

NDB No. 21256
BURGER KING, CHICKEN TENDERS
 Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	46.06	0.513	4	A	1		28.56	35.47	42.38
Energy.....kcal	289		0	NC	4		179	222	266
Energy.....kj	1208		0	NC	4		749	930	1111
Protein.....g	17.25	0.177	4	A	1		10.70	13.28	15.87
Total lipid (fat).....g	16.67	0.355	4	A	1		10.33	12.83	15.33
Ash.....g	2.61	0.051	4	A	1		1.62	2.01	2.40
Carbohydrate, by difference.....g	17.41		0	NC	4		10.79	13.41	16.02
Fiber, total dietary.....g	2.3	0.307	4	A	1		1.4	1.8	2.1
Sugars, total.....g	0.12	0.046	4	A	1		0.07	0.09	0.11
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.12	0.046	4	A	1		0.07	0.09	0.11
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g	16.05	0.144	4	A	1		9.95	12.36	14.77
Minerals:									
Calcium, Ca.....mg	15	0.645	4	A	1		9	12	14
Iron, Fe.....mg	0.61	0.098	4	A	1		0.38	0.47	0.56
Magnesium, Mg.....mg	25	0.111	4	A	1		15	19	23
Phosphorus, P.....mg	227	1.000	4	A	1		141	175	209
Potassium, K.....mg	263	6.676	4	A	1		163	203	242
Sodium, Na.....mg	721	19.585	4	A	1		447	555	664
Zinc, Zn.....mg	0.58	0.141	4	A	1		0.36	0.44	0.53
Copper, Cu.....mg	0.050	0.011	4	A	1		0.031	0.038	0.046
Manganese, Mn.....mg	0.202	0.031	4	A	1		0.126	0.156	0.186
Selenium, Se.....mcg	30.9	3.890	4	A	1		19.2	23.8	28.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	4	A	1		0.5	0.6	0.7
Thiamin.....mg	0.128	0.019	4	A	1		0.079	0.098	0.118
Riboflavin.....mg	0.105	0.006	4	A	1		0.065	0.081	0.097
Niacin.....mg	7.482	0.092	4	A	1		4.639	5.761	6.884
Pantothenic acid.....mg	0.600	0.014	4	A	1		0.372	0.462	0.552
Vitamin B-6.....mg	0.349	0.016	4	A	1		0.216	0.269	0.321
Folate, total.....mcg	7	0.479	4	A	1		4	6	7
Folic acid.....mcg	2	0.000	4	A	1		1	2	2
Folate, food.....mcg	5		0	AS	1		3	4	5
Folate, DFE.....mcg_DFE	9		0	NC	4		5	7	8
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.80	0.025	3	A	1		0.50	0.62	0.74
Tocopherol, beta.....mg	0.05	0.012	3	A	1		0.03	0.04	0.04
Tocopherol, gamma.....mg	3.46	0.346	3	A	1		2.14	2.66	3.18
Tocopherol, delta.....mg	2.35	0.130	3	A	1		1.46	1.81	2.17
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.3	0.325	4	A	1		3.9	4.8	5.8
Lipids:									
Fatty acids, total saturated.....g	4.242		0	NC	4		2.630	3.266	3.903
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.043	0.002	4	A	1		0.026	0.033	0.039
15:0.....g	0.016	0.001	4	A	1		0.010	0.012	0.014

NDB No. 21256
 BURGER KING, CHICKEN TENDERS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
16:0.....g	2.455	0.078	4	A	1	1.522	1.890	2.258	
17:0.....g	0.019	0.001	4	A	1	0.012	0.015	0.017	
18:0.....g	1.588	0.049	4	A	1	0.984	1.223	1.461	
20:0.....g	0.057	0.002	4	A	1	0.035	0.044	0.052	
22:0.....g	0.045	0.003	4	A	1	0.028	0.035	0.041	
24:0.....g	0.020	0.001	4	A	1	0.012	0.015	0.018	
Fatty acids, total monounsaturated.....g	9.532		0	NC	4	5.910	7.340	8.770	
14:1.....g	0.010	0.001	4	A	1	0.006	0.008	0.009	
15:1.....g									
16:1 undifferentiated.....g	0.352		0	AS	1	0.218	0.271	0.324	
16:1 c.....g	0.346	0.005	4	A	1	0.215	0.267	0.319	
16:1 t.....g	0.006	0.000	4	A	1	0.004	0.005	0.005	
17:1.....g									
18:1 undifferentiated.....g	9.145		0	AS	1	5.670	7.042	8.414	
18:1 c.....g	6.217	0.149	4	A	1	3.855	4.787	5.720	
18:1 t.....g	2.928	0.065	4	A	1	1.815	2.254	2.694	
20:1.....g	0.025	0.001	4	A	1	0.016	0.019	0.023	
22:1 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.098		0	NC	4	1.301	1.615	1.930	
18:2 undifferentiated.....g	1.979		0	AS	1	1.227	1.524	1.820	
18:2 n-6 c,c.....g	1.664	0.068	4	A	1	1.032	1.281	1.531	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.315	0.028	4	A	1	0.195	0.242	0.289	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.040		0	AS	1	0.025	0.031	0.037	
18:4.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.017	0.005	4	A	1	0.011	0.013	0.016	
20:3 undifferentiated.....g	0.013	0.001	4	A	1	0.008	0.010	0.012	
20:4 undifferentiated.....g	0.049	0.003	4	A	1	0.030	0.037	0.045	
20:5 n-3.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
22:5 n-3.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
22:6 n-3.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	3.248		0	NC	4	2.014	2.501	2.988	
Fatty acids, total trans-monoenoic.....g	2.934		0	NC	4	1.819	2.259	2.699	
Fatty acids, total trans-polyenoic.....g	0.315		0	NC	4	0.195	0.242	0.289	
Cholesterol.....mg	52	0.477	4	A	1	32	40	48	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.150		0	A	1	0.093	0.115	0.138	
Threonine.....g	0.650		0	A	1	0.403	0.500	0.598	
Isoleucine.....g	0.845		0	A	1	0.524	0.651	0.778	
Leucine.....g	1.385		0	A	1	0.859	1.067	1.275	
Lysine.....g	1.406		0	A	1	0.872	1.082	1.293	
Methionine.....g	0.452		0	A	1	0.281	0.348	0.416	
Cystine.....g	0.176		0	A	1	0.109	0.136	0.162	
Phenylalanine.....g	0.767		0	A	1	0.476	0.591	0.706	
Tyrosine.....g	0.492		0	A	1	0.305	0.379	0.453	
Valine.....g	0.883		0	A	1	0.547	0.680	0.812	
Arginine.....g	1.065		0	A	1	0.660	0.820	0.980	
Histidine.....g	0.650		0	A	1	0.403	0.500	0.598	
Alanine.....g	0.895		0	A	1	0.555	0.689	0.823	
Aspartic acid.....g	1.528		0	A	1	0.947	1.176	1.406	
Glutamic acid.....g	2.980		0	A	1	1.848	2.295	2.742	
Glycine.....g	0.796		0	A	1	0.493	0.613	0.732	
Proline.....g	0.801		0	A	1	0.497	0.617	0.737	
Serine.....g	0.587		0	A	1	0.364	0.452	0.540	
Hydroxyproline.....g	0.034	0.016	4	A	1	0.021	0.026	0.031	

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

NDB No. 21256
BURGER KING, CHICKEN TENDERS

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

food, or similar food.

Common Measures:

Measure 1 = 62g: 4 pieces

Measure 2 = 77g: 5 pieces

Measure 3 = 92g: 6 pieces

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21251
BURGER KING, Cheeseburger
 Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.59		1	A	1		59.30		
Energy.....kcal	286		0	NC	4		381		
Energy.....kj	1198		0	NC	4		1594		
Protein (N x 6.25).....g	14.57		1	A	1		19.38		
Total lipid (fat).....g	14.81		1	A	1		19.70		
Ash.....g	2.32		1	A	1		3.09		
Carbohydrate, by difference.....g	23.71		0	NC	4		31.54		
Fiber, total dietary.....g	2.8		1	A	1		3.8		
Sugars, total.....g	4.49		1	A	1		5.98		
Sucrose.....g	1.69		1	A	1		2.25		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	1.85		1	A	1		2.46		
Lactose.....g	0.07		1	A	1		0.10		
Maltose.....g	0.73		1	A	1		0.97		
Galactose.....g	0.15		1	A	1		0.20		
Starch.....g	18.60		1	A	1		24.74		
Minerals:									
Calcium, Ca.....mg	93		1	A	1		124		
Iron, Fe.....mg	2.50		1	A	1		3.33		
Magnesium, Mg.....mg	24		1	A	1		32		
Phosphorus, P.....mg	143		1	A	1		190		
Potassium, K.....mg	178		1	A	1		237		
Sodium, Na.....mg	602		1	A	1		801		
Zinc, Zn.....mg	2.40		1	A	1		3.19		
Copper, Cu.....mg	0.110		1	A	1		0.146		
Manganese, Mn.....mg	0.290		1	A	1		0.386		
Selenium, Se.....mcg	24.4		1	A	1		32.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		1	A	1		0.2		
Thiamin.....mg	0.303		1	A	1		0.403		
Riboflavin.....mg	0.240		1	A	1		0.319		
Niacin.....mg	3.400		1	A	1		4.522		
Pantothenic acid.....mg	0.230		1	A	1		0.306		
Vitamin B-6.....mg	0.090		1	A	1		0.120		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg	0.10		1	A	1		0.13		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.48		1	A	1		0.64		
Tocopherol, delta.....mg	0.14		1	A	1		0.19		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.7		1	A	1		7.6		
Lipids:									
Fatty acids, total saturated.....g	6.842		0	NC	4		9.099		
4:0.....g	0.079		1	A	1		0.105		
6:0.....g	0.049		1	A	1		0.065		
8:0.....g	0.043		1	A	1		0.057		
10:0.....g	0.075		1	A	1		0.100		
12:0.....g	0.105		1	A	1		0.140		
13:0.....g									
14:0.....g	0.684		1	A	1		0.909		
15:0.....g	0.081		1	A	1		0.108		
16:0.....g	3.583		1	A	1		4.766		
17:0.....g	0.139		1	A	1		0.185		
18:0.....g	1.955		1	A	1		2.600		

NDB No. 21251
 BURGER KING, Cheeseburger

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
20:0.....g	0.028		1	A	1		0.038		
22:0.....g	0.010		1	A	1		0.013		
24:0.....g	0.010		1	A	1		0.013		
Fatty acids, total monounsaturated.....g	5.704		0	NC	4		7.586		
14:1.....g	0.088		1	A	1		0.117		
15:1.....g									
16:1 undifferentiated.....g	0.459		0	AS	1		0.610		
16:1 c.....g	0.413		1	A	1		0.549		
16:1 t.....g	0.046		1	A	1		0.062		
17:1.....g	0.083		1	A	1		0.110		
18:1 undifferentiated.....g	5.050		0	AS	1		6.716		
18:1 c.....g	4.423		1	A	1		5.883		
18:1 t.....g	0.626		1	A	1		0.833		
20:1.....g	0.024		1	A	1		0.032		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.521		0	NC	4		2.023		
18:2 undifferentiated.....g	1.362		0	AS	1		1.812		
18:2 n-6 c,c.....g	1.258		1	A	1		1.673		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.104		1	A	1		0.139		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.123		0	AS	1		0.163		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.005		1	A	1		0.007		
20:3 undifferentiated.....g	0.011		1	A	1		0.015		
20:4 undifferentiated.....g	0.020		1	A	1		0.026		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.777		0	NC	4		1.033		
Fatty acids, total trans-monoenoic.....g	0.673		0	NC	4		0.895		
Fatty acids, total trans-polyenoic.....g	0.104		0	NC	4		0.139		
Cholesterol.....mg	45		1	A	1		60		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0	A	1		0.106		
Threonine.....g	0.500		0	A	1		0.665		
Isoleucine.....g	0.560		0	A	1		0.745		
Leucine.....g	1.090		0	A	1		1.450		
Lysine.....g	0.940		0	A	1		1.250		
Methionine.....g	0.300		0	A	1		0.399		
Cystine.....g	0.200		0	A	1		0.266		
Phenylalanine.....g	0.660		0	A	1		0.878		
Tyrosine.....g	0.430		0	A	1		0.572		
Valine.....g	0.650		0	A	1		0.864		
Arginine.....g	0.770		0	A	1		1.024		
Histidine.....g	0.370		0	A	1		0.492		
Alanine.....g	0.620		0	A	1		0.825		
Aspartic acid.....g	0.970		0	A	1		1.290		
Glutamic acid.....g	3.120		0	A	1		4.149		
Glycine.....g	0.890		0	A	1		1.184		
Proline.....g	1.170		0	A	1		1.556		
Serine.....g	0.600		0	A	1		0.798		
Hydroxyproline.....g	0.160		1	A	1		0.213		

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

NDB No. 21251
BURGER KING, Cheeseburger

Common Measures:

Measure 1 = 133g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21257
 BURGER KING, Chicken WHOPPER Sandwich
 Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.30		1	A	1		155.86		
Energy.....kcal	216		0	NC	4		589		
Energy.....kj	906		0	NC	4		2463		
Protein (N x 6.25).....g	11.77		1	A	1		32.01		
Total lipid (fat).....g	10.52		1	A	1		28.61		
Ash.....g	1.74		1	A	1		4.73		
Carbohydrate, by difference.....g	18.67		0	NC	4		50.78		
Fiber, total dietary.....g	1.5		1	A	1		4.0		
Sugars, total.....g	3.39		1	A	1		9.22		
Sucrose.....g	1.24		1	A	1		3.37		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	1.36		1	A	1		3.70		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.79		1	A	1		2.15		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	33		1	A	1		91		
Iron, Fe.....mg	5.50		1	A	1		14.96		
Magnesium, Mg.....mg	21		1	A	1		57		
Phosphorus, P.....mg	149		1	A	1		405		
Potassium, K.....mg	183		1	A	1		498		
Sodium, Na.....mg	433		1	A	1		1178		
Zinc, Zn.....mg	1.20		1	A	1		3.26		
Copper, Cu.....mg	0.014		1	A	1		0.038		
Manganese, Mn.....mg	0.190		1	A	1		0.517		
Selenium, Se.....mcg	27.6		1	A	1		75.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		1	A	1		0.5		
Thiamin.....mg	0.307		1	A	1		0.835		
Riboflavin.....mg	0.150		1	A	1		0.408		
Niacin.....mg	4.500		1	A	1		12.240		
Pantothenic acid.....mg	0.380		1	A	1		1.033		
Vitamin B-6.....mg	0.157		1	A	1		0.427		
Folate, total.....mcg	43		1	A	1		117		
Folic acid.....mcg	25		1	A	1		68		
Folate, food.....mcg	18		0	AS	1		49		
Folate, DFE.....mcg_DFE	61		0	NC	4		165		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	22.7		1	A	1		61.7		
Lipids:									
Fatty acids, total saturated.....g	2.198		0	NC	4		5.979		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		

BURGER KING, Chicken WHOPPER Sandwich

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	1.604		1	A	1		4.363		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.594		1	A	1		1.616		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	3.100		0	NC	4		8.431		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.190		1	A	1		0.518		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	2.909		0	AS	1		7.914		
18:1 c.....g	2.748		1	A	1		7.476		
18:1 t.....g	0.161		1	A	1		0.438		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.760		0	NC	4		12.948		
18:2 undifferentiated.....g	4.237		1	A	1		11.525		
18:3 undifferentiated.....g	0.523		0	AS	1		1.423		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.161		0	NC	4		0.438		
Fatty acids, total trans-monoenoic.....g	0.161		0	NC	4		0.438		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	31		1	A	1		84		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.100		0	A	1		0.272		
Threonine.....g	0.410		0	A	1		1.115		
Isoleucine.....g	0.500		0	A	1		1.360		
Leucine.....g	0.910		0	A	1		2.475		
Lysine.....g	0.860		0	A	1		2.339		
Methionine.....g	0.250		0	A	1		0.680		
Cystine.....g	0.130		0	A	1		0.353		
Phenylalanine.....g	0.510		0	A	1		1.387		
Tyrosine.....g	0.290		0	A	1		0.789		
Valine.....g	0.540		0	A	1		1.469		
Arginine.....g	0.610		0	A	1		1.659		
Histidine.....g	0.370		0	A	1		1.006		
Alanine.....g	0.490		0	A	1		1.333		
Aspartic acid.....g	0.870		0	A	1		2.366		
Glutamic acid.....g	2.410		0	A	1		6.555		
Glycine.....g	0.530		0	A	1		1.441		
Proline.....g	0.760		0	A	1		2.067		
Serine.....g	0.450		0	A	1		1.224		
Hydroxyproline.....g	0.030		1	A	1		0.081		

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

NDB No. 21257

BURGER KING, Chicken WHOPPER Sandwich

Common Measures:

Measure 1 = 272g: 1 item

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21254

BURGER KING, DOUBLE WHOPPER, no cheese

Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.29		1	A	1		206.78		
Energy.....kcal	252		0	NC	4		941		
Energy.....kj	1053		0	NC	4		3938		
Protein (N x 6.25).....g	13.94		1	A	1		52.13		
Total lipid (fat).....g	15.66		1	A	1		58.57		
Ash.....g	1.37		1	A	1		5.12		
Carbohydrate, by difference.....g	13.74		0	NC	4		51.39		
Fiber, total dietary.....g	1.4		1	A	1		5.1		
Sugars, total.....g	3.52		1	A	1		13.18		
Sucrose.....g	1.45		1	A	1		5.42		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	1.43		1	A	1		5.35		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.57		1	A	1		2.13		
Galactose.....g	0.07		1	A	1		0.28		
Starch.....g	10.30		1	A	1		38.52		
Minerals:									
Calcium, Ca.....mg	35		1	A	1		129		
Iron, Fe.....mg	2.80		1	A	1		10.47		
Magnesium, Mg.....mg	18		1	A	1		67		
Phosphorus, P.....mg	111		1	A	1		415		
Potassium, K.....mg	192		1	A	1		718		
Sodium, Na.....mg	289		1	A	1		1081		
Zinc, Zn.....mg	3.00		1	A	1		11.22		
Copper, Cu.....mg	0.120		1	A	1		0.448		
Manganese, Mn.....mg	0.200		1	A	1		0.748		
Selenium, Se.....mcg	20.1		1	A	1		75.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		1	A	1		0.6		
Thiamin.....mg	0.193		1	A	1		0.722		
Riboflavin.....mg	0.190		1	A	1		0.710		
Niacin.....mg	3.230		1	A	1		12.080		
Pantothenic acid.....mg	0.190		1	A	1		0.710		
Vitamin B-6.....mg	0.114		1	A	1		0.426		
Folate, total.....mcg	45		1	A	1		168		
Folic acid.....mcg	22		1	A	1		82		
Folate, food.....mcg	23		0	AS	1		86		
Folate, DFE.....mcg_DFE	60		0	NC	4		226		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	14.1		1	A	1		52.7		
Lipids:									
Fatty acids, total saturated.....g	5.773		0	NC	4		21.593		
4:0.....g	0.005		1	A	1		0.019		
6:0.....g	0.005		1	A	1		0.019		
8:0.....g	0.013		1	A	1		0.048		
10:0.....g	0.013		1	A	1		0.049		
12:0.....g	0.061		1	A	1		0.230		
13:0.....g									
14:0.....g	0.372		1	A	1		1.390		
15:0.....g	0.055		1	A	1		0.205		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
16:0.....g	3.249		1	A	1		12.149		
17:0.....g	0.146		1	A	1		0.546		
18:0.....g	1.795		1	A	1		6.714		
20:0.....g	0.028		1	A	1		0.106		
22:0.....g	0.020		1	A	1		0.073		
24:0.....g	0.012		1	A	1		0.045		
Fatty acids, total monounsaturated.....g	6.117		0	NC	4		22.879		
14:1.....g	0.096		1	A	1		0.358		
15:1.....g									
16:1 undifferentiated.....g	0.461		0	AS	1		1.726		
16:1 c.....g	0.430		1	A	1		1.609		
16:1 t.....g	0.031		1	A	1		0.116		
17:1.....g	0.095		1	A	1		0.356		
18:1 undifferentiated.....g	5.442		0	AS	1		20.355		
18:1 c.....g	5.128		1	A	1		19.178		
18:1 t.....g	0.315		1	A	1		1.177		
20:1.....g	0.023		1	A	1		0.084		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.016		0	NC	4		11.281		
18:2 undifferentiated.....g	2.662		0	AS	1		9.956		
18:2 n-6 c,c.....g	2.606		1	A	1		9.745		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.057		1	A	1		0.212		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.315		0	AS	1		1.176		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.006		1	A	1		0.021		
20:3 undifferentiated.....g	0.009		1	A	1		0.033		
20:4 undifferentiated.....g	0.025		1	A	1		0.095		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.402		0	NC	4		1.505		
Fatty acids, total trans-monoenoic.....g	0.346		0	NC	4		1.293		
Fatty acids, total trans-polyenoic.....g	0.057		0	NC	4		0.212		
Cholesterol.....mg	46		1	A	1		172		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.100		0	A	1		0.374		
Threonine.....g	0.410		0	A	1		1.533		
Isoleucine.....g	0.550		0	A	1		2.057		
Leucine.....g	0.980		0	A	1		3.665		
Lysine.....g	0.950		0	A	1		3.553		
Methionine.....g	0.270		0	A	1		1.010		
Cystine.....g	0.120		0	A	1		0.448		
Phenylalanine.....g	0.560		0	A	1		2.094		
Tyrosine.....g	0.340		0	A	1		1.272		
Valine.....g	0.630		0	A	1		2.356		
Arginine.....g	0.770		0	A	1		2.879		
Histidine.....g	0.360		0	A	1		1.346		
Alanine.....g	0.660		0	A	1		2.468		
Aspartic acid.....g	0.970		0	A	1		3.628		
Glutamic acid.....g	2.450		0	A	1		9.163		
Glycine.....g	0.980		0	A	1		3.665		
Proline.....g	0.970		0	A	1		3.628		
Serine.....g	0.330		0	A	1		1.234		
Hydroxyproline.....g	0.190		1	A	1		0.710		

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

NDB No. 21254

BURGER KING, DOUBLE WHOPPER, no cheese

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

food, or similar food.

Common Measures:

Measure 1 = 374g: 1 item

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21255
BURGER KING, DOUBLE WHOPPER, with cheese
 Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	53.28		1	A	1		212.59		
Energy.....kcal	266		0	NC	4		1059		
Energy.....kj	1111		0	NC	4		4432		
Protein (N x 6.25).....g	14.47		1	A	1		57.74		
Total lipid (fat).....g	17.06		1	A	1		68.07		
Ash.....g	1.67		1	A	1		6.66		
Carbohydrate, by difference.....g	13.52		0	NC	4		53.95		
Fiber, total dietary.....g	1.6		1	A	1		6.3		
Sugars, total.....g	3.61		1	A	1		14.42		
Sucrose.....g	1.21		1	A	1		4.83		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	1.27		1	A	1		5.07		
Lactose.....g	0.07		1	A	1		0.30		
Maltose.....g	0.55		1	A	1		2.19		
Galactose.....g	0.51		1	A	1		2.03		
Starch.....g	10.10		1	A	1		40.30		
Minerals:									
Calcium, Ca.....mg	78		1	A	1		310		
Iron, Fe.....mg	5.30		1	A	1		21.15		
Magnesium, Mg.....mg	19		1	A	1		77		
Phosphorus, P.....mg	128		1	A	1		511		
Potassium, K.....mg	189		1	A	1		754		
Sodium, Na.....mg	387		1	A	1		1544		
Zinc, Zn.....mg	3.50		1	A	1		13.97		
Copper, Cu.....mg	0.078		1	A	1		0.311		
Manganese, Mn.....mg	0.140		1	A	1		0.559		
Selenium, Se.....mcg	17.0		1	A	1		67.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		1	A	1		0.7		
Thiamin.....mg	0.267		1	A	1		1.065		
Riboflavin.....mg	0.210		1	A	1		0.838		
Niacin.....mg	3.000		1	A	1		11.970		
Pantothenic acid.....mg	0.200		1	A	1		0.798		
Vitamin B-6.....mg	0.112		1	A	1		0.447		
Folate, total.....mcg	27		1	A	1		108		
Folic acid.....mcg	22		1	A	1		88		
Folate, food.....mcg	5		0	AS	1		20		
Folate, DFE.....mcg_DFE	42		0	NC	4		169		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.06		1	A	1		0.24		
Tocopherol, beta.....mg	0.83		1	A	1		3.31		
Tocopherol, gamma.....mg	0.21		1	A	1		0.84		
Tocopherol, delta.....mg	0.25		1	A	1		1.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	11.5		1	A	1		45.9		
Lipids:									
Fatty acids, total saturated.....g	6.998		0	NC	4		27.920		
4:0.....g	0.060		1	A	1		0.238		
6:0.....g	0.092		1	A	1		0.368		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.095		1	A	1		0.380		
12:0.....g	0.096		1	A	1		0.384		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g	0.614		1	A	1		2.450		
15:0.....g	0.081		1	A	1		0.323		

BURGER KING, DOUBLE WHOPPER, with cheese

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
16:0.....g	3.820		1	A	1		15.243		
17:0.....g	0.163		1	A	1		0.650		
18:0.....g	1.976		1	A	1		7.885		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	6.298		0	NC	4		25.127		
14:1.....g	0.145		1	A	1		0.580		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.487		1	A	1		1.945		
17:1.....g	0.114		1	A	1		0.455		
18:1 undifferentiated.....g	5.551		0	AS	1		22.148		
18:1 c.....g	4.931		1	A	1		19.673		
18:1 t.....g	0.620		1	A	1		2.475		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.987		0	NC	4		11.916		
18:2 undifferentiated.....g	2.595		1	A	1		10.354		
18:3 undifferentiated.....g	0.392		0	AS	1		1.562		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.620		0	NC	4		2.475		
Fatty acids, total trans-monoenoic.....g	0.620		0	NC	4		2.475		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	47		1	A	1		188		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.100		0	A	1		0.399		
Threonine.....g	0.400		0	A	1		1.596		
Isoleucine.....g	0.590		0	A	1		2.354		
Leucine.....g	1.060		0	A	1		4.229		
Lysine.....g	1.010		0	A	1		4.030		
Methionine.....g	0.290		0	A	1		1.157		
Cystine.....g	0.110		0	A	1		0.439		
Phenylalanine.....g	0.610		0	A	1		2.434		
Tyrosine.....g	0.380		0	A	1		1.516		
Valine.....g	0.690		0	A	1		2.753		
Arginine.....g	0.760		0	A	1		3.032		
Histidine.....g	0.370		0	A	1		1.476		
Alanine.....g	0.640		0	A	1		2.553		
Aspartic acid.....g	0.980		0	A	1		3.910		
Glutamic acid.....g	2.550		0	A	1		10.174		
Glycine.....g	0.940		0	A	1		3.750		
Proline.....g	1.230		0	A	1		4.908		
Serine.....g	0.340		0	A	1		1.357		
Hydroxyproline.....g	0.200		1	A	1		0.798		

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

NDB No. 21255

BURGER KING, DOUBLE WHOPPER, with cheese

Common Measures:

Measure 1 = 399g: 1 item

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21249
BURGER KING, French Fries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
16:0.....g	1.928	0.042	4	A	1		2.255	3.084	3.740
17:0.....g	0.020	0.000	4	A	1		0.024	0.032	0.039
18:0.....g	2.243	0.039	4	A	1		2.624	3.588	4.351
20:0.....g	0.070	0.002	4	A	1		0.082	0.112	0.136
22:0.....g	0.066	0.002	4	A	1		0.077	0.106	0.128
24:0.....g	0.021	0.001	4	A	1		0.024	0.033	0.041
Fatty acids, total monounsaturated.....g	11.061		0	NC	4		12.941	17.698	21.458
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	AS	1		0.014	0.019	0.023
16:1 c.....g	0.012	0.001	4	A	1		0.014	0.019	0.023
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	11.038		0	AS	1		12.914	17.661	21.413
18:1 c.....g	6.379	0.219	4	A	1		7.463	10.206	12.375
18:1 t.....g	4.659	0.119	4	A	1		5.451	7.455	9.039
20:1.....g	0.011	0.002	4	A	1		0.013	0.018	0.022
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.147		0	NC	4		1.342	1.835	2.225
18:2 undifferentiated.....g	1.120		0	AS	1		1.310	1.792	2.173
18:2 n-6 c,c.....g	0.661	0.027	4	A	1		0.773	1.058	1.282
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.459	0.016	4	A	1		0.537	0.734	0.890
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.027		0	AS	1		0.031	0.043	0.052
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	5.118		0	NC	4		5.988	8.189	9.929
Fatty acids, total trans-monoenoic.....g	4.659		0	NC	4		5.451	7.455	9.039
Fatty acids, total trans-polyenoic.....g	0.459		0	NC	4		0.537	0.734	0.890
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		0	A	1		0.035	0.048	0.058
Threonine.....g	0.120		0	A	1		0.140	0.191	0.232
Isoleucine.....g	0.118		0	A	1		0.138	0.188	0.228
Leucine.....g	0.185		0	A	1		0.216	0.296	0.359
Lysine.....g	0.288		0	A	1		0.337	0.460	0.558
Methionine.....g	0.065		0	A	1		0.076	0.104	0.126
Cystine.....g	0.012		0	A	1		0.014	0.020	0.024
Phenylalanine.....g	0.158		0	A	1		0.185	0.253	0.307
Tyrosine.....g	0.105		0	A	1		0.122	0.167	0.203
Valine.....g	0.178		0	A	1		0.208	0.284	0.345
Arginine.....g	0.197		0	A	1		0.231	0.315	0.382
Histidine.....g	0.070		0	A	1		0.082	0.113	0.136
Alanine.....g	0.112		0	A	1		0.131	0.180	0.218
Aspartic acid.....g	0.734		0	A	1		0.859	1.175	1.425
Glutamic acid.....g	0.547		0	A	1		0.640	0.875	1.061
Glycine.....g	0.103		0	A	1		0.120	0.164	0.199
Proline.....g	0.145		0	A	1		0.169	0.231	0.281
Serine.....g	0.119		0	A	1		0.139	0.191	0.231
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	0.000

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

NDB No. 21249
BURGER KING, French Fries

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

food, or similar food.

Common Measures:

Measure 1 = 117g: 1 medium serving

Measure 2 = 160g: 1 large serving

Measure 3 = 194g: 1 king serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21250
BURGER KING, Hamburger
 Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.68	0.057	4	A	1		54.06		
Energy.....kcal	275		0	NC	4		332		
Energy.....kj	1150		0	NC	4		1391		
Protein (N x 6.25).....g	14.18	0.289	4	A	1		17.16		
Total lipid (fat).....g	12.17	0.217	4	A	1		14.73		
Ash.....g	1.85	0.031	4	A	1		2.24		
Carbohydrate, by difference.....g	27.11		0	NC	4		32.80		
Fiber, total dietary.....g	2.0	0.303	4	A	1		2.4		
Sugars, total.....g	4.85	0.092	4	A	1		5.87		
Sucrose.....g	1.89	0.053	4	A	1		2.29		
Glucose (dextrose).....g	0.00	0.000	4	A	1		0.00		
Fructose.....g	2.05	0.069	4	A	1		2.49		
Lactose.....g	0.00	0.000	4	A	1		0.00		
Maltose.....g	0.78	0.089	4	A	1		0.95		
Galactose.....g	0.11	0.039	4	A	1		0.14		
Starch.....g	21.20	0.286	4	A	1		25.65		
Minerals:									
Calcium, Ca.....mg	51	4.169	4	A	1		62		
Iron, Fe.....mg	2.52	0.155	4	A	1		3.06		
Magnesium, Mg.....mg	24	0.464	4	A	1		29		
Phosphorus, P.....mg	119	1.181	4	A	1		144		
Potassium, K.....mg	182	2.869	4	A	1		220		
Sodium, Na.....mg	455	7.420	4	A	1		551		
Zinc, Zn.....mg	2.15	0.155	4	A	1		2.60		
Copper, Cu.....mg	0.093	0.007	4	A	1		0.113		
Manganese, Mn.....mg	0.278	0.023	4	A	1		0.336		
Selenium, Se.....mcg	24.9	2.244	4	A	1		30.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2	0.000	4	A	1		0.2		
Thiamin.....mg	0.334	0.027	4	A	1		0.404		
Riboflavin.....mg	0.227	0.006	4	A	1		0.275		
Niacin.....mg	3.947	0.146	4	A	1		4.776		
Pantothenic acid.....mg	0.222	0.005	4	A	1		0.269		
Vitamin B-6.....mg	0.101	0.005	4	A	1		0.122		
Folate, total.....mcg	64	1.658	4	A	1		77		
Folic acid.....mcg	37	2.955	4	A	1		44		
Folate, food.....mcg	27		0	AS	1		32		
Folate, DFE.....mcg_DFE	89		0	NC	4		108		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.04	0.003	3	A	1		0.05		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg	0.07	0.020	3	A	1		0.08		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.5	0.456	4	A	1		6.7		
Lipids:									
Fatty acids, total saturated.....g	5.068		0	NC	4		6.132		
4:0.....g	0.000	0.000	4	A	1		0.000		
6:0.....g	0.000	0.000	4	A	1		0.000		
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.000	0.000	4	A	1		0.000		
12:0.....g	0.000	0.000	4	A	1		0.000		
13:0.....g	0.000	0.000	4	A	1		0.000		
14:0.....g	0.355	0.015	4	A	1		0.429		
15:0.....g	0.058	0.001	4	A	1		0.070		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	2.872	0.062	4	A	1		3.475		
17:0.....g	0.140	0.007	4	A	1		0.169		
18:0.....g	1.644	0.042	4	A	1		1.989		
20:0.....g	0.000	0.000	4	A	1		0.000		
22:0.....g	0.000	0.000	4	A	1		0.000		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	5.317		0	NC	4		6.434		
14:1.....g	0.092	0.012	4	A	1		0.111		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.420	0.014	4	A	1		0.509		
17:1.....g	0.104	0.003	4	A	1		0.126		
18:1 undifferentiated.....g	4.701		0	AS	1		5.688		
18:1 c.....g	4.159	0.093	4	A	1		5.033		
18:1 t.....g	0.542	0.030	4	A	1		0.656		
20:1.....g	0.000	0.000	4	A	1		0.000		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.246		0	NC	4		1.507		
18:2 undifferentiated.....g	1.126	0.036	4	A	1		1.363		
18:3 undifferentiated.....g	0.119		0	AS	1		0.144		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g	0.542		0	NC	4		0.656		
Fatty acids, total trans-monoenoic.....g	0.542		0	NC	4		0.656		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	35	0.846	4	A	1		43		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.068		0	A	1		0.082		
Threonine.....g	0.449		0	A	1		0.544		
Isoleucine.....g	0.536		0	A	1		0.648		
Leucine.....g	1.021		0	A	1		1.235		
Lysine.....g	0.793		0	A	1		0.960		
Methionine.....g	0.273		0	A	1		0.330		
Cystine.....g	0.047		0	A	1		0.057		
Phenylalanine.....g	0.624		0	A	1		0.755		
Tyrosine.....g	0.336		0	A	1		0.406		
Valine.....g	0.621		0	A	1		0.751		
Arginine.....g	0.750		0	A	1		0.908		
Histidine.....g	0.356		0	A	1		0.430		
Alanine.....g	0.703		0	A	1		0.851		
Aspartic acid.....g	0.940		0	A	1		1.138		
Glutamic acid.....g	3.049		0	A	1		3.690		
Glycine.....g	0.897		0	A	1		1.085		
Proline.....g	1.345		0	A	1		1.628		
Serine.....g	0.516		0	A	1		0.624		
Hydroxyproline.....g	0.175	0.046	4	A	1		0.212		

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

NDB No. 21250
BURGER KING, Hamburger

Common Measures:

Measure 1 = 121g: 1 item

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21259

BURGER KING, Original Chicken Sandwich

Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.52		1	A	1		92.86		
Energy.....kcal	286		0	NC	4		584		
Energy.....kj	1198		0	NC	4		2443		
Protein (N x 6.25).....g	12.57		1	A	1		25.64		
Total lipid (fat).....g	15.40		1	A	1		31.42		
Ash.....g	2.16		1	A	1		4.41		
Carbohydrate, by difference.....g	24.35		0	NC	4		49.68		
Fiber, total dietary.....g	2.4		1	A	1		5.0		
Sugars, total.....g	2.71		1	A	1		5.53		
Sucrose.....g	0.94		1	A	1		1.92		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.98		1	A	1		2.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.79		1	A	1		1.61		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	20.60		1	A	1		42.02		
Minerals:									
Calcium, Ca.....mg	40		1	A	1		81		
Iron, Fe.....mg	2.10		1	A	1		4.28		
Magnesium, Mg.....mg	24		1	A	1		48		
Phosphorus, P.....mg	133		1	A	1		271		
Potassium, K.....mg	185		1	A	1		377		
Sodium, Na.....mg	590		1	A	1		1204		
Zinc, Zn.....mg	1.40		1	A	1		2.86		
Copper, Cu.....mg	0.014		1	A	1		0.029		
Manganese, Mn.....mg	0.390		1	A	1		0.795		
Selenium, Se.....mcg	23.4		1	A	1		47.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		1	A	1		0.3		
Thiamin.....mg	0.281		1	A	1		0.573		
Riboflavin.....mg	0.160		1	A	1		0.326		
Niacin.....mg	4.710		1	A	1		9.608		
Pantothenic acid.....mg	0.430		1	A	1		0.877		
Vitamin B-6.....mg	0.154		1	A	1		0.314		
Folate, total.....mcg	33		1	A	1		67		
Folic acid.....mcg	21		1	A	1		43		
Folate, food.....mcg	12		0	AS	1		24		
Folate, DFE.....mcg_DFE	48		0	NC	4		97		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	23.7		1	A	1		48.3		
Lipids:									
Fatty acids, total saturated.....g	3.400		0	NC	4		6.937		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.003		1	A	1		0.005		
12:0.....g	0.003		1	A	1		0.005		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g	0.029		1	A	1		0.059		
15:0.....g	0.003		1	A	1		0.006		

BURGER KING, Original Chicken Sandwich

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	2.160		1	A	1		4.406		
17:0.....g	0.009		1	A	1		0.018		
18:0.....g	1.085		1	A	1		2.213		
20:0.....g	0.045		1	A	1		0.092		
22:0.....g	0.056		1	A	1		0.115		
24:0.....g	0.009		1	A	1		0.018		
Fatty acids, total monounsaturated.....g	5.419		0	NC	4		11.055		
14:1.....g	0.003		1	A	1		0.006		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.190		0	A	1		0.387		
16:1 c.....g	0.190		1	A	1		0.387		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.004		1	A	1		0.007		
18:1 undifferentiated.....g	5.193		0	A	1		10.594		
18:1 c.....g	4.418		1	A	1		9.013		
18:1 t.....g	0.775		1	A	1		1.580		
20:1.....g	0.030		1	A	1		0.062		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.606		0	NC	4		11.436		
18:2 undifferentiated.....g	0.119		0	A	1		0.242		
18:2 n-6 c,c.....g	4.842		1	A	1		9.877		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.119		1	A	1		0.242		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.628		0	AS	1		1.282		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.003		1	A	1		0.006		
20:3 undifferentiated.....g	0.003		1	A	1		0.006		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.012		1	A	1		0.024		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.894		0	NC	4		1.823		
Fatty acids, total trans-monoenoic.....g	0.775		0	NC	4		1.580		
Fatty acids, total trans-polyenoic.....g	0.119		0	NC	4		0.242		
Cholesterol.....mg	31		1	A	1		64		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.150		0	A	1		0.306		
Threonine.....g	0.380		0	A	1		0.775		
Isoleucine.....g	0.570		0	A	1		1.163		
Leucine.....g	0.970		0	A	1		1.979		
Lysine.....g	0.840		0	A	1		1.713		
Methionine.....g	0.280		0	A	1		0.571		
Cystine.....g	0.220		0	A	1		0.449		
Phenylalanine.....g	0.580		0	A	1		1.183		
Tyrosine.....g	0.340		0	A	1		0.694		
Valine.....g	0.630		0	A	1		1.285		
Arginine.....g	0.710		0	A	1		1.448		
Histidine.....g	0.380		0	A	1		0.775		
Alanine.....g	0.540		0	A	1		1.102		
Aspartic acid.....g	0.910		0	A	1		1.856		

NDB No. 21259

BURGER KING, Original Chicken Sandwich

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number	Deriv	Source	measures of food			
			of Data	Code	Code	Code	Measure 1	Measure 2	Measure 3
Glutamic acid.....g	2.830		0	A	1		5.773		
Glycine.....g	0.660		0	A	1		1.346		
Proline.....g	1.130		0	A	1		2.305		
Serine.....g	0.370		0	A	1		0.755		
Hydroxyproline.....g	0.080		1	A	1		0.163		

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

Common Measures:

Measure 1 = 204g: 1 item

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21141
BURGER KING, Vanilla Shake
Burger King Corporation

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.13		1	A	1		17.03	203.03	270.48
Energy.....kcal	168		0	NC	4		42	499	665
Energy.....kj	701		0	NC	4		175	2089	2783
Protein (N x 6.38).....g	3.19		1	A	1		0.80	9.50	12.65
Total lipid (fat).....g	8.74		1	A	1		2.18	26.04	34.70
Ash.....g	0.91		1	A	1		0.23	2.71	3.61
Carbohydrate, by difference.....g	19.03		0	NC	4		4.76	56.72	75.56
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	0.0
Sugars, total.....g	11.67		1	A	1		2.92	34.78	46.33
Sucrose.....g	7.28		1	A	1		1.82	21.69	28.90
Glucose (dextrose).....g	0.00		1	A	1		0.00	0.00	0.00
Fructose.....g	0.00		1	A	1		0.00	0.00	0.00
Lactose.....g	4.26		1	A	1		1.07	12.69	16.91
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00
Galactose.....g	0.13		1	A	1		0.03	0.39	0.52
Starch.....g	1.00		1	A	1		0.25	2.98	3.97
Minerals:									
Calcium, Ca.....mg	104		1	A	1		26	310	413
Iron, Fe.....mg	0.42		1	A	1		0.10	1.25	1.67
Magnesium, Mg.....mg	12		1	A	1		3	36	48
Phosphorus, P.....mg	97		1	A	1		24	289	385
Potassium, K.....mg	153		1	A	1		38	456	607
Sodium, Na.....mg	100		1	A	1		25	298	397
Zinc, Zn.....mg	0.67		1	A	1		0.17	2.00	2.66
Copper, Cu.....mg	0.190		1	A	1		0.047	0.566	0.754
Manganese, Mn.....mg	0.061		1	A	1		0.015	0.182	0.243
Selenium, Se.....mcg	3.2		1	A	1		0.8	9.5	12.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin.....mg	0.000		1	A	1		0.000	0.000	0.000
Riboflavin.....mg	0.180		1	A	1		0.045	0.536	0.715
Niacin.....mg	0.090		1	A	1		0.023	0.268	0.357
Pantothenic acid.....mg	0.620		1	A	1		0.155	1.848	2.461
Vitamin B-6.....mg	0.030		1	A	1		0.007	0.089	0.119
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.36		1	A	1		0.09	1.07	1.43
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg	0.32		1	A	1		0.08	0.95	1.27
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.335		0	NC	4		1.334	15.898	21.179
4:0.....g	0.198		1	A	1		0.049	0.589	0.784
6:0.....g	0.152		1	A	1		0.038	0.454	0.604
8:0.....g	0.093		1	A	1		0.023	0.276	0.368
10:0.....g	0.227		1	A	1		0.057	0.677	0.902
12:0.....g	0.249		1	A	1		0.062	0.741	0.987
13:0.....g									
14:0.....g	0.825		1	A	1		0.206	2.459	3.276
15:0.....g	0.084		1	A	1		0.021	0.251	0.334
16:0.....g	2.388		1	A	1		0.597	7.115	9.479
17:0.....g	0.053		1	A	1		0.013	0.157	0.209
18:0.....g	1.039		1	A	1		0.260	3.096	4.125

NDB No. 21141
 BURGER KING, Vanilla Shake

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
20:0.....g	0.014		1	A	1		0.003	0.041	0.055
22:0.....g	0.004		1	A	1		0.001	0.011	0.014
24:0.....g	0.006		1	A	1		0.001	0.016	0.022
Fatty acids, total monounsaturated.....g	2.470		0	NC	4		0.617	7.359	9.804
14:1.....g	0.068		1	A	1		0.017	0.201	0.268
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.172		0	AS	1		0.043	0.514	0.684
16:1 c.....g	0.143		1	A	1		0.036	0.425	0.566
16:1 t.....g	0.030		1	A	1		0.007	0.089	0.119
17:1.....g	0.017		1	A	1		0.004	0.051	0.068
18:1 undifferentiated.....g	2.204		0	AS	1		0.551	6.568	8.749
18:1 c.....g	1.997		1	A	1		0.499	5.950	7.927
18:1 t.....g	0.207		1	A	1		0.052	0.617	0.823
20:1.....g	0.009		1	A	1		0.002	0.026	0.034
22:1 undifferentiated.....g									
22:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.434		0	NC	4		0.109	1.294	1.723
18:2 undifferentiated.....g									
18:2 n-6 c,c.....g	0.255		1	A	1		0.064	0.760	1.013
18:2 CLAs.....g	0.047		1	A	1		0.012	0.141	0.188
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.059		1	A	1		0.015	0.176	0.234
18:3 undifferentiated.....g									
18:3 n-6 c,c,c.....g	0.003		1	A	1		0.001	0.009	0.012
18:3i.....g									
18:4.....g	0.004		1	A	1		0.001	0.012	0.015
20:2 n-6 c,c.....g	0.002		1	A	1		0.000	0.005	0.007
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g	0.011		1	A	1		0.003	0.033	0.044
20:4 undifferentiated.....g	0.013		1	A	1		0.003	0.040	0.053
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.005		1	A	1		0.001	0.015	0.020
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.296		0	NC	4		0.074	0.882	1.176
Fatty acids, total trans-monoenoic.....g	0.237		0	NC	4		0.059	0.707	0.941
Fatty acids, total trans-polyenoic.....g	0.059		0	NC	4		0.015	0.176	0.234
Cholesterol.....mg	31		1	A	1		8	92	122
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

NDB No. 21141
BURGER KING, Vanilla Shake

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

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

Common Measures:

- Measure 1 = 25g: 1 fluid ounce
- Measure 2 = 298g: 1 small 12 fl oz
- Measure 3 = 397g: 1 medium 16 fl oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21252

BURGER KING, WHOPPER, no cheese

Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.43	0.726	4	A	1		164.23		
Energy.....kcal	233		0	NC	4		677		
Energy.....kj	974		0	NC	4		2834		
Protein.....g	10.74	0.293	4	A	1		31.26		
Total lipid (fat).....g	12.84	0.041	4	A	1		37.36		
Ash.....g	1.43	0.051	4	A	1		4.16		
Carbohydrate, by difference.....g	18.55		0	NC	4		53.99		
Fiber, total dietary.....g	1.8	0.249	4	A	1		5.4		
Sugars, total.....g	4.22	0.126	4	A	1		12.28		
Sucrose.....g	1.70	0.047	4	A	1		4.95		
Glucose (dextrose).....g	0.00	0.000	4	A	1		0.00		
Fructose.....g	1.73	0.018	4	A	1		5.05		
Lactose.....g	0.00	0.000	4	A	1		0.00		
Maltose.....g	0.67	0.071	4	A	1		1.96		
Galactose.....g	0.11	0.023	4	A	1		0.33		
Starch.....g	13.53	0.644	3	A	1		39.38		
Minerals:									
Calcium, Ca.....mg	39	4.875	3	A	1		115		
Iron, Fe.....mg	4.37	0.726	3	A	1		12.71		
Magnesium, Mg.....mg	18	0.636	3	A	1		52		
Phosphorus, P.....mg	90	1.258	3	A	1		261		
Potassium, K.....mg	169	1.202	3	A	1		493		
Sodium, Na.....mg	313	9.207	3	A	1		910		
Zinc, Zn.....mg	2.83	0.418	3	A	1		8.24		
Copper, Cu.....mg	0.013	0.001	3	A	1		0.038		
Manganese, Mn.....mg	0.180	0.015	3	A	1		0.524		
Selenium, Se.....mcg	18.2	1.475	4	A	1		53.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2	0.000	4	A	1		0.5		
Thiamin.....mg	0.215	0.006	4	A	1		0.626		
Riboflavin.....mg	0.175	0.006	4	A	1		0.509		
Niacin.....mg	2.873	0.095	4	A	1		8.359		
Pantothenic acid.....mg	0.173	0.003	4	A	1		0.502		
Vitamin B-6.....mg	0.091	0.005	4	A	1		0.265		
Folate, total.....mcg	47	3.568	4	A	1		136		
Folic acid.....mcg	33	3.189	4	A	1		96		
Folate, food.....mcg	14		0	AS	1		40		
Folate, DFE.....mcg_DFE	70		0	NC	4		203		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.15		1	A	1		0.44		
Tocopherol, beta.....mg	1.95		1	A	1		5.67		
Tocopherol, gamma.....mg	0.45		1	A	1		1.31		
Tocopherol, delta.....mg	0.39		1	A	1		1.13		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	19.5	1.415	4	A	1		56.9		
Lipids:									
Fatty acids, total saturated.....g	4.250		0	NC	4		12.369		
4:0.....g	0.002	0.001	4	A	1		0.006		
6:0.....g	0.002	0.001	4	A	1		0.006		
8:0.....g	0.006	0.003	4	A	1		0.017		
10:0.....g	0.006	0.003	4	A	1		0.017		
12:0.....g	0.038	0.022	4	A	1		0.109		
13:0.....g	0.000		2	A	1		0.000		
14:0.....g	0.249	0.013	4	A	1		0.724		
15:0.....g	0.040	0.003	4	A	1		0.115		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
16:0.....g	2.435	0.049	4	A	1	7.085			
17:0.....g	0.102	0.005	4	A	1	0.298			
18:0.....g	1.342	0.032	4	A	1	3.906			
20:0.....g	0.013	0.007	4	A	1	0.036			
22:0.....g	0.010	0.006	4	A	1	0.029			
24:0.....g	0.007	0.004	4	A	1	0.021			
Fatty acids, total monounsaturated.....g	4.685		0	NC	4	13.633			
14:1.....g	0.072	0.005	4	A	1	0.211			
15:1.....g	0.000		2	A	1	0.000			
16:1 undifferentiated.....g	0.328		0	A	1	0.955			
16:1 c.....g	0.303		2	A	1	0.883			
16:1 t.....g	0.025		2	A	1	0.072			
17:1.....g	0.069	0.003	4	A	1	0.201			
18:1 undifferentiated.....g	4.203		0	A	1	12.230			
18:1 c.....g	3.791	0.087	4	A	1	11.033			
18:1 t.....g	0.411	0.024	4	A	1	1.197			
20:1.....g	0.013	0.007	4	A	1	0.037			
22:1 undifferentiated.....g	0.000	0.000	4	A	1	0.000			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.389		0	NC	4	9.862			
18:2 undifferentiated.....g	0.071		0	A	1	0.207			
18:2 n-6 c,c.....g	2.757		2	A	1	8.023			
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.071		2	A	1	0.207			
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.275		0	AS	1	0.800			
18:3 n-6 c,c,c.....g	0.000		2	A	1	0.000			
18:3i.....g									
18:4.....g	0.000		2	A	1	0.000			
20:2 n-6 c,c.....g	0.002	0.001	4	A	1	0.007			
20:3 undifferentiated.....g	0.003	0.002	4	A	1	0.010			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.006	0.003	4	A	1	0.017			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	4	A	1	0.000			
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		2	A	1	0.000			
22:6 n-3.....g	0.000	0.000	4	A	1	0.000			
Fatty acids, total trans.....g	0.507		0	NC	4	1.476			
Fatty acids, total trans-monoenoic.....g	0.436		0	NC	4	1.269			
Fatty acids, total trans-polyenoic.....g	0.071		0	NC	4	0.207			
Cholesterol.....mg	30	0.589	4	A	1	87			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.070		0	A	1	0.205			
Threonine.....g	0.374		0	A	1	1.087			
Isoleucine.....g	0.345		0	A	1	1.005			
Leucine.....g	0.762		0	A	1	2.217			
Lysine.....g	0.593		0	A	1	1.725			
Methionine.....g	0.208		0	A	1	0.605			
Cystine.....g									
Phenylalanine.....g	0.461		0	A	1	1.341			
Tyrosine.....g	0.268		0	A	1	0.780			
Valine.....g	0.416		0	A	1	1.209			
Arginine.....g	0.574		0	A	1	1.671			
Histidine.....g	0.253		0	A	1	0.736			
Alanine.....g	0.511		0	A	1	1.486			
Aspartic acid.....g	0.754		0	A	1	2.195			

NDB No. 21252

BURGER KING, WHOPPER, no cheese

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Glutamic acid.....g	2.311		0	A	1	6.726			
Glycine.....g	0.760		0	A	1	2.212			
Proline.....g	0.990		0	A	1	2.880			
Serine.....g	0.461		0	A	1	1.342			
Hydroxyproline.....g	0.175	0.012	4	A	1	0.509			

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

Common Measures:

Measure 1 = 291g: 1 item

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21253

BURGER KING, WHOPPER, with cheese

Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	54.92		1	A	1		173.55		
Energy.....kcal	250		0	NC	4		789		
Energy.....kj	1044		0	NC	4		3299		
Protein (N x 6.25).....g	11.19		1	A	1		35.36		
Total lipid (fat).....g	15.33		1	A	1		48.44		
Ash.....g	1.86		1	A	1		5.88		
Carbohydrate, by difference.....g	16.70		0	NC	4		52.77		
Fiber, total dietary.....g	1.0		1	A	1		3.3		
Sugars, total.....g	4.11		1	A	1		12.98		
Sucrose.....g	1.61		1	A	1		5.09		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	1.66		1	A	1		5.25		
Lactose.....g	0.07		1	A	1		0.24		
Maltose.....g	0.69		1	A	1		2.18		
Galactose.....g	0.07		1	A	1		0.24		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	82		1	A	1		258		
Iron, Fe.....mg	2.00		1	A	1		6.32		
Magnesium, Mg.....mg	18		1	A	1		58		
Phosphorus, P.....mg	113		1	A	1		357		
Potassium, K.....mg	169		1	A	1		534		
Sodium, Na.....mg	453		1	A	1		1431		
Zinc, Zn.....mg	1.60		1	A	1		5.06		
Copper, Cu.....mg	0.053		1	A	1		0.167		
Manganese, Mn.....mg	0.180		1	A	1		0.569		
Selenium, Se.....mcg	18.4		1	A	1		58.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		1	A	1		0.5		
Thiamin.....mg	0.213		1	A	1		0.673		
Riboflavin.....mg	0.200		1	A	1		0.632		
Niacin.....mg	2.560		1	A	1		8.089		
Pantothenic acid.....mg	0.180		1	A	1		0.569		
Vitamin B-6.....mg	0.073		1	A	1		0.230		
Folate, total.....mcg	51		1	A	1		161		
Folic acid.....mcg	30		1	A	1		95		
Folate, food.....mcg	21		0	AS	1		66		
Folate, DFE.....mcg_DFE	72		0	NC	4		228		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.08		1	A	1		0.25		
Tocopherol, beta.....mg	0.01		1	A	1		0.05		
Tocopherol, gamma.....mg	3.56		1	A	1		11.25		
Tocopherol, delta.....mg	0.37		1	A	1		1.17		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	19.1		1	A	1		60.4		
Lipids:									
Fatty acids, total saturated.....g	5.782		0	NC	4		18.272		
4:0.....g	0.134		1	A	1		0.423		
6:0.....g	0.055		1	A	1		0.174		
8:0.....g	0.042		1	A	1		0.133		
10:0.....g	0.100		1	A	1		0.316		
12:0.....g	0.101		1	A	1		0.319		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g	0.523		1	A	1		1.652		
15:0.....g	0.073		1	A	1		0.230		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	3.155		1	A	1		9.971		
17:0.....g	0.117		1	A	1		0.370		
18:0.....g	1.482		1	A	1		4.684		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	5.058		0	NC	4		15.983		
14:1.....g	0.131		1	A	1		0.413		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.350		1	A	1		1.107		
17:1.....g	0.073		1	A	1		0.231		
18:1 undifferentiated.....g	4.504		0	AS	1		14.232		
18:1 c.....g	4.078		1	A	1		12.888		
18:1 t.....g	0.425		1	A	1		1.344		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.784		0	NC	4		11.956		
18:2 undifferentiated.....g	3.315		1	A	1		10.474		
18:3 undifferentiated.....g	0.469		0	AS	1		1.482		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.425		0	NC	4		1.344		
Fatty acids, total trans-monoenoic.....g	0.425		0	NC	4		1.344		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	36		1	A	1		114		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.090		0	A	1		0.284		
Threonine.....g	0.440		0	A	1		1.390		
Isoleucine.....g	0.510		0	A	1		1.611		
Leucine.....g	0.960		0	A	1		3.033		
Lysine.....g	0.840		0	A	1		2.654		
Methionine.....g	0.260		0	A	1		0.821		
Cystine.....g	0.110		0	A	1		0.347		
Phenylalanine.....g	0.560		0	A	1		1.770		
Tyrosine.....g	0.380		0	A	1		1.200		
Valine.....g	0.600		0	A	1		1.896		
Arginine.....g	0.690		0	A	1		2.180		
Histidine.....g	0.320		0	A	1		1.011		
Alanine.....g	0.590		0	A	1		1.864		
Aspartic acid.....g	0.920		0	A	1		2.907		
Glutamic acid.....g	2.500		0	A	1		7.900		
Glycine.....g	0.840		0	A	1		2.654		
Proline.....g	0.930		0	A	1		2.939		
Serine.....g	0.480		0	A	1		1.516		
Hydroxyproline.....g	0.150		1	A	1		0.474		

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

NDB No. 21253

BURGER KING, WHOPPER, with cheese

Common Measures:

Measure 1 = 316g: 1 item

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21006

Breakfast items, biscuit with egg and steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.51		0		1		77.71		
Energy.....kcal	277		0	NC	4		410		
Energy.....kj	1159				4		1715		
Protein (N x 6.19).....g	12.12		1		1		17.94		
Total lipid (fat).....g	19.21		1		1		28.43		
Ash.....g	1.78		0		1		2.63		
Carbohydrate, by difference.....g	14.37		0	NC	4		21.27		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	93		1		1		138		
Iron, Fe.....mg	3.58		1		1		5.30		
Magnesium, Mg.....mg	17		0		4		25		
Phosphorus, P.....mg	152		0		4		225		
Potassium, K.....mg	207		1		1		306		
Sodium, Na.....mg	600		1		1		888		
Zinc, Zn.....mg	1.89		0		4		2.80		
Copper, Cu.....mg	0.072		0		4		0.107		
Manganese, Mn.....mg	0.165		0		4		0.244		
Selenium, Se.....mcg	21.2		0	RK	4		31.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		1		1		0.1		
Thiamin.....mg	0.240		1		1		0.355		
Riboflavin.....mg	0.350		1		1		0.518		
Niacin.....mg	2.070		1		1		3.064		
Pantothenic acid.....mg	0.730		0		4		1.080		
Vitamin B-6.....mg	0.120		0		4		0.178		
Folate, total.....mcg	38		0	RK	4		56		
Folic acid.....mcg	19		0	NC	4		28		
Folate, food.....mcg	19		0		4		28		
Folate, DFE.....mcg_DFE	51		0	NC	4		76		
Vitamin B-12.....mcg	0.95		0		4		1.41		
Vitamin A, IU.....IU	476		0		1		704		
Vitamin A, RAE.....mcg_RAE	139		0	NC	4		206		
Retinol.....mcg	138		0	NC	4		204		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.810		0		1		8.599		
Fatty acids, total monounsaturated.....g	7.910		0		1		11.707		
Fatty acids, total polyunsaturated.....g	3.950		1		1		5.846		
Fatty acids, total trans.....g									
Cholesterol.....mg	184		1		1		272		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.155		0		1		0.229		
Threonine.....g	0.505		0		1		0.747		
Isoleucine.....g	0.589		0		1		0.872		
Leucine.....g	0.965		0		1		1.428		
Lysine.....g	0.799		0		1		1.183		
Methionine.....g	0.311		0		1		0.460		
Cystine.....g	0.200		0		1		0.296		

NDB No. 21006

Breakfast items, biscuit with egg and steak

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.560		0		1		0.829		
Tyrosine.....g	0.433		0		1		0.641		
Valine.....g	0.662		0		1		0.980		
Arginine.....g	0.685		0		1		1.014		
Histidine.....g	0.339		0		1		0.502		
Alanine.....g	0.629		0		1		0.931		
Aspartic acid.....g	0.999		0		1		1.479		
Glutamic acid.....g	2.148		0		1		3.179		
Glycine.....g	0.503		0		1		0.744		
Proline.....g	0.705		0		1		1.043		
Serine.....g	0.633		0		1		0.937		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 148g: 1 biscuit

Calories Factors: Protein 4.23

Fat 8.82

Carbohydrate 3.94

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21023

Breakfast items, french toast with butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.72	2.130	5		1		68.47		
Energy.....kcal	264		0	NC	4		356		
Energy.....kj	1105				4		1491		
Protein (N x 6.02).....g	7.66	0.092	4		1		10.34		
Total lipid (fat).....g	13.90		1		1		18.77		
Ash.....g	1.02		2		1		1.38		
Carbohydrate, by difference.....g	26.70		0	NC	4		36.05		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	54		2		1		73		
Iron, Fe.....mg	1.40		2		1		1.89		
Magnesium, Mg.....mg	12		2		1		16		
Phosphorus, P.....mg	108		2		1		146		
Potassium, K.....mg	131		1		1		177		
Sodium, Na.....mg	380		2		1		513		
Zinc, Zn.....mg	0.44		2		1		0.59		
Copper, Cu.....mg	0.048		2		1		0.065		
Manganese, Mn.....mg	0.155		2		1		0.209		
Selenium, Se.....mcg	15.5		0	BFZN	4		20.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		1		4		0.1		
Thiamin.....mg	0.430		1		1		0.581		
Riboflavin.....mg	0.370		1		1		0.500		
Niacin.....mg	2.900		1		1		3.915		
Pantothenic acid.....mg	0.400	0.060	3		1		0.540		
Vitamin B-6.....mg	0.040	0.013	3		1		0.054		
Folate, total.....mcg	54		0	BFZN	4		73		
Folic acid.....mcg	32		0	NC	4		43		
Folate, food.....mcg	22	9.018	3		1		30		
Folate, DFE.....mcg_DFE	76		0	NC	4		103		
Vitamin B-12.....mcg	0.27		1		1		0.36		
Vitamin A, IU.....IU	350		1		1		473		
Vitamin A, RAE.....mcg_RAE	101		0	NC	4		136		
Retinol.....mcg	100		0	NC	4		135		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.740		1		4		7.749		
Fatty acids, total monounsaturated.....g	5.240		1		4		7.074		
Fatty acids, total polyunsaturated.....g	1.810		1		4		2.444		
Fatty acids, total trans.....g									
Cholesterol.....mg	86		1		1		116		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		1		0.143		
Threonine.....g	0.300		0		1		0.405		
Isoleucine.....g	0.394		0		1		0.532		
Leucine.....g	0.605		0		1		0.817		
Lysine.....g	0.375		0		1		0.506		
Methionine.....g	0.182		0		1		0.246		
Cystine.....g	0.148		0		1		0.200		

NDB No. 21023

Breakfast items, french toast with butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.397		0		1		0.536		
Tyrosine.....g	0.256		0		1		0.346		
Valine.....g	0.463		0		1		0.625		
Arginine.....g	0.384		0		1		0.518		
Histidine.....g	0.174		0		1		0.235		
Alanine.....g	0.346		0		1		0.467		
Aspartic acid.....g	0.571		0		1		0.771		
Glutamic acid.....g	1.659		0		1		2.240		
Glycine.....g	0.265		0		1		0.358		
Proline.....g	0.572		0		1		0.772		
Serine.....g	0.472		0		1		0.637		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 135g: 2 slices

