	0
Cystine	g	0.018	0
Phenylalanine	g	0.029	0
Tyrosine	g	0.020	0
Valine	g	0.040	0
Arginine	g	0.045	0
Histidine	g	0.019	0
Alanine	g	0.039	0
Aspartic acid	g	0.135	0
Glutamic acid	g	0.125	0
Glycine	g	0.035	0
Proline	g	0.041	0
Serine	g	0.038	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11919

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11922 Sesbania flower, cooked, steamed, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 104g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.30	1	97.03		
Energy	kcal	22	0	23		
Energy	kJ	92	0	96		
Protein (N x 5.95)	g	1.14	1	1.19		
Total lipid (fat)	g	0.05	1	0.05		
Carbohydrate, by difference	g	5.23	0	5.44		
Fiber, total dietary	g					
Ash	g	0.28	1	0.29		
Sugars, total	g					
Minerals:						
Calcium	mg	22	1	23		
Iron	mg	0.56	1	0.58		
Magnesium	mg	12	1	12		
Phosphorus	mg	21	1	22		
Potassium	mg	107	1	111		
Sodium	mg	247	0	257		
Zinc	mg					
Copper	mg					
Manganese	mg					
Selenium	µg	0.7	0	0.7		
Vitamins:						
Ascorbic acid	mg	37.0	0	38.5		
Thiamin	mg	0.048	0	0.050		
Riboflavin	mg	0.043	0	0.045		
Niacin	mg	0.250	0	0.260		
Pantothenic acid	mg					
Vitamin B-6	mg					
Folate	µg	57	0	59		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	0	0	0		
Vitamin A, RE	µg	0	0	0		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.017	0	0.018
Threonine	g	0.051	0	0.053
Isoleucine	g	0.061	0	0.063
Leucine	g	0.095	0	0.099
Lysine	g	0.057	0	0.059
Methionine	g	0.014	0	0.015
Cystine	g	0.011	0	0.011
Phenylalanine	g	0.062	0	0.064
Tyrosine	g			
Valine	g	0.069	0	0.072
Arginine	g	0.062	0	0.064
Histidine	g	0.023	0	0.024
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11922

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11923 Soybeans, mature seeds, sprouted, cooked, steamed, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 94g	Measure 2*	Measure 3*
Proximates:						
Water	g	79.45	3.802	3	74.68	
Energy	kcal	81		0	76	
Energy	kJ	339		0	319	
Protein (N x 5.95)	g	8.47	7.513	3	7.96	
Total lipid (fat)	g	4.45	0.956	3	4.18	
Carbohydrate, by difference	g	6.53		0	6.14	
Fiber, total dietary	g	0.8		0	0.8	
Ash	g	1.10	0.183	3	1.03	
Sugars, total	g					
Minerals:						
Calcium	mg	59	9.655	3	55	
Iron	mg	1.31	0.176	3	1.23	
Magnesium	mg	60	5.700	3	56	
Phosphorus	mg	135	28.726	3	127	
Potassium	mg	355	41.590	3	334	
Sodium	mg	246		0	231	
Zinc	mg	1.04	0.040	2	0.98	
Copper	mg	0.330	0.030	2	0.310	
Manganese	mg	0.710		1	0.667	
Selenium	µg	0.6		0	0.6	
Vitamins:						
Ascorbic acid	mg	8.3	0.672	2	7.8	
Thiamin	mg	0.205	0.007	2	0.193	
Riboflavin	mg	0.053	0.003	2	0.050	
Niacin	mg	1.092	0.209	2	1.026	
Pantothenic acid	mg	0.743	0.057	2	0.698	
Vitamin B-6	mg	0.105		1	0.099	
Folate	µg	80		1	75	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	11	2.263	2	10	
Vitamin A, RE	µg	1		0	1	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.617		0	0.580	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.004		1	0.004	
15:0	g					
16:0	g	0.448		1	0.421	
17:0	g					
18:0	g	0.165		1	0.155	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.009	0	0.948
14:1	g			
16:1	g	0.009	1	0.008
18:1	g	0.991	1	0.932
20:1	g	0.009	1	0.008
22:1	g			
Polyunsaturated, total	g	2.513	0	2.362
18:2	g	2.217	1	2.084
18:3	g	0.296	1	0.278
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	0.103	0	0.097
Threonine	g	0.325	0	0.306
Isoleucine	g	0.375	0	0.353
Leucine	g	0.607	0	0.571
Lysine	g	0.486	0	0.457
Methionine	g	0.089	0	0.084
Cystine	g	0.102	0	0.096
Phenylalanine	g	0.415	0	0.390
Tyrosine	g	0.309	0	0.290
Valine	g	0.401	0	0.377
Arginine	g	0.585	0	0.550
Histidine	g	0.225	0	0.212
Alanine	g	0.355	0	0.334
Aspartic acid	g	1.148	0	1.079
Glutamic acid	g	1.272	0	1.196
Glycine	g	0.325	0	0.306
Proline	g	0.436	0	0.410
Serine	g	0.421	0	0.396
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11923

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11924 Soybeans, mature seeds, sprouted, cooked, stir-fried, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	67.20	1			
Energy	kcal	125	0			
Energy	kJ	523	0			
Protein (N x 5.95)	g	13.10	1			
Total lipid (fat)	g	7.10	0			
Carbohydrate, by difference	g	9.40	0			
Fiber, total dietary	g	0.8	0			
Ash	g	3.20	1			
Sugars, total	g					
Minerals:						
Calcium	mg	82	1			
Iron	mg	0.40	1			
Magnesium	mg	96	0			
Phosphorus	mg	216	0			
Potassium	mg	567	0			
Sodium	mg	250	0			
Zinc	mg	2.10	1			
Copper	mg	0.527	0			
Manganese	mg	1.133	0			
Selenium	µg	0.6	0			
Vitamins:						
Ascorbic acid	mg	12.0	1			
Thiamin	mg	0.420	1			
Riboflavin	mg	0.190	1			
Niacin	mg	1.100	1			
Pantothenic acid	mg	1.186	0			
Vitamin B-6	mg	0.168	0			
Folate	µg	127	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	17	0			
Vitamin A, RE	µg	2	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g		
14:1	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
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.300	0
Threonine	g	0.759	0
Isoleucine	g	0.654	0
Leucine	g	1.100	0
Lysine	g	0.916	0
Methionine	g	0.147	0
Cystine	g	0.069	0
Phenylalanine	g	0.524	0
Tyrosine	g	0.432	0
Valine	g	0.734	0
Arginine	g	0.629	0
Histidine	g	0.352	0
Alanine	g	0.614	0
Aspartic acid	g	1.899	0
Glutamic acid	g	1.859	0
Glycine	g	0.509	0
Proline	g		
Serine	g	0.981	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11924

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11925 Dock, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	93.60	0			
Energy	kcal	20	0			
Energy	kJ	84	0			
Protein (N x 5.95)	g	1.83	0			
Total lipid (fat)	g	0.64	0			
Carbohydrate, by difference	g	2.93	0			
Fiber, total dietary	g					
Ash	g	1.01	0			
Sugars, total	g					
Minerals:						
Calcium	mg	38	0			
Iron	mg	2.08	0			
Magnesium	mg	89	0			
Phosphorus	mg	52	0			
Potassium	mg	321	0			
Sodium	mg	239	0			
Zinc	mg	0.17	0			
Copper	mg	0.114	0			
Manganese	mg	0.303	0			
Selenium	µg	0.9	0			
Vitamins:						
Ascorbic acid	mg	26.3	0			
Thiamin	mg	0.034	0			
Riboflavin	mg	0.086	0			
Niacin	mg	0.411	0			
Pantothenic acid	mg	0.036	0			
Vitamin B-6	mg	0.100	0			
Folate	µg	8	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	3474	0			
Vitamin A, RE	µg	347	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g		
14:1	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
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g	0.086	0
Isoleucine	g	0.093	0
Leucine	g	0.152	0
Lysine	g	0.105	0
Methionine	g	0.032	0
Cystine	g		
Phenylalanine	g	0.104	0
Tyrosine	g	0.075	0
Valine	g	0.121	0
Arginine	g	0.098	0
Histidine	g	0.049	0
Alanine	g	0.121	0
Aspartic acid	g	0.166	0
Glutamic acid	g	0.197	0
Glycine	g	0.104	0
Proline	g	0.106	0
Serine	g	0.070	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11925

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11926 Lentils, sprouted, cooked, stir-fried, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	68.70	1			
Energy	kcal	101	0			
Energy	kJ	423	0			
Protein (N x 5.95)	g	8.80	1			
Total lipid (fat)	g	0.45	0			
Carbohydrate, by difference	g	21.25	0			
Fiber, total dietary	g					
Ash	g	0.80	1			
Sugars, total	g					
Minerals:						
Calcium	mg	14	1			
Iron	mg	3.10	1			
Magnesium	mg	35	0			
Phosphorus	mg	153	0			
Potassium	mg	284	0			
Sodium	mg	246	0			
Zinc	mg	1.60	1			
Copper	mg	0.337	0			
Manganese	mg	0.502	0			
Selenium	µg	0.6	0			
Vitamins:						
Ascorbic acid	mg	12.6	0			
Thiamin	mg	0.220	1			
Riboflavin	mg	0.090	1			
Niacin	mg	1.200	1			
Pantothenic acid	mg	0.571	1			
Vitamin B-6	mg	0.164	0			
Folate	µg	67	0			
Vitamin B-12	µg	0.00	0			
Vitamin A	IU	41	0			
Vitamin A, RE	µg	4	0			
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.053	0			
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.047	0			
17:0	g					
18:0	g	0.005	0			
20:0	g					
22.0	g					
24:0	g					

Monounsaturated, total	g	0.095	0
14:1	g		
16:1	g		
18:1	g	0.095	0
20:1	g		
22:1	g		
Polyunsaturated, total	g	0.201	0
18:2	g	0.166	0
18:3	g	0.035	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g	0.322	0
Isoleucine	g	0.320	0
Leucine	g	0.617	0
Lysine	g	0.698	0
Methionine	g	0.103	0
Cystine	g	0.328	0
Phenylalanine	g	0.434	0
Tyrosine	g	0.248	0
Valine	g	0.391	0
Arginine	g	0.600	0
Histidine	g	0.252	0
Alanine	g	0.349	0
Aspartic acid	g	1.407	0
Glutamic acid	g	1.235	0
Glycine	g	0.313	0
Proline	g	0.349	0
Serine	g	0.486	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11926

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11927 Mountain yam, hawaii, cooked, steamed, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 145g	Measure 2*	Measure 3*
Proximates:						
Water	g	77.14	2.745	2	111.85	
Energy	kcal	82		0	119	
Energy	kJ	343		0	497	
Protein (N x 5.95)	g	1.73		1	2.51	
Total lipid (fat)	g	0.08		1	0.12	
Carbohydrate, by difference	g	20.00		0	29.00	
Fiber, total dietary	g					
Ash	g	1.06		1	1.54	
Sugars, total	g					
Minerals:						
Calcium	mg	8		1	12	
Iron	mg	0.43		1	0.62	
Magnesium	mg	10		1	15	
Phosphorus	mg	40		1	58	
Potassium	mg	495		1	718	
Sodium	mg	248		0	360	
Zinc	mg	0.32		0	0.46	
Copper	mg	0.129		0	0.187	
Manganese	mg	0.283		0	0.410	
Selenium	µg	0.9		0	1.3	
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	
Thiamin	mg	0.086		1	0.125	
Riboflavin	mg	0.014		1	0.020	
Niacin	mg	0.130		1	0.189	
Pantothenic acid	mg	0.480		0	0.696	
Vitamin B-6	mg	0.209		0	0.303	
Folate	µg	12		0	18	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	0		1	0	
Vitamin A, RE	µg	0		1	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.018		0	0.026	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.015		0	0.022	
17:0	g					
18:0	g	0.001		0	0.001	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.003	0	0.004
14:1	g			
16:1	g			
18:1	g	0.003	0	0.004
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.036	0	0.052
18:2	g	0.030	0	0.043
18:3	g	0.006	0	0.009
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	0.014	0	0.020
Threonine	g	0.061	0	0.088
Isoleucine	g	0.059	0	0.086
Leucine	g	0.109	0	0.158
Lysine	g	0.067	0	0.097
Methionine	g	0.023	0	0.033
Cystine	g	0.021	0	0.030
Phenylalanine	g	0.080	0	0.116
Tyrosine	g	0.046	0	0.067
Valine	g	0.070	0	0.102
Arginine	g	0.144	0	0.209
Histidine	g	0.038	0	0.055
Alanine	g	0.071	0	0.103
Aspartic acid	g	0.175	0	0.254
Glutamic acid	g	0.205	0	0.297
Glycine	g	0.060	0	0.087
Proline	g	0.061	0	0.088
Serine	g	0.092	0	0.133
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11927

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11928 Tree fern, cooked, with salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 31g	Measure 2* 71g	Measure 3*
Proximates:						
Water	g	88.60	0	27.47	62.91	
Energy	kcal	40	0	12	28	
Energy	kJ	167	0	52	119	
Protein (N x 5.95)	g	0.29	0	0.09	0.21	
Total lipid (fat)	g	0.07	0	0.02	0.05	
Carbohydrate, by difference	g	10.98	0	3.40	7.80	
Fiber, total dietary	g	3.7	0	1.1	2.6	
Ash	g	0.06	0	0.02	0.04	
Sugars, total	g					
Minerals:						
Calcium	mg	8	0	2	6	
Iron	mg	0.16	0	0.05	0.11	
Magnesium	mg	5	0	2	4	
Phosphorus	mg	4	0	1	3	
Potassium	mg	5	0	2	4	
Sodium	mg	241	0	75	171	
Zinc	mg	0.31	0	0.10	0.22	
Copper	mg	0.202	0	0.063	0.143	
Manganese	mg	0.539	0	0.167	0.383	
Selenium	µg	0.9	0	0.3	0.6	
Vitamins:						
Ascorbic acid	mg	30.0	0	9.3	21.3	
Thiamin	mg	0.000	0	0.000	0.000	
Riboflavin	mg	0.300	0	0.093	0.213	
Niacin	mg	3.500	0	1.085	2.485	
Pantothenic acid	mg	0.063	0	0.020	0.045	
Vitamin B-6	mg	0.179	0	0.055	0.127	
Folate	µg	15	0	5	11	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	200	0	62	142	
Vitamin A, RE	µg	20	0	6	14	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 frond, (6-1/2" long)
 Measure 2: 1/2 cup chopped or diced

NDB No. 11928

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11929 Potatoes, mashed, prepared from granules, without milk, whole milk and margarine

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 210g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	77.48	0	162.71		
Energy	kcal	108	0	227		
Energy	kJ	452	0	949		
Protein (N x 5.95)	g	2.05	0	4.30		
Total lipid (fat)	g	4.93	0	10.35		
Carbohydrate, by difference	g	14.40	0	30.24		
Fiber, total dietary	g	2.2	0	4.6		
Ash	g	1.14	0	2.39		
Sugars, total	g					
Minerals:						
Calcium	mg	35	0	74		
Iron	mg	0.19	0	0.40		
Magnesium	mg	19	0	40		
Phosphorus	mg	60	0	126		
Potassium	mg	145	0	305		
Sodium	mg	263	0	552		
Zinc	mg	0.24	0	0.50		
Copper	mg	0.022	0	0.046		
Manganese	mg	0.003	0	0.006		
Selenium	µg	0.5	0	1.1		
Vitamins:						
Ascorbic acid	mg	6.0	0	12.6		
Thiamin	mg	0.079	0	0.166		
Riboflavin	mg	0.077	0	0.162		
Niacin	mg	0.763	0	1.602		
Pantothenic acid	mg	0.127	0	0.267		
Vitamin B-6	mg	0.010	0	0.021		
Folate	µg	7	0	15		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	198	0	416		
Vitamin A, RE	µg	20	0	42		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	1.284	0	2.696		
4:0	g	0.023	0	0.048		
6:0	g	0.014	0	0.029		
8:0	g	0.008	0	0.017		
10:0	g	0.019	0	0.040		
12:0	g	0.024	0	0.050		
14:0	g	0.087	0	0.183		
15:0	g					
16:0	g	0.711	0	1.493		
17:0	g					
18:0	g	0.398	0	0.836		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.041	0	4.286
14:1	g			
16:1	g	0.018	0	0.038
18:1	g	2.023	0	4.248
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	1.363	0	2.862
18:2	g	1.286	0	2.701
18:3	g	0.076	0	0.160
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	3	0	6
Phytosterols	mg	14	0	29
Amino acids:				
Tryptophan	g	0.023	0	0.048
Threonine	g	0.090	0	0.189
Isoleucine	g	0.110	0	0.231
Leucine	g	0.173	0	0.363
Lysine	g	0.147	0	0.309
Methionine	g	0.040	0	0.084
Cystine	g	0.022	0	0.046
Phenylalanine	g	0.096	0	0.202
Tyrosine	g	0.091	0	0.191
Valine	g	0.129	0	0.271
Arginine	g	0.083	0	0.174
Histidine	g	0.051	0	0.107
Alanine	g	0.071	0	0.149
Aspartic acid	g	0.254	0	0.533
Glutamic acid	g	0.390	0	0.819
Glycine	g	0.053	0	0.111
Proline	g	0.148	0	0.311
Serine	g	0.099	0	0.208
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11929

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11930 Potatoes, mashed, prepared from flakes, without milk, whole milk and margarine

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 210g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	76.30	1.689	5	160.23	
Energy	kcal	113		0	237	
Energy	kJ	473		0	993	
Protein (N x 5.95)	g	1.90	0.050	6	3.99	
Total lipid (fat)	g	5.60	0.300	6	11.76	
Carbohydrate, by difference	g	15.02		0	31.54	
Fiber, total dietary	g	2.3		0	4.8	
Ash	g	1.18	0.092	6	2.48	
Sugars, total	g					
Minerals:						
Calcium	mg	49	2.558	6	103	
Iron	mg	0.22		0	0.46	
Magnesium	mg	18		0	38	
Phosphorus	mg	56		0	118	
Potassium	mg	233	6.553	12	489	
Sodium	mg	332	2.870	17	697	
Zinc	mg	0.18		0	0.38	
Copper	mg	0.016		0	0.034	
Manganese	mg	0.114		0	0.239	
Selenium	µg	0.5		0	1.1	
Vitamins:						
Ascorbic acid	mg	9.7	3.810	6	20.4	
Thiamin	mg	0.111		0	0.233	
Riboflavin	mg	0.050	0.002	6	0.105	
Niacin	mg	0.670	0.024	6	1.407	
Pantothenic acid	mg	0.120		0	0.252	
Vitamin B-6	mg	0.009		0	0.019	
Folate	µg	7		0	16	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	180		0	378	
Vitamin A, RE	µg	21		0	44	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	1.460		0	3.066	
4:0	g	0.028		0	0.059	
6:0	g	0.015		0	0.032	
8:0	g	0.010		0	0.021	
10:0	g	0.022		0	0.046	
12:0	g	0.027		0	0.057	
14:0	g	0.098		0	0.206	
15:0	g					
16:0	g	0.799		0	1.678	
17:0	g					
18:0	g	0.444		0	0.932	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.307	0	4.845
14:1	g			
16:1	g	0.022	0	0.046
18:1	g	2.274	0	4.775
20:1	g			
22:1	g			
Polyunsaturated, total	g	1.551	0	3.257
18:2	g	1.463	0	3.072
18:3	g	0.088	0	0.185
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	4	0	8
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.019	0	0.040
Threonine	g	0.085	0	0.179
Isoleucine	g	0.097	0	0.204
Leucine	g	0.150	0	0.315
Lysine	g	0.133	0	0.279
Methionine	g	0.032	0	0.067
Cystine	g	0.022	0	0.046
Phenylalanine	g	0.090	0	0.189
Tyrosine	g	0.082	0	0.172
Valine	g	0.119	0	0.250
Arginine	g	0.084	0	0.176
Histidine	g	0.046	0	0.097
Alanine	g	0.068	0	0.143
Aspartic acid	g	0.294	0	0.617
Glutamic acid	g	0.352	0	0.739
Glycine	g	0.056	0	0.118
Proline	g	0.114	0	0.239
Serine	g	0.088	0	0.185
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11930

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11931 Peppers, sweet, red, freeze-dried

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 0g	Measure 2* 2g	Measure 3*
Proximates:						
Water	g	2.00	1	0.01	0.03	
Energy	kcal	314	0	1	5	
Energy	kJ	1314	0	5	21	
Protein (N x 5.95)	g	17.90	1	0.07	0.29	
Total lipid (fat)	g	3.00	1	0.01	0.05	
Carbohydrate, by difference	g	68.70	0	0.27	1.10	
Fiber, total dietary	g	21.3	0	0.1	0.3	
Ash	g	8.40	0	0.03	0.13	
Sugars, total	g					
Minerals:						
Calcium	mg	134	1	1	2	
Iron	mg	10.40	1	0.04	0.17	
Magnesium	mg	188	0	1	3	
Phosphorus	mg	327	1	1	5	
Potassium	mg	3170	1	13	51	
Sodium	mg	193	1	1	3	
Zinc	mg	2.41	0	0.01	0.04	
Copper	mg	1.389	0	0.006	0.022	
Manganese	mg	1.897	0	0.008	0.030	
Selenium	µg	3.7	0	0.0	0.1	
Vitamins:						
Ascorbic acid	mg	1900.0	1	7.6	30.4	
Thiamin	mg	1.200	1	0.005	0.019	
Riboflavin	mg	1.200	1	0.005	0.019	
Niacin	mg	7.400	1	0.030	0.118	
Pantothenic acid	mg	0.488	0	0.002	0.008	
Vitamin B-6	mg	2.223	0	0.009	0.036	
Folate	µg	229	0	1	4	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	77261	0	309	1236	
Vitamin A, RE	µg	7726	0	31	124	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.447	0	0.002	0.007	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.002	0	0.000	0.000	
14:0	g	0.009	0	0.000	0.000	
15:0	g					
16:0	g	0.331	0	0.001	0.005	
17:0	g					
18:0	g	0.105	0	0.000	0.002	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.202	0	0.001	0.003
14:1	g				
16:1	g	0.021	0	0.000	0.000
18:1	g	0.181	0	0.001	0.003
20:1	g				
22:1	g				
Polyunsaturated, total	g	1.607	0	0.006	0.026
18:2	g	1.462	0	0.006	0.023
18:3	g	0.145	0	0.001	0.002
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	0.229	0	0.001	0.004
Threonine	g	0.659	0	0.003	0.011
Isoleucine	g	0.579	0	0.002	0.009
Leucine	g	0.937	0	0.004	0.015
Lysine	g	0.796	0	0.003	0.013
Methionine	g	0.215	0	0.001	0.003
Cystine	g	0.344	0	0.001	0.006
Phenylalanine	g	0.553	0	0.002	0.009
Tyrosine	g	0.372	0	0.001	0.006
Valine	g	0.756	0	0.003	0.012
Arginine	g	0.859	0	0.003	0.014
Histidine	g	0.364	0	0.001	0.006
Alanine	g	0.733	0	0.003	0.012
Aspartic acid	g	2.558	0	0.010	0.041
Glutamic acid	g	2.363	0	0.009	0.038
Glycine	g	0.662	0	0.003	0.011
Proline	g	0.779	0	0.003	0.012
Serine	g	0.719	0	0.003	0.012
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 tablespoon
- Measure 2: 1/4 cup

NDB No. 11931

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11932 Beans, snap, yellow, canned, regular pack, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 135g	Measure 2* 62g	Measure 3* 262g	
Proximates:							
Water	g	93.30	0.184	17	125.95	57.85	244.45
Energy	kcal	20		0	27	12	52
Energy	kJ	84		0	113	52	220
Protein (N x 5.95)	g	1.15	0.045	17	1.55	0.71	3.01
Total lipid (fat)	g	0.10	0.005	17	0.14	0.06	0.26
Carbohydrate, by difference	g	4.50		0	6.08	2.79	11.79
Fiber, total dietary	g	1.3		0	1.8	0.8	3.4
Ash	g	0.95	0.041	17	1.28	0.59	2.49
Sugars, total	g						
Minerals:							
Calcium	mg	26	1.197	12	35	16	68
Iron	mg	0.90	0.106	12	1.22	0.56	2.36
Magnesium	mg	13	0.290	12	18	8	34
Phosphorus	mg	19	0.654	12	26	12	50
Potassium	mg	109	1.286	12	147	68	286
Sodium	mg	251	17.431	12	339	156	658
Zinc	mg	0.29	0.036	17	0.39	0.18	0.76
Copper	mg	0.038	0.003	11	0.051	0.024	0.100
Manganese	mg	0.200	0.019	16	0.270	0.124	0.524
Selenium	µg	0.4	0.103	8	0.5	0.2	1.0
Vitamins:							
Ascorbic acid	mg	4.8	0.397	12	6.5	3.0	12.6
Thiamin	mg	0.015	0.001	12	0.020	0.009	0.039
Riboflavin	mg	0.056	0.002	12	0.076	0.035	0.147
Niacin	mg	0.201	0.007	12	0.271	0.125	0.527
Pantothenic acid	mg	0.129		0	0.174	0.080	0.338
Vitamin B-6	mg	0.037		0	0.050	0.023	0.097
Folate	µg	32	7.950	6	43	20	83
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	105		0	142	65	275
Vitamin A, RE	µg	11		0	15	7	29
Vitamin E, α-TE	mg	0.290		0	0.391	0.180	0.760
Lipids:							
Saturated, total	g	0.022		0	0.030	0.014	0.058
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15:0	g						
16:0	g	0.019		0	0.026	0.012	0.050
17:0	g						
18:0	g	0.003		0	0.004	0.002	0.008
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.005	0.002	0.010
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.004	0	0.005	0.002	0.010
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.051	0	0.069	0.032	0.134
18:2	g	0.019	0	0.026	0.012	0.050
18:3	g	0.031	0	0.042	0.019	0.081
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.012	0	0.016	0.007	0.031
Threonine	g	0.050	0	0.068	0.031	0.131
Isoleucine	g	0.042	0	0.057	0.026	0.110
Leucine	g	0.071	0	0.096	0.044	0.186
Lysine	g	0.055	0	0.074	0.034	0.144
Methionine	g	0.014	0	0.019	0.009	0.037
Cystine	g	0.011	0	0.015	0.007	0.029
Phenylalanine	g	0.042	0	0.057	0.026	0.110
Tyrosine	g	0.027	0	0.036	0.017	0.071
Valine	g	0.057	0	0.077	0.035	0.149
Arginine	g	0.046	0	0.062	0.029	0.121
Histidine	g	0.022	0	0.030	0.014	0.058
Alanine	g	0.053	0	0.072	0.033	0.139
Aspartic acid	g	0.161	0	0.217	0.100	0.422
Glutamic acid	g	0.118	0	0.159	0.073	0.309
Glycine	g	0.041	0	0.055	0.025	0.107
Proline	g	0.043	0	0.058	0.027	0.113
Serine	g	0.063	0	0.085	0.039	0.165
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 10 beans
- Measure 3: 1 can (303 x 406)

NDB No. 11932

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11933 Beans, snap, yellow, canned, no salt added, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 68g	Measure 2* 262g	Measure 3*
Proximates:						
Water	g	93.30	0.184	17	63.44	244.45
Energy	kcal	20		0	14	52
Energy	kJ	84		0	57	220
Protein (N x 5.95)	g	1.15	0.045	17	0.78	3.01
Total lipid (fat)	g	0.10	0.005	17	0.07	0.26
Carbohydrate, by difference	g	4.50		0	3.06	11.79
Fiber, total dietary	g	1.3		0	0.9	3.4
Ash	g	0.95	0.041	17	0.65	2.49
Sugars, total	g					
Minerals:						
Calcium	mg	26	1.197	12	18	68
Iron	mg	0.90	0.106	12	0.61	2.36
Magnesium	mg	13	0.290	12	9	34
Phosphorus	mg	19	0.654	12	13	50
Potassium	mg	109	1.286	12	74	286
Sodium	mg	2		0	1	5
Zinc	mg	0.29	0.036	17	0.20	0.76
Copper	mg	0.038	0.003	11	0.026	0.100
Manganese	mg	0.200	0.019	16	0.136	0.524
Selenium	µg	0.4	0.103	8	0.3	1.0
Vitamins:						
Ascorbic acid	mg	4.8	0.397	12	3.3	12.6
Thiamin	mg	0.015	0.001	12	0.010	0.039
Riboflavin	mg	0.056	0.002	12	0.038	0.147
Niacin	mg	0.201	0.007	12	0.137	0.527
Pantothenic acid	mg	0.129		0	0.088	0.338
Vitamin B-6	mg	0.037		0	0.025	0.097
Folate	µg	32	7.950	6	22	83
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	105		0	71	275
Vitamin A, RE	µg	11		0	7	29
Vitamin E, α-TE	mg	0.290		0	0.197	0.760
Lipids:						
Saturated, total	g	0.022		0	0.015	0.058
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.019		0	0.013	0.050
17:0	g					
18:0	g	0.003		0	0.002	0.008
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.004	0	0.003	0.010
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.003	0.010
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.051	0	0.035	0.134
18:2	g	0.019	0	0.013	0.050
18:3	g	0.031	0	0.021	0.081
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	0.012	0	0.008	0.031
Threonine	g	0.050	0	0.034	0.131
Isoleucine	g	0.042	0	0.029	0.110
Leucine	g	0.071	0	0.048	0.186
Lysine	g	0.055	0	0.037	0.144
Methionine	g	0.014	0	0.010	0.037
Cystine	g	0.011	0	0.007	0.029
Phenylalanine	g	0.042	0	0.029	0.110
Tyrosine	g	0.027	0	0.018	0.071
Valine	g	0.057	0	0.039	0.149
Arginine	g	0.046	0	0.031	0.121
Histidine	g	0.022	0	0.015	0.058
Alanine	g	0.053	0	0.036	0.139
Aspartic acid	g	0.161	0	0.109	0.422
Glutamic acid	g	0.118	0	0.080	0.309
Glycine	g	0.041	0	0.028	0.107
Proline	g	0.043	0	0.029	0.113
Serine	g	0.063	0	0.043	0.165
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1/2 cup
- Measure 2: 1 can (303 x 406)

NDB No. 11933

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11934 Potatoes, mashed, home-prepared, whole milk and butter added

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 210g	Measure 2*	Measure 3*
Proximates:						
Water	g	76.26	0	160.15		
Energy	kcal	106	0	223		
Energy	kJ	444	0	932		
Protein (N x 5.95)	g	1.88	0	3.95		
Total lipid (fat)	g	4.23	0	8.88		
Carbohydrate, by difference	g	16.71	0	35.09		
Fiber, total dietary	g	2.0	0	4.2		
Ash	g	1.43	0	3.00		
Sugars, total	g					
Minerals:						
Calcium	mg	26	0	55		
Iron	mg	0.26	0	0.55		
Magnesium	mg	18	0	38		
Phosphorus	mg	46	0	97		
Potassium	mg	289	0	607		
Sodium	mg	295	0	620		
Zinc	mg	0.27	0	0.57		
Copper	mg	0.137	0	0.288		
Manganese	mg	0.114	0	0.239		
Selenium	µg	0.5	0	1.1		
Vitamins:						
Ascorbic acid	mg	6.1	0	12.8		
Thiamin	mg	0.084	0	0.176		
Riboflavin	mg	0.040	0	0.084		
Niacin	mg	1.079	0	2.266		
Pantothenic acid	mg	0.570	0	1.197		
Vitamin B-6	mg	0.224	0	0.470		
Folate	µg	8	0	17		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	169	0	355		
Vitamin A, RE	µg	20	0	42		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.770	0	5.817		
4:0	g	0.146	0	0.307		
6:0	g	0.087	0	0.183		
8:0	g	0.050	0	0.105		
10:0	g	0.114	0	0.239		
12:0	g	0.130	0	0.273		
14:0	g	0.414	0	0.869		
15:0	g					
16:0	g	1.162	0	2.440		
17:0	g					
18:0	g	0.526	0	1.105		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.172	0	2.461
14:1	g			
16:1	g	0.091	0	0.191
18:1	g	1.020	0	2.142
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.150	0	0.315
18:2	g	0.092	0	0.193
18:3	g	0.059	0	0.124
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	12	0	25
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.029	0	0.061
Threonine	g	0.073	0	0.153
Isoleucine	g	0.087	0	0.183
Leucine	g	0.132	0	0.277
Lysine	g	0.124	0	0.260
Methionine	g	0.035	0	0.074
Cystine	g	0.023	0	0.048
Phenylalanine	g	0.086	0	0.181
Tyrosine	g	0.076	0	0.160
Valine	g	0.112	0	0.235
Arginine	g	0.082	0	0.172
Histidine	g	0.044	0	0.092
Alanine	g	0.060	0	0.126
Aspartic acid	g	0.380	0	0.798
Glutamic acid	g	0.338	0	0.710
Glycine	g	0.052	0	0.109
Proline	g	0.098	0	0.206
Serine	g	0.088	0	0.185
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11934

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11935 Catsup

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 15g	Measure 3* 6g	
Proximates:							
Water	g	66.58	0.266	33	159.79	9.99	3.99
Energy	kcal	104		0	250	16	6
Energy	kJ	435		0	1044	65	26
Protein (N x 5.95)	g	1.52	0.044	30	3.65	0.23	0.09
Total lipid (fat)	g	0.36	0.011	30	0.86	0.05	0.02
Carbohydrate, by difference	g	27.29		0	65.50	4.09	1.64
Fiber, total dietary	g	1.3		0	3.1	0.2	0.1
Ash	g	4.26	0.076	30	10.22	0.64	0.26
Sugars, total	g						
Minerals:							
Calcium	mg	19	0.535	45	46	3	1
Iron	mg	0.70	0.033	46	1.68	0.11	0.04
Magnesium	mg	22	0.611	45	53	3	1
Phosphorus	mg	39	1.071	44	94	6	2
Potassium	mg	481	14.969	46	1154	72	29
Sodium	mg	1186	37.504	46	2846	178	71
Zinc	mg	0.23	0.005	44	0.55	0.03	0.01
Copper	mg	0.206	0.008	45	0.494	0.031	0.012
Manganese	mg	0.136	0.005	18	0.326	0.020	0.008
Selenium	µg	0.8	0.283	2	1.9	0.1	0.0
Vitamins:							
Ascorbic acid	mg	15.1	1.113	30	36.2	2.3	0.9
Thiamin	mg	0.089	0.004	30	0.214	0.013	0.005
Riboflavin	mg	0.073	0.003	30	0.175	0.011	0.004
Niacin	mg	1.367	0.038	30	3.281	0.205	0.082
Pantothenic acid	mg	0.143	0.046	5	0.343	0.021	0.009
Vitamin B-6	mg	0.175	0.015	2	0.420	0.026	0.011
Folate	µg	15	4.960	5	36	2	1
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	1016	68.417	30	2438	152	61
Vitamin A, RE	µg	102		0	245	15	6
Vitamin E, α-TE	mg	1.465		0	3.516	0.220	0.088
Lipids:							
Saturated, total	g	0.049		0	0.118	0.007	0.003
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		1	0.000	0.000	0.000
15:0	g						
16:0	g	0.036		1	0.086	0.005	0.002
17:0	g						
18:0	g	0.014		1	0.034	0.002	0.001
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.055	0	0.132	0.008	0.003
14:1	g					
16:1	g	0.002	1	0.005	0.000	0.000
18:1	g	0.053	1	0.127	0.008	0.003
20:1	g	0.000	1	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.147	0	0.353	0.022	0.009
18:2	g	0.142	1	0.341	0.021	0.009
18:3	g	0.005	1	0.012	0.001	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	7	1	17	1	0
Amino acids:						
Tryptophan	g	0.010	0	0.024	0.002	0.001
Threonine	g	0.035	0	0.084	0.005	0.002
Isoleucine	g	0.029	0	0.070	0.004	0.002
Leucine	g	0.042	0	0.101	0.006	0.003
Lysine	g	0.043	0	0.103	0.006	0.003
Methionine	g	0.008	0	0.019	0.001	0.000
Cystine	g	0.009	0	0.022	0.001	0.001
Phenylalanine	g	0.032	0	0.077	0.005	0.002
Tyrosine	g	0.020	0	0.048	0.003	0.001
Valine	g	0.031	0	0.074	0.005	0.002
Arginine	g	0.030	0	0.072	0.004	0.002
Histidine	g	0.024	0	0.058	0.004	0.001
Alanine	g	0.048	0	0.115	0.007	0.003
Aspartic acid	g	0.190	0	0.456	0.029	0.011
Glutamic acid	g	0.607	0	1.457	0.091	0.036
Glycine	g	0.025	0	0.060	0.004	0.002
Proline	g	0.033	0	0.079	0.005	0.002
Serine	g	0.036	0	0.086	0.005	0.002
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 tablespoon
- Measure 3: 1 packet

NDB No. 11935

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11937 Pickles, cucumber, dill

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 143g	Measure 2* 155g	Measure 3* 135g	
Proximates:							
Water	g	91.67	0.445	85	131.09	142.09	123.75
Energy	kcal	18		0	26	28	24
Energy	kJ	75		0	107	116	101
Protein (N x 5.95)	g	0.62	0.028	84	0.89	0.96	0.84
Total lipid (fat)	g	0.19	0.006	84	0.27	0.29	0.26
Carbohydrate, by difference	g	4.13		0	5.91	6.40	5.58
Fiber, total dietary	g	1.2		0	1.7	1.9	1.6
Ash	g	3.40	0.051	84	4.86	5.27	4.59
Sugars, total	g						
Minerals:							
Calcium	mg	9	3.200	84	13	14	12
Iron	mg	0.53	0.021	84	0.76	0.82	0.72
Magnesium	mg	11	0.394	74	16	17	15
Phosphorus	mg	21	0.744	74	30	33	28
Potassium	mg	116	4.575	74	166	180	157
Sodium	mg	1282	23.643	84	1833	1987	1731
Zinc	mg	0.14	0.006	76	0.20	0.22	0.19
Copper	mg	0.079	0.002	74	0.113	0.122	0.107
Manganese	mg	0.015	0.005	2	0.021	0.023	0.020
Selenium	µg	0.0		0	0.0	0.0	0.0
Vitamins:							
Ascorbic acid	mg	1.9	0.145	74	2.7	2.9	2.6
Thiamin	mg	0.014	0.001	75	0.020	0.022	0.019
Riboflavin	mg	0.029	0.001	75	0.041	0.045	0.039
Niacin	mg	0.060	0.010	74	0.086	0.093	0.081
Pantothenic acid	mg	0.054	0.012	3	0.077	0.084	0.073
Vitamin B-6	mg	0.013	0.007	3	0.019	0.020	0.018
Folate	µg	1	0.571	5	1	2	1
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	329	18.430	74	470	510	444
Vitamin A, RE	µg	33		0	47	51	45
Vitamin E, α-TE	mg	0.160		0	0.229	0.248	0.216
Lipids:							
Saturated, total	g	0.048		0	0.069	0.074	0.065
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.002		3	0.003	0.003	0.003
14:0	g	0.002		3	0.003	0.003	0.003
15:0	g						
16:0	g	0.041		3	0.059	0.064	0.055
17:0	g						
18:0	g	0.005		3	0.007	0.008	0.007
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.003	0	0.004	0.005	0.004
14:1	g					
16:1	g	0.000	3	0.000	0.000	0.000
18:1	g	0.003	3	0.004	0.005	0.004
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.077	0	0.110	0.119	0.104
18:2	g	0.033	3	0.047	0.051	0.045
18:3	g	0.044	3	0.063	0.068	0.059
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	14	0.000	3	20	22
Amino acids:						
Tryptophan	g	0.005	0	0.007	0.008	0.007
Threonine	g	0.017	0	0.024	0.026	0.023
Isoleucine	g	0.019	0	0.027	0.029	0.026
Leucine	g	0.026	0	0.037	0.040	0.035
Lysine	g	0.026	0	0.037	0.040	0.035
Methionine	g	0.005	0	0.007	0.008	0.007
Cystine	g	0.004	0	0.006	0.006	0.005
Phenylalanine	g	0.017	0	0.024	0.026	0.023
Tyrosine	g	0.010	0	0.014	0.016	0.014
Valine	g	0.020	0	0.029	0.031	0.027
Arginine	g	0.040	0	0.057	0.062	0.054
Histidine	g	0.009	0	0.013	0.014	0.012
Alanine	g	0.021	0	0.030	0.033	0.028
Aspartic acid	g	0.037	0	0.053	0.057	0.050
Glutamic acid	g	0.177	0	0.253	0.274	0.239
Glycine	g	0.022	0	0.031	0.034	0.030
Proline	g	0.014	0	0.020	0.022	0.019
Serine	g	0.018	0	0.026	0.028	0.024
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, chopped or diced
- Measure 2: 1 cup (about 23 slices)
- Measure 3: 1 large (4" long)

NDB No. 11937

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11940 Pickle, cucumber, sweet

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 170g	Measure 3* 35g	
Proximates:							
Water	g	65.26	0.811	48	104.42	110.94	22.84
Energy	kcal	117		0	187	199	41
Energy	kJ	490		0	784	833	172
Protein (N x 5.95)	g	0.37	0.021	48	0.59	0.63	0.13
Total lipid (fat)	g	0.26	0.012	48	0.42	0.44	0.09
Carbohydrate, by difference	g	31.81		0	50.90	54.08	11.13
Fiber, total dietary	g	1.1		0	1.8	1.9	0.4
Ash	g	2.30	0.043	48	3.68	3.91	0.81
Sugars, total	g						
Minerals:							
Calcium	mg	4	1.510	48	6	7	1
Iron	mg	0.59	0.030	48	0.94	1.00	0.21
Magnesium	mg	4	0.555	44	6	7	1
Phosphorus	mg	12	0.697	44	19	20	4
Potassium	mg	32	6.527	44	51	54	11
Sodium	mg	939	19.387	48	1502	1596	329
Zinc	mg	0.08	0.009	45	0.13	0.14	0.03
Copper	mg	0.105	0.008	44	0.168	0.179	0.037
Manganese	mg	0.015	0.005	2	0.024	0.026	0.005
Selenium	µg	0.0		0	0.0	0.0	0.0
Vitamins:							
Ascorbic acid	mg	1.2	0.149	44	1.9	2.0	0.4
Thiamin	mg	0.009	0.001	44	0.014	0.015	0.003
Riboflavin	mg	0.032	0.001	44	0.051	0.054	0.011
Niacin	mg	0.174	0.024	44	0.278	0.296	0.061
Pantothenic acid	mg	0.120	0.080	2	0.192	0.204	0.042
Vitamin B-6	mg	0.015	0.005	2	0.024	0.026	0.005
Folate	µg	1	0.375	2	2	2	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	126	9.482	44	202	214	44
Vitamin A, RE	µg	13		0	21	22	5
Vitamin E, α-TE	mg	0.160		0	0.256	0.272	0.056
Lipids:							
Saturated, total	g	0.067		0	0.107	0.114	0.023
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.002		1	0.003	0.003	0.001
14:0	g	0.002		1	0.003	0.003	0.001
15:0	g						
16:0	g	0.056		1	0.090	0.095	0.020
17:0	g						
18:0	g	0.006		1	0.010	0.010	0.002
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.006	0.007	0.001
14:1	g					
16:1	g	0.000	1	0.000	0.000	0.000
18:1	g	0.004	1	0.006	0.007	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.106	0	0.170	0.180	0.037
18:2	g	0.046	1	0.074	0.078	0.016
18:3	g	0.060	1	0.096	0.102	0.021
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	14	1	22	24	5
Amino acids:						
Tryptophan	g	0.003	0	0.005	0.005	0.001
Threonine	g	0.010	0	0.016	0.017	0.004
Isoleucine	g	0.012	0	0.019	0.020	0.004
Leucine	g	0.016	0	0.026	0.027	0.006
Lysine	g	0.015	0	0.024	0.026	0.005
Methionine	g	0.003	0	0.005	0.005	0.001
Cystine	g	0.002	0	0.003	0.003	0.001
Phenylalanine	g	0.010	0	0.016	0.017	0.004
Tyrosine	g	0.006	0	0.010	0.010	0.002
Valine	g	0.012	0	0.019	0.020	0.004
Arginine	g	0.024	0	0.038	0.041	0.008
Histidine	g	0.005	0	0.008	0.009	0.002
Alanine	g	0.013	0	0.021	0.022	0.005
Aspartic acid	g	0.022	0	0.035	0.037	0.008
Glutamic acid	g	0.106	0	0.170	0.180	0.037
Glycine	g	0.013	0	0.021	0.022	0.005
Proline	g	0.008	0	0.013	0.014	0.003
Serine	g	0.011	0	0.018	0.019	0.004
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, chopped
- Measure 2: 1 cup, sliced
- Measure 3: 1 large, Gherkin (3" long)

NDB No. 11940

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11941 Pickle, cucumber, sour