Calories Factors: Protein 4.18

Fat 8.85

Carbohydrate 4.07

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21277

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

Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.30	0.594	11	A	1		46.95	394.68	
Energy.....kcal	257		0	NC	4		273	2292	
Energy.....kj	1076		0	NC	4		1141	9591	
Protein.....g	10.98	0.158	11	A	1		11.64	97.88	
Total lipid (fat).....g	8.39	0.235	11	A	1		8.89	74.76	
Ash.....g	1.87	0.040	11	A	1		1.99	16.70	
Carbohydrate, by difference.....g	34.45		0	NC	4		36.52	306.98	
Fiber, total dietary.....g	1.4	0.100	11	A	1		1.5	12.9	
Sugars, total.....g	3.57	0.154	11	A	1		3.79	31.83	
Sucrose.....g	0.01	0.015	11	A	1		0.02	0.13	
Glucose (dextrose).....g	1.04	0.024	11	A	1		1.10	9.28	
Fructose.....g	1.02	0.030	11	A	1		1.08	9.09	
Lactose.....g	0.32	0.074	11	A	1		0.34	2.83	
Maltose.....g	1.07	0.091	11	A	1		1.13	9.53	
Galactose.....g	0.11	0.012	11	A	1		0.11	0.97	
Starch.....g	27.81	0.710	11	A	1		29.48	247.78	
Minerals:									
Calcium, Ca.....mg	134	8.364	11	A	1		142	1191	
Iron, Fe.....mg	2.30	0.154	11	A	1		2.44	20.50	
Magnesium, Mg.....mg	24	0.723	11	A	1		25	214	
Phosphorus, P.....mg	187	9.166	11	A	1		199	1670	
Potassium, K.....mg	152	4.621	11	A	1		162	1358	
Sodium, Na.....mg	478	15.595	11	A	1		506	4255	
Zinc, Zn.....mg	1.15	0.042	11	A	1		1.22	10.26	
Copper, Cu.....mg	0.132	0.004	11	A	1		0.140	1.178	
Manganese, Mn.....mg	0.298	0.008	11	A	1		0.316	2.652	
Selenium, Se.....mcg	25.9	3.374	4	A	1		27.5	230.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.166	0.028	11	A	1		0.176	1.482	
Riboflavin.....mg	0.215	0.014	11	A	1		0.228	1.919	
Niacin.....mg	3.253	0.165	11	A	1		3.448	28.981	
Pantothenic acid.....mg	0.450	0.029	4	A	1		0.477	4.010	
Vitamin B-6.....mg	0.116	0.003	11	A	1		0.123	1.034	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.42	0.028	11	A	1		0.45	3.77	
Vitamin A, IU.....IU	301		0	AS	1		319	2679	
Vitamin A, RAE.....mcg_RAE	61		0	AS	1		64	539	
Vitamin E (alpha-tocopherol).....mg	0.99	0.068	4	A	1		1.05	8.84	
Tocopherol, beta.....mg	0.05	0.009	4	A	1		0.06	0.49	
Tocopherol, gamma.....mg	1.34	0.038	4	A	1		1.42	11.96	
Tocopherol, delta.....mg	0.33	0.037	4	A	1		0.35	2.94	
Vitamin D.....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone).....mcg	5.4	0.260	4	A	1		5.8	48.6	
Lipids:									
Fatty acids, total saturated.....g	3.547		0	NC	4		3.760	31.608	
4:0.....g									
6:0.....g									
8:0.....g	0.056	0.003	11	A	1		0.059	0.497	
10:0.....g	0.129	0.008	11	A	1		0.137	1.151	
12:0.....g	0.146	0.009	11	A	1		0.154	1.298	
13:0.....g	0.000	0.000	11	A	1		0.000	0.000	
14:0.....g	0.499	0.027	11	A	1		0.529	4.443	
15:0.....g	0.052	0.003	11	A	1		0.055	0.462	
16:0.....g	1.738	0.072	11	A	1		1.842	15.487	
17:0.....g	0.033	0.002	11	A	1		0.035	0.294	
18:0.....g	0.867	0.031	11	A	1		0.919	7.727	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.016	0.001	11	A	1		0.017	0.145	
22:0.....g	0.011	0.000	11	A	1		0.011	0.096	
24:0.....g	0.001	0.001	11	A	1		0.001	0.008	
Fatty acids, total monounsaturated.....g	1.976		0	NC	4		2.095	17.610	
14:1.....g	0.036	0.002	11	A	1		0.039	0.324	
15:1.....g	0.005	0.000	11	A	1		0.006	0.048	
16:1 undifferentiated.....g	0.080	0.004	11	A	1		0.085	0.716	
17:1.....g	0.005	0.000	11	A	1		0.006	0.048	
18:1 undifferentiated.....g	1.835	0.057	11	A	1		1.945	16.352	
20:1.....g	0.014	0.001	11	A	1		0.014	0.122	
22:1 undifferentiated.....g	0.000	0.000	11	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.583		0	NC	4		1.678	14.103	
18:2 undifferentiated.....g	1.248	0.019	11	A	1		1.323	11.119	
18:3 undifferentiated.....g	0.150	0.002	11	A	1		0.159	1.336	
18:3 n-6 c,c,c.....g	0.000	0.000	11	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.026	0.002	11	A	1		0.028	0.234	
20:2 n-6 c,c.....g	0.000	0.000	11	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.003	0.001	11	A	1		0.003	0.028	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.010	0.001	11	A	1		0.011	0.092	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	11	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000	0.000	11	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	11	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	13	0.993	11	A	1		14	120	
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									
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	
Carotenoids:									
Carotene, beta.....mcg	71	7.374	4	A	1		75.445	634.169	
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	
Lycopene.....mcg	314	33.952	4	A	1		333.105	2799.968	
Lutein + zeaxanthin.....mcg									

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

NDB No. 21277

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

Common Measures:

Measure 1 = 106g: 1 slice

Measure 2 = 891g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21279
DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust
 Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	39.72	1.506	4	A	1		15.49	205.77	
Energy.....kcal	315		0	NC	4		123	1633	
Energy.....kj	1319		0	NC	4		514	6832	
Protein.....g	12.96	0.130	4	A	1		5.05	67.11	
Total lipid (fat).....g	16.82	0.202	4	A	1		6.56	87.12	
Ash.....g	2.50	0.042	4	A	1		0.97	12.93	
Carbohydrate, by difference.....g	28.01		0	NC	4		10.92	145.07	
Fiber, total dietary.....g	2.1	0.309	4	A	1		0.8	11.0	
Sugars, total.....g	3.17	0.182	4	A	1		1.24	16.41	
Sucrose.....g	0.05	0.052	4	A	1		0.02	0.27	
Glucose (dextrose).....g	0.91	0.048	4	A	1		0.35	4.71	
Fructose.....g	0.90	0.049	4	A	1		0.35	4.69	
Lactose.....g	0.63	0.133	4	A	1		0.25	3.26	
Maltose.....g	0.51	0.022	4	A	1		0.20	2.67	
Galactose.....g	0.16	0.028	4	A	1		0.06	0.81	
Starch.....g	21.95	1.298	4	A	1		8.56	113.70	
Minerals:									
Calcium, Ca.....mg	222	7.059	4	A	1		87	1151	
Iron, Fe.....mg	0.71	0.028	4	A	1		0.28	3.69	
Magnesium, Mg.....mg	26	0.564	4	A	1		10	134	
Phosphorus, P.....mg	301	8.471	4	A	1		117	1557	
Potassium, K.....mg	184	2.646	4	A	1		72	953	
Sodium, Na.....mg	497	6.982	4	A	1		194	2573	
Zinc, Zn.....mg	1.66	0.033	4	A	1		0.65	8.62	
Copper, Cu.....mg	0.100	0.005	4	A	1		0.039	0.518	
Manganese, Mn.....mg	0.260	0.016	4	A	1		0.101	1.346	
Selenium, Se.....mcg	35.4	1.787	4	A	1		13.8	183.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.086	0.042	4	A	1		0.033	0.444	
Riboflavin.....mg	0.110	0.006	4	A	1		0.043	0.570	
Niacin.....mg	1.025	0.025	4	A	1		0.400	5.310	
Pantothenic acid.....mg	0.400	0.000	4	A	1		0.156	2.072	
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.79	0.096	4	A	1		0.31	4.08	
Vitamin A, IU.....IU	411		0	AS	1		160	2127	
Vitamin A, RAE.....mcg_RAE	95		0	AS	1		37	491	
Vitamin E (alpha-tocopherol).....mg	1.49	0.162	4	A	1		0.58	7.72	
Tocopherol, beta.....mg	0.06	0.003	4	A	1		0.02	0.32	
Tocopherol, gamma.....mg	3.54	0.205	4	A	1		1.38	18.34	
Tocopherol, delta.....mg	1.39	0.083	4	A	1		0.54	7.19	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	15.8	1.041	4	A	1		6.1	81.6	
Lipids:									
Fatty acids, total saturated.....g	6.756		0	NC	4		2.635	34.998	
4:0.....g									
6:0.....g									
8:0.....g	0.106	0.001	4	A	1		0.041	0.549	
10:0.....g	0.242	0.004	4	A	1		0.094	1.252	
12:0.....g	0.273	0.004	4	A	1		0.106	1.414	
13:0.....g									
14:0.....g	0.921	0.005	4	A	1		0.359	4.773	
15:0.....g	0.094	0.001	4	A	1		0.037	0.489	
16:0.....g	3.459	0.154	4	A	1		1.349	17.916	
17:0.....g	0.062	0.000	4	A	1		0.024	0.320	
18:0.....g	1.534	0.019	4	A	1		0.598	7.947	

NDB No. 21279
 DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.036	0.001	4	A	1		0.014	0.189	
22:0.....g	0.029	0.002	4	A	1		0.011	0.149	
24:0.....g									
Fatty acids, total monounsaturated.....g	4.217		0	NC	4		1.644	21.842	
14:1.....g	0.067	0.002	4	A	1		0.026	0.349	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.132	0.003	4	A	1		0.052	0.685	
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated.....g	3.999	0.050	4	A	1		1.560	20.713	
20:1.....g	0.018	0.002	4	A	1		0.007	0.094	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.646		0	NC	4		1.422	18.888	
18:2 undifferentiated.....g	3.164	0.460	4	A	1		1.234	16.391	
18:3 undifferentiated.....g	0.467		0	AS	1		0.182	2.420	
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.015	0.000	4	A	1		0.006	0.077	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	21	2.402	4	A	1		8	111	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.105		0	A	1		0.041	0.543	
Threonine.....g	0.420		0	A	1		0.164	2.176	
Isoleucine.....g	0.585		0	A	1		0.228	3.028	
Leucine.....g	1.203		0	A	1		0.469	6.231	
Lysine.....g	0.880		0	A	1		0.343	4.559	
Methionine.....g	0.330		0	A	1		0.129	1.710	
Cystine.....g	0.153		0	A	1		0.060	0.793	
Phenylalanine.....g	0.695		0	A	1		0.271	3.600	
Tyrosine.....g	0.505		0	A	1		0.197	2.618	
Valine.....g	0.752		0	A	1		0.293	3.896	
Arginine.....g	0.505		0	A	1		0.197	2.616	
Histidine.....g	0.367		0	A	1		0.143	1.903	
Alanine.....g	0.395		0	A	1		0.154	2.047	
Aspartic acid.....g	0.966		0	A	1		0.377	5.002	
Glutamic acid.....g	3.664		0	A	1		1.429	18.979	
Glycine.....g	0.323		0	A	1		0.126	1.671	
Proline.....g	1.873		0	A	1		0.730	9.701	
Serine.....g	0.828		0	A	1		0.323	4.290	
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	
Carotenoids:									
Carotene, beta.....mcg	68	15.995	4	A	1		26.578	353.017	
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	
Lycopene.....mcg	499	209.080	4	A	1		194.628	2585.053	
Lutein + zeaxanthin.....mcg									

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

NDB No. 21279

DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust

Common Measures:

Measure 1 = 39g: 1 slice

Measure 2 = 518g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21278
DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust
 Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	42.09	0.178	4	A	1		50.93	403.23	
Energy.....kcal	274		0	NC	4		332	2628	
Energy.....kj	1148		0	NC	4		1389	10994	
Protein.....g	11.36	0.141	4	A	1		13.75	108.86	
Total lipid (fat).....g	10.34	0.294	4	A	1		12.52	99.10	
Ash.....g	2.27	0.040	4	A	1		2.74	21.72	
Carbohydrate, by difference.....g	33.93		0	NC	4		41.06	325.10	
Fiber, total dietary.....g	2.3	0.084	4	A	1		2.8	22.2	
Sugars, total.....g	3.28	0.226	3	A	1		3.97	31.40	
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose).....g	0.69	0.040	4	A	1		0.84	6.63	
Fructose.....g	0.88	0.064	4	A	1		1.07	8.45	
Lactose.....g	0.74	0.085	4	A	1		0.90	7.11	
Maltose.....g	0.94	0.085	4	A	1		1.13	8.98	
Galactose.....g	0.10	0.012	3	A	1		0.12	0.94	
Starch.....g	26.40	0.370	4	A	1		31.94	252.91	
Minerals:									
Calcium, Ca.....mg	148	8.670	4	A	1		179	1418	
Iron, Fe.....mg	2.96	0.071	4	A	1		3.58	28.33	
Magnesium, Mg.....mg	25	0.071	4	A	1		30	239	
Phosphorus, P.....mg	202	7.238	4	A	1		244	1933	
Potassium, K.....mg	164	2.496	4	A	1		198	1569	
Sodium, Na.....mg	561	11.214	4	A	1		679	5373	
Zinc, Zn.....mg	1.37	0.032	4	A	1		1.65	13.08	
Copper, Cu.....mg	0.104	0.002	4	A	1		0.126	1.001	
Manganese, Mn.....mg	0.359	0.011	4	A	1		0.435	3.441	
Selenium, Se.....mcg	35.6	2.661	4	A	1		43.0	340.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.228	0.077	4	A	1		0.276	2.184	
Riboflavin.....mg	0.245	0.009	4	A	1		0.296	2.347	
Niacin.....mg	4.250	0.225	4	A	1		5.142	40.715	
Pantothenic acid.....mg	0.525	0.025	4	A	1		0.635	5.030	
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.47	0.055	4	A	1		0.57	4.48	
Vitamin A, IU.....IU	340		0	AS	1		411	3254	
Vitamin A, RAE.....mcg_RAE	78		0	AS	1		95	752	
Vitamin E (alpha-tocopherol).....mg	0.89	0.063	4	A	1		1.08	8.55	
Tocopherol, beta.....mg	0.07	0.009	4	A	1		0.08	0.65	
Tocopherol, gamma.....mg	2.29	0.069	4	A	1		2.77	21.96	
Tocopherol, delta.....mg	0.69	0.035	4	A	1		0.84	6.66	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.1	0.375	4	A	1		7.4	58.2	
Lipids:									
Fatty acids, total saturated.....g	4.025		0	NC	4		4.870	38.561	
4:0.....g									
6:0.....g									
8:0.....g	0.060	0.002	4	A	1		0.073	0.576	
10:0.....g	0.137	0.004	4	A	1		0.165	1.310	
12:0.....g	0.156	0.005	4	A	1		0.189	1.494	
13:0.....g									
14:0.....g	0.533	0.023	4	A	1		0.644	5.101	
15:0.....g	0.054	0.003	4	A	1		0.066	0.521	
16:0.....g	2.027	0.080	4	A	1		2.453	19.421	
17:0.....g	0.037	0.001	4	A	1		0.045	0.354	
18:0.....g	0.981	0.040	4	A	1		1.187	9.395	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
20:0.....g	0.020	0.001	4	A	1		0.025	0.195	
22:0.....g	0.020	0.002	4	A	1		0.024	0.194	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.937		0	NC	4		3.554	28.135	
14:1.....g	0.039	0.002	4	A	1		0.047	0.371	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.097	0.005	4	A	1		0.117	0.926	
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.772	0.118	4	A	1		3.354	26.556	
20:1.....g	0.029	0.001	4	A	1		0.036	0.282	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.921		0	NC	4		2.324	18.401	
18:2 undifferentiated.....g	1.735	0.047	4	A	1		2.099	16.621	
18:3 undifferentiated.....g	0.176		0	AS	1		0.213	1.683	
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.010	0.001	4	A	1		0.012	0.096	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	14	0.666	4	A	1		17	137	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.114		0	A	1		0.138	1.092	
Threonine.....g	0.381		0	A	1		0.461	3.650	
Isoleucine.....g	0.514		0	A	1		0.622	4.923	
Leucine.....g	0.935		0	A	1		1.132	8.961	
Lysine.....g	0.635		0	A	1		0.768	6.082	
Methionine.....g	0.281		0	A	1		0.340	2.690	
Cystine.....g	0.165		0	A	1		0.199	1.579	
Phenylalanine.....g	0.651		0	A	1		0.788	6.240	
Tyrosine.....g	0.475		0	A	1		0.574	4.546	
Valine.....g	0.647		0	A	1		0.783	6.196	
Arginine.....g	0.819		0	A	1		0.990	7.841	
Histidine.....g	0.360		0	A	1		0.435	3.444	
Alanine.....g	0.381		0	A	1		0.461	3.649	
Aspartic acid.....g	0.845		0	A	1		1.022	8.094	
Glutamic acid.....g	3.625		0	A	1		4.387	34.731	
Glycine.....g	0.348		0	A	1		0.421	3.334	
Proline.....g	1.446		0	A	1		1.749	13.848	
Serine.....g	0.779		0	A	1		0.943	7.467	
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	
Carotenoids:									
Carotene, beta.....mcg	56	13.352	4	A	1		68.002	538.396	
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	
Lycopene.....mcg	233	58.760	4	A	1		282.233	2234.535	
Lutein + zeaxanthin.....mcg									

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

NDB No. 21278

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

Common Measures:

Measure 1 = 121g: 1 slice

Measure 2 = 958g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21282

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

Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.77	0.435	4	A	1		76.66	621.41	
Energy.....kcal	244		0	NC	4		369	2987	
Energy.....kj	1021		0	NC	4		1542	12499	
Protein.....g	10.33	0.129	4	A	1		15.60	126.42	
Total lipid (fat).....g	11.10	0.402	4	A	1		16.75	135.81	
Ash.....g	2.08	0.024	4	A	1		3.15	25.50	
Carbohydrate, by difference.....g	25.72		0	NC	4		38.84	314.86	
Fiber, total dietary.....g	2.0	0.151	4	A	1		3.1	25.1	
Sugars, total.....g	3.30	0.186	4	A	1		4.98	40.37	
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose).....g	1.01	0.037	4	A	1		1.53	12.42	
Fructose.....g	0.89	0.037	4	A	1		1.34	10.86	
Lactose.....g	0.33	0.085	4	A	1		0.49	3.99	
Maltose.....g	0.97	0.144	4	A	1		1.47	11.90	
Galactose.....g	0.10	0.013	4	A	1		0.15	1.19	
Starch.....g	19.90	1.128	4	A	1		30.05	243.58	
Minerals:									
Calcium, Ca.....mg	113	9.053	4	A	1		170	1379	
Iron, Fe.....mg	2.32	0.201	4	A	1		3.50	28.40	
Magnesium, Mg.....mg	22	0.255	4	A	1		33	267	
Phosphorus, P.....mg	184	6.897	4	A	1		277	2249	
Potassium, K.....mg	174	3.065	4	A	1		263	2133	
Sodium, Na.....mg	456	14.309	4	A	1		689	5585	
Zinc, Zn.....mg	1.27	0.042	4	A	1		1.93	15.61	
Copper, Cu.....mg	0.111	0.005	4	A	1		0.167	1.354	
Manganese, Mn.....mg	0.260	0.006	4	A	1		0.392	3.178	
Selenium, Se.....mcg	24.0	3.155	4	A	1		36.3	294.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.135	0.032	4	A	1		0.204	1.655	
Riboflavin.....mg	0.220	0.014	4	A	1		0.332	2.692	
Niacin.....mg	3.250	0.144	4	A	1		4.907	39.779	
Pantothenic acid.....mg	0.500	0.000	4	A	1		0.755	6.120	
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.55	0.060	4	A	1		0.84	6.79	
Vitamin A, IU.....IU	227		0	AS	1		343	2778	
Vitamin A, RAE.....mcg_RAE	51		0	AS	1		78	629	
Vitamin E (alpha-tocopherol).....mg	0.80	0.069	4	A	1		1.20	9.76	
Tocopherol, beta.....mg	0.05	0.005	4	A	1		0.07	0.58	
Tocopherol, gamma.....mg	1.03	0.039	4	A	1		1.56	12.64	
Tocopherol, delta.....mg	0.28	0.043	4	A	1		0.43	3.49	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.2	0.318	4	A	1		7.9	64.3	
Lipids:									
Fatty acids, total saturated.....g	4.386		0	NC	4		6.623	53.683	
4:0.....g									
6:0.....g									
8:0.....g	0.043	0.003	4	A	1		0.066	0.532	
10:0.....g	0.102	0.008	4	A	1		0.155	1.254	
12:0.....g	0.117	0.009	4	A	1		0.177	1.435	
13:0.....g									
14:0.....g	0.484	0.021	4	A	1		0.730	5.921	
15:0.....g	0.052	0.002	4	A	1		0.078	0.636	
16:0.....g	2.326	0.073	4	A	1		3.513	28.476	
17:0.....g	0.057	0.002	4	A	1		0.086	0.700	
18:0.....g	1.184	0.047	4	A	1		1.789	14.498	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
20:0.....g	0.019	0.001	4	A	1	0.029	0.231		
22:0.....g	0.000	0.000	4	A	1	0.000	0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	3.627		0	NC	4	5.477	44.397		
14:1.....g	0.046	0.002	4	A	1	0.070	0.565		
15:1.....g	0.000	0.000	4	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.184	0.008	4	A	1	0.278	2.257		
17:1.....g	0.000	0.000	4	A	1	0.000	0.000		
18:1 undifferentiated.....g	3.365	0.099	4	A	1	5.082	41.193		
20:1.....g	0.031	0.002	4	A	1	0.047	0.382		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.425		0	NC	4	2.151	17.440		
18:2 undifferentiated.....g	1.260	0.024	4	A	1	1.903	15.428		
18:3 undifferentiated.....g	0.127		0	AS	1	0.192	1.554		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1	0.000	0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.017	0.001	4	A	1	0.025	0.204		
20:3 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.021	0.001	4	A	1	0.031	0.253		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	20	1.118	4	A	1	30	246		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		0	A	1	0.125	1.011		
Threonine.....g	0.319		0	A	1	0.482	3.909		
Isoleucine.....g	0.435		0	A	1	0.657	5.324		
Leucine.....g	0.856		0	A	1	1.293	10.480		
Lysine.....g	0.531		0	A	1	0.802	6.501		
Methionine.....g	0.227		0	A	1	0.343	2.779		
Cystine.....g	0.137		0	A	1	0.207	1.675		
Phenylalanine.....g	0.524		0	A	1	0.792	6.418		
Tyrosine.....g	0.337		0	A	1	0.508	4.119		
Valine.....g	0.529		0	A	1	0.800	6.481		
Arginine.....g	0.462		0	A	1	0.698	5.657		
Histidine.....g	0.385		0	A	1	0.582	4.715		
Alanine.....g	0.379		0	A	1	0.573	4.643		
Aspartic acid.....g	0.751		0	A	1	1.134	9.193		
Glutamic acid.....g	2.845		0	A	1	4.296	34.827		
Glycine.....g	0.387		0	A	1	0.584	4.733		
Proline.....g	1.468		0	A	1	2.216	17.964		
Serine.....g	0.581		0	A	1	0.878	7.114		
Hydroxyproline.....g	0.000	0.000	3	A	1	0.000	0.000		
Carotenoids:									
Carotene, beta.....mcg	40	6.197	4	A	1	60.627	491.436		
Carotene, alpha.....mcg	0	0.000	4	A	1	0.000	0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1	0.000	0.000		
Lycopene.....mcg	53	17.336	4	A	1	80.672	653.921		
Lutein + zeaxanthin.....mcg									

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

NDB No. 21282

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

Common Measures:

Measure 1 = 151g: 1 slice

Measure 2 = 1224g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21280
DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust
 Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.45	0.449	15	A	1		52.13	415.77	
Energy.....kcal	270		0	NC	4		325	2588	
Energy.....kj	1131		0	NC	4		1358	10828	
Protein.....g	11.60	0.126	15	A	1		13.92	110.99	
Total lipid (fat).....g	10.54	0.131	15	A	1		12.65	100.90	
Ash.....g	2.13	0.022	15	A	1		2.55	20.34	
Carbohydrate, by difference.....g	32.29		0	NC	4		38.75	309.00	
Fiber, total dietary.....g	1.5	0.093	14	A	1		1.8	14.5	
Sugars, total.....g	3.45	0.120	14	A	1		4.14	33.03	
Sucrose.....g	0.01	0.008	15	A	1		0.01	0.08	
Glucose (dextrose).....g	1.04	0.016	15	A	1		1.25	9.98	
Fructose.....g	1.02	0.016	15	A	1		1.22	9.73	
Lactose.....g	0.30	0.071	15	A	1		0.36	2.89	
Maltose.....g	0.98	0.054	15	A	1		1.18	9.42	
Galactose.....g	0.09	0.005	14	A	1		0.11	0.90	
Starch.....g	26.43	0.417	15	A	1		31.72	252.97	
Minerals:									
Calcium, Ca.....mg	122	3.598	15	A	1		146	1167	
Iron, Fe.....mg	2.36	0.091	15	A	1		2.83	22.60	
Magnesium, Mg.....mg	25	0.389	15	A	1		30	239	
Phosphorus, P.....mg	185	4.291	15	A	1		222	1769	
Potassium, K.....mg	176	2.525	15	A	1		211	1682	
Sodium, Na.....mg	507	9.766	15	A	1		609	4855	
Zinc, Zn.....mg	1.23	0.024	15	A	1		1.48	11.82	
Copper, Cu.....mg	0.122	0.004	15	A	1		0.147	1.170	
Manganese, Mn.....mg	0.317	0.005	15	A	1		0.380	3.032	
Selenium, Se.....mcg	28.5	3.533	4	A	1		34.2	272.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.176	0.022	15	A	1		0.212	1.689	
Riboflavin.....mg	0.223	0.007	15	A	1		0.267	2.130	
Niacin.....mg	3.617	0.112	15	A	1		4.341	34.617	
Pantothenic acid.....mg	0.550	0.029	4	A	1		0.660	5.264	
Vitamin B-6.....mg	0.150	0.006	11	A	1		0.180	1.439	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.55	0.026	15	A	1		0.66	5.24	
Vitamin A, IU.....IU	235		0	AS	1		282	2249	
Vitamin A, RAE.....mcg_RAE	47		0	AS	1		57	452	
Vitamin E (alpha-tocopherol).....mg	0.97	0.077	4	A	1		1.16	9.26	
Tocopherol, beta.....mg	0.06	0.007	4	A	1		0.07	0.57	
Tocopherol, gamma.....mg	1.34	0.032	4	A	1		1.61	12.87	
Tocopherol, delta.....mg	0.35	0.031	4	A	1		0.42	3.33	
Vitamin D.....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone).....mcg	5.2	0.111	4	A	1		6.2	49.5	
Lipids:									
Fatty acids, total saturated.....g	4.255		0	NC	4		5.106	40.721	
4:0.....g									
6:0.....g									
8:0.....g	0.048	0.001	15	A	1		0.057	0.457	
10:0.....g	0.109	0.003	15	A	1		0.131	1.047	
12:0.....g	0.124	0.004	15	A	1		0.148	1.182	
13:0.....g	0.000	0.000	11	A	1		0.000	0.000	
14:0.....g	0.487	0.012	15	A	1		0.585	4.664	
15:0.....g	0.052	0.001	15	A	1		0.063	0.499	
16:0.....g	2.210	0.039	15	A	1		2.652	21.151	
17:0.....g	0.053	0.001	15	A	1		0.064	0.511	
18:0.....g	1.141	0.019	15	A	1		1.369	10.918	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.019	0.000	15	A	1		0.023	0.181	
22:0.....g	0.010	0.000	15	A	1		0.012	0.097	
24:0.....g	0.002	0.001	11	A	1		0.002	0.017	
Fatty acids, total monounsaturated.....g	3.137		0	NC	4		3.765	30.026	
14:1.....g	0.044	0.001	15	A	1		0.053	0.423	
15:1.....g	0.004	0.001	15	A	1		0.004	0.035	
16:1 undifferentiated.....g	0.165	0.005	15	A	1		0.198	1.575	
17:1.....g	0.011	0.002	15	A	1		0.013	0.105	
18:1 undifferentiated.....g	2.881	0.056	15	A	1		3.457	27.569	
20:1.....g	0.033	0.001	15	A	1		0.040	0.319	
22:1 undifferentiated.....g	0.000	0.000	11	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.750		0	NC	4		2.100	16.745	
18:2 undifferentiated.....g	1.422	0.022	15	A	1		1.706	13.607	
18:3 undifferentiated.....g	0.156	0.002	15	JA	6		0.188	1.496	
18:3 n-6 c,c,c.....g	0.000	0.000	15	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.032	0.001	11	A	1		0.038	0.304	
20:2 n-6 c,c.....g	0.014	0.000	15	A	1		0.017	0.137	
20:3 undifferentiated.....g	0.004	0.001	15	A	1		0.004	0.035	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.019	0.000	15	A	1		0.023	0.180	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.001	0.001	11	A	1		0.001	0.009	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000	0.000	11	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	11	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	22	0.928	15	A	1		26	208	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081		0	A	1		0.097	0.774	
Threonine.....g	0.306		0	A	1		0.367	2.924	
Isoleucine.....g	0.419		0	A	1		0.503	4.010	
Leucine.....g	0.825		0	A	1		0.990	7.892	
Lysine.....g	0.562		0	A	1		0.675	5.381	
Methionine.....g	0.212		0	A	1		0.254	2.026	
Cystine.....g	0.165		0	A	1		0.198	1.581	
Phenylalanine.....g	0.529		0	A	1		0.635	5.063	
Tyrosine.....g	0.301		0	A	1		0.361	2.877	
Valine.....g	0.508		0	A	1		0.609	4.860	
Arginine.....g	0.436		0	A	1		0.523	4.171	
Histidine.....g	0.268		0	A	1		0.322	2.568	
Alanine.....g	0.362		0	A	1		0.434	3.464	
Aspartic acid.....g	0.688		0	A	1		0.825	6.580	
Glutamic acid.....g	3.069		0	A	1		3.683	29.370	
Glycine.....g	0.384		0	A	1		0.461	3.674	
Proline.....g	1.308		0	A	1		1.569	12.516	
Serine.....g	0.575		0	A	1		0.691	5.507	
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	
Carotenoids:									
Carotene, beta.....mcg	56	18.100	4	A	1		66.930	533.766	
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	
Lycopene.....mcg	139	31.641	4	A	1		167.310	1334.297	
Lutein + zeaxanthin.....mcg									

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

NDB No. 21280

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

Common Measures:

Measure 1 = 120g: 1 slice

Measure 2 = 957g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21281
DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust
 Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	40.85	0.495	4	A	1		51.88	410.16	
Energy.....kcal	288		0	NC	4		366	2893	
Energy.....kj	1206		0	NC	4		1531	12104	
Protein.....g	12.11	0.276	4	A	1		15.38	121.55	
Total lipid (fat).....g	12.28	0.156	4	A	1		15.59	123.28	
Ash.....g	2.46	0.056	4	A	1		3.12	24.70	
Carbohydrate, by difference.....g	32.30		0	NC	4		41.02	324.32	
Fiber, total dietary.....g	2.1	0.130	4	A	1		2.7	21.2	
Sugars, total.....g	3.26	0.112	4	A	1		4.14	32.71	
Sucrose.....g	0.03	0.032	4	A	1		0.04	0.33	
Glucose (dextrose).....g	0.65	0.048	4	A	1		0.83	6.53	
Fructose.....g	0.82	0.035	4	A	1		1.04	8.23	
Lactose.....g	0.77	0.103	4	A	1		0.97	7.71	
Maltose.....g	0.91	0.074	4	A	1		1.15	9.11	
Galactose.....g	0.08	0.006	4	A	1		0.10	0.81	
Starch.....g	25.48	0.541	4	A	1		32.35	255.77	
Minerals:									
Calcium, Ca.....mg	112	4.743	4	A	1		142	1126	
Iron, Fe.....mg	2.60	0.107	4	A	1		3.30	26.05	
Magnesium, Mg.....mg	25	0.357	4	A	1		32	256	
Phosphorus, P.....mg	202	4.761	4	A	1		257	2028	
Potassium, K.....mg	176	2.250	4	A	1		223	1765	
Sodium, Na.....mg	526	17.466	4	A	1		667	5277	
Zinc, Zn.....mg	1.51	0.063	4	A	1		1.92	15.18	
Copper, Cu.....mg	0.116	0.007	4	A	1		0.147	1.164	
Manganese, Mn.....mg	0.368	0.008	4	A	1		0.468	3.697	
Selenium, Se.....mcg	36.8	3.326	4	A	1		46.7	369.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.160	0.013	4	A	1		0.203	1.606	
Riboflavin.....mg	0.242	0.009	4	A	1		0.308	2.434	
Niacin.....mg	3.975	0.165	4	A	1		5.048	39.908	
Pantothenic acid.....mg	0.600	0.000	4	A	1		0.762	6.024	
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.56	0.019	4	A	1		0.71	5.60	
Vitamin A, IU.....IU	301		0	AS	1		382	3021	
Vitamin A, RAE.....mcg_RAE	70		0	AS	1		89	703	
Vitamin E (alpha-tocopherol).....mg	0.88	0.135	4	A	1		1.12	8.83	
Tocopherol, beta.....mg	0.06	0.004	4	A	1		0.08	0.60	
Tocopherol, gamma.....mg	2.13	0.168	4	A	1		2.70	21.36	
Tocopherol, delta.....mg	0.67	0.069	4	A	1		0.85	6.70	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.9	0.275	4	A	1		7.5	59.5	
Lipids:									
Fatty acids, total saturated.....g	4.905		0	NC	4		6.229	49.244	
4:0.....g									
6:0.....g									
8:0.....g	0.056	0.001	4	A	1		0.071	0.562	
10:0.....g	0.127	0.002	4	A	1		0.162	1.280	
12:0.....g	0.146	0.002	4	A	1		0.185	1.465	
13:0.....g									
14:0.....g	0.563	0.018	4	A	1		0.716	5.657	
15:0.....g	0.060	0.002	4	A	1		0.076	0.599	
16:0.....g	2.566	0.048	4	A	1		3.259	25.760	
17:0.....g	0.059	0.002	4	A	1		0.075	0.589	
18:0.....g	1.290	0.019	4	A	1		1.639	12.956	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.022	0.001	4	A	1		0.028	0.220	
22:0.....g	0.015	0.001	4	A	1		0.020	0.155	
24:0.....g									
Fatty acids, total monounsaturated.....g	4.027		0	NC	4		5.115	40.434	
14:1.....g	0.049	0.003	4	A	1		0.062	0.489	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.176	0.007	4	A	1		0.224	1.771	
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated.....g	3.757	0.074	4	A	1		4.772	37.725	
20:1.....g	0.045	0.001	4	A	1		0.057	0.449	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.030		0	NC	4		2.578	20.381	
18:2 undifferentiated.....g	1.814	0.096	4	A	1		2.304	18.214	
18:3 undifferentiated.....g	0.182		0	AS	1		0.231	1.829	
18:3 n-6 c,c,c.....g	0.005	0.003	4	A	1		0.007	0.055	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.014	0.001	4	A	1		0.018	0.145	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.019	0.000	4	A	1		0.024	0.192	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	17	1.111	4	A	1		22	171	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.113		0	A	1		0.144	1.136	
Threonine.....g	0.359		0	A	1		0.455	3.600	
Isoleucine.....g	0.465		0	A	1		0.591	4.673	
Leucine.....g	0.958		0	A	1		1.216	9.614	
Lysine.....g	0.657		0	A	1		0.835	6.600	
Methionine.....g	0.246		0	A	1		0.312	2.469	
Cystine.....g	0.186		0	A	1		0.236	1.869	
Phenylalanine.....g	0.599		0	A	1		0.760	6.012	
Tyrosine.....g	0.365		0	A	1		0.463	3.661	
Valine.....g	0.586		0	A	1		0.744	5.883	
Arginine.....g	0.478		0	A	1		0.607	4.802	
Histidine.....g	0.301		0	A	1		0.382	3.019	
Alanine.....g	0.398		0	A	1		0.505	3.995	
Aspartic acid.....g	0.792		0	A	1		1.006	7.956	
Glutamic acid.....g	3.417		0	A	1		4.340	34.310	
Glycine.....g	0.402		0	A	1		0.511	4.039	
Proline.....g	1.570		0	A	1		1.994	15.767	
Serine.....g	0.683		0	A	1		0.867	6.854	
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	
Carotenoids:									
Carotene, beta.....mcg	49	14.140	4	A	1		61.722	487.943	
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	
Lycopene.....mcg	102	1.109	4	A	1		129.858	1026.590	
Lutein + zeaxanthin.....mcg									

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NDB No. 21281

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

Common Measures:

Measure 1 = 127g: 1 slice

Measure 2 = 1004g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21307

Egg, Cheese and Bacon Griddle Cake Sandwich

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.391		0	FLA	4		0.657		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	2.305		0	FLA	4		3.872		
17:0.....g	0.008		0	FLA	4		0.014		
18:0.....g	1.105		0	FLA	4		1.856		
20:0.....g	0.009		0	FLA	4		0.016		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	4.821		0	RKI	6		8.099		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g	0.000		0	FLA	4		0.000		
16:1 undifferentiated.....g	0.322		0	FLA	4		0.542		
17:1.....g	0.006		0	FLA	4		0.010		
18:1 undifferentiated.....g	4.407		0	FLA	4		7.403		
20:1.....g	0.041		0	FLA	4		0.069		
22:1 undifferentiated.....g	0.001		0	FLA	4		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.758		0	RKI	6		2.953		
18:2 undifferentiated.....g	1.538		0	FLA	4		2.583		
18:3 undifferentiated.....g	0.128		0	FLA	4		0.214		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g	0.021		0	FLA	4		0.035		
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:4 undifferentiated.....g	0.060		0	FLA	4		0.100		
20:5 n-3.....g	0.001		0	FLA	4		0.002		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.011		0	FLA	4		0.019		
Fatty acids, total trans.....g	0.933		0	RKI	6		1.567		
Cholesterol.....mg	147		0	RKA	1		247		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	27		0	RKA	1		46.169		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	2		0	FLA	4		3.225		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	94		0	FLA	4		157.962		

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

Common Measures:

Measure 1 = 168g: 1 item 5.923 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21305

Egg, Cheese and Sausage Griddle Cake Sandwich

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
14:0.....g	0.484		0	FLA	4		0.962		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	3.237		0	FLA	4		6.443		
17:0.....g	0.018		0	FLA	4		0.035		
18:0.....g	1.563		0	FLA	4		3.111		
20:0.....g	0.019		0	FLA	4		0.037		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated.....g	6.996		0	RKI	6		13.922		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g	0.000		0	FLA	4		0.000		
16:1 undifferentiated.....g	0.463		0	FLA	4		0.921		
17:1.....g	0.000		0	FLA	4		0.000		
18:1 undifferentiated.....g	6.372		0	FLA	4		12.681		
20:1.....g	0.109		0	FLA	4		0.217		
22:1 undifferentiated.....g	0.001		0	FLA	4		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.293		0	RKI	6		4.563		
18:2 undifferentiated.....g	2.009		0	FLA	4		3.999		
18:3 undifferentiated.....g	0.143		0	FLA	4		0.285		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g	0.055		0	FLA	4		0.109		
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:4 undifferentiated.....g	0.073		0	FLA	4		0.145		
20:5 n-3.....g	0.001		0	FLA	4		0.002		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.011		0	FLA	4		0.021		
Fatty acids, total trans.....g	0.851		0	RKI	6		1.693		
Cholesterol.....mg	132		0	RKA	1		262		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	23		0	RKA	1		46.166		
Carotene, alpha.....mcg	2		0	FLA	4		4.672		
Cryptoxanthin, beta.....mcg	4		0	FLA	4		7.965		
Lycopene.....mcg	2		0	FLA	4		4.672		
Lutein + zeaxanthin.....mcg	83		0	FLA	4		164.975		

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Common Measures:

Measure 1 = 199g: 1 item 7.017 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21046
Entrees, crab cake

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	53.38		1		1		32.03		
Energy.....kcal	266		0	NC	4		160		
Energy.....kj	1113				4		668		
Protein (N x 6.25).....g	18.75		1		1		11.25		
Total lipid (fat).....g	17.25		1		1		10.35		
Ash.....g	2.10		1		1		1.26		
Carbohydrate, by difference.....g	8.52		0	NC	4		5.11		
Fiber, total dietary.....g	0.4		0		4		0.2		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	337		1		1		202		
Iron, Fe.....mg	1.86		1		1		1.12		
Magnesium, Mg.....mg	42		1		1		25		
Phosphorus, P.....mg	378		1		1		227		
Potassium, K.....mg	270		1		1		162		
Sodium, Na.....mg	819		1		1		491		
Zinc, Zn.....mg	3.54		1		1		2.12		
Copper, Cu.....mg	0.610		1		1		0.366		
Manganese, Mn.....mg	0.470		1		1		0.282		
Selenium, Se.....mcg	42.1		0	RK	4		25.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		4		0.2		
Thiamin.....mg	0.092		0		4		0.055		
Riboflavin.....mg	0.125		0		4		0.075		
Niacin.....mg	1.943		0		4		1.166		
Pantothenic acid.....mg	0.450		0		4		0.270		
Vitamin B-6.....mg	0.249		0		4		0.149		
Folate, total.....mcg	41		0	RK	4		25		
Folic acid.....mcg	25		0	NC	4		15		
Folate, food.....mcg	16		0		4		10		
Folate, DFE.....mcg_DFE	59		0	NC	4		35		
Vitamin B-12.....mcg	7.33		0		4		4.40		
Vitamin A, IU.....IU	522		0		4		313		
Vitamin A, RAE.....mcg_RAE	155		0	NC	4		93		
Retinol.....mcg	155		0	NC	4		93		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.740		0		1		2.244		
Fatty acids, total monounsaturated.....g	7.180		0		1		4.308		
Fatty acids, total polyunsaturated.....g	5.130		0		1		3.078		
Fatty acids, total trans.....g									
Cholesterol.....mg	137		0		4		82		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.258		0		1		0.155		
Threonine.....g	0.750		0		1		0.450		
Isoleucine.....g	0.912		0		1		0.547		
Leucine.....g	1.476		0		1		0.886		
Lysine.....g	1.524		0		1		0.914		
Methionine.....g	0.513		0		1		0.308		
Cystine.....g	0.231		0		1		0.139		

NDB No. 21046
Entrees, crab cake

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.813		0		1		0.488		
Tyrosine.....g	0.618		0		1		0.371		
Valine.....g	0.909		0		1		0.545		
Arginine.....g	1.539		0		1		0.923		
Histidine.....g	0.384		0		1		0.230		
Alanine.....g	1.029		0		1		0.617		
Aspartic acid.....g	1.854		0		1		1.112		
Glutamic acid.....g	3.294		0		1		1.976		
Glycine.....g	1.059		0		1		0.635		
Proline.....g	0.717		0		1		0.430		
Serine.....g	0.792		0		1		0.475		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 60g: 1 cake

Calories Factors: Protein 4.27

Fat 8.9

Carbohydrate 3.81

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21047

Entrees, fish fillet, battered or breaded, and fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.580		0		1		2.348		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.580		1		1		2.348		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.270		0		1		5.706		
18:2 undifferentiated.....g	5.780		1		1		5.260		
18:3 undifferentiated.....g	0.490		1		1		0.446		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	34		1		1		31		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.168		0		1		0.153		
Threonine.....g	0.626		0		1		0.570		
Isoleucine.....g	0.676		0		1		0.615		
Leucine.....g	1.190		0		1		1.083		
Lysine.....g	1.247		0		1		1.135		
Methionine.....g	0.417		0		1		0.379		
Cystine.....g	0.175		0		1		0.159		
Phenylalanine.....g	0.602		0		1		0.548		
Tyrosine.....g	0.494		0		1		0.450		
Valine.....g	0.760		0		1		0.692		
Arginine.....g	0.852		0		1		0.775		
Histidine.....g	0.425		0		1		0.387		
Alanine.....g	0.847		0		1		0.771		
Aspartic acid.....g	1.422		0		1		1.294		
Glutamic acid.....g	2.514		0		1		2.288		
Glycine.....g	0.688		0		1		0.626		
Proline.....g	0.664		0		1		0.604		
Serine.....g	0.628		0		1		0.571		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 91g: 1 fillet

Calories Factors: Protein 4.1

Fat 8.77

Carbohydrate 3.78

Food Group: 21 Fast Foods

NDB No. 21299

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.76	0.276	40	A	1		45.07	396.02	
Energy.....kcal	264		0	NC	4		272	2386	
Energy.....kj	1103		0	NC	4		1136	9981	
Protein.....g	11.91	0.519	40	A	1		12.27	107.81	
Total lipid (fat).....g	9.51	0.515	40	A	1		9.80	86.10	
Ash.....g	2.23	0.143	40	A	1		2.30	20.21	
Carbohydrate, by difference.....g	32.58		0	NC	4		33.56	294.86	
Fiber, total dietary.....g	1.7	0.454	28	A	1		1.8	15.4	
Sugars, total.....g	4.02	0.469	40	A	1		4.14	36.37	
Sucrose.....g	0.11	0.109	40	A	1		0.12	1.03	
Glucose (dextrose).....g	1.01	0.199	40	A	1		1.04	9.10	
Fructose.....g	1.20	0.196	40	A	1		1.23	10.84	
Lactose.....g	0.23	0.054	40	A	1		0.24	2.09	
Maltose.....g	1.34	0.125	40	A	1		1.38	12.13	
Galactose.....g	0.13	0.017	40	A	1		0.13	1.18	
Starch.....g	25.49	0.841	40	A	1		26.25	230.68	
Minerals:									
Calcium, Ca.....mg	177	5.078	40	A	1		183	1606	
Iron, Fe.....mg	2.14	0.105	40	A	1		2.21	19.38	
Magnesium, Mg.....mg	24	1.432	40	A	1		25	220	
Phosphorus, P.....mg	212	10.329	40	A	1		218	1919	
Potassium, K.....mg	154	6.475	40	A	1		159	1395	
Sodium, Na.....mg	535	41.904	40	A	1		551	4844	
Zinc, Zn.....mg	1.37	0.105	40	A	1		1.41	12.37	
Copper, Cu.....mg	0.119	0.009	40	A	1		0.122	1.074	
Manganese, Mn.....mg	0.317	0.008	40	A	1		0.326	2.865	
Selenium, Se.....mcg	24.5	3.904	15	A	1		25.3	222.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	13	A	1		0.0	0.0	
Thiamin.....mg	0.340	0.061	40	A	1		0.351	3.081	
Riboflavin.....mg	0.502	0.242	40	A	1		0.517	4.539	
Niacin.....mg	3.277	0.101	40	A	1		3.375	29.654	
Pantothenic acid.....mg	0.352	0.064	15	A	1		0.362	3.183	
Vitamin B-6.....mg	0.120	0.002	32	A	1		0.124	1.086	
Folate, total.....mcg	93	15.250	8	A	1		95	837	
Folic acid.....mcg	52	7.250	8	A	1		54	473	
Folate, food.....mcg	40		0	AS	1		42	365	
Folate, DFE.....mcg_DFE	129		0	NC	4		133	1169	
Vitamin B-12.....mcg	0.55	0.083	40	A	1		0.57	5.01	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU.....IU	316		0	AS	1		326	2861	
Vitamin A, RAE.....mcg_RAE	67		0	AS	1		69	604	
Retinol.....mcg	61	4.199	15	A	1		63	553	
Vitamin E (alpha-tocopherol).....mg	0.83	0.141	15	A	1		0.85	7.50	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.05	0.006	15	A	1		0.05	0.43	
Tocopherol, gamma.....mg	1.19	0.062	15	A	1		1.22	10.75	
Tocopherol, delta.....mg	0.34	0.008	15	A	1		0.35	3.09	
Vitamin D.....IU	0	0.000	15	A	1		0	0	
Vitamin K (phylloquinone).....mcg	6.7	0.575	15	A	1		6.9	60.2	
Lipids:									
Fatty acids, total saturated.....g	4.273		0	NC	4		4.401	38.671	
4:0.....g	0.220		0	FLA	4		0.226	1.987	
6:0.....g	0.042		0	FLA	4		0.044	0.383	
8:0.....g	0.062	0.003	40	A	1		0.063	0.557	
10:0.....g	0.145	0.007	40	A	1		0.150	1.315	
12:0.....g	0.167	0.010	40	A	1		0.172	1.516	
13:0.....g	0.000	0.000	20	A	1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.590	0.037	40	A	1		0.607	5.335	
15:0.....g	0.060	0.004	40	A	1		0.062	0.542	
16:0.....g	2.016	0.110	40	A	1		2.076	18.245	
17:0.....g	0.038	0.003	40	A	1		0.040	0.347	
18:0.....g	0.904	0.023	40	A	1		0.932	8.185	
20:0.....g	0.018	0.001	40	A	1		0.019	0.166	
22:0.....g	0.010	0.000	40	A	1		0.011	0.094	
24:0.....g	0.000	0.000	32	A	1		0.000	0.003	
Fatty acids, total monounsaturated.....g	2.352		0	NC	4		2.423	21.287	
14:1.....g	0.045	0.004	40	A	1		0.046	0.408	
15:1.....g	0.001	0.001	40	A	1		0.001	0.012	
16:1 undifferentiated.....g	0.104	0.012	40	A	1		0.107	0.938	
17:1.....g	0.008	0.004	40	A	1		0.008	0.074	
18:1 undifferentiated.....g	2.175	0.118	40	A	1		2.241	19.687	
20:1.....g	0.018	0.002	40	A	1		0.019	0.167	
22:1 undifferentiated.....g	0.000	0.000	32	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.702		0	NC	4		1.754	15.407	
18:2 undifferentiated.....g	1.420	0.087	40	A	1		1.462	12.848	
18:3 undifferentiated.....g	0.169	0.011	32	JA	6		0.174	1.526	
18:3 n-6 c,c,c.....g	0.000	0.000	28	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.033	0.005	32	A	1		0.034	0.298	
20:2 n-6 c,c.....g	0.000	0.000	40	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.001	0.001	39	A	1		0.001	0.008	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.010	0.000	40	A	1		0.011	0.095	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	32	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000	0.000	32	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	32	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	21	1.918	40	A	1		22	194	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.128		0	A	1		0.132	1.159	
Threonine.....g	0.410		0	A	1		0.422	3.711	
Isoleucine.....g	0.564		0	A	1		0.581	5.105	
Leucine.....g	1.139		0	A	1		1.173	10.304	
Lysine.....g	0.770		0	A	1		0.793	6.971	
Methionine.....g	0.264		0	A	1		0.272	2.387	
Cystine.....g	0.163		0	A	1		0.168	1.477	
Phenylalanine.....g	0.664		0	A	1		0.684	6.009	
Tyrosine.....g	0.522		0	A	1		0.538	4.723	
Valine.....g	0.720		0	A	1		0.742	6.520	
Arginine.....g	0.486		0	A	1		0.501	4.400	
Histidine.....g	0.355		0	A	1		0.366	3.213	
Alanine.....g	0.419		0	A	1		0.431	3.790	
Aspartic acid.....g	0.839		0	A	1		0.864	7.595	
Glutamic acid.....g	3.535		0	A	1		3.641	31.992	
Glycine.....g	0.341		0	A	1		0.351	3.083	
Proline.....g	1.357		0	A	1		1.397	12.278	
Serine.....g	0.700		0	A	1		0.721	6.339	
Hydroxyproline.....g	0.000	0.000	7	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									

NDB No. 21299

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Carotene, beta.....mcg	66	4.190	15	A	1	68.098	598.337		
Carotene, alpha.....mcg	3	2.795	15	A	1	2.879	25.295		
Cryptoxanthin, beta.....mcg	0	0.000	15	A	1	0.000	0.000		
Lycopene.....mcg	196	60.552	15	A	1	202.346	1777.895		
Lutein + zeaxanthin.....mcg	27		0	NR	4	27.660	243.032		

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

Common Measures:

Measure 1 = 103g: 1 slice

Measure 2 = 905g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
14:0.....g	0.620	0.052	19	A	1	0.657	6.047		
15:0.....g	0.063	0.005	19	A	1	0.067	0.616		
16:0.....g	2.252	0.161	19	A	1	2.388	21.984		
17:0.....g	0.041	0.004	19	A	1	0.044	0.403		
18:0.....g	1.005	0.056	19	A	1	1.065	9.808		
20:0.....g	0.022	0.002	19	A	1	0.024	0.219		
22:0.....g	0.017	0.002	19	A	1	0.018	0.162		
24:0.....g	0.000	0.000	12	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	2.934		0	NC	4	3.110	28.636		
14:1.....g	0.048	0.006	19	A	1	0.051	0.473		
15:1.....g	0.000	0.000	19	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.116	0.013	19	A	1	0.123	1.136		
17:1.....g	0.007	0.007	19	A	1	0.007	0.065		
18:1 undifferentiated.....g	2.738	0.085	19	A	1	2.902	26.721		
20:1.....g	0.025	0.002	19	A	1	0.026	0.241		
22:1 undifferentiated.....g	0.000	0.000	12	A	1	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.209		0	NC	4	2.342	21.560		
18:2 undifferentiated.....g	1.906	0.277	19	A	1	2.020	18.601		
18:3 undifferentiated.....g	0.249	0.066	12	JA	6	0.263	2.426		
18:3 n-6 c,c,c.....g	0.000	0.000	7	A	1	0.000	0.000		
18:3i.....g									
18:4.....g	0.044	0.002	12	A	1	0.047	0.431		
20:2 n-6 c,c.....g	0.000	0.000	19	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.000	0.000	17	A	1	0.000	0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.011	0.001	19	A	1	0.012	0.107		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	12	A	1	0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000	0.000	12	A	1	0.000	0.000		
22:6 n-3.....g	0.000	0.000	12	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	24	3.030	19	A	1	25	232		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.131		0	A	1	0.139	1.281		
Threonine.....g	0.399		0	A	1	0.423	3.895		
Isoleucine.....g	0.555		0	A	1	0.588	5.414		
Leucine.....g	1.084		0	A	1	1.149	10.583		
Lysine.....g	0.807		0	A	1	0.856	7.879		
Methionine.....g	0.287		0	A	1	0.304	2.801		
Cystine.....g	0.260		0	A	1	0.275	2.534		
Phenylalanine.....g	0.678		0	A	1	0.718	6.613		
Tyrosine.....g	0.488		0	A	1	0.517	4.762		
Valine.....g	0.703		0	A	1	0.746	6.865		
Arginine.....g	0.634		0	A	1	0.672	6.189		
Histidine.....g	0.328		0	A	1	0.347	3.199		
Alanine.....g	0.374		0	A	1	0.396	3.646		
Aspartic acid.....g	0.847		0	A	1	0.897	8.264		
Glutamic acid.....g	3.723		0	A	1	3.947	36.340		
Glycine.....g	0.371		0	A	1	0.393	3.622		
Proline.....g	1.437		0	A	1	1.524	14.028		
Serine.....g	0.767		0	A	1	0.813	7.489		
Hydroxyproline.....g	0.000	0.000	6	A	1	0.000	0.000		
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0		
Caffeine.....mg	0		0	FLA	4	0	0		
Theobromine.....mg	0		0	FLA	4	0	0		
Carotenoids:									

NDB No. 21300

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Carotene, beta.....mcg	56	1.136	11	A	1		59.619	548.946	
Carotene, alpha.....mcg	4	3.727	11	A	1		3.950	36.373	
Cryptoxanthin, beta.....mcg	0	0.000	11	A	1		0.000	0.000	
Lycopene.....mcg	172	53.180	11	A	1		181.980	1675.587	
Lutein + zeaxanthin.....mcg	22		0	NR	4		22.952	211.329	

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

Common Measures:

Measure 1 = 106g: 1 slice

Measure 2 = 976g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21301

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	40.87	0.911	14	A	1		25.75	256.26	147.96
Energy.....kcal	304		0	NC	4		191	1906	1100
Energy.....kj	1272		0	NC	4		801	7974	4604
Protein.....g	14.17	0.929	14	A	1		8.93	88.86	51.31
Total lipid (fat).....g	15.68	0.862	14	A	1		9.88	98.32	56.76
Ash.....g	2.74	0.179	14	A	1		1.73	17.17	9.92
Carbohydrate, by difference.....g	26.54		0	NC	4		16.72	166.38	96.06
Fiber, total dietary.....g	2.0	0.280	14	A	1		1.3	12.5	7.2
Sugars, total.....g	3.08	0.290	14	A	1		1.94	19.28	11.13
Sucrose.....g	0.20	0.188	14	A	1		0.13	1.28	0.74
Glucose (dextrose).....g	0.81	0.100	14	A	1		0.51	5.10	2.95
Fructose.....g	0.81	0.075	14	A	1		0.51	5.09	2.94
Lactose.....g	0.34	0.115	14	A	1		0.22	2.16	1.25
Maltose.....g	0.73	0.088	14	A	1		0.46	4.56	2.63
Galactose.....g	0.17	0.039	14	A	1		0.11	1.09	0.63
Starch.....g	20.46	1.419	14	A	1		12.89	128.30	74.07
Minerals:									
Calcium, Ca.....mg	300	41.348	14	A	1		189	1882	1086
Iron, Fe.....mg	0.83	0.211	14	A	1		0.52	5.19	3.00
Magnesium, Mg.....mg	25	1.218	14	A	1		16	158	91
Phosphorus, P.....mg	286	13.797	14	A	1		180	1795	1036
Potassium, K.....mg	175	5.111	14	A	1		110	1094	632
Sodium, Na.....mg	581	70.647	14	A	1		366	3641	2102
Zinc, Zn.....mg	1.63	0.184	14	A	1		1.03	10.25	5.92
Copper, Cu.....mg	0.124	0.020	14	A	1		0.078	0.776	0.448
Manganese, Mn.....mg	0.236	0.015	14	A	1		0.149	1.481	0.855
Selenium, Se.....mcg	28.4	2.926	14	A	1		17.9	178.2	102.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1	0.092	13	A	1		0.1	0.6	0.3
Thiamin.....mg	0.256	0.088	14	A	1		0.161	1.604	0.926
Riboflavin.....mg	0.204	0.040	14	A	1		0.128	1.278	0.738
Niacin.....mg	2.029	1.106	14	A	1		1.278	12.721	7.344
Pantothenic acid.....mg	0.301	0.068	14	A	1		0.190	1.889	1.091
Vitamin B-6.....mg	0.082	0.003	4	A	1		0.052	0.514	0.297
Folate, total.....mcg	96	4.564	4	A	1		60	602	348
Folic acid.....mcg	56	3.568	4	A	1		35	353	204
Folate, food.....mcg	40		0	AS	1		25	249	144
Folate, DFE.....mcg_DFE	135		0	NC	4		85	849	490
Vitamin B-12.....mcg	0.80	0.034	14	A	1		0.50	5.01	2.89
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, IU.....IU	446		0	AS	1		281	2798	1615
Vitamin A, RAE.....mcg_RAE	100		0	AS	1		63	627	362
Retinol.....mcg	93	8.102	14	A	1		59	585	338
Vitamin E (alpha-tocopherol).....mg	1.29	0.233	14	A	1		0.81	8.09	4.67
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.06	0.006	14	A	1		0.04	0.38	0.22
Tocopherol, gamma.....mg	2.52	0.547	14	A	1		1.59	15.78	9.11
Tocopherol, delta.....mg	0.88	0.212	14	A	1		0.55	5.51	3.18
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.7	2.182	14	A	1		6.1	60.5	35.0
Lipids:									
Fatty acids, total saturated.....g	6.932		0	NC	4		4.367	43.464	25.094
4:0.....g	0.220		0	FLA	4		0.138	1.377	0.795
6:0.....g	0.042		0	FLA	4		0.027	0.265	0.153
8:0.....g	0.102	0.008	14	A	1		0.064	0.637	0.368
10:0.....g	0.237	0.017	14	A	1		0.149	1.483	0.856
12:0.....g	0.273	0.020	14	A	1		0.172	1.711	0.988
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
14:0.....g	0.956	0.056	14	A	1		0.602	5.995	3.461
15:0.....g	0.096	0.007	14	A	1		0.060	0.601	0.347
16:0.....g	3.330	0.146	14	A	1		2.098	20.876	12.053
17:0.....g	0.062	0.004	14	A	1		0.039	0.387	0.224
18:0.....g	1.566	0.066	14	A	1		0.987	9.820	5.670
20:0.....g	0.030	0.003	14	A	1		0.019	0.185	0.107
22:0.....g	0.020	0.004	14	A	1		0.012	0.124	0.072
24:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	4.561		0	NC	4		2.873	28.597	16.511
14:1.....g	0.074	0.005	14	A	1		0.047	0.464	0.268
15:1.....g	0.000	0.000	14	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.160	0.015	14	A	1		0.101	1.003	0.579
17:1.....g	0.013	0.008	14	A	1		0.008	0.082	0.047
18:1 undifferentiated.....g	4.287	0.520	14	A	1		2.701	26.877	15.518
20:1.....g	0.027	0.004	14	A	1		0.017	0.172	0.099
22:1 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.545		0	NC	4		1.603	15.957	9.213
18:2 undifferentiated.....g	2.220	0.437	14	A	1		1.399	13.922	8.038
18:3 undifferentiated.....g	0.220	0.082	8	JA	6		0.139	1.380	0.797
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.052	0.005	8	A	1		0.033	0.329	0.190
20:2 n-6 c,c.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.001	0.001	11	A	1		0.000	0.004	0.002
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.016	0.002	14	A	1		0.010	0.099	0.057
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	35	3.031	14	A	1		22	220	127
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.146		0	A	1		0.092	0.918	0.530
Threonine.....g	0.514		0	A	1		0.324	3.221	1.860
Isoleucine.....g	0.657		0	A	1		0.414	4.120	2.379
Leucine.....g	1.335		0	A	1		0.841	8.368	4.831
Lysine.....g	0.962		0	A	1		0.606	6.031	3.482
Methionine.....g	0.320		0	A	1		0.202	2.007	1.159
Cystine.....g	0.200		0	A	1		0.126	1.257	0.725
Phenylalanine.....g	0.776		0	A	1		0.489	4.866	2.809
Tyrosine.....g	0.605		0	A	1		0.381	3.793	2.190
Valine.....g	0.845		0	A	1		0.532	5.298	3.059
Arginine.....g	0.554		0	A	1		0.349	3.472	2.005
Histidine.....g	0.361		0	A	1		0.228	2.265	1.307
Alanine.....g	0.462		0	A	1		0.291	2.895	1.671
Aspartic acid.....g	1.101		0	A	1		0.693	6.902	3.985
Glutamic acid.....g	3.994		0	A	1		2.516	25.042	14.458
Glycine.....g	0.355		0	A	1		0.224	2.224	1.284
Proline.....g	1.639		0	A	1		1.032	10.275	5.932
Serine.....g	0.868		0	A	1		0.547	5.440	3.141
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									

NDB No. 21301

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Carotene, beta.....mcg	80	5.369	14	A	1		50.274	500.346	288.876
Carotene, alpha.....mcg	3	2.795	12	A	1		1.761	17.525	10.118
Cryptoxanthin, beta.....mcg	0	0.000	14	A	1		0.000	0.000	0.000
Lycopene.....mcg	321	66.961	14	A	1		201.930	2009.684	1160.296
Lutein + zeaxanthin.....mcg	30		0	NR	4		19.164	190.728	110.117

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

Common Measures:

- Measure 1 = 63g: 1 slice
- Measure 2 = 627g: 1 pie
- Measure 3 = 362g: .5 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
14:0.....g	0.551	0.010	19	A	1	0.584	5.485		
15:0.....g	0.056	0.003	19	A	1	0.059	0.553		
16:0.....g	2.522	0.132	19	A	1	2.673	25.091		
17:0.....g	0.050	0.005	19	A	1	0.053	0.498		
18:0.....g	1.174	0.090	19	A	1	1.245	11.683		
20:0.....g	0.022	0.002	19	A	1	0.024	0.223		
22:0.....g	0.014	0.003	19	A	1	0.015	0.139		
24:0.....g	0.000	0.000	12	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	3.762		0	NC	4	3.988	37.432		
14:1.....g	0.046	0.002	19	A	1	0.048	0.453		
15:1.....g	0.000	0.000	19	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.176	0.016	19	A	1	0.186	1.747		
17:1.....g	0.009	0.009	19	A	1	0.010	0.094		
18:1 undifferentiated.....g	3.467	0.271	19	A	1	3.675	34.497		
20:1.....g	0.044	0.007	19	A	1	0.047	0.438		
22:1 undifferentiated.....g	0.021	0.001	12	A	1	0.022	0.206		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.408		0	NC	4	2.552	23.960		
18:2 undifferentiated.....g	2.090	0.411	19	A	1	2.215	20.792		
18:3 undifferentiated.....g	0.265	0.088	12	JA	6	0.281	2.635		
18:3 n-6 c,c,c.....g	0.003	0.003	7	A	1	0.003	0.027		
18:3i.....g									
18:4.....g	0.036	0.004	12	A	1	0.038	0.353		
20:2 n-6 c,c.....g	0.015	0.004	19	A	1	0.015	0.145		
20:3 undifferentiated.....g	0.000	0.000	19	A	1	0.000	0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.018	0.002	19	A	1	0.019	0.182		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	12	A	1	0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000	0.000	12	A	1	0.000	0.000		
22:6 n-3.....g	0.000	0.000	12	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	28	2.399	19	A	1	29	276		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.113		0	A	1	0.120	1.126		
Threonine.....g	0.367		0	A	1	0.389	3.651		
Isoleucine.....g	0.488		0	A	1	0.517	4.855		
Leucine.....g	0.989		0	A	1	1.049	9.843		
Lysine.....g	0.699		0	A	1	0.741	6.951		
Methionine.....g	0.255		0	A	1	0.270	2.539		
Cystine.....g	0.271		0	A	1	0.288	2.700		
Phenylalanine.....g	0.606		0	A	1	0.643	6.033		
Tyrosine.....g	0.415		0	A	1	0.440	4.126		
Valine.....g	0.609		0	A	1	0.646	6.060		
Arginine.....g	0.493		0	A	1	0.523	4.910		
Histidine.....g	0.321		0	A	1	0.340	3.194		
Alanine.....g	0.412		0	A	1	0.436	4.096		
Aspartic acid.....g	0.789		0	A	1	0.837	7.853		
Glutamic acid.....g	3.413		0	A	1	3.618	33.961		
Glycine.....g	0.395		0	A	1	0.419	3.934		
Proline.....g	1.247		0	A	1	1.322	12.408		
Serine.....g	0.671		0	A	1	0.712	6.679		
Hydroxyproline.....g	0.010	0.010	7	A	1	0.010	0.095		
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0		
Caffeine.....mg	0		0	FLA	4	0	0		
Theobromine.....mg	0		0	FLA	4	0	0		
Carotenoids:									

NDB No. 21303

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Carotene, beta.....mcg	53	7.061	11	A	1	56.543	530.761		
Carotene, alpha.....mcg	4	3.727	11	A	1	3.950	37.081		
Cryptoxanthin, beta.....mcg	2	1.778	11	A	1	1.884	17.689		
Lycopene.....mcg	60	21.232	11	A	1	63.508	596.138		
Lutein + zeaxanthin.....mcg	23		0	NR	4	24.337	228.448		

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

Common Measures:

Measure 1 = 106g: 1 slice

Measure 2 = 995g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21304

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.40	0.429	15	A	1		68.54	588.66	
Energy.....kcal	244		0	NC	4		331	2847	
Energy.....kj	1020		0	NC	4		1387	11911	
Protein.....g	11.02	0.444	15	A	1		14.98	128.67	
Total lipid (fat).....g	10.90	0.246	15	A	1		14.83	127.34	
Ash.....g	2.30	0.093	15	A	1		3.13	26.84	
Carbohydrate, by difference.....g	25.38		0	NC	4		34.52	296.48	
Fiber, total dietary.....g	2.2	0.100	15	A	1		3.0	26.0	
Sugars, total.....g	3.73	0.398	15	A	1		5.07	43.57	
Sucrose.....g	0.08	0.083	15	A	1		0.11	0.97	
Glucose (dextrose).....g	1.07	0.171	15	A	1		1.45	12.46	
Fructose.....g	1.10	0.157	15	A	1		1.50	12.84	
Lactose.....g	0.17	0.054	15	A	1		0.24	2.04	
Maltose.....g	1.21	0.115	15	A	1		1.64	14.11	
Galactose.....g	0.10	0.013	15	A	1		0.13	1.15	
Starch.....g	18.70	0.945	15	A	1		25.43	218.41	
Minerals:									
Calcium, Ca.....mg	120	15.779	15	A	1		164	1407	
Iron, Fe.....mg	1.86	0.208	15	A	1		2.54	21.78	
Magnesium, Mg.....mg	23	0.648	15	A	1		31	264	
Phosphorus, P.....mg	183	9.529	15	A	1		249	2140	
Potassium, K.....mg	184	10.556	15	A	1		250	2150	
Sodium, Na.....mg	589	23.430	15	A	1		801	6881	
Zinc, Zn.....mg	1.24	0.119	15	A	1		1.68	14.47	
Copper, Cu.....mg	0.138	0.009	15	A	1		0.187	1.609	
Manganese, Mn.....mg	0.273	0.006	15	A	1		0.371	3.188	
Selenium, Se.....mcg	23.1	2.961	15	A	1		31.4	269.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1	0.143	15	A	1		0.2	1.7	
Thiamin.....mg	0.256	0.049	15	A	1		0.347	2.984	
Riboflavin.....mg	0.266	0.017	15	A	1		0.362	3.111	
Niacin.....mg	3.100	0.253	15	A	1		4.216	36.212	
Pantothenic acid.....mg	0.455	0.053	15	A	1		0.619	5.316	
Vitamin B-6.....mg	0.098	0.002	4	A	1		0.133	1.146	
Folate, total.....mcg	62	3.375	8	A	1		84	723	
Folic acid.....mcg	36	1.750	8	A	1		49	423	
Folate, food.....mcg	26		0	AS	1		35	299	
Folate, DFE.....mcg_DFE	87		0	NC	4		119	1019	
Vitamin B-12.....mcg	0.68	0.065	15	A	1		0.93	7.97	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU.....IU	192		0	AS	1		261	2238	
Vitamin A, RAE.....mcg_RAE	41		0	AS	1		55	476	
Retinol.....mcg	37	5.451	15	A	1		51	437	
Vitamin E (alpha-tocopherol).....mg	0.86	0.084	15	A	1		1.16	10.00	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.04	0.002	15	A	1		0.06	0.52	
Tocopherol, gamma.....mg	0.93	0.076	15	A	1		1.27	10.89	
Tocopherol, delta.....mg	0.27	0.017	15	A	1		0.36	3.10	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.2	0.665	15	A	1		8.4	72.1	
Lipids:									
Fatty acids, total saturated.....g	4.407		0	NC	4		5.994	51.474	
4:0.....g	0.147		0	FLA	4		0.200	1.714	
6:0.....g	0.028		0	FLA	4		0.038	0.330	
8:0.....g	0.039	0.004	15	A	1		0.053	0.456	
10:0.....g	0.093	0.007	15	A	1		0.126	1.082	
12:0.....g	0.107	0.008	15	A	1		0.145	1.248	
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
14:0.....g	0.447	0.024	15	A	1		0.609	5.227	
15:0.....g	0.045	0.004	15	A	1		0.061	0.521	
16:0.....g	2.330	0.081	15	A	1		3.169	27.215	
17:0.....g	0.050	0.004	15	A	1		0.067	0.578	
18:0.....g	1.100	0.050	15	A	1		1.497	12.853	
20:0.....g	0.019	0.000	15	A	1		0.026	0.228	
22:0.....g	0.002	0.002	15	A	1		0.003	0.023	
24:0.....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	3.787		0	NC	4		5.150	44.230	
14:1.....g	0.038	0.004	15	A	1		0.052	0.443	
15:1.....g	0.000	0.000	15	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.195	0.012	15	A	1		0.265	2.273	
17:1.....g	0.014	0.008	15	A	1		0.019	0.167	
18:1 undifferentiated.....g	3.497	0.090	15	A	1		4.756	40.844	
20:1.....g	0.042	0.004	15	A	1		0.058	0.495	
22:1 undifferentiated.....g	0.001	0.001	8	A	1		0.002	0.014	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.724		0	NC	4		2.345	20.140	
18:2 undifferentiated.....g	1.521	0.092	15	A	1		2.069	17.770	
18:3 undifferentiated.....g	0.157	0.006	8	JA	6		0.214	1.834	
18:3 n-6 c,c,c.....g	0.000	0.000	7	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.029	0.001	8	A	1		0.039	0.335	
20:2 n-6 c,c.....g	0.023	0.003	11	A	1		0.031	0.266	
20:3 undifferentiated.....g	0.000	0.000	15	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.022	0.001	15	A	1		0.030	0.256	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	8	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000	0.000	7	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	27	2.031	15	A	1		36	311	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.109		0	A	1		0.148	1.268	
Threonine.....g	0.399		0	A	1		0.543	4.661	
Isoleucine.....g	0.482		0	A	1		0.655	5.627	
Leucine.....g	0.923		0	A	1		1.255	10.775	
Lysine.....g	0.615		0	A	1		0.837	7.187	
Methionine.....g	0.217		0	A	1		0.295	2.531	
Cystine.....g	0.178		0	A	1		0.242	2.080	
Phenylalanine.....g	0.553		0	A	1		0.752	6.457	
Tyrosine.....g	0.385		0	A	1		0.523	4.492	
Valine.....g	0.579		0	A	1		0.787	6.762	
Arginine.....g	0.508		0	A	1		0.691	5.933	
Histidine.....g	0.334		0	A	1		0.454	3.898	
Alanine.....g	0.449		0	A	1		0.611	5.244	
Aspartic acid.....g	0.864		0	A	1		1.175	10.094	
Glutamic acid.....g	2.930		0	A	1		3.985	34.226	
Glycine.....g	0.423		0	A	1		0.575	4.935	
Proline.....g	1.107		0	A	1		1.505	12.927	
Serine.....g	0.597		0	A	1		0.812	6.972	
Hydroxyproline.....g	0.012	0.012	6	A	1		0.017	0.145	
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									

NDB No. 21304

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Carotene, beta.....mcg	39	3.847	15	A	1		52.766	453.165	
Carotene, alpha.....mcg	3	2.795	15	A	1		3.801	32.646	
Cryptoxanthin, beta.....mcg	0	0.000	14	A	1		0.000	0.000	
Lycopene.....mcg	34	11.990	15	A	1		46.788	401.823	
Lutein + zeaxanthin.....mcg	26		0	NR	4		35.449	304.447	

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

Common Measures:

Measure 1 = 136g: 1 slice

Measure 2 = 1168g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21302

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	42.53	0.706	44	A	1		45.94	407.90	
Energy.....kcal	276		0	NC	4		298	2649	
Energy.....kj	1156		0	NC	4		1248	11084	
Protein.....g	12.33	0.435	44	A	1		13.32	118.26	
Total lipid (fat).....g	11.23	0.411	44	A	1		12.13	107.72	
Ash.....g	2.45	0.144	44	A	1		2.64	23.45	
Carbohydrate, by difference.....g	31.46		0	NC	4		33.97	301.66	
Fiber, total dietary.....g	1.5	0.295	43	A	1		1.6	14.4	
Sugars, total.....g	3.81	0.361	43	A	1		4.12	36.56	
Sucrose.....g	0.10	0.095	44	A	1		0.11	0.93	
Glucose (dextrose).....g	0.99	0.165	44	A	1		1.07	9.53	
Fructose.....g	1.19	0.149	44	A	1		1.29	11.46	
Lactose.....g	0.20	0.048	44	A	1		0.21	1.89	
Maltose.....g	1.22	0.102	44	A	1		1.32	11.69	
Galactose.....g	0.11	0.014	43	A	1		0.12	1.04	
Starch.....g	25.01	1.226	44	A	1		27.01	239.82	
Minerals:									
Calcium, Ca.....mg	156	19.144	44	A	1		168	1494	
Iron, Fe.....mg	2.20	0.090	44	A	1		2.38	21.14	
Magnesium, Mg.....mg	24	1.224	44	A	1		26	235	
Phosphorus, P.....mg	200	8.344	44	A	1		216	1921	
Potassium, K.....mg	172	7.478	44	A	1		186	1649	
Sodium, Na.....mg	632	48.593	44	A	1		682	6060	
Zinc, Zn.....mg	1.43	0.092	44	A	1		1.54	13.67	
Copper, Cu.....mg	0.118	0.007	44	A	1		0.127	1.130	
Manganese, Mn.....mg	0.340	0.009	44	A	1		0.368	3.265	
Selenium, Se.....mcg	26.5	3.569	15	A	1		28.6	253.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	14	A	1		0.0	0.0	
Thiamin.....mg	0.339	0.058	44	A	1		0.366	3.247	
Riboflavin.....mg	0.337	0.055	43	A	1		0.364	3.228	
Niacin.....mg	3.735	0.235	44	A	1		4.034	35.817	
Pantothenic acid.....mg	0.437	0.066	15	A	1		0.471	4.186	
Vitamin B-6.....mg	0.155	0.004	32	A	1		0.167	1.485	
Folate, total.....mcg	92	19.625	8	A	1		99	881	
Folic acid.....mcg	56	12.500	8	A	1		60	532	
Folate, food.....mcg	36		0	AS	1		39	349	
Folate, DFE.....mcg_DFE	131		0	NC	4		141	1254	
Vitamin B-12.....mcg	0.64	0.065	44	A	1		0.70	6.18	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU.....IU	278		0	AS	1		300	2665	
Vitamin A, RAE.....mcg_RAE	56		0	AS	1		60	537	
Retinol.....mcg	50	5.467	15	A	1		55	484	
Vitamin E (alpha-tocopherol).....mg	0.87	0.101	15	A	1		0.94	8.37	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.05	0.004	15	A	1		0.06	0.50	
Tocopherol, gamma.....mg	1.19	0.061	15	A	1		1.28	11.41	
Tocopherol, delta.....mg	0.33	0.009	15	A	1		0.36	3.21	
Vitamin D.....IU	0	0.000	15	A	1		0	0	
Vitamin K (phylloquinone).....mcg	6.4	0.721	15	A	1		6.9	61.6	
Lipids:									
Fatty acids, total saturated.....g	4.870		0	NC	4		5.260	46.703	
4:0.....g	0.220		0	FLA	4		0.237	2.107	
6:0.....g	0.042		0	FLA	4		0.046	0.406	
8:0.....g	0.053	0.004	44	A	1		0.057	0.510	
10:0.....g	0.124	0.008	44	A	1		0.134	1.194	
12:0.....g	0.143	0.009	44	A	1		0.155	1.372	
13:0.....g	0.000	0.000	19	A	1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
14:0.....g	0.557	0.025	44	A	1	0.601	5.337		
15:0.....g	0.056	0.002	44	A	1	0.061	0.542		
16:0.....g	2.441	0.093	44	A	1	2.637	23.411		
17:0.....g	0.054	0.004	44	A	1	0.058	0.517		
18:0.....g	1.150	0.037	44	A	1	1.242	11.025		
20:0.....g	0.019	0.001	44	A	1	0.021	0.184		
22:0.....g	0.010	0.001	44	A	1	0.010	0.092		
24:0.....g	0.001	0.001	32	A	1	0.001	0.006		
Fatty acids, total monounsaturated.....g	3.452		0	NC	4	3.728	33.102		
14:1.....g	0.048	0.002	44	A	1	0.052	0.457		
15:1.....g	0.001	0.001	44	A	1	0.001	0.009		
16:1 undifferentiated.....g	0.181	0.011	44	A	1	0.195	1.734		
17:1.....g	0.015	0.006	44	A	1	0.016	0.139		
18:1 undifferentiated.....g	3.161	0.178	44	A	1	3.413	30.310		
20:1.....g	0.040	0.004	44	A	1	0.043	0.380		
22:1 undifferentiated.....g	0.010	0.006	32	A	1	0.011	0.097		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.908		0	NC	4	2.061	18.302		
18:2 undifferentiated.....g	1.604	0.106	44	A	1	1.732	15.378		
18:3 undifferentiated.....g	0.174	0.011	36	JO	11	0.188	1.672		
18:3 n-6 c,c,c.....g	0.000	0.000	32	A	1	0.000	0.000		
18:3i.....g									
18:4.....g	0.035	0.004	32	A	1	0.038	0.334		
20:2 n-6 c,c.....g	0.015	0.002	44	A	1	0.016	0.145		
20:3 undifferentiated.....g	0.001	0.001	43	A	1	0.001	0.010		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.019	0.001	44	A	1	0.020	0.180		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	32	A	1	0.000	0.003		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000	0.000	32	A	1	0.000	0.000		
22:6 n-3.....g	0.000	0.000	32	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	27	0.862	44	A	1	29	259		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.119		0	A	1	0.129	1.142		
Threonine.....g	0.404		0	A	1	0.437	3.878		
Isoleucine.....g	0.520		0	A	1	0.562	4.987		
Leucine.....g	1.033		0	A	1	1.116	9.905		
Lysine.....g	0.739		0	A	1	0.798	7.089		
Methionine.....g	0.263		0	A	1	0.284	2.525		
Cystine.....g	0.170		0	A	1	0.184	1.634		
Phenylalanine.....g	0.604		0	A	1	0.653	5.796		
Tyrosine.....g	0.467		0	A	1	0.505	4.481		
Valine.....g	0.648		0	A	1	0.700	6.215		
Arginine.....g	0.521		0	A	1	0.563	4.996		
Histidine.....g	0.349		0	A	1	0.377	3.347		
Alanine.....g	0.474		0	A	1	0.512	4.544		
Aspartic acid.....g	0.827		0	A	1	0.893	7.929		
Glutamic acid.....g	3.233		0	A	1	3.492	31.009		
Glycine.....g	0.436		0	A	1	0.471	4.181		
Proline.....g	1.189		0	A	1	1.285	11.406		
Serine.....g	0.636		0	A	1	0.687	6.101		
Hydroxyproline.....g	0.011	0.011	7	A	1	0.012	0.104		
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0		
Caffeine.....mg	0		0	FLA	4	0	0		
Theobromine.....mg	0		0	FLA	4	0	0		
Carotenoids:									

NDB No. 21302

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Carotene, beta.....mcg	64	3.667	15	A	1	69.514	617.256		
Carotene, alpha.....mcg	3	2.795	15	A	1	3.019	26.805		
Cryptoxanthin, beta.....mcg	0	0.000	14	A	1	0.000	0.000		
Lycopene.....mcg	92	22.274	15	A	1	99.123	880.178		
Lutein + zeaxanthin.....mcg	24		0	NR	4	25.389	225.443		

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

Common Measures:

Measure 1 = 108g: 1 slice

Measure 2 = 959g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21005

Fast Foods, biscuit, with egg and sausage

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.110		0		1		16.398		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		1		1		0.828		
17:1.....g									
18:1 undifferentiated.....g	8.540		1		1		15.372		
20:1.....g	0.090		1		1		0.162		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.470		0		1		4.446		
18:2 undifferentiated.....g	2.260		1		1		4.068		
18:3 undifferentiated.....g	0.140		1		1		0.252		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		1		1		0.144		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	168	6.538	3		1		302		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.137		0		1		0.247		
Threonine.....g	0.437		0		1		0.787		
Isoleucine.....g	0.513		0		1		0.923		
Leucine.....g	0.836		0		1		1.505		
Lysine.....g	0.664		0		1		1.195		
Methionine.....g	0.274		0		1		0.493		
Cystine.....g	0.186		0		1		0.335		
Phenylalanine.....g	0.500		0		1		0.900		
Tyrosine.....g	0.377		0		1		0.679		
Valine.....g	0.585		0		1		1.053		
Arginine.....g	0.593		0		1		1.067		
Histidine.....g	0.276		0		1		0.497		
Alanine.....g	0.539		0		1		0.970		
Aspartic acid.....g	0.855		0		1		1.539		
Glutamic acid.....g	1.959		0		1		3.526		
Glycine.....g	0.462		0		1		0.832		
Proline.....g	0.671		0		1		1.208		
Serine.....g	0.595		0		1		1.071		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	39		0	FLA	4		69.462		
Carotene, alpha.....mcg	0		0	FLA	4		0.028		
Cryptoxanthin, beta.....mcg	3		0	FLA	4		4.792		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	103		0	FLA	4		185.400		

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

Common Measures:

Measure 1 = 180g: 1 biscuit

NDB No. 21005

Fast Foods, biscuit, with egg and sausage

Calories Factors: Protein 4.13

Fat 8.8

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21002
Fast foods, biscuit, with egg

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.671			RA	4		9.073		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.164			RA	4		0.223		
17:1.....g									
18:1 undifferentiated.....g	6.494			RA	4		8.832		
20:1.....g	0.012			RA	4		0.016		
22:1 undifferentiated.....g	0.001			RA	4		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.706			RA	4		6.401		
18:2 undifferentiated.....g	4.359			RA	4		5.928		
18:3 undifferentiated.....g	0.271			RA	4		0.369		
18:4.....g	0.000			RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.059			RA	4		0.080		
20:5 n-3.....g	0.002			RA	4		0.002		
22:5 n-3.....g	0.000			RA	4		0.000		
22:6 n-3.....g	0.015			RA	4		0.021		
Fatty acids, total trans.....g									
Cholesterol.....mg	180			RA	4		245		
Phytosterols.....mg	13			RA	4		18		
Amino Acids:									
Tryptophan.....g	0.105			RA	4		0.142		
Threonine.....g	0.352			RA	4		0.479		
Isoleucine.....g	0.416			RA	4		0.565		
Leucine.....g	0.690			RA	4		0.938		
Lysine.....g	0.487			RA	4		0.662		
Methionine.....g	0.226			RA	4		0.307		
Cystine.....g	0.182			RA	4		0.247		
Phenylalanine.....g	0.440			RA	4		0.599		
Tyrosine.....g	0.323			RA	4		0.439		
Valine.....g	0.468			RA	4		0.636		
Arginine.....g	0.442			RA	4		0.601		
Histidine.....g	0.199			RA	4		0.271		
Alanine.....g	0.396			RA	4		0.539		
Aspartic acid.....g	0.685			RA	4		0.932		
Glutamic acid.....g	1.685			RA	4		2.291		
Glycine.....g	0.282			RA	4		0.383		
Proline.....g	0.572			RA	4		0.778		
Serine.....g	0.554			RA	4		0.753		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0			RA	4		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 136g: 1 biscuit

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21003

Fast foods, biscuit, with egg and bacon

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.960		0		4		13.440		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.357		0		4		0.536		
17:1.....g									
18:1 undifferentiated.....g	8.587		0		4		12.881		
20:1.....g	0.011		0		4		0.017		
22:1 undifferentiated.....g	0.001		0		4		0.002		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.980		0		4		7.470		
18:2 undifferentiated.....g	4.551		0		4		6.827		
18:3 undifferentiated.....g	0.341		0		4		0.512		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.069		0		4		0.104		
20:5 n-3.....g	0.001		0		4		0.002		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.014		0		4		0.021		
Fatty acids, total trans.....g									
Cholesterol.....mg	235	32.533	3		1		353		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.144		0		1		0.216		
Threonine.....g	0.453		0		1		0.680		
Isoleucine.....g	0.548		0		1		0.822		
Leucine.....g	0.875		0		1		1.313		
Lysine.....g	0.683		0		1		1.025		
Methionine.....g	0.281		0		1		0.422		
Cystine.....g	0.196		0		1		0.294		
Phenylalanine.....g	0.540		0		1		0.810		
Tyrosine.....g	0.396		0		1		0.594		
Valine.....g	0.635		0		1		0.953		
Arginine.....g	0.624		0		1		0.936		
Histidine.....g	0.287		0		1		0.431		
Alanine.....g	0.559		0		1		0.839		
Aspartic acid.....g	0.890		0		1		1.335		
Glutamic acid.....g	2.036		0		1		3.054		
Glycine.....g	0.513		0		1		0.770		
Proline.....g	0.727		0		1		1.091		
Serine.....g	0.624		0		1		0.936		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	4		0	FLA	4		6.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	4		0	FLA	4		6.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	149		0	FLA	4		223.500		

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Common Measures:

Measure 1 = 150g: 1 biscuit

NDB No. 21003

Fast foods, biscuit, with egg and bacon

Calories Factors: Protein 4.18

Fat 8.8

Carbohydrate 3.94

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Fast foods, biscuit, with egg and ham

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.710		0		4		10.963		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.168		0		4		0.323		
17:1.....g									
18:1 undifferentiated.....g	5.530		0		4		10.618		
20:1.....g	0.012		0		4		0.023		
22:1 undifferentiated.....g	0.001		0		4		0.002		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.010		0		4		7.699		
18:2 undifferentiated.....g	3.691		0		4		7.087		
18:3 undifferentiated.....g	0.243		0		4		0.467		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.061		0		4		0.117		
20:5 n-3.....g	0.002		0		4		0.004		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.016		0		4		0.031		
Fatty acids, total trans.....g									
Cholesterol.....mg	156		2		1		300		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.142		0		1		0.273		
Threonine.....g	0.456		0		1		0.876		
Isoleucine.....g	0.521		0		1		1.000		
Leucine.....g	0.863		0		1		1.657		
Lysine.....g	0.722		0		1		1.386		
Methionine.....g	0.281		0		1		0.540		
Cystine.....g	0.196		0		1		0.376		
Phenylalanine.....g	0.519		0		1		0.996		
Tyrosine.....g	0.383		0		1		0.735		
Valine.....g	0.564		0		1		1.083		
Arginine.....g	0.620		0		1		1.190		
Histidine.....g	0.311		0		1		0.597		
Alanine.....g	0.556		0		1		1.068		
Aspartic acid.....g	0.907		0		1		1.741		
Glutamic acid.....g	1.974		0		1		3.790		
Glycine.....g	0.439		0		1		0.843		
Proline.....g	0.620		0		1		1.190		
Serine.....g	0.575		0		1		1.104		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	28		0	FLA	4		54.640		
Carotene, alpha.....mcg	0		0	FLA	4		0.021		
Cryptoxanthin, beta.....mcg	6		0	FLA	4		11.586		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	226		0	FLA	4		433.318		

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

Common Measures:

Measure 1 = 192g: 1 biscuit

NDB No. 21004

Fast foods, biscuit, with egg and ham

Calories Factors: Protein 4.15

Fat 8.8

Carbohydrate 3.94

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21007

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.879		0		1		14.226		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.474		1		1		0.683		
17:1.....g									
18:1 undifferentiated.....g	9.264		1		1		13.340		
20:1.....g	0.068		1		1		0.098		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.427		0		1		3.495		
18:2 undifferentiated.....g	2.236		1		1		3.220		
18:3 undifferentiated.....g	0.101		1		1		0.145		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.091		1		1		0.131		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	181		1		1		261		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.148		0		1		0.213		
Threonine.....g	0.430		0		1		0.619		
Isoleucine.....g	0.536		0		1		0.772		
Leucine.....g	0.894		0		1		1.287		
Lysine.....g	0.770		0		1		1.109		
Methionine.....g	0.281		0		1		0.405		
Cystine.....g	0.168		0		1		0.242		
Phenylalanine.....g	0.544		0		1		0.783		
Tyrosine.....g	0.441		0		1		0.635		
Valine.....g	0.637		0		1		0.917		
Arginine.....g	0.584		0		1		0.841		
Histidine.....g	0.321		0		1		0.462		
Alanine.....g	0.492		0		1		0.708		
Aspartic acid.....g	0.837		0		1		1.205		
Glutamic acid.....g	2.090		0		1		3.010		
Glycine.....g	0.436		0		1		0.628		
Proline.....g	0.815		0		1		1.174		
Serine.....g	0.600		0		1		0.864		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 144g: 1 biscuit

Calories Factors: Protein 4.22

Fat 8.8

Carbohydrate 3.94

Food Group: 21 Fast Foods

NDB No. 21008
Fast foods, biscuit, with ham

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.277		0		1		4.833		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.182		1		1		0.206		
17:1.....g									
18:1 undifferentiated.....g	4.064		1		1		4.592		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.918		0		1		1.037		
18:2 undifferentiated.....g	0.808		1		1		0.913		
18:3 undifferentiated.....g	0.081		1		1		0.092		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		1		1		0.033		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	22	4.737	3		1		25		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.147		0		1		0.166		
Threonine.....g	0.481		0		1		0.544		
Isoleucine.....g	0.513		0		1		0.580		
Leucine.....g	0.937		0		1		1.059		
Lysine.....g	0.818		0		1		0.924		
Methionine.....g	0.289		0		1		0.327		
Cystine.....g	0.196		0		1		0.221		
Phenylalanine.....g	0.547		0		1		0.618		
Tyrosine.....g	0.400		0		1		0.452		
Valine.....g	0.533		0		1		0.602		
Arginine.....g	0.680		0		1		0.768		
Histidine.....g	0.382		0		1		0.432		
Alanine.....g	0.604		0		1		0.683		
Aspartic acid.....g	0.957		0		1		1.081		
Glutamic acid.....g	2.558		0		1		2.891		
Glycine.....g	0.549		0		1		0.620		
Proline.....g	0.794		0		1		0.897		
Serine.....g	0.533		0		1		0.602		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	20		0	FLA	4		22.577		
Carotene, alpha.....mcg	0		0	FLA	4		0.031		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.044		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	7		0	FLA	4		7.972		

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Common Measures:

Measure 1 = 113g: 1 biscuit

NDB No. 21008
Fast foods, biscuit, with ham

Calories Factors: Protein 4.03

Fat 8.67

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21009

Fast foods, biscuit, with sausage

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.339		0		1		12.820		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.485		2		1		0.601		
17:1.....g									
18:1 undifferentiated.....g	9.699		2		1		12.027		
20:1.....g	0.120		2		1		0.149		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.440		0		1		3.026		
18:2 undifferentiated.....g	2.188		2		1		2.713		
18:3 undifferentiated.....g	0.214		2		1		0.265		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		2		1		0.047		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	28	4.684	4		1		35		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.113		0		1		0.140		
Threonine.....g	0.345		0		1		0.428		
Isoleucine.....g	0.391		0		1		0.485		
Leucine.....g	0.724		0		1		0.898		
Lysine.....g	0.523		0		1		0.649		
Methionine.....g	0.210		0		1		0.260		
Cystine.....g	0.150		0		1		0.186		
Phenylalanine.....g	0.431		0		1		0.534		
Tyrosine.....g	0.318		0		1		0.394		
Valine.....g	0.443		0		1		0.549		
Arginine.....g	0.483		0		1		0.599		
Histidine.....g	0.260		0		1		0.322		
Alanine.....g	0.430		0		1		0.533		
Aspartic acid.....g	0.638		0		1		0.791		
Glutamic acid.....g	2.398		0		1		2.974		
Glycine.....g	0.458		0		1		0.568		
Proline.....g	0.846		0		1		1.049		
Serine.....g	0.455		0		1		0.564		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	8		0	FLA	4		9.370		
Carotene, alpha.....mcg	0		0	FLA	4		0.028		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.040		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	6		0	FLA	4		7.307		

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Common Measures:

Measure 1 = 124g: 1 biscuit

NDB No. 21009

Fast foods, biscuit, with sausage

Calories Factors: Protein 4.01

Fat 8.75

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21027
Fast foods, brownie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.65		2		1		7.59		
Energy.....kcal	405		0	NC	4		243		
Energy.....kj	1695				4		1017		
Protein (N x 6.09).....g	4.57	0.342	3		1		2.74		
Total lipid (fat).....g	16.84	0.733	3		1		10.10		
Ash.....g	1.00		2		1		0.60		
Carbohydrate, by difference.....g	64.95		0	NC	4		38.97		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	42		2		1		25		
Iron, Fe.....mg	2.15		2		1		1.29		
Magnesium, Mg.....mg	27		2		1		16		
Phosphorus, P.....mg	146		2		1		88		
Potassium, K.....mg	139		2		1		83		
Sodium, Na.....mg	255	15.790	3		1		153		
Zinc, Zn.....mg	0.92		1		1		0.55		
Copper, Cu.....mg	0.000		2		1		0.000		
Manganese, Mn.....mg	0.181	0.059	6		1		0.109		
Selenium, Se.....mcg	6.3		0	BFZN	4		3.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.3		2		1		3.2		
Thiamin.....mg	0.120		2		1		0.072		
Riboflavin.....mg	0.210		2		1		0.126		
Niacin.....mg	0.970		2		1		0.582		
Pantothenic acid.....mg	0.550		1		4		0.330		
Vitamin B-6.....mg	0.040		1		4		0.024		
Folate, total.....mcg	29		0	BFZN	4		17		
Folic acid.....mcg	22		0	NC	4		13		
Folate, food.....mcg	7		0		4		4		
Folate, DFE.....mcg_DFE	44		0	NC	4		27		
Vitamin B-12.....mcg	0.26		1		4		0.16		
Vitamin A, IU.....IU	18		2		1		11		
Vitamin A, RAE.....mcg_RAE	5		0	NC	4		3		
Retinol.....mcg	5		0	NC	4		3		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.220		1		1		3.132		
Fatty acids, total monounsaturated.....g	6.377		1		1		3.826		
Fatty acids, total polyunsaturated.....g	4.398		1		1		2.639		
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1		1		10		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.057		0		1		0.034		
Threonine.....g	0.158		0		1		0.095		
Isoleucine.....g	0.199		0		1		0.119		
Leucine.....g	0.339		0		1		0.203		
Lysine.....g	0.223		0		1		0.134		
Methionine.....g	0.082		0		1		0.049		
Cystine.....g	0.060		0		1		0.036		

NDB No. 21027
Fast foods, brownie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Phenylalanine.....g	0.207		0		1		0.124		
Tyrosine.....g	0.167		0		1		0.100		
Valine.....g	0.236		0		1		0.142		
Arginine.....g	0.176		0		1		0.106		
Histidine.....g	0.100		0		1		0.060		
Alanine.....g	0.151		0		1		0.091		
Aspartic acid.....g	0.287		0		1		0.172		
Glutamic acid.....g	1.038		0		1		0.623		
Glycine.....g	0.131		0		1		0.079		
Proline.....g	0.396		0		1		0.238		
Serine.....g	0.214		0		1		0.128		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	2		0	BFZN	4		1		
Theobromine.....mg	79		0	BFZN	4		47		

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Common Measures:

Measure 1 = 60g: 1 brownie (2" square)

Calories Factors: Protein 3.71

Fat 8.74

Carbohydrate 3.71

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21060
Fast foods, burrito, with beans

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.184		0		1		4.739		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.184		1		1		4.739		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.551		0		1		1.196		
18:2 undifferentiated.....g	0.439		1		1		0.953		
18:3 undifferentiated.....g	0.112		1		1		0.243		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1		1		4		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.079		0		1		0.171		
Threonine.....g	0.244		0		1		0.529		
Isoleucine.....g	0.270		0		1		0.586		
Leucine.....g	0.504		0		1		1.094		
Lysine.....g	0.343		0		1		0.744		
Methionine.....g	0.107		0		1		0.232		
Cystine.....g	0.098		0		1		0.213		
Phenylalanine.....g	0.351		0		1		0.762		
Tyrosine.....g	0.192		0		1		0.417		
Valine.....g	0.319		0		1		0.692		
Arginine.....g	0.359		0		1		0.779		
Histidine.....g	0.172		0		1		0.373		
Alanine.....g	0.255		0		1		0.553		
Aspartic acid.....g	0.610		0		1		1.324		
Glutamic acid.....g	1.469		0		1		3.188		
Glycine.....g	0.251		0		1		0.545		
Proline.....g	0.463		0		1		1.005		
Serine.....g	0.351		0		1		0.762		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 217g: 2 pieces

Calories Factors: Protein 3.68

Fat 8.37

Carbohydrate 3.96

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21061

Fast foods, burrito, with beans and cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.335		0		1		2.483		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.335		2		1		2.483		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.959		0		1		1.784		
18:2 undifferentiated.....g	0.848		2		1		1.577		
18:3 undifferentiated.....g	0.111		2		1		0.206		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	15		2		1		28		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.095		0		1		0.177		
Threonine.....g	0.272		0		1		0.506		
Isoleucine.....g	0.382		0		1		0.711		
Leucine.....g	0.634		0		1		1.179		
Lysine.....g	0.492		0		1		0.915		
Methionine.....g	0.156		0		1		0.290		
Cystine.....g	0.081		0		1		0.151		
Phenylalanine.....g	0.394		0		1		0.733		
Tyrosine.....g	0.289		0		1		0.538		
Valine.....g	0.423		0		1		0.787		
Arginine.....g	0.355		0		1		0.660		
Histidine.....g	0.229		0		1		0.426		
Alanine.....g	0.259		0		1		0.482		
Aspartic acid.....g	0.612		0		1		1.138		
Glutamic acid.....g	1.971		0		1		3.666		
Glycine.....g	0.213		0		1		0.396		
Proline.....g	0.697		0		1		1.296		
Serine.....g	0.416		0		1		0.774		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 186g: 2 pieces

Calories Factors: Protein 3.76

Fat 8.71

Carbohydrate 3.98

Food Group: 21 Fast Foods

NDB No. 21062

Fast foods, burrito, with beans and chili peppers

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.632		0		1		5.369		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.632		4		1		5.369		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.473		0		1		0.965		
18:2 undifferentiated.....g	0.405		4		1		0.826		
18:3 undifferentiated.....g	0.068		4		1		0.139		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	16	6.320	3		1		33		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.094		0		1		0.192		
Threonine.....g	0.273		0		1		0.557		
Isoleucine.....g	0.304		0		1		0.620		
Leucine.....g	0.556		0		1		1.134		
Lysine.....g	0.362		0		1		0.738		
Methionine.....g	0.121		0		1		0.247		
Cystine.....g	0.121		0		1		0.247		
Phenylalanine.....g	0.391		0		1		0.798		
Tyrosine.....g	0.222		0		1		0.453		
Valine.....g	0.351		0		1		0.716		
Arginine.....g	0.407		0		1		0.830		
Histidine.....g	0.197		0		1		0.402		
Alanine.....g	0.296		0		1		0.604		
Aspartic acid.....g	0.715		0		1		1.459		
Glutamic acid.....g	2.083		0		1		4.249		
Glycine.....g	0.288		0		1		0.588		
Proline.....g	0.573		0		1		1.169		
Serine.....g	0.395		0		1		0.806		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 204g: 2 pieces

Calories Factors: Protein 3.64

Fat 8.37

Carbohydrate 3.97

Food Group: 21 Fast Foods

NDB No. 21063

Fast foods, burrito, with beans and meat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.038		0		1		7.018		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.038		1		1		7.018		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.529		0		1		1.222		
18:2 undifferentiated.....g	0.490		1		1		1.132		
18:3 undifferentiated.....g	0.039		1		1		0.090		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	21		1		1		49		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.117		0		1		0.270		
Threonine.....g	0.358		0		1		0.827		
Isoleucine.....g	0.388		0		1		0.896		
Leucine.....g	0.727		0		1		1.679		
Lysine.....g	0.594		0		1		1.372		
Methionine.....g	0.190		0		1		0.439		
Cystine.....g	0.127		0		1		0.293		
Phenylalanine.....g	0.425		0		1		0.982		
Tyrosine.....g	0.288		0		1		0.665		
Valine.....g	0.445		0		1		1.028		
Arginine.....g	0.558		0		1		1.289		
Histidine.....g	0.269		0		1		0.621		
Alanine.....g	0.486		0		1		1.123		
Aspartic acid.....g	0.802		0		1		1.853		
Glutamic acid.....g	2.057		0		1		4.752		
Glycine.....g	0.532		0		1		1.229		
Proline.....g	0.648		0		1		1.497		
Serine.....g	0.428		0		1		0.989		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 231g: 2 pieces

Calories Factors: Protein 4.02

Fat 8.73

Carbohydrate 3.97

Food Group: 21 Fast Foods

NDB No. 21064

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.196		0		1		4.458		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.196		1		1		4.458		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.502		0		1		1.019		
18:2 undifferentiated.....g	0.451		1		1		0.916		
18:3 undifferentiated.....g	0.051		1		1		0.104		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	61		1		1		124		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.086		0		1		0.175		
Threonine.....g	0.261		0		1		0.530		
Isoleucine.....g	0.324		0		1		0.658		
Leucine.....g	0.564		0		1		1.145		
Lysine.....g	0.459		0		1		0.932		
Methionine.....g	0.144		0		1		0.292		
Cystine.....g	0.081		0		1		0.164		
Phenylalanine.....g	0.334		0		1		0.678		
Tyrosine.....g	0.241		0		1		0.489		
Valine.....g	0.363		0		1		0.737		
Arginine.....g	0.370		0		1		0.751		
Histidine.....g	0.204		0		1		0.414		
Alanine.....g	0.298		0		1		0.605		
Aspartic acid.....g	0.569		0		1		1.155		
Glutamic acid.....g	1.536		0		1		3.118		
Glycine.....g	0.296		0		1		0.601		
Proline.....g	0.547		0		1		1.110		
Serine.....g	0.346		0		1		0.702		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 203g: 2 pieces

Calories Factors: Protein 3.96

Fat 8.72

Carbohydrate 3.97

Food Group: 21 Fast Foods

NDB No. 21065

Fast foods, burrito, with beans, cheese, and chili peppers

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.515		0		1		8.450		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.515		4		1		8.450		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.377		0		1		1.267		
18:2 undifferentiated.....g	0.377		4		1		1.267		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	47		2		1		158		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.118		0		1		0.396		
Threonine.....g	0.330		0		1		1.109		
Isoleucine.....g	0.441		0		1		1.482		
Leucine.....g	0.766		0		1		2.574		
Lysine.....g	0.537		0		1		1.804		
Methionine.....g	0.186		0		1		0.625		
Cystine.....g	0.121		0		1		0.407		
Phenylalanine.....g	0.495		0		1		1.663		
Tyrosine.....g	0.335		0		1		1.126		
Valine.....g	0.498		0		1		1.673		
Arginine.....g	0.443		0		1		1.488		
Histidine.....g	0.268		0		1		0.900		
Alanine.....g	0.325		0		1		1.092		
Aspartic acid.....g	0.716		0		1		2.406		
Glutamic acid.....g	2.400		0		1		8.064		
Glycine.....g	0.294		0		1		0.988		
Proline.....g	0.866		0		1		2.910		
Serine.....g	0.512		0		1		1.720		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 336g: 2 pieces

Calories Factors: Protein 3.82

Fat 8.61

Carbohydrate 3.97

Food Group: 21 Fast Foods

NDB No. 21066
Fast foods, burrito, with beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.368		0		1		7.410		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.368		3		1		7.410		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.388		0		1		0.854		
18:2 undifferentiated.....g	0.350		3		1		0.770		
18:3 undifferentiated.....g	0.039		3		1		0.086		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	29	13.110	3		1		64		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.147		0		1		0.323		
Threonine.....g	0.449		0		1		0.988		
Isoleucine.....g	0.482		0		1		1.060		
Leucine.....g	0.909		0		1		2.000		
Lysine.....g	0.782		0		1		1.720		
Methionine.....g	0.256		0		1		0.563		
Cystine.....g	0.155		0		1		0.341		
Phenylalanine.....g	0.494		0		1		1.087		
Tyrosine.....g	0.367		0		1		0.807		
Valine.....g	0.548		0		1		1.206		
Arginine.....g	0.712		0		1		1.566		
Histidine.....g	0.347		0		1		0.763		
Alanine.....g	0.663		0		1		1.459		
Aspartic acid.....g	0.945		0		1		2.079		
Glutamic acid.....g	2.582		0		1		5.680		
Glycine.....g	0.746		0		1		1.641		
Proline.....g	0.824		0		1		1.813		
Serine.....g	0.500		0		1		1.100		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 220g: 2 pieces

Calories Factors: Protein 4.11

Fat 8.76

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21067

Fast foods, burrito, with beef and chili peppers

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.022		0		1		6.074		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.022		4		1		6.074		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.485		0		1		0.975		
18:2 undifferentiated.....g	0.451		4		1		0.907		
18:3 undifferentiated.....g	0.034		4		1		0.068		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	27	2.241	4		1		54		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.130		0		1		0.261		
Threonine.....g	0.409		0		1		0.822		
Isoleucine.....g	0.432		0		1		0.868		
Leucine.....g	0.810		0		1		1.628		
Lysine.....g	0.733		0		1		1.473		
Methionine.....g	0.230		0		1		0.462		
Cystine.....g	0.130		0		1		0.261		
Phenylalanine.....g	0.427		0		1		0.858		
Tyrosine.....g	0.325		0		1		0.653		
Valine.....g	0.490		0		1		0.985		
Arginine.....g	0.650		0		1		1.307		
Histidine.....g	0.313		0		1		0.629		
Alanine.....g	0.610		0		1		1.226		
Aspartic acid.....g	0.886		0		1		1.781		
Glutamic acid.....g	2.193		0		1		4.408		
Glycine.....g	0.684		0		1		1.375		
Proline.....g	0.680		0		1		1.367		
Serine.....g	0.436		0		1		0.876		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 201g: 2 pieces

Calories Factors: Protein 4.06

Fat 8.75

Carbohydrate 3.93

Food Group: 21 Fast Foods

NDB No. 21068

Fast foods, burrito, with beef, cheese, and chili peppers

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.19	0.645	8		1		167.78		
Energy.....kcal	208		0		1		632		
Energy.....kj	870				1		2646		
Protein (N x 6.14).....g	13.46	0.590	8		1		40.92		
Total lipid (fat).....g	8.15	0.193	8		1		24.78		
Ash.....g	2.24	0.053	8		1		6.81		
Carbohydrate, by difference.....g	20.96		0	NC	4		63.72		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	73	4.809	8		1		222		
Iron, Fe.....mg	2.57	0.090	8		1		7.81		
Magnesium, Mg.....mg	23	0.688	8		1		70		
Phosphorus, P.....mg	104	4.907	8		1		316		
Potassium, K.....mg	219	16.341	8		1		666		
Sodium, Na.....mg	688	18.242	8		1		2092		
Zinc, Zn.....mg	2.60	0.320	8		1		7.90		
Copper, Cu.....mg	0.119	0.033	8		1		0.362		
Manganese, Mn.....mg	0.200	0.005	8		1		0.608		
Selenium, Se.....mcg	11.0		0	RK	4		33.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.2	0.383	8		1		3.6		
Thiamin.....mg	0.200	0.041	8		1		0.608		
Riboflavin.....mg	0.410	0.021	8		1		1.246		
Niacin.....mg	2.740	0.079	8		1		8.330		
Pantothenic acid.....mg	0.990	0.080	8		1		3.010		
Vitamin B-6.....mg	0.120	0.010	8		1		0.365		
Folate, total.....mcg	46		0	RK	4		140		
Folic acid.....mcg	27		0	NC	4		82		
Folate, food.....mcg	19		0		4		58		
Folate, DFE.....mcg_DFE	65		0	NC	4		197		
Vitamin B-12.....mcg	0.68	0.054	8		1		2.07		
Vitamin A, IU.....IU	320	60.154	4		1		973		
Vitamin A, RAE.....mcg_RAE	65		0	NC	4		198		
Retinol.....mcg	59		0	NC	4		179		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.420		1		1		10.397		
Fatty acids, total monounsaturated.....g	3.267		1		1		9.932		
Fatty acids, total polyunsaturated.....g	0.732		1		1		2.225		
Fatty acids, total trans.....g									
Cholesterol.....mg	56		2		1		170		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.162		0		1		0.492		
Threonine.....g	0.495		0		1		1.505		
Isoleucine.....g	0.574		0		1		1.745		
Leucine.....g	1.032		0		1		3.137		
Lysine.....g	0.920		0		1		2.797		
Methionine.....g	0.289		0		1		0.879		
Cystine.....g	0.147		0		1		0.447		

NDB No. 21068

Fast foods, burrito, with beef, cheese, and chili peppers

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.554		0		1		1.684		
Tyrosine.....g	0.436		0		1		1.325		
Valine.....g	0.642		0		1		1.952		
Arginine.....g	0.756		0		1		2.298		
Histidine.....g	0.397		0		1		1.207		
Alanine.....g	0.686		0		1		2.085		
Aspartic acid.....g	1.054		0		1		3.204		
Glutamic acid.....g	2.851		0		1		8.667		
Glycine.....g	0.739		0		1		2.247		
Proline.....g	0.947		0		1		2.879		
Serine.....g	0.574		0		1		1.745		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 304g: 2 pieces

Calories Factors: Protein 4.08

Fat 8.76

Carbohydrate 3.92

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21069

Fast foods, burrito, with fruit (apple or cherry)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.621		0		1		7.163	3.420	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	4.621		1		1		7.163	3.420	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.426		0		1		2.210	1.055	
18:2 undifferentiated.....g	1.426		1		1		2.210	1.055	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	5		2		1		8	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.041		0		1		0.064	0.030	
Threonine.....g	0.091		0		1		0.141	0.067	
Isoleucine.....g	0.117		0		1		0.181	0.087	
Leucine.....g	0.228		0		1		0.353	0.169	
Lysine.....g	0.078		0		1		0.121	0.058	
Methionine.....g	0.059		0		1		0.091	0.044	
Cystine.....g	0.071		0		1		0.110	0.053	
Phenylalanine.....g	0.167		0		1		0.259	0.124	
Tyrosine.....g	0.100		0		1		0.155	0.074	
Valine.....g	0.135		0		1		0.209	0.100	
Arginine.....g	0.135		0		1		0.209	0.100	
Histidine.....g	0.075		0		1		0.116	0.056	
Alanine.....g	0.108		0		1		0.167	0.080	
Aspartic acid.....g	0.168		0		1		0.260	0.124	
Glutamic acid.....g	1.109		0		1		1.719	0.821	
Glycine.....g	0.120		0		1		0.186	0.089	
Proline.....g	0.382		0		1		0.592	0.283	
Serine.....g	0.166		0		1		0.257	0.123	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 155g: 1 burrito, large

Measure 2 = 74g: 1 burrito, small

Calories Factors: Protein 4

Fat 8.9

Carbohydrate 3.9

Food Group: 21 Fast Foods

NDB No. 21100

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.09	0.933	13		1		131.81		
Energy.....kcal	273		0		1		704		
Energy.....kj	1142				1		2947		
Protein (N x 6.2).....g	14.72	0.381	15		1		37.98		
Total lipid (fat).....g	16.92	0.319	15		1		43.65		
Ash.....g	1.90	0.073	13		1		4.90		
Carbohydrate, by difference.....g	15.37		0	NC	4		39.65		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	93	9.043	14		1		240		
Iron, Fe.....mg	2.29	0.122	14		1		5.91		
Magnesium, Mg.....mg	20	0.575	12		1		52		
Phosphorus, P.....mg	153	6.382	13		1		395		
Potassium, K.....mg	231	6.472	14		1		596		
Sodium, Na.....mg	445	19.057	15		1		1148		
Zinc, Zn.....mg	2.59	0.100	13		1		6.68		
Copper, Cu.....mg	0.080	0.004	12		1		0.206		
Manganese, Mn.....mg	0.123		1		4		0.317		
Selenium, Se.....mcg	11.2		0	RK	4		28.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		2		1		1.0		
Thiamin.....mg	0.140	0.008	14		1		0.361		
Riboflavin.....mg	0.190	0.010	14		1		0.490		
Niacin.....mg	2.810	0.123	14		1		7.250		
Pantothenic acid.....mg	0.330		1		4		0.851		
Vitamin B-6.....mg	0.160		1		4		0.413		
Folate, total.....mcg	29		0	RK	4		75		
Folic acid.....mcg	10		0	NC	4		26		
Folate, food.....mcg	19		0		4		49		
Folate, DFE.....mcg_DFE	36		0	NC	4		93		
Vitamin B-12.....mcg	1.32		1		4		3.41		
Vitamin A, IU.....IU	135		1		1		348		
Vitamin A, RAE.....mcg_RAE	24		0	NC	4		62		
Retinol.....mcg	21		0	NC	4		54		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.850		1		1		17.673		
Fatty acids, total monounsaturated.....g	6.726		1		1		17.353		
Fatty acids, total polyunsaturated.....g	1.821		1		1		4.698		
Fatty acids, total trans.....g									
Cholesterol.....mg	55	4.028	3		1		142		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.183		0		1		0.472		
Threonine.....g	0.568		0		1		1.465		
Isoleucine.....g	0.627		0		1		1.618		
Leucine.....g	1.159		0		1		2.990		
Lysine.....g	1.126		0		1		2.905		
Methionine.....g	0.328		0		1		0.846		
Cystine.....g	0.152		0		1		0.392		

NDB No. 21100

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.601		0		1		1.551		
Tyrosine.....g	0.482		0		1		1.244		
Valine.....g	0.731		0		1		1.886		
Arginine.....g	0.881		0		1		2.273		
Histidine.....g	0.458		0		1		1.182		
Alanine.....g	0.815		0		1		2.103		
Aspartic acid.....g	1.211		0		1		3.124		
Glutamic acid.....g	2.764		0		1		7.131		
Glycine.....g	0.900		0		1		2.322		
Proline.....g	0.950		0		1		2.451		
Serine.....g	0.539		0		1		1.391		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 258g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21098

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.758		0		1		12.610		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.588		3		1		1.288		
17:1.....g									
18:1 undifferentiated.....g	4.960		3		1		10.862		
20:1.....g	0.042		3		1		0.092		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.925		0		1		2.026		
18:2 undifferentiated.....g	0.716		3		1		1.568		
18:3 undifferentiated.....g	0.178		3		1		0.390		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.031		3		1		0.068		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	40	2.643	10		1		88		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.162		0		1		0.355		
Threonine.....g	0.480		0		1		1.051		
Isoleucine.....g	0.548		0		1		1.200		
Leucine.....g	1.009		0		1		2.210		
Lysine.....g	0.968		0		1		2.120		
Methionine.....g	0.284		0		1		0.622		
Cystine.....g	0.133		0		1		0.291		
Phenylalanine.....g	0.542		0		1		1.187		
Tyrosine.....g	0.440		0		1		0.964		
Valine.....g	0.648		0		1		1.419		
Arginine.....g	0.725		0		1		1.588		
Histidine.....g	0.401		0		1		0.878		
Alanine.....g	0.652		0		1		1.428		
Aspartic acid.....g	1.013		0		1		2.218		
Glutamic acid.....g	2.554		0		1		5.593		
Glycine.....g	0.702		0		1		1.537		
Proline.....g	0.901		0		1		1.973		
Serine.....g	0.494		0		1		1.082		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 219g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

NDB No. 21099

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.05		1		1		127.13		
Energy.....kcal	293		0		1		744		
Energy.....kj	1226				1		3114		
Protein (N x 6.2).....g	15.55		2		1		39.50		
Total lipid (fat).....g	18.97		2		1		48.18		
Ash.....g	2.42		1		4		6.15		
Carbohydrate, by difference.....g	14.83		2		9		37.67		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	119		1		4		302		
Iron, Fe.....mg	1.98		1		4		5.03		
Magnesium, Mg.....mg	20		1		4		51		
Phosphorus, P.....mg	209		1		4		531		
Potassium, K.....mg	212		1		4		538		
Sodium, Na.....mg	674		2		1		1712		
Zinc, Zn.....mg	2.61		1		4		6.63		
Copper, Cu.....mg	0.097		1		4		0.246		
Manganese, Mn.....mg	0.147		1		4		0.373		
Selenium, Se.....mcg	12.8		0	RK	4		32.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.9		1		4		7.4		
Thiamin.....mg	0.210		1		4		0.533		
Riboflavin.....mg	0.220		1		4		0.559		
Niacin.....mg	3.610		1		4		9.169		
Pantothenic acid.....mg	0.410		1		4		1.041		
Vitamin B-6.....mg	0.150		1		4		0.381		
Folate, total.....mcg	31		0	RK	4		79		
Folic acid.....mcg	11		0	NC	4		28		
Folate, food.....mcg	20		0		4		51		
Folate, DFE.....mcg_DFE	39		0	NC	4		98		
Vitamin B-12.....mcg	1.13		1		4		2.87		
Vitamin A, IU.....IU	199		1		4		505		
Vitamin A, RAE.....mcg_RAE	33		0	NC	4		83		
Retinol.....mcg	27		0	NC	4		69		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.317		1		1		21.125		
Fatty acids, total monounsaturated.....g	7.429		1		1		18.870		
Fatty acids, total polyunsaturated.....g	1.516		1		1		3.851		
Fatty acids, total trans.....g									
Cholesterol.....mg	48		2		1		122		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.196		0		1		0.498		
Threonine.....g	0.597		0		1		1.516		
Isoleucine.....g	0.670		0		1		1.702		
Leucine.....g	1.232		0		1		3.129		
Lysine.....g	1.197		0		1		3.040		
Methionine.....g	0.354		0		1		0.899		
Cystine.....g	0.171		0		1		0.434		

NDB No. 21099

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.662		0		1		1.681		
Tyrosine.....g	0.532		0		1		1.351		
Valine.....g	0.773		0		1		1.963		
Arginine.....g	0.901		0		1		2.289		
Histidine.....g	0.499		0		1		1.267		
Alanine.....g	0.810		0		1		2.057		
Aspartic acid.....g	1.244		0		1		3.160		
Glutamic acid.....g	2.975		0		1		7.557		
Glycine.....g	0.850		0		1		2.159		
Proline.....g	1.046		0		1		2.657		
Serine.....g	0.657		0		1		1.669		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 254g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21094

Fast foods, cheeseburger, regular, double patty and bun, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.40		1		1		69.44		
Energy.....kcal	288		0		1		461		
Energy.....kj	1205				1		1928		
Protein (N x 6.2).....g	13.83		1		1		22.13		
Total lipid (fat).....g	13.51		1		1		21.62		
Ash.....g	1.60		1		1		2.56		
Carbohydrate, by difference.....g	27.66		0	NC	4		44.26		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	140		1		4		224		
Iron, Fe.....mg	2.31		1		4		3.70		
Magnesium, Mg.....mg	21		1		4		34		
Phosphorus, P.....mg	211		1		4		338		
Potassium, K.....mg	178		1		4		285		
Sodium, Na.....mg	557		1		4		891		
Zinc, Zn.....mg	2.72		1		4		4.35		
Copper, Cu.....mg	0.088		1		4		0.141		
Manganese, Mn.....mg	0.190		1		4		0.304		
Selenium, Se.....mcg	21.3		0	RK	4		34.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0		
Thiamin.....mg	0.210		1		4		0.336		
Riboflavin.....mg	0.240		1		4		0.384		
Niacin.....mg	3.760		1		4		6.016		
Pantothenic acid.....mg	0.410		1		4		0.656		
Vitamin B-6.....mg	0.140		1		4		0.224		
Folate, total.....mcg	44		0	RK	4		70		
Folic acid.....mcg	21		0	NC	4		34		
Folate, food.....mcg	23		0		4		37		
Folate, DFE.....mcg_DFE	59		0	NC	4		94		
Vitamin B-12.....mcg	1.20		1		4		1.92		
Vitamin A, IU.....IU	173		1		4		277		
Vitamin A, RAE.....mcg_RAE	52		0	NC	4		83		
Retinol.....mcg	52		0	NC	4		83		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.943		1		1		9.509		
Fatty acids, total monounsaturated.....g	5.208		1		1		8.333		
Fatty acids, total polyunsaturated.....g	1.143		1		1		1.829		
Fatty acids, total trans.....g									
Cholesterol.....mg	50		1		1		80		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.174		0		1		0.278		
Threonine.....g	0.508		0		1		0.813		
Isoleucine.....g	0.589		0		1		0.942		
Leucine.....g	1.086		0		1		1.738		
Lysine.....g	1.008		0		1		1.613		
Methionine.....g	0.303		0		1		0.485		
Cystine.....g	0.147		0		1		0.235		

NDB No. 21094

Fast foods, cheeseburger, regular, double patty and bun, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.591		0		1		0.946		
Tyrosine.....g	0.468		0		1		0.749		
Valine.....g	0.698		0		1		1.117		
Arginine.....g	0.769		0		1		1.230		
Histidine.....g	0.426		0		1		0.682		
Alanine.....g	0.691		0		1		1.106		
Aspartic acid.....g	1.046		0		1		1.674		
Glutamic acid.....g	2.776		0		1		4.442		
Glycine.....g	0.749		0		1		1.198		
Proline.....g	1.012		0		1		1.619		
Serine.....g	0.542		0		1		0.867		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 160g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21095

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.543		0		1		12.638		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.457		5		1		1.042		
17:1.....g									
18:1 undifferentiated.....g	4.931		5		1		11.243		
20:1.....g	0.043		5		1		0.098		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.792		0		1		6.366		
18:2 undifferentiated.....g	2.465		5		1		5.620		
18:3 undifferentiated.....g	0.285		5		1		0.650		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.043		5		1		0.098		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	41	0.402	4		1		93		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.164		0		1		0.374		
Threonine.....g	0.482		0		1		1.099		
Isoleucine.....g	0.558		0		1		1.272		
Leucine.....g	1.023		0		1		2.332		
Lysine.....g	0.949		0		1		2.164		
Methionine.....g	0.286		0		1		0.652		
Cystine.....g	0.139		0		1		0.317		
Phenylalanine.....g	0.558		0		1		1.272		
Tyrosine.....g	0.440		0		1		1.003		
Valine.....g	0.661		0		1		1.507		
Arginine.....g	0.728		0		1		1.660		
Histidine.....g	0.402		0		1		0.917		
Alanine.....g	0.652		0		1		1.487		
Aspartic acid.....g	0.989		0		1		2.255		
Glutamic acid.....g	2.615		0		1		5.962		
Glycine.....g	0.705		0		1		1.607		
Proline.....g	0.949		0		1		2.164		
Serine.....g	0.511		0		1		1.165		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 228g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21092

Fast foods, cheeseburger, regular, double patty, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	42.37	0.991	3		1		65.67		
Energy.....kcal	295		0		1		457		
Energy.....kj	1234				1		1913		
Protein (N x 6.2).....g	17.85		1		1		27.67		
Total lipid (fat).....g	18.37	0.999	4		1		28.47		
Ash.....g	2.39		1		4		3.70		
Carbohydrate, by difference.....g	14.23		0	NC	4		22.06		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	150		1		4		233		
Iron, Fe.....mg	2.20		1		4		3.41		
Magnesium, Mg.....mg	21		1		4		33		
Phosphorus, P.....mg	241		1		4		374		
Potassium, K.....mg	199		1		4		308		
Sodium, Na.....mg	410		1		1		636		
Zinc, Zn.....mg	3.20		1		4		4.96		
Copper, Cu.....mg	0.084		1		4		0.130		
Manganese, Mn.....mg	0.151		1		4		0.234		
Selenium, Se.....mcg	20.7		0	RK	4		32.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0		
Thiamin.....mg	0.160		1		4		0.248		
Riboflavin.....mg	0.240		1		4		0.372		
Niacin.....mg	3.880		1		4		6.014		
Pantothenic acid.....mg	0.400		1		4		0.620		
Vitamin B-6.....mg	0.160		1		4		0.248		
Folate, total.....mcg	44		0	RK	4		68		
Folic acid.....mcg	25		0	NC	4		39		
Folate, food.....mcg	19		0		4		29		
Folate, DFE.....mcg_DFE	62		0	NC	4		95		
Vitamin B-12.....mcg	1.49		1		4		2.31		
Vitamin A, IU.....IU	214		1		4		332		
Vitamin A, RAE.....mcg_RAE	64		0	NC	4		99		
Retinol.....mcg	64		0	NC	4		99		
Vitamin E (alpha-tocopherol).....mg	0.77		0		1		1.19		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.385		1		1		12.997		
Fatty acids, total monounsaturated.....g	7.102		1		1		11.008		
Fatty acids, total polyunsaturated.....g	1.235		1		1		1.914		
Fatty acids, total trans.....g									
Cholesterol.....mg	71	9.588	4		1		110		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.227		0		1		0.352		
Threonine.....g	0.676		0		1		1.048		
Isoleucine.....g	0.769		0		1		1.192		
Leucine.....g	1.428		0		1		2.213		
Lysine.....g	1.393		0		1		2.159		
Methionine.....g	0.406		0		1		0.629		
Cystine.....g	0.178		0		1		0.276		

NDB No. 21092

Fast foods, cheeseburger, regular, double patty, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.754		0		1		1.169		
Tyrosine.....g	0.627		0		1		0.972		
Valine.....g	0.910		0		1		1.411		
Arginine.....g	1.028		0		1		1.593		
Histidine.....g	0.573		0		1		0.888		
Alanine.....g	0.924		0		1		1.432		
Aspartic acid.....g	1.405		0		1		2.178		
Glutamic acid.....g	3.405		0		1		5.278		
Glycine.....g	1.002		0		1		1.553		
Proline.....g	1.252		0		1		1.941		
Serine.....g	0.682		0		1		1.057		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 155g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21093

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.20		1		1		84.99		
Energy.....kcal	251		0		1		417		
Energy.....kj	1050				1		1743		
Protein (N x 6.2).....g	12.80		1		1		21.25		
Total lipid (fat).....g	12.70		1		1		21.08		
Ash.....g	2.10		1		1		3.49		
Carbohydrate, by difference.....g	21.20		0	NC	4		35.19		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	103		1		1		171		
Iron, Fe.....mg	2.06		1		1		3.42		
Magnesium, Mg.....mg	18		1		1		30		
Phosphorus, P.....mg	146		1		1		242		
Potassium, K.....mg	202		1		1		335		
Sodium, Na.....mg	633		1		1		1051		
Zinc, Zn.....mg	2.10		1		1		3.49		
Copper, Cu.....mg	0.090		1		1		0.149		
Manganese, Mn.....mg	0.180		1		1		0.299		
Selenium, Se.....mcg	14.2		0	RK	4		23.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1		1		1.7		
Thiamin.....mg	0.210		1		1		0.349		
Riboflavin.....mg	0.170		1		1		0.282		
Niacin.....mg	4.850		1		1		8.051		
Pantothenic acid.....mg	0.260		1		1		0.432		
Vitamin B-6.....mg	0.110		1		1		0.183		
Folate, total.....mcg	37		0	RK	4		61		
Folic acid.....mcg	23		0	NC	4		38		
Folate, food.....mcg	14		1		1		23		
Folate, DFE.....mcg_DFE	53		0	NC	4		88		
Vitamin B-12.....mcg	1.16		1		1		1.93		
Vitamin A, IU.....IU	240		1		1		398		
Vitamin A, RAE.....mcg_RAE	43		0	NC	4		71		
Retinol.....mcg	37		0	NC	4		61		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.251		1		1		8.717		
Fatty acids, total monounsaturated.....g	4.704		1		1		7.809		
Fatty acids, total polyunsaturated.....g	1.601		1		1		2.658		
Fatty acids, total trans.....g									
Cholesterol.....mg	36		1		1		60		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.161		0		1		0.267		
Threonine.....g	0.483		0		1		0.802		
Isoleucine.....g	0.549		0		1		0.911		
Leucine.....g	1.013		0		1		1.682		
Lysine.....g	0.989		0		1		1.642		
Methionine.....g	0.287		0		1		0.476		
Cystine.....g	0.128		0		1		0.212		

NDB No. 21093

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.539		0		1		0.895		
Tyrosine.....g	0.444		0		1		0.737		
Valine.....g	0.648		0		1		1.076		
Arginine.....g	0.731		0		1		1.213		
Histidine.....g	0.407		0		1		0.676		
Alanine.....g	0.658		0		1		1.092		
Aspartic acid.....g	1.018		0		1		1.690		
Glutamic acid.....g	2.475		0		1		4.109		
Glycine.....g	0.710		0		1		1.179		
Proline.....g	0.883		0		1		1.466		
Serine.....g	0.487		0		1		0.808		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 166g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21090

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.732		0		1		5.347		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.471		3		1		0.532		
17:1.....g									
18:1 undifferentiated.....g	4.098		3		1		4.631		
20:1.....g	0.037		3		1		0.042		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.965		0		1		1.090		
18:2 undifferentiated.....g	0.782		3		1		0.884		
18:3 undifferentiated.....g	0.163		3		1		0.184		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		3		1		0.024		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	33	1.991	7		1		37		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.178		0		1		0.201		
Threonine.....g	0.511		0		1		0.577		
Isoleucine.....g	0.601		0		1		0.679		
Leucine.....g	1.103		0		1		1.246		
Lysine.....g	0.971		0		1		1.097		
Methionine.....g	0.303		0		1		0.342		
Cystine.....g	0.162		0		1		0.183		
Phenylalanine.....g	0.617		0		1		0.697		
Tyrosine.....g	0.469		0		1		0.530		
Valine.....g	0.719		0		1		0.812		
Arginine.....g	0.765		0		1		0.864		
Histidine.....g	0.425		0		1		0.480		
Alanine.....g	0.682		0		1		0.771		
Aspartic acid.....g	1.040		0		1		1.175		
Glutamic acid.....g	3.033		0		1		3.427		
Glycine.....g	0.735		0		1		0.831		
Proline.....g	1.096		0		1		1.238		
Serine.....g	0.576		0		1		0.651		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 113g: 1 sandwich