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 155g	Measure 2* 135g	Measure 3* 65g	
Proximates:							
Water	g	94.08	0.057	6	145.82	127.01	61.15
Energy	kcal	11		0	17	15	7
Energy	kJ	46		0	71	62	30
Protein (N x 5.95)	g	0.33	0.021	6	0.51	0.45	0.21
Total lipid (fat)	g	0.20	0.000	6	0.31	0.27	0.13
Carbohydrate, by difference	g	2.25		0	3.49	3.04	1.46
Fiber, total dietary	g	1.2		0	1.9	1.6	0.8
Ash	g	3.13	0.021	6	4.85	4.23	2.03
Sugars, total	g						
Minerals:							
Calcium	mg	0	0.000	6	0	0	0
Iron	mg	0.40	0.000	6	0.62	0.54	0.26
Magnesium	mg	4	0.000	6	6	5	3
Phosphorus	mg	14	0.224	6	22	19	9
Potassium	mg	23	0.671	6	36	31	15
Sodium	mg	1208	10.062	6	1872	1631	785
Zinc	mg	0.02	0.002	6	0.03	0.03	0.01
Copper	mg	0.085	0.002	6	0.132	0.115	0.055
Manganese	mg	0.011		0	0.017	0.015	0.007
Selenium	µg	0.0		0	0.0	0.0	0.0
Vitamins:							
Ascorbic acid	mg	1.0	0.000	6	1.6	1.4	0.7
Thiamin	mg	0.000	0.000	6	0.000	0.000	0.000
Riboflavin	mg	0.010	0.000	6	0.016	0.014	0.007
Niacin	mg	0.000	0.000	6	0.000	0.000	0.000
Pantothenic acid	mg	0.038		0	0.059	0.051	0.025
Vitamin B-6	mg	0.009		0	0.014	0.012	0.006
Folate	µg	1		0	1	1	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	145	15.652	6	225	196	94
Vitamin A, RE	µg	15		0	23	20	10
Vitamin E, α-TE	mg	0.160		0	0.248	0.216	0.104
Lipids:							
Saturated, total	g	0.052		0	0.081	0.070	0.034
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.002		1	0.003	0.003	0.001
14:0	g	0.002		1	0.003	0.003	0.001
15:0	g						
16:0	g	0.044		1	0.068	0.059	0.029
17:0	g						
18:0	g	0.005		1	0.008	0.007	0.003
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.003	0	0.005	0.004	0.002
14:1	g					
16:1	g	0.000	1	0.000	0.000	0.000
18:1	g	0.003	1	0.005	0.004	0.002
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.082	0	0.127	0.111	0.053
18:2	g	0.035	1	0.054	0.047	0.023
18:3	g	0.047	1	0.073	0.063	0.031
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	14	1	22	19	9
Amino acids:						
Tryptophan	g	0.003	0	0.005	0.004	0.002
Threonine	g	0.009	0	0.014	0.012	0.006
Isoleucine	g	0.010	0	0.016	0.014	0.007
Leucine	g	0.014	0	0.022	0.019	0.009
Lysine	g	0.014	0	0.022	0.019	0.009
Methionine	g	0.003	0	0.005	0.004	0.002
Cystine	g	0.002	0	0.003	0.003	0.001
Phenylalanine	g	0.009	0	0.014	0.012	0.006
Tyrosine	g	0.006	0	0.009	0.008	0.004
Valine	g	0.011	0	0.017	0.015	0.007
Arginine	g	0.021	0	0.033	0.028	0.014
Histidine	g	0.005	0	0.008	0.007	0.003
Alanine	g	0.011	0	0.017	0.015	0.007
Aspartic acid	g	0.020	0	0.031	0.027	0.013
Glutamic acid	g	0.095	0	0.147	0.128	0.062
Glycine	g	0.012	0	0.019	0.016	0.008
Proline	g	0.008	0	0.012	0.011	0.005
Serine	g	0.010	0	0.016	0.014	0.007
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 large (4" long)
- Measure 3: 1 medium (3-3/4" long)

NDB No. 11941

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11943 Pimento, canned

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 192g	Measure 2* 12g	Measure 3* 1g	
Proximates:							
Water	g	93.10	0.299	7	178.75	11.17	0.93
Energy	kcal	23		0	44	3	0
Energy	kJ	96		0	184	12	1
Protein (N x 5.95)	g	1.10	0.001	2	2.11	0.13	0.01
Total lipid (fat)	g	0.30	0.058	4	0.58	0.04	0.00
Carbohydrate, by difference	g	5.10		0	9.79	0.61	0.05
Fiber, total dietary	g	1.9		0	3.6	0.2	0.0
Ash	g	0.40	0.058	4	0.77	0.05	0.00
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.377	4	12	1	0
Iron	mg	1.68	0.410	4	3.23	0.20	0.02
Magnesium	mg	6	0.480	4	12	1	0
Phosphorus	mg	17	0.427	4	33	2	0
Potassium	mg	158	9.238	4	303	19	2
Sodium	mg	14	0.787	6	27	2	0
Zinc	mg	0.19	0.011	4	0.36	0.02	0.00
Copper	mg	0.049	0.000	2	0.094	0.006	0.000
Manganese	mg	0.092	0.026	4	0.177	0.011	0.001
Selenium	µg	0.2		0	0.4	0.0	0.0
Vitamins:							
Ascorbic acid	mg	84.9	10.674	4	163.0	10.2	0.8
Thiamin	mg	0.017	0.006	4	0.033	0.002	0.000
Riboflavin	mg	0.060	0.012	4	0.115	0.007	0.001
Niacin	mg	0.615	0.037	4	1.181	0.074	0.006
Pantothenic acid	mg	0.010		0	0.019	0.001	0.000
Vitamin B-6	mg	0.215	0.032	4	0.413	0.026	0.002
Folate	µg	6	0.296	5	12	1	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	2655	557.280	4	5098	319	27
Vitamin A, RE	µg	266		0	511	32	3
Vitamin E, α-TE	mg	0.690		0	1.325	0.083	0.007
Lipids:							
Saturated, total	g	0.045		0	0.086	0.005	0.000
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		1	0.000	0.000	0.000
14:0	g	0.001		1	0.002	0.000	0.000
15:0	g						
16:0	g	0.033		1	0.063	0.004	0.000
17:0	g						
18:0	g	0.011		1	0.021	0.001	0.000
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.038	0.002	0.000
14:1	g					
16:1	g	0.002	1	0.004	0.000	0.000
18:1	g	0.018	1	0.035	0.002	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.161	0	0.309	0.019	0.002
18:2	g	0.146	1	0.280	0.018	0.001
18:3	g	0.015	1	0.029	0.002	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	9	1	17	1	0
Amino acids:						
Tryptophan	g	0.014	0	0.027	0.002	0.000
Threonine	g	0.040	0	0.077	0.005	0.000
Isoleucine	g	0.036	0	0.069	0.004	0.000
Leucine	g	0.058	0	0.111	0.007	0.001
Lysine	g	0.049	0	0.094	0.006	0.000
Methionine	g	0.013	0	0.025	0.002	0.000
Cystine	g	0.021	0	0.040	0.003	0.000
Phenylalanine	g	0.034	0	0.065	0.004	0.000
Tyrosine	g	0.023	0	0.044	0.003	0.000
Valine	g	0.046	0	0.088	0.006	0.000
Arginine	g	0.053	0	0.102	0.006	0.001
Histidine	g	0.022	0	0.042	0.003	0.000
Alanine	g	0.045	0	0.086	0.005	0.000
Aspartic acid	g	0.157	0	0.301	0.019	0.002
Glutamic acid	g	0.145	0	0.278	0.017	0.001
Glycine	g	0.041	0	0.079	0.005	0.000
Proline	g	0.048	0	0.092	0.006	0.000
Serine	g	0.044	0	0.084	0.005	0.000
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 tablespoon
- Measure 3: 1 slice

NDB No. 11943

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11944 Pickle relish, hot dog

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 15g	Measure 2* 122g	Measure 3*
Proximates:						
Water	g	71.65	0.651	7	10.75	87.41
Energy	kcal	91		0	14	111
Energy	kJ	381		0	57	465
Protein (N x 5.95)	g	1.50	0.050	7	0.23	1.83
Total lipid (fat)	g	0.46	0.043	7	0.07	0.56
Carbohydrate, by difference	g	23.35		0	3.50	28.49
Fiber, total dietary	g	1.5		0	0.2	1.8
Ash	g	3.04	0.159	7	0.46	3.71
Sugars, total	g					
Minerals:						
Calcium	mg	5	3.774	7	1	6
Iron	mg	1.25	0.122	7	0.19	1.52
Magnesium	mg	19	0.167	6	3	23
Phosphorus	mg	40	0.166	6	6	49
Potassium	mg	78	1.078	6	12	95
Sodium	mg	1091	68.545	7	164	1331
Zinc	mg	0.21	0.011	6	0.03	0.26
Copper	mg	0.082	0.003	6	0.012	0.100
Manganese	mg	0.015	0.000	4	0.002	0.018
Selenium	µg	0.0		0	0.0	0.0
Vitamins:						
Ascorbic acid	mg	1.0	0.000	6	0.2	1.2
Thiamin	mg	0.040	0.000	6	0.006	0.049
Riboflavin	mg	0.040	0.000	6	0.006	0.049
Niacin	mg	0.500	0.000	6	0.075	0.610
Pantothenic acid	mg	0.007	0.000	4	0.001	0.009
Vitamin B-6	mg	0.015	0.000	4	0.002	0.018
Folate	µg	1	0.000	4	0	1
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	167	39.553	6	25	204
Vitamin A, RE	µg	17		0	3	21
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.044		0	0.007	0.054
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.000		1	0.000	0.000
12:0	g	0.001		1	0.000	0.001
14:0	g	0.001		1	0.000	0.001
15:0	g					
16:0	g	0.036		1	0.005	0.044
17:0	g					
18:0	g	0.006		1	0.001	0.007
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.227	0	0.034	0.277
14:1	g				
16:1	g	0.001	1	0.000	0.001
18:1	g	0.090	1	0.013	0.110
20:1	g	0.028	1	0.004	0.034
22:1	g	0.109	1	0.016	0.133
Polyunsaturated, total	g	0.110	0	0.017	0.134
18:2	g	0.056	1	0.008	0.068
18:3	g	0.054	1	0.008	0.066
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	0.019	0	0.003	0.023
Threonine	g	0.047	0	0.007	0.057
Isoleucine	g	0.050	0	0.008	0.061
Leucine	g	0.075	0	0.011	0.092
Lysine	g	0.069	0	0.010	0.084
Methionine	g	0.018	0	0.003	0.022
Cystine	g	0.019	0	0.003	0.023
Phenylalanine	g	0.046	0	0.007	0.056
Tyrosine	g	0.032	0	0.005	0.039
Valine	g	0.056	0	0.008	0.068
Arginine	g	0.097	0	0.015	0.118
Histidine	g	0.030	0	0.004	0.037
Alanine	g	0.055	0	0.008	0.067
Aspartic acid	g	0.093	0	0.014	0.113
Glutamic acid	g	0.331	0	0.050	0.404
Glycine	g	0.059	0	0.009	0.072
Proline	g	0.065	0	0.010	0.079
Serine	g	0.049	0	0.007	0.060
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 tablespoon
 Measure 2: 1/2 cup

NDB No. 11944

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11945 Pickle relish, sweet

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 245g	Measure 2* 15g	Measure 3* 10g	
Proximates:							
Water	g	62.07	0.772	7	152.07	9.31	6.21
Energy	kcal	130		0	319	20	13
Energy	kJ	544		0	1333	82	54
Protein (N x 5.95)	g	0.37	0.026	7	0.91	0.06	0.04
Total lipid (fat)	g	0.47	0.047	7	1.15	0.07	0.05
Carbohydrate, by difference	g	35.05		0	85.87	5.26	3.50
Fiber, total dietary	g	1.1		0	2.7	0.2	0.1
Ash	g	2.03	0.051	7	4.97	0.30	0.20
Sugars, total	g						
Minerals:							
Calcium	mg	3	2.500	7	7	0	0
Iron	mg	0.87	0.086	7	2.13	0.13	0.09
Magnesium	mg	5	0.224	6	12	1	1
Phosphorus	mg	14	0.401	6	34	2	1
Potassium	mg	25	0.258	6	61	4	3
Sodium	mg	811	18.603	7	1987	122	81
Zinc	mg	0.14	0.013	7	0.34	0.02	0.01
Copper	mg	0.085	0.002	6	0.208	0.013	0.009
Manganese	mg	0.015	0.000	4	0.037	0.002	0.002
Selenium	µg	0.0		0	0.0	0.0	0.0
Vitamins:							
Ascorbic acid	mg	1.0	0.000	6	2.5	0.2	0.1
Thiamin	mg	0.000	0.000	6	0.000	0.000	0.000
Riboflavin	mg	0.033	0.002	6	0.081	0.005	0.003
Niacin	mg	0.233	0.021	6	0.571	0.035	0.023
Pantothenic acid	mg	0.007	0.000	4	0.017	0.001	0.001
Vitamin B-6	mg	0.015	0.000	4	0.037	0.002	0.002
Folate	µg	1	0.000	4	2	0	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	155	16.882	6	380	23	16
Vitamin A, RE	µg	16		0	39	2	2
Vitamin E, α-TE	mg	0.040		0	0.098	0.006	0.004
Lipids:							
Saturated, total	g	0.055		0	0.135	0.008	0.006
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		2	0.000	0.000	0.000
12:0	g	0.001		2	0.002	0.000	0.000
14:0	g	0.001		2	0.002	0.000	0.000
15:0	g						
16:0	g	0.045		2	0.110	0.007	0.004
17:0	g						
18:0	g	0.007		2	0.017	0.001	0.001
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.209	0	0.512	0.031	0.021
14:1	g					
16:1	g	0.001	2	0.002	0.000	0.000
18:1	g	0.090	2	0.221	0.013	0.009
20:1	g	0.024	2	0.059	0.004	0.002
22:1	g	0.094	2	0.230	0.014	0.009
Polyunsaturated, total	g	0.121	0	0.296	0.018	0.012
18:2	g	0.059	2	0.145	0.009	0.006
18:3	g	0.063	2	0.154	0.009	0.006
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.004	0	0.010	0.001	0.000
Threonine	g	0.011	0	0.027	0.002	0.001
Isoleucine	g	0.012	0	0.029	0.002	0.001
Leucine	g	0.017	0	0.042	0.003	0.002
Lysine	g	0.016	0	0.039	0.002	0.002
Methionine	g	0.004	0	0.010	0.001	0.000
Cystine	g	0.003	0	0.007	0.000	0.000
Phenylalanine	g	0.011	0	0.027	0.002	0.001
Tyrosine	g	0.007	0	0.017	0.001	0.001
Valine	g	0.013	0	0.032	0.002	0.001
Arginine	g	0.023	0	0.056	0.003	0.002
Histidine	g	0.006	0	0.015	0.001	0.001
Alanine	g	0.013	0	0.032	0.002	0.001
Aspartic acid	g	0.022	0	0.054	0.003	0.002
Glutamic acid	g	0.093	0	0.228	0.014	0.009
Glycine	g	0.014	0	0.034	0.002	0.001
Proline	g	0.012	0	0.029	0.002	0.001
Serine	g	0.011	0	0.027	0.002	0.001
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 tablespoon
- Measure 3: 1 packet (2/3 tablespoon)

NDB No. 11945

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11946 Pickle, cucumber, sour, low sodium

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 143g	Measure 2* 155g	Measure 3* 135g	
Proximates:							
Water	g	94.08	0.057	6	134.53	145.82	127.01
Energy	kcal	11		0	16	17	15
Energy	kJ	46		0	66	71	62
Protein (N x 5.95)	g	0.33	0.021	6	0.47	0.51	0.45
Total lipid (fat)	g	0.20	0.000	6	0.29	0.31	0.27
Carbohydrate, by difference	g	2.25		0	3.22	3.49	3.04
Fiber, total dietary	g	1.2		0	1.7	1.9	1.6
Ash	g	3.13	0.021	6	4.48	4.85	4.23
Sugars, total	g						
Minerals:							
Calcium	mg	0	0.000	6	0	0	0
Iron	mg	0.40	0.000	6	0.57	0.62	0.54
Magnesium	mg	4	0.000	6	6	6	5
Phosphorus	mg	14	0.224	6	20	22	19
Potassium	mg	23	0.671	6	33	36	31
Sodium	mg	18		1	26	28	24
Zinc	mg	0.02	0.002	6	0.03	0.03	0.03
Copper	mg	0.085	0.002	6	0.122	0.132	0.115
Manganese	mg						
Selenium	µg	0.0		0	0.0	0.0	0.0
Vitamins:							
Ascorbic acid	mg	1.0	0.000	6	1.4	1.6	1.4
Thiamin	mg	0.000	0.000	6	0.000	0.000	0.000
Riboflavin	mg	0.010	0.000	6	0.014	0.016	0.014
Niacin	mg	0.000	0.000	6	0.000	0.000	0.000
Pantothenic acid	mg						
Vitamin B-6	mg	0.009		0	0.013	0.014	0.012
Folate	µg	1		0	1	1	1
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	145	15.652	6	207	225	196
Vitamin A, RE	µg	15		0	21	23	20
Vitamin E, α-TE	mg	0.050		0	0.072	0.078	0.068
Lipids:							
Saturated, total	g	0.052		0	0.074	0.081	0.070
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.002		1	0.003	0.003	0.003
14:0	g	0.002		1	0.003	0.003	0.003
15:0	g						
16:0	g	0.044		1	0.063	0.068	0.059
17:0	g						
18:0	g	0.005		1	0.007	0.008	0.007
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.003	0	0.004	0.005	0.004
14:1	g					
16:1	g	0.000	1	0.000	0.000	0.000
18:1	g	0.003	1	0.004	0.005	0.004
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.082	0	0.117	0.127	0.111
18:2	g	0.035	1	0.050	0.054	0.047
18:3	g	0.047	1	0.067	0.073	0.063
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	14	1	20	22	19
Amino acids:						
Tryptophan	g	0.003	0	0.004	0.005	0.004
Threonine	g	0.009	0	0.013	0.014	0.012
Isoleucine	g	0.010	0	0.014	0.016	0.014
Leucine	g	0.014	0	0.020	0.022	0.019
Lysine	g	0.014	0	0.020	0.022	0.019
Methionine	g	0.003	0	0.004	0.005	0.004
Cystine	g	0.002	0	0.003	0.003	0.003
Phenylalanine	g	0.009	0	0.013	0.014	0.012
Tyrosine	g	0.006	0	0.009	0.009	0.008
Valine	g	0.011	0	0.016	0.017	0.015
Arginine	g	0.021	0	0.030	0.033	0.028
Histidine	g	0.005	0	0.007	0.008	0.007
Alanine	g	0.011	0	0.016	0.017	0.015
Aspartic acid	g	0.020	0	0.029	0.031	0.027
Glutamic acid	g	0.095	0	0.136	0.147	0.128
Glycine	g	0.012	0	0.017	0.019	0.016
Proline	g	0.008	0	0.011	0.012	0.011
Serine	g	0.010	0	0.014	0.016	0.014
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, chopped or diced
- Measure 2: 1 cup (about 23 slices)
- Measure 3: 1 large (4" long)

NDB No. 11946

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11947 Pickles, cucumber, dill, low sodium

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 65g	Measure 2* 6g	Measure 3*
Proximates:						
Water	g	91.67	0.445	85	59.59	5.50
Energy	kcal	18		0	12	1
Energy	kJ	75		0	49	5
Protein (N x 5.95)	g	0.62	0.028	84	0.40	0.04
Total lipid (fat)	g	0.19	0.006	84	0.12	0.01
Carbohydrate, by difference	g	4.13		0	2.68	0.25
Fiber, total dietary	g	1.2		0	0.8	0.1
Ash	g	3.40	0.051	84	2.21	0.20
Sugars, total	g					
Minerals:						
Calcium	mg	9	3.200	84	6	1
Iron	mg	0.53	0.021	84	0.34	0.03
Magnesium	mg	11	0.394	74	7	1
Phosphorus	mg	21	0.744	74	14	1
Potassium	mg	116	4.575	74	75	7
Sodium	mg	18		1	12	1
Zinc	mg	0.14	0.006	76	0.09	0.01
Copper	mg	0.079	0.002	74	0.051	0.005
Manganese	mg	0.015	0.005	2	0.010	0.001
Selenium	µg	0.0		0	0.0	0.0
Vitamins:						
Ascorbic acid	mg	1.9	0.145	74	1.2	0.1
Thiamin	mg	0.014	0.001	75	0.009	0.001
Riboflavin	mg	0.029	0.001	75	0.019	0.002
Niacin	mg	0.060	0.010	74	0.039	0.004
Pantothenic acid	mg	0.054	0.012	3	0.035	0.003
Vitamin B-6	mg	0.013	0.007	3	0.008	0.001
Folate	µg	1	0.571	5	1	0
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	329	18.430	74	214	20
Vitamin A, RE	µg	33		0	21	2
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.048		0	0.031	0.003
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.002		3	0.001	0.000
14:0	g	0.002		3	0.001	0.000
15:0	g					
16:0	g	0.041		3	0.027	0.002
17:0	g					
18:0	g	0.005		3	0.003	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.003		0	0.002	0.000
14:1	g					
16:1	g	0.000		3	0.000	0.000
18:1	g	0.003		3	0.002	0.000
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.077		0	0.050	0.005
18:2	g	0.033		3	0.021	0.002
18:3	g	0.044		3	0.029	0.003
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg	14	0.000	3	9	1
Amino acids:						
Tryptophan	g	0.005		0	0.003	0.000
Threonine	g	0.017		0	0.011	0.001
Isoleucine	g	0.019		0	0.012	0.001
Leucine	g	0.026		0	0.017	0.002
Lysine	g	0.026		0	0.017	0.002
Methionine	g	0.005		0	0.003	0.000
Cystine	g	0.004		0	0.003	0.000
Phenylalanine	g	0.017		0	0.011	0.001
Tyrosine	g	0.010		0	0.007	0.001
Valine	g	0.020		0	0.013	0.001
Arginine	g	0.040		0	0.026	0.002
Histidine	g	0.009		0	0.006	0.001
Alanine	g	0.021		0	0.014	0.001
Aspartic acid	g	0.037		0	0.024	0.002
Glutamic acid	g	0.177		0	0.115	0.011
Glycine	g	0.022		0	0.014	0.001
Proline	g	0.014		0	0.009	0.001
Serine	g	0.018		0	0.012	0.001
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 medium
 Measure 2: 1 slice

NDB No. 11947

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11948 Pickle, cucumber, sweet, low sodium

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 170g	Measure 3* 35g	
Proximates:							
Water	g	65.26	0.811	48	104.42	110.94	22.84
Energy	kcal	117		0	187	199	41
Energy	kJ	490		0	784	833	172
Protein (N x 5.95)	g	0.37	0.021	48	0.59	0.63	0.13
Total lipid (fat)	g	0.26	0.012	48	0.42	0.44	0.09
Carbohydrate, by difference	g	31.81		0	50.90	54.08	11.13
Fiber, total dietary	g	1.1		0	1.8	1.9	0.4
Ash	g	2.30	0.043	48	3.68	3.91	0.81
Sugars, total	g						
Minerals:							
Calcium	mg	4	1.510	48	6	7	1
Iron	mg	0.59	0.030	48	0.94	1.00	0.21
Magnesium	mg	4	0.555	44	6	7	1
Phosphorus	mg	12	0.697	44	19	20	4
Potassium	mg	32	6.527	44	51	54	11
Sodium	mg	18		1	29	31	6
Zinc	mg	0.08	0.009	45	0.13	0.14	0.03
Copper	mg	0.105	0.008	44	0.168	0.179	0.037
Manganese	mg	0.015	0.005	2	0.024	0.026	0.005
Selenium	µg	0.0		0	0.0	0.0	0.0
Vitamins:							
Ascorbic acid	mg	1.2	0.149	44	1.9	2.0	0.4
Thiamin	mg	0.009	0.001	44	0.014	0.015	0.003
Riboflavin	mg	0.032	0.001	44	0.051	0.054	0.011
Niacin	mg	0.174	0.024	44	0.278	0.296	0.061
Pantothenic acid	mg	0.120	0.080	2	0.192	0.204	0.042
Vitamin B-6	mg	0.015	0.005	2	0.024	0.026	0.005
Folate	µg	1	0.375	2	2	2	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	126	9.482	44	202	214	44
Vitamin A, RE	µg	13		0	21	22	5
Vitamin E, α-TE	mg	0.160		0	0.256	0.272	0.056
Lipids:							
Saturated, total	g	0.067		0	0.107	0.114	0.023
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.002		1	0.003	0.003	0.001
14:0	g	0.002		1	0.003	0.003	0.001
15:0	g						
16:0	g	0.056		1	0.090	0.095	0.020
17:0	g						
18:0	g	0.006		1	0.010	0.010	0.002
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.006	0.007	0.001
14:1	g					
16:1	g	0.000	1	0.000	0.000	0.000
18:1	g	0.004	1	0.006	0.007	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.106	0	0.170	0.180	0.037
18:2	g	0.046	1	0.074	0.078	0.016
18:3	g	0.060	1	0.096	0.102	0.021
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	14	1	22	24	5
Amino acids:						
Tryptophan	g	0.003	0	0.005	0.005	0.001
Threonine	g	0.010	0	0.016	0.017	0.004
Isoleucine	g	0.012	0	0.019	0.020	0.004
Leucine	g	0.016	0	0.026	0.027	0.006
Lysine	g	0.015	0	0.024	0.026	0.005
Methionine	g	0.003	0	0.005	0.005	0.001
Cystine	g	0.002	0	0.003	0.003	0.001
Phenylalanine	g	0.010	0	0.016	0.017	0.004
Tyrosine	g	0.006	0	0.010	0.010	0.002
Valine	g	0.012	0	0.019	0.020	0.004
Arginine	g	0.024	0	0.038	0.041	0.008
Histidine	g	0.005	0	0.008	0.009	0.002
Alanine	g	0.013	0	0.021	0.022	0.005
Aspartic acid	g	0.022	0	0.035	0.037	0.008
Glutamic acid	g	0.106	0	0.170	0.180	0.037
Glycine	g	0.013	0	0.021	0.022	0.005
Proline	g	0.008	0	0.013	0.014	0.003
Serine	g	0.011	0	0.018	0.019	0.004
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, chopped or diced
- Measure 2: 1 cup, sliced
- Measure 3: 1 large

NDB No. 11948

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11949 Catsup, low sodium

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 15g	Measure 3* 6g	
Proximates:							
Water	g	66.58	0.266	33	159.79	9.99	3.99
Energy	kcal	104		0	250	16	6
Energy	kJ	435		0	1044	65	26
Protein (N x 5.95)	g	1.52	0.044	30	3.65	0.23	0.09
Total lipid (fat)	g	0.36	0.011	30	0.86	0.05	0.02
Carbohydrate, by difference	g	27.29		0	65.50	4.09	1.64
Fiber, total dietary	g	1.3		0	3.1	0.2	0.1
Ash	g	4.26	0.076	30	10.22	0.64	0.26
Sugars, total	g						
Minerals:							
Calcium	mg	19	0.535	45	46	3	1
Iron	mg	0.70	0.033	46	1.68	0.11	0.04
Magnesium	mg	22	0.611	45	53	3	1
Phosphorus	mg	39	1.071	44	94	6	2
Potassium	mg	481	14.969	46	1154	72	29
Sodium	mg	20		1	48	3	1
Zinc	mg	0.23	0.005	44	0.55	0.03	0.01
Copper	mg	0.206	0.008	45	0.494	0.031	0.012
Manganese	mg	0.136	0.005	18	0.326	0.020	0.008
Selenium	µg	0.8		0	1.9	0.1	0.0
Vitamins:							
Ascorbic acid	mg	15.1	1.113	30	36.2	2.3	0.9
Thiamin	mg	0.089	0.004	30	0.214	0.013	0.005
Riboflavin	mg	0.073	0.003	30	0.175	0.011	0.004
Niacin	mg	1.367	0.038	30	3.281	0.205	0.082
Pantothenic acid	mg	0.143	0.046	5	0.343	0.021	0.009
Vitamin B-6	mg	0.175	0.015	2	0.420	0.026	0.011
Folate	µg	15	4.960	5	36	2	1
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	1016	68.417	30	2438	152	61
Vitamin A, RE	µg	102		0	245	15	6
Vitamin E, α-TE	mg	1.465		0	3.516	0.220	0.088
Lipids:							
Saturated, total	g	0.049		0	0.118	0.007	0.003
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		1	0.000	0.000	0.000
15:0	g						
16:0	g	0.036		1	0.086	0.005	0.002
17:0	g						
18:0	g	0.014		1	0.034	0.002	0.001
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.055	0	0.132	0.008	0.003
14:1	g					
16:1	g	0.002	1	0.005	0.000	0.000
18:1	g	0.053	1	0.127	0.008	0.003
20:1	g	0.000	1	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.147	0	0.353	0.022	0.009
18:2	g	0.142	1	0.341	0.021	0.009
18:3	g	0.005	1	0.012	0.001	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	7	1	17	1	0
Amino acids:						
Tryptophan	g	0.010	0	0.024	0.002	0.001
Threonine	g	0.035	0	0.084	0.005	0.002
Isoleucine	g	0.029	0	0.070	0.004	0.002
Leucine	g	0.042	0	0.101	0.006	0.003
Lysine	g	0.043	0	0.103	0.006	0.003
Methionine	g	0.008	0	0.019	0.001	0.000
Cystine	g	0.009	0	0.022	0.001	0.001
Phenylalanine	g	0.032	0	0.077	0.005	0.002
Tyrosine	g	0.020	0	0.048	0.003	0.001
Valine	g	0.031	0	0.074	0.005	0.002
Arginine	g	0.030	0	0.072	0.004	0.002
Histidine	g	0.024	0	0.058	0.004	0.001
Alanine	g	0.048	0	0.115	0.007	0.003
Aspartic acid	g	0.190	0	0.456	0.029	0.011
Glutamic acid	g	0.607	0	1.457	0.091	0.036
Glycine	g	0.025	0	0.060	0.004	0.002
Proline	g	0.033	0	0.079	0.005	0.002
Serine	g	0.036	0	0.086	0.005	0.002
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 tablespoon
- Measure 3: 1 packet

NDB No. 11949

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11950 Mushrooms, enoki, raw
Pholiota nameko

Refuse: 16% Stems and trimmings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 5g	Measure 2* 3g	Measure 3*
Proximates:						
Water	g	89.36	0.374	2	4.47	2.68
Energy	kcal	34		0	2	1
Energy	kJ	142		0	7	4
Protein (N x 5.95)	g	2.37	0.235	2	0.12	0.07
Total lipid (fat)	g	0.39	0.125	2	0.02	0.01
Carbohydrate, by difference	g	7.02		0	0.35	0.21
Fiber, total dietary	g	2.6		1	0.1	0.1
Ash	g	0.85	0.050	2	0.04	0.03
Sugars, total	g					
Minerals:						
Calcium	mg	1	0.150	2	0	0
Iron	mg	0.89	0.000	1	0.04	0.03
Magnesium	mg	16	0.900	2	1	0
Phosphorus	mg	113	5.500	2	6	3
Potassium	mg	381	15.000	2	19	11
Sodium	mg	3	0.500	2	0	0
Zinc	mg	0.57	0.001	2	0.03	0.02
Copper	mg	0.067	0.001	2	0.003	0.002
Manganese	mg	0.082	0.011	2	0.004	0.002
Selenium	µg	16.0		0	0.8	0.5
Vitamins:						
Ascorbic acid	mg	11.9	0.457	2	0.6	0.4
Thiamin	mg	0.086	0.022	2	0.004	0.003
Riboflavin	mg	0.105	0.011	2	0.005	0.003
Niacin	mg	3.645	0.035	2	0.182	0.109
Pantothenic acid	mg	0.926	0.069	2	0.046	0.028
Vitamin B-6	mg	0.043	0.009	2	0.002	0.001
Folate	µg	30	11.241	2	2	1
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	7		1	0	0
Vitamin A, RE	µg	1		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.043		0	0.002	0.001
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.001		1	0.000	0.000
12:0	g	0.005		1	0.000	0.000
14:0	g	0.002		1	0.000	0.000
15:0	g					
16:0	g	0.027		1	0.001	0.001
17:0	g					
18:0	g	0.009		1	0.000	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.000	0.000
14:1	g				
16:1	g				
18:1	g	0.007	1	0.000	0.000
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.161	0	0.008	0.005
18:2	g	0.160	1	0.008	0.005
18:3	g	0.001	1	0.000	0.000
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	0.003	0.002
Threonine	g	0.104	0	0.005	0.003
Isoleucine	g	0.048	0	0.002	0.001
Leucine	g	0.132	0	0.007	0.004
Lysine	g	0.176	0	0.009	0.005
Methionine	g	0.036	0	0.002	0.001
Cystine	g				
Phenylalanine	g	0.128	0	0.006	0.004
Tyrosine	g	0.108	0	0.005	0.003
Valine	g	0.080	0	0.004	0.002
Arginine	g	0.196	0	0.010	0.006
Histidine	g	0.060	0	0.003	0.002
Alanine	g	0.176	0	0.009	0.005
Aspartic acid	g	0.276	0	0.014	0.008
Glutamic acid	g	0.340	0	0.017	0.010
Glycine	g	0.116	0	0.006	0.003
Proline	g	0.208	0	0.010	0.006
Serine	g	0.104	0	0.005	0.003
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 large
 Measure 2: 1 medium

NDB No. 11950

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11951 Peppers, sweet, yellow, raw
Capsicum annuum

Refuse: 18% Stem ends, seeds and core

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 186g	Measure 2* 52g	Measure 3*
Proximates:						
Water	g	92.02	0.076	2	171.16	47.85
Energy	kcal	27		0	50	14
Energy	kJ	113		0	210	59
Protein (N x 5.95)	g	1.00	0.000	2	1.86	0.52
Total lipid (fat)	g	0.21	0.040	2	0.39	0.11
Carbohydrate, by difference	g	6.32		0	11.76	3.29
Fiber, total dietary	g	0.9		1	1.7	0.5
Ash	g	0.45	0.050	2	0.84	0.23
Sugars, total	g					
Minerals:						
Calcium	mg	11	1.600	2	20	6
Iron	mg	0.46	0.000	4	0.86	0.24
Magnesium	mg	12	0.400	2	22	6
Phosphorus	mg	24	3.500	2	45	12
Potassium	mg	212	16.500	2	394	110
Sodium	mg	2	0.500	2	4	1
Zinc	mg	0.17		1	0.32	0.09
Copper	mg	0.107		1	0.199	0.056
Manganese	mg	0.117	0.042	2	0.218	0.061
Selenium	µg	0.3		0	0.6	0.2
Vitamins:						
Ascorbic acid	mg	183.5	19.039	2	341.3	95.4
Thiamin	mg	0.028	0.001	2	0.052	0.015
Riboflavin	mg	0.025	0.001	2	0.047	0.013
Niacin	mg	0.890	0.001	2	1.655	0.463
Pantothenic acid	mg	0.168	0.007	2	0.312	0.087
Vitamin B-6	mg	0.168	0.012	2	0.312	0.087
Folate	µg	26	1.823	2	48	14
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	238		1	443	124
Vitamin A, RE	µg	24		0	45	12
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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	0.013	0	0.024	0.007
Threonine	g	0.037	0	0.069	0.019
Isoleucine	g	0.032	0	0.060	0.017
Leucine	g	0.052	0	0.097	0.027
Lysine	g	0.044	0	0.082	0.023
Methionine	g	0.012	0	0.022	0.006
Cystine	g	0.019	0	0.035	0.010
Phenylalanine	g	0.031	0	0.058	0.016
Tyrosine	g	0.021	0	0.039	0.011
Valine	g	0.042	0	0.078	0.022
Arginine	g	0.048	0	0.089	0.025
Histidine	g	0.020	0	0.037	0.010
Alanine	g	0.041	0	0.076	0.021
Aspartic acid	g	0.143	0	0.266	0.074
Glutamic acid	g	0.132	0	0.246	0.069
Glycine	g	0.037	0	0.069	0.019
Proline	g	0.044	0	0.082	0.023
Serine	g	0.040	0	0.074	0.021
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 large pepper (3-3/4" long, 3" dia)
- Measure 2: 10 strips

NDB No. 11951

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11952 Radicchio, raw
Cichorium intybus

Refuse: 9% Core and leaf ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 40g	Measure 2* 8g	Measure 3*
Proximates:						
Water	g	93.14	1.140	2	37.26	7.45
Energy	kcal	23		0	9	2
Energy	kJ	96		0	38	8
Protein (N x 5.95)	g	1.43	0.275	2	0.57	0.11
Total lipid (fat)	g	0.25	0.090	2	0.10	0.02
Carbohydrate, by difference	g	4.48		0	1.79	0.36
Fiber, total dietary	g	0.9		0	0.4	0.1
Ash	g	0.70	0.100	2	0.28	0.06
Sugars, total	g					
Minerals:						
Calcium	mg	19	2.100	2	8	2
Iron	mg	0.57	0.000	1	0.23	0.05
Magnesium	mg	13	4.450	2	5	1
Phosphorus	mg	40	10.000	2	16	3
Potassium	mg	302	22.000	2	121	24
Sodium	mg	22	19.500	2	9	2
Zinc	mg	0.62	0.261	2	0.25	0.05
Copper	mg	0.341	0.231	2	0.136	0.027
Manganese	mg	0.138	0.023	2	0.055	0.011
Selenium	µg	0.9		0	0.4	0.1
Vitamins:						
Ascorbic acid	mg	8.0	3.973	2	3.2	0.6
Thiamin	mg	0.016	0.005	2	0.006	0.001
Riboflavin	mg	0.028	0.005	2	0.011	0.002
Niacin	mg	0.255	0.035	2	0.102	0.020
Pantothenic acid	mg	0.269	0.100	2	0.108	0.022
Vitamin B-6	mg	0.057	0.029	2	0.023	0.005
Folate	µg	60	17.439	2	24	5
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	27		1	11	2
Vitamin A, RE	µg	3		0	1	0
Vitamin E, α-TE	mg	2.260		0	0.904	0.181
Lipids:						
Saturated, total	g	0.060		0	0.024	0.005
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.003		0	0.001	0.000
15:0	g					
16:0	g	0.052		0	0.021	0.004
17:0	g					
18:0	g	0.003		0	0.001	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.010	0	0.004	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.005	0	0.002	0.000
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.110	0	0.044	0.009
18:2	g	0.093	0	0.037	0.007
18:3	g	0.016	0	0.006	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.026	0	0.010	0.002
Threonine	g	0.040	0	0.016	0.003
Isoleucine	g	0.085	0	0.034	0.007
Leucine	g	0.062	0	0.025	0.005
Lysine	g	0.056	0	0.022	0.004
Methionine	g	0.008	0	0.003	0.001
Cystine	g				
Phenylalanine	g	0.034	0	0.014	0.003
Tyrosine	g				
Valine	g	0.065	0	0.026	0.005
Arginine	g	0.105	0	0.042	0.008
Histidine	g	0.024	0	0.010	0.002
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, shredded
 Measure 2: 1 leaf

NDB No. 11952

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11953 Squash, zucchini, baby, raw
Cucurbita spp.

Refuse: 13% Ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 16g	Measure 2* 11g	Measure 3*
Proximates:						
Water	g	92.73	0.301	2	14.84	10.20
Energy	kcal	21		0	3	2
Energy	kJ	88		0	14	10
Protein (N x 5.95)	g	2.71	0.225	2	0.43	0.30
Total lipid (fat)	g	0.40	0.060	2	0.06	0.04
Carbohydrate, by difference	g	3.10		0	0.50	0.34
Fiber, total dietary	g	1.1		1	0.2	0.1
Ash	g	1.05	0.050	2	0.17	0.12
Sugars, total	g					
Minerals:						
Calcium	mg	21	1.800	2	3	2
Iron	mg	0.79	0.000	1	0.13	0.09
Magnesium	mg	33	4.800	2	5	4
Phosphorus	mg	93	13.000	2	15	10
Potassium	mg	459	17.500	2	73	50
Sodium	mg	3	1.500	2	0	0
Zinc	mg	0.83	0.044	2	0.13	0.09
Copper	mg	0.097	0.005	2	0.016	0.011
Manganese	mg	0.196	0.021	2	0.031	0.022
Selenium	µg	0.3		0	0.0	0.0
Vitamins:						
Ascorbic acid	mg	34.1	6.877	2	5.5	3.8
Thiamin	mg	0.042	0.007	2	0.007	0.005
Riboflavin	mg	0.036	0.007	2	0.006	0.004
Niacin	mg	0.705	0.015	2	0.113	0.078
Pantothenic acid	mg	0.367	0.059	2	0.059	0.040
Vitamin B-6	mg	0.142	0.021	2	0.023	0.016
Folate	µg	20	2.648	2	3	2
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	490		1	78	54
Vitamin A, RE	µg	49		0	8	5
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.083		0	0.013	0.009
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.003		1	0.000	0.000
14:0	g					
15:0	g					
16:0	g	0.071		1	0.011	0.008
17:0	g					
18:0	g	0.009		1	0.001	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.031	0	0.005	0.003
14:1	g				
16:1	g	0.003	1	0.000	0.000
18:1	g	0.029	1	0.005	0.003
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.169	0	0.027	0.019
18:2	g	0.063	1	0.010	0.007
18:3	g	0.106	1	0.017	0.012
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	0.024	0	0.004	0.003
Threonine	g	0.066	0	0.011	0.007
Isoleucine	g	0.098	0	0.016	0.011
Leucine	g	0.159	0	0.025	0.017
Lysine	g	0.151	0	0.024	0.017
Methionine	g	0.039	0	0.006	0.004
Cystine	g	0.029	0	0.005	0.003
Phenylalanine	g	0.096	0	0.015	0.011
Tyrosine	g	0.073	0	0.012	0.008
Valine	g	0.123	0	0.020	0.014
Arginine	g	0.115	0	0.018	0.013
Histidine	g	0.059	0	0.009	0.006
Alanine	g	0.142	0	0.023	0.016
Aspartic acid	g	0.332	0	0.053	0.037
Glutamic acid	g	0.291	0	0.047	0.032
Glycine	g	0.103	0	0.016	0.011
Proline	g	0.085	0	0.014	0.009
Serine	g	0.111	0	0.018	0.012
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 large
 Measure 2: 1 medium

NDB No. 11953

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11954 Tomatillos, raw
Physalis ixocarpa

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 34g	Measure 2* 66g	Measure 3*
Proximates:						
Water	g	91.63	1.074	2	31.15	60.48
Energy	kcal	32		0	11	21
Energy	kJ	134		0	46	88
Protein (N x 5.95)	g	0.96	0.005	2	0.33	0.63
Total lipid (fat)	g	1.02	0.165	2	0.35	0.67
Carbohydrate, by difference	g	5.83		0	1.98	3.85
Fiber, total dietary	g	1.9		0	0.6	1.3
Ash	g	0.55	0.050	2	0.19	0.36
Sugars, total	g					
Minerals:						
Calcium	mg	7	0.450	2	2	5
Iron	mg	0.62	0.000	1	0.21	0.41
Magnesium	mg	20	2.750	2	7	13
Phosphorus	mg	39	8.500	2	13	26
Potassium	mg	268	33.000	2	91	177
Sodium	mg	1	0.000	2	0	1
Zinc	mg	0.22	0.005	2	0.07	0.15
Copper	mg	0.079	0.016	2	0.027	0.052
Manganese	mg	0.153	0.003	2	0.052	0.101
Selenium	µg	0.5		0	0.2	0.3
Vitamins:						
Ascorbic acid	mg	11.7	7.428	2	4.0	7.7
Thiamin	mg	0.044	0.001	2	0.015	0.029
Riboflavin	mg	0.035	0.007	2	0.012	0.023
Niacin	mg	1.850	0.350	2	0.629	1.221
Pantothenic acid	mg	0.150	0.048	2	0.051	0.099
Vitamin B-6	mg	0.056	0.000	2	0.019	0.037
Folate	µg	7	0.209	2	2	5
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	114		1	39	75
Vitamin A, RE	µg	11		0	4	7
Vitamin E, α-TE	mg	0.380		0	0.129	0.251
Lipids:						
Saturated, total	g	0.139		0	0.047	0.092
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.102		0	0.035	0.067
17:0	g					
18:0	g	0.040		0	0.014	0.026
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.155	0	0.053	0.102
14:1	g				
16:1	g	0.006	0	0.002	0.004
18:1	g	0.152	0	0.052	0.100
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.417	0	0.142	0.275
18:2	g	0.402	0	0.137	0.265
18:3	g	0.016	0	0.005	0.011
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 medium
- Measure 2: 1/2 cup chopped or diced