Calories Factors: Protein 4.12

Fat 8.8

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21091

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.654		0		1		7.167		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.477		1		1		0.735		
17:1.....g									
18:1 undifferentiated.....g	4.176		1		1		6.431		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.955		0		1		1.471		
18:2 undifferentiated.....g	0.597		1		1		0.919		
18:3 undifferentiated.....g	0.358		1		1		0.551		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	34		2		1		52		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.146		0		1		0.225		
Threonine.....g	0.419		0		1		0.645		
Isoleucine.....g	0.493		0		1		0.759		
Leucine.....g	0.901		0		1		1.388		
Lysine.....g	0.794		0		1		1.223		
Methionine.....g	0.246		0		1		0.379		
Cystine.....g	0.131		0		1		0.202		
Phenylalanine.....g	0.506		0		1		0.779		
Tyrosine.....g	0.383		0		1		0.590		
Valine.....g	0.588		0		1		0.906		
Arginine.....g	0.626		0		1		0.964		
Histidine.....g	0.349		0		1		0.537		
Alanine.....g	0.557		0		1		0.858		
Aspartic acid.....g	0.863		0		1		1.329		
Glutamic acid.....g	2.503		0		1		3.855		
Glycine.....g	0.601		0		1		0.926		
Proline.....g	0.891		0		1		1.372		
Serine.....g	0.472		0		1		0.727		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 154g: 1 sandwich

Calories Factors: Protein 4.12

Fat 8.8

Carbohydrate 3.95

Food Group: 21 Fast Foods

NDB No. 21101

Fast foods, cheeseburger, triple patty, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	54.10		1		1		164.46		
Energy.....kcal	262		0		1		796		
Energy.....kj	1096				1		3332		
Protein (N x 6.2).....g	18.44		2		1		56.06		
Total lipid (fat).....g	16.76		2		1		50.95		
Ash.....g	1.91		1		1		5.81		
Carbohydrate, by difference.....g	8.78		0	NC	4		26.69		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	93		1		1		283		
Iron, Fe.....mg	2.73		1		1		8.30		
Magnesium, Mg.....mg	20		1		4		61		
Phosphorus, P.....mg	178		1		1		541		
Potassium, K.....mg	270		1		1		821		
Sodium, Na.....mg	399		2		1		1213		
Zinc, Zn.....mg	3.58		1		1		10.88		
Copper, Cu.....mg	0.085		1		4		0.258		
Manganese, Mn.....mg	0.116		1		4		0.353		
Selenium, Se.....mcg	8.4		0	RK	4		25.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		1		1		2.7		
Thiamin.....mg	0.200		1		1		0.608		
Riboflavin.....mg	0.210		1		1		0.638		
Niacin.....mg	3.770		1		1		11.461		
Pantothenic acid.....mg	0.380		1		4		1.155		
Vitamin B-6.....mg	0.200		1		4		0.608		
Folate, total.....mcg	23		0	RK	4		70		
Folic acid.....mcg	6		0	NC	4		18		
Folate, food.....mcg	17		0		4		52		
Folate, DFE.....mcg_DFE	27		0	NC	4		83		
Vitamin B-12.....mcg	1.94		1		4		5.90		
Vitamin A, IU.....IU	118		1		1		359		
Vitamin A, RAE.....mcg_RAE	35		0	NC	4		106		
Retinol.....mcg	35		0	NC	4		106		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	7.140		1		1		21.706		
Fatty acids, total monounsaturated.....g	7.080		1		1		21.523		
Fatty acids, total polyunsaturated.....g	1.037		1		1		3.152		
Fatty acids, total trans.....g									
Cholesterol.....mg	53		2		1		161		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.229		0		1		0.696		
Threonine.....g	0.732		0		1		2.225		
Isoleucine.....g	0.791		0		1		2.405		
Leucine.....g	1.469		0		1		4.466		
Lysine.....g	1.454		0		1		4.420		
Methionine.....g	0.419		0		1		1.274		
Cystine.....g	0.187		0		1		0.568		

NDB No. 21101

Fast foods, cheeseburger, triple patty, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.744		0		1		2.262		
Tyrosine.....g	0.601		0		1		1.827		
Valine.....g	0.916		0		1		2.785		
Arginine.....g	1.148		0		1		3.490		
Histidine.....g	0.580		0		1		1.763		
Alanine.....g	1.077		0		1		3.274		
Aspartic acid.....g	1.556		0		1		4.730		
Glutamic acid.....g	3.290		0		1		10.002		
Glycine.....g	1.202		0		1		3.654		
Proline.....g	1.133		0		1		3.444		
Serine.....g	0.753		0		1		2.289		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 304g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21102

Fast foods, chicken fillet sandwich, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.720		0		1		10.410		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.541		1		1		0.985		
17:1.....g									
18:1 undifferentiated.....g	5.128		1		1		9.333		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.606		0		1		8.383		
18:2 undifferentiated.....g	4.000		1		1		7.280		
18:3 undifferentiated.....g	0.527		1		1		0.959		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.079		1		1		0.144		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	33	2.339	7		1		60		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.155		0		1		0.282		
Threonine.....g	0.523		0		1		0.952		
Isoleucine.....g	0.666		0		1		1.212		
Leucine.....g	0.978		0		1		1.780		
Lysine.....g	0.958		0		1		1.744		
Methionine.....g	0.334		0		1		0.608		
Cystine.....g	0.183		0		1		0.333		
Phenylalanine.....g	0.554		0		1		1.008		
Tyrosine.....g	0.418		0		1		0.761		
Valine.....g	0.659		0		1		1.199		
Arginine.....g	0.743		0		1		1.352		
Histidine.....g	0.383		0		1		0.697		
Alanine.....g	0.670		0		1		1.219		
Aspartic acid.....g	1.077		0		1		1.960		
Glutamic acid.....g	2.440		0		1		4.441		
Glycine.....g	0.622		0		1		1.132		
Proline.....g	0.732		0		1		1.332		
Serine.....g	0.504		0		1		0.917		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 182g: 1 sandwich

Calories Factors: Protein 4.18

Fat 8.88

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21103

Fast foods, chicken fillet sandwich, with cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	46.01		1		4		104.90		
Energy.....kcal	277		0		1		632		
Energy.....kj	1159				1		2642		
Protein (N x 6.17).....g	12.90		2		1		29.41		
Total lipid (fat).....g	17.00		2		1		38.76		
Ash.....g	2.10		1		4		4.79		
Carbohydrate, by difference.....g	18.24		2		9		41.59		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	113		1		4		258		
Iron, Fe.....mg	1.59		1		4		3.63		
Magnesium, Mg.....mg	19		1		4		43		
Phosphorus, P.....mg	178		1		4		406		
Potassium, K.....mg	146		1		4		333		
Sodium, Na.....mg	543		2		1		1238		
Zinc, Zn.....mg	1.27		1		4		2.90		
Copper, Cu.....mg	0.075		1		4		0.171		
Manganese, Mn.....mg	0.167		1		4		0.381		
Selenium, Se.....mcg	21.1		0	RK	4		48.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3		1		4		3.0		
Thiamin.....mg	0.180		1		4		0.410		
Riboflavin.....mg	0.200		1		4		0.456		
Niacin.....mg	3.980		1		4		9.074		
Pantothenic acid.....mg	0.590		1		4		1.345		
Vitamin B-6.....mg	0.180		1		4		0.410		
Folate, total.....mcg	48		0	RK	4		109		
Folic acid.....mcg	28		0	NC	4		64		
Folate, food.....mcg	20		0		4		46		
Folate, DFE.....mcg_DFE	68		0	NC	4		154		
Vitamin B-12.....mcg	0.20		1		4		0.46		
Vitamin A, IU.....IU	272		1		4		620		
Vitamin A, RAE.....mcg_RAE	72		0	NC	4		164		
Retinol.....mcg	70		0	NC	4		160		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.460		1		1		12.449		
Fatty acids, total monounsaturated.....g	5.987		1		1		13.650		
Fatty acids, total polyunsaturated.....g	4.363		1		1		9.948		
Fatty acids, total trans.....g									
Cholesterol.....mg	34		2		1		78		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.152		0		1		0.347		
Threonine.....g	0.474		0		1		1.081		
Isoleucine.....g	0.601		0		1		1.370		
Leucine.....g	0.955		0		1		2.177		
Lysine.....g	0.924		0		1		2.107		
Methionine.....g	0.308		0		1		0.702		
Cystine.....g	0.168		0		1		0.383		

NDB No. 21103

Fast foods, chicken fillet sandwich, with cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.553		0		1		1.261		
Tyrosine.....g	0.441		0		1		1.005		
Valine.....g	0.647		0		1		1.475		
Arginine.....g	0.695		0		1		1.585		
Histidine.....g	0.376		0		1		0.857		
Alanine.....g	0.607		0		1		1.384		
Aspartic acid.....g	0.978		0		1		2.230		
Glutamic acid.....g	2.469		0		1		5.629		
Glycine.....g	0.649		0		1		1.480		
Proline.....g	0.903		0		1		2.059		
Serine.....g	0.526		0		1		1.199		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 228g: 1 sandwich

Calories Factors: Protein 4.19

Fat 8.9

Carbohydrate 3.94

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.045	0.003	4	A	1		0.043	0.029	0.072
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:0.....g	2.747	0.120	4	A	1		2.638	1.758	4.396
17:0.....g	0.010	0.004	4	A	1		0.010	0.006	0.016
18:0.....g	1.132	0.040	4	A	1		1.087	0.725	1.812
20:0.....g	0.040	0.000	4	A	1		0.038	0.026	0.064
22:0.....g	0.042	0.003	4	A	1		0.041	0.027	0.068
24:0.....g	0.005	0.005	4	A	1		0.005	0.003	0.008
Fatty acids, total monounsaturated.....g	7.977	0.274	4	NC	4		7.658	5.106	12.764
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.437	0.042	4	A	1		0.420	0.280	0.700
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	7.458	0.238	4	A	1		7.159	4.773	11.932
20:1.....g	0.082	0.003	4	A	1		0.079	0.053	0.132
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.320	0.261	4	NC	4		5.107	3.405	8.512
18:2 undifferentiated.....g	4.990	0.256	4	A	1		4.790	3.194	7.984
18:3 undifferentiated.....g	0.245	0.019	4	A	1		0.235	0.157	0.392
18:4.....g	0.025	0.015	4	A	1		0.024	0.016	0.040
20:2 n-6 c,c.....g	0.007	0.005	4	A	1		0.007	0.005	0.012
20:3 undifferentiated.....g	0.002	0.002	4	A	1		0.002	0.002	0.004
20:4 undifferentiated.....g	0.050	0.000	4	A	1		0.048	0.032	0.080
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	55	1.819	4	A	1		53	35	88
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.155		0	A	1		0.149	0.099	0.248
Threonine.....g	0.577		0	A	1		0.554	0.369	0.924
Isoleucine.....g	0.662		0	A	1		0.636	0.424	1.060
Leucine.....g	1.143		0	A	1		1.097	0.731	1.828
Lysine.....g	1.130		0	A	1		1.085	0.723	1.808
Methionine.....g	0.380		0	A	1		0.365	0.243	0.608
Cystine.....g	0.190		0	A	1		0.182	0.122	0.304
Phenylalanine.....g	0.575		0	A	1		0.552	0.368	0.920
Tyrosine.....g	0.352		0	A	1		0.338	0.226	0.564
Valine.....g	0.705		0	A	1		0.677	0.451	1.129
Arginine.....g	0.860		0	A	1		0.826	0.551	1.377
Histidine.....g	0.463		0	A	1		0.444	0.296	0.741
Alanine.....g	0.862		0	A	1		0.828	0.552	1.380
Aspartic acid.....g	1.115		0	A	1		1.070	0.714	1.784
Glutamic acid.....g	2.561		0	A	1		2.459	1.639	4.098
Glycine.....g	0.744		0	A	1		0.714	0.476	1.190
Proline.....g	0.713		0	A	1		0.685	0.456	1.141
Serine.....g	0.532		0	A	1		0.511	0.341	0.852
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.028	0.019	0.046
Carotene, alpha.....mcg	0		0	BFZN	4		0.006	0.004	0.011
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.024	0.016	0.040
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	2		0	BFZN	4		1.529	1.019	2.548

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

NDB No. 21229

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

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

food, or similar food.

Common Measures:

Measure 1 = 96g: 6 pieces

Measure 2 = 64g: 4 pieces

Measure 3 = 160g: 10 pieces

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21035

Fast foods, chicken, breaded and fried, dark meat (drumstick or thigh)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.385		0		1		10.930		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.579		1		1		0.857		
17:1.....g									
18:1 undifferentiated.....g	6.718		1		1		9.943		
20:1.....g									
22:1 undifferentiated.....g	0.088		1		1		0.130		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.272		0		1		6.323		
18:2 undifferentiated.....g	3.890		1		1		5.757		
18:3 undifferentiated.....g	0.206		1		1		0.305		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.108		1		1		0.160		
20:5 n-3.....g	0.010		1		1		0.015		
22:5 n-3.....g	0.019		1		1		0.028		
22:6 n-3.....g	0.040		1		1		0.059		
Fatty acids, total trans.....g									
Cholesterol.....mg	112	10.942	5		1		166		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.228		0		1		0.337		
Threonine.....g	0.819		0		1		1.212		
Isoleucine.....g	0.988		0		1		1.462		
Leucine.....g	1.466		0		1		2.170		
Lysine.....g	1.570		0		1		2.324		
Methionine.....g	0.527		0		1		0.780		
Cystine.....g	0.283		0		1		0.419		
Phenylalanine.....g	0.800		0		1		1.184		
Tyrosine.....g	0.650		0		1		0.962		
Valine.....g	0.975		0		1		1.443		
Arginine.....g	1.245		0		1		1.843		
Histidine.....g	0.582		0		1		0.861		
Alanine.....g	1.154		0		1		1.708		
Aspartic acid.....g	1.749		0		1		2.589		
Glutamic acid.....g	3.160		0		1		4.677		
Glycine.....g	1.287		0		1		1.905		
Proline.....g	1.063		0		1		1.573		
Serine.....g	0.738		0		1		1.092		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 148g: 2 pieces

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21036

Fast foods, chicken, breaded and fried, light meat (breast or wing)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.502		0		1		12.228		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.533		1		1		0.869		
17:1.....g									
18:1 undifferentiated.....g	6.863		1		1		11.187		
20:1.....g									
22:1 undifferentiated.....g	0.106		1		1		0.173		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.163		0		1		6.786		
18:2 undifferentiated.....g	3.840		1		1		6.259		
18:3 undifferentiated.....g	0.214		1		1		0.349		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.083		1		1		0.135		
20:5 n-3.....g	0.001		1		1		0.002		
22:5 n-3.....g	0.001		1		1		0.002		
22:6 n-3.....g	0.023		1		1		0.037		
Fatty acids, total trans.....g									
Cholesterol.....mg	91	5.502	9		1		148		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.245		0		1		0.399		
Threonine.....g	0.883		0		1		1.439		
Isoleucine.....g	1.066		0		1		1.738		
Leucine.....g	1.581		0		1		2.577		
Lysine.....g	1.693		0		1		2.760		
Methionine.....g	0.568		0		1		0.926		
Cystine.....g	0.305		0		1		0.497		
Phenylalanine.....g	0.862		0		1		1.405		
Tyrosine.....g	0.701		0		1		1.143		
Valine.....g	1.052		0		1		1.715		
Arginine.....g	1.343		0		1		2.189		
Histidine.....g	0.628		0		1		1.024		
Alanine.....g	1.245		0		1		2.029		
Aspartic acid.....g	1.886		0		1		3.074		
Glutamic acid.....g	3.407		0		1		5.553		
Glycine.....g	1.388		0		1		2.262		
Proline.....g	1.146		0		1		1.868		
Serine.....g	0.796		0		1		1.297		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 163g: 2 pieces

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 21 Fast Foods

NDB No. 21042
Fast foods, chili con carne

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.347		0		1		3.408		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.047		1		1		0.119		
17:1.....g									
18:1 undifferentiated.....g	1.300		1		1		3.289		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.209		0		1		0.529		
18:2 undifferentiated.....g	0.120		1		1		0.304		
18:3 undifferentiated.....g	0.089		1		1		0.225		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	53		2		1		134		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.116		0		1		0.293		
Threonine.....g	0.392		0		1		0.992		
Isoleucine.....g	0.403		0		1		1.020		
Leucine.....g	0.735		0		1		1.860		
Lysine.....g	0.727		0		1		1.839		
Methionine.....g	0.190		0		1		0.481		
Cystine.....g	0.100		0		1		0.253		
Phenylalanine.....g	0.400		0		1		1.012		
Tyrosine.....g	0.283		0		1		0.716		
Valine.....g	0.459		0		1		1.161		
Arginine.....g	0.610		0		1		1.543		
Histidine.....g	0.284		0		1		0.719		
Alanine.....g	0.540		0		1		1.366		
Aspartic acid.....g	1.007		0		1		2.548		
Glutamic acid.....g	1.708		0		1		4.321		
Glycine.....g	0.582		0		1		1.472		
Proline.....g	0.443		0		1		1.121		
Serine.....g	0.406		0		1		1.027		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 253g: 1 cup (8 fl oz)

Calories Factors: Protein 3.77

Fat 8.96

Carbohydrate 3.99

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21070

Fast foods, chimichanga, with beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.635		0		1		8.065		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	4.635		1		1		8.065		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.653		0		1		1.136		
18:2 undifferentiated.....g	0.604		1		1		1.051		
18:3 undifferentiated.....g	0.049		1		1		0.085		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1		1		9		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.137		0		1		0.238		
Threonine.....g	0.436		0		1		0.759		
Isoleucine.....g	0.465		0		1		0.809		
Leucine.....g	0.870		0		1		1.514		
Lysine.....g	0.773		0		1		1.345		
Methionine.....g	0.247		0		1		0.430		
Cystine.....g	0.141		0		1		0.245		
Phenylalanine.....g	0.464		0		1		0.807		
Tyrosine.....g	0.349		0		1		0.607		
Valine.....g	0.527		0		1		0.917		
Arginine.....g	0.688		0		1		1.197		
Histidine.....g	0.332		0		1		0.578		
Alanine.....g	0.642		0		1		1.117		
Aspartic acid.....g	0.899		0		1		1.564		
Glutamic acid.....g	2.273		0		1		3.955		
Glycine.....g	0.727		0		1		1.265		
Proline.....g	0.747		0		1		1.300		
Serine.....g	0.467		0		1		0.813		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 174g: 1 chimichanga

Calories Factors: Protein 3.94

Fat 8.8

Carbohydrate 4.08

Food Group: 21 Fast Foods

NDB No. 21071

Fast foods, chimichanga, with beef and cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.155		0		1		9.434		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	5.155		1		1		9.434		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.398		0		1		0.728		
18:2 undifferentiated.....g	0.398		1		1		0.728		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	28		1		1		51		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.132		0		1		0.242		
Threonine.....g	0.397		0		1		0.727		
Isoleucine.....g	0.481		0		1		0.880		
Leucine.....g	0.858		0		1		1.570		
Lysine.....g	0.722		0		1		1.321		
Methionine.....g	0.239		0		1		0.437		
Cystine.....g	0.127		0		1		0.232		
Phenylalanine.....g	0.474		0		1		0.867		
Tyrosine.....g	0.366		0		1		0.670		
Valine.....g	0.538		0		1		0.985		
Arginine.....g	0.588		0		1		1.076		
Histidine.....g	0.320		0		1		0.586		
Alanine.....g	0.527		0		1		0.964		
Aspartic acid.....g	0.790		0		1		1.446		
Glutamic acid.....g	2.375		0		1		4.346		
Glycine.....g	0.565		0		1		1.034		
Proline.....g	0.851		0		1		1.557		
Serine.....g	0.486		0		1		0.889		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 183g: 1 chimichanga

Calories Factors: Protein 4.1

Fat 8.78

Carbohydrate 3.94

Food Group: 21 Fast Foods

NDB No. 21072

Fast foods, chimichanga, with beef and red chili peppers

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.128		0		1		7.843		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	4.128		1		1		7.843		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.582		0		1		1.106		
18:2 undifferentiated.....g	0.538		1		1		1.022		
18:3 undifferentiated.....g	0.044		1		1		0.084		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1		4		10		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.118		0		1		0.224		
Threonine.....g	0.364		0		1		0.692		
Isoleucine.....g	0.388		0		1		0.737		
Leucine.....g	0.728		0		1		1.383		
Lysine.....g	0.637		0		1		1.210		
Methionine.....g	0.203		0		1		0.386		
Cystine.....g	0.121		0		1		0.230		
Phenylalanine.....g	0.396		0		1		0.752		
Tyrosine.....g	0.292		0		1		0.555		
Valine.....g	0.440		0		1		0.836		
Arginine.....g	0.576		0		1		1.094		
Histidine.....g	0.279		0		1		0.530		
Alanine.....g	0.531		0		1		1.009		
Aspartic acid.....g	0.796		0		1		1.512		
Glutamic acid.....g	2.062		0		1		3.918		
Glycine.....g	0.594		0		1		1.129		
Proline.....g	0.632		0		1		1.201		
Serine.....g	0.402		0		1		0.764		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 190g: 1 chimichanga

Calories Factors: Protein 3.98

Fat 9.02

Carbohydrate 3.92

Food Group: 21 Fast Foods

NDB No. 21073

Fast foods, chimichanga, with beef, cheese, and red chili peppers

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	3.923		0		1		7.061		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.923		1		1		7.061		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.303		0		1		0.545		
18:2 undifferentiated.....g	0.303		1		1		0.545		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	28		1		4		50		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.097		0		1		0.175		
Threonine.....g	0.288		0		1		0.518		
Isoleucine.....g	0.332		0		1		0.598		
Leucine.....g	0.605		0		1		1.089		
Lysine.....g	0.500		0		1		0.900		
Methionine.....g	0.166		0		1		0.299		
Cystine.....g	0.100		0		1		0.180		
Phenylalanine.....g	0.342		0		1		0.616		
Tyrosine.....g	0.254		0		1		0.457		
Valine.....g	0.374		0		1		0.673		
Arginine.....g	0.438		0		1		0.788		
Histidine.....g	0.228		0		1		0.410		
Alanine.....g	0.392		0		1		0.706		
Aspartic acid.....g	0.619		0		1		1.114		
Glutamic acid.....g	1.840		0		1		3.312		
Glycine.....g	0.422		0		1		0.760		
Proline.....g	0.593		0		1		1.067		
Serine.....g	0.350		0		1		0.630		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 180g: 1 chimichanga

Calories Factors: Protein 4.09

Fat 8.79

Carbohydrate 3.92

Food Group: 21 Fast Foods

NDB No. 21043

Fast foods, clams, breaded and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	29.20	1.927	15		1		33.58		
Energy.....kcal	392		0	NC	4		451		
Energy.....kj	1640				4		1886		
Protein (N x 6.2).....g	11.15	0.494	16		1		12.82		
Total lipid (fat).....g	22.96	0.732	13		1		26.40		
Ash.....g	2.95		2		1		3.39		
Carbohydrate, by difference.....g	33.75		0	NC	4		38.81		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18	1.614	13		1		21		
Iron, Fe.....mg	2.65	0.599	13		1		3.05		
Magnesium, Mg.....mg	27	1.928	13		1		31		
Phosphorus, P.....mg	207	12.213	13		1		238		
Potassium, K.....mg	231	22.502	12		1		266		
Sodium, Na.....mg	725	85.204	13		1		834		
Zinc, Zn.....mg	1.42	0.164	13		1		1.63		
Copper, Cu.....mg	0.083	0.016	13		1		0.095		
Manganese, Mn.....mg	0.268	0.038	13		1		0.308		
Selenium, Se.....mcg	8.3		0	RK	4		9.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0		
Thiamin.....mg	0.180		1		4		0.207		
Riboflavin.....mg	0.230		1		4		0.265		
Niacin.....mg	2.490		1		4		2.864		
Pantothenic acid.....mg	0.260		1		1		0.299		
Vitamin B-6.....mg	0.030		1		1		0.035		
Folate, total.....mcg	37		0	RK	4		43		
Folic acid.....mcg	29		0	NC	4		33		
Folate, food.....mcg	8		1		1		9		
Folate, DFE.....mcg_DFE	57		0	NC	4		66		
Vitamin B-12.....mcg	0.96		1		1		1.10		
Vitamin A, IU.....IU	106		1		4		122		
Vitamin A, RAE.....mcg_RAE	32		0	NC	4		37		
Retinol.....mcg	32		0	NC	4		37		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.742		1		1		6.603		
Fatty acids, total monounsaturated.....g	9.948		1		1		11.440		
Fatty acids, total polyunsaturated.....g	5.890		1		1		6.774		
Fatty acids, total trans.....g									
Cholesterol.....mg	76		1		4		87		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.131		0		1		0.151		
Threonine.....g	0.397		0		1		0.457		
Isoleucine.....g	0.466		0		1		0.536		
Leucine.....g	0.775		0		1		0.891		
Lysine.....g	0.539		0		1		0.620		
Methionine.....g	0.227		0		1		0.261		
Cystine.....g	0.187		0		1		0.215		

NDB No. 21043

Fast foods, clams, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.485		0		1		0.558		
Tyrosine.....g	0.331		0		1		0.381		
Valine.....g	0.518		0		1		0.596		
Arginine.....g	0.608		0		1		0.699		
Histidine.....g	0.227		0		1		0.261		
Alanine.....g	0.512		0		1		0.589		
Aspartic acid.....g	0.793		0		1		0.912		
Glutamic acid.....g	2.402		0		1		2.762		
Glycine.....g	0.505		0		1		0.581		
Proline.....g	0.795		0		1		0.914		
Serine.....g	0.554		0		1		0.637		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 115g: .75 cup

Calories Factors: Protein 4.25

Fat 8.96

Carbohydrate 4.11

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21127
Fast foods, coleslaw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.444		0		1		2.420		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		2		1		0.015		
17:1.....g									
18:1 undifferentiated.....g	2.429		2		1		2.405		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.459		0		1		6.394		
18:2 undifferentiated.....g	5.678		2		1		5.621		
18:3 undifferentiated.....g	0.781		2		1		0.773		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1		1		5		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.018		0		1		0.018		
Threonine.....g	0.053		0		1		0.052		
Isoleucine.....g	0.069		0		1		0.068		
Leucine.....g	0.082		0		1		0.081		
Lysine.....g	0.072		0		1		0.071		
Methionine.....g	0.020		0		1		0.020		
Cystine.....g	0.019		0		1		0.019		
Phenylalanine.....g	0.050		0		1		0.050		
Tyrosine.....g	0.032		0		1		0.032		
Valine.....g	0.065		0		1		0.064		
Arginine.....g	0.088		0		1		0.087		
Histidine.....g	0.030		0		1		0.030		
Alanine.....g	0.056		0		1		0.055		
Aspartic acid.....g	0.142		0		1		0.141		
Glutamic acid.....g	0.275		0		1		0.272		
Glycine.....g	0.041		0		1		0.041		
Proline.....g	0.196		0		1		0.194		
Serine.....g	0.081		0		1		0.080		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 99g: .75 cup

Calories Factors: Protein 2.9

Fat 8.7

Carbohydrate 3.7

Food Group: 21 Fast Foods

NDB No. 21029

Fast foods, cookies, animal crackers

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.649		0		1		3.785		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.409		1		1		0.274		
17:1.....g									
18:1 undifferentiated.....g	5.200		1		1		3.484		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.558		0		1		1.044		
18:2 undifferentiated.....g	1.367		1		1		0.916		
18:3 undifferentiated.....g	0.168		1		1		0.113		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		1		1		0.016		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	16	1.725	3		1		11		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081		0		1		0.054		
Threonine.....g	0.202		0		1		0.135		
Isoleucine.....g	0.261		0		1		0.175		
Leucine.....g	0.474		0		1		0.318		
Lysine.....g	0.229		0		1		0.153		
Methionine.....g	0.127		0		1		0.085		
Cystine.....g	0.120		0		1		0.080		
Phenylalanine.....g	0.315		0		1		0.211		
Tyrosine.....g	0.216		0		1		0.145		
Valine.....g	0.299		0		1		0.200		
Arginine.....g	0.259		0		1		0.174		
Histidine.....g	0.148		0		1		0.099		
Alanine.....g	0.216		0		1		0.145		
Aspartic acid.....g	0.333		0		1		0.223		
Glutamic acid.....g	1.866		0		1		1.250		
Glycine.....g	0.207		0		1		0.139		
Proline.....g	0.670		0		1		0.449		
Serine.....g	0.329		0		1		0.220		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 67g: 1 box

Calories Factors: Protein 4

Fat 8.4

Carbohydrate 4.1

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21030

Fast foods, cookies, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.185		0		1		5.052		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		1		1		0.253		
17:1.....g									
18:1 undifferentiated.....g	8.725		1		1		4.799		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.865		0		1		1.026		
18:2 undifferentiated.....g	1.697		1		1		0.933		
18:3 undifferentiated.....g	0.168		1		1		0.092		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	21		2		1		12		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.063		0		1		0.035		
Threonine.....g	0.146		0		1		0.080		
Isoleucine.....g	0.175		0		1		0.096		
Leucine.....g	0.332		0		1		0.183		
Lysine.....g	0.137		0		1		0.075		
Methionine.....g	0.081		0		1		0.045		
Cystine.....g	0.096		0		1		0.053		
Phenylalanine.....g	0.246		0		1		0.135		
Tyrosine.....g	0.156		0		1		0.086		
Valine.....g	0.218		0		1		0.120		
Arginine.....g	0.215		0		1		0.118		
Histidine.....g	0.107		0		1		0.059		
Alanine.....g	0.171		0		1		0.094		
Aspartic acid.....g	0.261		0		1		0.144		
Glutamic acid.....g	1.491		0		1		0.820		
Glycine.....g	0.185		0		1		0.102		
Proline.....g	0.505		0		1		0.278		
Serine.....g	0.240		0		1		0.132		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	11		0	BFZN	4		6		
Theobromine.....mg	83		0	BFZN	4		46		

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Common Measures:

Measure 1 = 55g: 1 box

Calories Factors: Protein 3.8

Fat 8.1

Carbohydrate 3.4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21128

Fast foods, corn on the cob with butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.688		0		4		1.004		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0		1		0.055		
17:1.....g									
18:1 undifferentiated.....g	0.650		0		1		0.949		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.419		0		4		0.612		
18:2 undifferentiated.....g	0.384		0		1		0.561		
18:3 undifferentiated.....g	0.035		0		1		0.051		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		4		6		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.022		0		1		0.032		
Threonine.....g	0.123		0		1		0.180		
Isoleucine.....g	0.123		0		1		0.180		
Leucine.....g	0.331		0		1		0.483		
Lysine.....g	0.131		0		1		0.191		
Methionine.....g	0.064		0		1		0.093		
Cystine.....g	0.025		0		1		0.037		
Phenylalanine.....g	0.143		0		1		0.209		
Tyrosine.....g	0.117		0		1		0.171		
Valine.....g	0.177		0		1		0.258		
Arginine.....g	0.124		0		1		0.181		
Histidine.....g	0.085		0		1		0.124		
Alanine.....g	0.280		0		1		0.409		
Aspartic acid.....g	0.232		0		1		0.339		
Glutamic acid.....g	0.606		0		1		0.885		
Glycine.....g	0.121		0		1		0.177		
Proline.....g	0.278		0		1		0.406		
Serine.....g	0.146		0		1		0.213		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 146g: 1 ear

Calories Factors: Protein 2.47

Fat 8.73

Carbohydrate 3.57

Food Group: 21 Fast Foods

NDB No. 21011

Fast foods, croissant, with egg and cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.47		1		4		57.75		
Energy.....kcal	290		0	NC	4		368		
Energy.....kj	1213				4		1541		
Protein (N x 6.12).....g	10.07		2		1		12.79		
Total lipid (fat).....g	19.45		2		1		24.70		
Ash.....g	2.56		1		4		3.25		
Carbohydrate, by difference.....g	19.14		2		9		24.31		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	192		1		4		244		
Iron, Fe.....mg	1.73		1		4		2.20		
Magnesium, Mg.....mg	17		1		4		22		
Phosphorus, P.....mg	274		1		4		348		
Potassium, K.....mg	137		1		1		174		
Sodium, Na.....mg	434		2		1		551		
Zinc, Zn.....mg	1.38		1		4		1.75		
Copper, Cu.....mg	0.072		1		4		0.091		
Manganese, Mn.....mg	0.178		1		4		0.226		
Selenium, Se.....mcg	19.3		0	RK	4		24.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		1		4		0.1		
Thiamin.....mg	0.150		1		4		0.191		
Riboflavin.....mg	0.300		1		4		0.381		
Niacin.....mg	1.190		1		4		1.511		
Pantothenic acid.....mg	0.830		1		4		1.054		
Vitamin B-6.....mg	0.080		1		4		0.102		
Folate, total.....mcg	37		0	RK	4		47		
Folic acid.....mcg	8		0	NC	4		10		
Folate, food.....mcg	29		0		4		37		
Folate, DFE.....mcg_DFE	43		0	NC	4		54		
Vitamin B-12.....mcg	0.61		1		4		0.77		
Vitamin A, IU.....IU	788		1		4		1001		
Vitamin A, RAE.....mcg_RAE	218		0	NC	4		277		
Retinol.....mcg	214		0	NC	4		272		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	11.075		1		1		14.065		
Fatty acids, total monounsaturated.....g	5.938		1		1		7.541		
Fatty acids, total polyunsaturated.....g	1.076		1		1		1.367		
Fatty acids, total trans.....g									
Cholesterol.....mg	170		2		1		216		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.145		0		1		0.184		
Threonine.....g	0.375		0		1		0.476		
Isoleucine.....g	0.499		0		1		0.634		
Leucine.....g	0.846		0		1		1.074		
Lysine.....g	0.734		0		1		0.932		
Methionine.....g	0.262		0		1		0.333		
Cystine.....g	0.148		0		1		0.188		

NDB No. 21011

Fast foods, croissant, with egg and cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Phenylalanine.....g	0.522		0		1		0.663		
Tyrosine.....g	0.454		0		1		0.577		
Valine.....g	0.601		0		1		0.763		
Arginine.....g	0.481		0		1		0.611		
Histidine.....g	0.311		0		1		0.395		
Alanine.....g	0.375		0		1		0.476		
Aspartic acid.....g	0.704		0		1		0.894		
Glutamic acid.....g	2.065		0		1		2.623		
Glycine.....g	0.260		0		1		0.330		
Proline.....g	0.841		0		1		1.068		
Serine.....g	0.573		0		1		0.728		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 127g: 1 croissant

Calories Factors: Protein 4.22

Fat 8.82

Carbohydrate 3.99

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21012

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.92		1		4		56.66		
Energy.....kcal	320		0	NC	4		413		
Energy.....kj	1339				4		1727		
Protein (N x 6.13).....g	12.58	0.686	3		1		16.23		
Total lipid (fat).....g	21.98	0.715	3		1		28.35		
Ash.....g	2.74		1		4		3.53		
Carbohydrate, by difference.....g	18.33		3		9		23.65		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	117		1		1		151		
Iron, Fe.....mg	1.70		1		1		2.19		
Magnesium, Mg.....mg	18		1		4		23		
Phosphorus, P.....mg	214		1		1		276		
Potassium, K.....mg	156		1		1		201		
Sodium, Na.....mg	689	44.899	3		1		889		
Zinc, Zn.....mg	1.47		1		4		1.90		
Copper, Cu.....mg	0.077		1		4		0.099		
Manganese, Mn.....mg	0.172		1		4		0.222		
Selenium, Se.....mcg	19.0		0	RK	4		24.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.7		1		4		2.2		
Thiamin.....mg	0.270		1		1		0.348		
Riboflavin.....mg	0.260		1		1		0.335		
Niacin.....mg	1.700		1		1		2.193		
Pantothenic acid.....mg	0.830		1		4		1.071		
Vitamin B-6.....mg	0.090		1		4		0.116		
Folate, total.....mcg	35		0	RK	4		45		
Folic acid.....mcg	8		0	NC	4		10		
Folate, food.....mcg	27		0		4		35		
Folate, DFE.....mcg_DFE	41		0	NC	4		52		
Vitamin B-12.....mcg	0.67		1		4		0.86		
Vitamin A, IU.....IU	366		1		1		472		
Vitamin A, RAE.....mcg_RAE	110		0	NC	4		142		
Retinol.....mcg	110		0	NC	4		142		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	11.963		1		1		15.432		
Fatty acids, total monounsaturated.....g	7.113		1		1		9.176		
Fatty acids, total polyunsaturated.....g	1.363		1		1		1.758		
Fatty acids, total trans.....g									
Cholesterol.....mg	167	27.940	3		1		215		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.174		0		1		0.224		
Threonine.....g	0.470		0		1		0.606		
Isoleucine.....g	0.610		0		1		0.787		
Leucine.....g	1.036		0		1		1.336		
Lysine.....g	0.919		0		1		1.186		
Methionine.....g	0.322		0		1		0.415		
Cystine.....g	0.179		0		1		0.231		

NDB No. 21012

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.632		0		1		0.815		
Tyrosine.....g	0.544		0		1		0.702		
Valine.....g	0.735		0		1		0.948		
Arginine.....g	0.620		0		1		0.800		
Histidine.....g	0.386		0		1		0.498		
Alanine.....g	0.497		0		1		0.641		
Aspartic acid.....g	0.899		0		1		1.160		
Glutamic acid.....g	2.485		0		1		3.206		
Glycine.....g	0.390		0		1		0.503		
Proline.....g	1.010		0		1		1.303		
Serine.....g	0.688		0		1		0.888		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 129g: 1 croissant

Calories Factors: Protein 4.22

Fat 8.83

Carbohydrate 3.99

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21013

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.14		1		4		77.73		
Energy.....kcal	312		0	NC	4		474		
Energy.....kj	1305				4		1984		
Protein (N x 6.16).....g	12.45	0.674	3		1		18.92		
Total lipid (fat).....g	22.09	4.076	3		1		33.58		
Ash.....g	2.48		1		4		3.77		
Carbohydrate, by difference.....g	15.92		3		9		24.20		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	95		1		1		144		
Iron, Fe.....mg	1.40		1		1		2.13		
Magnesium, Mg.....mg	17		1		4		26		
Phosphorus, P.....mg	221		1		1		336		
Potassium, K.....mg	179		1		1		272		
Sodium, Na.....mg	711	10.909	3		1		1081		
Zinc, Zn.....mg	1.43		1		4		2.17		
Copper, Cu.....mg	0.083		1		4		0.126		
Manganese, Mn.....mg	0.145		1		4		0.220		
Selenium, Se.....mcg	17.9		0	RK	4		27.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	7.5		1		1		11.4		
Thiamin.....mg	0.340		1		1		0.517		
Riboflavin.....mg	0.200		1		1		0.304		
Niacin.....mg	2.100		1		1		3.192		
Pantothenic acid.....mg	0.820		1		4		1.246		
Vitamin B-6.....mg	0.150		1		4		0.228		
Folate, total.....mcg	30		0	RK	4		46		
Folic acid.....mcg	6		0	NC	4		9		
Folate, food.....mcg	24		0		4		36		
Folate, DFE.....mcg_DFE	34		0	NC	4		52		
Vitamin B-12.....mcg	0.66		1		4		1.00		
Vitamin A, IU.....IU	297		1		1		451		
Vitamin A, RAE.....mcg_RAE	86		0	NC	4		130		
Retinol.....mcg	85		0	NC	4		129		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	11.497		1		1		17.475		
Fatty acids, total monounsaturated.....g	7.495		1		1		11.392		
Fatty acids, total polyunsaturated.....g	1.552		1		1		2.359		
Fatty acids, total trans.....g									
Cholesterol.....mg	140	21.684	3		1		213		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.168		0		1		0.255		
Threonine.....g	0.505		0		1		0.768		
Isoleucine.....g	0.594		0		1		0.903		
Leucine.....g	1.013		0		1		1.540		
Lysine.....g	0.904		0		1		1.374		
Methionine.....g	0.325		0		1		0.494		
Cystine.....g	0.202		0		1		0.307		

NDB No. 21013

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.606		0		1		0.921		
Tyrosine.....g	0.481		0		1		0.731		
Valine.....g	0.665		0		1		1.011		
Arginine.....g	0.685		0		1		1.041		
Histidine.....g	0.386		0		1		0.587		
Alanine.....g	0.590		0		1		0.897		
Aspartic acid.....g	1.003		0		1		1.525		
Glutamic acid.....g	2.349		0		1		3.570		
Glycine.....g	0.461		0		1		0.701		
Proline.....g	0.811		0		1		1.233		
Serine.....g	0.651		0		1		0.990		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 152g: 1 croissant

Calories Factors: Protein 4.23

Fat 8.88

Carbohydrate 3.99

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21014

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.87		1		4		73.39		
Energy.....kcal	327		0	NC	4		523		
Energy.....kj	1368				4		2189		
Protein (N x 6.15).....g	12.69	0.546	3		1		20.30		
Total lipid (fat).....g	23.85	2.947	3		1		38.16		
Ash.....g	2.27		1		4		3.63		
Carbohydrate, by difference.....g	15.45		3		9		24.72		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	90		1		1		144		
Iron, Fe.....mg	1.90		1		1		3.04		
Magnesium, Mg.....mg	15		1		4		24		
Phosphorus, P.....mg	181		1		1		290		
Potassium, K.....mg	177		1		1		283		
Sodium, Na.....mg	697	49.400	3		1		1115		
Zinc, Zn.....mg	1.34		1		4		2.14		
Copper, Cu.....mg	0.068		1		4		0.109		
Manganese, Mn.....mg	0.158		1		4		0.253		
Selenium, Se.....mcg	12.9		0	RK	4		20.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		1		4		0.2		
Thiamin.....mg	0.620		1		1		0.992		
Riboflavin.....mg	0.200		1		1		0.320		
Niacin.....mg	2.500		1		1		4.000		
Pantothenic acid.....mg	0.820		1		4		1.312		
Vitamin B-6.....mg	0.070		1		4		0.112		
Folate, total.....mcg	27		0	RK	4		43		
Folic acid.....mcg	3		0	NC	4		5		
Folate, food.....mcg	24		0		4		38		
Folate, DFE.....mcg_DFE	29		0	NC	4		47		
Vitamin B-12.....mcg	0.56		1		4		0.90		
Vitamin A, IU.....IU	264		1		1		422		
Vitamin A, RAE.....mcg_RAE	77		0	NC	4		122		
Retinol.....mcg	76		0	NC	4		122		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	11.391		1		1		18.226		
Fatty acids, total monounsaturated.....g	8.908		1		1		14.253		
Fatty acids, total polyunsaturated.....g	1.881		1		1		3.010		
Fatty acids, total trans.....g									
Cholesterol.....mg	135	23.754	3		1		216		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.163		0		1		0.261		
Threonine.....g	0.493		0		1		0.789		
Isoleucine.....g	0.592		0		1		0.947		
Leucine.....g	1.001		0		1		1.602		
Lysine.....g	0.881		0		1		1.410		
Methionine.....g	0.320		0		1		0.512		
Cystine.....g	0.188		0		1		0.301		

NDB No. 21014

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.592		0		1		0.947		
Tyrosine.....g	0.487		0		1		0.779		
Valine.....g	0.691		0		1		1.106		
Arginine.....g	0.673		0		1		1.077		
Histidine.....g	0.363		0		1		0.581		
Alanine.....g	0.584		0		1		0.934		
Aspartic acid.....g	0.965		0		1		1.544		
Glutamic acid.....g	2.360		0		1		3.776		
Glycine.....g	0.499		0		1		0.798		
Proline.....g	0.877		0		1		1.403		
Serine.....g	0.670		0		1		1.072		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 160g: 1 croissant

Calories Factors: Protein 4.22

Fat 8.89

Carbohydrate 3.99

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21015

Fast foods, danish pastry, cheese

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	17.144		0		1		15.601		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		1		1		0.023		
17:1.....g									
18:1 undifferentiated.....g	17.118		1		1		15.577		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.663		0		1		2.423		
18:2 undifferentiated.....g	2.663		1		1		2.423		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	22	10.807	3		1		20		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0		1		0.073		
Threonine.....g	0.227		0		1		0.207		
Isoleucine.....g	0.291		0		1		0.265		
Leucine.....g	0.501		0		1		0.456		
Lysine.....g	0.304		0		1		0.277		
Methionine.....g	0.141		0		1		0.128		
Cystine.....g	0.106		0		1		0.096		
Phenylalanine.....g	0.316		0		1		0.288		
Tyrosine.....g	0.239		0		1		0.217		
Valine.....g	0.327		0		1		0.298		
Arginine.....g	0.309		0		1		0.281		
Histidine.....g	0.158		0		1		0.144		
Alanine.....g	0.261		0		1		0.238		
Aspartic acid.....g	0.402		0		1		0.366		
Glutamic acid.....g	1.550		0		1		1.411		
Glycine.....g	0.200		0		1		0.182		
Proline.....g	0.582		0		1		0.530		
Serine.....g	0.337		0		1		0.307		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 91g: 1 pastry

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4

Food Group: 21 Fast Foods

NDB No. 21016

Fast foods, danish pastry, cinnamon

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	12.037		0		1		10.593		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		1		1		0.016		
17:1.....g									
18:1 undifferentiated.....g	12.019		1		1		10.577		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.870		0		1		1.646		
18:2 undifferentiated.....g	1.870		1		1		1.646		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	31		1		1		27		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0		1		0.063		
Threonine.....g	0.190		0		1		0.167		
Isoleucine.....g	0.243		0		1		0.214		
Leucine.....g	0.415		0		1		0.365		
Lysine.....g	0.224		0		1		0.197		
Methionine.....g	0.120		0		1		0.106		
Cystine.....g	0.110		0		1		0.097		
Phenylalanine.....g	0.277		0		1		0.244		
Tyrosine.....g	0.190		0		1		0.167		
Valine.....g	0.278		0		1		0.245		
Arginine.....g	0.250		0		1		0.220		
Histidine.....g	0.127		0		1		0.112		
Alanine.....g	0.214		0		1		0.188		
Aspartic acid.....g	0.332		0		1		0.292		
Glutamic acid.....g	1.437		0		1		1.265		
Glycine.....g	0.184		0		1		0.162		
Proline.....g	0.502		0		1		0.442		
Serine.....g	0.306		0		1		0.269		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 88g: 1 pastry

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21017
Fast foods, danish pastry, fruit

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.740		0		1		10.096		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		1		1		0.015		
17:1.....g									
18:1 undifferentiated.....g	10.724		1		1		10.081		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.668		0		1		1.568		
18:2 undifferentiated.....g	1.668		1		1		1.568		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	20	1.683	4		1		19		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		0		1		0.063		
Threonine.....g	0.176		0		1		0.165		
Isoleucine.....g	0.225		0		1		0.212		
Leucine.....g	0.384		0		1		0.361		
Lysine.....g	0.207		0		1		0.195		
Methionine.....g	0.111		0		1		0.104		
Cystine.....g	0.101		0		1		0.095		
Phenylalanine.....g	0.257		0		1		0.242		
Tyrosine.....g	0.176		0		1		0.165		
Valine.....g	0.257		0		1		0.242		
Arginine.....g	0.231		0		1		0.217		
Histidine.....g	0.118		0		1		0.111		
Alanine.....g	0.198		0		1		0.186		
Aspartic acid.....g	0.309		0		1		0.290		
Glutamic acid.....g	1.327		0		1		1.247		
Glycine.....g	0.170		0		1		0.160		
Proline.....g	0.463		0		1		0.435		
Serine.....g	0.283		0		1		0.266		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 94g: 1 pastry

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21104

Fast foods, egg and cheese sandwich

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.30		2		1		82.20		
Energy.....kcal	233		0		1		340		
Energy.....kj	975				1		1423		
Protein (N x 6.16).....g	10.69		2		1		15.61		
Total lipid (fat).....g	13.30		2		1		19.42		
Ash.....g	1.95		2		1		2.85		
Carbohydrate, by difference.....g	17.76		0	NC	4		25.93		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	154		2		1		225		
Iron, Fe.....mg	2.04		2		1		2.98		
Magnesium, Mg.....mg	15		2		1		22		
Phosphorus, P.....mg	207		2		1		302		
Potassium, K.....mg	129		2		1		188		
Sodium, Na.....mg	551		2		1		804		
Zinc, Zn.....mg	1.13		2		1		1.65		
Copper, Cu.....mg	0.075		2		1		0.110		
Manganese, Mn.....mg	0.150		2		1		0.219		
Selenium, Se.....mcg	23.1		0	RK	4		33.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		2		1		1.5		
Thiamin.....mg	0.180		2		1		0.263		
Riboflavin.....mg	0.390		2		1		0.569		
Niacin.....mg	1.420		2		1		2.073		
Pantothenic acid.....mg	0.600		2		1		0.876		
Vitamin B-6.....mg	0.090		2		1		0.131		
Folate, total.....mcg	67		0	RK	4		98		
Folic acid.....mcg	42		0	NC	4		61		
Folate, food.....mcg	25		2		1		37		
Folate, DFE.....mcg_DFE	96		0	NC	4		141		
Vitamin B-12.....mcg	0.78		2		1		1.14		
Vitamin A, IU.....IU	458		2		1		669		
Vitamin A, RAE.....mcg_RAE	138		0	NC	4		201		
Retinol.....mcg	138		0	NC	4		201		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.538		1		1		6.625		
Fatty acids, total monounsaturated.....g	5.662		1		1		8.267		
Fatty acids, total polyunsaturated.....g	1.769		1		1		2.583		
Fatty acids, total trans.....g									
Cholesterol.....mg	199		2		1		291		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.149		0		1		0.218		
Threonine.....g	0.403		0		1		0.588		
Isoleucine.....g	0.535		0		1		0.781		
Leucine.....g	0.852		0		1		1.244		
Lysine.....g	0.635		0		1		0.927		
Methionine.....g	0.262		0		1		0.383		
Cystine.....g	0.182		0		1		0.266		

NDB No. 21104

Fast foods, egg and cheese sandwich

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Phenylalanine.....g	0.550		0		1		0.803		
Tyrosine.....g	0.401		0		1		0.585		
Valine.....g	0.642		0		1		0.937		
Arginine.....g	0.531		0		1		0.775		
Histidine.....g	0.281		0		1		0.410		
Alanine.....g	0.448		0		1		0.654		
Aspartic acid.....g	0.776		0		1		1.133		
Glutamic acid.....g	2.180		0		1		3.183		
Glycine.....g	0.328		0		1		0.479		
Proline.....g	0.806		0		1		1.177		
Serine.....g	0.635		0		1		0.927		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 146g: 1 sandwich

Calories Factors: Protein 4.19

Fat 8.86

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21018
Fast foods, egg, scrambled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.889		0		1		5.536		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.515		1		1		0.484		
17:1.....g									
18:1 undifferentiated.....g	5.374		1		1		5.052		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.969		0		1		1.851		
18:2 undifferentiated.....g	1.649		1		1		1.550		
18:3 undifferentiated.....g	0.118		1		1		0.111		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.202		1		1		0.190		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	426	26.645	7		1		400		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.212		0		1		0.199		
Threonine.....g	0.657		0		1		0.618		
Isoleucine.....g	0.836		0		1		0.786		
Leucine.....g	1.185		0		1		1.114		
Lysine.....g	0.913		0		1		0.858		
Methionine.....g	0.427		0		1		0.401		
Cystine.....g	0.307		0		1		0.289		
Phenylalanine.....g	0.750		0		1		0.705		
Tyrosine.....g	0.562		0		1		0.528		
Valine.....g	0.960		0		1		0.902		
Arginine.....g	0.836		0		1		0.786		
Histidine.....g	0.325		0		1		0.306		
Alanine.....g	0.763		0		1		0.717		
Aspartic acid.....g	1.311		0		1		1.232		
Glutamic acid.....g	1.773		0		1		1.667		
Glycine.....g	0.438		0		1		0.412		
Proline.....g	0.577		0		1		0.542		
Serine.....g	1.002		0		1		0.942		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	102		0	FLA	4		95.599		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	6		0	FLA	4		5.481		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	216		0	FLA	4		202.991		

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Common Measures:

Measure 1 = 94g: 2 eggs

NDB No. 21018
Fast foods, egg, scrambled

Calories Factors: Protein 4.35

Fat 8.92

Carbohydrate 3.8

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21074

Fast foods, enchilada, with cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.872		0		1		6.311		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.872		2		1		6.311		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.501		0		1		0.817		
18:2 undifferentiated.....g	0.449		2		1		0.732		
18:3 undifferentiated.....g	0.051		2		1		0.083		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	27		2		1		44		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0		1		0.099		
Threonine.....g	0.199		0		1		0.324		
Isoleucine.....g	0.283		0		1		0.461		
Leucine.....g	0.539		0		1		0.879		
Lysine.....g	0.350		0		1		0.571		
Methionine.....g	0.126		0		1		0.205		
Cystine.....g	0.051		0		1		0.083		
Phenylalanine.....g	0.270		0		1		0.440		
Tyrosine.....g	0.239		0		1		0.390		
Valine.....g	0.323		0		1		0.526		
Arginine.....g	0.233		0		1		0.380		
Histidine.....g	0.176		0		1		0.287		
Alanine.....g	0.234		0		1		0.381		
Aspartic acid.....g	0.404		0		1		0.659		
Glutamic acid.....g	1.335		0		1		2.176		
Glycine.....g	0.138		0		1		0.225		
Proline.....g	0.534		0		1		0.870		
Serine.....g	0.290		0		1		0.473		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 163g: 1 enchilada

Calories Factors: Protein 4.01

Fat 8.77

Carbohydrate 4.07

Food Group: 21 Fast Foods

NDB No. 21075

Fast foods, enchilada, with cheese and beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.201		0		1		6.146		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.201		2		1		6.146		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.723		0		1		1.388		
18:2 undifferentiated.....g	0.681		2		1		1.308		
18:3 undifferentiated.....g	0.042		2		1		0.081		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	21	9.737	3		1		40		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.069		0		1		0.132		
Threonine.....g	0.239		0		1		0.459		
Isoleucine.....g	0.275		0		1		0.528		
Leucine.....g	0.563		0		1		1.081		
Lysine.....g	0.409		0		1		0.785		
Methionine.....g	0.136		0		1		0.261		
Cystine.....g	0.069		0		1		0.132		
Phenylalanine.....g	0.269		0		1		0.516		
Tyrosine.....g	0.226		0		1		0.434		
Valine.....g	0.319		0		1		0.612		
Arginine.....g	0.349		0		1		0.670		
Histidine.....g	0.194		0		1		0.372		
Alanine.....g	0.355		0		1		0.682		
Aspartic acid.....g	0.527		0		1		1.012		
Glutamic acid.....g	1.308		0		1		2.511		
Glycine.....g	0.304		0		1		0.584		
Proline.....g	0.448		0		1		0.860		
Serine.....g	0.279		0		1		0.536		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 192g: 1 enchilada

Calories Factors: Protein 3.73

Fat 8.79

Carbohydrate 4.07

Food Group: 21 Fast Foods

NDB No. 21076

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.377		0		1		6.518		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.377		1		1		6.518		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.170		0		1		0.328		
18:2 undifferentiated.....g									
18:3 undifferentiated.....g	0.170		1		1		0.328		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	26		2		1		50		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.102		0		1		0.197		
Threonine.....g	0.349		0		1		0.674		
Isoleucine.....g	0.407		0		1		0.786		
Leucine.....g	0.803		0		1		1.550		
Lysine.....g	0.613		0		1		1.183		
Methionine.....g	0.195		0		1		0.376		
Cystine.....g	0.094		0		1		0.181		
Phenylalanine.....g	0.401		0		1		0.774		
Tyrosine.....g	0.325		0		1		0.627		
Valine.....g	0.469		0		1		0.905		
Arginine.....g	0.506		0		1		0.977		
Histidine.....g	0.280		0		1		0.540		
Alanine.....g	0.488		0		1		0.942		
Aspartic acid.....g	0.788		0		1		1.521		
Glutamic acid.....g	1.849		0		1		3.569		
Glycine.....g	0.425		0		1		0.820		
Proline.....g	0.634		0		1		1.224		
Serine.....g	0.418		0		1		0.807		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 193g: 1 enchirito

Calories Factors: Protein 3.98

Fat 8.81

Carbohydrate 3.88

Food Group: 21 Fast Foods

NDB No. 21019

Fast foods, english muffin, with butter

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.432		0		1		1.532		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.222		4		1		0.140		
17:1.....g									
18:1 undifferentiated.....g	2.083		6		1		1.312		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.140		0		1		1.348		
18:2 undifferentiated.....g	1.800		6		1		1.134		
18:3 undifferentiated.....g	0.305		5		1		0.192		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.035		4		1		0.022		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	20	0.732	4		1		13		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.095		0		1		0.060		
Threonine.....g	0.243		0		1		0.153		
Isoleucine.....g	0.297		0		1		0.187		
Leucine.....g	0.546		0		1		0.344		
Lysine.....g	0.256		0		1		0.161		
Methionine.....g	0.139		0		1		0.088		
Cystine.....g	0.151		0		1		0.095		
Phenylalanine.....g	0.384		0		1		0.242		
Tyrosine.....g	0.249		0		1		0.157		
Valine.....g	0.341		0		1		0.215		
Arginine.....g	0.331		0		1		0.209		
Histidine.....g	0.178		0		1		0.112		
Alanine.....g	0.291		0		1		0.183		
Aspartic acid.....g	0.406		0		1		0.256		
Glutamic acid.....g	2.340		0		1		1.474		
Glycine.....g	0.291		0		1		0.183		
Proline.....g	0.798		0		1		0.503		
Serine.....g	0.383		0		1		0.241		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 63g: 1 muffin

Calories Factors: Protein 3.8

Fat 8.76

Carbohydrate 3.95

Food Group: 21 Fast Foods

NDB No. 21020

Fast foods, english muffin, with cheese and sausage

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.766		0		1		10.081		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.644		1		1		0.741		
17:1.....g									
18:1 undifferentiated.....g	7.937		1		1		9.128		
20:1.....g	0.126		1		1		0.145		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.343		0		1		2.694		
18:2 undifferentiated.....g	2.022		1		1		2.325		
18:3 undifferentiated.....g	0.133		1		1		0.153		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.188		1		1		0.216		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	51		1		1		59		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.163		0		1		0.187		
Threonine.....g	0.459		0		1		0.528		
Isoleucine.....g	0.548		0		1		0.630		
Leucine.....g	1.025		0		1		1.179		
Lysine.....g	0.975		0		1		1.121		
Methionine.....g	0.305		0		1		0.351		
Cystine.....g	0.150		0		1		0.173		
Phenylalanine.....g	0.598		0		1		0.688		
Tyrosine.....g	0.529		0		1		0.608		
Valine.....g	0.659		0		1		0.758		
Arginine.....g	0.642		0		1		0.738		
Histidine.....g	0.426		0		1		0.490		
Alanine.....g	0.527		0		1		0.606		
Aspartic acid.....g	0.883		0		1		1.015		
Glutamic acid.....g	2.840		0		1		3.266		
Glycine.....g	0.509		0		1		0.585		
Proline.....g	1.118		0		1		1.286		
Serine.....g	0.603		0		1		0.693		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	24		0	FLA	4		28.122		
Carotene, alpha.....mcg	1		0	FLA	4		1.569		
Cryptoxanthin, beta.....mcg	1		0	FLA	4		1.489		
Lycopene.....mcg	1		0	FLA	4		1.403		
Lutein + zeaxanthin.....mcg	60		0	FLA	4		69.273		

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Common Measures:

Measure 1 = 115g: 1 muffin

NDB No. 21020

Fast foods, english muffin, with cheese and sausage

Calories Factors: Protein 4.12

Fat 8.89

Carbohydrate 3.94

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21021

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.78		0	MC	9		77.79		
Energy.....kcal	211		0	MC	9		289		
Energy.....kj	883				9		1209		
Protein.....g	12.18		0	MC	9		16.69		
Total lipid (fat).....g	9.19		0	MC	9		12.59		
Ash.....g	2.33		0	MC	9		3.19		
Carbohydrate, by difference.....g	19.52		0	MC	9		26.74		
Fiber, total dietary.....g	1.1		0	MC	9		1.5		
Sugars, total.....g	2.01		0	MC	9		2.75		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	110		0	MC	9		151		
Iron, Fe.....mg	1.78		0	MC	9		2.44		
Magnesium, Mg.....mg	17		0	MC	9		23		
Phosphorus, P.....mg	197		0	MC	9		270		
Potassium, K.....mg	145		0	MC	9		199		
Sodium, Na.....mg	532		0	MC	9		729		
Zinc, Zn.....mg	1.14		0	MC	9		1.56		
Copper, Cu.....mg	0.051		0	MC	9		0.070		
Manganese, Mn.....mg	0.009		0	MC	9		0.012		
Selenium, Se.....mcg	24.8		0	RK	4		34.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3		0	MC	9		1.8		
Thiamin.....mg	0.361		0	MC	9		0.495		
Riboflavin.....mg	0.327		0	MC	9		0.448		
Niacin.....mg	2.434		0	MC	9		3.335		
Pantothenic acid.....mg	0.653		0	MC	9		0.895		
Vitamin B-6.....mg	0.107		0	MC	9		0.147		
Folate, total.....mcg	50		0	RA	4		69		
Folic acid.....mcg	18		0	RA	4		25		
Folate, food.....mcg	32		0	NC	4		44		
Folate, DFE.....mcg_DFE	63		0	NC	4		86		
Vitamin B-12.....mcg	0.49		0	MC	9		0.67		
Vitamin A, IU.....IU	428		0	MC	9		586		
Vitamin A, RAE.....mcg_RAE	129		0	NC	4		177		
Retinol.....mcg	129		0	NC	4		177		
Vitamin E (alpha-tocopherol).....mg	0.41		0		1		0.56		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	32		0	T	4		44		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.405		0	MC	9		4.665		
Fatty acids, total monounsaturated.....g	3.409		0	MC	9		4.670		
Fatty acids, total polyunsaturated.....g	1.137		0	MC	9		1.558		
Fatty acids, total trans.....g									
Cholesterol.....mg	171		0	MC	9		234		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 137g: 1 sandwich

NDB No. 21021

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21022

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.726		0		1		12.748		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.595		1		1		0.982		
17:1.....g									
18:1 undifferentiated.....g	6.974		1		1		11.507		
20:1.....g	0.100		1		1		0.165		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.012		0		1		3.320		
18:2 undifferentiated.....g	1.856		1		1		3.062		
18:3 undifferentiated.....g	0.068		1		1		0.112		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.089		1		1		0.147		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	166		1		1		274		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.170		0		1		0.281		
Threonine.....g	0.489		0		1		0.807		
Isoleucine.....g	0.596		0		1		0.983		
Leucine.....g	1.036		0		1		1.709		
Lysine.....g	0.947		0		1		1.563		
Methionine.....g	0.323		0		1		0.533		
Cystine.....g	0.179		0		1		0.295		
Phenylalanine.....g	0.615		0		1		1.015		
Tyrosine.....g	0.526		0		1		0.868		
Valine.....g	0.706		0		1		1.165		
Arginine.....g	0.666		0		1		1.099		
Histidine.....g	0.398		0		1		0.657		
Alanine.....g	0.560		0		1		0.924		
Aspartic acid.....g	0.949		0		1		1.566		
Glutamic acid.....g	2.543		0		1		4.196		
Glycine.....g	0.477		0		1		0.787		
Proline.....g	0.981		0		1		1.619		
Serine.....g	0.668		0		1		1.102		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 165g: 1 muffin

Calories Factors: Protein 4.19

Fat 8.9

Carbohydrate 3.94

Food Group: 21 Fast Foods

NDB No. 21105

Fast foods, fish sandwich, with tartar sauce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.869		0		1		7.693		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.567		2		1		0.896		
17:1.....g									
18:1 undifferentiated.....g	4.302		2		1		6.797		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.220		0		1		8.248		
18:2 undifferentiated.....g	4.821		2		1		7.617		
18:3 undifferentiated.....g	0.399		2		1		0.630		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	35	4.291	8		1		55		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.124		0		1		0.196		
Threonine.....g	0.426		0		1		0.673		
Isoleucine.....g	0.480		0		1		0.758		
Leucine.....g	0.837		0		1		1.322		
Lysine.....g	0.770		0		1		1.217		
Methionine.....g	0.274		0		1		0.433		
Cystine.....g	0.140		0		1		0.221		
Phenylalanine.....g	0.458		0		1		0.724		
Tyrosine.....g	0.332		0		1		0.525		
Valine.....g	0.553		0		1		0.874		
Arginine.....g	0.583		0		1		0.921		
Histidine.....g	0.290		0		1		0.458		
Alanine.....g	0.569		0		1		0.899		
Aspartic acid.....g	0.936		0		1		1.479		
Glutamic acid.....g	2.143		0		1		3.386		
Glycine.....g	0.486		0		1		0.768		
Proline.....g	0.620		0		1		0.980		
Serine.....g	0.479		0		1		0.757		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 158g: 1 sandwich

Calories Factors: Protein 4.11

Fat 8.79

Carbohydrate 3.93

Food Group: 21 Fast Foods

NDB No. 21106

Fast foods, fish sandwich, with tartar sauce and cheese

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.874		0		1		8.919		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.320		5		1		0.586		
17:1.....g									
18:1 undifferentiated.....g	4.405		5		1		8.061		
20:1.....g	0.039		5		1		0.071		
22:1 undifferentiated.....g	0.059		5		1		0.108		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.154		0		1		9.432		
18:2 undifferentiated.....g	4.602		5		1		8.422		
18:3 undifferentiated.....g	0.524		5		1		0.959		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		5		1		0.051		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	37	3.179	11		1		68		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0		1		0.245		
Threonine.....g	0.435		0		1		0.796		
Isoleucine.....g	0.505		0		1		0.924		
Leucine.....g	0.893		0		1		1.634		
Lysine.....g	0.849		0		1		1.554		
Methionine.....g	0.287		0		1		0.525		
Cystine.....g	0.134		0		1		0.245		
Phenylalanine.....g	0.492		0		1		0.900		
Tyrosine.....g	0.383		0		1		0.701		
Valine.....g	0.591		0		1		1.082		
Arginine.....g	0.591		0		1		1.082		
Histidine.....g	0.324		0		1		0.593		
Alanine.....g	0.553		0		1		1.012		
Aspartic acid.....g	0.940		0		1		1.720		
Glutamic acid.....g	2.257		0		1		4.130		
Glycine.....g	0.464		0		1		0.849		
Proline.....g	0.717		0		1		1.312		
Serine.....g	0.507		0		1		0.928		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 183g: 1 sandwich