NDB No. 11954

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11955 Tomatoes, sun-dried

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 54g	Measure 2* 2g	Measure 3*
Proximates:						
Water	g	14.56	1	7.86	0.29	
Energy	kcal	258	0	139	5	
Energy	kJ	1079	0	583	22	
Protein (N x 5.95)	g	14.11	1	7.62	0.28	
Total lipid (fat)	g	2.97	1	1.60	0.06	
Carbohydrate, by difference	g	55.76	0	30.11	1.12	
Fiber, total dietary	g	12.3	0	6.6	0.2	
Ash	g	12.60	1	6.80	0.25	
Sugars, total	g					
Minerals:						
Calcium	mg	110	1	59	2	
Iron	mg	9.09	0.000	4.91	0.18	
Magnesium	mg	194	1	105	4	
Phosphorus	mg	356	1	192	7	
Potassium	mg	3427	1	1851	69	
Sodium	mg	2095	1	1131	42	
Zinc	mg	1.99	1	1.07	0.04	
Copper	mg	1.423	1	0.768	0.028	
Manganese	mg	1.846	1	0.997	0.037	
Selenium	µg	5.5	0	3.0	0.1	
Vitamins:						
Ascorbic acid	mg	39.2	1	21.2	0.8	
Thiamin	mg	0.528	1	0.285	0.011	
Riboflavin	mg	0.489	1	0.264	0.010	
Niacin	mg	9.050	1	4.887	0.181	
Pantothenic acid	mg	2.087	1	1.127	0.042	
Vitamin B-6	mg	0.332	1	0.179	0.007	
Folate	µg	68	1	37	1	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	874	1	472	17	
Vitamin A, RE	µg	87	0	47	2	
Vitamin E, α-TE	mg	0.010	0	0.005	0.000	
Lipids:						
Saturated, total	g	0.426	0	0.230	0.009	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.004	1	0.002	0.000	
15:0	g					
16:0	g	0.326	1	0.176	0.007	
17:0	g					
18:0	g	0.096	1	0.052	0.002	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.487	0	0.263	0.010
14:1	g				
16:1	g	0.011	1	0.006	0.000
18:1	g	0.476	1	0.257	0.010
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.115	0	0.602	0.022
18:2	g	1.104	1	0.596	0.022
18:3	g	0.011	1	0.006	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.104	0	0.056	0.002
Threonine	g	0.357	0	0.193	0.007
Isoleucine	g	0.339	0	0.183	0.007
Leucine	g	0.517	0	0.279	0.010
Lysine	g	0.519	0	0.280	0.010
Methionine	g	0.122	0	0.066	0.002
Cystine	g	0.183	0	0.099	0.004
Phenylalanine	g	0.366	0	0.198	0.007
Tyrosine	g	0.242	0	0.131	0.005
Valine	g	0.361	0	0.195	0.007
Arginine	g	0.343	0	0.185	0.007
Histidine	g	0.214	0	0.116	0.004
Alanine	g	0.402	0	0.217	0.008
Aspartic acid	g	1.957	0	1.057	0.039
Glutamic acid	g	5.202	0	2.809	0.104
Glycine	g	0.348	0	0.188	0.007
Proline	g	0.266	0	0.144	0.005
Serine	g	0.375	0	0.203	0.008
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 piece

NDB No. 11955

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11956 Tomatoes, sun-dried, packed in oil, drained

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 110g	Measure 2* 3g	Measure 3*
Proximates:						
Water	g	53.83	1	59.21	1.61	
Energy	kcal	213	0	234	6	
Energy	kJ	891	0	980	27	
Protein (N x 5.95)	g	5.06	1	5.57	0.15	
Total lipid (fat)	g	14.08	1	15.49	0.42	
Carbohydrate, by difference	g	23.33	0	25.66	0.70	
Fiber, total dietary	g	5.8	1	6.4	0.2	
Ash	g	3.70	1	4.07	0.11	
Sugars, total	g					
Minerals:						
Calcium	mg	47	1	52	1	
Iron	mg	2.67	0.000	2.94	0.08	
Magnesium	mg	81	1	89	2	
Phosphorus	mg	139	1	153	4	
Potassium	mg	1565	1	1722	47	
Sodium	mg	266	1	293	8	
Zinc	mg	0.78	1	0.86	0.02	
Copper	mg	0.473	1	0.520	0.014	
Manganese	mg	0.466	1	0.513	0.014	
Selenium	µg	3.0	0	3.3	0.1	
Vitamins:						
Ascorbic acid	mg	101.8	1	112.0	3.1	
Thiamin	mg	0.193	1	0.212	0.006	
Riboflavin	mg	0.383	1	0.421	0.011	
Niacin	mg	3.630	1	3.993	0.109	
Pantothenic acid	mg	0.479	1	0.527	0.014	
Vitamin B-6	mg	0.319	1	0.351	0.010	
Folate	µg	23	1	25	1	
Vitamin B-12	µg	0.00	0	0.00	0.00	
Vitamin A	IU	1286	1	1415	39	
Vitamin A, RE	µg	129	0	142	4	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	1.893	0	2.082	0.057	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.005	1	0.006	0.000	
15:0	g					
16:0	g	1.548	1	1.703	0.046	
17:0	g					
18:0	g	0.340	1	0.374	0.010	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	8.663	0	9.529	0.260
14:1	g				
16:1	g	0.100	1	0.110	0.003
18:1	g	8.530	1	9.383	0.256
20:1	g	0.033	1	0.036	0.001
22:1	g				
Polyunsaturated, total	g	2.060	0	2.266	0.062
18:2	g	1.982	1	2.180	0.059
18:3	g	0.078	1	0.086	0.002
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	0.037	0	0.041	0.001
Threonine	g	0.128	0	0.141	0.004
Isoleucine	g	0.121	0	0.133	0.004
Leucine	g	0.185	0	0.204	0.006
Lysine	g	0.186	0	0.205	0.006
Methionine	g	0.044	0	0.048	0.001
Cystine	g	0.066	0	0.073	0.002
Phenylalanine	g	0.131	0	0.144	0.004
Tyrosine	g	0.087	0	0.096	0.003
Valine	g	0.130	0	0.143	0.004
Arginine	g	0.123	0	0.135	0.004
Histidine	g	0.077	0	0.085	0.002
Alanine	g	0.144	0	0.158	0.004
Aspartic acid	g	0.702	0	0.772	0.021
Glutamic acid	g	1.865	0	2.051	0.056
Glycine	g	0.125	0	0.138	0.004
Proline	g	0.096	0	0.106	0.003
Serine	g	0.134	0	0.147	0.004
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 piece

NDB No. 11956

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11957 Fennel, bulb, raw
Foeniculum vulgare

Refuse: 28% Stalk, leaves and core

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 87g	Measure 2* 234g	Measure 3*
Proximates:						
Water	g	90.21	3.025	2	78.48	211.09
Energy	kcal	31		0	27	73
Energy	kJ	130		0	113	304
Protein (N x 5.95)	g	1.24	0.525	2	1.08	2.90
Total lipid (fat)	g	0.20	0.075	2	0.17	0.47
Carbohydrate, by difference	g	7.29		0	6.34	17.06
Fiber, total dietary	g	3.1		0	2.7	7.3
Ash	g	1.05	0.150	2	0.91	2.46
Sugars, total	g					
Minerals:						
Calcium	mg	49	7.550	2	43	115
Iron	mg	0.73	0.000	1	0.63	1.70
Magnesium	mg	17	6.200	2	15	40
Phosphorus	mg	50	12.500	2	44	117
Potassium	mg	414	85.000	2	360	969
Sodium	mg	52	13.000	2	45	122
Zinc	mg	0.20	0.048	2	0.17	0.47
Copper	mg	0.066	0.032	2	0.057	0.154
Manganese	mg	0.191	0.043	2	0.166	0.447
Selenium	µg	0.7		0	0.6	1.6
Vitamins:						
Ascorbic acid	mg	12.0	3.820	2	10.4	28.1
Thiamin	mg	0.010	0.001	2	0.009	0.023
Riboflavin	mg	0.032	0.007	2	0.028	0.075
Niacin	mg	0.640	0.210	2	0.557	1.498
Pantothenic acid	mg	0.232	0.114	2	0.202	0.543
Vitamin B-6	mg	0.047	0.021	2	0.041	0.110
Folate	µg	27	12.992	2	23	63
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	134	0.000	4	117	314
Vitamin A, RE	µg	13	0.000	4	11	30
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, sliced
 Measure 2: 1 bulb

NDB No. 11957

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11958 Pickle relish, hamburger

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 15g	Measure 2* 122g	Measure 3*
Proximates:						
Water	g	61.12	1.323	7	9.17	74.57
Energy	kcal	129		0	19	157
Energy	kJ	540		0	81	659
Protein (N x 5.95)	g	0.63	0.084	7	0.09	0.77
Total lipid (fat)	g	0.54	0.057	7	0.08	0.66
Carbohydrate, by difference	g	34.48		0	5.17	42.07
Fiber, total dietary	g	3.2		0	0.5	3.9
Ash	g	3.22	0.124	7	0.48	3.93
Sugars, total	g					
Minerals:						
Calcium	mg	4	3.350	7	1	5
Iron	mg	1.14	0.101	7	0.17	1.39
Magnesium	mg	7	0.307	6	1	9
Phosphorus	mg	17	0.558	6	3	21
Potassium	mg	76	2.813	6	11	93
Sodium	mg	1096	32.544	7	164	1337
Zinc	mg	0.11	0.007	6	0.02	0.13
Copper	mg	0.083	0.004	6	0.012	0.101
Manganese	mg	0.015	0.000	4	0.002	0.018
Selenium	µg	0.0		0	0.0	0.0
Vitamins:						
Ascorbic acid	mg	2.3	0.615	6	0.3	2.8
Thiamin	mg	0.020	0.000	6	0.003	0.024
Riboflavin	mg	0.042	0.002	6	0.006	0.051
Niacin	mg	0.617	0.017	6	0.093	0.753
Pantothenic acid	mg	0.007	0.000	4	0.001	0.009
Vitamin B-6	mg	0.015	0.000	4	0.002	0.018
Folate	µg	1	0.000	4	0	1
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	267	7.601	6	40	326
Vitamin A, RE	µg	27		0	4	33
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.052		0	0.008	0.063
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.000		1	0.000	0.000
12:0	g	0.001		1	0.000	0.001
14:0	g	0.001		1	0.000	0.001
15:0	g					
16:0	g	0.043		1	0.006	0.052
17:0	g					
18:0	g	0.007		1	0.001	0.009
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.269	0	0.040	0.328
14:1	g				
16:1	g	0.001	1	0.000	0.001
18:1	g	0.107	1	0.016	0.131
20:1	g	0.033	1	0.005	0.040
22:1	g	0.129	1	0.019	0.157
Polyunsaturated, total	g	0.131	0	0.020	0.160
18:2	g	0.067	1	0.010	0.082
18:3	g	0.064	1	0.010	0.078
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	0.007	0	0.001	0.009
Threonine	g	0.019	0	0.003	0.023
Isoleucine	g	0.021	0	0.003	0.026
Leucine	g	0.030	0	0.004	0.037
Lysine	g	0.028	0	0.004	0.034
Methionine	g	0.007	0	0.001	0.009
Cystine	g	0.007	0	0.001	0.009
Phenylalanine	g	0.019	0	0.003	0.023
Tyrosine	g	0.012	0	0.002	0.015
Valine	g	0.022	0	0.003	0.027
Arginine	g	0.042	0	0.006	0.051
Histidine	g	0.012	0	0.002	0.015
Alanine	g	0.022	0	0.003	0.027
Aspartic acid	g	0.038	0	0.006	0.046
Glutamic acid	g	0.147	0	0.022	0.179
Glycine	g	0.024	0	0.004	0.029
Proline	g	0.023	0	0.003	0.028
Serine	g	0.020	0	0.003	0.024
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 tablespoon
 Measure 2: 1/2 cup

NDB No. 11958

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11959 Arugula, raw

Eruca sativa

Refuse: 40% Roots, stems and yellowed leaves

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 2g	Measure 2* 10g	Measure 3*
Proximates:						
Water	g	91.71	0.539	2	1.83	9.17
Energy	kcal	25		0	1	3
Energy	kJ	105		0	2	11
Protein (N x 5.95)	g	2.58	0.215	2	0.05	0.26
Total lipid (fat)	g	0.66	0.010	2	0.01	0.07
Carbohydrate, by difference	g	3.65		0	0.07	0.37
Fiber, total dietary	g	1.6		0	0.0	0.2
Ash	g	1.40	0.200	2	0.03	0.14
Sugars, total	g					
Minerals:						
Calcium	mg	160	13.951	2	3	16
Iron	mg	1.46	0.000	4	0.03	0.15
Magnesium	mg	47	8.650	2	1	5
Phosphorus	mg	52	1.500	2	1	5
Potassium	mg	369	33.500	2	7	37
Sodium	mg	27	14.000	2	1	3
Zinc	mg	0.47	0.049	2	0.01	0.05
Copper	mg	0.076	0.034	2	0.002	0.008
Manganese	mg	0.321	0.034	2	0.006	0.032
Selenium	µg	0.3		0	0.0	0.0
Vitamins:						
Ascorbic acid	mg	15.0	0.000	1	0.3	1.5
Thiamin	mg	0.044	0.012	2	0.001	0.004
Riboflavin	mg	0.086	0.025	2	0.002	0.009
Niacin	mg	0.305	0.025	2	0.006	0.031
Pantothenic acid	mg	0.437	0.035	2	0.009	0.044
Vitamin B-6	mg	0.073	0.001	2	0.001	0.007
Folate	µg	97	5.692	2	2	10
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	2373		1	47	237
Vitamin A, RE	µg	237		0	5	24
Vitamin E, α-TE	mg	0.427		0	0.009	0.043
Lipids:						
Saturated, total	g	0.086		0	0.002	0.009
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.003		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.072		0	0.001	0.007
17:0	g					
18:0	g	0.004		0	0.000	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.049	0	0.001	0.005
14:1	g				
16:1	g	0.001	0	0.000	0.000
18:1	g	0.046	0	0.001	0.005
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.319	0	0.006	0.032
18:2	g	0.130	0	0.003	0.013
18:3	g	0.170	0	0.003	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 leaf
 Measure 2: 1/2 cup

NDB No. 11959

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11960 Carrots, baby, raw

Daucus carota

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 15g	Measure 2* 10g	Measure 3*
Proximates:						
Water	g	89.81	1.154	2	13.47	8.98
Energy	kcal	38		0	6	4
Energy	kJ	159		0	24	16
Protein (N x 5.95)	g	0.84	0.055	2	0.13	0.08
Total lipid (fat)	g	0.53	0.275	2	0.08	0.05
Carbohydrate, by difference	g	8.16		0	1.22	0.82
Fiber, total dietary	g	1.8		1	0.3	0.2
Ash	g	0.65	0.050	2	0.10	0.07
Sugars, total	g					
Minerals:						
Calcium	mg	23	0.350	2	3	2
Iron	mg	0.78	0.000	1	0.12	0.08
Magnesium	mg	12	0.450	2	2	1
Phosphorus	mg	38	1.500	2	6	4
Potassium	mg	279	36.500	2	42	28
Sodium	mg	35	0.500	2	5	4
Zinc	mg	0.15	0.046	2	0.02	0.02
Copper	mg	0.047	0.011	2	0.007	0.005
Manganese	mg	0.078	0.011	2	0.012	0.008
Selenium	µg	0.9		0	0.1	0.1
Vitamins:						
Ascorbic acid	mg	8.4	0.273	2	1.3	0.8
Thiamin	mg	0.031	0.004	2	0.005	0.003
Riboflavin	mg	0.050	0.000	4	0.008	0.005
Niacin	mg	0.885	0.005	2	0.133	0.089
Pantothenic acid	mg	0.229	0.129	2	0.034	0.023
Vitamin B-6	mg	0.077	0.021	2	0.012	0.008
Folate	µg	33	4.075	2	5	3
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	15010		2	2252	1501
Vitamin A, RE	µg	1501		2	225	150
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.092		0	0.014	0.009
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.007		1	0.001	0.001
14:0	g	0.003		1	0.000	0.000
15:0	g					
16:0	g	0.078		1	0.012	0.008
17:0	g					
18:0	g	0.003		1	0.000	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.027	0	0.004	0.003
14:1	g				
16:1	g	0.007	1	0.001	0.001
18:1	g	0.020	1	0.003	0.002
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.262	0	0.039	0.026
18:2	g	0.228	1	0.034	0.023
18:3	g	0.034	1	0.005	0.003
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	0.009	0	0.001	0.001
Threonine	g	0.031	0	0.005	0.003
Isoleucine	g	0.034	0	0.005	0.003
Leucine	g	0.035	0	0.005	0.004
Lysine	g	0.033	0	0.005	0.003
Methionine	g	0.006	0	0.001	0.001
Cystine	g	0.007	0	0.001	0.001
Phenylalanine	g	0.026	0	0.004	0.003
Tyrosine	g	0.016	0	0.002	0.002
Valine	g	0.036	0	0.005	0.004
Arginine	g	0.035	0	0.005	0.004
Histidine	g	0.013	0	0.002	0.001
Alanine	g	0.048	0	0.007	0.005
Aspartic acid	g	0.112	0	0.017	0.011
Glutamic acid	g	0.165	0	0.025	0.017
Glycine	g	0.024	0	0.004	0.002
Proline	g	0.024	0	0.004	0.002
Serine	g	0.028	0	0.004	0.003
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 large
 Measure 2: 1 medium

NDB No. 11960

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11961 Hearts of palm, canned

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 146g	Measure 2* 33g	Measure 3*
Proximates:						
Water	g	90.20	0.883	2	131.69	29.77
Energy	kcal	28		0	41	9
Energy	kJ	117		0	171	39
Protein (N x 5.95)	g	2.52	0.621	2	3.68	0.83
Total lipid (fat)	g	0.62	0.128	2	0.91	0.20
Carbohydrate, by difference	g	4.62		0	6.75	1.52
Fiber, total dietary	g	2.4		0	3.5	0.8
Ash	g	2.04	0.283	2	2.98	0.67
Sugars, total	g					
Minerals:						
Calcium	mg	58	12.592	3	85	19
Iron	mg	3.13	1.204	3	4.57	1.03
Magnesium	mg	38	5.066	3	55	13
Phosphorus	mg	65	13.488	3	95	21
Potassium	mg	177	8.592	3	258	58
Sodium	mg	426	41.816	3	622	141
Zinc	mg	1.15	0.137	3	1.68	0.38
Copper	mg	0.133	0.005	3	0.194	0.044
Manganese	mg	1.394	0.847	2	2.035	0.460
Selenium	µg	0.7		0	1.0	0.2
Vitamins:						
Ascorbic acid	mg	7.9	3.090	2	11.5	2.6
Thiamin	mg	0.011	0.001	2	0.016	0.004
Riboflavin	mg	0.057	0.002	2	0.083	0.019
Niacin	mg	0.437	0.035	2	0.638	0.144
Pantothenic acid	mg	0.126	0.011	2	0.184	0.042
Vitamin B-6	mg	0.022	0.003	2	0.032	0.007
Folate	µg	39	4.865	2	57	13
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.130		0	0.190	0.043
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g	0.114		1	0.166	0.038
17:0	g					
18:0	g	0.016		1	0.023	0.005
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.103	0	0.150	0.034
14:1	g				
16:1	g				
18:1	g	0.103	1	0.150	0.034
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.202	0	0.295	0.067
18:2	g	0.183	1	0.267	0.060
18:3	g	0.019	1	0.028	0.006
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	0.023	2	0.034	0.008
Threonine	g	0.097	2	0.142	0.032
Isoleucine	g	0.101	2	0.147	0.033
Leucine	g	0.169	2	0.247	0.056
Lysine	g	0.091	2	0.133	0.030
Methionine	g	0.042	2	0.061	0.014
Cystine	g	0.019	2	0.028	0.006
Phenylalanine	g	0.098	2	0.143	0.032
Tyrosine	g	0.049	2	0.072	0.016
Valine	g	0.114	2	0.166	0.038
Arginine	g	0.178	2	0.260	0.059
Histidine	g	0.055	2	0.080	0.018
Alanine	g	0.111	2	0.162	0.037
Aspartic acid	g	0.168	2	0.245	0.055
Glutamic acid	g	0.296	2	0.432	0.098
Glycine	g	0.108	2	0.158	0.036
Proline	g	0.088	2	0.128	0.029
Serine	g	0.081	2	0.118	0.027
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 piece

NDB No. 11961

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11962 Peppers, hot chile, sun-dried

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 37g	Measure 2* 1g	Measure 3*
Proximates:						
Water	g	7.15	0.185	3	2.65	0.04
Energy	kcal	324		0	120	2
Energy	kJ	1356		0	502	7
Protein (N x 5.95)	g	10.58	0.221	3	3.91	0.06
Total lipid (fat)	g	5.81	0.947	3	2.15	0.03
Carbohydrate, by difference	g	69.86		0	25.85	0.38
Fiber, total dietary	g	28.7	4.850	2	10.6	0.2
Ash	g	6.60	0.188	3	2.44	0.04
Sugars, total	g					
Minerals:						
Calcium	mg	45		2	17	0
Iron	mg	6.04		2	2.23	0.03
Magnesium	mg	88		2	33	0
Phosphorus	mg	159		2	59	1
Potassium	mg	1870		2	692	10
Sodium	mg	91		2	34	0
Zinc	mg	1.02		2	0.38	0.01
Copper	mg	0.228	0.014	4	0.084	0.001
Manganese	mg	0.821		2	0.304	0.004
Selenium	µg	3.5		0	1.3	0.0
Vitamins:						
Ascorbic acid	mg	31.4	3.545	2	11.6	0.2
Thiamin	mg	0.081		2	0.030	0.000
Riboflavin	mg	1.205		2	0.446	0.007
Niacin	mg	8.669		2	3.208	0.047
Pantothenic acid	mg	0.956		2	0.354	0.005
Vitamin B-6	mg	0.810		2	0.300	0.004
Folate	µg	51		2	19	0
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	26488		1	9801	143
Vitamin A, RE	µg	2649		0	980	14
Vitamin E, α-TE	mg	3.140		0	1.162	0.017
Lipids:						
Saturated, total	g	0.813		0	0.301	0.004
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.016		1	0.006	0.000
15:0	g					
16:0	g	0.690		1	0.255	0.004
17:0	g					
18:0	g	0.107		1	0.040	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.468	0	0.173	0.003
14:1	g				
16:1	g	0.019	1	0.007	0.000
18:1	g	0.449	1	0.166	0.002
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.079	0	1.139	0.017
18:2	g	3.056	1	1.131	0.017
18:3	g	0.023	1	0.009	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.135	0	0.050	0.001
Threonine	g	0.389	0	0.144	0.002
Isoleucine	g	0.342	0	0.127	0.002
Leucine	g	0.554	0	0.205	0.003
Lysine	g	0.471	0	0.174	0.003
Methionine	g	0.127	0	0.047	0.001
Cystine	g	0.203	0	0.075	0.001
Phenylalanine	g	0.327	0	0.121	0.002
Tyrosine	g	0.220	0	0.081	0.001
Valine	g	0.447	0	0.165	0.002
Arginine	g	0.508	0	0.188	0.003
Histidine	g	0.215	0	0.080	0.001
Alanine	g	0.433	0	0.160	0.002
Aspartic acid	g	1.512	0	0.559	0.008
Glutamic acid	g	1.397	0	0.517	0.008
Glycine	g	0.391	0	0.145	0.002
Proline	g	0.460	0	0.170	0.002
Serine	g	0.425	0	0.157	0.002
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 pepper

NDB No. 11962

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11963 Nopales, raw
Nopalea cochenillifera

Refuse: 4% Spines and dark spots

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 86g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	93.93	0.225	2	80.78	
Energy	kcal	16		0	14	
Energy	kJ	67		0	58	
Protein (N x 5.95)	g	1.28	0.256	2	1.10	
Total lipid (fat)	g	0.12	0.002	2	0.10	
Carbohydrate, by difference	g	3.39		0	2.92	
Fiber, total dietary	g	2.3	0.300	2	2.0	
Ash	g	1.27	0.123	2	1.09	
Sugars, total	g					
Minerals:						
Calcium	mg	163	43.700	2	140	
Iron	mg	0.68	0.175	2	0.58	
Magnesium	mg	58	3.695	2	50	
Phosphorus	mg	17	2.200	2	15	
Potassium	mg	319	10.750	2	274	
Sodium	mg	22	10.394	4	19	
Zinc	mg	0.29	0.016	2	0.25	
Copper	mg	0.056	0.011	2	0.048	
Manganese	mg	0.505	0.034	2	0.434	
Selenium	µg	0.7		0	0.6	
Vitamins:						
Ascorbic acid	mg	13.4	4.200	2	11.5	
Thiamin	mg	0.012	0.004	2	0.010	
Riboflavin	mg	0.042	0.004	2	0.036	
Niacin	mg	0.524	0.073	2	0.451	
Pantothenic acid	mg	0.182	0.004	2	0.157	
Vitamin B-6	mg	0.072	0.024	2	0.062	
Folate	µg	3	1.800	2	3	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	415	320.394	2	357	
Vitamin A, RE	µg	41		0	35	
Vitamin E, α-TE	mg	0.002		0	0.002	
Lipids:						
Saturated, total	g	0.016		0	0.014	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15:0	g					
16:0	g	0.012		0	0.010	
17:0	g					
18:0	g	0.002		0	0.002	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.018	0	0.015
14:1	g			
16:1	g	0.002	0	0.002
18:1	g	0.017	0	0.015
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.050	0	0.043
18:2	g	0.044	0	0.038
18:3	g	0.005	0	0.004
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.014	4	0.012
Threonine	g	0.040	4	0.034
Isoleucine	g	0.049	4	0.042
Leucine	g	0.077	4	0.066
Lysine	g	0.059	4	0.051
Methionine	g	0.015	4	0.013
Cystine	g	0.008	4	0.007
Phenylalanine	g	0.049	4	0.042
Tyrosine	g	0.029	4	0.025
Valine	g	0.059	4	0.051
Arginine	g	0.052	4	0.045
Histidine	g	0.025	4	0.022
Alanine	g	0.050	4	0.043
Aspartic acid	g	0.086	4	0.074
Glutamic acid	g	0.145	4	0.125
Glycine	g	0.046	4	0.040
Proline	g	0.043	4	0.037
Serine	g	0.043	4	0.037
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced

NDB No. 11963

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11964 Nopales, cooked, without salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 149g	Measure 2* 29g	Measure 3*
Proximates:						
Water	g	94.31	0.174	2	140.52	27.35
Energy	kcal	15		0	22	4
Energy	kJ	63		0	94	18
Protein (N x 5.95)	g	1.35	0.228	2	2.01	0.39
Total lipid (fat)	g	0.05	0.004	2	0.07	0.01
Carbohydrate, by difference	g	3.27		0	4.87	0.95
Fiber, total dietary	g	2.0	0.050	2	3.0	0.6
Ash	g	1.01	0.115	2	1.50	0.29
Sugars, total	g					
Minerals:						
Calcium	mg	164	46.450	2	244	48
Iron	mg	0.50	0.149	2	0.75	0.14
Magnesium	mg	47	2.455	2	70	14
Phosphorus	mg	16	1.950	2	24	5
Potassium	mg	195	24.800	2	291	57
Sodium	mg	20	10.344	4	30	6
Zinc	mg	0.21	0.043	2	0.31	0.06
Copper	mg	0.049	0.016	2	0.073	0.014
Manganese	mg	0.408	0.022	2	0.608	0.118
Selenium	µg	0.7		0	1.0	0.2
Vitamins:						
Ascorbic acid	mg	5.3	0.865	2	7.9	1.5
Thiamin	mg	0.011	0.003	2	0.016	0.003
Riboflavin	mg	0.040	0.002	2	0.060	0.012
Niacin	mg	0.296	0.063	2	0.441	0.086
Pantothenic acid	mg	0.150	0.018	2	0.223	0.044
Vitamin B-6	mg	0.067	0.023	2	0.100	0.019
Folate	µg	3	1.400	2	4	1
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	459	374.605	2	684	133
Vitamin A, RE	µg	46		0	69	13
Vitamin E, α-TE	mg	0.001		0	0.001	0.000
Lipids:						
Saturated, total	g	0.006		0	0.009	0.002
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.005		0	0.007	0.001
17:0	g					
18:0	g	0.001		0	0.001	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.007	0	0.010	0.002
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.007	0	0.010	0.002
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.021	0	0.031	0.006
18:2	g	0.018	0	0.027	0.005
18:3	g	0.002	0	0.003	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.014	4	0.021	0.004
Threonine	g	0.042	4	0.063	0.012
Isoleucine	g	0.052	4	0.077	0.015
Leucine	g	0.082	4	0.122	0.024
Lysine	g	0.063	4	0.094	0.018
Methionine	g	0.016	4	0.024	0.005
Cystine	g	0.008	4	0.012	0.002
Phenylalanine	g	0.052	4	0.077	0.015
Tyrosine	g	0.030	4	0.045	0.009
Valine	g	0.062	4	0.092	0.018
Arginine	g	0.055	4	0.082	0.016
Histidine	g	0.026	4	0.039	0.008
Alanine	g	0.053	4	0.079	0.015
Aspartic acid	g	0.092	4	0.137	0.027
Glutamic acid	g	0.154	4	0.229	0.045
Glycine	g	0.048	4	0.072	0.014
Proline	g	0.045	4	0.067	0.013
Serine	g	0.046	4	0.069	0.013
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 pad

NDB No. 11964

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11965 Cauliflower, green, raw
Brassica oleracea (Botrytis group)

Refuse: 39% Leaf stalks, core and trimmings

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 64g	Measure 2 [*] 25g	Measure 3 [*] 511g	
Proximates:							
Water	g	89.79	0.272	6	57.47	22.45	458.83
Energy	kcal	31		0	20	8	158
Energy	kJ	130		0	83	33	664
Protein (N x 5.95)	g	2.95	0.080	6	1.89	0.74	15.07
Total lipid (fat)	g	0.30	0.045	6	0.19	0.08	1.53
Carbohydrate, by difference	g	6.09		0	3.90	1.52	31.12
Fiber, total dietary	g	3.2	0.151	6	2.0	0.8	16.4
Ash	g	0.88	0.030	6	0.56	0.22	4.50
Sugars, total	g						
Minerals:							
Calcium	mg	33	1.409	6	21	8	169
Iron	mg	0.73	0.050	6	0.47	0.18	3.73
Magnesium	mg	20	0.574	6	13	5	102
Phosphorus	mg	62	1.620	6	40	16	317
Potassium	mg	300	14.600	6	192	75	1533
Sodium	mg	23	3.486	4	15	6	118
Zinc	mg	0.64	0.140	6	0.41	0.16	3.27
Copper	mg	0.041	0.005	6	0.026	0.010	0.210
Manganese	mg	0.247	0.010	6	0.158	0.062	1.262
Selenium	µg	0.6		0	0.4	0.2	3.1
Vitamins:							
Ascorbic acid	mg	88.1	9.347	6	56.4	22.0	450.2
Thiamin	mg	0.080	0.006	6	0.051	0.020	0.409
Riboflavin	mg	0.102	0.005	6	0.065	0.026	0.521
Niacin	mg	0.734	0.079	6	0.470	0.184	3.751
Pantothenic acid	mg	0.696	0.101	6	0.445	0.174	3.557
Vitamin B-6	mg	0.222	0.016	6	0.142	0.056	1.134
Folate	µg	57	4.205	4	36	14	291
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	152	41.397	7	97	38	777
Vitamin A, RE	µg	15		0	10	4	77
Vitamin E, α-TE	mg	0.040		0	0.026	0.010	0.204
Lipids:							
Saturated, total	g	0.047		0	0.030	0.012	0.240
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		2	0.000	0.000	0.000
14:0	g	0.000		2	0.000	0.000	0.000
15:0	g						
16:0	g	0.038		2	0.024	0.010	0.194
17:0	g						
18:0	g	0.004		2	0.003	0.001	0.020
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.028	0	0.018	0.007	0.143
14:1	g					
16:1	g	0.004	2	0.003	0.001	0.020
18:1	g	0.023	2	0.015	0.006	0.118
20:1	g	0.001	2	0.001	0.000	0.005
22:1	g	0.001	2	0.001	0.000	0.005
Polyunsaturated, total	g	0.133	0	0.085	0.033	0.680
18:2	g	0.029	2	0.019	0.007	0.148
18:3	g	0.104	2	0.067	0.026	0.531
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.039	0	0.025	0.010	0.199
Threonine	g	0.107	0	0.068	0.027	0.547
Isoleucine	g	0.112	0	0.072	0.028	0.572
Leucine	g	0.172	0	0.110	0.043	0.879
Lysine	g	0.158	0	0.101	0.040	0.807
Methionine	g	0.042	0	0.027	0.011	0.215
Cystine	g	0.034	0	0.022	0.009	0.174
Phenylalanine	g	0.105	0	0.067	0.026	0.537
Tyrosine	g	0.064	0	0.041	0.016	0.327
Valine	g	0.148	0	0.095	0.037	0.756
Arginine	g	0.142	0	0.091	0.035	0.726
Histidine	g	0.059	0	0.038	0.015	0.301
Alanine	g	0.156	0	0.100	0.039	0.797
Aspartic acid	g	0.345	0	0.221	0.086	1.763
Glutamic acid	g	0.393	0	0.252	0.098	2.008
Glycine	g	0.095	0	0.061	0.024	0.485
Proline	g	0.127	0	0.081	0.032	0.649
Serine	g	0.154	0	0.099	0.039	0.787
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 floweret
- Measure 3: 1 large head (6-7" dia)

NDB No. 11965

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11967 Cauliflower, green, cooked, no salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 90g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.47	0	80.52		
Energy	kcal	32	0	29		
Energy	kJ	134	0	121		
Protein (N x 5.95)	g	3.04	0	2.74		
Total lipid (fat)	g	0.31	0	0.28		
Carbohydrate, by difference	g	6.28	0	5.65		
Fiber, total dietary	g	3.3	0	3.0		
Ash	g	0.90	0	0.81		
Sugars, total	g					
Minerals:						
Calcium	mg	32	0	29		
Iron	mg	0.72	0	0.65		
Magnesium	mg	19	0	17		
Phosphorus	mg	57	0	51		
Potassium	mg	278	0	250		
Sodium	mg	23	0	21		
Zinc	mg	0.63	0	0.57		
Copper	mg	0.040	0	0.036		
Manganese	mg	0.242	0	0.218		
Selenium	µg	0.8	0	0.7		
Vitamins:						
Ascorbic acid	mg	72.6	0	65.3		
Thiamin	mg	0.070	0	0.063		
Riboflavin	mg	0.100	0	0.090		
Niacin	mg	0.681	0	0.613		
Pantothenic acid	mg	0.681	0	0.613		
Vitamin B-6	mg	0.206	0	0.185		
Folate	µg	41	0	37		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	141	0	127		
Vitamin A, RE	µg	14	0	13		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.049	0	0.044		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.039	0	0.035		
17:0	g					
18:0	g	0.004	0	0.004		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.029	0	0.026
14:1	g			
16:1	g	0.004	0	0.004
18:1	g	0.024	0	0.022
20:1	g	0.001	0	0.001
22:1	g	0.001	0	0.001
Polyunsaturated, total	g	0.137	0	0.123
18:2	g	0.030	0	0.027
18:3	g	0.107	0	0.096
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	0.040	0	0.036
Threonine	g	0.110	0	0.099
Isoleucine	g	0.116	0	0.104
Leucine	g	0.178	0	0.160
Lysine	g	0.163	0	0.147
Methionine	g	0.043	0	0.039
Cystine	g	0.035	0	0.032
Phenylalanine	g	0.108	0	0.097
Tyrosine	g	0.066	0	0.059
Valine	g	0.153	0	0.138
Arginine	g	0.146	0	0.131
Histidine	g	0.061	0	0.055
Alanine	g	0.161	0	0.145
Aspartic acid	g	0.356	0	0.320
Glutamic acid	g	0.405	0	0.365
Glycine	g	0.098	0	0.088
Proline	g	0.131	0	0.118
Serine	g	0.159	0	0.143
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1/5 head

NDB No. 11967

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11968 Cauliflower, green, cooked, salt

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 62g	Measure 2*	Measure 3*
Proximates:						
Water	g	89.47	0	55.47		
Energy	kcal	32	0	20		
Energy	kJ	134	0	83		
Protein (N x 5.95)	g	3.04	0	1.88		
Total lipid (fat)	g	0.31	0	0.19		
Carbohydrate, by difference	g	6.28	0	3.89		
Fiber, total dietary	g	3.3	0	2.0		
Ash	g	0.90	0	0.56		
Sugars, total	g					
Minerals:						
Calcium	mg	32	0	20		
Iron	mg	0.72	0	0.45		
Magnesium	mg	19	0	12		
Phosphorus	mg	57	0	35		
Potassium	mg	278	0	172		
Sodium	mg	259	0	161		
Zinc	mg	0.63	0	0.39		
Copper	mg	0.040	0	0.025		
Manganese	mg	0.242	0	0.150		
Selenium	µg	0.8	0	0.5		
Vitamins:						
Ascorbic acid	mg	72.6	0	45.0		
Thiamin	mg	0.070	0	0.043		
Riboflavin	mg	0.100	0	0.062		
Niacin	mg	0.681	0	0.422		
Pantothenic acid	mg	0.681	0	0.422		
Vitamin B-6	mg	0.206	0	0.128		
Folate	µg	41	0	25		
Vitamin B-12	µg	0.00	0	0.00		
Vitamin A	IU	141	0	87		
Vitamin A, RE	µg	14	0	9		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.049	0	0.030		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000	0	0.000		
14:0	g	0.000	0	0.000		
15:0	g					
16:0	g	0.039	0	0.024		
17:0	g					
18:0	g	0.004	0	0.002		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.029	0	0.018
14:1	g			
16:1	g	0.004	0	0.002
18:1	g	0.024	0	0.015
20:1	g	0.001	0	0.001
22:1	g	0.001	0	0.001
Polyunsaturated, total	g	0.137	0	0.085
18:2	g	0.030	0	0.019
18:3	g	0.107	0	0.066
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	0.040	0	0.025
Threonine	g	0.110	0	0.068
Isoleucine	g	0.116	0	0.072
Leucine	g	0.178	0	0.110
Lysine	g	0.163	0	0.101
Methionine	g	0.043	0	0.027
Cystine	g	0.035	0	0.022
Phenylalanine	g	0.108	0	0.067
Tyrosine	g	0.066	0	0.041
Valine	g	0.153	0	0.095
Arginine	g	0.146	0	0.091
Histidine	g	0.061	0	0.038
Alanine	g	0.161	0	0.100
Aspartic acid	g	0.356	0	0.221
Glutamic acid	g	0.405	0	0.251
Glycine	g	0.098	0	0.061
Proline	g	0.131	0	0.081
Serine	g	0.159	0	0.099
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup, (1" pieces)

NDB No. 11968

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11969 Broccoli, chinese, cooked

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 88g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.54	0.514	2	82.32	
Energy	kcal	22		0	19	
Energy	kJ	92		0	81	
Protein (N x 5.95)	g	1.14	0.300	2	1.00	
Total lipid (fat)	g	0.72	0.159	2	0.63	
Carbohydrate, by difference	g	3.79		0	3.34	
Fiber, total dietary	g	2.5		0	2.2	
Ash	g	0.79	0.078	2	0.70	
Sugars, total	g					
Minerals:						
Calcium	mg	100	28.050	2	88	
Iron	mg	0.56	0.186	2	0.49	
Magnesium	mg	18	2.350	2	16	
Phosphorus	mg	41	3.850	2	36	
Potassium	mg	261	11.051	2	230	
Sodium	mg	7	1.050	2	6	
Zinc	mg	0.39	0.065	2	0.34	
Copper	mg	0.061	0.000	2	0.054	
Manganese	mg	0.264	0.004	2	0.232	
Selenium	µg	1.3		0	1.1	
Vitamins:						
Ascorbic acid	mg	28.2	9.651	2	24.8	
Thiamin	mg	0.095	0.000	2	0.084	
Riboflavin	mg	0.146	0.101	2	0.128	
Niacin	mg	0.437	0.017	2	0.385	
Pantothenic acid	mg	0.159	0.024	2	0.140	
Vitamin B-6	mg	0.070	0.071	2	0.062	
Folate	µg	99	4.400	2	87	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	1638	1227.482	2	1441	
Vitamin A, RE	µg	164		0	144	
Vitamin E, α-TE	mg	0.480		0	0.422	
Lipids:						
Saturated, total	g	0.110		0	0.097	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.000		0	0.000	
15.0	g					
16:0	g	0.094		0	0.083	
17:0	g					
18:0	g	0.014		0	0.012	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.050	0	0.044
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.048	0	0.042
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.330	0	0.290
18:2	g	0.076	0	0.067
18:3	g	0.258	0	0.227
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11969

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11970 Cabbage, napa, cooked

Brassica oleracea

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 109g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	96.33	0.070	2	105.00	
Energy	kcal	12		0	13	
Energy	kJ	50		0	55	
Protein (N x 5.95)	g	1.10	0.016	2	1.20	
Total lipid (fat)	g	0.17	0.069	2	0.19	
Carbohydrate, by difference	g	2.23		0	2.43	
Fiber, total dietary	g					
Ash	g	0.17	0.017	2	0.19	
Sugars, total	g					
Minerals:						
Calcium	mg	29	3.700	2	32	
Iron	mg	0.74	0.470	2	0.81	
Magnesium	mg	8	0.100	2	9	
Phosphorus	mg	19	3.300	2	21	
Potassium	mg	87	26.650	2	95	
Sodium	mg	11	1.000	2	12	
Zinc	mg	3.75	0.402	2	4.09	
Copper	mg	0.096	0.012	2	0.105	
Manganese	mg	0.203	0.110	2	0.221	
Selenium	µg	0.4		0	0.4	
Vitamins:						
Ascorbic acid	mg	3.2	0.718	2	3.5	
Thiamin	mg	0.005	0.003	2	0.005	
Riboflavin	mg	0.025	0.009	2	0.027	
Niacin	mg	0.466	0.054	2	0.508	
Pantothenic acid	mg	0.035	0.008	2	0.038	
Vitamin B-6	mg	0.037	0.009	2	0.040	
Folate	µg	43	7.500	2	47	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	88	83.225	2	96	
Vitamin A, RE	µg	9		2	10	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11970

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11971 Cilantro, raw

Refuse: 5% Tough lower stems

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 46g	Measure 2* 2g	Measure 3*
Proximates:						
Water	g	91.78	0.000	2	42.22	1.47
Energy	kcal	24		0	11	0
Energy	kJ	100		0	46	2
Protein (N x 5.95)	g	2.02	0.334	2	0.93	0.03
Total lipid (fat)	g	0.48	0.051	2	0.22	0.01
Carbohydrate, by difference	g	4.34		0	2.00	0.07
Fiber, total dietary	g	2.8		0	1.3	0.0
Ash	g	1.38	0.278	2	0.63	0.02
Sugars, total	g					
Minerals:						
Calcium	mg	67	16.850	2	31	1
Iron	mg	1.68	1.099	2	0.77	0.03
Magnesium	mg	26	8.200	2	12	0
Phosphorus	mg	54	7.300	2	25	1
Potassium	mg	510	73.950	2	235	8
Sodium	mg	54	9.700	2	25	1
Zinc	mg	0.05	0.010	2	0.02	0.00
Copper	mg	0.225	0.039	2	0.104	0.004
Manganese	mg	0.426	0.052	2	0.196	0.007
Selenium	µg	0.9		0	0.4	0.0
Vitamins:						
Ascorbic acid	mg	35.3	17.267	2	16.2	0.6
Thiamin	mg	0.063	0.039	2	0.029	0.001
Riboflavin	mg	0.182	0.044	2	0.084	0.003
Niacin	mg	1.306	0.063	2	0.601	0.021
Pantothenic acid	mg	0.570	0.035	2	0.262	0.009
Vitamin B-6	mg	0.132	0.015	2	0.061	0.002
Folate	µg	62	3.900	2	29	1
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	6130	1329.072	2	2820	98
Vitamin A, RE	µg	613		0	282	10
Vitamin E, α-TE	mg	2.041		0	0.939	0.033
Lipids:						
Saturated, total	g	0.011		0	0.005	0.000
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15.0	g					
16:0	g	0.010		0	0.005	0.000
17:0	g					
18:0	g	0.001		0	0.000	0.000
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.224	0	0.103	0.004
14:1	g				
16:1	g	0.002	0	0.001	0.000
18:1	g	0.223	0	0.103	0.004
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.032	0	0.015	0.001
18:2	g	0.033	0	0.015	0.001
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 teaspoon

NDB No. 11971

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11972 Lemon grass (citronella), raw
Collinsonia canadensis

Refuse: 35% Tough stem

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 67g	Measure 2* 5g	Measure 3*
Proximates:						
Water	g	70.58	8.943	2	47.29	3.39
Energy	kcal	99		0	66	5
Energy	kJ	414		0	277	20
Protein (N x 5.95)	g	1.82	0.200	2	1.22	0.09
Total lipid (fat)	g	0.49	0.236	2	0.33	0.02
Carbohydrate, by difference	g	25.29		0	16.94	1.21
Fiber, total dietary	g					
Ash	g	1.80	0.948	2	1.21	0.09
Sugars, total	g					
Minerals:						
Calcium	mg	65	11.550	2	44	3
Iron	mg	8.17	3.688	2	5.47	0.39
Magnesium	mg	60	1.600	2	40	3
Phosphorus	mg	101	54.350	2	68	5
Potassium	mg	723	451.750	2	484	35
Sodium	mg	6	1.050	2	4	0
Zinc	mg	2.23	1.230	2	1.49	0.11
Copper	mg	0.266	0.073	2	0.178	0.013
Manganese	mg	5.224	4.604	2	3.500	0.251
Selenium	µg	0.7		0	0.5	0.0
Vitamins:						
Ascorbic acid	mg	2.6	2.433	2	1.7	0.1
Thiamin	mg	0.065	0.003	2	0.044	0.003
Riboflavin	mg	0.135	0.029	2	0.090	0.006
Niacin	mg	1.101	0.106	2	0.738	0.053
Pantothenic acid	mg	0.050	0.014	2	0.034	0.002
Vitamin B-6	mg	0.080	0.000	2	0.054	0.004
Folate	µg	75	43.050	2	50	4
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	11	0.000	2	7	1
Vitamin A, RE	µg	1		2	1	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.119		1	0.080	0.006
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.002		1	0.001	0.000
15:0	g					
16:0	g	0.083		1	0.056	0.004
17:0	g					
18:0	g	0.012		1	0.008	0.001
20:0	g	0.005		1	0.003	0.000
22:0	g	0.009		1	0.006	0.000
24:0	g					