Calories Factors: Protein 4.12

Fat 8.81

Carbohydrate 3.93

Food Group: 21 Fast Foods

NDB No. 21024
Fast foods, french toast sticks

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.970		0		4		12.648		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.112		0		4		0.158		
17:1.....g									
18:1 undifferentiated.....g	8.531		0		4		12.029		
20:1.....g	0.001		0		4		0.001		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.050		0		4		9.941		
18:2 undifferentiated.....g	6.338		0		4		8.937		
18:3 undifferentiated.....g	0.458		0		4		0.646		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.004		0		4		0.006		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	53		1		1		75		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.073		0		1		0.103		
Threonine.....g	0.204		0		1		0.288		
Isoleucine.....g	0.242		0		1		0.341		
Leucine.....g	0.430		0		1		0.606		
Lysine.....g	0.230		0		1		0.324		
Methionine.....g	0.110		0		1		0.155		
Cystine.....g	0.112		0		1		0.158		
Phenylalanine.....g	0.291		0		1		0.410		
Tyrosine.....g	0.198		0		1		0.279		
Valine.....g	0.273		0		1		0.385		
Arginine.....g	0.267		0		1		0.376		
Histidine.....g	0.139		0		1		0.196		
Alanine.....g	0.247		0		1		0.348		
Aspartic acid.....g	0.347		0		1		0.489		
Glutamic acid.....g	1.631		0		1		2.300		
Glycine.....g	0.227		0		1		0.320		
Proline.....g	0.553		0		1		0.780		
Serine.....g	0.300		0		1		0.423		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	3		0	FLA	4		3.913		
Carotene, alpha.....mcg	0		0	FLA	4		0.025		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.099		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	4		0	FLA	4		5.786		

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Common Measures:

Measure 1 = 141g: 5 pieces

NDB No. 21024
Fast foods, french toast sticks

Calories Factors: Protein 3.61

Fat 8.83

Carbohydrate 3.92

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21077
Fast foods, frijoles with cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.567		0		1		2.617		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.567		3		1		2.617		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.417		0		1		0.696		
18:2 undifferentiated.....g	0.344		3		1		0.574		
18:3 undifferentiated.....g	0.073		3		1		0.122		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	22	6.341	3		1		37		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.078		0		1		0.130		
Threonine.....g	0.258		0		1		0.431		
Isoleucine.....g	0.307		0		1		0.513		
Leucine.....g	0.523		0		1		0.873		
Lysine.....g	0.455		0		1		0.760		
Methionine.....g	0.111		0		1		0.185		
Cystine.....g	0.061		0		1		0.102		
Phenylalanine.....g	0.337		0		1		0.563		
Tyrosine.....g	0.210		0		1		0.351		
Valine.....g	0.351		0		1		0.586		
Arginine.....g	0.359		0		1		0.600		
Histidine.....g	0.189		0		1		0.316		
Alanine.....g	0.250		0		1		0.418		
Aspartic acid.....g	0.711		0		1		1.187		
Glutamic acid.....g	1.283		0		1		2.143		
Glycine.....g	0.214		0		1		0.357		
Proline.....g	0.379		0		1		0.633		
Serine.....g	0.349		0		1		0.583		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 167g: 1 cup

Calories Factors: Protein 3.8

Fat 8.76

Carbohydrate 3.99

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21116

Fast foods, ham and cheese sandwich

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.615		0		1		6.738		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.516		2		1		0.753		
17:1.....g									
18:1 undifferentiated.....g	4.099		2		1		5.985		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.942		0		1		1.375		
18:2 undifferentiated.....g	0.890		2		1		1.299		
18:3 undifferentiated.....g	0.052		2		1		0.076		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	40	3.930	4		1		58		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0		1		0.270		
Threonine.....g	0.506		0		1		0.739		
Isoleucine.....g	0.624		0		1		0.911		
Leucine.....g	1.142		0		1		1.667		
Lysine.....g	1.077		0		1		1.572		
Methionine.....g	0.333		0		1		0.486		
Cystine.....g	0.171		0		1		0.250		
Phenylalanine.....g	0.680		0		1		0.993		
Tyrosine.....g	0.562		0		1		0.821		
Valine.....g	0.735		0		1		1.073		
Arginine.....g	0.696		0		1		1.016		
Histidine.....g	0.483		0		1		0.705		
Alanine.....g	0.552		0		1		0.806		
Aspartic acid.....g	0.994		0		1		1.451		
Glutamic acid.....g	3.104		0		1		4.532		
Glycine.....g	0.481		0		1		0.702		
Proline.....g	1.184		0		1		1.729		
Serine.....g	0.659		0		1		0.962		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 146g: 1 sandwich

Calories Factors: Protein 4.13

Fat 8.75

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21117

Fast foods, ham, egg, and cheese sandwich

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.15		2		1		73.14		
Energy.....kcal	243		0		1		347		
Energy.....kj	1017				1		1454		
Protein (N x 6.17).....g	13.46	0.735	3		1		19.25		
Total lipid (fat).....g	11.40	1.026	3		1		16.30		
Ash.....g	2.35		2		1		3.36		
Carbohydrate, by difference.....g	21.64		0	NC	4		30.95		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	148		2		1		212		
Iron, Fe.....mg	2.17		2		1		3.10		
Magnesium, Mg.....mg	18		2		1		26		
Phosphorus, P.....mg	242		2		1		346		
Potassium, K.....mg	147		2		1		210		
Sodium, Na.....mg	703	85.935	3		1		1005		
Zinc, Zn.....mg	1.39		2		1		1.99		
Copper, Cu.....mg	0.085		2		1		0.122		
Manganese, Mn.....mg	0.170		2		1		0.243		
Selenium, Se.....mcg	22.7		0	RK	4		32.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.9		2		1		2.7		
Thiamin.....mg	0.300		2		1		0.429		
Riboflavin.....mg	0.390		2		1		0.558		
Niacin.....mg	2.940		2		1		4.204		
Pantothenic acid.....mg	0.660		2		1		0.944		
Vitamin B-6.....mg	0.110		2		1		0.157		
Folate, total.....mcg	53		0	RK	4		76		
Folic acid.....mcg	23		0	NC	4		33		
Folate, food.....mcg	30		2		1		43		
Folate, DFE.....mcg_DFE	69		0	NC	4		99		
Vitamin B-12.....mcg	0.86		2		1		1.23		
Vitamin A, IU.....IU	393		2		1		562		
Vitamin A, RAE.....mcg_RAE	116		0	NC	4		165		
Retinol.....mcg	115		0	NC	4		164		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.175		1		1		7.400		
Fatty acids, total monounsaturated.....g	4.017		1		1		5.744		
Fatty acids, total polyunsaturated.....g	1.182		1		1		1.690		
Fatty acids, total trans.....g									
Cholesterol.....mg	172	16.476	3		1		246		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0		1		0.265		
Threonine.....g	0.526		0		1		0.752		
Isoleucine.....g	0.654		0		1		0.935		
Leucine.....g	1.099		0		1		1.572		
Lysine.....g	0.982		0		1		1.404		
Methionine.....g	0.345		0		1		0.493		
Cystine.....g	0.203		0		1		0.290		

NDB No. 21117

Fast foods, ham, egg, and cheese sandwich

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Phenylalanine.....g	0.670		0		1		0.958		
Tyrosine.....g	0.534		0		1		0.764		
Valine.....g	0.763		0		1		1.091		
Arginine.....g	0.709		0		1		1.014		
Histidine.....g	0.419		0		1		0.599		
Alanine.....g	0.591		0		1		0.845		
Aspartic acid.....g	1.040		0		1		1.487		
Glutamic acid.....g	2.585		0		1		3.697		
Glycine.....g	0.452		0		1		0.646		
Proline.....g	0.953		0		1		1.363		
Serine.....g	0.726		0		1		1.038		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 143g: 1 sandwich

Calories Factors: Protein 4.21

Fat 8.89

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21114

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	53.74	0.980	10		1		121.45		
Energy.....kcal	239		0		1		540		
Energy.....kj	1000				1		2260		
Protein (N x 6.2).....g	15.17	0.768	10		1		34.28		
Total lipid (fat).....g	11.75	1.554	10		1		26.56		
Ash.....g	1.52	0.080	10		1		3.44		
Carbohydrate, by difference.....g	17.82		0	NC	4		40.27		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	45	5.859	10		1		102		
Iron, Fe.....mg	2.59	0.220	10		1		5.85		
Magnesium, Mg.....mg	22	1.104	9		1		50		
Phosphorus, P.....mg	139	6.750	10		1		314		
Potassium, K.....mg	252	9.099	10		1		570		
Sodium, Na.....mg	350	17.140	10		1		791		
Zinc, Zn.....mg	2.51	0.221	10		1		5.67		
Copper, Cu.....mg	0.097	0.006	9		1		0.219		
Manganese, Mn.....mg	0.110		1		1		0.249		
Selenium, Se.....mcg	11.3		0	RK	4		25.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		1		1		1.1		
Thiamin.....mg	0.160	0.015	10		1		0.362		
Riboflavin.....mg	0.170	0.009	10		1		0.384		
Niacin.....mg	3.350	0.247	10		1		7.571		
Pantothenic acid.....mg	0.240		1		1		0.542		
Vitamin B-6.....mg	0.240		1		1		0.542		
Folate, total.....mcg	34		0	RK	4		77		
Folic acid.....mcg	22		0	NC	4		50		
Folate, food.....mcg	12		1		1		27		
Folate, DFE.....mcg_DFE	49		0	NC	4		112		
Vitamin B-12.....mcg	1.80		1		1		4.07		
Vitamin A, IU.....IU	45		1		1		102		
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		5		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.654		1		1		10.518		
Fatty acids, total monounsaturated.....g	4.570		1		1		10.328		
Fatty acids, total polyunsaturated.....g	1.237		1		1		2.796		
Fatty acids, total trans.....g									
Cholesterol.....mg	54		2		1		122		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.183		0		1		0.414		
Threonine.....g	0.599		0		1		1.354		
Isoleucine.....g	0.638		0		1		1.442		
Leucine.....g	1.172		0		1		2.649		
Lysine.....g	1.108		0		1		2.504		
Methionine.....g	0.330		0		1		0.746		
Cystine.....g	0.164		0		1		0.371		

NDB No. 21114

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.599		0		1		1.354		
Tyrosine.....g	0.448		0		1		1.012		
Valine.....g	0.729		0		1		1.648		
Arginine.....g	0.944		0		1		2.133		
Histidine.....g	0.450		0		1		1.017		
Alanine.....g	0.903		0		1		2.041		
Aspartic acid.....g	1.289		0		1		2.913		
Glutamic acid.....g	2.803		0		1		6.335		
Glycine.....g	1.020		0		1		2.305		
Proline.....g	0.898		0		1		2.029		
Serine.....g	0.612		0		1		1.383		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 226g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21202

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.75		0	MC	9		89.01		
Energy.....kcal	248		0	MC	9		427		
Energy.....kj	1038				9		1785		
Protein.....g	13.43		0	MC	9		23.10		
Total lipid (fat).....g	12.21		0	MC	9		21.00		
Ash.....g	1.78		0	MC	9		3.06		
Carbohydrate, by difference.....g	21.41		0	MC	9		36.83		
Fiber, total dietary.....g	1.2		0	MC	9		2.1		
Sugars, total.....g	4.84		0	MC	9		8.32		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	78		0	MC	9		134		
Iron, Fe.....mg	2.41		0	MC	9		4.15		
Magnesium, Mg.....mg	20		0	MC	9		34		
Phosphorus, P.....mg	124		0	MC	9		213		
Potassium, K.....mg	230		0	MC	9		396		
Sodium, Na.....mg	425		0	MC	9		731		
Zinc, Zn.....mg	2.77		0	MC	9		4.76		
Copper, Cu.....mg	0.159		0	MC	9		0.273		
Manganese, Mn.....mg	0.200		0	MC	9		0.344		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5		0	MC	9		2.6		
Thiamin.....mg	0.199		0	MC	9		0.342		
Riboflavin.....mg	0.165		0	MC	9		0.284		
Niacin.....mg	3.815		0	MC	9		6.562		
Pantothenic acid.....mg	0.302		0	MC	9		0.519		
Vitamin B-6.....mg	0.143		0	MC	9		0.246		
Folate, total.....mcg	36		0	MC	9		62		
Folic acid.....mcg	22		0	RA	4		38		
Folate, food.....mcg	14		0	NC	4		24		
Folate, DFE.....mcg_DFE	51		0	NC	4		88		
Vitamin B-12.....mcg	1.50		0	MC	9		2.58		
Vitamin A, IU.....IU	64		0	MC	9		110		
Vitamin A, RAE.....mcg_RAE	3		0	NC	4		5		
Retinol.....mcg	0		0	NC	4		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.608		0	MC	9		7.926		
Fatty acids, total monounsaturated.....g	5.411		0	MC	9		9.307		
Fatty acids, total polyunsaturated.....g	0.927		0	MC	9		1.594		
Fatty acids, total trans.....g									
Cholesterol.....mg	41		0	MC	9		71		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 172g: 1 sandwich

NDB No. 21202

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21115

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.37		2		1		135.64		
Energy.....kcal	267		0		1		692		
Energy.....kj	1117				1		2893		
Protein (N x 6.2).....g	19.30	1.138	3		1		49.99		
Total lipid (fat).....g	16.01	0.884	3		1		41.47		
Ash.....g	1.28		2		1		3.32		
Carbohydrate, by difference.....g	11.04		0	NC	4		28.59		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25		2		1		65		
Iron, Fe.....mg	3.21		2		1		8.31		
Magnesium, Mg.....mg	21		1		1		54		
Phosphorus, P.....mg	152		2		1		394		
Potassium, K.....mg	303		2		1		785		
Sodium, Na.....mg	275	31.971	3		1		712		
Zinc, Zn.....mg	4.15		2		1		10.75		
Copper, Cu.....mg	0.076		1		1		0.197		
Manganese, Mn.....mg	0.090		1		1		0.233		
Selenium, Se.....mcg	21.5		0	RK	4		55.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		1		1		1.3		
Thiamin.....mg	0.120		2		1		0.311		
Riboflavin.....mg	0.210		2		1		0.544		
Niacin.....mg	4.230		2		1		10.956		
Pantothenic acid.....mg	0.260		1		1		0.673		
Vitamin B-6.....mg	0.240		1		1		0.622		
Folate, total.....mcg	29		0	RK	4		75		
Folic acid.....mcg	17		0	NC	4		44		
Folate, food.....mcg	12		1		1		31		
Folate, DFE.....mcg_DFE	41		0	NC	4		106		
Vitamin B-12.....mcg	1.90		1		1		4.92		
Vitamin A, IU.....IU	61		1		1		158		
Vitamin A, RAE.....mcg_RAE	3		0	NC	4		8		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.147		1		1		15.921		
Fatty acids, total monounsaturated.....g	7.040		1		1		18.234		
Fatty acids, total polyunsaturated.....g	1.059		1		1		2.743		
Fatty acids, total trans.....g									
Cholesterol.....mg	55	5.100	3		1		142		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.237		0		1		0.614		
Threonine.....g	0.778		0		1		2.015		
Isoleucine.....g	0.822		0		1		2.129		
Leucine.....g	1.522		0		1		3.942		
Lysine.....g	1.482		0		1		3.838		
Methionine.....g	0.433		0		1		1.121		
Cystine.....g	0.202		0		1		0.523		

NDB No. 21115

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.756		0		1		1.958		
Tyrosine.....g	0.585		0		1		1.515		
Valine.....g	0.937		0		1		2.427		
Arginine.....g	1.242		0		1		3.217		
Histidine.....g	0.588		0		1		1.523		
Alanine.....g	1.192		0		1		3.087		
Aspartic acid.....g	1.672		0		1		4.330		
Glutamic acid.....g	3.384		0		1		8.765		
Glycine.....g	1.351		0		1		3.499		
Proline.....g	1.108		0		1		2.870		
Serine.....g	0.775		0		1		2.007		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 259g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21110

Fast foods, hamburger, regular, double patty, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	41.10		2		1		72.34		
Energy.....kcal	309		0		1		544		
Energy.....kj	1293				1		2275		
Protein (N x 6.2).....g	17.00		1		1		29.92		
Total lipid (fat).....g	15.85	1.271	3		1		27.90		
Ash.....g	1.65		1		1		2.90		
Carbohydrate, by difference.....g	24.39		0	NC	4		42.93		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	49		1		4		86		
Iron, Fe.....mg	2.59		1		4		4.56		
Magnesium, Mg.....mg	21		1		4		37		
Phosphorus, P.....mg	133		1		4		234		
Potassium, K.....mg	206		1		4		363		
Sodium, Na.....mg	315		1		1		554		
Zinc, Zn.....mg	3.25		1		4		5.72		
Copper, Cu.....mg	0.095		1		4		0.167		
Manganese, Mn.....mg	0.160		1		4		0.282		
Selenium, Se.....mcg	22.5		0	RK	4		39.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0		
Thiamin.....mg	0.190		1		4		0.334		
Riboflavin.....mg	0.210		1		4		0.370		
Niacin.....mg	4.690		1		4		8.254		
Pantothenic acid.....mg	0.380		1		4		0.669		
Vitamin B-6.....mg	0.180		1		4		0.317		
Folate, total.....mcg	44		0	RK	4		77		
Folic acid.....mcg	23		0	NC	4		40		
Folate, food.....mcg	21		0		4		37		
Folate, DFE.....mcg_DFE	60		0	NC	4		106		
Vitamin B-12.....mcg	1.66		1		4		2.92		
Vitamin A, IU.....IU	0		1		4		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.75		0		1		1.32		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	16		0	T	4		28		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.896		1		1		10.377		
Fatty acids, total monounsaturated.....g	6.879		1		1		12.107		
Fatty acids, total polyunsaturated.....g	1.330		1		1		2.341		
Fatty acids, total trans.....g									
Cholesterol.....mg	56	11.225	3		1		99		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.206		0		1		0.363		
Threonine.....g	0.666		0		1		1.172		
Isoleucine.....g	0.716		0		1		1.260		
Leucine.....g	1.319		0		1		2.321		
Lysine.....g	1.226		0		1		2.158		
Methionine.....g	0.370		0		1		0.651		
Cystine.....g	0.186		0		1		0.327		

NDB No. 21110

Fast foods, hamburger, regular, double patty, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.677		0		1		1.192		
Tyrosine.....g	0.502		0		1		0.884		
Valine.....g	0.823		0		1		1.448		
Arginine.....g	1.053		0		1		1.853		
Histidine.....g	0.505		0		1		0.889		
Alanine.....g	1.006		0		1		1.771		
Aspartic acid.....g	1.415		0		1		2.490		
Glutamic acid.....g	3.156		0		1		5.555		
Glycine.....g	1.141		0		1		2.008		
Proline.....g	1.039		0		1		1.829		
Serine.....g	0.694		0		1		1.221		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 176g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21111

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.51	0.866	8		1		108.60		
Energy.....kcal	268		0		1		576		
Energy.....kj	1121				1		2411		
Protein (N x 6.2).....g	14.80	0.578	8		1		31.82		
Total lipid (fat).....g	15.10	0.381	8		1		32.47		
Ash.....g	1.57	0.054	8		1		3.38		
Carbohydrate, by difference.....g	18.02		0	NC	4		38.74		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43	8.076	8		1		92		
Iron, Fe.....mg	2.58	0.165	8		1		5.55		
Magnesium, Mg.....mg	21	0.711	8		1		45		
Phosphorus, P.....mg	132	5.744	8		1		284		
Potassium, K.....mg	245	7.994	8		1		527		
Sodium, Na.....mg	345	12.797	8		1		742		
Zinc, Zn.....mg	2.70	0.133	8		1		5.81		
Copper, Cu.....mg	0.090	0.005	8		1		0.194		
Manganese, Mn.....mg	0.151		1		4		0.325		
Selenium, Se.....mcg	20.9		0	RK	4		44.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		1		4		1.1		
Thiamin.....mg	0.160	0.009	8		1		0.344		
Riboflavin.....mg	0.190	0.010	8		1		0.409		
Niacin.....mg	3.130	0.150	8		1		6.730		
Pantothenic acid.....mg	0.360		1		4		0.774		
Vitamin B-6.....mg	0.170		1		4		0.366		
Folate, total.....mcg	39		0	RK	4		84		
Folic acid.....mcg	18		0	NC	4		39		
Folate, food.....mcg	21		0		4		45		
Folate, DFE.....mcg_DFE	52		0	NC	4		111		
Vitamin B-12.....mcg	1.55		1		4		3.33		
Vitamin A, IU.....IU	25		1		4		54		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		3		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.582		1		1		12.001		
Fatty acids, total monounsaturated.....g	6.571		1		1		14.128		
Fatty acids, total polyunsaturated.....g	1.286		1		1		2.765		
Fatty acids, total trans.....g									
Cholesterol.....mg	48		1		4		103		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.179		0		1		0.385		
Threonine.....g	0.580		0		1		1.247		
Isoleucine.....g	0.623		0		1		1.339		
Leucine.....g	1.143		0		1		2.457		
Lysine.....g	1.062		0		1		2.283		
Methionine.....g	0.320		0		1		0.688		
Cystine.....g	0.162		0		1		0.348		

NDB No. 21111

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.589		0		1		1.266		
Tyrosine.....g	0.437		0		1		0.940		
Valine.....g	0.714		0		1		1.535		
Arginine.....g	0.914		0		1		1.965		
Histidine.....g	0.437		0		1		0.940		
Alanine.....g	0.873		0		1		1.877		
Aspartic acid.....g	1.231		0		1		2.647		
Glutamic acid.....g	2.759		0		1		5.932		
Glycine.....g	0.988		0		1		2.124		
Proline.....g	0.904		0		1		1.944		
Serine.....g	0.601		0		1		1.292		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 215g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21107

Fast foods, hamburger, regular, single patty, plain

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.062		0		1		5.456		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.639		2		1		0.575		
17:1.....g									
18:1 undifferentiated.....g	5.178		2		1		4.660		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.020		0		1		0.918		
18:2 undifferentiated.....g	0.938		2		1		0.844		
18:3 undifferentiated.....g	0.082		2		1		0.074		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	39	3.958	6		1		35		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.168		0		1		0.151		
Threonine.....g	0.513		0		1		0.462		
Isoleucine.....g	0.579		0		1		0.521		
Leucine.....g	1.049		0		1		0.944		
Lysine.....g	0.854		0		1		0.769		
Methionine.....g	0.282		0		1		0.254		
Cystine.....g	0.173		0		1		0.156		
Phenylalanine.....g	0.583		0		1		0.525		
Tyrosine.....g	0.391		0		1		0.352		
Valine.....g	0.674		0		1		0.607		
Arginine.....g	0.790		0		1		0.711		
Histidine.....g	0.384		0		1		0.346		
Alanine.....g	0.745		0		1		0.671		
Aspartic acid.....g	1.056		0		1		0.950		
Glutamic acid.....g	2.976		0		1		2.678		
Glycine.....g	0.840		0		1		0.756		
Proline.....g	0.997		0		1		0.897		
Serine.....g	0.540		0		1		0.486		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 90g: 1 sandwich

Calories Factors: Protein 4.07

Fat 8.81

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21108

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.91		0	MC	9		47.60		
Energy.....kcal	257		0	MC	9		272		
Energy.....kj	1075				9		1140		
Protein.....g	11.62		0	MC	9		12.32		
Total lipid (fat).....g	9.22		0	MC	9		9.77		
Ash.....g	2.10		0	MC	9		2.23		
Carbohydrate, by difference.....g	32.31		0	MC	9		34.25		
Fiber, total dietary.....g	2.2		0	MC	9		2.3		
Sugars, total.....g	6.32		0	MC	9		6.70		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	119		0	MC	9		126		
Iron, Fe.....mg	2.56		0	MC	9		2.71		
Magnesium, Mg.....mg	22		0	MC	9		23		
Phosphorus, P.....mg	108		0	MC	9		114		
Potassium, K.....mg	237		0	MC	9		251		
Sodium, Na.....mg	504		0	MC	9		534		
Zinc, Zn.....mg	2.12		0	MC	9		2.25		
Copper, Cu.....mg	0.173		0	MC	9		0.183		
Manganese, Mn.....mg	0.345		0	MC	9		0.366		
Selenium, Se.....mcg	19.5	1.085	38	A	1		20.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.1		0	MC	9		2.2		
Thiamin.....mg	0.274		0	MC	9		0.290		
Riboflavin.....mg	0.222		0	MC	9		0.235		
Niacin.....mg	3.690		0	MC	9		3.911		
Pantothenic acid.....mg	0.263		0	MC	9		0.279		
Vitamin B-6.....mg	0.111		0	MC	9		0.118		
Folate, total.....mcg	49		0	MC	9		52		
Folic acid.....mcg	30		0	RA	4		32		
Folate, food.....mcg	19		0	NC	4		20		
Folate, DFE.....mcg_DFE	70		0	NC	4		74		
Vitamin B-12.....mcg	1.03		0	MC	9		1.09		
Vitamin A, IU.....IU	70		0	MC	9		74		
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		4		
Retinol.....mcg	0		0	NC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.40		0		1		0.42		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.361		0	MC	9		3.563		
Fatty acids, total monounsaturated.....g	3.212		0	MC	9		3.405		
Fatty acids, total polyunsaturated.....g	0.948		0	MC	9		1.005		
Fatty acids, total trans.....g									
Cholesterol.....mg	28		0	MC	9		30		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 106g: 1 sandwich

NDB No. 21108

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21109

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	49.41	1.288	10		1		54.35		
Energy.....kcal	254		0		1		279		
Energy.....kj	1063				1		1169		
Protein (N x 6.03).....g	11.74	0.456	11		1		12.91		
Total lipid (fat).....g	12.25	0.577	11		1		13.48		
Ash.....g	1.78	0.064	10		1		1.96		
Carbohydrate, by difference.....g	24.81		0	NC	4		27.29		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	57	8.146	10		1		63		
Iron, Fe.....mg	2.39	0.127	10		1		2.63		
Magnesium, Mg.....mg	20	0.811	10		1		22		
Phosphorus, P.....mg	113	5.418	10		1		124		
Potassium, K.....mg	206	9.018	10		1		227		
Sodium, Na.....mg	458	21.438	11		1		504		
Zinc, Zn.....mg	1.87	0.113	10		1		2.06		
Copper, Cu.....mg	0.093	0.005	10		1		0.102		
Manganese, Mn.....mg	0.230		2		1		0.253		
Selenium, Se.....mcg	18.7		0	RK	4		20.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5		2		1		1.7		
Thiamin.....mg	0.210	0.012	10		1		0.231		
Riboflavin.....mg	0.180	0.036	10		1		0.198		
Niacin.....mg	3.350	0.343	10		1		3.685		
Pantothenic acid.....mg	0.270		2		1		0.297		
Vitamin B-6.....mg	0.110		2		1		0.121		
Folate, total.....mcg	47		0	RK	4		52		
Folic acid.....mcg	30		0	NC	4		33		
Folate, food.....mcg	17		2		1		19		
Folate, DFE.....mcg_DFE	68		0	NC	4		75		
Vitamin B-12.....mcg	0.80		2		1		0.88		
Vitamin A, IU.....IU	75		2		1		83		
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		4		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.755		1		1		4.131		
Fatty acids, total monounsaturated.....g	4.809		1		1		5.290		
Fatty acids, total polyunsaturated.....g	2.343		1		1		2.577		
Fatty acids, total trans.....g									
Cholesterol.....mg	24	1.528	3		1		26		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.142		0		1		0.156		
Threonine.....g	0.438		0		1		0.482		
Isoleucine.....g	0.495		0		1		0.545		
Leucine.....g	0.892		0		1		0.981		
Lysine.....g	0.726		0		1		0.799		
Methionine.....g	0.240		0		1		0.264		
Cystine.....g	0.148		0		1		0.163		

NDB No. 21109

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.499		0		1		0.549		
Tyrosine.....g	0.333		0		1		0.366		
Valine.....g	0.576		0		1		0.634		
Arginine.....g	0.672		0		1		0.739		
Histidine.....g	0.325		0		1		0.358		
Alanine.....g	0.633		0		1		0.696		
Aspartic acid.....g	0.917		0		1		1.009		
Glutamic acid.....g	2.579		0		1		2.837		
Glycine.....g	0.711		0		1		0.782		
Proline.....g	0.841		0		1		0.925		
Serine.....g	0.510		0		1		0.561		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 110g: 1 sandwich

Calories Factors: Protein 4.07

Fat 8.81

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21118
Fast foods, hotdog, plain

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.993		0		1		6.853		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.660		1		1		0.647		
17:1.....g									
18:1 undifferentiated.....g	6.333		1		1		6.206		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.741		0		1		1.706		
18:2 undifferentiated.....g	1.310		1		1		1.284		
18:3 undifferentiated.....g	0.432		1		1		0.423		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	45	2.739	5		1		44		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.098		0		1		0.096		
Threonine.....g	0.360		0		1		0.353		
Isoleucine.....g	0.453		0		1		0.444		
Leucine.....g	0.769		0		1		0.754		
Lysine.....g	0.641		0		1		0.628		
Methionine.....g	0.199		0		1		0.195		
Cystine.....g	0.147		0		1		0.144		
Phenylalanine.....g	0.417		0		1		0.409		
Tyrosine.....g	0.282		0		1		0.276		
Valine.....g	0.483		0		1		0.473		
Arginine.....g	0.666		0		1		0.653		
Histidine.....g	0.295		0		1		0.289		
Alanine.....g	0.598		0		1		0.586		
Aspartic acid.....g	0.872		0		1		0.855		
Glutamic acid.....g	2.385		0		1		2.337		
Glycine.....g	0.646		0		1		0.633		
Proline.....g	0.765		0		1		0.750		
Serine.....g	0.481		0		1		0.471		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 98g: 1 sandwich

Calories Factors: Protein 4.02

Fat 8.89

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21119
Fast foods, hotdog, with chili

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.785		0		1		6.595		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.409		2		1		0.466		
17:1.....g									
18:1 undifferentiated.....g	5.376		2		1		6.129		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.042		0		1		1.188		
18:2 undifferentiated.....g	0.918		2		1		1.047		
18:3 undifferentiated.....g	0.124		2		1		0.141		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	45		1		1		51		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.113		0		1		0.129		
Threonine.....g	0.408		0		1		0.465		
Isoleucine.....g	0.497		0		1		0.567		
Leucine.....g	0.853		0		1		0.972		
Lysine.....g	0.729		0		1		0.831		
Methionine.....g	0.222		0		1		0.253		
Cystine.....g	0.157		0		1		0.179		
Phenylalanine.....g	0.463		0		1		0.528		
Tyrosine.....g	0.315		0		1		0.359		
Valine.....g	0.534		0		1		0.609		
Arginine.....g	0.733		0		1		0.836		
Histidine.....g	0.326		0		1		0.372		
Alanine.....g	0.657		0		1		0.749		
Aspartic acid.....g	0.995		0		1		1.134		
Glutamic acid.....g	2.542		0		1		2.898		
Glycine.....g	0.709		0		1		0.808		
Proline.....g	0.797		0		1		0.909		
Serine.....g	0.525		0		1		0.599		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 114g: 1 sandwich

Calories Factors: Protein 3.9

Fat 8.92

Carbohydrate 3.97

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21120

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.205		0		1		9.109		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.506		1		1		0.886		
17:1.....g									
18:1 undifferentiated.....g	4.699		1		1		8.223		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.998		0		1		3.497		
18:2 undifferentiated.....g	1.581		1		1		2.767		
18:3 undifferentiated.....g	0.417		1		1		0.730		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	45		1		4		79		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.086		0		1		0.151		
Threonine.....g	0.363		0		1		0.635		
Isoleucine.....g	0.429		0		1		0.751		
Leucine.....g	0.808		0		1		1.414		
Lysine.....g	0.657		0		1		1.150		
Methionine.....g	0.208		0		1		0.364		
Cystine.....g	0.135		0		1		0.236		
Phenylalanine.....g	0.377		0		1		0.660		
Tyrosine.....g	0.317		0		1		0.555		
Valine.....g	0.458		0		1		0.802		
Arginine.....g	0.637		0		1		1.115		
Histidine.....g	0.290		0		1		0.508		
Alanine.....g	0.618		0		1		1.082		
Aspartic acid.....g	0.865		0		1		1.514		
Glutamic acid.....g	1.787		0		1		3.127		
Glycine.....g	0.578		0		1		1.012		
Proline.....g	0.610		0		1		1.068		
Serine.....g	0.448		0		1		0.784		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 175g: 1 sandwich

Calories Factors: Protein 4.03

Fat 8.92

Carbohydrate 4.01

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21129
Fast foods, hush puppies

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.024		0		1		7.819		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.238		1		1		0.186		
17:1.....g									
18:1 undifferentiated.....g	9.787		1		1		7.634		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.498		0		1		0.388		
18:2 undifferentiated.....g	0.461		1		1		0.360		
18:3 undifferentiated.....g	0.037		1		1		0.029		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	173		1		1		135		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.067		0		1		0.052		
Threonine.....g	0.258		0		1		0.201		
Isoleucine.....g	0.291		0		1		0.227		
Leucine.....g	0.667		0		1		0.520		
Lysine.....g	0.290		0		1		0.226		
Methionine.....g	0.153		0		1		0.119		
Cystine.....g	0.115		0		1		0.090		
Phenylalanine.....g	0.314		0		1		0.245		
Tyrosine.....g	0.258		0		1		0.201		
Valine.....g	0.363		0		1		0.283		
Arginine.....g	0.329		0		1		0.257		
Histidine.....g	0.173		0		1		0.135		
Alanine.....g	0.395		0		1		0.308		
Aspartic acid.....g	0.488		0		1		0.381		
Glutamic acid.....g	1.063		0		1		0.829		
Glycine.....g	0.223		0		1		0.174		
Proline.....g	0.454		0		1		0.354		
Serine.....g	0.350		0		1		0.273		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 78g: 5 pieces

Calories Factors: Protein 2.73

Fat 8.84

Carbohydrate 4.03

Food Group: 21 Fast Foods

NDB No. 21028

Fast foods, ice milk, vanilla, soft-serve, with cone

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.763		0		1		1.816		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.155		2		1		0.160		
17:1.....g									
18:1 undifferentiated.....g	1.516		2		1		1.561		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.348		0		1		0.358		
18:2 undifferentiated.....g	0.249		2		1		0.256		
18:3 undifferentiated.....g	0.074		2		1		0.076		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.025		2		1		0.026		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	27	6.883	3		1		28		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.050		0		1		0.052		
Threonine.....g	0.155		0		1		0.160		
Isoleucine.....g	0.207		0		1		0.213		
Leucine.....g	0.340		0		1		0.350		
Lysine.....g	0.260		0		1		0.268		
Methionine.....g	0.087		0		1		0.090		
Cystine.....g	0.039		0		1		0.040		
Phenylalanine.....g	0.176		0		1		0.181		
Tyrosine.....g	0.166		0		1		0.171		
Valine.....g	0.230		0		1		0.237		
Arginine.....g	0.133		0		1		0.137		
Histidine.....g	0.097		0		1		0.100		
Alanine.....g	0.123		0		1		0.127		
Aspartic acid.....g	0.259		0		1		0.267		
Glutamic acid.....g	0.817		0		1		0.842		
Glycine.....g	0.083		0		1		0.085		
Proline.....g	0.359		0		1		0.370		
Serine.....g	0.195		0		1		0.201		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	8		0	FLA	4		7.925		
Carotene, alpha.....mcg	0		0	FLA	4		0.004		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.006		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.059		

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Common Measures:

Measure 1 = 103g: 1 cone

NDB No. 21028

Fast foods, ice milk, vanilla, soft-serve, with cone

Calories Factors: Protein 4.2

Fat 8.78

Carbohydrate 3.88

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21078
Fast foods, nachos, with cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.074		0		1		7.994		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	7.074		3		1		7.994		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.976		0		1		2.233		
18:2 undifferentiated.....g	1.803		3		1		2.037		
18:3 undifferentiated.....g	0.173		3		1		0.195		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	16		2		1		18		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.068		0		1		0.077		
Threonine.....g	0.291		0		1		0.329		
Isoleucine.....g	0.333		0		1		0.376		
Leucine.....g	0.902		0		1		1.019		
Lysine.....g	0.332		0		1		0.375		
Methionine.....g	0.174		0		1		0.197		
Cystine.....g	0.114		0		1		0.129		
Phenylalanine.....g	0.391		0		1		0.442		
Tyrosine.....g	0.333		0		1		0.376		
Valine.....g	0.429		0		1		0.485		
Arginine.....g	0.372		0		1		0.420		
Histidine.....g	0.247		0		1		0.279		
Alanine.....g	0.493		0		1		0.557		
Aspartic acid.....g	0.540		0		1		0.610		
Glutamic acid.....g	1.588		0		1		1.794		
Glycine.....g	0.278		0		1		0.314		
Proline.....g	0.733		0		1		0.828		
Serine.....g	0.395		0		1		0.446		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 113g: 1 portion (6-8 nachos)

Calories Factors: Protein 3.73

Fat 8.48

Carbohydrate 4.15

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21079

Fast foods, nachos, with cheese and jalapeno peppers

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.061		0		1		14.404		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	7.061		3		1		14.404		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.973		0		1		4.025		
18:2 undifferentiated.....g	1.800		3		1		3.672		
18:3 undifferentiated.....g	0.173		3		1		0.353		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	41		2		1		84		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.074		0		1		0.151		
Threonine.....g	0.291		0		1		0.594		
Isoleucine.....g	0.365		0		1		0.745		
Leucine.....g	0.880		0		1		1.795		
Lysine.....g	0.398		0		1		0.812		
Methionine.....g	0.181		0		1		0.369		
Cystine.....g	0.102		0		1		0.208		
Phenylalanine.....g	0.398		0		1		0.812		
Tyrosine.....g	0.344		0		1		0.702		
Valine.....g	0.450		0		1		0.918		
Arginine.....g	0.357		0		1		0.728		
Histidine.....g	0.256		0		1		0.522		
Alanine.....g	0.443		0		1		0.904		
Aspartic acid.....g	0.541		0		1		1.104		
Glutamic acid.....g	1.690		0		1		3.448		
Glycine.....g	0.249		0		1		0.508		
Proline.....g	0.767		0		1		1.565		
Serine.....g	0.409		0		1		0.834		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 204g: 1 portion (6-8 nachos)

Calories Factors: Protein 3.9

Fat 8.57

Carbohydrate 4.14

Food Group: 21 Fast Foods

NDB No. 21080

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.306		0		1		10.980		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	4.306		1		1		10.980		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.231		0		1		5.689		
18:2 undifferentiated.....g	2.138		1		1		5.452		
18:3 undifferentiated.....g	0.093		1		1		0.237		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	8		2		1		20		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0		1		0.196		
Threonine.....g	0.279		0		1		0.711		
Isoleucine.....g	0.347		0		1		0.885		
Leucine.....g	0.750		0		1		1.913		
Lysine.....g	0.438		0		1		1.117		
Methionine.....g	0.166		0		1		0.423		
Cystine.....g	0.086		0		1		0.219		
Phenylalanine.....g	0.360		0		1		0.918		
Tyrosine.....g	0.301		0		1		0.768		
Valine.....g	0.414		0		1		1.056		
Arginine.....g	0.358		0		1		0.913		
Histidine.....g	0.235		0		1		0.599		
Alanine.....g	0.390		0		1		0.995		
Aspartic acid.....g	0.575		0		1		1.466		
Glutamic acid.....g	1.523		0		1		3.884		
Glycine.....g	0.268		0		1		0.683		
Proline.....g	0.640		0		1		1.632		
Serine.....g	0.374		0		1		0.954		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 255g: 1 portion (6-8 nachos)

Calories Factors: Protein 3.83

Fat 8.53

Carbohydrate 4.13

Food Group: 21 Fast Foods

NDB No. 21081

Fast foods, nachos, with cinnamon and sugar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.864		0		1		11.842		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	10.864		1		1		11.842		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.786		0		1		4.127		
18:2 undifferentiated.....g	3.786		1		1		4.127		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	36		1		1		39		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.047		0		1		0.051		
Threonine.....g	0.248		0		1		0.270		
Isoleucine.....g	0.236		0		1		0.257		
Leucine.....g	0.809		0		1		0.882		
Lysine.....g	0.186		0		1		0.203		
Methionine.....g	0.138		0		1		0.150		
Cystine.....g	0.119		0		1		0.130		
Phenylalanine.....g	0.324		0		1		0.353		
Tyrosine.....g	0.269		0		1		0.293		
Valine.....g	0.335		0		1		0.365		
Arginine.....g	0.329		0		1		0.359		
Histidine.....g	0.202		0		1		0.220		
Alanine.....g	0.494		0		1		0.538		
Aspartic acid.....g	0.459		0		1		0.500		
Glutamic acid.....g	1.238		0		1		1.349		
Glycine.....g	0.271		0		1		0.295		
Proline.....g	0.576		0		1		0.628		
Serine.....g	0.313		0		1		0.341		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 109g: 1 portion (6-8 nachos)

Calories Factors: Protein 3.45

Fat 8.49

Carbohydrate 4.13

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21130

Fast foods, onion rings, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.013		0		1		6.651		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.227		1		1		0.188		
17:1.....g									
18:1 undifferentiated.....g	7.786		1		1		6.462		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.801		0		1		0.665		
18:2 undifferentiated.....g	0.672		1		1		0.558		
18:3 undifferentiated.....g	0.129		1		1		0.107		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	17	5.154	5		1		14		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.059		0		1		0.049		
Threonine.....g	0.126		0		1		0.105		
Isoleucine.....g	0.178		0		1		0.148		
Leucine.....g	0.292		0		1		0.242		
Lysine.....g	0.126		0		1		0.105		
Methionine.....g	0.068		0		1		0.056		
Cystine.....g	0.090		0		1		0.075		
Phenylalanine.....g	0.203		0		1		0.168		
Tyrosine.....g	0.131		0		1		0.109		
Valine.....g	0.181		0		1		0.150		
Arginine.....g	0.271		0		1		0.225		
Histidine.....g	0.091		0		1		0.076		
Alanine.....g	0.144		0		1		0.120		
Aspartic acid.....g	0.205		0		1		0.170		
Glutamic acid.....g	1.375		0		1		1.141		
Glycine.....g	0.164		0		1		0.136		
Proline.....g	0.435		0		1		0.361		
Serine.....g	0.214		0		1		0.178		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 83g: 1 portion (8-9 onion rings)

Calories Factors: Protein 3.7

Fat 8.8

Carbohydrate 4

Food Group: 21 Fast Foods

NDB No. 21048

Fast foods, oysters, battered or breaded, and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	47.97	4.368	3		1		66.68		
Energy.....kcal	265		0	NC	4		368		
Energy.....kj	1109				4		1541		
Protein (N x 6.17).....g	9.02	0.957	6		1		12.54		
Total lipid (fat).....g	12.90	0.491	3		1		17.93		
Ash.....g	1.41		2		1		1.96		
Carbohydrate, by difference.....g	28.69		0	NC	4		39.88		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20	2.134	4		1		28		
Iron, Fe.....mg	3.21	0.201	4		1		4.46		
Magnesium, Mg.....mg	17	3.177	4		1		24		
Phosphorus, P.....mg	141	6.566	4		1		196		
Potassium, K.....mg	131		2		1		182		
Sodium, Na.....mg	487	185.100	4		1		677		
Zinc, Zn.....mg	11.25	4.014	4		1		15.64		
Copper, Cu.....mg	0.573	0.162	3		1		0.796		
Manganese, Mn.....mg	0.305	0.070	4		1		0.424		
Selenium, Se.....mcg	66.3		0	RK	4		92.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.0		1		4		4.2		
Thiamin.....mg	0.220		1		4		0.306		
Riboflavin.....mg	0.250		1		4		0.348		
Niacin.....mg	3.180		1		4		4.420		
Pantothenic acid.....mg	0.760		1		1		1.056		
Vitamin B-6.....mg	0.020		1		1		0.028		
Folate, total.....mcg	22		0	RK	4		31		
Folic acid.....mcg	13		0	NC	4		18		
Folate, food.....mcg	9		1		1		13		
Folate, DFE.....mcg_DFE	31		0	NC	4		43		
Vitamin B-12.....mcg	0.73		1		1		1.01		
Vitamin A, IU.....IU	261		1		4		363		
Vitamin A, RAE.....mcg_RAE	78		0	NC	4		108		
Retinol.....mcg	78		0	NC	4		108		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.294		1		1		4.579		
Fatty acids, total monounsaturated.....g	4.979		1		1		6.921		
Fatty acids, total polyunsaturated.....g	3.337		1		1		4.638		
Fatty acids, total trans.....g									
Cholesterol.....mg	78		1		4		108		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.107		0		1		0.149		
Threonine.....g	0.338		0		1		0.470		
Isoleucine.....g	0.380		0		1		0.528		
Leucine.....g	0.633		0		1		0.880		
Lysine.....g	0.490		0		1		0.681		
Methionine.....g	0.192		0		1		0.267		
Cystine.....g	0.148		0		1		0.206		

NDB No. 21048

Fast foods, oysters, battered or breaded, and fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.382		0		1		0.531		
Tyrosine.....g	0.279		0		1		0.388		
Valine.....g	0.412		0		1		0.573		
Arginine.....g	0.532		0		1		0.739		
Histidine.....g	0.184		0		1		0.256		
Alanine.....g	0.445		0		1		0.619		
Aspartic acid.....g	0.692		0		1		0.962		
Glutamic acid.....g	1.803		0		1		2.506		
Glycine.....g	0.442		0		1		0.614		
Proline.....g	0.588		0		1		0.817		
Serine.....g	0.443		0		1		0.616		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 139g: 6 pieces

Calories Factors: Protein 4.18

Fat 8.94

Carbohydrate 3.9

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21025

Fast foods, pancakes with butter and syrup

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.271		0		1		5.269		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.081		2		1		0.188		
17:1.....g									
18:1 undifferentiated.....g	2.138		2		1		4.960		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.844		0		1		1.958		
18:2 undifferentiated.....g	0.753		2		1		1.747		
18:3 undifferentiated.....g	0.064		2		1		0.148		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.027		2		1		0.063		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	25	3.560	5		1		58		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.044		0		1		0.102		
Threonine.....g	0.131		0		1		0.304		
Isoleucine.....g	0.166		0		1		0.385		
Leucine.....g	0.307		0		1		0.712		
Lysine.....g	0.181		0		1		0.420		
Methionine.....g	0.075		0		1		0.174		
Cystine.....g	0.055		0		1		0.128		
Phenylalanine.....g	0.173		0		1		0.401		
Tyrosine.....g	0.137		0		1		0.318		
Valine.....g	0.195		0		1		0.452		
Arginine.....g	0.151		0		1		0.350		
Histidine.....g	0.089		0		1		0.206		
Alanine.....g	0.140		0		1		0.325		
Aspartic acid.....g	0.233		0		1		0.541		
Glutamic acid.....g	0.868		0		1		2.014		
Glycine.....g	0.110		0		1		0.255		
Proline.....g	0.340		0		1		0.789		
Serine.....g	0.180		0		1		0.418		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 232g: 2 cakes

Calories Factors: Protein 4.04

Fat 8.8

Carbohydrate 3.99

Food Group: 21 Fast Foods

NDB No. 21131

Fast foods, potato, baked and topped with cheese sauce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.75		1		4		194.62		
Energy.....kcal	160		0		1		474		
Energy.....kj	669				1		1982		
Protein (N x 6.35).....g	4.94		1		1		14.62		
Total lipid (fat).....g	9.71		1		1		28.74		
Ash.....g	1.72		1		4		5.09		
Carbohydrate, by difference.....g	15.71		0	NC	4		46.50		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	105		1		4		311		
Iron, Fe.....mg	1.02		1		4		3.02		
Magnesium, Mg.....mg	22		1		4		65		
Phosphorus, P.....mg	108		1		4		320		
Potassium, K.....mg	394		1		1		1166		
Sodium, Na.....mg	129		1		1		382		
Zinc, Zn.....mg	0.64		1		4		1.89		
Copper, Cu.....mg	0.213		1		4		0.630		
Manganese, Mn.....mg	0.174		1		4		0.515		
Selenium, Se.....mcg	2.6		0	RK	4		7.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	8.8		1		4		26.0		
Thiamin.....mg	0.080		1		4		0.237		
Riboflavin.....mg	0.070		1		4		0.207		
Niacin.....mg	1.130		1		4		3.345		
Pantothenic acid.....mg	0.440		1		4		1.302		
Vitamin B-6.....mg	0.240		1		4		0.710		
Folate, total.....mcg	9		1		4		27		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	9		1		4		27		
Folate, DFE.....mcg_DFE	9		0	NC	4		27		
Vitamin B-12.....mcg	0.06		1		4		0.18		
Vitamin A, IU.....IU	282		1		4		835		
Vitamin A, RAE.....mcg_RAE	85		0	NC	4		252		
Retinol.....mcg	85		0	NC	4		252		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.567		1		1		10.558		
Fatty acids, total monounsaturated.....g	3.615		1		1		10.700		
Fatty acids, total polyunsaturated.....g	2.042		1		1		6.044		
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1		1		18		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.064		0		1		0.189		
Threonine.....g	0.167		0		1		0.494		
Isoleucine.....g	0.256		0		1		0.758		
Leucine.....g	0.391		0		1		1.157		
Lysine.....g	0.353		0		1		1.045		
Methionine.....g	0.106		0		1		0.314		
Cystine.....g	0.035		0		1		0.104		

NDB No. 21131

Fast foods, potato, baked and topped with cheese sauce

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.233		0		1		0.690		
Tyrosine.....g	0.208		0		1		0.616		
Valine.....g	0.295		0		1		0.873		
Arginine.....g	0.189		0		1		0.559		
Histidine.....g	0.143		0		1		0.423		
Alanine.....g	0.136		0		1		0.403		
Aspartic acid.....g	0.579		0		1		1.714		
Glutamic acid.....g	1.020		0		1		3.019		
Glycine.....g	0.100		0		1		0.296		
Proline.....g	0.406		0		1		1.202		
Serine.....g	0.249		0		1		0.737		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 296g: 1 piece

Calories Factors: Protein 3.97

Fat 8.82

Carbohydrate 3.51

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21132

Fast foods, potato, baked and topped with cheese sauce and bacon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.02		1		4		194.41		
Energy.....kcal	151		0		1		451		
Energy.....kj	632				1		1889		
Protein (N x 6.24).....g	6.16		2		1		18.42		
Total lipid (fat).....g	8.66		2		1		25.89		
Ash.....g	1.72		1		4		5.14		
Carbohydrate, by difference.....g	14.86		2		9		44.43		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	103		1		4		308		
Iron, Fe.....mg	1.05		1		4		3.14		
Magnesium, Mg.....mg	23		1		4		69		
Phosphorus, P.....mg	116		1		4		347		
Potassium, K.....mg	394		1		1		1178		
Sodium, Na.....mg	325		2		1		972		
Zinc, Zn.....mg	0.72		1		4		2.15		
Copper, Cu.....mg	0.216		1		4		0.646		
Manganese, Mn.....mg	0.169		1		4		0.505		
Selenium, Se.....mcg	3.2		0	RK	4		9.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	9.6		1		4		28.7		
Thiamin.....mg	0.090		1		4		0.269		
Riboflavin.....mg	0.080		1		4		0.239		
Niacin.....mg	1.330		1		4		3.977		
Pantothenic acid.....mg	0.430		1		4		1.286		
Vitamin B-6.....mg	0.250		1		4		0.748		
Folate, total.....mcg	10		1		4		30		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	10		1		4		30		
Folate, DFE.....mcg_DFE	10		0	NC	4		30		
Vitamin B-12.....mcg	0.11		1		4		0.33		
Vitamin A, IU.....IU	210		1		4		628		
Vitamin A, RAE.....mcg_RAE	63		0	NC	4		188		
Retinol.....mcg	63		0	NC	4		188		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.389		1		1		10.133		
Fatty acids, total monounsaturated.....g	3.249		1		1		9.715		
Fatty acids, total polyunsaturated.....g	1.589		1		1		4.751		
Fatty acids, total trans.....g									
Cholesterol.....mg	10		2		1		30		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.078		0		1		0.233		
Threonine.....g	0.216		0		1		0.646		
Isoleucine.....g	0.314		0		1		0.939		
Leucine.....g	0.486		0		1		1.453		
Lysine.....g	0.450		0		1		1.346		
Methionine.....g	0.135		0		1		0.404		
Cystine.....g	0.047		0		1		0.141		

NDB No. 21132

Fast foods, potato, baked and topped with cheese sauce and bacon

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.286		0		1		0.855		
Tyrosine.....g	0.251		0		1		0.750		
Valine.....g	0.363		0		1		1.085		
Arginine.....g	0.260		0		1		0.777		
Histidine.....g	0.181		0		1		0.541		
Alanine.....g	0.198		0		1		0.592		
Aspartic acid.....g	0.701		0		1		2.096		
Glutamic acid.....g	1.227		0		1		3.669		
Glycine.....g	0.174		0		1		0.520		
Proline.....g	0.487		0		1		1.456		
Serine.....g	0.304		0		1		0.909		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 299g: 1 piece

Calories Factors: Protein 3.77

Fat 8.75

Carbohydrate 3.49

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21133

Fast foods, potato, baked and topped with cheese sauce and broccoli

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.04		1		4		237.44		
Energy.....kcal	119		0		1		403		
Energy.....kj	498				1		1688		
Protein (N x 6.33).....g	4.03		2		1		13.66		
Total lipid (fat).....g	6.32		2		1		21.42		
Ash.....g	1.61		1		4		5.46		
Carbohydrate, by difference.....g	13.74		2		9		46.58		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	99		1		4		336		
Iron, Fe.....mg	0.98		1		4		3.32		
Magnesium, Mg.....mg	23		1		4		78		
Phosphorus, P.....mg	102		1		4		346		
Potassium, K.....mg	425		1		1		1441		
Sodium, Na.....mg	143		2		1		485		
Zinc, Zn.....mg	0.60		1		4		2.03		
Copper, Cu.....mg	0.191		1		4		0.647		
Manganese, Mn.....mg	0.237		1		4		0.803		
Selenium, Se.....mcg	1.7		0	RK	4		5.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	14.3		1		4		48.5		
Thiamin.....mg	0.080		1		4		0.271		
Riboflavin.....mg	0.080		1		4		0.271		
Niacin.....mg	1.060		1		4		3.593		
Pantothenic acid.....mg	0.420		1		4		1.424		
Vitamin B-6.....mg	0.230		1		4		0.780		
Folate, total.....mcg	18		1		4		61		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	18		1		4		61		
Folate, DFE.....mcg_DFE	18		0	NC	4		61		
Vitamin B-12.....mcg	0.10		1		4		0.34		
Vitamin A, IU.....IU	500		1		4		1695		
Vitamin A, RAE.....mcg_RAE	79		0	NC	4		268		
Retinol.....mcg	65		0	NC	4		220		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.511		1		1		8.512		
Fatty acids, total monounsaturated.....g	2.265		1		1		7.678		
Fatty acids, total polyunsaturated.....g	1.232		1		1		4.176		
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1		1		20		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.051		0		1		0.173		
Threonine.....g	0.136		0		1		0.461		
Isoleucine.....g	0.203		0		1		0.688		
Leucine.....g	0.305		0		1		1.034		
Lysine.....g	0.279		0		1		0.946		
Methionine.....g	0.083		0		1		0.281		
Cystine.....g	0.029		0		1		0.098		

NDB No. 21133

Fast foods, potato, baked and topped with cheese sauce and broccoli

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.183		0		1		0.620		
Tyrosine.....g	0.161		0		1		0.546		
Valine.....g	0.235		0		1		0.797		
Arginine.....g	0.160		0		1		0.542		
Histidine.....g	0.112		0		1		0.380		
Alanine.....g	0.117		0		1		0.397		
Aspartic acid.....g	0.456		0		1		1.546		
Glutamic acid.....g	0.801		0		1		2.715		
Glycine.....g	0.087		0		1		0.295		
Proline.....g	0.314		0		1		1.064		
Serine.....g	0.197		0		1		0.668		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 339g: 1 piece

Calories Factors: Protein 3.69

Fat 8.82

Carbohydrate 3.49

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21134

Fast foods, potato, baked and topped with cheese sauce and chili

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.08		1		4		276.82		
Energy.....kcal	122		0		1		482		
Energy.....kj	510				1		2016		
Protein (N x 6.35).....g	5.88		2		1		23.23		
Total lipid (fat).....g	5.53		2		1		21.84		
Ash.....g	1.79		1		4		7.07		
Carbohydrate, by difference.....g	14.14		2		9		55.85		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	104		1		4		411		
Iron, Fe.....mg	1.55		1		4		6.12		
Magnesium, Mg.....mg	28		1		4		111		
Phosphorus, P.....mg	126		1		4		498		
Potassium, K.....mg	398		1		1		1572		
Sodium, Na.....mg	177		2		1		699		
Zinc, Zn.....mg	0.96		1		4		3.79		
Copper, Cu.....mg	0.209		1		4		0.826		
Manganese, Mn.....mg	0.171		1		4		0.675		
Selenium, Se.....mcg	1.4		0	RK	4		5.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	8.0		1		4		31.6		
Thiamin.....mg	0.070		1		4		0.277		
Riboflavin.....mg	0.090		1		4		0.356		
Niacin.....mg	1.060		1		4		4.187		
Pantothenic acid.....mg	0.650		1		4		2.568		
Vitamin B-6.....mg	0.240		1		4		0.948		
Folate, total.....mcg	12		0	RK	4		47		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	12		0	RK	4		47		
Folate, DFE.....mcg_DFE	12		0	NC	4		47		
Vitamin B-12.....mcg	0.06		1		4		0.24		
Vitamin A, IU.....IU	194		1		4		766		
Vitamin A, RAE.....mcg_RAE	47		0	NC	4		186		
Retinol.....mcg	45		0	NC	4		178		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.300		1		1		13.035		
Fatty acids, total monounsaturated.....g	1.731		1		1		6.837		
Fatty acids, total polyunsaturated.....g	0.227		1		1		0.897		
Fatty acids, total trans.....g									
Cholesterol.....mg	8		2		1		32		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.074		0		1		0.292		
Threonine.....g	0.205		0		1		0.810		
Isoleucine.....g	0.292		0		1		1.153		
Leucine.....g	0.461		0		1		1.821		
Lysine.....g	0.423		0		1		1.671		
Methionine.....g	0.124		0		1		0.490		
Cystine.....g	0.045		0		1		0.178		

NDB No. 21134

Fast foods, potato, baked and topped with cheese sauce and chili

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.269		0		1		1.063		
Tyrosine.....g	0.231		0		1		0.912		
Valine.....g	0.336		0		1		1.327		
Arginine.....g	0.252		0		1		0.995		
Histidine.....g	0.170		0		1		0.672		
Alanine.....g	0.193		0		1		0.762		
Aspartic acid.....g	0.663		0		1		2.619		
Glutamic acid.....g	1.177		0		1		4.649		
Glycine.....g	0.163		0		1		0.644		
Proline.....g	0.442		0		1		1.746		
Serine.....g	0.286		0		1		1.130		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 395g: 1 piece

Calories Factors: Protein 3.97

Fat 8.81

Carbohydrate 3.51

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21135

Fast foods, potato, baked and topped with sour cream and chives

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.45		1		4		209.74		
Energy.....kcal	130		0		1		393		
Energy.....kj	544				1		1643		
Protein (N x 6.29).....g	2.21		2		1		6.67		
Total lipid (fat).....g	7.39		2		1		22.32		
Ash.....g	1.42		1		4		4.29		
Carbohydrate, by difference.....g	16.56		2		9		50.01		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		1		4		106		
Iron, Fe.....mg	1.03		1		4		3.11		
Magnesium, Mg.....mg	23		1		4		69		
Phosphorus, P.....mg	61		1		4		184		
Potassium, K.....mg	458		1		1		1383		
Sodium, Na.....mg	60		2		1		181		
Zinc, Zn.....mg	0.30		1		4		0.91		
Copper, Cu.....mg	0.227		1		4		0.686		
Manganese, Mn.....mg	0.192		1		4		0.580		
Selenium, Se.....mcg	1.1		0	RK	4		3.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	11.2		1		4		33.8		
Thiamin.....mg	0.090		1		4		0.272		
Riboflavin.....mg	0.060		1		4		0.181		
Niacin.....mg	1.230		1		4		3.715		
Pantothenic acid.....mg	0.490		1		4		1.480		
Vitamin B-6.....mg	0.260		1		4		0.785		
Folate, total.....mcg	11		1		4		33		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	11		1		4		33		
Folate, DFE.....mcg_DFE	11		0	NC	4		33		
Vitamin B-12.....mcg	0.07		1		4		0.21		
Vitamin A, IU.....IU	446		1		4		1347		
Vitamin A, RAE.....mcg_RAE	88		0	NC	4		264		
Retinol.....mcg	78		0	NC	4		236		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.315		1		1		10.011		
Fatty acids, total monounsaturated.....g	2.607		1		1		7.873		
Fatty acids, total polyunsaturated.....g	1.098		1		1		3.316		
Fatty acids, total trans.....g									
Cholesterol.....mg	8		2		1		24		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.033		0		1		0.100		
Threonine.....g	0.085		0		1		0.257		
Isoleucine.....g	0.101		0		1		0.305		
Leucine.....g	0.155		0		1		0.468		
Lysine.....g	0.144		0		1		0.435		
Methionine.....g	0.040		0		1		0.121		
Cystine.....g	0.026		0		1		0.079		

NDB No. 21135

Fast foods, potato, baked and topped with sour cream and chives

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.099		0		1		0.299		
Tyrosine.....g	0.087		0		1		0.263		
Valine.....g	0.129		0		1		0.390		
Arginine.....g	0.096		0		1		0.290		
Histidine.....g	0.051		0		1		0.154		
Alanine.....g	0.070		0		1		0.211		
Aspartic acid.....g	0.422		0		1		1.274		
Glutamic acid.....g	0.394		0		1		1.190		
Glycine.....g	0.061		0		1		0.184		
Proline.....g	0.118		0		1		0.356		
Serine.....g	0.102		0		1		0.308		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 302g: 1 piece

Calories Factors: Protein 3.23

Fat 8.82

Carbohydrate 3.5

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Fast foods, potato, french fried in vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.017	0.001	12	A	1		0.029	0.023	0.015
15:0.....g									
16:0.....g	2.001	0.037	12	A	1		3.382	2.682	1.701
17:0.....g	0.020	0.001	12	A	1		0.034	0.027	0.017
18:0.....g	1.766	0.035	12	A	1		2.984	2.366	1.501
20:0.....g	0.076	0.002	12	A	1		0.129	0.102	0.065
22:0.....g	0.057	0.002	12	A	1		0.096	0.076	0.048
24:0.....g	0.027	0.001	12	A	1		0.046	0.037	0.023
Fatty acids, total monounsaturated.....g	9.906		0	NC	4		16.740	13.274	8.420
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0	AS	1		0.024	0.019	0.012
16:1 c.....g	0.014	0.001	12	A	1		0.024	0.019	0.012
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	9.875		0	AS	1		16.689	13.233	8.394
18:1 c.....g	6.112	0.133	12	A	1		10.328	8.189	5.195
18:1 t.....g	3.764	0.073	12	A	1		6.360	5.043	3.199
20:1.....g	0.016	0.001	12	A	1		0.028	0.022	0.014
22:1 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.999		0	NC	4		5.068	4.019	2.549
18:2 undifferentiated.....g	2.831		0	AS	1		4.784	3.793	2.406
18:2 n-6 c,c.....g	2.195	0.134	12	A	1		3.710	2.941	1.866
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.636	0.027	12	A	1		1.074	0.852	0.540
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.168	0.021	4	JA	6		0.284	0.225	0.143
18:4.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	4.399		0	NC	4		7.435	5.895	3.739
Fatty acids, total trans-monoenoic.....g	3.764		0	NC	4		6.360	5.043	3.199
Fatty acids, total trans-polyenoic.....g	0.636		0	NC	4		1.074	0.852	0.540
Cholesterol.....mg	0		1	A	1		0	0	0
Phytosterols.....mg	0		0	Z	7		0	0	0
Amino Acids:									
Tryptophan.....g	0.038		0	A	1		0.065	0.051	0.032
Threonine.....g	0.120		0	A	1		0.203	0.161	0.102
Isoleucine.....g	0.120		0	A	1		0.202	0.160	0.102
Leucine.....g	0.188		0	A	1		0.318	0.252	0.160
Lysine.....g	0.225		0	A	1		0.380	0.301	0.191
Methionine.....g	0.058		0	A	1		0.098	0.078	0.049
Cystine.....g	0.033		0	A	1		0.055	0.044	0.028
Phenylalanine.....g	0.206		0	A	1		0.349	0.276	0.175
Tyrosine.....g	0.087		0	A	1		0.146	0.116	0.074
Valine.....g	0.178		0	A	1		0.301	0.239	0.151
Arginine.....g	0.179		0	A	1		0.303	0.240	0.152
Histidine.....g	0.066		0	A	1		0.112	0.089	0.056
Alanine.....g	0.119		0	A	1		0.200	0.159	0.101
Aspartic acid.....g	0.765		0	A	1		1.292	1.025	0.650
Glutamic acid.....g	0.586		0	A	1		0.990	0.785	0.498
Glycine.....g	0.103		0	A	1		0.174	0.138	0.088
Proline.....g	0.126		0	A	1		0.213	0.169	0.107
Serine.....g	0.125		0	A	1		0.211	0.167	0.106
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	0.000

NDB No. 21138

Fast foods, potato, french fried in vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		2	A	1		0.000	0.000	0.000
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		2	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	27		2	A	1		44.785	35.510	22.525

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Common Measures:

Measure 1 = 169g: 1 large

Measure 2 = 134g: 1 medium

Measure 3 = 85g: 1 small

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21139
Fast foods, potato, 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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.21	2.476	6		1		63.37		
Energy.....kcal	83		0		1		66		
Energy.....kj	347				1		278		
Protein (N x 6.25).....g	2.31	0.058	3		1		1.85		
Total lipid (fat).....g	1.21	0.211	3		1		0.97		
Ash.....g	1.15	0.171	4		1		0.92		
Carbohydrate, by difference.....g	16.12		0	NC	4		12.90		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21	1.757	5		1		17		
Iron, Fe.....mg	0.47	0.067	5		1		0.38		
Magnesium, Mg.....mg	18	2.842	4		1		14		
Phosphorus, P.....mg	55		2		1		44		
Potassium, K.....mg	294	46.256	4		1		235		
Sodium, Na.....mg	227	54.694	7		1		182		
Zinc, Zn.....mg	0.32	0.035	4		1		0.26		
Copper, Cu.....mg	0.097	0.020	4		1		0.078		
Manganese, Mn.....mg	0.117	0.011	4		1		0.094		
Selenium, Se.....mcg	0.5		0	BFZN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		2		1		0.3		
Thiamin.....mg	0.090		1		4		0.072		
Riboflavin.....mg	0.050		1		1		0.040		
Niacin.....mg	1.200		1		1		0.960		
Pantothenic acid.....mg	0.480		1		4		0.384		
Vitamin B-6.....mg	0.230		1		4		0.184		
Folate, total.....mcg	8		1		4		6		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	8		1		4		6		
Folate, DFE.....mcg_DFE	8		0	NC	4		6		
Vitamin B-12.....mcg	0.05		1		4		0.04		
Vitamin A, IU.....IU	41		1		4		33		
Vitamin A, RAE.....mcg_RAE	11		0	NC	4		8		
Retinol.....mcg	10		0	NC	4		8		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.479		1		1		0.383		
Fatty acids, total monounsaturated.....g	0.351		1		1		0.281		
Fatty acids, total polyunsaturated.....g	0.292		1		1		0.234		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1		4		2		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.035		0		1		0.028		
Threonine.....g	0.088		0		1		0.070		
Isoleucine.....g	0.104		0		1		0.083		
Leucine.....g	0.159		0		1		0.127		
Lysine.....g	0.149		0		1		0.119		
Methionine.....g	0.042		0		1		0.034		
Cystine.....g	0.027		0		1		0.022		

NDB No. 21139
Fast foods, potato, mashed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.104		0		1		0.083		
Tyrosine.....g	0.091		0		1		0.073		
Valine.....g	0.135		0		1		0.108		
Arginine.....g	0.100		0		1		0.080		
Histidine.....g	0.053		0		1		0.042		
Alanine.....g	0.072		0		1		0.058		
Aspartic acid.....g	0.462		0		1		0.370		
Glutamic acid.....g	0.407		0		1		0.326		
Glycine.....g	0.063		0		1		0.050		
Proline.....g	0.117		0		1		0.094		
Serine.....g	0.106		0		1		0.085		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 80g: .333 cup

Calories Factors: Protein 2.78 Fat 8.84 Carbohydrate 4.03

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21026

Fast foods, potatoes, hashed brown

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.359		0		1		3.858		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.501		1		1		0.361		
17:1.....g									
18:1 undifferentiated.....g	4.731		1		1		3.406		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.653		0		1		0.470		
18:2 undifferentiated.....g	0.556		1		1		0.400		
18:3 undifferentiated.....g	0.095		1		1		0.068		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		1		1		0.001		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	13		1		1		9		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.036		0		1		0.026		
Threonine.....g	0.123		0		1		0.089		
Isoleucine.....g	0.116		0		1		0.084		
Leucine.....g	0.163		0		1		0.117		
Lysine.....g	0.143		0		1		0.103		
Methionine.....g	0.030		0		1		0.022		
Cystine.....g	0.017		0		1		0.012		
Phenylalanine.....g	0.115		0		1		0.083		
Tyrosine.....g	0.068		0		1		0.049		
Valine.....g	0.137		0		1		0.099		
Arginine.....g	0.128		0		1		0.092		
Histidine.....g	0.045		0		1		0.032		
Alanine.....g	0.093		0		1		0.067		
Aspartic acid.....g	0.626		0		1		0.451		
Glutamic acid.....g	0.422		0		1		0.304		
Glycine.....g	0.098		0		1		0.071		
Proline.....g	0.087		0		1		0.063		
Serine.....g	0.097		0		1		0.070		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 72g: .5 cup

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 21 Fast Foods

NDB No. 21121

Fast foods, roast beef sandwich, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.895		0		1		6.804		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.635		1		1		0.883		
17:1.....g									
18:1 undifferentiated.....g	4.260		1		1		5.921		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.227		0		1		1.706		
18:2 undifferentiated.....g	1.101		1		1		1.530		
18:3 undifferentiated.....g	0.125		1		1		0.174		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	37	1.417	7		1		51		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.176		0		1		0.245		
Threonine.....g	0.629		0		1		0.874		
Isoleucine.....g	0.679		0		1		0.944		
Leucine.....g	1.191		0		1		1.655		
Lysine.....g	1.111		0		1		1.544		
Methionine.....g	0.366		0		1		0.509		
Cystine.....g	0.191		0		1		0.265		
Phenylalanine.....g	0.634		0		1		0.881		
Tyrosine.....g	0.489		0		1		0.680		
Valine.....g	0.755		0		1		1.049		
Arginine.....g	0.908		0		1		1.262		
Histidine.....g	0.489		0		1		0.680		
Alanine.....g	0.855		0		1		1.188		
Aspartic acid.....g	1.291		0		1		1.794		
Glutamic acid.....g	2.813		0		1		3.910		
Glycine.....g	0.795		0		1		1.105		
Proline.....g	0.875		0		1		1.216		
Serine.....g	0.629		0		1		0.874		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 139g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.95

Carbohydrate 3.95

Food Group: 21 Fast Foods

NDB No. 21052

Fast foods, salad, vegetable, tossed, without dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	95.51		1		1		197.71	99.33	
Energy.....kcal	16		0	NC	4		33	17	
Energy.....kj	67				4		139	70	
Protein (N x 6.25).....g	1.25		2		1		2.59	1.30	
Total lipid (fat).....g	0.07	0.041	3		1		0.14	0.07	
Ash.....g	0.53		1		4		1.10	0.55	
Carbohydrate, by difference.....g	3.22		2		9		6.67	3.35	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		2		1		27	14	
Iron, Fe.....mg	0.63		2		1		1.30	0.66	
Magnesium, Mg.....mg	11		1		4		23	11	
Phosphorus, P.....mg	39		1		1		81	41	
Potassium, K.....mg	172		2		1		356	179	
Sodium, Na.....mg	26		2		1		54	27	
Zinc, Zn.....mg	0.21		1		4		0.43	0.22	
Copper, Cu.....mg	0.050		1		4		0.104	0.052	
Manganese, Mn.....mg	0.147		1		4		0.304	0.153	
Selenium, Se.....mcg	0.4		0	RK	4		0.8	0.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	23.2		2		1		48.0	24.1	
Thiamin.....mg	0.030		2		1		0.062	0.031	
Riboflavin.....mg	0.050		2		1		0.104	0.052	
Niacin.....mg	0.550		2		1		1.139	0.572	
Pantothenic acid.....mg	0.120		1		4		0.248	0.125	
Vitamin B-6.....mg	0.080		1		4		0.166	0.083	
Folate, total.....mcg	37		1		4		77	38	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	37		1		4		77	38	
Folate, DFE.....mcg_DFE	37		0	NC	4		77	38	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	1136		2		1		2352	1181	
Vitamin A, RAE.....mcg_RAE	57		0	NC	4		118	59	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.010		1		1		0.021	0.010	
Fatty acids, total monounsaturated.....g	0.004		1		1		0.008	0.004	
Fatty acids, total polyunsaturated.....g	0.034		1		1		0.070	0.035	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0		1		0.021	0.010	
Threonine.....g	0.050		0		1		0.104	0.052	
Isoleucine.....g	0.066		0		1		0.137	0.069	
Leucine.....g	0.068		0		1		0.141	0.071	
Lysine.....g	0.069		0		1		0.143	0.072	
Methionine.....g	0.014		0		1		0.029	0.015	
Cystine.....g	0.014		0		1		0.029	0.015	

NDB No. 21052

Fast foods, salad, vegetable, tossed, without dressing

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.046		0		1		0.095	0.048	
Tyrosine.....g	0.027		0		1		0.056	0.028	
Valine.....g	0.059		0		1		0.122	0.061	
Arginine.....g	0.065		0		1		0.135	0.068	
Histidine.....g	0.022		0		1		0.046	0.023	
Alanine.....g	0.050		0		1		0.104	0.052	
Aspartic acid.....g	0.137		0		1		0.284	0.142	
Glutamic acid.....g	0.228		0		1		0.472	0.237	
Glycine.....g	0.046		0		1		0.095	0.048	
Proline.....g	0.073		0		1		0.151	0.076	
Serine.....g	0.044		0		1		0.091	0.046	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 207g: 1.5 cup

Measure 2 = 104g: .75 cup

Calories Factors: Protein 2.47

Fat 8.35

Carbohydrate 3.67

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21053

Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	90.46		1		4		196.30		
Energy.....kcal	47		0	NC	4		102		
Energy.....kj	197				4		427		
Protein (N x 6.31).....g	4.04	1.010	3		1		8.77		
Total lipid (fat).....g	2.67	0.333	3		1		5.79		
Ash.....g	0.76		1		4		1.65		
Carbohydrate, by difference.....g	2.19		2		9		4.75		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	46		2		1		100		
Iron, Fe.....mg	0.31		2		1		0.67		
Magnesium, Mg.....mg	11		1		4		24		
Phosphorus, P.....mg	61		1		4		132		
Potassium, K.....mg	171		1		4		371		
Sodium, Na.....mg	55	11.050	3		1		119		
Zinc, Zn.....mg	0.46		1		4		1.00		
Copper, Cu.....mg	0.041		1		4		0.089		
Manganese, Mn.....mg	0.126		1		4		0.273		
Selenium, Se.....mcg	3.4		0	RK	4		7.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.5		2		1		9.8		
Thiamin.....mg	0.040		2		1		0.087		
Riboflavin.....mg	0.080		2		1		0.174		
Niacin.....mg	0.450		2		1		0.977		
Pantothenic acid.....mg	0.240		1		4		0.521		
Vitamin B-6.....mg	0.050		1		4		0.109		
Folate, total.....mcg	39		1		4		85		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	39		1		4		85		
Folate, DFE.....mcg_DFE	39		0	NC	4		85		
Vitamin B-12.....mcg	0.14		1		4		0.30		
Vitamin A, IU.....IU	379		2		1		822		
Vitamin A, RAE.....mcg_RAE	48		0	NC	4		103		
Retinol.....mcg	34		0	NC	4		74		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.371		1		1		2.975		
Fatty acids, total monounsaturated.....g	0.810		1		1		1.758		
Fatty acids, total polyunsaturated.....g	0.219		1		1		0.475		
Fatty acids, total trans.....g									
Cholesterol.....mg	45		2		1		98		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.047		0		1		0.102		
Threonine.....g	0.157		0		1		0.341		
Isoleucine.....g	0.230		0		1		0.499		
Leucine.....g	0.318		0		1		0.690		
Lysine.....g	0.276		0		1		0.599		
Methionine.....g	0.092		0		1		0.200		
Cystine.....g	0.047		0		1		0.102		

NDB No. 21053

Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.191		0		1		0.414		
Tyrosine.....g	0.152		0		1		0.330		
Valine.....g	0.243		0		1		0.527		
Arginine.....g	0.185		0		1		0.401		
Histidine.....g	0.104		0		1		0.226		
Alanine.....g	0.153		0		1		0.332		
Aspartic acid.....g	0.337		0		1		0.731		
Glutamic acid.....g	0.760		0		1		1.649		
Glycine.....g	0.106		0		1		0.230		
Proline.....g	0.272		0		1		0.590		
Serine.....g	0.215		0		1		0.467		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 217g: 1.5 cup

Calories Factors: Protein 3.87

Fat 8.82

Carbohydrate 3.62

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21054

Fast foods, salad, vegetable, tossed, without dressing, with chicken

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.05		1		4		189.77		
Energy.....kcal	48		0	NC	4		105		
Energy.....kj	201				4		438		
Protein (N x 6.25).....g	8.00		1		1		17.44		
Total lipid (fat).....g	1.00		1		1		2.18		
Ash.....g	0.70		1		4		1.53		
Carbohydrate, by difference.....g	1.71		0	NC	4		3.73		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		1		1		37		
Iron, Fe.....mg	0.50		1		1		1.09		
Magnesium, Mg.....mg	15		1		4		33		
Phosphorus, P.....mg	78		1		4		170		
Potassium, K.....mg	205		1		4		447		
Sodium, Na.....mg	96		1		1		209		
Zinc, Zn.....mg	0.41		1		4		0.89		
Copper, Cu.....mg	0.043		1		4		0.094		
Manganese, Mn.....mg	0.114		1		4		0.249		
Selenium, Se.....mcg	7.1		0	RK	4		15.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	8.0		1		1		17.4		
Thiamin.....mg	0.050		1		1		0.109		
Riboflavin.....mg	0.060		1		1		0.131		
Niacin.....mg	2.700		1		1		5.886		
Pantothenic acid.....mg	0.270		1		4		0.589		
Vitamin B-6.....mg	0.200		1		4		0.436		
Folate, total.....mcg	31		1		4		68		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	31		1		4		68		
Folate, DFE.....mcg_DFE	31		0	NC	4		68		
Vitamin B-12.....mcg	0.09		1		4		0.20		
Vitamin A, IU.....IU	429		1		1		935		
Vitamin A, RAE.....mcg_RAE	24		0	NC	4		52		
Retinol.....mcg	3		0	NC	4		7		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.265		1		1		0.578		
Fatty acids, total monounsaturated.....g	0.311		1		1		0.678		
Fatty acids, total polyunsaturated.....g	0.255		1		1		0.556		
Fatty acids, total trans.....g									
Cholesterol.....mg	33		1		1		72		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.091		0		1		0.198		
Threonine.....g	0.337		0		1		0.735		
Isoleucine.....g	0.424		0		1		0.924		
Leucine.....g	0.589		0		1		1.284		
Lysine.....g	0.663		0		1		1.445		
Methionine.....g	0.211		0		1		0.460		
Cystine.....g	0.102		0		1		0.222		

NDB No. 21054

Fast foods, salad, vegetable, tossed, without dressing, with chicken

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.316		0		1		0.689		
Tyrosine.....g	0.264		0		1		0.576		
Valine.....g	0.396		0		1		0.863		
Arginine.....g	0.475		0		1		1.036		
Histidine.....g	0.239		0		1		0.521		
Alanine.....g	0.428		0		1		0.933		
Aspartic acid.....g	0.732		0		1		1.596		
Glutamic acid.....g	1.208		0		1		2.633		
Glycine.....g	0.388		0		1		0.846		
Proline.....g	0.325		0		1		0.709		
Serine.....g	0.273		0		1		0.595		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 218g: 1.5 cup

Calories Factors: Protein 4.16

Fat 8.97

Carbohydrate 3.59

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21055

Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.37		1		4		335.14		
Energy.....kcal	91		0	NC	4		379		
Energy.....kj	381				4		1588		
Protein (N x 6.16).....g	3.94		1		1		16.43		
Total lipid (fat).....g	5.00		1		1		20.85		
Ash.....g	1.12		1		4		4.67		
Carbohydrate, by difference.....g	7.67		0	NC	4		31.98		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		1		4		71		
Iron, Fe.....mg	0.76		1		4		3.17		
Magnesium, Mg.....mg	12		1		4		50		
Phosphorus, P.....mg	49		1		4		204		
Potassium, K.....mg	144		1		4		600		
Sodium, Na.....mg	377		1		1		1572		
Zinc, Zn.....mg	0.40		1		4		1.67		
Copper, Cu.....mg	0.087		1		4		0.363		
Manganese, Mn.....mg	0.160		1		4		0.667		
Selenium, Se.....mcg	10.7		0	RK	4		44.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	9.2		1		4		38.4		
Thiamin.....mg	0.070		1		4		0.292		
Riboflavin.....mg	0.050		1		4		0.209		
Niacin.....mg	0.850		1		4		3.545		
Pantothenic acid.....mg	0.090		1		4		0.375		
Vitamin B-6.....mg	0.080		1		4		0.334		
Folate, total.....mcg	45		0	RK	4		188		
Folic acid.....mcg	21		0	NC	4		88		
Folate, food.....mcg	24		0		4		100		
Folate, DFE.....mcg_DFE	60		0	NC	4		249		
Vitamin B-12.....mcg	0.41		1		4		1.71		
Vitamin A, IU.....IU	1498		1		4		6247		
Vitamin A, RAE.....mcg_RAE	76		0	NC	4		315		
Retinol.....mcg	1		0	NC	4		4		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.616		1		1		2.569		
Fatty acids, total monounsaturated.....g	1.156		1		1		4.821		
Fatty acids, total polyunsaturated.....g	2.178		1		1		9.082		
Fatty acids, total trans.....g									
Cholesterol.....mg	12		1		1		50		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.192		
Threonine.....g	0.147		0		1		0.613		
Isoleucine.....g	0.179		0		1		0.746		
Leucine.....g	0.287		0		1		1.197		
Lysine.....g	0.254		0		1		1.059		
Methionine.....g	0.088		0		1		0.367		
Cystine.....g	0.061		0		1		0.254		

NDB No. 21055

Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number	Deriv	Source	measures of food			
			of Data	Code	Code	Confidence	Measure 1	Measure 2	Measure 3
			Points						
Phenylalanine.....g	0.165		0		1		0.688		
Tyrosine.....g	0.118		0		1		0.492		
Valine.....g	0.187		0		1		0.780		
Arginine.....g	0.224		0		1		0.934		
Histidine.....g	0.092		0		1		0.384		
Alanine.....g	0.186		0		1		0.776		
Aspartic acid.....g	0.337		0		1		1.405		
Glutamic acid.....g	0.829		0		1		3.457		
Glycine.....g	0.172		0		1		0.717		
Proline.....g	0.224		0		1		0.934		
Serine.....g	0.161		0		1		0.671		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 417g: 1.5 cup

Calories Factors: Protein 4.15

Fat 8.8

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21056

Fast foods, salad, vegetable, tossed, without dressing, with shrimp

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.10		1		1		210.28		
Energy.....kcal	45		0	NC	4		106		
Energy.....kj	188				4		444		
Protein (N x 6.25).....g	6.15		2		1		14.51		
Total lipid (fat).....g	1.05		2		1		2.48		
Ash.....g	0.90		1		1		2.12		
Carbohydrate, by difference.....g	2.80		0	NC	4		6.61		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25		2		1		59		
Iron, Fe.....mg	0.38		2		1		0.90		
Magnesium, Mg.....mg	16		1		1		38		
Phosphorus, P.....mg	68		1		1		160		
Potassium, K.....mg	171		1		1		404		
Sodium, Na.....mg	207		2		1		489		
Zinc, Zn.....mg	0.54		1		1		1.27		
Copper, Cu.....mg	0.068		1		1		0.160		
Manganese, Mn.....mg	0.060		1		4		0.142		
Selenium, Se.....mcg	16.2		0	RK	4		38.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.9		2		1		9.2		
Thiamin.....mg	0.050		2		1		0.118		
Riboflavin.....mg	0.070		2		1		0.165		
Niacin.....mg	0.490		2		1		1.156		
Pantothenic acid.....mg	0.210		1		1		0.496		
Vitamin B-6.....mg	0.060		1		1		0.142		
Folate, total.....mcg	37		1		1		87		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	37		1		1		87		
Folate, DFE.....mcg_DFE	37		0	NC	4		87		
Vitamin B-12.....mcg	1.60		1		1		3.78		
Vitamin A, IU.....IU	335		2		1		791		
Vitamin A, RAE.....mcg_RAE	17		0	NC	4		40		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.276		1		1		0.651		
Fatty acids, total monounsaturated.....g	0.348		1		1		0.821		
Fatty acids, total polyunsaturated.....g	0.205		1		1		0.484		
Fatty acids, total trans.....g									
Cholesterol.....mg	76		2		1		179		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.084		0		1		0.198		
Threonine.....g	0.256		0		1		0.604		
Isoleucine.....g	0.311		0		1		0.734		
Leucine.....g	0.476		0		1		1.123		
Lysine.....g	0.487		0		1		1.149		
Methionine.....g	0.166		0		1		0.392		
Cystine.....g	0.084		0		1		0.198		

NDB No. 21056

Fast foods, salad, vegetable, tossed, without dressing, with shrimp

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.270		0		1		0.637		
Tyrosine.....g	0.206		0		1		0.486		
Valine.....g	0.314		0		1		0.741		
Arginine.....g	0.479		0		1		1.130		
Histidine.....g	0.126		0		1		0.297		
Alanine.....g	0.337		0		1		0.795		
Aspartic acid.....g	0.635		0		1		1.499		
Glutamic acid.....g	1.028		0		1		2.426		
Glycine.....g	0.321		0		1		0.758		
Proline.....g	0.207		0		1		0.489		
Serine.....g	0.277		0		1		0.654		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 236g: 1.5 cup

Calories Factors: Protein 4.18

Fat 8.92

Carbohydrate 3.7

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21057

Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	82.45		1		4		268.79		
Energy.....kcal	82		0	NC	4		267		
Energy.....kj	343				4		1118		
Protein (N x 6.28).....g	7.98	0.627	3		1		26.01		
Total lipid (fat).....g	4.93	0.070	3		1		16.07		
Ash.....g	1.29		1		4		4.21		
Carbohydrate, by difference.....g	1.45		2		9		4.73		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	72		2		1		235		
Iron, Fe.....mg	0.60		2		1		1.96		
Magnesium, Mg.....mg	15		1		4		49		
Phosphorus, P.....mg	123		1		4		401		
Potassium, K.....mg	123		1		1		401		
Sodium, Na.....mg	228	45.549	3		1		743		
Zinc, Zn.....mg	0.96		1		4		3.13		
Copper, Cu.....mg	0.051		1		4		0.166		
Manganese, Mn.....mg	0.110		1		4		0.359		
Selenium, Se.....mcg	11.3		0	RK	4		36.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.0		2		1		16.3		
Thiamin.....mg	0.120		2		1		0.391		
Riboflavin.....mg	0.120		2		1		0.391		
Niacin.....mg	1.830		2		1		5.966		
Pantothenic acid.....mg	0.280		1		4		0.913		
Vitamin B-6.....mg	0.130		1		4		0.424		
Folate, total.....mcg	31		1		4		101		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	31		1		4		101		
Folate, DFE.....mcg_DFE	31		0	NC	4		101		
Vitamin B-12.....mcg	0.26		1		4		0.85		
Vitamin A, IU.....IU	323		2		1		1053		
Vitamin A, RAE.....mcg_RAE	45		0	NC	4		145		
Retinol.....mcg	34		0	NC	4		111		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.508		1		1		8.176		
Fatty acids, total monounsaturated.....g	1.585		1		1		5.167		
Fatty acids, total polyunsaturated.....g	0.443		1		1		1.444		
Fatty acids, total trans.....g									
Cholesterol.....mg	43	7.191	3		1		140		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.093		0		1		0.303		
Threonine.....g	0.329		0		1		1.073		
Isoleucine.....g	0.412		0		1		1.343		
Leucine.....g	0.641		0		1		2.090		
Lysine.....g	0.657		0		1		2.142		
Methionine.....g	0.207		0		1		0.675		
Cystine.....g	0.088		0		1		0.287		

NDB No. 21057

Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.348		0		1		1.134		
Tyrosine.....g	0.303		0		1		0.988		
Valine.....g	0.426		0		1		1.389		
Arginine.....g	0.456		0		1		1.487		
Histidine.....g	0.248		0		1		0.808		
Alanine.....g	0.397		0		1		1.294		
Aspartic acid.....g	0.698		0		1		2.275		
Glutamic acid.....g	1.420		0		1		4.629		
Glycine.....g	0.314		0		1		1.024		
Proline.....g	0.456		0		1		1.487		
Serine.....g	0.375		0		1		1.223		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 326g: 1.5 cup

Calories Factors: Protein 4.15

Fat 8.85

Carbohydrate 3.62

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21058

Fast foods, scallops, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.718		0		1		12.554		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.202		1		1		0.291		
17:1.....g									
18:1 undifferentiated.....g	8.517		1		1		12.264		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420		0		1		0.605		
18:2 undifferentiated.....g	0.284		1		1		0.409		
18:3 undifferentiated.....g	0.135		1		1		0.194		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	75		1		4		108		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.129		0		1		0.186		
Threonine.....g	0.423		0		1		0.609		
Isoleucine.....g	0.468		0		1		0.674		
Leucine.....g	0.770		0		1		1.109		
Lysine.....g	0.636		0		1		0.916		
Methionine.....g	0.238		0		1		0.343		
Cystine.....g	0.174		0		1		0.251		
Phenylalanine.....g	0.453		0		1		0.652		
Tyrosine.....g	0.343		0		1		0.494		
Valine.....g	0.502		0		1		0.723		
Arginine.....g	0.671		0		1		0.966		
Histidine.....g	0.220		0		1		0.317		
Alanine.....g	0.562		0		1		0.809		
Aspartic acid.....g	0.880		0		1		1.267		
Glutamic acid.....g	2.027		0		1		2.919		
Glycine.....g	0.553		0		1		0.796		
Proline.....g	0.653		0		1		0.940		
Serine.....g	0.535		0		1		0.770		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 144g: 6 pieces

Calories Factors: Protein 4.22

Fat 8.82

Carbohydrate 3.86

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21059

Fast foods, shrimp, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.597		0		1		17.379		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		1		1		0.508		
17:1.....g									
18:1 undifferentiated.....g	10.286		1		1		16.869		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.393		0		1		0.645		
18:2 undifferentiated.....g	0.368		1		1		0.604		
18:3 undifferentiated.....g	0.026		1		1		0.043		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	122		1		4		200		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.154		0		1		0.253		
Threonine.....g	0.431		0		1		0.707		
Isoleucine.....g	0.529		0		1		0.868		
Leucine.....g	0.874		0		1		1.433		
Lysine.....g	0.774		0		1		1.269		
Methionine.....g	0.291		0		1		0.477		
Cystine.....g	0.167		0		1		0.274		
Phenylalanine.....g	0.516		0		1		0.846		
Tyrosine.....g	0.370		0		1		0.607		
Valine.....g	0.550		0		1		0.902		
Arginine.....g	0.822		0		1		1.348		
Histidine.....g	0.239		0		1		0.392		
Alanine.....g	0.572		0		1		0.938		
Aspartic acid.....g	0.992		0		1		1.627		
Glutamic acid.....g	2.326		0		1		3.815		
Glycine.....g	0.579		0		1		0.950		
Proline.....g	0.611		0		1		1.002		
Serine.....g	0.520		0		1		0.853		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 164g: 1 6-8 shrimp

Calories Factors: Protein 4.23

Fat 8.89

Carbohydrate 3.83

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21124

Fast foods, submarine sandwich, with cold cuts

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.80	0.236	15		1		131.78		
Energy.....kcal	200		0		1		456		
Energy.....kj	837				1		1908		
Protein (N x 6.09).....g	9.58	0.750	15		1		21.84		
Total lipid (fat).....g	8.17	0.374	15		1		18.63		
Ash.....g	2.07	0.100	15		1		4.72		
Carbohydrate, by difference.....g	22.39		0	NC	4		51.05		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	83	12.079	15		1		189		
Iron, Fe.....mg	1.10	0.074	15		1		2.51		
Magnesium, Mg.....mg	30	2.524	15		1		68		
Phosphorus, P.....mg	126	11.162	15		1		287		
Potassium, K.....mg	173	11.403	15		1		394		
Sodium, Na.....mg	724	91.486	15		1		1651		
Zinc, Zn.....mg	1.13	0.112	15		1		2.58		
Copper, Cu.....mg	0.133	0.013	15		1		0.303		
Manganese, Mn.....mg	0.233	0.013	15		1		0.531		
Selenium, Se.....mcg	13.5		0	RK	4		30.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.4		1		4		12.3		
Thiamin.....mg	0.440		1		1		1.003		
Riboflavin.....mg	0.350		1		1		0.798		
Niacin.....mg	2.410		1		4		5.495		
Pantothenic acid.....mg	0.390		1		4		0.889		
Vitamin B-6.....mg	0.060		1		1		0.137		
Folate, total.....mcg	38		0	RK	4		87		
Folic acid.....mcg	14		0	NC	4		32		
Folate, food.....mcg	24		0		4		55		
Folate, DFE.....mcg_DFE	48		0	NC	4		109		
Vitamin B-12.....mcg	0.48		1		4		1.09		
Vitamin A, IU.....IU	186		1		4		424		
Vitamin A, RAE.....mcg_RAE	31		0	NC	4		71		
Retinol.....mcg	26		0	NC	4		59		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.986		1		1		6.808		
Fatty acids, total monounsaturated.....g	3.608		1		1		8.226		
Fatty acids, total polyunsaturated.....g	1.001		1		1		2.282		
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1		4		36		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.109		0		1		0.249		
Threonine.....g	0.326		0		1		0.743		
Isoleucine.....g	0.396		0		1		0.903		
Leucine.....g	0.697		0		1		1.589		
Lysine.....g	0.565		0		1		1.288		
Methionine.....g	0.192		0		1		0.438		
Cystine.....g	0.126		0		1		0.287		

NDB No. 21124

Fast foods, submarine sandwich, with cold cuts

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.433		0		1		0.987		
Tyrosine.....g	0.329		0		1		0.750		
Valine.....g	0.481		0		1		1.097		
Arginine.....g	0.445		0		1		1.015		
Histidine.....g	0.272		0		1		0.620		
Alanine.....g	0.379		0		1		0.864		
Aspartic acid.....g	0.640		0		1		1.459		
Glutamic acid.....g	2.327		0		1		5.306		
Glycine.....g	0.387		0		1		0.882		
Proline.....g	0.839		0		1		1.913		
Serine.....g	0.455		0		1		1.037		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 228g: 1 submarine

Calories Factors: Protein 4.12

Fat 8.85

Carbohydrate 3.94

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21125

Fast foods, submarine sandwich, with roast beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.97	1.494	15		1		127.38		
Energy.....kcal	190		0		1		410		
Energy.....kj	795				1		1717		
Protein (N x 6.17).....g	13.26	0.896	15		1		28.64		
Total lipid (fat).....g	6.00	1.112	15		1		12.96		
Ash.....g	1.27	0.029	15		1		2.74		
Carbohydrate, by difference.....g	20.51		0	NC	4		44.30		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19	1.091	15		1		41		
Iron, Fe.....mg	1.30	0.144	15		1		2.81		
Magnesium, Mg.....mg	31	3.642	15		1		67		
Phosphorus, P.....mg	89	6.035	15		1		192		
Potassium, K.....mg	153	18.396	15		1		330		
Sodium, Na.....mg	391	37.697	15		1		845		
Zinc, Zn.....mg	2.03	0.089	15		1		4.38		
Copper, Cu.....mg	0.167	0.013	15		1		0.361		
Manganese, Mn.....mg	0.200	0.000	15		1		0.432		
Selenium, Se.....mcg	11.9		0	RK	4		25.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.6		1		4		5.6		
Thiamin.....mg	0.190		1		4		0.410		
Riboflavin.....mg	0.190		1		4		0.410		
Niacin.....mg	2.760		1		4		5.962		
Pantothenic acid.....mg	0.360		1		4		0.778		
Vitamin B-6.....mg	0.150		1		4		0.324		
Folate, total.....mcg	33		0	RK	4		71		
Folic acid.....mcg	12		0	NC	4		26		
Folate, food.....mcg	21		0		4		45		
Folate, DFE.....mcg_DFE	41		0	NC	4		89		
Vitamin B-12.....mcg	0.84		1		4		1.81		
Vitamin A, IU.....IU	191		1		4		413		
Vitamin A, RAE.....mcg_RAE	14		0	NC	4		29		
Retinol.....mcg	5		0	NC	4		11		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.281		1		1		7.087		
Fatty acids, total monounsaturated.....g	0.850		1		1		1.836		
Fatty acids, total polyunsaturated.....g	1.209		1		1		2.611		
Fatty acids, total trans.....g									
Cholesterol.....mg	34		1		4		73		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.150		0		1		0.324		
Threonine.....g	0.531		0		1		1.147		
Isoleucine.....g	0.578		0		1		1.248		
Leucine.....g	1.008		0		1		2.177		
Lysine.....g	0.916		0		1		1.979		
Methionine.....g	0.305		0		1		0.659		
Cystine.....g	0.168		0		1		0.363		

NDB No. 21125

Fast foods, submarine sandwich, with roast beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.546		0		1		1.179		
Tyrosine.....g	0.411		0		1		0.888		
Valine.....g	0.645		0		1		1.393		
Arginine.....g	0.759		0		1		1.639		
Histidine.....g	0.408		0		1		0.881		
Alanine.....g	0.716		0		1		1.547		
Aspartic acid.....g	1.092		0		1		2.359		
Glutamic acid.....g	2.502		0		1		5.404		
Glycine.....g	0.666		0		1		1.439		
Proline.....g	0.774		0		1		1.672		
Serine.....g	0.544		0		1		1.175		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 216g: 1 submarine

Calories Factors: Protein 4.2

Fat 8.95

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21126

Fast foods, submarine sandwich, with tuna salad

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	54.31	1.174	17		1		139.03		
Energy.....kcal	228		0		1		584		
Energy.....kj	954				1		2442		
Protein (N x 6.05).....g	11.60	0.674	17		1		29.70		
Total lipid (fat).....g	10.93	0.510	15		1		27.98		
Ash.....g	1.53	0.045	15		1		3.92		
Carbohydrate, by difference.....g	21.63		0	NC	4		55.37		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29	1.630	15		1		74		
Iron, Fe.....mg	1.03	0.111	15		1		2.64		
Magnesium, Mg.....mg	31	3.634	15		1		79		
Phosphorus, P.....mg	86	2.845	15		1		220		
Potassium, K.....mg	131	16.641	15		1		335		
Sodium, Na.....mg	505	28.566	15		1		1293		
Zinc, Zn.....mg	0.73	0.023	15		1		1.87		
Copper, Cu.....mg	0.167	0.013	15		1		0.428		
Manganese, Mn.....mg	0.200	0.000	15		1		0.512		
Selenium, Se.....mcg	23.5		0	RK	4		60.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4		1		4		3.6		
Thiamin.....mg	0.180		1		4		0.461		
Riboflavin.....mg	0.130		1		4		0.333		
Niacin.....mg	4.430		1		4		11.341		
Pantothenic acid.....mg	0.730		1		1		1.869		
Vitamin B-6.....mg	0.090		1		1		0.230		
Folate, total.....mcg	40		0	RK	4		102		
Folic acid.....mcg	18		0	NC	4		46		
Folate, food.....mcg	22		0		4		56		
Folate, DFE.....mcg_DFE	53		0	NC	4		135		
Vitamin B-12.....mcg	0.63		1		1		1.61		
Vitamin A, IU.....IU	73		1		4		187		
Vitamin A, RAE.....mcg_RAE	18		0	NC	4		46		
Retinol.....mcg	17		0	NC	4		44		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.082		1		1		5.330		
Fatty acids, total monounsaturated.....g	5.235		1		1		13.402		
Fatty acids, total polyunsaturated.....g	2.850		1		1		7.296		
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1		4		49		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0		1		0.343		
Threonine.....g	0.462		0		1		1.183		
Isoleucine.....g	0.521		0		1		1.334		
Leucine.....g	0.907		0		1		2.322		
Lysine.....g	0.842		0		1		2.156		
Methionine.....g	0.295		0		1		0.755		
Cystine.....g	0.150		0		1		0.384		

NDB No. 21126

Fast foods, submarine sandwich, with tuna salad

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.495		0		1		1.267		
Tyrosine.....g	0.359		0		1		0.919		
Valine.....g	0.596		0		1		1.526		
Arginine.....g	0.633		0		1		1.620		
Histidine.....g	0.314		0		1		0.804		
Alanine.....g	0.619		0		1		1.585		
Aspartic acid.....g	1.022		0		1		2.616		
Glutamic acid.....g	2.324		0		1		5.949		
Glycine.....g	0.531		0		1		1.359		
Proline.....g	0.669		0		1		1.713		
Serine.....g	0.512		0		1		1.311		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 256g: 1 submarine

Calories Factors: Protein 4.09

Fat 8.74

Carbohydrate 3.93

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21032
Fast foods, sundae, caramel

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.957		0		1		3.033		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.129		1		1		0.200		
17:1.....g									
18:1 undifferentiated.....g	1.754		1		1		2.719		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.653		0		1		1.012		
18:2 undifferentiated.....g	0.552		1		1		0.856		
18:3 undifferentiated.....g	0.074		1		1		0.115		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		1		1		0.043		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	16		2		1		25		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.063		0		1		0.098		
Threonine.....g	0.202		0		1		0.313		
Isoleucine.....g	0.272		0		1		0.422		
Leucine.....g	0.439		0		1		0.680		
Lysine.....g	0.355		0		1		0.550		
Methionine.....g	0.112		0		1		0.174		
Cystine.....g	0.041		0		1		0.064		
Phenylalanine.....g	0.217		0		1		0.336		
Tyrosine.....g	0.217		0		1		0.336		
Valine.....g	0.301		0		1		0.467		
Arginine.....g	0.162		0		1		0.251		
Histidine.....g	0.123		0		1		0.191		
Alanine.....g	0.154		0		1		0.239		
Aspartic acid.....g	0.340		0		1		0.527		
Glutamic acid.....g	0.939		0		1		1.455		
Glycine.....g	0.095		0		1		0.147		
Proline.....g	0.434		0		1		0.673		
Serine.....g	0.244		0		1		0.378		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 155g: 1 sundae

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21033
Fast foods, sundae, hot fudge

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.475		0		1		2.331		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.081		1		1		0.128		
17:1.....g									
18:1 undifferentiated.....g	1.350		1		1		2.133		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.511		0		1		0.807		
18:2 undifferentiated.....g	0.445		1		1		0.703		
18:3 undifferentiated.....g	0.051		1		1		0.081		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.015		1		1		0.024		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	13		2		1		21		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.045		0		1		0.071		
Threonine.....g	0.137		0		1		0.216		
Isoleucine.....g	0.172		0		1		0.272		
Leucine.....g	0.276		0		1		0.436		
Lysine.....g	0.224		0		1		0.354		
Methionine.....g	0.066		0		1		0.104		
Cystine.....g	0.032		0		1		0.051		
Phenylalanine.....g	0.152		0		1		0.240		
Tyrosine.....g	0.143		0		1		0.226		
Valine.....g	0.205		0		1		0.324		
Arginine.....g	0.132		0		1		0.209		
Histidine.....g	0.077		0		1		0.122		
Alanine.....g	0.119		0		1		0.188		
Aspartic acid.....g	0.260		0		1		0.411		
Glutamic acid.....g	0.607		0		1		0.959		
Glycine.....g	0.087		0		1		0.137		
Proline.....g	0.257		0		1		0.406		
Serine.....g	0.162		0		1		0.256		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	1		0	RK	4		2		
Theobromine.....mg	49		0	RK	4		77		

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Common Measures:

Measure 1 = 158g: 1 sundae

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21034
Fast foods, sundae, strawberry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.739		0		1		2.661		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.093		2		1		0.142		
17:1.....g									
18:1 undifferentiated.....g	1.564		2		1		2.393		
20:1.....g	0.029		2		1		0.044		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.667		0		1		1.021		
18:2 undifferentiated.....g	0.594		2		1		0.909		
18:3 undifferentiated.....g	0.050		2		1		0.077		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		2		1		0.035		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	14	1.222	3		1		21		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.054		0		1		0.083		
Threonine.....g	0.174		0		1		0.266		
Isoleucine.....g	0.230		0		1		0.352		
Leucine.....g	0.373		0		1		0.571		
Lysine.....g	0.302		0		1		0.462		
Methionine.....g	0.094		0		1		0.144		
Cystine.....g	0.036		0		1		0.055		
Phenylalanine.....g	0.185		0		1		0.283		
Tyrosine.....g	0.186		0		1		0.285		
Valine.....g	0.255		0		1		0.390		
Arginine.....g	0.142		0		1		0.217		
Histidine.....g	0.105		0		1		0.161		
Alanine.....g	0.136		0		1		0.208		
Aspartic acid.....g	0.321		0		1		0.491		
Glutamic acid.....g	0.805		0		1		1.232		
Glycine.....g	0.085		0		1		0.130		
Proline.....g	0.366		0		1		0.560		
Serine.....g	0.209		0		1		0.320		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 153g: 1 sundae

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21082
Fast foods, taco

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
Fatty acids, total monounsaturated.....g	3.846		0			1	10.115	6.577	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.846		7			1	10.115	6.577	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.561		0			1	1.475	0.959	
18:2 undifferentiated.....g	0.512		7			1	1.347	0.876	
18:3 undifferentiated.....g	0.049		7			1	0.129	0.084	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	33	4.178	12			1	87	56	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.134		0			1	0.352	0.229	
Threonine.....g	0.447		0			1	1.176	0.764	
Isoleucine.....g	0.565		0			1	1.486	0.966	
Leucine.....g	1.039		0			1	2.733	1.777	
Lysine.....g	0.855		0			1	2.249	1.462	
Methionine.....g	0.269		0			1	0.707	0.460	
Cystine.....g	0.106		0			1	0.279	0.181	
Phenylalanine.....g	0.517		0			1	1.360	0.884	
Tyrosine.....g	0.444		0			1	1.168	0.759	
Valine.....g	0.634		0			1	1.667	1.084	
Arginine.....g	0.618		0			1	1.625	1.057	
Histidine.....g	0.373		0			1	0.981	0.638	
Alanine.....g	0.599		0			1	1.575	1.024	
Aspartic acid.....g	0.939		0			1	2.470	1.606	
Glutamic acid.....g	2.383		0			1	6.267	4.075	
Glycine.....g	0.538		0			1	1.415	0.920	
Proline.....g	0.899		0			1	2.364	1.537	
Serine.....g	0.542		0			1	1.425	0.927	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 263g: 1 large
 Measure 2 = 171g: 1 small

Calories Factors: Protein 4.05 Fat 8.78 Carbohydrate 3.97

Food Group: 21 Fast Foods

NDB No. 21083
Fast foods, taco salad

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.606		0		1		5.160		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.606		3		1		5.160		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.883		0		1		1.748		
18:2 undifferentiated.....g	0.838		3		1		1.659		
18:3 undifferentiated.....g	0.045		3		1		0.089		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	22	5.770	4		1		44		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.075		0		1		0.149		
Threonine.....g	0.254		0		1		0.503		
Isoleucine.....g	0.311		0		1		0.616		
Leucine.....g	0.549		0		1		1.087		
Lysine.....g	0.486		0		1		0.962		
Methionine.....g	0.145		0		1		0.287		
Cystine.....g	0.060		0		1		0.119		
Phenylalanine.....g	0.277		0		1		0.548		
Tyrosine.....g	0.232		0		1		0.459		
Valine.....g	0.343		0		1		0.679		
Arginine.....g	0.357		0		1		0.707		
Histidine.....g	0.201		0		1		0.398		
Alanine.....g	0.339		0		1		0.671		
Aspartic acid.....g	0.554		0		1		1.097		
Glutamic acid.....g	1.291		0		1		2.556		
Glycine.....g	0.326		0		1		0.645		
Proline.....g	0.452		0		1		0.895		
Serine.....g	0.287		0		1		0.568		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 198g: 1.5 cup

Calories Factors: Protein 4.05

Fat 8.73

Carbohydrate 4.07

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21084

Fast foods, taco salad with chili con carne

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.739		0		1		4.539		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.739		3		1		4.539		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.589		0		1		1.537		
18:2 undifferentiated.....g	0.559		3		1		1.459		
18:3 undifferentiated.....g	0.030		3		1		0.078		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1		1		5		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.074		0		1		0.193		
Threonine.....g	0.248		0		1		0.647		
Isoleucine.....g	0.313		0		1		0.817		
Leucine.....g	0.555		0		1		1.449		
Lysine.....g	0.466		0		1		1.216		
Methionine.....g	0.139		0		1		0.363		
Cystine.....g	0.061		0		1		0.159		
Phenylalanine.....g	0.295		0		1		0.770		
Tyrosine.....g	0.235		0		1		0.613		
Valine.....g	0.349		0		1		0.911		
Arginine.....g	0.338		0		1		0.882		
Histidine.....g	0.199		0		1		0.519		
Alanine.....g	0.307		0		1		0.801		
Aspartic acid.....g	0.570		0		1		1.488		
Glutamic acid.....g	1.313		0		1		3.427		
Glycine.....g	0.275		0		1		0.718		
Proline.....g	0.463		0		1		1.208		
Serine.....g	0.306		0		1		0.799		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 261g: 1.5 cup

Calories Factors: Protein 3.83

Fat 8.76

Carbohydrate 4.02

Food Group: 21 Fast Foods

NDB No. 21085

Fast foods, tostada, with beans and cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.121		0		1		3.054		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.121		3		1		3.054		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.520		0		1		0.749		
18:2 undifferentiated.....g	0.479		3		1		0.690		
18:3 undifferentiated.....g	0.041		3		1		0.059		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	21	2.869	3		1		30		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.070		0		1		0.101		
Threonine.....g	0.245		0		1		0.353		
Isoleucine.....g	0.301		0		1		0.433		
Leucine.....g	0.574		0		1		0.827		
Lysine.....g	0.403		0		1		0.580		
Methionine.....g	0.122		0		1		0.176		
Cystine.....g	0.067		0		1		0.096		
Phenylalanine.....g	0.323		0		1		0.465		
Tyrosine.....g	0.231		0		1		0.333		
Valine.....g	0.349		0		1		0.503		
Arginine.....g	0.323		0		1		0.465		
Histidine.....g	0.191		0		1		0.275		
Alanine.....g	0.280		0		1		0.403		
Aspartic acid.....g	0.606		0		1		0.873		
Glutamic acid.....g	1.336		0		1		1.924		
Glycine.....g	0.203		0		1		0.292		
Proline.....g	0.460		0		1		0.662		
Serine.....g	0.334		0		1		0.481		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 144g: 1 piece

Calories Factors: Protein 3.58

Fat 8.51

Carbohydrate 3.96

Food Group: 21 Fast Foods

NDB No. 21086

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.561		0		1		3.512		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.561		1		1		3.512		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.265		0		1		0.596		
18:2 undifferentiated.....g	0.239		1		1		0.538		
18:3 undifferentiated.....g	0.026		1		1		0.059		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	33		1		1		74		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0		1		0.173		
Threonine.....g	0.266		0		1		0.599		
Isoleucine.....g	0.320		0		1		0.720		
Leucine.....g	0.609		0		1		1.370		
Lysine.....g	0.466		0		1		1.049		
Methionine.....g	0.143		0		1		0.322		
Cystine.....g	0.071		0		1		0.160		
Phenylalanine.....g	0.321		0		1		0.722		
Tyrosine.....g	0.247		0		1		0.556		
Valine.....g	0.367		0		1		0.826		
Arginine.....g	0.369		0		1		0.830		
Histidine.....g	0.211		0		1		0.475		
Alanine.....g	0.343		0		1		0.772		
Aspartic acid.....g	0.623		0		1		1.402		
Glutamic acid.....g	1.408		0		1		3.168		
Glycine.....g	0.290		0		1		0.653		
Proline.....g	0.484		0		1		1.089		
Serine.....g	0.333		0		1		0.749		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 225g: 1 piece

Calories Factors: Protein 4.05

Fat 8.73

Carbohydrate 4.08

Food Group: 21 Fast Foods

NDB No. 21087

Fast foods, tostada, with beef and cheese

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.052		0		1		3.345		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.052		3		1		3.345		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.598		0		1		0.975		
18:2 undifferentiated.....g	0.541		3		1		0.882		
18:3 undifferentiated.....g	0.057		3		1		0.093		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	25		1		1		41		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0		1		0.218		
Threonine.....g	0.453		0		1		0.738		
Isoleucine.....g	0.511		0		1		0.833		
Leucine.....g	0.970		0		1		1.581		
Lysine.....g	0.860		0		1		1.402		
Methionine.....g	0.260		0		1		0.424		
Cystine.....g	0.112		0		1		0.183		
Phenylalanine.....g	0.468		0		1		0.763		
Tyrosine.....g	0.392		0		1		0.639		
Valine.....g	0.580		0		1		0.945		
Arginine.....g	0.678		0		1		1.105		
Histidine.....g	0.361		0		1		0.588		
Alanine.....g	0.667		0		1		1.087		
Aspartic acid.....g	0.991		0		1		1.615		
Glutamic acid.....g	2.132		0		1		3.475		
Glycine.....g	0.669		0		1		1.090		
Proline.....g	0.727		0		1		1.185		
Serine.....g	0.485		0		1		0.791		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 163g: 1 piece

Calories Factors: Protein 4.12

Fat 8.8

Carbohydrate 4.08

Food Group: 21 Fast Foods

NDB No. 21290

LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust

Little Caesar's Pizza

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.90	0.569	3	A	1		45.80	412.63	
Energy.....kcal	263		0	NC	4		268	2416	
Energy.....kj	1100		0	NC	4		1122	10108	
Protein.....g	12.63	1.053	3	A	1		12.88	116.03	
Total lipid (fat).....g	10.22	1.310	3	A	1		10.43	93.93	
Ash.....g	2.16	0.225	3	A	1		2.20	19.82	
Carbohydrate, by difference.....g	30.10		0	NC	4		30.70	276.59	
Fiber, total dietary.....g	1.3	0.095	3	A	1		1.4	12.3	
Sugars, total.....g	3.66	0.288	3	A	1		3.74	33.68	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.94	0.091	3	A	1		0.96	8.67	
Fructose.....g	1.08	0.117	3	A	1		1.10	9.89	
Lactose.....g	0.07	0.000	3	A	1		0.08	0.68	
Maltose.....g	1.42	0.178	3	A	1		1.45	13.05	
Galactose.....g	0.15	0.017	3	A	1		0.15	1.38	
Starch.....g	24.07	2.534	3	A	1		24.55	221.17	
Minerals:									
Calcium, Ca.....mg	224	50.808	3	A	1		229	2062	
Iron, Fe.....mg	2.31	0.174	3	A	1		2.35	21.20	
Magnesium, Mg.....mg	27	1.313	3	A	1		28	249	
Phosphorus, P.....mg	221	25.166	3	A	1		225	2031	
Potassium, K.....mg	160	17.559	3	A	1		163	1470	
Sodium, Na.....mg	432	24.915	3	A	1		440	3967	
Zinc, Zn.....mg	1.52	0.169	3	A	1		1.55	13.94	
Copper, Cu.....mg	0.116	0.009	3	A	1		0.118	1.066	
Manganese, Mn.....mg	0.311	0.028	3	A	1		0.317	2.858	
Selenium, Se.....mcg	30.0	0.601	3	A	1		30.6	275.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.440	0.037	3	A	1		0.448	4.041	
Riboflavin.....mg	0.273	0.007	3	A	1		0.279	2.512	
Niacin.....mg	2.967	0.186	3	A	1		3.026	27.263	
Pantothenic acid.....mg	0.570	0.020	3	A	1		0.581	5.238	
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.43	0.135	3	A	1		0.44	3.98	
Vitamin A, IU.....IU	334		0	AS	1		340	3067	
Vitamin A, RAE.....mcg_RAE	76		0	AS	1		77	697	
Vitamin E (alpha-tocopherol).....mg	0.81	0.252	3	A	1		0.83	7.47	
Tocopherol, beta.....mg	0.05	0.009	3	A	1		0.05	0.43	
Tocopherol, gamma.....mg	1.25	0.262	3	A	1		1.28	11.52	
Tocopherol, delta.....mg	0.39	0.064	3	A	1		0.39	3.55	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.8	0.888	3	A	1		6.9	62.2	
Lipids:									
Fatty acids, total saturated.....g	4.237		0	NC	4		4.322	38.941	
4:0.....g									
6:0.....g									
8:0.....g	0.067	0.018	3	A	1		0.069	0.618	
10:0.....g	0.154	0.040	3	A	1		0.157	1.418	
12:0.....g	0.181	0.046	3	A	1		0.185	1.663	
13:0.....g									
14:0.....g	0.614	0.148	3	A	1		0.626	5.639	
15:0.....g	0.062	0.014	3	A	1		0.064	0.573	
16:0.....g	2.166	0.395	3	A	1		2.209	19.905	
17:0.....g	0.039	0.008	3	A	1		0.039	0.355	
18:0.....g	0.922	0.189	3	A	1		0.941	8.476	

LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
20:0.....g	0.020	0.001	3	A	1	0.020	0.180		
22:0.....g	0.012	0.000	3	A	1	0.013	0.113		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.757		0	NC	4	2.812	25.338		
14:1.....g	0.048	0.011	3	A	1	0.049	0.438		
15:1.....g	0.000	0.000	3	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.113	0.023	3	A	1	0.115	1.035		
17:1.....g	0.000	0.000	3	A	1	0.000	0.000		
18:1 undifferentiated.....g	2.576	0.295	3	A	1	2.627	23.670		
20:1.....g	0.021	0.002	3	A	1	0.022	0.195		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.728		0	NC	4	1.762	15.879		
18:2 undifferentiated.....g	1.534	0.109	3	A	1	1.565	14.100		
18:3 undifferentiated.....g	0.183		0	AS	1	0.187	1.681		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000	0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.011	0.003	3	A	1	0.011	0.097		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	23	4.759	3	A	1	24	213		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.156		0	A	1	0.159	1.431		
Threonine.....g	0.435		0	A	1	0.444	4.001		
Isoleucine.....g	0.632		0	A	1	0.645	5.811		
Leucine.....g	1.280		0	A	1	1.305	11.761		
Lysine.....g	1.112		0	A	1	1.134	10.219		
Methionine.....g	0.313		0	A	1	0.320	2.880		
Cystine.....g	0.473		0	A	1	0.483	4.347		
Phenylalanine.....g	0.766		0	A	1	0.781	7.035		
Tyrosine.....g	0.506		0	A	1	0.516	4.648		
Valine.....g	0.806		0	A	1	0.822	7.409		
Arginine.....g	0.618		0	A	1	0.630	5.678		
Histidine.....g	0.291		0	A	1	0.296	2.671		
Alanine.....g	0.347		0	A	1	0.354	3.190		
Aspartic acid.....g	0.939		0	A	1	0.957	8.626		
Glutamic acid.....g	4.217		0	A	1	4.301	38.753		
Glycine.....g	0.445		0	A	1	0.454	4.091		
Proline.....g	1.608		0	A	1	1.640	14.779		
Serine.....g	0.872		0	A	1	0.890	8.017		
Hydroxyproline.....g	0.000		2	A	1	0.000	0.000		
Carotenoids:									
Carotene, beta.....mcg	58	24.065	3	A	1	59.398	535.164		
Carotene, alpha.....mcg	0	0.000	3	A	1	0.000	0.000		
Cryptoxanthin, beta.....mcg	0	0.000	3	A	1	0.000	0.000		
Lycopene.....mcg	66	54.607	3	A	1	67.103	604.581		
Lutein + zeaxanthin.....mcg									

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NDB No. 21290

LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust

Common Measures:

Measure 1 = 102g: 1 slice

Measure 2 = 919g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21292
 LITTLE CAESARS 14" Cheese Pizza, Thin Crust
 Little Caesar's Pizza

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	41.21		2	A	1		19.78	231.60	149.18
Energy.....kcal	309		0	NC	4		148	1738	1119
Energy.....kj	1294		0	NC	4		621	7271	4683
Protein.....g	16.23		2	A	1		7.79	91.21	58.75
Total lipid (fat).....g	16.99		2	A	1		8.15	95.48	61.50
Ash.....g	2.73		2	A	1		1.31	15.32	9.87
Carbohydrate, by difference.....g	22.85		0	NC	4		10.97	128.39	82.70
Fiber, total dietary.....g	1.6		2	A	1		0.8	9.1	5.9
Sugars, total.....g	2.76		2	A	1		1.33	15.54	10.01
Sucrose.....g	0.00		2	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.89		2	A	1		0.43	5.00	3.22
Fructose.....g	0.89		2	A	1		0.42	4.97	3.20
Lactose.....g	0.07		2	A	1		0.04	0.42	0.27
Maltose.....g	0.66		2	A	1		0.32	3.71	2.39
Galactose.....g	0.25		2	A	1		0.12	1.43	0.92
Starch.....g	17.70		2	A	1		8.50	99.47	64.07
Minerals:									
Calcium, Ca.....mg	422		2	A	1		202	2369	1526
Iron, Fe.....mg	0.64		2	A	1		0.31	3.58	2.31
Magnesium, Mg.....mg	28		2	A	1		13	158	102
Phosphorus, P.....mg	297		2	A	1		143	1669	1075
Potassium, K.....mg	177		2	A	1		85	992	639
Sodium, Na.....mg	455		2	A	1		218	2557	1647
Zinc, Zn.....mg	2.12		2	A	1		1.02	11.94	7.69
Copper, Cu.....mg	0.082		2	A	1		0.039	0.458	0.295
Manganese, Mn.....mg	0.211		2	A	1		0.101	1.183	0.762
Selenium, Se.....mcg	28.1		2	A	1		13.5	158.2	101.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin.....mg	0.139		2	A	1		0.067	0.781	0.503
Riboflavin.....mg	0.185		2	A	1		0.089	1.039	0.669
Niacin.....mg	0.850		2	A	1		0.408	4.777	3.077
Pantothenic acid.....mg	0.425		2	A	1		0.204	2.388	1.538
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.71		2	A	1		0.34	3.99	2.57
Vitamin A, IU.....IU	542		0	AS	1		260	3046	1962
Vitamin A, RAE.....mcg_RAE	123		0	AS	1		59	694	447
Vitamin E (alpha-tocopherol).....mg	1.21		2	A	1		0.58	6.80	4.38
Tocopherol, beta.....mg	0.06		2	A	1		0.03	0.34	0.22
Tocopherol, gamma.....mg	2.36		2	A	1		1.13	13.26	8.54
Tocopherol, delta.....mg	0.87		2	A	1		0.42	4.89	3.15
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.6		2	A	1		4.6	53.7	34.6
Lipids:									
Fatty acids, total saturated.....g	7.327		0	NC	4		3.517	41.177	26.523
4:0.....g									
6:0.....g									
8:0.....g	0.120		2	A	1		0.058	0.677	0.436
10:0.....g	0.274		2	A	1		0.132	1.542	0.994
12:0.....g	0.318		2	A	1		0.153	1.790	1.153
13:0.....g									
14:0.....g	1.078		2	A	1		0.517	6.058	3.902
15:0.....g	0.109		2	A	1		0.052	0.612	0.394
16:0.....g	3.669		2	A	1		1.761	20.622	13.283
17:0.....g	0.068		2	A	1		0.033	0.382	0.246
18:0.....g	1.636		2	A	1		0.785	9.194	5.922

LITTLE CAESARS 14" Cheese Pizza, Thin Crust

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
20:0.....g	0.032		2	A	1		0.015	0.180	0.116
22:0.....g	0.021		2	A	1		0.010	0.120	0.077
24:0.....g									
Fatty acids, total monounsaturated.....g	4.420		0	NC	4		2.122	24.843	16.002
14:1.....g	0.084		2	A	1		0.040	0.469	0.302
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.185		2	A	1		0.089	1.040	0.670
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	4.118		2	A	1		1.977	23.143	14.907
20:1.....g	0.034		2	A	1		0.016	0.191	0.123
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.161		0	NC	4		1.517	17.764	11.442
18:2 undifferentiated.....g	2.763		2	A	1		1.326	15.525	10.000
18:3 undifferentiated.....g	0.378		0	AS	1		0.181	2.124	1.368
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.021		2	A	1		0.010	0.115	0.074
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	39		2	A	1		19	222	143
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.136		0	A	1		0.065	0.762	0.491
Threonine.....g	0.556		0	A	1		0.267	3.124	2.012
Isoleucine.....g	0.798		0	A	1		0.383	4.486	2.890
Leucine.....g	1.655		0	A	1		0.794	9.301	5.991
Lysine.....g	1.328		0	A	1		0.637	7.463	4.807
Methionine.....g	0.461		0	A	1		0.221	2.591	1.669
Cystine.....g	0.436		0	A	1		0.209	2.453	1.580
Phenylalanine.....g	0.963		0	A	1		0.462	5.413	3.487
Tyrosine.....g	0.818		0	A	1		0.393	4.600	2.963
Valine.....g	1.051		0	A	1		0.504	5.905	3.803
Arginine.....g	0.699		0	A	1		0.336	3.929	2.531
Histidine.....g	0.257		0	A	1		0.123	1.445	0.931
Alanine.....g	0.514		0	A	1		0.247	2.887	1.860
Aspartic acid.....g	1.303		0	A	1		0.626	7.324	4.718
Glutamic acid.....g	4.781		0	A	1		2.295	26.868	17.306
Glycine.....g	0.396		0	A	1		0.190	2.223	1.432
Proline.....g	1.688		0	A	1		0.810	9.486	6.110
Serine.....g	1.122		0	A	1		0.539	6.308	4.063
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	94		2	A	1		45.096	527.999	340.099
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	0.000
Lycopene.....mcg	174		2	A	1		83.640	979.285	630.785
Lutein + zeaxanthin.....mcg									

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

NDB No. 21292

LITTLE CAESARS 14" Cheese Pizza, Thin Crust

Common Measures:

Measure 1 = 48g: 1 slice

Measure 2 = 562g: 1 pie

Measure 3 = 362g: .5 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21287

LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust

Little Caesar's Pizza

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.39	1.102	8	A	1		38.62	328.88	
Energy.....kcal	265		0	NC	4		236	2012	
Energy.....kj	1110		0	NC	4		988	8417	
Protein.....g	13.39	0.385	8	A	1		11.92	101.52	
Total lipid (fat).....g	9.54	0.511	8	A	1		8.49	72.30	
Ash.....g	2.18	0.045	8	A	1		1.94	16.56	
Carbohydrate, by difference.....g	31.50		0	NC	4		28.03	238.75	
Fiber, total dietary.....g	1.7	0.077	8	A	1		1.5	13.2	
Sugars, total.....g	4.02	0.142	8	A	1		3.58	30.50	
Sucrose.....g	0.00	0.000	8	A	1		0.00	0.00	
Glucose (dextrose).....g	0.98	0.034	8	A	1		0.87	7.42	
Fructose.....g	1.13	0.053	8	A	1		1.01	8.57	
Lactose.....g	0.07	0.000	8	A	1		0.07	0.56	
Maltose.....g	1.67	0.128	8	A	1		1.49	12.70	
Galactose.....g	0.16	0.010	8	A	1		0.15	1.25	
Starch.....g	25.29	1.102	8	A	1		22.51	191.68	
Minerals:									
Calcium, Ca.....mg	233	17.331	8	A	1		207	1766	
Iron, Fe.....mg	2.34	0.088	8	A	1		2.09	17.77	
Magnesium, Mg.....mg	28	0.651	8	A	1		25	213	
Phosphorus, P.....mg	231	8.884	8	A	1		206	1753	
Potassium, K.....mg	170	6.344	8	A	1		151	1285	
Sodium, Na.....mg	454	10.912	8	A	1		404	3441	
Zinc, Zn.....mg	1.61	0.066	8	A	1		1.44	12.23	
Copper, Cu.....mg	0.126	0.006	8	A	1		0.112	0.955	
Manganese, Mn.....mg	0.321	0.017	8	A	1		0.285	2.431	
Selenium, Se.....mcg	31.4	1.462	3	A	1		27.9	237.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.377	0.015	8	A	1		0.335	2.855	
Riboflavin.....mg	0.297	0.007	8	A	1		0.265	2.254	
Niacin.....mg	3.237	0.200	8	A	1		2.881	24.540	
Pantothenic acid.....mg	0.447	0.015	3	A	1		0.397	3.385	
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.40	0.037	8	A	1		0.35	3.02	
Vitamin A, IU.....IU	360		0	AS	1		320	2726	
Vitamin A, RAE.....mcg_RAE	78		0	AS	1		69	590	
Vitamin E (alpha-tocopherol).....mg	0.61	0.076	3	A	1		0.54	4.62	
Tocopherol, beta.....mg	0.04	0.003	3	A	1		0.03	0.28	
Tocopherol, gamma.....mg	1.05	0.058	3	A	1		0.94	7.98	
Tocopherol, delta.....mg	0.33	0.025	3	A	1		0.29	2.50	
Vitamin D.....IU	0	0.000	3	A	1		0	0	
Vitamin K (phylloquinone).....mcg	5.9	0.153	3	A	1		5.3	44.7	
Lipids:									
Fatty acids, total saturated.....g	4.206		0	NC	4		3.743	31.882	
4:0.....g									
6:0.....g									
8:0.....g	0.069	0.005	8	A	1		0.062	0.524	
10:0.....g	0.159	0.012	8	A	1		0.141	1.203	
12:0.....g	0.187	0.014	8	A	1		0.166	1.416	
13:0.....g									
14:0.....g	0.634	0.045	8	A	1		0.564	4.805	
15:0.....g	0.064	0.004	8	A	1		0.057	0.489	
16:0.....g	2.115	0.127	8	A	1		1.882	16.029	
17:0.....g	0.039	0.002	8	A	1		0.035	0.298	
18:0.....g	0.913	0.062	8	A	1		0.813	6.922	

LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code						
20:0.....g	0.016	0.001	8	A		1	0.015	0.125		
22:0.....g	0.009	0.001	8	A		1	0.008	0.070		
24:0.....g										
Fatty acids, total monounsaturated.....g	2.380		0	NC		4	2.118	18.039		
14:1.....g	0.050	0.003	8	A		1	0.044	0.376		
15:1.....g	0.000	0.000	8	A		1	0.000	0.000		
16:1 undifferentiated.....g	0.111	0.007	8	A		1	0.099	0.843		
17:1.....g	0.000	0.000	8	A		1	0.000	0.000		
18:1 undifferentiated.....g	2.201	0.127	8	A		1	1.959	16.680		
20:1.....g	0.019	0.001	8	A		1	0.016	0.141		
22:1 undifferentiated.....g										
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	1.461		0	NC		4	1.300	11.076		
18:2 undifferentiated.....g	1.294	0.043	8	A		1	1.152	9.812		
18:3 undifferentiated.....g	0.155		0	AS		1	0.138	1.177		
18:3 n-6 c,c,c.....g	0.000	0.000	8	A		1	0.000	0.000		
18:3i.....g										
18:4.....g										
20:2 n-6 c,c.....g	0.000	0.000	8	A		1	0.000	0.000		
20:3 undifferentiated.....g	0.000	0.000	8	A		1	0.000	0.000		
20:3 n-3.....g										
20:3 n-6.....g										
20:4 undifferentiated.....g	0.011	0.001	8	A		1	0.010	0.087		
20:4 n-3.....g										
20:4 n-6.....g										
20:5 n-3.....g										
21:5.....g										
22:4.....g										
22:5 n-3.....g										
22:6 n-3.....g										
Fatty acids, total trans.....g										
Cholesterol.....mg	24	2.296	8	A		1	21	180		
Phytosterols.....mg										
Amino Acids:										
Tryptophan.....g	0.150		0	A		1	0.133	1.136		
Threonine.....g	0.393		0	A		1	0.350	2.980		
Isoleucine.....g	0.547		0	A		1	0.486	4.142		
Leucine.....g	1.137		0	A		1	1.012	8.615		
Lysine.....g	0.523		0	A		1	0.466	3.966		
Methionine.....g	0.300		0	A		1	0.267	2.273		
Cystine.....g	0.335		0	A		1	0.298	2.539		
Phenylalanine.....g	0.717		0	A		1	0.638	5.432		
Tyrosine.....g	0.503		0	A		1	0.448	3.814		
Valine.....g	0.700		0	A		1	0.623	5.306		
Arginine.....g	0.513		0	A		1	0.457	3.890		
Histidine.....g	0.360		0	A		1	0.320	2.728		
Alanine.....g	0.256		0	A		1	0.228	1.938		
Aspartic acid.....g	0.860		0	A		1	0.765	6.518		
Glutamic acid.....g	3.997		0	A		1	3.557	30.294		
Glycine.....g	0.350		0	A		1	0.311	2.652		
Proline.....g	1.090		0	A		1	0.970	8.262		
Serine.....g	0.542		0	A		1	0.483	4.111		
Hydroxyproline.....g	0.000	0.000	3	A		1	0.000	0.000		
Carotenoids:										
Carotene, beta.....mcg	72	13.193	3	A		1	64.110	546.012		
Carotene, alpha.....mcg	0	0.000	3	A		1	0.000	0.000		
Cryptoxanthin, beta.....mcg	0	0.000	3	A		1	0.000	0.000		
Lycopene.....mcg	39	23.947	3	A		1	34.941	297.592		
Lutein + zeaxanthin.....mcg										

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

NDB No. 21287

LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust

Common Measures:

Measure 1 = 89g: 1 slice

Measure 2 = 758g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21289

LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust

Little Caesar's Pizza

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.10	0.352	3	A	1		58.76	532.97	
Energy.....kcal	243		0	NC	4		280	2536	
Energy.....kj	1017		0	NC	4		1170	10609	
Protein.....g	12.12	0.372	3	A	1		13.94	126.46	
Total lipid (fat).....g	11.35	0.167	3	A	1		13.06	118.42	
Ash.....g	2.32	0.056	3	A	1		2.66	24.17	
Carbohydrate, by difference.....g	23.10		0	NC	4		26.57	240.98	
Fiber, total dietary.....g	2.1	0.179	3	A	1		2.4	21.6	
Sugars, total.....g	3.74	0.059	3	A	1		4.30	38.98	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	1.09	0.107	3	A	1		1.25	11.33	
Fructose.....g	0.92	0.047	3	A	1		1.06	9.63	
Lactose.....g	0.07	0.000	3	A	1		0.09	0.78	
Maltose.....g	1.52	0.211	3	A	1		1.75	15.85	
Galactose.....g	0.13	0.009	3	A	1		0.15	1.39	
Starch.....g	16.13	0.960	3	A	1		18.55	168.27	
Minerals:									
Calcium, Ca.....mg	167	10.440	3	A	1		192	1742	
Iron, Fe.....mg	2.11	0.057	3	A	1		2.43	22.04	
Magnesium, Mg.....mg	24	0.636	3	A	1		28	251	
Phosphorus, P.....mg	207	3.844	3	A	1		238	2156	
Potassium, K.....mg	195	6.692	3	A	1		224	2030	
Sodium, Na.....mg	578	9.821	3	A	1		664	6025	
Zinc, Zn.....mg	1.55	0.026	3	A	1		1.78	16.13	
Copper, Cu.....mg	0.142	0.012	3	A	1		0.164	1.484	
Manganese, Mn.....mg	0.265	0.021	3	A	1		0.304	2.760	
Selenium, Se.....mcg	27.1	0.833	3	A	1		31.2	282.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.286	0.011	3	A	1		0.329	2.982	
Riboflavin.....mg	0.263	0.009	3	A	1		0.303	2.746	
Niacin.....mg	3.567	0.203	3	A	1		4.102	37.200	
Pantothenic acid.....mg	0.573	0.038	3	A	1		0.659	5.979	
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.61	0.046	3	A	1		0.70	6.33	
Vitamin A, IU.....IU	211		0	AS	1		243	2200	
Vitamin A, RAE.....mcg_RAE	48		0	AS	1		56	506	
Vitamin E (alpha-tocopherol).....mg	0.90	0.118	3	A	1		1.04	9.42	
Tocopherol, beta.....mg	0.04	0.010	3	A	1		0.05	0.42	
Tocopherol, gamma.....mg	0.73	0.069	3	A	1		0.84	7.61	
Tocopherol, delta.....mg	0.22	0.003	3	A	1		0.25	2.26	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.7	0.379	3	A	1		6.6	59.5	
Lipids:									
Fatty acids, total saturated.....g	4.561		0	NC	4		5.245	47.566	
4:0.....g									
6:0.....g									
8:0.....g	0.048	0.000	3	A	1		0.055	0.501	
10:0.....g	0.108	0.001	3	A	1		0.124	1.126	
12:0.....g	0.123	0.000	3	A	1		0.141	1.279	
13:0.....g									
14:0.....g	0.486	0.002	3	A	1		0.559	5.072	
15:0.....g	0.049	0.000	3	A	1		0.057	0.514	
16:0.....g	2.509	0.059	3	A	1		2.885	26.168	
17:0.....g	0.051	0.001	3	A	1		0.059	0.531	
18:0.....g	1.167	0.032	3	A	1		1.342	12.175	

LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
20:0.....g	0.019	0.000	3	A	1	0.022	0.201		
22:0.....g	0.000	0.000	3	A	1	0.000	0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	4.063		0	NC	4	4.673	42.378		
14:1.....g	0.043	0.001	3	A	1	0.050	0.452		
15:1.....g	0.000	0.000	3	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.214	0.006	3	A	1	0.246	2.234		
17:1.....g	0.000	0.000	3	A	1	0.000	0.000		
18:1 undifferentiated.....g	3.757	0.117	3	A	1	4.321	39.189		
20:1.....g	0.048	0.000	3	A	1	0.056	0.504		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.720		0	NC	4	1.979	17.944		
18:2 undifferentiated.....g	1.525	0.041	3	A	1	1.754	15.909		
18:3 undifferentiated.....g	0.149		0	AS	1	0.171	1.550		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000	0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.024	0.001	3	A	1	0.028	0.254		
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.022	0.001	3	A	1	0.026	0.232		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	31	2.691	3	A	1	36	323		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.113		0	A	1	0.130	1.180		
Threonine.....g	0.393		0	A	1	0.452	4.103		
Isoleucine.....g	0.554		0	A	1	0.637	5.776		
Leucine.....g	1.024		0	A	1	1.177	10.678		
Lysine.....g	0.576		0	A	1	0.663	6.011		
Methionine.....g	0.280		0	A	1	0.322	2.922		
Cystine.....g	0.345		0	A	1	0.396	3.593		
Phenylalanine.....g	0.604		0	A	1	0.694	6.295		
Tyrosine.....g	0.447		0	A	1	0.514	4.663		
Valine.....g	0.647		0	A	1	0.744	6.748		
Arginine.....g	0.577		0	A	1	0.664	6.022		
Histidine.....g	0.350		0	A	1	0.403	3.655		
Alanine.....g	0.474		0	A	1	0.545	4.940		
Aspartic acid.....g	0.934		0	A	1	1.074	9.740		
Glutamic acid.....g	3.152		0	A	1	3.624	32.872		
Glycine.....g	0.468		0	A	1	0.538	4.878		
Proline.....g	0.952		0	A	1	1.095	9.932		
Serine.....g	0.691		0	A	1	0.794	7.204		
Hydroxyproline.....g	0.025	0.018	3	A	1	0.029	0.260		
Carotenoids:									
Carotene, beta.....mcg	35	12.488	3	A	1	40.817	370.196		
Carotene, alpha.....mcg	0	0.000	3	A	1	0.000	0.000		
Cryptoxanthin, beta.....mcg	0		2	A	1	0.000	0.000		
Lycopene.....mcg	11	0.000	3	A	1	12.857	116.611		
Lutein + zeaxanthin.....mcg									

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

NDB No. 21289

LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust

Common Measures:

Measure 1 = 115g: 1 slice

Measure 2 = 1043g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21288

LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust

Little Caesar's Pizza

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	42.57	1.011	8	A	1		38.31	362.67	
Energy.....kcal	273		0	NC	4		246	2325	
Energy.....kj	1142		0	NC	4		1028	9730	
Protein.....g	13.59	0.243	8	A	1		12.23	115.76	
Total lipid (fat).....g	10.50	0.287	8	A	1		9.45	89.50	
Ash.....g	2.33	0.035	8	A	1		2.10	19.84	
Carbohydrate, by difference.....g	31.01		0	NC	4		27.91	264.23	
Fiber, total dietary.....g	1.7	0.175	8	A	1		1.5	14.5	
Sugars, total.....g	3.76	0.123	8	A	1		3.39	32.07	
Sucrose.....g	0.00	0.000	8	A	1		0.00	0.00	
Glucose (dextrose).....g	0.98	0.046	8	A	1		0.88	8.36	
Fructose.....g	1.12	0.060	8	A	1		1.00	9.51	
Lactose.....g	0.07	0.000	8	A	1		0.07	0.63	
Maltose.....g	1.45	0.072	8	A	1		1.31	12.37	
Galactose.....g	0.14	0.017	8	A	1		0.13	1.19	
Starch.....g	24.52	0.852	8	A	1		22.07	208.95	
Minerals:									
Calcium, Ca.....mg	210	10.232	8	A	1		189	1790	
Iron, Fe.....mg	2.34	0.068	8	A	1		2.11	19.95	
Magnesium, Mg.....mg	28	0.610	8	A	1		25	235	
Phosphorus, P.....mg	224	4.762	8	A	1		202	1908	
Potassium, K.....mg	178	5.428	8	A	1		161	1520	
Sodium, Na.....mg	518	6.193	8	A	1		466	4411	
Zinc, Zn.....mg	1.66	0.040	8	A	1		1.50	14.17	
Copper, Cu.....mg	0.125	0.003	8	A	1		0.112	1.061	
Manganese, Mn.....mg	0.338	0.022	8	A	1		0.304	2.878	
Selenium, Se.....mcg	32.0	1.899	3	A	1		28.8	272.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.338	0.015	8	A	1		0.304	2.882	
Riboflavin.....mg	0.311	0.007	8	A	1		0.280	2.652	
Niacin.....mg	3.737	0.143	8	A	1		3.364	31.843	
Pantothenic acid.....mg	0.530	0.021	3	A	1		0.477	4.516	
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.52	0.047	8	A	1		0.47	4.45	
Vitamin A, IU.....IU	331		0	AS	1		298	2818	
Vitamin A, RAE.....mcg_RAE	71		0	AS	1		64	605	
Vitamin E (alpha-tocopherol).....mg	0.76	0.063	3	A	1		0.69	6.50	
Tocopherol, beta.....mg	0.04	0.007	3	A	1		0.04	0.37	
Tocopherol, gamma.....mg	1.05	0.019	3	A	1		0.95	8.97	
Tocopherol, delta.....mg	0.31	0.033	3	A	1		0.28	2.67	
Vitamin D.....IU	0	0.000	3	A	1		0	0	
Vitamin K (phylloquinone).....mcg	5.9	0.503	3	A	1		5.3	50.3	
Lipids:									
Fatty acids, total saturated.....g	4.541		0	NC	4		4.087	38.690	
4:0.....g									
6:0.....g									
8:0.....g	0.065	0.004	8	A	1		0.059	0.555	
10:0.....g	0.146	0.009	8	A	1		0.131	1.241	
12:0.....g	0.167	0.010	8	A	1		0.151	1.426	
13:0.....g									
14:0.....g	0.599	0.034	8	A	1		0.539	5.106	
15:0.....g	0.061	0.003	8	A	1		0.055	0.517	
16:0.....g	2.370	0.091	8	A	1		2.133	20.191	
17:0.....g	0.047	0.002	8	A	1		0.043	0.404	
18:0.....g	1.060	0.044	8	A	1		0.954	9.031	

LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.017	0.001	8	A	1		0.016	0.148	
22:0.....g	0.008	0.001	8	A	1		0.007	0.071	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.108		0	NC	4		2.797	26.476	
14:1.....g	0.050	0.002	8	A	1		0.045	0.426	
15:1.....g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.162	0.006	8	A	1		0.146	1.381	
17:1.....g	0.000	0.000	8	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.862	0.094	8	A	1		2.575	24.381	
20:1.....g	0.034	0.001	8	A	1		0.030	0.288	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.603		0	NC	4		1.443	13.660	
18:2 undifferentiated.....g	1.420	0.056	8	A	1		1.278	12.095	
18:3 undifferentiated.....g	0.158		0	AS	1		0.142	1.344	
18:3 n-6 c,c,c.....g	0.000	0.000	8	A	1		0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.010	0.002	8	A	1		0.009	0.082	
20:3 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.016	0.001	8	A	1		0.015	0.139	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	28	1.233	8	A	1		25	236	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.130		0	A	1		0.117	1.107	
Threonine.....g	0.430		0	A	1		0.387	3.663	
Isoleucine.....g	0.623		0	A	1		0.561	5.311	
Leucine.....g	1.220		0	A	1		1.098	10.394	
Lysine.....g	0.927		0	A	1		0.834	7.894	
Methionine.....g	0.323		0	A	1		0.291	2.755	
Cystine.....g	0.353		0	A	1		0.318	3.009	
Phenylalanine.....g	0.753		0	A	1		0.678	6.418	
Tyrosine.....g	0.497		0	A	1		0.447	4.230	
Valine.....g	0.777		0	A	1		0.699	6.617	
Arginine.....g	0.603		0	A	1		0.543	5.140	
Histidine.....g	0.393		0	A	1		0.354	3.350	
Alanine.....g	0.293		0	A	1		0.264	2.498	
Aspartic acid.....g	0.980		0	A	1		0.882	8.349	
Glutamic acid.....g	4.107		0	A	1		3.696	34.988	
Glycine.....g	0.440		0	A	1		0.396	3.748	
Proline.....g	1.430		0	A	1		1.287	12.184	
Serine.....g	0.823		0	A	1		0.741	7.015	
Hydroxyproline.....g	0.022	0.014	3	A	1		0.019	0.184	
Carotenoids:									
Carotene, beta.....mcg	68	2.128	3	A	1		60.870	576.236	
Carotene, alpha.....mcg	0	0.000	3	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	
Lycopene.....mcg	62	14.495	3	A	1		56.100	531.080	
Lutein + zeaxanthin.....mcg									

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

NDB No. 21288

LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust

Common Measures:

Measure 1 = 90g: 1 slice

Measure 2 = 852g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21291

LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

Little Caesar's Pizza

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.98	1.806	3	A	1		46.77	421.87	
Energy.....kcal	265		0	NC	4		276	2487	
Energy.....kj	1109		0	NC	4		1154	10406	
Protein.....g	12.93	0.793	3	A	1		13.45	121.30	
Total lipid (fat).....g	10.81	1.217	3	A	1		11.24	101.39	
Ash.....g	2.25	0.127	3	A	1		2.34	21.12	
Carbohydrate, by difference.....g	29.03		0	NC	4		30.19	272.32	
Fiber, total dietary.....g	1.5	0.065	3	A	1		1.5	13.8	
Sugars, total.....g	3.39	0.248	3	A	1		3.52	31.79	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.86	0.119	3	A	1		0.90	8.10	
Fructose.....g	0.97	0.163	3	A	1		1.01	9.13	
Lactose.....g	0.07	0.000	3	A	1		0.08	0.70	
Maltose.....g	1.35	0.054	3	A	1		1.40	12.63	
Galactose.....g	0.13	0.029	3	A	1		0.14	1.23	
Starch.....g	22.30	1.419	3	A	1		23.19	209.17	
Minerals:									
Calcium, Ca.....mg	201	34.429	3	A	1		209	1885	
Iron, Fe.....mg	2.30	0.120	3	A	1		2.39	21.57	
Magnesium, Mg.....mg	27	1.115	3	A	1		28	254	
Phosphorus, P.....mg	215	18.977	3	A	1		223	2014	
Potassium, K.....mg	173	15.431	3	A	1		180	1626	
Sodium, Na.....mg	492	27.168	3	A	1		511	4612	
Zinc, Zn.....mg	1.57	0.124	3	A	1		1.63	14.69	
Copper, Cu.....mg	0.121	0.001	3	A	1		0.126	1.137	
Manganese, Mn.....mg	0.316	0.018	3	A	1		0.329	2.967	
Selenium, Se.....mcg	30.9	1.097	3	A	1		32.1	289.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.373	0.026	3	A	1		0.388	3.495	
Riboflavin.....mg	0.280	0.010	3	A	1		0.291	2.625	
Niacin.....mg	3.767	0.176	3	A	1		3.917	35.331	
Pantothenic acid.....mg	0.483	0.029	3	A	1		0.503	4.533	
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.46	0.035	3	A	1		0.48	4.31	
Vitamin A, IU.....IU	315		0	AS	1		327	2952	
Vitamin A, RAE.....mcg_RAE	65		0	AS	1		68	612	
Vitamin E (alpha-tocopherol).....mg	0.81	0.067	3	A	1		0.84	7.57	
Tocopherol, beta.....mg	0.05	0.010	3	A	1		0.05	0.47	
Tocopherol, gamma.....mg	1.13	0.148	3	A	1		1.18	10.63	
Tocopherol, delta.....mg	0.34	0.034	3	A	1		0.36	3.22	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.1	0.839	3	A	1		7.4	66.6	
Lipids:									
Fatty acids, total saturated.....g	4.314		0	NC	4		4.487	40.467	
4:0.....g									
6:0.....g									
8:0.....g	0.061	0.010	3	A	1		0.063	0.572	
10:0.....g	0.138	0.026	3	A	1		0.143	1.291	
12:0.....g	0.158	0.031	3	A	1		0.165	1.485	
13:0.....g									
14:0.....g	0.560	0.105	3	A	1		0.582	5.249	
15:0.....g	0.056	0.010	3	A	1		0.059	0.528	
16:0.....g	2.274	0.342	3	A	1		2.365	21.326	
17:0.....g	0.043	0.007	3	A	1		0.045	0.406	
18:0.....g	0.997	0.160	3	A	1		1.037	9.352	

LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
20:0.....g	0.019	0.001	3	A	1		0.019	0.174	
22:0.....g	0.009	0.002	3	A	1		0.009	0.084	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.151		0	NC	4		3.277	29.552	
14:1.....g	0.046	0.008	3	A	1		0.047	0.427	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.148	0.020	3	A	1		0.154	1.388	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.925	0.351	3	A	1		3.042	27.440	
20:1.....g	0.032	0.001	3	A	1		0.033	0.297	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.756		0	NC	4		1.826	16.469	
18:2 undifferentiated.....g	1.557	0.098	3	A	1		1.619	14.601	
18:3 undifferentiated.....g	0.177		0	AS	1		0.184	1.662	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.008	0.004	3	A	1		0.008	0.072	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.014	0.003	3	A	1		0.015	0.134	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	26	4.071	3	A	1		27	245	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.110		0	A	1		0.114	1.033	
Threonine.....g	0.369		0	A	1		0.384	3.462	
Isoleucine.....g	0.515		0	A	1		0.535	4.828	
Leucine.....g	1.066		0	A	1		1.108	9.995	
Lysine.....g	0.795		0	A	1		0.827	7.458	
Methionine.....g	0.275		0	A	1		0.286	2.579	
Cystine.....g	0.463		0	A	1		0.482	4.347	
Phenylalanine.....g	0.661		0	A	1		0.688	6.204	
Tyrosine.....g	0.456		0	A	1		0.474	4.275	
Valine.....g	0.640		0	A	1		0.666	6.005	
Arginine.....g	0.520		0	A	1		0.540	4.874	
Histidine.....g	0.342		0	A	1		0.356	3.211	
Alanine.....g	0.403		0	A	1		0.420	3.785	
Aspartic acid.....g	0.842		0	A	1		0.875	7.894	
Glutamic acid.....g	3.689		0	A	1		3.837	34.604	
Glycine.....g	0.384		0	A	1		0.399	3.601	
Proline.....g	1.026		0	A	1		1.067	9.626	
Serine.....g	0.751		0	A	1		0.781	7.043	
Hydroxyproline.....g	0.019	0.007	3	A	1		0.020	0.179	
Carotenoids:									
Carotene, beta.....mcg	67	13.583	3	A	1		69.923	630.648	
Carotene, alpha.....mcg	0	0.000	3	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	5	5.333	3	A	1		5.547	50.027	
Lycopene.....mcg	42	9.548	3	A	1		43.264	390.207	
Lutein + zeaxanthin.....mcg									

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

NDB No. 21291

LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

Common Measures:

Measure 1 = 104g: 1 slice

Measure 2 = 938g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21367

McDOANLD'S Chicken McGRILL Sandwich (without mayonnaise)

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.58		0	RKI	6		126.52		
Energy.....kcal	150		0	MC	9		298		
Energy.....kj	627		0	MC	9		1247		
Protein.....g	13.88		0	RKI	6		27.63		
Total lipid (fat).....g	2.46		0	RKI	6		4.90		
Ash.....g	1.89		0	RKA	1		3.76		
Carbohydrate, by difference.....g	18.18		0	RKI	6		36.18		
Fiber, total dietary.....g	1.4		0	RKA	1		2.9		
Sugars, total.....g	3.51		0	RKA	1		6.98		
Sucrose.....g	0.42		0	RKA	1		0.84		
Glucose (dextrose).....g	1.02		0	RKA	1		2.02		
Fructose.....g	1.63		0	RKA	1		3.25		
Lactose.....g	0.06		0	RKA	1		0.12		
Maltose.....g	0.41		0	RKA	1		0.81		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	71		0	RKA	1		142		
Iron, Fe.....mg	1.45		0	RKA	1		2.89		
Magnesium, Mg.....mg	25		0	RKA	1		49		
Phosphorus, P.....mg	180		0	RKA	1		359		
Potassium, K.....mg	254		0	RKA	1		506		
Sodium, Na.....mg	471		0	MC	9		937		
Zinc, Zn.....mg	0.58		0	RKA	1		1.15		
Copper, Cu.....mg	0.072		0	RKA	1		0.144		
Manganese, Mn.....mg	0.212		0	RKA	1		0.422		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.4		0	RKA	1		4.8		
Thiamin.....mg	0.165		0	RKA	1		0.328		
Riboflavin.....mg	0.272		0	RKA	1		0.541		
Niacin.....mg	7.386		0	RKA	1		14.698		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	51		0	RKA	1		102		
Folic acid.....mcg									
Folate, food.....mcg	51		0	RKA	1		102		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.10		0	RKI	6		0.20		
Vitamin A, IU.....IU	153		0	RKA	1		305		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.320		0	RKI	6		0.636		
Fatty acids, total monounsaturated.....g	0.499		0	RKI	6		0.993		
Fatty acids, total polyunsaturated.....g	0.223		0	RKI	6		0.444		
Fatty acids, total trans.....g	0.073		0	MC	9		0.145		
Cholesterol.....mg	30		0	RKI	6		61		
Phytosterols.....mg									

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

NDB No. 21367

McDOANLD'S Chicken McGRILL Sandwich (without mayonnaise)

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

food, or similar food.

Common Measures:

Measure 1 = 199g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21231
McDOANLD'S, CHICKEN McGRILL Sandwich
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.06		0	RKI	6		127.93		
Energy.....kcal	190		0	MC	9		404		
Energy.....kj	794		0	MC	9		1691		
Protein.....g	13.05		0	RKI	6		27.81		
Total lipid (fat).....g	7.87		0	RKI	6		16.75		
Ash.....g	1.80		0	RKA	1		3.83		
Carbohydrate, by difference.....g	17.22		0	RKI	6		36.68		
Fiber, total dietary.....g	1.3		0	RKA	1		2.9		
Sugars, total.....g	3.35		0	RKA	1		7.14		
Sucrose.....g	0.47		0	RKA	1		1.00		
Glucose (dextrose).....g	0.95		0	RKA	1		2.02		
Fructose.....g	1.52		0	RKA	1		3.25		
Lactose.....g	0.05		0	RKA	1		0.12		
Maltose.....g	0.38		0	RKA	1		0.81		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	67		0	RKA	1		143		
Iron, Fe.....mg	1.38		0	RKA	1		2.95		
Magnesium, Mg.....mg	23		0	RKA	1		49		
Phosphorus, P.....mg	171		0	RKA	1		364		
Potassium, K.....mg	239		0	RKA	1		508		
Sodium, Na.....mg	472		0	MC	9		1005		
Zinc, Zn.....mg	0.56		0	RKA	1		1.19		
Copper, Cu.....mg	0.070		0	RKA	1		0.149		
Manganese, Mn.....mg	0.200		0	RKA	1		0.425		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.3		0	RKA	1		4.8		
Thiamin.....mg	0.155		0	RKA	1		0.331		
Riboflavin.....mg	0.258		0	RKA	1		0.549		
Niacin.....mg	6.901		0	RKA	1		14.699		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	50		0	RKA	1		106		
Folic acid.....mcg									
Folate, food.....mcg	50		0	RKA	1		106		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.12		0	RKI	6		0.26		
Vitamin A, IU.....IU	147		0	RKA	1		313		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.127		0	RKI	6		2.400		
Fatty acids, total monounsaturated.....g	1.652		0	RKI	6		3.519		
Fatty acids, total polyunsaturated.....g	3.229		0	RKI	6		6.877		
Fatty acids, total trans.....g	0.088		0	MC	9		0.187		
Cholesterol.....mg	33		0	RKI	6		71		
Phytosterols.....mg									

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

NDB No. 21231

McDOANLD'S, CHICKEN McGRILL Sandwich

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

food, or similar food.

Common Measures:

Measure 1 = 213g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.67		0	RKA	1		47.95		
Energy.....kcal	252		0	MC	9		264		
Energy.....kj	1053		0	MC	9		1106		
Protein.....g	12.36		0	RKA	1		12.98		
Total lipid (fat).....g	9.29		0	RKA	1		9.75		
Ash.....g	2.03		0	RKA	1		2.13		
Carbohydrate, by difference.....g	30.69		0	RKI	6		32.22		
Fiber, total dietary.....g	1.3		0	RKA	1		1.4		
Sugars, total.....g	6.58		0	RKA	1		6.91		
Sucrose.....g	0.27		0	RKA	1		0.28		
Glucose (dextrose).....g	2.28		0	RKA	1		2.39		
Fructose.....g	2.93		0	RKA	1		3.08		
Lactose.....g	0.15		0	RKA	1		0.16		
Maltose.....g	0.95		0	RKA	1		0.99		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	121		0	RKA	1		127		
Iron, Fe.....mg	2.64		0	RKA	1		2.77		
Magnesium, Mg.....mg	20		0	RKA	1		21		
Phosphorus, P.....mg	107		0	RKA	1		113		
Potassium, K.....mg	203		0	RKA	1		213		
Sodium, Na.....mg	507		0	MC	9		533		
Zinc, Zn.....mg	1.87		0	RKA	1		1.96		
Copper, Cu.....mg	0.105		0	RKA	1		0.111		
Manganese, Mn.....mg	0.257		0	RKA	1		0.270		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0	RKA	1		0.7		
Thiamin.....mg	0.247		0	RKA	1		0.259		
Riboflavin.....mg	0.239		0	RKA	1		0.251		
Niacin.....mg	4.544		0	RKA	1		4.772		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	64		0	RKA	1		67		
Folic acid.....mcg									
Folate, food.....mcg	64		0	RKA	1		67		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.83		0	RKA	1		0.87		
Vitamin A, IU.....IU	55		0	RKA	1		58		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.938		0	RKI	6		3.085		
Fatty acids, total monounsaturated.....g	3.170		0	RKI	6		3.328		
Fatty acids, total polyunsaturated.....g	0.223		0	RKI	6		0.234		
Fatty acids, total trans.....g	0.518		0	MC	9		0.544		
Cholesterol.....mg	27		0	RKA	1		29		
Phytosterols.....mg									

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

NDB No. 21228
McDONALD'S, Hamburger

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

food, or similar food.

Common Measures:

Measure 1 = 105g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21342
McDONALD'S, Apple Dippers
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.50		1	MA	12		59.50		
Energy.....kcal	48		0	NC	4		33		
Energy.....kj	203		0	NC	4		138		
Protein (N x 6.25).....g	0.00		1	MA	12		0.00		
Total lipid (fat).....g	0.00		1	MA	12		0.00		
Ash.....g	0.40		1	MA	12		0.27		
Carbohydrate, by difference.....g	12.10		0	NC	4		8.23		
Fiber, total dietary.....g									
Sugars, total.....g	9.20		1	MA	12		6.26		
Sucrose.....g	3.30		1	MA	12		2.24		
Glucose (dextrose).....g	0.90		1	MA	12		0.61		
Fructose.....g	5.00		1	MA	12		3.40		
Lactose.....g	0.00		1	MA	12		0.00		
Maltose.....g	0.00		1	MA	12		0.00		
Galactose.....g	0.00		1	MA	12		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	62		1	MA	12		42		
Iron, Fe.....mg	0.10		1	MA	12		0.07		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	0		1	MA	12		0		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	277.0		1	MA	12		188.4		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		1	MA	12		0.00		
Vitamin A, IU.....IU	7		0	NC	4		5		
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		1		
Vitamin E (alpha-tocopherol).....mg	0.08		1	MA	12		0.05		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg									
Phytosterols.....mg									

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

NDB No. 21342

McDONALD'S, Apple Dippers

Common Measures:

Measure 1 = 68g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21366
McDONALD'S, Apple Dippers with Low Fat Caramel Sauce
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.16		0	RKA	1		64.23		
Energy.....kcal	111		0	MC	9		99		
Energy.....kj	464		0	MC	9		413		
Protein.....g	0.45		0	RKA	1		0.40		
Total lipid (fat).....g	0.77		0	RKA	1		0.68		
Ash.....g	0.50		0	RKA	1		0.44		
Carbohydrate, by difference.....g	26.12		0	RKI	6		23.25		
Fiber, total dietary.....g									
Sugars, total.....g	17.22		0	RKA	1		15.33		
Sucrose.....g	5.25		0	RKA	1		4.68		
Glucose (dextrose).....g	4.07		0	RKA	1		3.62		
Fructose.....g	5.21		0	RKA	1		4.64		
Lactose.....g	0.71		0	RKA	1		0.63		
Maltose.....g	1.91		0	RKA	1		1.70		
Galactose.....g	0.06		0	RKA	1		0.06		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	64		0	RKA	1		57		
Iron, Fe.....mg	0.11		0	RKA	1		0.10		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	40		0	MC	9		36		
Zinc, Zn.....mg	0.07		0	RKA	1		0.06		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	211.6		0	RKA	1		188.4		
Thiamin.....mg	0.018		0	RKA	1		0.016		
Riboflavin.....mg	0.032		0	RKA	1		0.028		
Niacin.....mg	0.001		0	RKA	1		0.001		
Pantothenic acid.....mg	0.094		0	RKA	1		0.084		
Vitamin B-6.....mg	0.006		0	RKA	1		0.006		
Folate, total.....mcg	0		0	RKA	1		0		
Folic acid.....mcg									
Folate, food.....mcg	0		0	RKA	1		0		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	RKA	1		0.00		
Vitamin A, IU.....IU	40		0	RKI	6		35		
Vitamin A, RAE.....mcg_RAE	12		0	RKI	6		11		
Retinol.....mcg	12		0	RKA	1		11		
Vitamin E (alpha-tocopherol).....mg	0.06		0	RKA	1		0.05		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.418		0	RKI	6		0.372		
4:0.....g									
6:0.....g									
8:0.....g	0.008		0	RKA	1		0.007		
10:0.....g	0.018		0	RKA	1		0.016		
12:0.....g	0.020		0	RKA	1		0.018		
13:0.....g									
14:0.....g	0.069		0	RKA	1		0.061		
15:0.....g	0.007		0	RKA	1		0.006		

NDB No. 21366

McDONALD'S, Apple Dippers with Low Fat Caramel Sauce

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.198		0	RKA	1		0.176		
17:0.....g	0.005		0	RKA	1		0.004		
18:0.....g	0.094		0	RKA	1		0.083		
20:0.....g	0.000		0	RKA	1		0.000		
22:0.....g	0.000		0	RKA	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.182		0	RKI	6		0.162		
14:1.....g	0.005		0	RKA	1		0.005		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.009		0	RKA	1		0.008		
17:1.....g	0.000		0	RKA	1		0.000		
18:1 undifferentiated.....g	0.168		0	RKA	1		0.149		
20:1.....g	0.000		0	RKA	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.033		0	RKI	6		0.029		
18:2 undifferentiated.....g	0.030		0	RKA	1		0.026		
18:3 undifferentiated.....g	0.003		0	RKA	1		0.003		
18:4.....g									
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.009		0	RKI	6		0.008		
Cholesterol.....mg	3		0	RKA	1		3		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 89g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21351
McDONALD'S, BIG 'N TASTY
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.71		0	RKI	6		133.88		
Energy.....kcal	226		0	MC	9		525		
Energy.....kj	946		0	MC	9		2196		
Protein.....g	10.64		0	RKI	6		24.69		
Total lipid (fat).....g	13.68		0	RKI	6		31.74		
Ash.....g	1.37		0	RKI	6		3.17		
Carbohydrate, by difference.....g	16.60		0	RKI	6		38.52		
Fiber, total dietary.....g	1.4		0	RKI	6		3.2		
Sugars, total.....g	3.79		0	RKI	6		8.79		
Sucrose.....g	0.24		0	RKI	6		0.55		
Glucose (dextrose).....g	1.35		0	RKI	6		3.14		
Fructose.....g	1.70		0	RKI	6		3.95		
Lactose.....g	0.05		0	RKI	6		0.12		
Maltose.....g	0.46		0	RKI	6		1.07		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	65		0	RKI	6		152		
Iron, Fe.....mg	1.88		0	RKI	6		4.35		
Magnesium, Mg.....mg	18		0	RKI	6		42		
Phosphorus, P.....mg	98		0	RKI	6		227		
Potassium, K.....mg	200		0	RKI	6		463		
Sodium, Na.....mg	317		0	MC	9		736		
Zinc, Zn.....mg	2.06		0	RKI	6		4.79		
Copper, Cu.....mg	0.090		0	RKI	6		0.209		
Manganese, Mn.....mg	0.182		0	RKI	6		0.423		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.9		0	RKA	1		4.4		
Thiamin.....mg	0.143		0	RKI	6		0.333		
Riboflavin.....mg	0.260		0	RKI	6		0.603		
Niacin.....mg	3.325		0	RKI	6		7.714		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	48		0	RKA	1		110		
Folic acid.....mcg									
Folate, food.....mcg	48		0	RKA	1		110		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.98		0	RKI	6		2.26		
Vitamin A, IU.....IU	160		0	RKA	1		371		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.726		0	RKI	6		8.644		
Fatty acids, total monounsaturated.....g	4.195		0	RKI	6		9.733		
Fatty acids, total polyunsaturated.....g	2.995		0	RKI	6		6.949		
Fatty acids, total trans.....g	0.554		0	MC	9		1.285		
Cholesterol.....mg	33		0	RKI	6		78		
Phytosterols.....mg									

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

NDB No. 21351
McDONALD'S, BIG 'N TASTY

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

food, or similar food.

Common Measures:

Measure 1 = 232g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21352
McDONALD'S, BIG 'N TASTY (without mayonnaise)
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.77		0	RKI	6		132.48		
Energy.....kcal	192		0	MC	9		419		
Energy.....kj	803		0	MC	9		1751		
Protein.....g	11.25		0	RKI	6		24.52		
Total lipid (fat).....g	9.11		0	RKI	6		19.87		
Ash.....g	1.42		0	RKI	6		3.10		
Carbohydrate, by difference.....g	17.44		0	RKI	6		38.02		
Fiber, total dietary.....g	1.5		0	RKI	6		3.2		
Sugars, total.....g	3.96		0	RKI	6		8.63		
Sucrose.....g	0.18		0	RKI	6		0.40		
Glucose (dextrose).....g	1.44		0	RKI	6		3.14		
Fructose.....g	1.81		0	RKI	6		3.95		
Lactose.....g	0.05		0	RKI	6		0.12		
Maltose.....g	0.49		0	RKI	6		1.07		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	69		0	RKI	6		150		
Iron, Fe.....mg	1.97		0	RKI	6		4.30		
Magnesium, Mg.....mg	19		0	RKI	6		41		
Phosphorus, P.....mg	102		0	RKI	6		222		
Potassium, K.....mg	212		0	RKI	6		461		
Sodium, Na.....mg	309		0	MC	9		674		
Zinc, Zn.....mg	2.18		0	RKI	6		4.74		
Copper, Cu.....mg	0.093		0	RKI	6		0.204		
Manganese, Mn.....mg	0.192		0	RKI	6		0.420		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.0		0	RKA	1		4.4		
Thiamin.....mg	0.152		0	RKI	6		0.330		
Riboflavin.....mg	0.273		0	RKI	6		0.595		
Niacin.....mg	3.539		0	RKI	6		7.714		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	49		0	RKA	1		107		
Folic acid.....mcg									
Folate, food.....mcg	49		0	RKA	1		107		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.01		0	RKI	6		2.20		
Vitamin A, IU.....IU	167		0	RKA	1		364		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.155		0	RKI	6		6.878		
Fatty acids, total monounsaturated.....g	3.304		0	RKI	6		7.203		
Fatty acids, total polyunsaturated.....g	0.231		0	RKI	6		0.504		
Fatty acids, total trans.....g	0.568		0	MC	9		1.238		
Cholesterol.....mg	31		0	RKI	6		68		
Phytosterols.....mg									

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

NDB No. 21352

McDONALD'S, BIG 'N TASTY (without mayonnaise)

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

food, or similar food.

Common Measures:

Measure 1 = 218g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21353
McDONALD'S, BIG 'N TASTY with Cheese
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.74		0	RKI	6		140.14		
Energy.....kcal	232		0	MC	9		574		
Energy.....kj	972		0	MC	9		2400		
Protein.....g	11.00		0	RKI	6		27.17		
Total lipid (fat).....g	14.58		0	RKI	6		36.02		
Ash.....g	1.62		0	RKI	6		3.99		
Carbohydrate, by difference.....g	16.06		0	RKI	6		39.67		
Fiber, total dietary.....g	1.3		0	RKI	6		3.2		
Sugars, total.....g	3.83		0	RKI	6		9.47		
Sucrose.....g	0.22		0	RKI	6		0.55		
Glucose (dextrose).....g	1.31		0	RKI	6		3.24		
Fructose.....g	1.63		0	RKI	6		4.02		
Lactose.....g	0.25		0	RKI	6		0.61		
Maltose.....g	0.45		0	RKI	6		1.10		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	91		0	RKI	6		224		
Iron, Fe.....mg	1.78		0	RKI	6		4.39		
Magnesium, Mg.....mg	18		0	RKI	6		45		
Phosphorus, P.....mg	114		0	RKI	6		282		
Potassium, K.....mg	199		0	RKI	6		491		
Sodium, Na.....mg	387		0	MC	9		957		
Zinc, Zn.....mg	2.07		0	RKI	6		5.10		
Copper, Cu.....mg	0.087		0	RKI	6		0.215		
Manganese, Mn.....mg	0.173		0	RKI	6		0.427		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.8		0	RKA	1		4.4		
Thiamin.....mg	0.137		0	RKI	6		0.340		
Riboflavin.....mg	0.268		0	RKI	6		0.662		
Niacin.....mg	3.138		0	RKI	6		7.751		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	46		0	RKA	1		114		
Folic acid.....mcg									
Folate, food.....mcg	46		0	RKA	1		114		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.98		0	RKI	6		2.42		
Vitamin A, IU.....IU	246		0	RKA	1		608		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.387		0	RKI	6		10.837		
Fatty acids, total monounsaturated.....g	4.343		0	RKI	6		10.728		
Fatty acids, total polyunsaturated.....g	2.891		0	RKI	6		7.140		
Fatty acids, total trans.....g	0.611		0	MC	9		1.509		
Cholesterol.....mg	37		0	RKI	6		90		
Phytosterols.....mg									

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

NDB No. 21353
McDONALD'S, BIG 'N TASTY with Cheese

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

food, or similar food.

Common Measures:

Measure 1 = 247g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21354

McDONALD'S, BIG 'N TASTY with Cheese (without mayonnaise)

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	59.55		0	RKI	6		138.75		
Energy.....kcal	201		0	MC	9		468		
Energy.....kj	841		0	MC	9		1959		
Protein.....g	11.59		0	RKI	6		27.00		
Total lipid (fat).....g	10.36		0	RKI	6		24.15		
Ash.....g	1.68		0	RKI	6		3.92		
Carbohydrate, by difference.....g	16.81		0	RKI	6		39.18		
Fiber, total dietary.....g	1.4		0	RKI	6		3.2		
Sugars, total.....g	4.00		0	RKI	6		9.31		
Sucrose.....g	0.17		0	RKI	6		0.40		
Glucose (dextrose).....g	1.39		0	RKI	6		3.24		
Fructose.....g	1.72		0	RKI	6		4.02		
Lactose.....g	0.26		0	RKI	6		0.61		
Maltose.....g	0.47		0	RKI	6		1.10		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	95		0	RKI	6		222		
Iron, Fe.....mg	1.86		0	RKI	6		4.33		
Magnesium, Mg.....mg	19		0	RKI	6		45		
Phosphorus, P.....mg	119		0	RKI	6		277		
Potassium, K.....mg	210		0	RKI	6		489		
Sodium, Na.....mg	382		0	MC	9		889		
Zinc, Zn.....mg	2.17		0	RKI	6		5.06		
Copper, Cu.....mg	0.090		0	RKI	6		0.210		
Manganese, Mn.....mg	0.182		0	RKI	6		0.424		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.9		0	RKA	1		4.4		
Thiamin.....mg	0.145		0	RKI	6		0.337		
Riboflavin.....mg	0.281		0	RKI	6		0.655		
Niacin.....mg	3.327		0	RKI	6		7.751		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	47		0	RKA	1		110		
Folic acid.....mcg									
Folate, food.....mcg	47		0	RKA	1		110		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.01		0	RKI	6		2.36		
Vitamin A, IU.....IU	258		0	RKA	1		600		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.893		0	RKI	6		9.071		
Fatty acids, total monounsaturated.....g	3.518		0	RKI	6		8.198		
Fatty acids, total polyunsaturated.....g	0.298		0	RKI	6		0.693		
Fatty acids, total trans.....g	0.630		0	MC	9		1.468		
Cholesterol.....mg	34		0	RKI	6		80		
Phytosterols.....mg									

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

NDB No. 21354

McDONALD'S, BIG 'N TASTY with Cheese (without mayonnaise)

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

food, or similar food.

Common Measures:

Measure 1 = 233g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21341
McDONALD'S, BIG BREAKFAST
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.78		0	RKA	1		135.07		
Energy.....kcal	275		0	MC	9		731		
Energy.....kj	1150		0	MC	9		3058		
Protein.....g	10.34		0	RKA	1		27.50		
Total lipid (fat).....g	18.95		0	RKA	1		50.41		
Ash.....g	2.27		0	RKA	1		6.05		
Carbohydrate, by difference.....g	17.65		0	RKI	6		46.96		
Fiber, total dietary.....g	1.0		0	RKA	1		2.7		
Sugars, total.....g	0.80		0	RKA	1		2.12		
Sucrose.....g	0.30		0	RKA	1		0.80		
Glucose (dextrose).....g	0.15		0	RKA	1		0.41		
Fructose.....g	0.00		0	RKA	1		0.00		
Lactose.....g	0.24		0	RKA	1		0.65		
Maltose.....g	0.10		0	RKA	1		0.27		
Galactose.....g	0.00		0	RKA	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	50		0	RKA	1		132		
Iron, Fe.....mg	1.90		0	RKA	1		5.06		
Magnesium, Mg.....mg	15		0	RKA	1		39		
Phosphorus, P.....mg	260		0	RKA	1		693		
Potassium, K.....mg	206		0	RKA	1		548		
Sodium, Na.....mg	549		0	MC	9		1460		
Zinc, Zn.....mg	0.99		0	RKA	1		2.62		
Copper, Cu.....mg	0.083		0	RKA	1		0.221		
Manganese, Mn.....mg	0.120		0	RKA	1		0.319		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0	RKA	1		1.6		
Thiamin.....mg	0.233		0	RKA	1		0.619		
Riboflavin.....mg	0.360		0	RKA	1		0.957		
Niacin.....mg	2.293		0	RKA	1		6.099		
Pantothenic acid.....mg	0.756		0	RKA	1		2.010		
Vitamin B-6.....mg	0.174		0	RKA	1		0.462		
Folate, total.....mcg	74		0	RKA	1		197		
Folic acid.....mcg									
Folate, food.....mcg	74		0	RKA	1		197		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.58		0	RKA	1		1.55		
Vitamin A, IU.....IU	213		0	RKA	1		566		
Vitamin A, RAE.....mcg_RAE	64		0	RKA	1		170		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.18		0	RKA	1		3.15		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.018		0	RKI	6		13.348		
4:0.....g									
6:0.....g									
8:0.....g	0.000		0	RKA	1		0.000		
10:0.....g	0.000		0	RKA	1		0.000		
12:0.....g	0.000		0	RKA	1		0.000		
13:0.....g									
14:0.....g	0.093		0	RKA	1		0.247		
15:0.....g	0.000		0	RKA	1		0.000		

NDB No. 21341
 McDONALD'S, BIG BREAKFAST

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	3.131		0	RKA	1		8.328		
17:0.....g	0.029		0	RKA	1		0.078		
18:0.....g	1.706		0	RKA	1		4.538		
20:0.....g	0.036		0	RKA	1		0.095		
22:0.....g	0.023		0	RKA	1		0.062		
24:0.....g									
Fatty acids, total monounsaturated.....g	8.508		0	RKI	6		22.631		
14:1.....g	0.000		0	RKA	1		0.000		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.239		0	RKA	1		0.635		
17:1.....g	0.000		0	RKA	1		0.000		
18:1 undifferentiated.....g	8.206		0	RKA	1		21.827		
20:1.....g	0.063		0	RKA	1		0.168		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.427		0	RKI	6		6.457		
18:2 undifferentiated.....g	2.258		0	RKA	1		6.005		
18:3 undifferentiated.....g	0.084		0	RKA	1		0.223		
18:4.....g									
20:2 n-6 c,c.....g	0.044		0	RKA	1		0.116		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.042		0	RKA	1		0.113		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	2.776		0	MC	9		7.384		
Cholesterol.....mg	177		0	RKA	1		471		
Phytosterols.....mg									

Carotenoids:

Carotene, beta.....mcg	
Carotene, alpha.....mcg	
Cryptoxanthin, beta.....mcg	
Lycopene.....mcg	
Lutein + zeaxanthin.....mcg	

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

Common Measures:

Measure 1 = 266g: 1 item 9.369 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21237
 McDONALD'S, BIG MAC

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.588		0	MC	9		1.288		
Cholesterol.....mg	36		0	RKI	6		79		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 219g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21350
McDONALD'S, BIG MAC (without Big Mac Sauce)
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.76		0	RKI	6		105.52		
Energy.....kcal	234		0	MC	9		468		
Energy.....kj	978		0	MC	9		1956		
Protein.....g	12.79		0	RKI	6		25.58		
Total lipid (fat).....g	11.57		0	RKI	6		23.13		
Ash.....g	1.91		0	RKA	1		3.81		
Carbohydrate, by difference.....g	21.01		0	RKI	6		42.02		
Fiber, total dietary.....g	1.7		0	RKA	1		3.4		
Sugars, total.....g	3.70		0	RKA	1		7.41		
Sucrose.....g	0.21		0	RKA	1		0.41		
Glucose (dextrose).....g	0.96		0	RKA	1		1.93		
Fructose.....g	1.74		0	RKA	1		3.48		
Lactose.....g	0.35		0	RKA	1		0.71		
Maltose.....g	0.47		0	RKA	1		0.94		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	124		0	RKA	1		247		
Iron, Fe.....mg	2.14		0	RKA	1		4.27		
Magnesium, Mg.....mg	21		0	RKA	1		42		
Phosphorus, P.....mg	130		0	RKA	1		259		
Potassium, K.....mg	192		0	RKA	1		385		
Sodium, Na.....mg	454		0	MC	9		908		
Zinc, Zn.....mg	2.07		0	RKA	1		4.13		
Copper, Cu.....mg	0.105		0	RKA	1		0.210		
Manganese, Mn.....mg	0.218		0	RKA	1		0.436		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	RKA	1		0.8		
Thiamin.....mg	0.190		0	RKA	1		0.379		
Riboflavin.....mg	0.223		0	RKA	1		0.447		
Niacin.....mg	3.693		0	RKA	1		7.386		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	50		0	RKA	1		99		
Folic acid.....mcg									
Folate, food.....mcg	50		0	RKA	1		99		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.94		0	RKI	6		1.89		
Vitamin A, IU.....IU	186		0	RKA	1		373		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.162		0	RKI	6		8.324		
Fatty acids, total monounsaturated.....g	3.802		0	RKI	6		7.604		
Fatty acids, total polyunsaturated.....g	0.334		0	RKI	6		0.669		
Fatty acids, total trans.....g	0.644		0	MC	9		1.288		
Cholesterol.....mg	35		0	RKI	6		69		
Phytosterols.....mg									

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

NDB No. 21350
McDONALD'S, BIG MAC (without Big Mac Sauce)

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

food, or similar food.

Common Measures:
Measure 1 = 200g: 1 item

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods
USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21377

McDONALD'S, Bacon Ranch Salad with Crispy Chicken

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.96		0	RKI	6		243.20		
Energy.....kcal	106		0	MC	9		334		
Energy.....kj	443		0	MC	9		1399		
Protein.....g	8.61		0	RKI	6		27.20		
Total lipid (fat).....g	5.84		0	RKI	6		18.46		
Ash.....g	1.48		0	RKI	6		4.69		
Carbohydrate, by difference.....g	7.20		0	RKI	6		22.76		
Fiber, total dietary.....g	1.0		0	RKI	6		3.3		
Sugars, total.....g	1.50		0	NR	4		4.74		
Sucrose.....g	0.25		0	RKI	6		0.78		
Glucose (dextrose).....g	0.55		0	RKI	6		1.75		
Fructose.....g	0.69		0	RKI	6		2.19		
Lactose.....g	0.01		0	RKI	6		0.02		
Maltose.....g	0.00		0	RKI	6		0.00		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	47		0	RKI	6		149		
Iron, Fe.....mg	0.64		0	RKI	6		2.01		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	326		0	RKI	6		1030		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	9.8		0	RKI	6		31.1		
Thiamin.....mg	0.057		0	RKI	6		0.180		
Riboflavin.....mg	0.076		0	RKI	6		0.241		
Niacin.....mg	2.627		0	RKI	6		8.302		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	49		0	RKI	6		155		
Folic acid.....mcg									
Folate, food.....mcg	49		0	RKI	6		155		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.13		0	RKI	6		0.42		
Vitamin A, IU.....IU	2035		0	RKI	6		6431		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.673		0	RKI	6		5.285		
Fatty acids, total monounsaturated.....g	1.730		0	RKI	6		5.466		
Fatty acids, total polyunsaturated.....g	1.146		0	RKI	6		3.620		
Fatty acids, total trans.....g	0.473		0	MC	9		1.495		
Cholesterol.....mg	21		0	RKI	6		65		
Phytosterols.....mg									

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NDB No. 21377

McDONALD'S, Bacon Ranch Salad with Crispy Chicken

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

food, or similar food.

Common Measures:

Measure 1 = 316g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21376
McDONALD'S, Bacon Ranch Salad with Grilled Chicken
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	81.64		0	RKI	6		253.91		
Energy.....kcal	76		0	MC	9		236		
Energy.....kj	318		0	MC	9		989		
Protein.....g	9.97		0	RKI	6		30.99		
Total lipid (fat).....g	3.29		0	RKI	6		10.23		
Ash.....g	1.45		0	RKI	6		4.52		
Carbohydrate, by difference.....g	3.74		0	RKI	6		11.64		
Fiber, total dietary.....g	1.1		0	RKI	6		3.3		
Sugars, total.....g	1.70		0	NR	4		5.29		
Sucrose.....g	0.42		0	RKI	6		1.31		
Glucose (dextrose).....g	0.56		0	RKI	6		1.75		
Fructose.....g	0.71		0	RKI	6		2.20		
Lactose.....g	0.01		0	RKI	6		0.02		
Maltose.....g	0.00		0	RKI	6		0.00		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	48		0	RKI	6		149		
Iron, Fe.....mg	0.68		0	RKI	6		2.13		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	305		0	RKI	6		949		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	10.2		0	RKI	6		31.6		
Thiamin.....mg	0.042		0	RKI	6		0.130		
Riboflavin.....mg	0.073		0	RKI	6		0.227		
Niacin.....mg	3.774		0	RKI	6		11.737		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	45		0	RKI	6		141		
Folic acid.....mcg									
Folate, food.....mcg	45		0	RKI	6		141		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.13		0	RKI	6		0.42		
Vitamin A, IU.....IU	2072		0	RKI	6		6445		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.287		0	RKI	6		4.003		
Fatty acids, total monounsaturated.....g	1.091		0	RKI	6		3.394		
Fatty acids, total polyunsaturated.....g	0.377		0	RKI	6		1.172		
Fatty acids, total trans.....g	0.107		0	MC	9		0.333		
Cholesterol.....mg	28		0	RKI	6		87		
Phytosterols.....mg									

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NDB No. 21376

McDONALD'S, Bacon Ranch Salad with Grilled Chicken

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

food, or similar food.

Common Measures:

Measure 1 = 311g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21378

McDONALD'S, Bacon Ranch Salad without chicken

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	87.20		0	RKI	6		194.45		
Energy.....kcal	61		0	MC	9		135		
Energy.....kj	253		0	MC	9		564		
Protein.....g	4.14		0	RKI	6		9.24		
Total lipid (fat).....g	3.64		0	RKI	6		8.12		
Ash.....g	0.96		0	RKI	6		2.14		
Carbohydrate, by difference.....g	4.20		0	RKI	6		9.36		
Fiber, total dietary.....g	1.5		0	RKI	6		3.3		
Sugars, total.....g	2.14		0	NR	4		4.77		
Sucrose.....g	0.35		0	RKI	6		0.78		
Glucose (dextrose).....g	0.79		0	RKI	6		1.76		
Fructose.....g	0.98		0	RKI	6		2.20		
Lactose.....g	0.01		0	RKI	6		0.02		
Maltose.....g	0.00		0	RKI	6		0.00		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	63		0	RKI	6		139		
Iron, Fe.....mg	0.67		0	RKI	6		1.50		
Magnesium, Mg.....mg	10		0	RKI	6		22		
Phosphorus, P.....mg	45		0	RKI	6		100		
Potassium, K.....mg	201		0	RKI	6		448		
Sodium, Na.....mg	132		0	RKI	6		294		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	13.5		0	RKI	6		30.0		
Thiamin.....mg	0.044		0	RKI	6		0.097		
Riboflavin.....mg	0.058		0	RKI	6		0.130		
Niacin.....mg	0.206		0	RKI	6		0.459		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	53		0	RKI	6		118		
Folic acid.....mcg									
Folate, food.....mcg	53		0	RKI	6		118		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.10		0	RKI	6		0.21		
Vitamin A, IU.....IU	2891		0	RKI	6		6448		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.507		0	RKI	6		3.360		
Fatty acids, total monounsaturated.....g	1.057		0	RKI	6		2.357		
Fatty acids, total polyunsaturated.....g	0.327		0	RKI	6		0.728		
Fatty acids, total trans.....g	0.111		0	MC	9		0.248		
Cholesterol.....mg	12		0	RKI	6		26		
Phytosterols.....mg									

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

NDB No. 21378

McDONALD'S, Bacon Ranch Salad without chicken

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

food, or similar food.

Common Measures:

Measure 1 = 223g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21360
McDONALD'S, Bacon, Egg & Cheese Biscuit
McDonald's Corporation

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	42.14		0	RKA	1		61.11		
Energy.....kcal	304		0	MC	9		440		
Energy.....kj	1270		0	MC	9		1841		
Protein.....g	13.55		0	RKA	1		19.65		
Total lipid (fat).....g	18.40		0	RKA	1		26.68		
Ash.....g	3.17		0	RKA	1		4.59		
Carbohydrate, by difference.....g	22.74		0	RKI	6		32.97		
Fiber, total dietary.....g	0.7		0	RKA	1		1.0		
Sugars, total.....g	1.88		0	RKA	1		2.72		
Sucrose.....g	0.82		0	RKA	1		1.20		
Glucose (dextrose).....g	0.09		0	RKA	1		0.13		
Fructose.....g	0.00		0	RKA	1		0.00		
Lactose.....g	0.78		0	RKA	1		1.13		
Maltose.....g	0.18		0	RKA	1		0.27		
Galactose.....g	0.00		0	RKA	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	104		0	RKA	1		151		
Iron, Fe.....mg	2.31		0	RKA	1		3.35		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	862		0	MC	9		1250		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.1		0	RKA	1		3.1		
Thiamin.....mg	0.263		0	RKA	1		0.382		
Riboflavin.....mg	0.420		0	RKA	1		0.609		
Niacin.....mg	1.966		0	RKA	1		2.851		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	97		0	RKA	1		141		
Folic acid.....mcg									
Folate, food.....mcg	97		0	RKA	1		141		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	362		0	RKA	1		525		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.693		0	RKI	6		6.805		
Fatty acids, total monounsaturated.....g	7.005		0	RKI	6		10.157		
Fatty acids, total polyunsaturated.....g	1.379		0	RKI	6		2.000		
Fatty acids, total trans.....g	3.636		0	RKI	6		5.272		
Cholesterol.....mg	169		0	MC	9		245		
Phytosterols.....mg									

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

NDB No. 21360

McDONALD'S, Bacon, Egg & Cheese Biscuit

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

food, or similar food.

Common Measures:

Measure 1 = 145g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21327

McDONALD'S, Bacon, Egg & Cheese McGRIDDLES

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g									
17:0.....g									
18:0.....g									
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.821		0	RKI	6		8.099		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.758		0	RKI	6		2.953		
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.918		0	MC	9		1.542		
Cholesterol.....mg	147		0	RKA	1		247		
Phytosterols.....mg									

Carotenoids:

Carotene, beta.....mcg
Carotene, alpha.....mcg
Cryptoxanthin, beta.....mcg
Lycopene.....mcg
Lutein + zeaxanthin.....mcg

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

Common Measures:

Measure 1 = 168g: 1 item 5.923 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21324
McDONALD'S, Baked Apple Pie
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
Proximates:									
Water.....g	36.98		1	A	1		28.48		
Energy.....kcal	323		0	MC	9		248		
Energy.....kj	1349		0	MC	9		1039		
Protein (N x 6.25).....g	3.07		1	A	1		2.36		
Total lipid (fat).....g	15.66		1	A	1		12.06		
Ash.....g	0.67		1	A	1		0.52		
Carbohydrate, by difference.....g	43.62		0	NC	4		33.59		
Fiber, total dietary.....g	2.0		1	A	1		1.6		
Sugars, total.....g	17.25		1	A	1		13.28		
Sucrose.....g	7.86		1	A	1		6.05		
Glucose (dextrose).....g	4.57		1	A	1		3.52		
Fructose.....g	4.30		1	A	1		3.31		
Lactose.....g	0.20		1	A	1		0.15		
Maltose.....g	0.31		1	A	1		0.24		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19		1	A	1		15		
Iron, Fe.....mg	1.99		1	A	1		1.53		
Magnesium, Mg.....mg	7		1	A	1		5		
Phosphorus, P.....mg	36		1	A	1		27		
Potassium, K.....mg	63		1	A	1		49		
Sodium, Na.....mg	199		1	A	1		153		
Zinc, Zn.....mg	0.23		1	A	1		0.17		
Copper, Cu.....mg	0.056		1	A	1		0.043		
Manganese, Mn.....mg	0.176		1	A	1		0.135		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	32.3		1	A	1		24.9		
Thiamin.....mg	0.296		1	A	1		0.228		
Riboflavin.....mg	0.213		1	A	1		0.164		
Niacin.....mg	2.640		1	A	1		2.033		
Pantothenic acid.....mg	0.237		1	A	1		0.182		
Vitamin B-6.....mg	0.049		1	A	1		0.037		
Folate, total.....mcg	113		1	A	1		87		
Folic acid.....mcg									
Folate, food.....mcg	113		1	A	1		87		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.94		1	A	1		1.49		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phyloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.995		0	NC	4		3.076		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.025		1	A	1		0.019		
15:0.....g	0.000		1	A	1		0.000		

NDB No. 21324
McDONALD'S, Baked Apple Pie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
16:0.....g	1.614		1	A	1	1.243		
17:0.....g	0.000		1	A	1	0.000		
18:0.....g	2.246		1	A	1	1.729		
20:0.....g	0.058		1	A	1	0.044		
22:0.....g	0.053		1	A	1	0.041		
24:0.....g								
Fatty acids, total monounsaturated.....g	9.183		0	NC	4	7.071		
14:1.....g	0.000		1	A	1	0.000		
15:1.....g	0.000		1	A	1	0.000		
16:1 undifferentiated.....g	0.000		1	A	1	0.000		
17:1.....g	0.000		1	A	1	0.000		
18:1 undifferentiated.....g	9.183		0	A	1	7.071		
18:1 c.....g	3.754		1	A	1	2.891		
18:1 t.....g	5.429		1	A	1	4.180		
20:1.....g	0.000		1	A	1	0.000		
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.038		0	NC	4	0.799		
18:2 undifferentiated.....g	1.038		0	AS	1	0.799		
18:2 n-6 c,c.....g	0.341		1	A	1	0.262		
18:2 CLAs.....g								
18:2 c,t.....g								
18:2 t,c.....g								
18:2 t,t.....g	0.697		1	A	1	0.537		
18:2 i.....g								
18:2 t not further defined.....g								
18:3 undifferentiated.....g	0.000		0	AS	1	0.000		
18:3 n-6 c,c,c.....g	0.000		1	A	1	0.000		
18:3i.....g								
18:4.....g								
20:2 n-6 c,c.....g	0.000		1	A	1	0.000		
20:3 undifferentiated.....g	0.000		1	A	1	0.000		
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000		1	A	1	0.000		
20:4 n-3.....g								
20:4 n-6.....g								
20:5 n-3.....g								
21:5.....g								
22:4.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g	6.126		0	NC	4	4.717		
Fatty acids, total trans-monoenoic.....g	5.429		0	NC	4	4.180		
Fatty acids, total trans-polyenoic.....g	0.697		0	NC	4	0.537		
Cholesterol.....mg								
Phytosterols.....mg								

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

Common Measures:

Measure 1 = 77g: 2.7 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21310
McDONALD'S, Barbeque Sauce
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.68		1	A	1		16.15		
Energy.....kcal	165		0	NC	4		46		
Energy.....kj	690		0	NC	4		193		
Protein (N x 6.25).....g	1.55		1	A	1		0.43		
Total lipid (fat).....g	1.22		1	A	1		0.34		
Ash.....g	2.63		1	A	1		0.74		
Carbohydrate, by difference.....g	36.93		0	NC	4		10.34		
Fiber, total dietary.....g	1.3		1	A	1		0.4		
Sugars, total.....g	34.31		1	A	1		9.61		
Sucrose.....g	0.15		1	A	1		0.04		
Glucose (dextrose).....g	18.27		1	A	1		5.11		
Fructose.....g	15.44		1	A	1		4.32		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.45		1	A	1		0.13		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		1	A	1		3		
Iron, Fe.....mg	0.40		1	A	1		0.11		
Magnesium, Mg.....mg	13		1	A	1		4		
Phosphorus, P.....mg	30		1	A	1		8		
Potassium, K.....mg	197		1	A	1		55		
Sodium, Na.....mg	910		1	A	1		255		
Zinc, Zn.....mg	0.17		1	A	1		0.05		
Copper, Cu.....mg	0.037		1	A	1		0.010		
Manganese, Mn.....mg	0.097		1	A	1		0.027		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.022		1	A	1		0.006		
Riboflavin.....mg	0.043		1	A	1		0.012		
Niacin.....mg	0.690		1	A	1		0.193		
Pantothenic acid.....mg	0.196		1	A	1		0.055		
Vitamin B-6.....mg	0.083		1	A	1		0.023		
Folate, total.....mcg	8		1	A	1		2		
Folic acid.....mcg									
Folate, food.....mcg	8		1	A	1		2		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	237		0	AS	1		66		
Vitamin A, RAE.....mcg_RAE	12		0	AS	1		3		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.07		1	A	1		0.30		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.140		0	NC	4		0.039		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		

NDB No. 21310
McDONALD'S, Barbeque Sauce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	0.091		1	A	1		0.026		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.038		1	A	1		0.011		
20:0.....g	0.006		1	A	1		0.002		
22:0.....g	0.005		1	A	1		0.001		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.271		0	NC	4		0.076		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.235		0	A	1		0.066		
18:1 c.....g	0.235		1	A	1		0.066		
18:1 t.....g	0.000		1	A	1		0.000		
20:1.....g	0.036		1	A	1		0.010		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.504		0	NC	4		0.141		
18:2 undifferentiated.....g	0.425		0	AS	1		0.119		
18:2 n-6 c,c.....g	0.420		1	A	1		0.118		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.005		1	A	1		0.001		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.076		0	AS	1		0.021		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.003		1	A	1		0.001		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.005		0	NC	4		0.001		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.005		0	NC	4		0.001		
Cholesterol.....mg									
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	142		1	A	1		39.760		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 28g: 1 package

NDB No. 21310
McDONALD'S, Barbeque Sauce

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	30.21		1	A	1		20.85		
Energy.....kcal	345		0	MC	9		238		
Energy.....kj	1443		0	MC	9		996		
Protein (N x 6.25).....g	6.24		1	A	1		4.31		
Total lipid (fat).....g	15.36		1	A	1		10.60		
Ash.....g	3.26		1	A	1		2.25		
Carbohydrate, by difference.....g	44.93		0	NC	4		31.00		
Fiber, total dietary.....g	1.5		1	A	1		1.0		
Sugars, total.....g	2.32		1	A	1		1.60		
Sucrose.....g	0.99		1	A	1		0.68		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.94		1	A	1		0.65		
Maltose.....g	0.40		1	A	1		0.27		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	65		1	A	1		45		
Iron, Fe.....mg	3.10		1	A	1		2.14		
Magnesium, Mg.....mg	12		1	A	1		8		
Phosphorus, P.....mg	445		1	A	1		307		
Potassium, K.....mg	121		1	A	1		83		
Sodium, Na.....mg	983		1	A	1		678		
Zinc, Zn.....mg	0.42		1	A	1		0.29		
Copper, Cu.....mg	0.083		1	A	1		0.057		
Manganese, Mn.....mg	0.266		1	A	1		0.184		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.480		1	A	1		0.331		
Riboflavin.....mg	0.358		1	A	1		0.247		
Niacin.....mg	4.130		1	A	1		2.850		
Pantothenic acid.....mg	0.420		1	A	1		0.290		
Vitamin B-6.....mg	0.041		1	A	1		0.028		
Folate, total.....mcg	151		1	A	1		104		
Folic acid.....mcg									
Folate, food.....mcg	151		1	A	1		104		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.12		1	A	1		0.08		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	1.15		1	A	1		0.79		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.283		0	NC	4		2.266		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		

NDB No. 21317
McDONALD'S, Biscuit

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	1.595		1	A	1		1.101		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	1.588		1	A	1		1.096		
20:0.....g	0.050		1	A	1		0.034		
22:0.....g	0.050		1	A	1		0.035		
24:0.....g									
Fatty acids, total monounsaturated.....g	9.424		0	NC	4		6.503		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	9.424		0	A	1		6.503		
18:1 c.....g	3.054		1	A	1		2.107		
18:1 t.....g	6.371		1	A	1		4.396		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.133		0	NC	4		0.782		
18:2 undifferentiated.....g	1.093		0	AS	1		0.754		
18:2 n-6 c,c.....g	0.533		1	A	1		0.368		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.561		1	A	1		0.387		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.039		0	AS	1		0.027		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	7.073		0	MC	9		4.880		
Fatty acids, total trans-monoenoic.....g	6.371		0	NC	4		4.396		
Fatty acids, total trans-polyenoic.....g	0.561		0	NC	4		0.387		
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 69g: 2.4 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21371
McDONALD'S, Caesar Salad with Crispy Chicken
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.37		0	RKI	6		239.82		
Energy.....kcal	96		0	MC	9		294		
Energy.....kj	402		0	MC	9		1229		
Protein.....g	8.09		0	RKI	6		24.75		
Total lipid (fat).....g	4.81		0	RKI	6		14.71		
Ash.....g	1.47		0	RKI	6		4.51		
Carbohydrate, by difference.....g	7.36		0	RKI	6		22.52		
Fiber, total dietary.....g	1.1		0	RKI	6		3.3		
Sugars, total.....g	1.44		0	RKA	1		4.41		
Sucrose.....g	0.15		0	RKI	6		0.47		
Glucose (dextrose).....g	0.57		0	RKI	6		1.75		
Fructose.....g	0.72		0	RKI	6		2.19		
Lactose.....g	0.00		0	RKI	6		0.00		
Maltose.....g	0.00		0	RKI	6		0.00		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	63		0	RKI	6		193		
Iron, Fe.....mg	0.59		0	RKI	6		1.81		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	237		0	RKI	6		724		
Sodium, Na.....mg	298		0	MC	9		913		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	10.1		0	RKI	6		31.1		
Thiamin.....mg	0.057		0	RKI	6		0.175		
Riboflavin.....mg	0.062		0	RKI	6		0.189		
Niacin.....mg	2.711		0	RKI	6		8.296		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	50		0	RKI	6		152		
Folic acid.....mcg									
Folate, food.....mcg	50		0	RKI	6		152		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.07		0	RKI	6		0.21		
Vitamin A, IU.....IU	2099		0	RKI	6		6423		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.441		0	RKI	6		4.410		
Fatty acids, total monounsaturated.....g	1.338		0	RKI	6		4.094		
Fatty acids, total polyunsaturated.....g	1.045		0	RKI	6		3.198		
Fatty acids, total trans.....g	0.447		0	MC	9		1.368		
Cholesterol.....mg	16		0	RKI	6		50		
Phytosterols.....mg									

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

NDB No. 21371

McDONALD'S, Caesar Salad with Crispy Chicken

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

food, or similar food.