Monounsaturated, total	g	0.054	1	0.036	0.003
14:1	g				
16:1	g	0.012	1	0.008	0.001
18:1	g	0.042	1	0.028	0.002
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.170	1	0.114	0.008
18:2	g	0.138	1	0.092	0.007
18:3	g	0.031	1	0.021	0.001
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg	6	1	4	0
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 tablespoon

NDB No. 11972

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11973 Beans, fava, in pod, raw

Vicia faba

Refuse: 3% Ends

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 126g	Measure 2* 6g	Measure 3*
Proximates:						
Water	g	72.60	0.177	2	91.48	4.43
Energy	kcal	88		0	111	5
Energy	kJ	368		0	464	22
Protein (N x 5.95)	g	7.92	0.353	2	9.98	0.48
Total lipid (fat)	g	0.73	0.082	2	0.92	0.04
Carbohydrate, by difference	g	17.62		0	22.20	1.07
Fiber, total dietary	g					
Ash	g	1.12	0.006	2	1.41	0.07
Sugars, total	g					
Minerals:						
Calcium	mg	37	4.650	2	47	2
Iron	mg	1.55	0.240	2	1.95	0.09
Magnesium	mg	33	0.054	2	42	2
Phosphorus	mg	129	8.553	2	163	8
Potassium	mg	332	10.400	2	418	20
Sodium	mg	25	5.150	2	32	2
Zinc	mg	1.00	0.008	2	1.26	0.06
Copper	mg	0.402	0.005	2	0.507	0.025
Manganese	mg	0.661	0.232	2	0.833	0.040
Selenium	µg	0.8		0	1.0	0.0
Vitamins:						
Ascorbic acid	mg	3.7	0.169	2	4.7	0.2
Thiamin	mg	0.133	0.012	2	0.168	0.008
Riboflavin	mg	0.290	0.006	2	0.365	0.018
Niacin	mg	2.249	0.542	2	2.834	0.137
Pantothenic acid	mg	0.225	0.035	2	0.284	0.014
Vitamin B-6	mg	0.104	0.001	2	0.131	0.006
Folate	µg	148	41.700	2	186	9
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	333	79.620	2	420	20
Vitamin A, RE	µg	33		2	42	2
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.118		1	0.149	0.007
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001		1	0.001	0.000
14:0	g	0.002		1	0.003	0.000
15:0	g	0.002		1	0.003	0.000
16:0	g	0.065		1	0.082	0.004
17:0	g	0.002		1	0.003	0.000
18:0	g	0.028		1	0.035	0.002
20:0	g	0.010		1	0.013	0.001
22:0	g	0.005		1	0.006	0.000
24:0	g	0.003		1	0.004	0.000

Monounsaturated, total	g	0.104	1	0.131	0.006
14:1	g				
16:1	g	0.004	1	0.005	0.000
18:1	g	0.097	1	0.122	0.006
20:1	g	0.003	1	0.004	0.000
22:1	g				
Polyunsaturated, total	g	0.342	1	0.431	0.021
18:2	g	0.312	1	0.393	0.019
18:3	g	0.030	1	0.038	0.002
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg	22	1	28	1
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 pod

NDB No. 11973

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11974 Grape leaves, raw*Vitis vinifera***Refuse:** 5% Tough stems

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 14g	Measure 2* 3g	Measure 3*
Proximates:						
Water	g	73.32	4.545	2	10.26	2.20
Energy	kcal	93		0	13	3
Energy	kJ	389		0	54	12
Protein (N x 5.95)	g	5.60	0.541	2	0.78	0.17
Total lipid (fat)	g	2.12	0.610	2	0.30	0.06
Carbohydrate, by difference	g	17.30		0	2.42	0.52
Fiber, total dietary	g	11.0		0	1.5	0.3
Ash	g	1.65	0.050	2	0.23	0.05
Sugars, total	g					
Minerals:						
Calcium	mg	363	30.450	2	51	11
Iron	mg	2.63	0.203	2	0.37	0.08
Magnesium	mg	95	11.450	2	13	3
Phosphorus	mg	91	20.800	2	13	3
Potassium	mg	272	8.299	2	38	8
Sodium	mg	9	0.000	2	1	0
Zinc	mg	0.67	0.088	2	0.09	0.02
Copper	mg	0.415	0.016	2	0.058	0.012
Manganese	mg	2.855	0.190	2	0.400	0.086
Selenium	µg	0.9		0	0.1	0.0
Vitamins:						
Ascorbic acid	mg	11.1	9.595	2	1.6	0.3
Thiamin	mg	0.040	0.010	2	0.006	0.001
Riboflavin	mg	0.354	0.082	2	0.050	0.011
Niacin	mg	2.362	0.953	2	0.331	0.071
Pantothenic acid	mg	0.231	0.088	2	0.032	0.007
Vitamin B-6	mg	0.400	0.170	2	0.056	0.012
Folate	µg	83	27.400	2	12	2
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	26993	3494.705	2	3779	810
Vitamin A, RE	µg	2699		0	378	81
Vitamin E, α-TE	mg	2.000		0	0.280	0.060
Lipids:						
Saturated, total	g	0.336		1	0.047	0.010
4:0	g	0.000		1	0.000	0.000
6:0	g	0.000		1	0.000	0.000
8:0	g	0.000		1	0.000	0.000
10:0	g	0.000		1	0.000	0.000
12:0	g	0.000		1	0.000	0.000
14:0	g	0.005		1	0.001	0.000
15:0	g	0.010		1	0.001	0.000
16:0	g	0.243		1	0.034	0.007
17:0	g	0.002		1	0.000	0.000
18:0	g	0.026		1	0.004	0.001
20:0	g	0.012		1	0.002	0.000
22:0	g	0.008		1	0.001	0.000
24:0	g	0.013		1	0.002	0.000

Monounsaturated, total	g	0.081	1	0.011	0.002
14:1	g	0.003	1	0.000	0.000
16:1	g	0.035	1	0.005	0.001
18:1	g	0.039	1	0.005	0.001
20:1	g	0.000	1	0.000	0.000
22:1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	1.065	1	0.149	0.032
18:2	g	0.148	1	0.021	0.004
18:3	g	0.856	1	0.120	0.026
18:4	g	0.000	1	0.000	0.000
20:4	g	0.000	1	0.000	0.000
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	21	1	3	1
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 leaf

NDB No. 11974

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11975 Grape leaves, canned

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 4g	Measure 2*	Measure 3*
Proximates:						
Water	g	76.10	5.069	2	3.04	
Energy	kcal	69		0	3	
Energy	kJ	289		0	12	
Protein (N x 5.95)	g	4.27	0.034	2	0.17	
Total lipid (fat)	g	1.97	0.269	2	0.08	
Carbohydrate, by difference	g	11.70		0	0.47	
Fiber, total dietary	g					
Ash	g	5.95	1.731	2	0.24	
Sugars, total	g					
Minerals:						
Calcium	mg	289	124.050	2	12	
Iron	mg	2.98	1.319	2	0.12	
Magnesium	mg	14	2.850	2	1	
Phosphorus	mg	34	6.250	2	1	
Potassium	mg	29	11.250	2	1	
Sodium	mg	2853	1456.799	2	114	
Zinc	mg	0.40	0.200	2	0.02	
Copper	mg	1.841	0.449	2	0.074	
Manganese	mg	0.290	0.007	2	0.012	
Selenium	µg	0.9		0	0.0	
Vitamins:						
Ascorbic acid	mg	11.3		1	0.5	
Thiamin	mg	0.064	0.029	2	0.003	
Riboflavin	mg	0.364	0.022	2	0.015	
Niacin	mg	4.505	1.844	2	0.180	
Pantothenic acid	mg	4.274	4.225	2	0.171	
Vitamin B-6	mg	0.136	0.058	2	0.005	
Folate	µg	78	22.150	2	3	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	5253	1420.510	2	210	
Vitamin A, RE	µg	525		2	21	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.312		1	0.012	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.005		1	0.000	
15:0	g	0.009		1	0.000	
16:0	g	0.240		1	0.010	
17:0	g	0.002		1	0.000	
18:0	g	0.025		1	0.001	
20:0	g	0.011		1	0.000	
22:0	g	0.008		1	0.000	
24:0	g	0.012		1	0.000	

Monounsaturated, total	g	0.076	1	0.003
14:1	g	0.003	1	0.000
16:1	g	0.034	1	0.001
18:1	g	0.039	1	0.002
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.989	1	0.040
18:2	g	0.146	1	0.006
18:3	g	0.843	1	0.034
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			
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			
Other:				
Caffeine	mg	0	0	0
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 leaf

NDB No. 11975

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11976 Pepper, banana, raw

Refuse: 18% Stem ends, seeds and core

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 33g	Measure 3* 46g	
Proximates:							
Water	g	91.81	2.180	2	113.84	30.30	42.23
Energy	kcal	27		0	33	9	12
Energy	kJ	113		0	140	37	52
Protein (N x 5.95)	g	1.66	0.028	2	2.06	0.55	0.76
Total lipid (fat)	g	0.45	0.162	2	0.56	0.15	0.21
Carbohydrate, by difference	g	5.35		0	6.63	1.77	2.46
Fiber, total dietary	g	3.4		0	4.2	1.1	1.6
Ash	g	0.73	0.253	2	0.91	0.24	0.34
Sugars, total	g						
Minerals:							
Calcium	mg	14	3.950	2	17	5	6
Iron	mg	0.46	0.255	2	0.57	0.15	0.21
Magnesium	mg	17	4.350	2	21	6	8
Phosphorus	mg	32	5.550	2	40	11	15
Potassium	mg	256	110.800	2	317	84	118
Sodium	mg	13	0.000	1	16	4	6
Zinc	mg	0.25	0.080	2	0.31	0.08	0.12
Copper	mg	0.094	0.011	2	0.117	0.031	0.043
Manganese	mg	0.100	0.000	2	0.124	0.033	0.046
Selenium	µg	0.3		0	0.4	0.1	0.1
Vitamins:							
Ascorbic acid	mg	82.7	29.747	2	102.5	27.3	38.0
Thiamin	mg	0.081	0.000	2	0.100	0.027	0.037
Riboflavin	mg	0.054	0.012	2	0.067	0.018	0.025
Niacin	mg	1.242	0.213	2	1.540	0.410	0.571
Pantothenic acid	mg	0.265	0.054	2	0.329	0.087	0.122
Vitamin B-6	mg	0.357	0.125	2	0.443	0.118	0.164
Folate	µg	29	6.400	2	36	10	13
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	340	97.850	2	422	112	156
Vitamin A, RE	µg	34		0	42	11	16
Vitamin E, α-TE	mg	0.690		0	0.856	0.228	0.317
Lipids:							
Saturated, total	g	0.048		0	0.060	0.016	0.022
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.001	0.000	0.000
15:0	g						
16:0	g	0.036		0	0.045	0.012	0.017
17:0	g						
18:0	g	0.007		0	0.009	0.002	0.003
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	0.027	0	0.033	0.009	0.012
14:1	g					
16:1	g	0.002	0	0.002	0.001	0.001
18:1	g	0.025	0	0.031	0.008	0.012
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.243	0	0.301	0.080	0.112
18:2	g	0.240	0	0.298	0.079	0.110
18:3	g	0.003	0	0.004	0.001	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	3	1	4	1	1
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 small (4" long)
- Measure 3: 1 medium (4-1/2" long)

NDB No. 11976

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11977 Pepper, serrano, raw

Refuse: 3% Stems

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 105g	Measure 2* 6g	Measure 3*
Proximates:						
Water	g	90.25	0.099	2	94.76	5.51
Energy	kcal	32		0	34	2
Energy	kJ	134		0	141	8
Protein (N x 5.95)	g	1.74	0.116	2	1.83	0.11
Total lipid (fat)	g	0.44	0.084	2	0.46	0.03
Carbohydrate, by difference	g	6.70		0	7.04	0.41
Fiber, total dietary	g	3.7		0	3.9	0.2
Ash	g	0.87	0.018	2	0.91	0.05
Sugars, total	g					
Minerals:						
Calcium	mg	11	1.150	2	12	1
Iron	mg	0.86	0.417	2	0.90	0.05
Magnesium	mg	22	3.200	2	23	1
Phosphorus	mg	40	3.950	2	42	2
Potassium	mg	305	5.948	2	320	19
Sodium	mg	10	2.350	2	11	1
Zinc	mg	0.26	0.086	2	0.27	0.02
Copper	mg	0.129	0.019	2	0.135	0.008
Manganese	mg	0.187	0.028	2	0.196	0.011
Selenium	µg	0.4		0	0.4	0.0
Vitamins:						
Ascorbic acid	mg	44.9	0.046	2	47.1	2.7
Thiamin	mg	0.054	0.026	2	0.057	0.003
Riboflavin	mg	0.081	0.013	2	0.085	0.005
Niacin	mg	1.537	0.038	2	1.614	0.094
Pantothenic acid	mg	0.200	0.047	2	0.210	0.012
Vitamin B-6	mg	0.505	0.091	2	0.530	0.031
Folate	µg	23	0.900	2	24	1
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	937	187.704	2	984	57
Vitamin A, RE	µg	94		0	99	6
Vitamin E, α-TE	mg	0.690		0	0.724	0.042
Lipids:						
Saturated, total	g	0.059		0	0.062	0.004
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.001		0	0.001	0.000
15:0	g					
16:0	g	0.043		0	0.045	0.003
17:0	g					
18:0	g	0.010		0	0.011	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.023	0	0.024	0.001
14:1	g				
16:1	g	0.002	0	0.002	0.000
18:1	g	0.021	0	0.022	0.001
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.222	0	0.233	0.014
18:2	g	0.216	0	0.227	0.013
18:3	g	0.006	0	0.006	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	6	1	6	0
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 cup, chopped
 Measure 2: 1 pepper

NDB No. 11977

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11978 Pepper, ancho, dried

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 17g	Measure 2*	Measure 3*
Proximates:						
Water	g	22.63	0.972	2	3.85	
Energy	kcal	281		0	48	
Energy	kJ	1176		0	200	
Protein (N x 5.95)	g	11.86	0.073	2	2.02	
Total lipid (fat)	g	8.20	0.546	2	1.39	
Carbohydrate, by difference	g	51.41		0	8.74	
Fiber, total dietary	g	21.6	1.870	2	3.7	
Ash	g	5.89	0.169	2	1.00	
Sugars, total	g					
Minerals:						
Calcium	mg	61	6.505	2	10	
Iron	mg	10.93	0.375	2	1.86	
Magnesium	mg	113	13.930	2	19	
Phosphorus	mg	201	20.648	2	34	
Potassium	mg	2411	93.267	2	410	
Sodium	mg	43	4.243	2	7	
Zinc	mg	1.42	0.045	2	0.24	
Copper	mg	0.508	0.051	2	0.086	
Manganese	mg	1.279	0.115	2	0.217	
Selenium	µg	2.9		0	0.5	
Vitamins:						
Ascorbic acid	mg	2.0	1.071	2	0.3	
Thiamin	mg	0.179	0.024	2	0.030	
Riboflavin	mg	2.255	0.110	2	0.383	
Niacin	mg	6.403	0.141	2	1.089	
Pantothenic acid	mg	1.993	0.119	2	0.339	
Vitamin B-6	mg	3.535	0.021	2	0.601	
Folate	µg	69	5.763	2	12	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	20438	1722.562	2	3474	
Vitamin A, RE	µg	2044		2	347	
Vitamin E, α-TE	mg	4.356		0	0.741	
Lipids:						
Saturated, total	g	0.820		0	0.139	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.082		0	0.014	
15:0	g					
16:0	g	0.656		0	0.112	
17:0	g					
18:0	g	0.082		0	0.014	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.492	0	0.084
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.410	0	0.070
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	4.511	0	0.767
18:2	g	4.265	0	0.725
18:3	g	0.164	0	0.028
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.155	0	0.026
Threonine	g	0.425	0	0.072
Isoleucine	g	0.373	0	0.063
Leucine	g	0.605	0	0.103
Lysine	g	0.515	0	0.088
Methionine	g	0.142	0	0.024
Cystine	g	0.219	0	0.037
Phenylalanine	g	0.361	0	0.061
Tyrosine	g	0.245	0	0.042
Valine	g	0.489	0	0.083
Arginine	g	0.554	0	0.094
Histidine	g	0.232	0	0.039
Alanine	g	0.476	0	0.081
Aspartic acid	g	1.661	0	0.282
Glutamic acid	g	1.532	0	0.260
Glycine	g	0.425	0	0.072
Proline	g	0.502	0	0.085
Serine	g	0.464	0	0.079
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 pepper

NDB No. 11978

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11979 Peppers, jalapeno, raw

Refuse: 8% Stems and seeds

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 90g	Measure 2* 14g	Measure 3*
Proximates:						
Water	g	91.69	0.215	2	82.52	12.84
Energy	kcal	30		0	27	4
Energy	kJ	126		0	113	18
Protein (N x 5.95)	g	1.35	0.062	2	1.22	0.19
Total lipid (fat)	g	0.62	0.025	2	0.56	0.09
Carbohydrate, by difference	g	5.91		0	5.32	0.83
Fiber, total dietary	g	2.8	0.049	2	2.5	0.4
Ash	g	0.44	0.171	2	0.40	0.06
Sugars, total	g					
Minerals:						
Calcium	mg	10	0.955	2	9	1
Iron	mg	0.70	0.034	2	0.63	0.10
Magnesium	mg	19	2.722	2	17	3
Phosphorus	mg	31	4.101	2	28	4
Potassium	mg	215	4.455	2	194	30
Sodium	mg	1	0.000	2	1	0
Zinc	mg	0.23	0.006	2	0.21	0.03
Copper	mg	0.133		1	0.120	0.019
Manganese	mg	0.250	0.050	2	0.225	0.035
Selenium	µg	0.3		0	0.3	0.0
Vitamins:						
Ascorbic acid	mg	44.3	2.797	2	39.9	6.2
Thiamin	mg	0.144	0.066	2	0.130	0.020
Riboflavin	mg	0.057	0.002	2	0.051	0.008
Niacin	mg	1.117	0.130	2	1.005	0.156
Pantothenic acid	mg	0.228	0.064	2	0.205	0.032
Vitamin B-6	mg	0.508	0.006	2	0.457	0.071
Folate	µg	47	2.828	2	42	7
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	215		0	194	30
Vitamin A, RE	µg	22		0	20	3
Vitamin E, α-TE	mg	0.473		0	0.426	0.066
Lipids:						
Saturated, total	g	0.062		0	0.056	0.009
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.001		0	0.001	0.000
14:0	g	0.004		0	0.004	0.001
15:0	g					
16:0	g	0.045		0	0.041	0.006
17:0	g					
18:0	g	0.008		0	0.007	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.033	0	0.030	0.005
14:1	g				
16:1	g	0.001	0	0.001	0.000
18:1	g	0.031	0	0.028	0.004
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.319	0	0.287	0.045
18:2	g	0.304	0	0.274	0.043
18:3	g	0.015	0	0.013	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.017	0	0.015	0.002
Threonine	g	0.049	0	0.044	0.007
Isoleucine	g	0.044	0	0.040	0.006
Leucine	g	0.071	0	0.064	0.010
Lysine	g	0.061	0	0.055	0.009
Methionine	g	0.017	0	0.015	0.002
Cystine	g	0.025	0	0.023	0.004
Phenylalanine	g	0.042	0	0.038	0.006
Tyrosine	g	0.029	0	0.026	0.004
Valine	g	0.057	0	0.051	0.008
Arginine	g	0.064	0	0.058	0.009
Histidine	g	0.027	0	0.024	0.004
Alanine	g	0.056	0	0.050	0.008
Aspartic acid	g	0.192	0	0.173	0.027
Glutamic acid	g	0.179	0	0.161	0.025
Glycine	g	0.051	0	0.046	0.007
Proline	g	0.059	0	0.053	0.008
Serine	g	0.054	0	0.049	0.008
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, sliced
- Measure 2: 1 pepper

NDB No. 11979

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11980 Peppers, chili, green, canned

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 139g	Measure 2*	Measure 3*
Proximates:						
Water	g	93.25	0.405	2	129.62	
Energy	kcal	21		0	29	
Energy	kJ	88		0	122	
Protein (N x 5.95)	g	0.72	0.002	2	1.00	
Total lipid (fat)	g	0.27	0.008	2	0.38	
Carbohydrate, by difference	g	4.60		0	6.39	
Fiber, total dietary	g	1.7	0.131	2	2.4	
Ash	g	1.31	0.346	2	1.82	
Sugars, total	g					
Minerals:						
Calcium	mg	36	2.440	2	50	
Iron	mg	1.33	0.001	2	1.85	
Magnesium	mg	4	0.778	2	6	
Phosphorus	mg	11	2.192	2	15	
Potassium	mg	113	32.103	2	157	
Sodium	mg	397	153.973	2	552	
Zinc	mg	0.09	0.010	2	0.13	
Copper	mg					
Manganese	mg					
Selenium	µg	0.3		0	0.4	
Vitamins:						
Ascorbic acid	mg	34.2	12.049	2	47.5	
Thiamin	mg	0.010	0.003	2	0.014	
Riboflavin	mg	0.030	0.002	2	0.042	
Niacin	mg	0.627	0.029	2	0.872	
Pantothenic acid	mg	0.084	0.021	2	0.117	
Vitamin B-6	mg	0.120	0.011	2	0.167	
Folate	µg	54	1.131	2	75	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	126		2	175	
Vitamin A, RE	µg	13		2	18	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.028		0	0.039	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.000		0	0.000	
14:0	g	0.003		0	0.004	
15.0	g					
16:0	g	0.022		0	0.031	
17:0	g					
18:0	g	0.003		0	0.004	
20:0	g					
22:0	g	0.000		0	0.000	
24:0	g					

Monounsaturated, total	g	0.017	0	0.024
14:1	g	0.000	0	0.000
16:1	g	0.000	0	0.000
18:1	g	0.014	0	0.019
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	0.153	0	0.213
18:2	g	0.145	0	0.202
18:3	g	0.006	0	0.008
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.010	0	0.014
Threonine	g	0.026	0	0.036
Isoleucine	g	0.023	0	0.032
Leucine	g	0.038	0	0.053
Lysine	g	0.032	0	0.044
Methionine	g	0.009	0	0.013
Cystine	g	0.014	0	0.019
Phenylalanine	g	0.022	0	0.031
Tyrosine	g	0.015	0	0.021
Valine	g	0.030	0	0.042
Arginine	g	0.034	0	0.047
Histidine	g	0.014	0	0.019
Alanine	g	0.030	0	0.042
Aspartic acid	g	0.103	0	0.143
Glutamic acid	g	0.095	0	0.132
Glycine	g	0.026	0	0.036
Proline	g	0.031	0	0.043
Serine	g	0.029	0	0.040
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11980

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11981 Peppers, hungarian, raw

Refuse: 12% Stems

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 27g	Measure 2*	Measure 3*
Proximates:						
Water	g	91.51	0.098	2	24.71	
Energy	kcal	29		0	8	
Energy	kJ	121		0	33	
Protein (N x 5.95)	g	0.80	0.064	2	0.22	
Total lipid (fat)	g	0.41	0.074	2	0.11	
Carbohydrate, by difference	g	6.68		0	1.80	
Fiber, total dietary	g					
Ash	g	0.58	0.023	2	0.16	
Sugars, total	g					
Minerals:						
Calcium	mg	12	0.990	2	3	
Iron	mg	0.46	0.070	2	0.12	
Magnesium	mg	16	1.556	2	4	
Phosphorus	mg	29	2.793	2	8	
Potassium	mg	202	10.041	2	55	
Sodium	mg	1	0.283	2	0	
Zinc	mg	0.30	0.024	2	0.08	
Copper	mg	0.115		1	0.031	
Manganese	mg	0.204	10.996	2	0.055	
Selenium	µg	0.3		0	0.1	
Vitamins:						
Ascorbic acid	mg	92.9	13.948	2	25.1	
Thiamin	mg	0.079	0.002	2	0.021	
Riboflavin	mg	0.055	0.011	2	0.015	
Niacin	mg	1.092	0.226	2	0.295	
Pantothenic acid	mg	0.205	0.043	2	0.055	
Vitamin B-6	mg	0.517	0.058	2	0.140	
Folate	µg	53	11.915	2	14	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	140		2	38	
Vitamin A, RE	µg	14		2	4	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.046		0	0.012	
4:0	g	0.000		0	0.000	
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.002		0	0.001	
15:0	g					
16:0	g	0.033		0	0.009	
17:0	g					
18:0	g	0.007		0	0.002	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.024	0	0.006
14:1	g			
16:1	g			
18:1	g	0.024	0	0.006
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.240	0	0.065
18:2	g	0.229	0	0.062
18:3	g	0.011	0	0.003
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	0.010	0	0.003
Threonine	g	0.030	0	0.008
Isoleucine	g	0.026	0	0.007
Leucine	g	0.042	0	0.011
Lysine	g	0.036	0	0.010
Methionine	g	0.010	0	0.003
Cystine	g	0.015	0	0.004
Phenylalanine	g	0.025	0	0.007
Tyrosine	g	0.017	0	0.005
Valine	g	0.034	0	0.009
Arginine	g	0.039	0	0.011
Histidine	g	0.016	0	0.004
Alanine	g	0.033	0	0.009
Aspartic acid	g	0.115	0	0.031
Glutamic acid	g	0.106	0	0.029
Glycine	g	0.030	0	0.008
Proline	g	0.035	0	0.009
Serine	g	0.032	0	0.009
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 pepper

NDB No. 11981

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11982 Peppers, pasilla, dried

Refuse: 6% Stems

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 7g	Measure 2*	Measure 3*
Proximates:						
Water	g	14.84	0.925	2	1.04	
Energy	kcal	345		0	24	
Energy	kJ	1443		0	101	
Protein (N x 5.95)	g	12.35	1.136	2	0.86	
Total lipid (fat)	g	15.85	0.045	2	1.11	
Carbohydrate, by difference	g	51.13		0	3.58	
Fiber, total dietary	g	26.8	1.135	2	1.9	
Ash	g	5.82	0.026	2	0.41	
Sugars, total	g					
Minerals:						
Calcium	mg	97	1.697	2	7	
Iron	mg	9.83	1.927	2	0.69	
Magnesium	mg	130	12.551	2	9	
Phosphorus	mg	267	51.831	2	19	
Potassium	mg	2222	5.303	2	156	
Sodium	mg	89	19.198	2	6	
Zinc	mg	1.40	0.243	2	0.10	
Copper	mg	0.423	0.096	2	0.030	
Manganese	mg	1.580	0.023	2	0.111	
Selenium	µg	3.2		0	0.2	
Vitamins:						
Ascorbic acid	mg	6.4		1	0.4	
Thiamin	mg	0.172	0.034	2	0.012	
Riboflavin	mg	3.197	0.527	2	0.224	
Niacin	mg	7.175	0.353	2	0.502	
Pantothenic acid	mg	1.591	0.247	2	0.111	
Vitamin B-6	mg	4.228	0.427	2	0.296	
Folate	µg	170	63.746	2	12	
Vitamin B-12	µg	0.00		0	0.00	
Vitamin A	IU	35760	11425.521	2	2503	
Vitamin A, RE	µg	3576	1142.552	2	250	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g			
14:1	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
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 pepper

NDB No. 11982

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11984 Epazote, raw
Chenopodium ambrosioides

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 1g	Measure 2* 2g	Measure 3*
Proximates:						
Water	g	89.21	0.098	2	0.71	1.78
Energy	kcal	32		0	0	1
Energy	kJ	134		0	1	3
Protein (N x 5.95)	g	0.33	0.010	2	0.00	0.01
Total lipid (fat)	g	0.52	0.063	2	0.00	0.01
Carbohydrate, by difference	g	7.44		0	0.06	0.15
Fiber, total dietary	g	3.8	0.064	2	0.0	0.1
Ash	g	2.50	0.247	2	0.02	0.05
Sugars, total	g					
Minerals:						
Calcium	mg	275	44.760	2	2	6
Iron	mg	1.88	0.337	2	0.02	0.04
Magnesium	mg	121	9.935	2	1	2
Phosphorus	mg	86	27.895	2	1	2
Potassium	mg	633	6.647	2	5	13
Sodium	mg	43	9.581	2	0	1
Zinc	mg	1.10	0.256	2	0.01	0.02
Copper	mg	0.190	0.038	2	0.002	0.004
Manganese	mg	3.098	0.690	2	0.025	0.062
Selenium	µg	0.9		0	0.0	0.0
Vitamins:						
Ascorbic acid	mg	3.6	1.305	2	0.0	0.1
Thiamin	mg	0.028	0.005	2	0.000	0.001
Riboflavin	mg	0.348	0.000	2	0.003	0.007
Niacin	mg	0.639	0.049	2	0.005	0.013
Pantothenic acid	mg	0.179	0.023	2	0.001	0.004
Vitamin B-6	mg	0.152	0.018	2	0.001	0.003
Folate	µg	215	0.636	2	2	4
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	57		1	0	1
Vitamin A, RE	µg	6		1	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 tablespoon
 Measure 2: 1 sprig

NDB No. 11984

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11985 Fireweed, leaves, raw
Epilobium angustifolium

Refuse: 65% Stems and flowers

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 23g	Measure 2 [*] 22g	Measure 3 [*]
Proximates:						
Water	g	70.78	0.298	2	16.28	15.57
Energy	kcal	103		0	24	23
Energy	kJ	431		0	99	95
Protein (N x 5.95)	g	4.71	0.252	2	1.08	1.04
Total lipid (fat)	g	2.75	0.333	2	0.63	0.61
Carbohydrate, by difference	g	19.22		0	4.42	4.23
Fiber, total dietary	g	10.6	0.484	2	2.4	2.3
Ash	g	2.54	0.092	2	0.58	0.56
Sugars, total	g					
Minerals:						
Calcium	mg	429	4.172	2	99	94
Iron	mg	2.40		1	0.55	0.53
Magnesium	mg	156	7.743	2	36	34
Phosphorus	mg	108	20.365	2	25	24
Potassium	mg	494	81.635	2	114	109
Sodium	mg	34	9.228	2	8	7
Zinc	mg	2.66	1.151	2	0.61	0.59
Copper	mg	0.320		1	0.074	0.070
Manganese	mg	6.704	0.083	2	1.542	1.475
Selenium	µg	0.9		0	0.2	0.2
Vitamins:						
Ascorbic acid	mg	2.2		1	0.5	0.5
Thiamin	mg	0.033		1	0.008	0.007
Riboflavin	mg	0.137	0.050	2	0.032	0.030
Niacin	mg	4.674	1.694	2	1.075	1.028
Pantothenic acid	mg	1.356	0.027	2	0.312	0.298
Vitamin B-6	mg	0.632	0.280	2	0.145	0.139
Folate	µg	112	36.699	2	26	25
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	3598		1	828	792
Vitamin A, RE	µg	360		1	83	79
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, chopped
 Measure 2: 1 plant

NDB No. 11985

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11986 Malabar spinach, cooked

Refuse: 30% Stems

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 44g	Measure 2* 17g	Measure 3*
Proximates:						
Water	g	92.50	0.275	2	40.70	15.72
Energy	kcal	23		0	10	4
Energy	kJ	96		0	42	16
Protein (N x 5.95)	g	2.98	0.314	2	1.31	0.51
Total lipid (fat)	g	0.78	0.053	2	0.34	0.13
Carbohydrate, by difference	g	2.71		0	1.19	0.46
Fiber, total dietary	g	2.1	0.021	2	0.9	0.4
Ash	g	1.04	0.158	2	0.46	0.18
Sugars, total	g					
Minerals:						
Calcium	mg	124	3.288	2	55	21
Iron	mg	1.48	0.366	2	0.65	0.25
Magnesium	mg	48	19.278	2	21	8
Phosphorus	mg	36	2.758	2	16	6
Potassium	mg	256	32.951	2	113	44
Sodium	mg	55	8.450	2	24	9
Zinc	mg	0.30	0.059	2	0.13	0.05
Copper	mg	0.111		1	0.049	0.019
Manganese	mg	0.255	0.023	2	0.112	0.043
Selenium	µg	0.9		0	0.4	0.2
Vitamins:						
Ascorbic acid	mg	5.9		1	2.6	1.0
Thiamin	mg	0.106	0.040	2	0.047	0.018
Riboflavin	mg	0.129	0.006	2	0.057	0.022
Niacin	mg	0.787	0.366	2	0.346	0.134
Pantothenic acid	mg	0.135	0.018	2	0.059	0.023
Vitamin B-6	mg	0.086	0.029	2	0.038	0.015
Folate	µg	114	9.228	2	50	19
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	1158		1	510	197
Vitamin A, RE	µg	116		1	51	20
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 bunch

NDB No. 11986

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11987 Mushroom, oyster, raw

Refuse: 11% Stems

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 148g	Measure 2* 15g	Measure 3*
Proximates:						
Water	g	87.76	1.881	2	129.88	13.16
Energy	kcal	37		0	55	6
Energy	kJ	155		0	229	23
Protein (N x 5.95)	g	4.14	0.510	2	6.13	0.62
Total lipid (fat)	g	0.51	0.101	2	0.75	0.08
Carbohydrate, by difference	g	6.22		0	9.21	0.93
Fiber, total dietary	g	2.4	0.686	2	3.6	0.4
Ash	g	1.37	0.194	2	2.03	0.21
Sugars, total	g					
Minerals:						
Calcium	mg	6	1.520	2	9	1
Iron	mg	1.74	0.442	2	2.58	0.26
Magnesium	mg	20	5.763	2	30	3
Phosphorus	mg	141	15.309	2	209	21
Potassium	mg	516	89.732	2	764	77
Sodium	mg	31	4.031	2	46	5
Zinc	mg	0.78	0.174	2	1.15	0.12
Copper	mg	0.363	0.043	2	0.537	0.054
Manganese	mg	0.142		1	0.210	0.021
Selenium	µg	18.4		0	27.2	2.8
Vitamins:						
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0
Thiamin	mg	0.055	0.004	2	0.081	0.008
Riboflavin	mg	0.360	0.058	2	0.533	0.054
Niacin	mg	3.579	0.127	2	5.297	0.537
Pantothenic acid	mg	1.291	0.121	2	1.911	0.194
Vitamin B-6	mg	0.122	0.033	2	0.181	0.018
Folate	µg	47	12.587	2	70	7
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	48		1	71	7
Vitamin A, RE	µg	5		1	7	1
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 large
 Measure 2: 1 small

NDB No. 11987

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11988 Fungi, Cloud ears, dried

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 5g	Measure 3*
Proximates:						
Water	g	14.80	1.338	2	4.14	0.67
Energy	kcal	284		0	80	13
Energy	kJ	1188		0	333	53
Protein (N x 5.95)	g	9.25	0.807	2	2.59	0.42
Total lipid (fat)	g	0.73	0.101	2	0.20	0.03
Carbohydrate, by difference	g	73.00		0	20.44	3.29
Fiber, total dietary	g	70.1	2.390	2	19.6	3.2
Ash	g	2.21	0.410	2	0.62	0.10
Sugars, total	g					
Minerals:						
Calcium	mg	159	68.024	2	45	7
Iron	mg	5.88	0.034	2	1.65	0.26
Magnesium	mg	83	12.940	2	23	4
Phosphorus	mg	184	31.608	2	52	8
Potassium	mg	754	176.105	2	211	34
Sodium	mg	35	3.783	2	10	2
Zinc	mg	1.32	0.171	2	0.37	0.06
Copper	mg	0.183	0.008	2	0.051	0.008
Manganese	mg	1.951	0.593	2	0.546	0.088
Selenium	µg	128.0		0	35.8	5.8
Vitamins:						
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0
Thiamin	mg	0.015	0.001	2	0.004	0.001
Riboflavin	mg	0.844	0.046	2	0.236	0.038
Niacin	mg	6.267	0.111	2	1.755	0.282
Pantothenic acid	mg	0.481	0.080	2	0.135	0.022
Vitamin B-6	mg	0.112	0.046	2	0.031	0.005
Folate	µg	38	0.495	2	11	2
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0	0.000	2	0	0
Vitamin A, RE	µg	0	0.000	2	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 piece

NDB No. 11988

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11989 Mushrooms, straw, canned, drained solids

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 182g	Measure 2* 6g	Measure 3*
Proximates:						
Water	g	89.88	0.187	2	163.58	4.94
Energy	kcal	32		0	58	2
Energy	kJ	134		0	244	7
Protein (N x 5.95)	g	3.83	0.064	2	6.97	0.21
Total lipid (fat)	g	0.68	0.072	2	1.24	0.04
Carbohydrate, by difference	g	4.65		0	8.46	0.26
Fiber, total dietary	g	2.5	0.495	2	4.5	0.1
Ash	g	0.97	0.012	2	1.77	0.05
Sugars, total	g					
Minerals:						
Calcium	mg	10	3.818	2	18	1
Iron	mg	1.43	0.431	2	2.60	0.08
Magnesium	mg	7	0.035	2	13	0
Phosphorus	mg	61	3.394	2	111	3
Potassium	mg	78	13.647	2	142	4
Sodium	mg	384	13.506	2	699	21
Zinc	mg	0.67	0.195	2	1.22	0.04
Copper	mg	0.133	0.010	2	0.242	0.007
Manganese	mg	0.098		0	0.178	0.005
Selenium	µg	15.2		0	27.7	0.8
Vitamins:						
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0
Thiamin	mg	0.013	0.000	2	0.024	0.001
Riboflavin	mg	0.070	0.160	2	0.127	0.004
Niacin	mg	0.224	0.089	2	0.408	0.012
Pantothenic acid	mg	0.412	0.155	2	0.750	0.023
Vitamin B-6	mg	0.014	0.005	2	0.025	0.001
Folate	µg	38	16.087	2	69	2
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	0	0.000	2	0	0
Vitamin A, RE	µg	0	0.000	2	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.089		0	0.162	0.005
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.002		0	0.004	0.000
12:0	g	0.007		0	0.013	0.000
14:0	g	0.002		0	0.004	0.000
15:0	g					
16:0	g	0.044		0	0.080	0.002
17:0	g					
18:0	g	0.014		0	0.025	0.001
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.012	0	0.022	0.001
14:1	g				
16:1	g				
18:1	g	0.012	0	0.022	0.001
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.263	0	0.479	0.014
18:2	g	0.259	0	0.471	0.014
18:3	g	0.002	0	0.004	0.000
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 piece

NDB No. 11989

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11990 Wasabi, root, raw
Wasabia japonica

Refuse: 23% Peel

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 130g	Measure 2 [*] 169g	Measure 3 [*]
Proximates:						
Water	g	69.12	0.630	2	89.86	116.81
Energy	kcal	109		0	142	184
Energy	kJ	456		0	593	771
Protein (N x 5.95)	g	4.80	0.057	2	6.24	8.11
Total lipid (fat)	g	0.63	0.040	2	0.82	1.06
Carbohydrate, by difference	g	23.54		0	30.60	39.78
Fiber, total dietary	g	7.7	0.375	2	10.0	13.0
Ash	g	1.92	0.132	2	2.50	3.24
Sugars, total	g					
Minerals:						
Calcium	mg	128	6.223	2	166	216
Iron	mg	1.03	0.093	2	1.34	1.74
Magnesium	mg	69	13.400	2	90	117
Phosphorus	mg	80	0.389	2	104	135
Potassium	mg	568	53.563	2	738	960
Sodium	mg	17	5.763	2	22	29
Zinc	mg	1.62	0.849	2	2.11	2.74
Copper	mg	0.154	0.003	2	0.200	0.260
Manganese	mg	0.391	0.034	2	0.508	0.661
Selenium	µg	0.7		0	0.9	1.2
Vitamins:						
Ascorbic acid	mg	41.9	7.658	2	54.5	70.8
Thiamin	mg	0.131	0.006	2	0.170	0.221
Riboflavin	mg	0.114	0.001	2	0.148	0.193
Niacin	mg	0.743	0.245	2	0.966	1.256
Pantothenic acid	mg	0.203	0.007	2	0.264	0.343
Vitamin B-6	mg	0.274	0.004	2	0.356	0.463
Folate	µg	18	5.303	2	23	30
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	46		1	60	78
Vitamin A, RE	µg	5		1	7	8
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, sliced
 Measure 2: 1 root

NDB No. 11990

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11991 Yautia (tannier), raw
Xanthosoma sagittifolium

Refuse: 14% Peel

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 135g	Measure 2* 305g	Measure 3*
Proximates:						
Water	g	73.02	1.802	2	98.58	222.71
Energy	kcal	98		0	132	299
Energy	kJ	410		0	554	1251
Protein (N x 5.95)	g	1.46	0.040	2	1.97	4.45
Total lipid (fat)	g	0.40	0.026	2	0.54	1.22
Carbohydrate, by difference	g	23.68		0	31.97	72.22
Fiber, total dietary	g	1.5	0.021	2	2.0	4.6
Ash	g	1.45	0.025	2	1.96	4.42
Sugars, total	g					
Minerals:						
Calcium	mg	9	0.424	2	12	27
Iron	mg	0.98	0.296	2	1.32	2.99
Magnesium	mg	24	1.768	2	32	73
Phosphorus	mg	51	0.849	2	69	156
Potassium	mg	598	1.379	2	807	1824
Sodium	mg	21	2.546	2	28	64
Zinc	mg	0.50	0.070	2	0.68	1.52
Copper	mg	0.257	0.028	2	0.347	0.784
Manganese	mg	0.186	0.019	2	0.251	0.567
Selenium	µg	0.7		0	0.9	2.1
Vitamins:						
Ascorbic acid	mg	5.2	0.233	2	7.0	15.9
Thiamin	mg	0.097	0.005	2	0.131	0.296
Riboflavin	mg	0.040	0.001	2	0.054	0.122
Niacin	mg	0.667	0.064	2	0.900	2.034
Pantothenic acid	mg	0.209	0.020	2	0.282	0.637
Vitamin B-6	mg	0.237	0.066	2	0.320	0.723
Folate	µg	17	5.551	2	23	52
Vitamin B-12	µg	0.00		0	0.00	0.00
Vitamin A	IU	11		1	15	34
Vitamin A, RE	µg	1		1	1	3
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, sliced
 Measure 2: 1 root

NDB No. 11991

Food Group 11 Vegetables and Vegetable Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11995 Fiddlehead ferns, raw

Matteuccia struthioeris

Refuse: %

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	88.68	0.295	5		
Energy	kcal	34		0		
Energy	kJ	142		0		
Protein (N x 5.95)	g	4.55	0.013	5		
Total lipid (fat)	g	0.40	0.009	5		
Carbohydrate, by difference	g	5.54		0		
Fiber, total dietary	g					
Ash	g	0.83	0.013	5		
Sugars, total	g					
Minerals:						
Calcium	mg	32		2		
Iron	mg	1.31		2		
Magnesium	mg	34		2		
Phosphorus	mg	101		2		
Potassium	mg	370		2		
Sodium	mg	1		2		
Zinc	mg	0.83		2		
Copper	mg	0.320		2		
Manganese	mg	0.510		2		
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	26.6	2.415	5		
Thiamin	mg	0.020	0.001	5		
Riboflavin	mg	0.210	0.013	5		
Niacin	mg	4.980	0.085	5		
Pantothenic acid	mg					
Vitamin B-6	mg					
Folate	µg					
Vitamin B-12	µg	0.00		0		
Vitamin A	IU	3676		5		
Vitamin A, RE	µg	368		5		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g		
14:1	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
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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11995

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 11996 Fiddlehead ferns, frozen, unprepared

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	88.91	0.045	5		
Energy	kcal	34		0		
Energy	kJ	142		0		
Protein (N x 5.95)	g	4.31	0.018	5		
Total lipid (fat)	g	0.35	0.004	5		
Carbohydrate, by difference	g	5.74		0		
Fiber, total dietary	g					
Ash	g	0.69	0.018	5		
Sugars, total	g					
Minerals:						
Calcium	mg	24		2		
Iron	mg	0.73		2		
Magnesium	mg	19		2		
Phosphorus	mg	58		2		
Potassium	mg	129		2		
Sodium	mg	0		2		
Zinc	mg	0.71		2		
Copper	mg	0.220		2		
Manganese	mg	0.940		2		
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	17.8	0.850	5		
Thiamin	mg	0.014	0.000	5		
Riboflavin	mg	0.130	0.009	5		
Niacin	mg	3.260	0.054	5		
Pantothenic acid	mg					
Vitamin B-6	mg					
Folate	µg					
Vitamin B-12	µg	0.00		0		
Vitamin A	IU	1028		5		
Vitamin A, RE	µg	103		5		
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g		
14:1	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
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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11996

Food Group 11 Vegetables and Vegetable Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)