Common Measures:

Measure 1 = 306g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21370
McDONALD'S, Caesar Salad with Grilled Chicken
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
Proximates:								
Water.....g	83.24		0	RKI	6	250.54		
Energy.....kcal	65		0	MC	9	195		
Energy.....kj	271		0	MC	9	816		
Protein.....g	9.48		0	RKI	6	28.54		
Total lipid (fat).....g	2.15		0	RKI	6	6.48		
Ash.....g	1.44		0	RKI	6	4.34		
Carbohydrate, by difference.....g	3.79		0	RKI	6	11.40		
Fiber, total dietary.....g	1.1		0	RKI	6	3.3		
Sugars, total.....g	1.65		0	NR	4	4.97		
Sucrose.....g	0.33		0	RKI	6	1.00		
Glucose (dextrose).....g	0.58		0	RKI	6	1.75		
Fructose.....g	0.73		0	RKI	6	2.20		
Lactose.....g	0.00		0	RKI	6	0.00		
Maltose.....g	0.00		0	RKI	6	0.00		
Galactose.....g	0.00		0	RKI	6	0.00		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	64		0	RKI	6	193		
Iron, Fe.....mg	0.64		0	RKI	6	1.93		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg	265		0	RKI	6	799		
Sodium, Na.....mg	276		0	RKI	6	832		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	10.5		0	RKI	6	31.6		
Thiamin.....mg	0.041		0	RKI	6	0.125		
Riboflavin.....mg	0.058		0	RKI	6	0.175		
Niacin.....mg	3.897		0	RKI	6	11.731		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	46		0	RKI	6	138		
Folic acid.....mcg								
Folate, food.....mcg	46		0	RKI	6	138		
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg	0.07		0	RKI	6	0.20		
Vitamin A, IU.....IU	2139		0	RKI	6	6438		
Vitamin A, RAE.....mcg_RAE								
Retinol.....mcg								
Vitamin E (alpha-tocopherol).....mg								
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg								
Lipids:								
Fatty acids, total saturated.....g	1.050		0	RKI	6	3.162		
Fatty acids, total monounsaturated.....g	0.671		0	RKI	6	2.020		
Fatty acids, total polyunsaturated.....g	0.248		0	RKI	6	0.747		
Fatty acids, total trans.....g	0.068		0	MC	9	0.205		
Cholesterol.....mg	24		0	RKI	6	72		
Phytosterols.....mg								

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

NDB No. 21370

McDONALD'S, Caesar Salad with Grilled Chicken

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

food, or similar food.

Common Measures:

Measure 1 = 301g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21372

McDONALD'S, Caesar Salad without chicken

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.71		0	RKI	6		191.08		
Energy.....kcal	44		0	MC	9		94		
Energy.....kj	184		0	MC	9		392		
Protein.....g	3.18		0	RKI	6		6.78		
Total lipid (fat).....g	2.05		0	RKI	6		4.37		
Ash.....g	0.92		0	RKI	6		1.96		
Carbohydrate, by difference.....g	4.28		0	RKI	6		9.11		
Fiber, total dietary.....g	1.6		0	RKI	6		3.3		
Sugars, total.....g	2.08		0	NR	4		4.43		
Sucrose.....g	0.22		0	RKI	6		0.47		
Glucose (dextrose).....g	0.82		0	RKI	6		1.76		
Fructose.....g	1.03		0	RKI	6		2.20		
Lactose.....g	0.00		0	RKI	6		0.00		
Maltose.....g	0.00		0	RKI	6		0.00		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	86		0	RKI	6		183		
Iron, Fe.....mg	0.61		0	RKI	6		1.30		
Magnesium, Mg.....mg	9		0	RKI	6		19		
Phosphorus, P.....mg	79		0	RKI	6		167		
Potassium, K.....mg	216		0	RKI	6		460		
Sodium, Na.....mg	83		0	RKI	6		177		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.2		0	RKI	6		0.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	14.1		0	RKI	6		30.0		
Thiamin.....mg	0.043		0	RKI	6		0.092		
Riboflavin.....mg	0.037		0	RKI	6		0.078		
Niacin.....mg	0.213		0	RKI	6		0.453		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	54		0	RKI	6		115		
Folic acid.....mcg									
Folate, food.....mcg	54		0	RKI	6		115		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	RKI	6		0.00		
Vitamin A, IU.....IU	3024		0	RKI	6		6441		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.182		0	RKI	6		2.518		
Fatty acids, total monounsaturated.....g	0.461		0	RKI	6		0.982		
Fatty acids, total polyunsaturated.....g	0.143		0	RKI	6		0.304		
Fatty acids, total trans.....g	0.057		0	RKI	6		0.121		
Cholesterol.....mg	5		0	RKI	6		11		
Phytosterols.....mg									

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

NDB No. 21372

McDONALD'S, Caesar Salad without chicken

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

food, or similar food.

Common Measures:

Measure 1 = 213g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21374

McDONALD'S, California Cobb Salad with Crispy Chicken

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	77.01		0	RKI	6		254.90		
Energy.....kcal	108		0	MC	9		356		
Energy.....kj	450		0	MC	9		1490		
Protein.....g	8.75		0	RKI	6		28.96		
Total lipid (fat).....g	5.89		0	RKI	6		19.48		
Ash.....g	1.53		0	RKI	6		5.05		
Carbohydrate, by difference.....g	6.83		0	RKI	6		22.60		
Fiber, total dietary.....g	1.1		0	RKI	6		3.6		
Sugars, total.....g	1.43		0	NR	4		4.73		
Sucrose.....g	0.24		0	RKI	6		0.78		
Glucose (dextrose).....g	0.53		0	RKI	6		1.76		
Fructose.....g	0.66		0	RKI	6		2.20		
Lactose.....g	0.00		0	RKI	6		0.00		
Maltose.....g	0.00		0	RKI	6		0.00		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43		0	RKI	6		142		
Iron, Fe.....mg	0.66		0	RKI	6		2.20		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	347		0	RKI	6		1148		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	9.4		0	RKI	6		31.1		
Thiamin.....mg	0.057		0	RKI	6		0.189		
Riboflavin.....mg	0.096		0	RKI	6		0.318		
Niacin.....mg	2.552		0	RKI	6		8.448		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	49		0	RKI	6		164		
Folic acid.....mcg									
Folate, food.....mcg	49		0	RKI	6		164		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1977		0	RKI	6		6543		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.740		0	RKI	6		5.759		
Fatty acids, total monounsaturated.....g	1.871		0	RKI	6		6.192		
Fatty acids, total polyunsaturated.....g	1.146		0	RKI	6		3.793		
Fatty acids, total trans.....g	0.400		0	MC	9		1.324		
Cholesterol.....mg	37		0	RKI	6		124		
Phytosterols.....mg									

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NDB No. 21374

McDONALD'S, California Cobb Salad with Crispy Chicken

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

food, or similar food.

Common Measures:

Measure 1 = 331g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21373

McDONALD'S, California Cobb Salad with Grilled Chicken

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.49		0	RKI	6		264.84		
Energy.....kcal	80		0	MC	9		258		
Energy.....kj	333		0	MC	9		1081		
Protein.....g	10.05		0	RKI	6		32.66		
Total lipid (fat).....g	3.45		0	RKI	6		11.20		
Ash.....g	1.50		0	RKI	6		4.87		
Carbohydrate, by difference.....g	3.51		0	RKI	6		11.42		
Fiber, total dietary.....g	1.1		0	RKI	6		3.6		
Sugars, total.....g	1.62		0	NR	4		5.27		
Sucrose.....g	0.40		0	RKI	6		1.31		
Glucose (dextrose).....g	0.54		0	RKI	6		1.75		
Fructose.....g	0.68		0	RKI	6		2.19		
Lactose.....g	0.00		0	RKI	6		0.00		
Maltose.....g	0.00		0	RKI	6		0.00		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	44		0	RKI	6		142		
Iron, Fe.....mg	0.71		0	RKI	6		2.31		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	327		0	RKI	6		1063		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	9.7		0	RKI	6		31.6		
Thiamin.....mg	0.042		0	RKI	6		0.138		
Riboflavin.....mg	0.093		0	RKI	6		0.302		
Niacin.....mg	3.648		0	RKI	6		11.855		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	46		0	RKI	6		149		
Folic acid.....mcg									
Folate, food.....mcg	46		0	RKI	6		149		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	2011		0	RKI	6		6537		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.502		0	RKI	6		4.881		
Fatty acids, total monounsaturated.....g	1.264		0	RKI	6		4.107		
Fatty acids, total polyunsaturated.....g	0.411		0	RKI	6		1.335		
Fatty acids, total trans.....g	0.049		0	MC	9		0.159		
Cholesterol.....mg	45		0	RKI	6		145		
Phytosterols.....mg									

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NDB No. 21373

McDONALD'S, California Cobb Salad with Grilled Chicken

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

food, or similar food.

Common Measures:

Measure 1 = 325g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21375
McDONALD'S, California Cobb Salad without chicken
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Proximates:									
Water.....g	86.65		0	RKI	6		205.36		
Energy.....kcal	66		0	MC	9		157		
Energy.....kj	277		0	MC	9		656		
Protein.....g	4.61		0	RKI	6		10.92		
Total lipid (fat).....g	3.84		0	RKI	6		9.09		
Ash.....g	1.05		0	RKI	6		2.49		
Carbohydrate, by difference.....g	3.85		0	RKI	6		9.13		
Fiber, total dietary.....g	1.5		0	RKI	6		3.6		
Sugars, total.....g	2.00		0	NR	4		4.74		
Sucrose.....g	0.33		0	RKI	6		0.78		
Glucose (dextrose).....g	0.74		0	RKI	6		1.75		
Fructose.....g	0.93		0	RKI	6		2.19		
Lactose.....g	0.00		0	RKI	6		0.00		
Maltose.....g	0.00		0	RKI	6		0.00		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	56		0	RKI	6		133		
Iron, Fe.....mg	0.71		0	RKI	6		1.68		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	172		0	MC	9		408		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	12.7		0	RKI	6		30.0		
Thiamin.....mg	0.045		0	RKI	6		0.106		
Riboflavin.....mg	0.087		0	RKI	6		0.206		
Niacin.....mg	0.246		0	RKI	6		0.584		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	53		0	RKI	6		126		
Folic acid.....mcg									
Folate, food.....mcg	53		0	RKI	6		126		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	2759		0	RKI	6		6539		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.788		0	RKI	6		4.237		
Fatty acids, total monounsaturated.....g	1.296		0	RKI	6		3.070		
Fatty acids, total polyunsaturated.....g	0.377		0	RKI	6		0.893		
Fatty acids, total trans.....g	0.031		0	RKI	6		0.074		
Cholesterol.....mg	36		0	RKI	6		85		
Phytosterols.....mg									

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

NDB No. 21375

McDONALD'S, California Cobb Salad without chicken

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

food, or similar food.

Common Measures:

Measure 1 = 237g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21233
McDONALD'S, Cheeseburger
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.00		0	RKA	1		53.55		
Energy.....kcal	263		0	MC	9		313		
Energy.....kj	1100		0	MC	9		1309		
Protein.....g	12.97		0	RKA	1		15.43		
Total lipid (fat).....g	11.79		0	RKA	1		14.03		
Ash.....g	2.45		0	RKA	1		2.92		
Carbohydrate, by difference.....g	27.81		0	RKI	6		33.10		
Fiber, total dietary.....g	1.1		0	RKA	1		1.4		
Sugars, total.....g	6.22		0	RKA	1		7.40		
Sucrose.....g	0.24		0	RKA	1		0.28		
Glucose (dextrose).....g	2.01		0	RKA	1		2.39		
Fructose.....g	2.59		0	RKA	1		3.08		
Lactose.....g	0.54		0	RKA	1		0.65		
Maltose.....g	0.84		0	RKA	1		0.99		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	167		0	RKA	1		199		
Iron, Fe.....mg	2.35		0	RKA	1		2.80		
Magnesium, Mg.....mg	20		0	RKA	1		24		
Phosphorus, P.....mg	140		0	RKA	1		167		
Potassium, K.....mg	200		0	RKA	1		238		
Sodium, Na.....mg	626		0	MC	9		744		
Zinc, Zn.....mg	1.91		0	RKA	1		2.27		
Copper, Cu.....mg	0.097		0	RKA	1		0.116		
Manganese, Mn.....mg	0.230		0	RKA	1		0.273		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0	RKA	1		0.7		
Thiamin.....mg	0.223		0	RKA	1		0.266		
Riboflavin.....mg	0.260		0	RKA	1		0.310		
Niacin.....mg	4.026		0	RKA	1		4.791		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	59		0	RKA	1		70		
Folic acid.....mcg									
Folate, food.....mcg	59		0	RKA	1		70		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.86		0	RKA	1		1.03		
Vitamin A, IU.....IU	243		0	RKA	1		290		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.435		0	RKI	6		5.277		
Fatty acids, total monounsaturated.....g	3.631		0	RKI	6		4.321		
Fatty acids, total polyunsaturated.....g	0.355		0	RKI	6		0.423		
Fatty acids, total trans.....g	0.647		0	MC	9		0.770		
Cholesterol.....mg	35		0	RKA	1		41		
Phytosterols.....mg									

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

NDB No. 21233
McDONALD'S, Cheeseburger

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

food, or similar food.

Common Measures:

Measure 1 = 119g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21309
 McDONALD'S, Chicken McNUGGETS
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.60		1	A	1		32.38	48.58	80.96
Energy.....kcal	264		0	NC	4		169	253	422
Energy.....kj	1103		0	NC	4		706	1059	1765
Protein (N x 6.25).....g	15.70		1	A	1		10.05	15.07	25.12
Total lipid (fat).....g	15.20		1	A	1		9.73	14.59	24.32
Ash.....g	2.50		1	A	1		1.60	2.40	4.00
Carbohydrate, by difference.....g	16.00		0	NC	4		10.24	15.36	25.60
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	0.0
Sugars, total.....g									
Sucrose.....g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00		1	A	1		0.00	0.00	0.00
Fructose.....g	0.00		1	A	1		0.00	0.00	0.00
Lactose.....g	0.00		1	A	1		0.00	0.00	0.00
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		1	A	1		9	14	23
Iron, Fe.....mg	0.78		1	A	1		0.50	0.75	1.25
Magnesium, Mg.....mg	22		1	A	1		14	21	35
Phosphorus, P.....mg	332		1	A	1		212	319	531
Potassium, K.....mg	251		1	A	1		161	241	402
Sodium, Na.....mg	699		1	A	1		447	671	1118
Zinc, Zn.....mg	0.59		1	A	1		0.38	0.56	0.94
Copper, Cu.....mg	0.037		1	A	1		0.024	0.035	0.059
Manganese, Mn.....mg	0.103		1	A	1		0.066	0.099	0.165
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1	A	1		0.6	1.0	1.6
Thiamin.....mg	0.160		1	A	1		0.102	0.154	0.256
Riboflavin.....mg	0.110		1	A	1		0.070	0.106	0.176
Niacin.....mg	7.400		1	A	1		4.736	7.104	11.840
Pantothenic acid.....mg	0.880		1	A	1		0.563	0.845	1.408
Vitamin B-6.....mg	0.398		1	A	1		0.255	0.382	0.637
Folate, total.....mcg	28		1	A	1		18	27	44
Folic acid.....mcg									
Folate, food.....mcg	28		1	A	1		18	27	44
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.33		1	A	1		0.21	0.32	0.53
Vitamin A, IU.....IU	100		1	A	1		64	96	160
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.350		0	NC	4		2.144	3.216	5.360
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.028		1	A	1		0.018	0.027	0.045
15:0.....g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 21309
McDONALD'S, Chicken McNUGGETS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	2.220		1	A	1		1.421	2.131	3.552
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	1.005		1	A	1		0.643	0.965	1.608
20:0.....g	0.048		1	A	1		0.031	0.046	0.077
22:0.....g	0.048		1	A	1		0.031	0.046	0.077
24:0.....g									
Fatty acids, total monounsaturated.....g	6.219		0	NC	4		3.980	5.970	9.950
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.314		1	A	1		0.201	0.302	0.503
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	5.876		0	A	1		3.761	5.641	9.401
18:1 c.....g	5.015		1	A	1		3.209	4.814	8.023
18:1 t.....g	0.861		1	A	1		0.551	0.827	1.378
20:1.....g	0.029		1	A	1		0.018	0.028	0.046
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.994		0	NC	4		3.196	4.794	7.990
18:2 undifferentiated.....g	4.745		0	AS	1		3.037	4.555	7.592
18:2 n-6 c,c.....g	4.104		1	A	1		2.627	3.940	6.567
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.641		1	A	1		0.410	0.615	1.026
18:3 undifferentiated.....g	0.210		0	AS	1		0.135	0.202	0.336
18:3 n-6 c,c,c.....g	0.019		1	A	1		0.012	0.018	0.030
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.038		1	A	1		0.025	0.037	0.061
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	1.502		0	NC	4		0.961	1.442	2.404
Fatty acids, total trans-monoenoic.....g									
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	39		1	A	1		25	37	62
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 64g: 4 pieces 2.3 oz

Measure 2 = 96g: 6 pieces 3.4 oz

Measure 3 = 160g: 10 pieces 5.6 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

NDB No. 21308
McDONALD'S, Chicken SELECTS Premium Breast Strips
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.48		1	A	1		59.16	98.30	196.61
Energy.....kcal	286		0	MC	9		380	632	1264
Energy.....kj	1197		0	MC	9		1592	2645	5289
Protein (N x 6.25).....g	17.46		1	A	1		23.22	38.59	77.18
Total lipid (fat).....g	16.28		1	A	1		21.65	35.98	71.97
Ash.....g	2.45		1	A	1		3.26	5.42	10.85
Carbohydrate, by difference.....g	19.32		0	NC	4		25.70	42.70	85.40
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	0.0
Sugars, total.....g	0.00		1	A	1		0.00	0.00	0.00
Sucrose.....g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00		1	A	1		0.00	0.00	0.00
Fructose.....g	0.00		1	A	1		0.00	0.00	0.00
Lactose.....g	0.00		1	A	1		0.00	0.00	0.00
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00
Galactose.....g	0.00		1	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	16		1	A	1		21	35	70
Iron, Fe.....mg	0.64		1	A	1		0.85	1.42	2.83
Magnesium, Mg.....mg	24		1	A	1		32	53	105
Phosphorus, P.....mg	275		1	A	1		366	608	1216
Potassium, K.....mg	291		1	A	1		387	643	1286
Sodium, Na.....mg	702		1	A	1		934	1551	3103
Zinc, Zn.....mg	0.52		1	A	1		0.69	1.15	2.30
Copper, Cu.....mg	0.058		1	A	1		0.077	0.128	0.256
Manganese, Mn.....mg	0.171		1	A	1		0.227	0.378	0.756
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.8		1	A	1		2.4	4.0	8.0
Thiamin.....mg	0.060		1	A	1		0.080	0.132	0.265
Riboflavin.....mg	0.096		1	A	1		0.128	0.212	0.424
Niacin.....mg	8.420		1	A	1		11.199	18.608	37.216
Pantothenic acid.....mg	1.290		1	A	1		1.716	2.851	5.701
Vitamin B-6.....mg	0.520		1	A	1		0.691	1.149	2.298
Folate, total.....mcg	40		1	A	1		54	89	178
Folic acid.....mcg									
Folate, food.....mcg	40		1	A	1		54	89	178
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.19		1	A	1		0.25	0.42	0.84
Vitamin A, IU.....IU	0		1	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		1	A	1		0	0	0
Vitamin E (alpha-tocopherol).....mg	2.27		1	A	1		3.02	5.02	10.03
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.809		0	NC	4		3.736	6.207	12.414
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	0.000
15:0.....g	0.000		1	A	1		0.000	0.000	0.000

McDONALD'S, Chicken SELECTS Premium Breast Strips

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	1.746		1	A	1		2.322	3.858	7.716
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.960		1	A	1		1.277	2.122	4.244
20:0.....g	0.056		1	A	1		0.074	0.123	0.246
22:0.....g	0.047		1	A	1		0.063	0.104	0.208
24:0.....g									
Fatty acids, total monounsaturated.....g	6.009		0	NC	4		7.992	13.279	26.558
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.064		1	A	1		0.085	0.141	0.282
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	5.900		0	AS	1		7.847	13.039	26.077
18:1 c.....g	4.631		1	A	1		6.159	10.234	20.469
18:1 t.....g	1.269		1	A	1		1.688	2.804	5.608
20:1.....g	0.045		1	A	1		0.060	0.100	0.199
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.396		0	NC	4		7.176	11.925	23.850
18:2 undifferentiated.....g	5.179		0	AS	1		6.888	11.445	22.889
18:2 n-6 c,c.....g	4.449		1	A	1		5.917	9.832	19.663
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.730		1	A	1		0.971	1.613	3.226
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.184		0	AS	1		0.244	0.406	0.812
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.034		1	A	1		0.045	0.074	0.149
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	1.999		0	NC	4		2.658	4.417	8.835
Fatty acids, total trans-monoenoic.....g									
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	41		1	A	1		54	90	180
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	0.000
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 133g: 3 pieces 4.7 oz

Measure 2 = 221g: 5 pieces 7.8 oz

Measure 3 = 442g: 10 pieces 15.6 oz

NDB No. 21308

McDONALD'S, Chicken SELECTS Premium Breast Strips

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21331

McDONALD'S, Chocolate TRIPLE THICK Shake

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.98		0	RKA	1		168.15	224.20	297.89
Energy.....kcal	163		0	MC	9		436	581	772
Energy.....kj	683		0	MC	9		1824	2432	3232
Protein.....g	3.69		0	RKA	1		9.85	13.14	17.45
Total lipid (fat).....g	4.51		0	RKA	1		12.05	16.07	21.35
Ash.....g	0.95		0	RKA	1		2.53	3.38	4.48
Carbohydrate, by difference.....g	27.87		0	RKI	6		74.41	99.21	131.82
Fiber, total dietary.....g	0.2		0	RKA	1		0.7	0.9	1.2
Sugars, total.....g	23.63		0	RKA	1		63.09	84.12	111.76
Sucrose.....g	12.06		0	RKA	1		32.21	42.95	57.07
Glucose (dextrose).....g	3.45		0	RKA	1		9.22	12.29	16.33
Fructose.....g	1.65		0	RKA	1		4.41	5.88	7.81
Lactose.....g	5.32		0	RKA	1		14.20	18.93	25.15
Maltose.....g	1.14		0	RKA	1		3.05	4.07	5.41
Galactose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	122		0	RKA	1		325	433	575
Iron, Fe.....mg	0.54		0	RKA	1		1.44	1.92	2.55
Magnesium, Mg.....mg	16		0	RKA	1		44	58	77
Phosphorus, P.....mg	105		0	RKA	1		281	375	498
Potassium, K.....mg	226		0	RKA	1		602	803	1067
Sodium, Na.....mg	71		0	RKA	1		190	253	337
Zinc, Zn.....mg	0.50		0	RKA	1		1.33	1.78	2.36
Copper, Cu.....mg	0.049		0	RKA	1		0.131	0.175	0.232
Manganese, Mn.....mg	0.050		0	RKA	1		0.133	0.177	0.236
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.039		0	RKA	1		0.104	0.139	0.184
Riboflavin.....mg	0.214		0	RKA	1		0.571	0.761	1.011
Niacin.....mg	0.132		0	RKA	1		0.352	0.470	0.624
Pantothenic acid.....mg	0.671		0	RKA	1		1.792	2.390	3.175
Vitamin B-6.....mg	0.050		0	RKA	1		0.133	0.178	0.236
Folate, total.....mcg	1		0	RKA	1		2	2	3
Folic acid.....mcg									
Folate, food.....mcg	1		0	RKA	1		2	2	3
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.54		0	RKA	1		1.45	1.93	2.56
Vitamin A, IU.....IU	302		0	RKA	1		807	1076	1429
Vitamin A, RAE.....mcg_RAE	91		0	AS	1		242	323	429
Retinol.....mcg	91		0	RKA	1		242	323	429
Vitamin E (alpha-tocopherol).....mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.302		0	RKI	6		6.145	8.193	10.886
4:0.....g									
6:0.....g									
8:0.....g	0.035		0	RKA	1		0.094	0.125	0.166
10:0.....g	0.082		0	RKA	1		0.219	0.291	0.387
12:0.....g	0.095		0	RKA	1		0.254	0.339	0.451
13:0.....g									
14:0.....g	0.343		0	RKA	1		0.917	1.222	1.624
15:0.....g	0.035		0	RKA	1		0.094	0.126	0.167

NDB No. 21331
 McDONALD'S, Chocolate TRIPLE THICK Shake

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	1.104		0	RKA	1		2.947	3.929	5.220
17:0.....g	0.022		0	RKA	1		0.059	0.079	0.105
18:0.....g	0.577		0	RKA	1		1.541	2.055	2.731
20:0.....g	0.007		0	RKA	1		0.019	0.025	0.034
22:0.....g	0.000		0	RKA	1		0.001	0.001	0.001
24:0.....g									
Fatty acids, total monounsaturated.....g	1.122		0	RKI	6		2.995	3.993	5.305
14:1.....g	0.024		0	RKA	1		0.063	0.084	0.111
15:1.....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.040		0	RKA	1		0.107	0.142	0.189
17:1.....g	0.008		0	RKA	1		0.020	0.027	0.036
18:1 undifferentiated.....g	1.051		0	RKA	1		2.805	3.740	4.969
20:1.....g	0.000		0	RKA	1		0.000	0.000	0.000
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.212		0	RKI	6		0.565	0.754	1.001
18:2 undifferentiated.....g	0.190		0	RKA	1		0.508	0.678	0.900
18:3 undifferentiated.....g	0.016		0	RKA	1		0.043	0.058	0.077
18:4.....g									
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.005		0	RKA	1		0.014	0.018	0.024
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.249		0	RKI	6		0.665	0.887	1.178
Cholesterol.....mg	14		0	RKA	1		38	51	68
Phytosterols.....mg									

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

Common Measures:
 Measure 1 = 267g: 12 fl oz cup child size
 Measure 2 = 356g: 16 fl oz cup small
 Measure 3 = 473g: 21 fl oz cup medium

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21311
 McDONALD'S, Creamy Ranch Sauce
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	41.36		1	A	1		17.79		
Energy.....kcal	468		0	MC	9		201		
Energy.....kj	1958		0	MC	9		842		
Protein (N x 6.25).....g	1.11		1	A	1		0.48		
Total lipid (fat).....g	52.03		1	A	1		22.37		
Ash.....g	2.01		1	A	1		0.86		
Carbohydrate, by difference.....g	3.49		0	NC	4		1.50		
Fiber, total dietary.....g	0.0		1	A	1		0.0		
Sugars, total.....g	3.45		1	A	1		1.48		
Sucrose.....g	2.33		1	A	1		1.00		
Glucose (dextrose).....g	0.10		1	A	1		0.04		
Fructose.....g	0.10		1	A	1		0.04		
Lactose.....g	0.91		1	A	1		0.39		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		1	A	1		12		
Iron, Fe.....mg	0.25		1	A	1		0.11		
Magnesium, Mg.....mg	3		1	A	1		1		
Phosphorus, P.....mg	30		1	A	1		13		
Potassium, K.....mg	78		1	A	1		33		
Sodium, Na.....mg	708		1	A	1		304		
Zinc, Zn.....mg	0.13		1	A	1		0.06		
Copper, Cu.....mg	0.037		1	A	1		0.016		
Manganese, Mn.....mg	0.022		1	A	1		0.010		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.031		1	A	1		0.013		
Riboflavin.....mg	0.079		1	A	1		0.034		
Niacin.....mg	0.033		1	A	1		0.014		
Pantothenic acid.....mg	0.189		1	A	1		0.081		
Vitamin B-6.....mg	0.040		1	A	1		0.017		
Folate, total.....mcg	0		1	A	1		0		
Folic acid.....mcg									
Folate, food.....mcg	0		1	A	1		0		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.23		1	A	1		0.10		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	3.42		1	A	1		1.47		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	7.894		0	NC	4		3.394		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.059		1	A	1		0.025		
15:0.....g	0.000		1	A	1		0.000		

NDB No. 21311
 McDONALD'S, Creamy Ranch Sauce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	5.199		1	A	1		2.236		
17:0.....g	0.050		1	A	1		0.021		
18:0.....g	2.232		1	A	1		0.960		
20:0.....g	0.173		1	A	1		0.074		
22:0.....g	0.181		1	A	1		0.078		
24:0.....g									
Fatty acids, total monounsaturated.....g	11.094		0	NC	4		4.771		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.057		1	A	1		0.025		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	10.928		0	A	1		4.699		
18:1 c.....g	10.928		1	A	1		4.699		
18:1 t.....g	0.000		1	A	1		0.000		
20:1.....g	0.110		1	A	1		0.047		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	28.178		0	NC	4		12.117		
18:2 undifferentiated.....g	24.943		0	AS	1		10.725		
18:2 n-6 c,c.....g	24.752		1	A	1		10.643		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.191		1	A	1		0.082		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	3.235		0	AS	1		1.391		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.191		0	NC	4		0.082		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.191		0	NC	4		0.082		
Cholesterol.....mg	21		1	A	1		9		
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 43g: 1.5 oz

NDB No. 21311
McDONALD'S, Creamy Ranch Sauce

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21230

McDONALD'S, Crispy Chicken Sandwich

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.618		0	MC	9		1.353		
Cholesterol.....mg	22		0	RKI	6		49		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 219g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21368
McDONALD'S, Crispy Chicken Sandwich (without mayonnaise)
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.85		0	RKI	6		116.54		
Energy.....kcal	194		0	MC	9		398		
Energy.....kj	812		0	MC	9		1664		
Protein.....g	11.68		0	RKI	6		23.94		
Total lipid (fat).....g	6.43		0	RKI	6		13.17		
Ash.....g	1.92		0	RKA	1		3.94		
Carbohydrate, by difference.....g	23.12		0	RKI	6		47.40		
Fiber, total dietary.....g	1.4		0	RKA	1		2.9		
Sugars, total.....g	3.15		0	RKA	1		6.47		
Sucrose.....g	0.15		0	RKA	1		0.31		
Glucose (dextrose).....g	0.99		0	RKA	1		2.02		
Fructose.....g	1.59		0	RKA	1		3.25		
Lactose.....g	0.06		0	RKA	1		0.12		
Maltose.....g	0.40		0	RKA	1		0.81		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	69		0	RKA	1		142		
Iron, Fe.....mg	1.36		0	RKA	1		2.78		
Magnesium, Mg.....mg	23		0	RKA	1		47		
Phosphorus, P.....mg	152		0	RKA	1		311		
Potassium, K.....mg	211		0	RKA	1		433		
Sodium, Na.....mg	499		0	MC	9		1022		
Zinc, Zn.....mg	0.55		0	RKA	1		1.13		
Copper, Cu.....mg	0.078		0	RKA	1		0.160		
Manganese, Mn.....mg	0.271		0	RKA	1		0.555		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.1		0	RKA	1		4.4		
Thiamin.....mg	0.185		0	RKA	1		0.380		
Riboflavin.....mg	0.272		0	RKA	1		0.557		
Niacin.....mg	5.515		0	RKA	1		11.306		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	57		0	RKA	1		117		
Folic acid.....mcg									
Folate, food.....mcg	57		0	RKA	1		117		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.10		0	RKI	6		0.21		
Vitamin A, IU.....IU	149		0	RKA	1		306		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.190		0	RKI	6		2.440		
Fatty acids, total monounsaturated.....g	1.833		0	RKI	6		3.758		
Fatty acids, total polyunsaturated.....g	2.003		0	RKI	6		4.106		
Fatty acids, total trans.....g	0.640		0	RKA	1		1.311		
Cholesterol.....mg	19		0	RKI	6		39		
Phytosterols.....mg									

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

NDB No. 21368

McDONALD'S, Crispy Chicken Sandwich (without mayonnaise)

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

food, or similar food.

Common Measures:

Measure 1 = 205g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21345
McDONALD'S, DOUBLE QUARTER POUNDER with Cheese
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.34		0	RKI	6		140.96		
Energy.....kcal	262		0	MC	9		734		
Energy.....kj	1096		0	MC	9		3069		
Protein.....g	16.96		0	RKI	6		47.49		
Total lipid (fat).....g	16.22		0	RKI	6		45.41		
Ash.....g	2.05		0	RKI	6		5.73		
Carbohydrate, by difference.....g	14.43		0	RKI	6		40.41		
Fiber, total dietary.....g	1.0		0	RKI	6		2.7		
Sugars, total.....g	3.49		0	RKI	6		9.79		
Sucrose.....g	0.14		0	RKI	6		0.38		
Glucose (dextrose).....g	1.17		0	RKI	6		3.28		
Fructose.....g	1.35		0	RKI	6		3.78		
Lactose.....g	0.39		0	RKI	6		1.10		
Maltose.....g	0.45		0	RKI	6		1.25		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	106		0	RKI	6		297		
Iron, Fe.....mg	2.18		0	RKI	6		6.11		
Magnesium, Mg.....mg	21		0	RKI	6		60		
Phosphorus, P.....mg	165		0	RKI	6		463		
Potassium, K.....mg	242		0	RKI	6		678		
Sodium, Na.....mg	476		0	MC	9		1332		
Zinc, Zn.....mg	3.33		0	RKI	6		9.31		
Copper, Cu.....mg	0.091		0	RKI	6		0.254		
Manganese, Mn.....mg	0.133		0	RKI	6		0.373		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0	RKA	1		1.6		
Thiamin.....mg	0.127		0	RKI	6		0.355		
Riboflavin.....mg	0.303		0	RKI	6		0.848		
Niacin.....mg	4.213		0	RKI	6		11.797		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	45		0	RKA	1		126		
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.68		0	RKI	6		4.72		
Vitamin A, IU.....IU	200		0	RKA	1		559		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.473		0	RKI	6		18.125		
Fatty acids, total monounsaturated.....g	5.855		0	RKI	6		16.394		
Fatty acids, total polyunsaturated.....g	0.480		0	RKI	6		1.345		
Fatty acids, total trans.....g	1.027		0	MC	9		2.876		
Cholesterol.....mg	57		0	RKI	6		161		
Phytosterols.....mg									

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

NDB No. 21345

McDONALD'S, DOUBLE QUARTER POUNDER with Cheese

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

food, or similar food.

Common Measures:

Measure 1 = 280g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21363
McDONALD'S, Deluxe Breakfast
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.93		0	RKA	1		200.72		
Energy.....kcal	279		0	MC	9		1219		
Energy.....kj	1167		0	MC	9		5101		
Protein.....g	7.66		0	RKA	1		33.46		
Total lipid (fat).....g	14.94		0	RKA	1		65.31		
Ash.....g	1.81		0	RKA	1		7.89		
Carbohydrate, by difference.....g	29.66		0	RKI	6		129.62		
Fiber, total dietary.....g	0.9		0	RKA	1		4.1		
Sugars, total.....g	9.87		0	RKA	1		43.14		
Sucrose.....g	3.65		0	RKA	1		15.95		
Glucose (dextrose).....g	2.53		0	RKA	1		11.05		
Fructose.....g	0.06		0	RKA	1		0.28		
Lactose.....g	0.97		0	RKA	1		4.25		
Maltose.....g	2.65		0	RKA	1		11.58		
Galactose.....g	0.00		0	RKA	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	49		0	RKA	1		216		
Iron, Fe.....mg	1.60		0	RKA	1		6.97		
Magnesium, Mg.....mg	13		0	RKA	1		59		
Phosphorus, P.....mg	218		0	RKA	1		953		
Potassium, K.....mg	169		0	RKA	1		738		
Sodium, Na.....mg	436		0	MC	9		1906		
Zinc, Zn.....mg	0.70		0	RKA	1		3.05		
Copper, Cu.....mg	0.074		0	RKA	1		0.322		
Manganese, Mn.....mg	0.130		0	RKA	1		0.570		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	RKA	1		1.6		
Thiamin.....mg	0.210		0	RKA	1		0.916		
Riboflavin.....mg	0.280		0	RKA	1		1.222		
Niacin.....mg	1.889		0	RKA	1		8.253		
Pantothenic acid.....mg	0.622		0	RKA	1		2.717		
Vitamin B-6.....mg	0.123		0	RKA	1		0.539		
Folate, total.....mcg	67		0	RKA	1		292		
Folic acid.....mcg									
Folate, food.....mcg	67		0	RKA	1		292		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.36		0	RKA	1		1.56		
Vitamin A, IU.....IU	245		0	RKA	1		1069		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.476		0	RKI	6		15.191		
Fatty acids, total monounsaturated.....g	4.229		0	RKI	6		18.480		
Fatty acids, total polyunsaturated.....g	2.003		0	RKI	6		8.755		
Fatty acids, total trans.....g	2.589		0	MC	9		11.314		
Cholesterol.....mg	111		0	RKA	1		484		
Phytosterols.....mg									

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

NDB No. 21363
McDONALD'S, Deluxe Breakfast

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

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

Common Measures:

Measure 1 = 437g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21318

McDONALD'S, Deluxe Warm Cinnamon Roll

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	24.97		1	A	1		40.45		
Energy.....kcal	367		0	MC	9		595		
Energy.....kj	1536		0	MC	9		2488		
Protein (N x 6.25).....g	5.62		1	A	1		9.10		
Total lipid (fat).....g	16.24		1	A	1		26.31		
Ash.....g	1.37		1	A	1		2.22		
Carbohydrate, by difference.....g	51.80		0	NC	4		83.91		
Fiber, total dietary.....g	2.5		1	A	1		4.1		
Sugars, total.....g	22.23		1	A	1		36.02		
Sucrose.....g	14.34		1	A	1		23.23		
Glucose (dextrose).....g	3.42		1	A	1		5.54		
Fructose.....g	3.07		1	A	1		4.97		
Lactose.....g	0.23		1	A	1		0.38		
Maltose.....g	1.18		1	A	1		1.90		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	48		1	A	1		77		
Iron, Fe.....mg	2.02		1	A	1		3.27		
Magnesium, Mg.....mg	12		1	A	1		20		
Phosphorus, P.....mg	65		1	A	1		106		
Potassium, K.....mg	94		1	A	1		153		
Sodium, Na.....mg	407		1	A	1		659		
Zinc, Zn.....mg	0.44		1	A	1		0.72		
Copper, Cu.....mg	0.068		1	A	1		0.110		
Manganese, Mn.....mg	0.483		1	A	1		0.782		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.296		1	A	1		0.480		
Riboflavin.....mg	0.240		1	A	1		0.389		
Niacin.....mg	2.460		1	A	1		3.985		
Pantothenic acid.....mg	0.460		1	A	1		0.745		
Vitamin B-6.....mg	0.069		1	A	1		0.112		
Folate, total.....mcg	99		1	A	1		161		
Folic acid.....mcg									
Folate, food.....mcg	99		1	A	1		161		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	560		0	AS	1		907		
Vitamin A, RAE.....mcg_RAE	74		0	AS	1		119		
Retinol.....mcg	55		1	A	1		89		
Vitamin E (alpha-tocopherol).....mg	1.65		1	A	1		2.67		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.606		0	NC	4		7.462		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.034		1	A	1		0.056		
12:0.....g	0.040		1	A	1		0.066		
13:0.....g									
14:0.....g	0.151		1	A	1		0.244		
15:0.....g	0.000		1	A	1		0.000		

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	2.037		1	A	1		3.300		
17:0.....g	0.025		1	A	1		0.040		
18:0.....g	2.228		1	A	1		3.609		
20:0.....g	0.049		1	A	1		0.079		
22:0.....g	0.042		1	A	1		0.069		
24:0.....g									
Fatty acids, total monounsaturated.....g	7.452		0	NC	4		12.072		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.046		1	A	1		0.074		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	7.385		0	A	1		11.964		
18:1 c.....g	4.010		1	A	1		6.496		
18:1 t.....g	3.375		1	A	1		5.468		
20:1.....g	0.021		1	A	1		0.034		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.985		0	NC	4		3.216		
18:2 undifferentiated.....g	1.906		0	AS	1		3.087		
18:2 n-6 c,c.....g	1.340		1	A	1		2.171		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.565		1	A	1		0.916		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.079		0	AS	1		0.128		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	3.941		0	NC	4		6.384		
Fatty acids, total trans-monoenoic.....g									
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	34		1	A	1		55		
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	226		1	A	1		366.120		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 162g: 5.7 oz

NDB No. 21318

McDONALD'S, Deluxe Warm Cinnamon Roll

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21344
McDONALD'S, Double Cheeseburger
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	47.77		0	RKA	1		82.64		
Energy.....kcal	265		0	MC	9		458		
Energy.....kj	1109		0	MC	9		1918		
Protein.....g	14.89		0	RKA	1		25.76		
Total lipid (fat).....g	14.97		0	RKA	1		25.90		
Ash.....g	2.58		0	RKA	1		4.46		
Carbohydrate, by difference.....g	19.83		0	RKI	6		34.31		
Fiber, total dietary.....g	0.8		0	RKA	1		1.4		
Sugars, total.....g	4.66		0	RKA	1		8.06		
Sucrose.....g	0.16		0	RKA	1		0.28		
Glucose (dextrose).....g	1.44		0	RKA	1		2.49		
Fructose.....g	1.81		0	RKA	1		3.13		
Lactose.....g	0.66		0	RKA	1		1.14		
Maltose.....g	0.59		0	RKA	1		1.02		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	160		0	RKA	1		278		
Iron, Fe.....mg	2.13		0	RKA	1		3.68		
Magnesium, Mg.....mg	20		0	RKA	1		34		
Phosphorus, P.....mg	162		0	RKA	1		281		
Potassium, K.....mg	217		0	RKA	1		375		
Sodium, Na.....mg	657		0	MC	9		1136		
Zinc, Zn.....mg	2.40		0	RKA	1		4.15		
Copper, Cu.....mg	0.093		0	RKA	1		0.161		
Manganese, Mn.....mg	0.168		0	RKA	1		0.291		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	RKA	1		0.7		
Thiamin.....mg	0.162		0	RKA	1		0.281		
Riboflavin.....mg	0.247		0	RKA	1		0.428		
Niacin.....mg	3.860		0	RKA	1		6.678		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	45		0	RKA	1		78		
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.18		0	RKA	1		2.05		
Vitamin A, IU.....IU	304		0	RKA	1		526		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.088		0	RKI	6		10.532		
Fatty acids, total monounsaturated.....g	4.983		0	RKI	6		8.620		
Fatty acids, total polyunsaturated.....g	0.486		0	RKI	6		0.842		
Fatty acids, total trans.....g	0.857		0	MC	9		1.483		
Cholesterol.....mg	48		0	RKA	1		82		
Phytosterols.....mg									

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NDB No. 21344

McDONALD'S, Double Cheeseburger

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

food, or similar food.

Common Measures:

Measure 1 = 173g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21357
 McDONALD'S, Egg McMUFFIN

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.679		0	RKI	6		0.937		
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.306		0	MC	9		0.422		
Cholesterol.....mg	168		0	RKI	6		231		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 138g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21232
McDONALD'S, FILET-O-FISH
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	44.52		0	RKA	1		62.78		
Energy.....kcal	284		0	RKI	6		401		
Energy.....kj	1190		0	RKI	6		1677		
Protein (N x 6.25).....g	10.52		0	RKA	1		14.83		
Total lipid (fat).....g	14.53		0	RKA	1		20.49		
Ash.....g	1.82		0	RKA	1		2.56		
Carbohydrate, by difference.....g	28.61		0	RKI	6		40.34		
Fiber, total dietary.....g	0.9		0	RKA	1		1.3		
Sugars, total.....g	5.96		0	MC	9		8.41		
Sucrose.....g									
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	116		0	RKA	1		163		
Iron, Fe.....mg	1.47		0	RKA	1		2.07		
Magnesium, Mg.....mg	20		0	RKA	1		29		
Phosphorus, P.....mg	118		0	RKA	1		167		
Potassium, K.....mg	175		0	RKA	1		246		
Sodium, Na.....mg	449		0	MC	9		634		
Zinc, Zn.....mg	0.50		0	RKA	1		0.71		
Copper, Cu.....mg	0.062		0	RKA	1		0.087		
Manganese, Mn.....mg	0.205		0	RKA	1		0.289		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RKA	1		0.0		
Thiamin.....mg	0.252		0	RKA	1		0.356		
Riboflavin.....mg	0.183		0	RKA	1		0.258		
Niacin.....mg	2.414		0	RKA	1		3.403		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	50		0	RKA	1		70		
Folic acid.....mcg									
Folate, food.....mcg	50		0	RKA	1		70		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.73		0	RKA	1		1.04		
Vitamin A, IU.....IU	89		0	RKA	1		126		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.596		0	RKI	6		3.660		
Fatty acids, total monounsaturated.....g	3.032		0	RKI	6		4.275		
Fatty acids, total polyunsaturated.....g	4.981		0	RKI	6		7.023		
Fatty acids, total trans.....g	0.715		0	RKI	6		1.008		
Cholesterol.....mg	28		0	RKA	1		39		
Phytosterols.....mg									

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

NDB No. 21232
McDONALD'S, FILET-O-FISH

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

food, or similar food.

Common Measures:

Measure 1 = 141g: 1 item

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21382
McDONALD'S, FILET-O-FISH (without tartar sauce)
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.00		0	RKA	1		55.36		
Energy.....kcal	235		0	MC	9		290		
Energy.....kj	985		0	MC	9		1211		
Protein.....g	11.94		0	RKA	1		14.69		
Total lipid (fat).....g	8.77		0	RKA	1		10.79		
Ash.....g	1.82		0	RKA	1		2.24		
Carbohydrate, by difference.....g	32.46		0	RKI	6		39.93		
Fiber, total dietary.....g	0.8		0	RKA	1		1.0		
Sugars, total.....g	4.05		0	MC	9		4.98		
Sucrose.....g									
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	129		0	RKA	1		158		
Iron, Fe.....mg	1.63		0	RKA	1		2.00		
Magnesium, Mg.....mg	23		0	RKA	1		28		
Phosphorus, P.....mg	131		0	RKA	1		161		
Potassium, K.....mg	193		0	RKA	1		238		
Sodium, Na.....mg	423		0	MC	9		521		
Zinc, Zn.....mg	0.54		0	RKA	1		0.67		
Copper, Cu.....mg	0.066		0	RKA	1		0.081		
Manganese, Mn.....mg	0.232		0	RKA	1		0.286		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RKA	1		0.0		
Thiamin.....mg	0.284		0	RKA	1		0.350		
Riboflavin.....mg	0.203		0	RKA	1		0.249		
Niacin.....mg	2.769		0	RKA	1		3.406		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	57		0	RKA	1		70		
Folic acid.....mcg									
Folate, food.....mcg	57		0	RKA	1		70		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.80		0	RKA	1		0.99		
Vitamin A, IU.....IU	94		0	RKA	1		116		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.722		0	RKI	6		2.118		
Fatty acids, total monounsaturated.....g	1.820		0	RKI	6		2.238		
Fatty acids, total polyunsaturated.....g	1.497		0	RKI	6		1.841		
Fatty acids, total trans.....g	0.769		0	MC	9		0.946		
Cholesterol.....mg	25		0	RKA	1		31		
Phytosterols.....mg									

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

NDB No. 21382

McDONALD'S, FILET-O-FISH (without tartar sauce)

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

food, or similar food.

Common Measures:

Measure 1 = 123g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21238
McDONALD'S, French Fries
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	39.76		1	A	1		45.33	67.59	29.42
Energy.....kcal	307		0	MC	9		350	522	227
Energy.....kj	1284		0	MC	9		1464	2184	951
Protein (N x 6.25).....g	3.38		1	A	1		3.85	5.75	2.50
Total lipid (fat).....g	15.77		1	A	1		17.97	26.80	11.67
Ash.....g	1.29		1	A	1		1.47	2.19	0.95
Carbohydrate, by difference.....g	39.80		0	NC	4		45.38	67.67	29.45
Fiber, total dietary.....g	4.1		1	A	1		4.7	7.0	3.0
Sugars, total.....g	0.17		1	A	1		0.19	0.29	0.12
Sucrose.....g	0.17		1	A	1		0.19	0.29	0.12
Glucose (dextrose).....g	0.00		1	A	1		0.00	0.00	0.00
Fructose.....g	0.00		1	A	1		0.00	0.00	0.00
Lactose.....g	0.00		1	A	1		0.00	0.00	0.00
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00
Galactose.....g	0.00		1	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	16		1	A	1		18	27	12
Iron, Fe.....mg	1.03		1	A	1		1.17	1.75	0.76
Magnesium, Mg.....mg	32		1	A	1		36	54	24
Phosphorus, P.....mg	132		1	A	1		150	224	98
Potassium, K.....mg	560		1	A	1		638	952	414
Sodium, Na.....mg	194		1	A	1		221	330	144
Zinc, Zn.....mg	0.44		1	A	1		0.50	0.74	0.32
Copper, Cu.....mg	0.118		1	A	1		0.135	0.201	0.087
Manganese, Mn.....mg	0.224		1	A	1		0.255	0.381	0.166
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.9		1	A	1		5.6	8.3	3.6
Thiamin.....mg	0.328		1	A	1		0.374	0.558	0.243
Riboflavin.....mg	0.036		1	A	1		0.041	0.062	0.027
Niacin.....mg	2.760		1	A	1		3.146	4.692	2.042
Pantothenic acid.....mg	0.644		1	A	1		0.734	1.095	0.476
Vitamin B-6.....mg	0.521		1	A	1		0.594	0.886	0.386
Folate, total.....mcg	60		1	A	1		68	101	44
Folic acid.....mcg									
Folate, food.....mcg	60		1	A	1		68	101	44
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	2.07		1	A	1		2.36	3.52	1.53
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.816		0	NC	4		3.210	4.787	2.084
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	0.000
15:0.....g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 21238
 McDONALD'S, French Fries

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	1.592		1	A	1		1.815	2.707	1.178
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	1.118		1	A	1		1.275	1.901	0.827
20:0.....g	0.058		1	A	1		0.066	0.098	0.043
22:0.....g	0.048		1	A	1		0.055	0.082	0.036
24:0.....g									
Fatty acids, total monounsaturated.....g	6.854		0	NC	4		7.814	11.652	5.072
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	6.814		0	A	1		7.768	11.584	5.042
18:1 c.....g	4.388		1	A	1		5.002	7.459	3.247
18:1 t.....g	2.426		1	A	1		2.766	4.124	1.795
20:1.....g	0.040		1	A	1		0.046	0.068	0.030
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.170		0	NC	4		4.754	7.089	3.086
18:2 undifferentiated.....g	0.897		0	A	1		1.023	1.526	0.664
18:2 n-6 c,c.....g	3.105		1	A	1		3.540	5.279	2.298
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.897		1	A	1		1.023	1.526	0.664
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.167		0	AS	1		0.191	0.284	0.124
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	3.323		0	NC	4		3.789	5.650	2.459
Fatty acids, total trans-monoenoic.....g	2.426		0	NC	4		2.766	4.124	1.795
Fatty acids, total trans-polyenoic.....g	0.897		0	NC	4		1.023	1.526	0.664
Cholesterol.....mg	0		1	A	1		0	0	0
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	0.000
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

- Measure 1 = 114g: 1 medium serving
- Measure 2 = 170g: 1 large serving
- Measure 3 = 74g: 1 small serving

NDB No. 21238
McDONALD'S, French Fries

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21369
McDONALD'S, Fruit & Walnut Salad
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.95		0	RKA	1		200.52		
Energy.....kcal	118		0	MC	9		310		
Energy.....kj	492		0	MC	9		1298		
Protein.....g	1.81		0	RKA	1		4.78		
Total lipid (fat).....g	5.05		0	RKA	1		13.34		
Ash.....g	0.59		0	RKA	1		1.55		
Carbohydrate, by difference.....g	16.60		0	RKI	6		43.82		
Fiber, total dietary.....g									
Sugars, total.....g	12.45		0	RKA	1		32.88		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	65		0	RKA	1		173		
Iron, Fe.....mg	0.34		0	RKA	1		0.89		
Magnesium, Mg.....mg	13		0	RKA	1		36		
Phosphorus, P.....mg	49		0	RKA	1		130		
Potassium, K.....mg									
Sodium, Na.....mg	32		0	RKA	1		83		
Zinc, Zn.....mg	0.28		0	RKA	1		0.73		
Copper, Cu.....mg	0.122		0	RKA	1		0.323		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	145.3		0	RKA	1		383.6		
Thiamin.....mg	0.036		0	RKA	1		0.095		
Riboflavin.....mg	0.056		0	RKA	1		0.148		
Niacin.....mg	0.103		0	RKA	1		0.271		
Pantothenic acid.....mg	0.160		0	RKA	1		0.422		
Vitamin B-6.....mg	0.095		0	RKA	1		0.250		
Folate, total.....mcg	5		0	RKA	1		13		
Folic acid.....mcg									
Folate, food.....mcg	5		0	RKA	1		13		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.06		0	RKI	6		0.17		
Vitamin A, IU.....IU	32		0	RKI	6		83		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.699		0	RKI	6		1.846		
Fatty acids, total monounsaturated.....g	0.810		0	RKI	6		2.139		
Fatty acids, total polyunsaturated.....g	3.204		0	RKI	6		8.457		
Fatty acids, total trans.....g	0.021		0	RKA	1		0.055		
Cholesterol.....mg	2		0	RKI	6		4		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 264g: 1 item

NDB No. 21369

McDONALD'S, Fruit & Walnut Salad

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21380

McDONALD'S, Fruit 'n Yogurt Parfait

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.61		0	RKA	1		111.17		
Energy.....kcal	105		0	RKI	6		156		
Energy.....kj	439		0	RKI	6		655		
Protein.....g	2.73		0	RKA	1		4.07		
Total lipid (fat).....g	1.30		0	RKA	1		1.94		
Ash.....g	0.64		0	RKA	1		0.95		
Carbohydrate, by difference.....g	20.72		0	RKI	6		30.87		
Fiber, total dietary.....g	1.0		0	RKI	6		1.5		
Sugars, total.....g	12.83		0	RKI	6		19.12		
Sucrose.....g	7.92		0	RKA	1		11.80		
Glucose (dextrose).....g	0.78		0	RKA	1		1.17		
Fructose.....g	1.76		0	RKA	1		2.63		
Lactose.....g	2.11		0	RKA	1		3.15		
Maltose.....g	0.07		0	RKA	1		0.11		
Galactose.....g	0.17		0	RKA	1		0.26		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	86		0	RKA	1		128		
Iron, Fe.....mg	0.45		0	RKA	1		0.67		
Magnesium, Mg.....mg	14		0	RKA	1		21		
Phosphorus, P.....mg	84		0	RKA	1		125		
Potassium, K.....mg	167		0	RKA	1		249		
Sodium, Na.....mg	58		0	MC	9		87		
Zinc, Zn.....mg	0.36		0	RKA	1		0.54		
Copper, Cu.....mg	0.051		0	RKA	1		0.076		
Manganese, Mn.....mg	0.203		0	RKA	1		0.303		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	13.9		0	RKA	1		20.6		
Thiamin.....mg	0.046		0	RKA	1		0.069		
Riboflavin.....mg	0.115		0	RKA	1		0.171		
Niacin.....mg	0.237		0	RKA	1		0.354		
Pantothenic acid.....mg	0.418		0	RKA	1		0.622		
Vitamin B-6.....mg									
Folate, total.....mcg	13		0	RKA	1		20		
Folic acid.....mcg									
Folate, food.....mcg	13		0	RKA	1		20		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.19		0	RKI	6		0.29		
Vitamin A, IU.....IU	59		0	RKI	6		88		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.041		0	RKI	6		0.060		
Fatty acids, total monounsaturated.....g	0.106		0	RKI	6		0.158		
Fatty acids, total polyunsaturated.....g	0.095		0	RKI	6		0.142		
Fatty acids, total trans.....g	0.052		0	MC	9		0.077		
Cholesterol.....mg	5		0	RKI	6		7		
Phytosterols.....mg									

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

NDB No. 21380

McDONALD'S, Fruit 'n Yogurt Parfait

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

food, or similar food.

Common Measures:

Measure 1 = 149g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21381

McDONALD'S, Fruit 'n Yogurt Parfait (without granola)

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.18		0	RKA	1		111.01		
Energy.....kcal	90		0	RKI	6		128		
Energy.....kj	377		0	RKI	6		535		
Protein.....g	2.47		0	RKA	1		3.50		
Total lipid (fat).....g	1.13		0	RKA	1		1.60		
Ash.....g	0.56		0	RKA	1		0.79		
Carbohydrate, by difference.....g	17.67		0	RKI	6		25.09		
Fiber, total dietary.....g	0.9		0	RKI	6		1.2		
Sugars, total.....g	11.90		0	RKI	6		16.90		
Sucrose.....g	6.97		0	RKA	1		9.89		
Glucose (dextrose).....g	0.75		0	RKA	1		1.07		
Fructose.....g	1.78		0	RKA	1		2.53		
Lactose.....g	2.22		0	RKA	1		3.15		
Maltose.....g	0.00		0	RKA	1		0.00		
Galactose.....g	0.18		0	RKA	1		0.26		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	87		0	RKA	1		124		
Iron, Fe.....mg	0.36		0	RKA	1		0.51		
Magnesium, Mg.....mg	12		0	RKA	1		16		
Phosphorus, P.....mg	71		0	RKA	1		100		
Potassium, K.....mg	165		0	RKA	1		234		
Sodium, Na.....mg	38		0	RKA	1		54		
Zinc, Zn.....mg	0.30		0	RKA	1		0.43		
Copper, Cu.....mg	0.041		0	RKA	1		0.058		
Manganese, Mn.....mg	0.122		0	RKA	1		0.173		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	14.5		0	RKA	1		20.7		
Thiamin.....mg	0.033		0	RKA	1		0.047		
Riboflavin.....mg	0.117		0	RKA	1		0.166		
Niacin.....mg	0.188		0	RKA	1		0.267		
Pantothenic acid.....mg	0.398		0	RKA	1		0.565		
Vitamin B-6.....mg									
Folate, total.....mcg	11		0	RKA	1		16		
Folic acid.....mcg									
Folate, food.....mcg	11		0	RKA	1		16		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.20		0	RKI	6		0.29		
Vitamin A, IU.....IU	62		0	RKI	6		89		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.004		0	RKI	6		0.005		
Fatty acids, total monounsaturated.....g	0.010		0	RKI	6		0.014		
Fatty acids, total polyunsaturated.....g	0.033		0	RKI	6		0.047		
Fatty acids, total trans.....g	0.054		0	RKA	1		0.077		
Cholesterol.....mg	5		0	RKI	6		7		
Phytosterols.....mg									

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

NDB No. 21381

McDONALD'S, Fruit 'n Yogurt Parfait (without granola)

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

food, or similar food.

Common Measures:

Measure 1 = 142g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21319
McDONALD'S, Hash Browns
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.73		1	A	1		27.95		
Energy.....kcal	257		0	MC	9		136		
Energy.....kj	1075		0	MC	9		570		
Protein (N x 6.25).....g	2.21		1	A	1		1.17		
Total lipid (fat).....g	17.40		1	A	1		9.22		
Ash.....g	2.26		1	A	1		1.20		
Carbohydrate, by difference.....g	25.41		0	NC	4		13.47		
Fiber, total dietary.....g	3.2		1	A	1		1.7		
Sugars, total.....g	0.12		1	A	1		0.07		
Sucrose.....g	0.12		1	A	1		0.07		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		1	A	1		10		
Iron, Fe.....mg	0.75		1	A	1		0.39		
Magnesium, Mg.....mg	21		1	A	1		11		
Phosphorus, P.....mg	107		1	A	1		57		
Potassium, K.....mg	391		1	A	1		207		
Sodium, Na.....mg	546		1	A	1		289		
Zinc, Zn.....mg	0.34		1	A	1		0.18		
Copper, Cu.....mg	0.086		1	A	1		0.046		
Manganese, Mn.....mg	0.166		1	A	1		0.088		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.0		1	A	1		1.6		
Thiamin.....mg	0.116		1	A	1		0.061		
Riboflavin.....mg	0.025		1	A	1		0.013		
Niacin.....mg	2.250		1	A	1		1.193		
Pantothenic acid.....mg	0.438		1	A	1		0.232		
Vitamin B-6.....mg	0.250		1	A	1		0.133		
Folate, total.....mcg	38		1	A	1		20		
Folic acid.....mcg									
Folate, food.....mcg	38		1	A	1		20		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.82		1	A	1		0.96		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.101		0	NC	4		1.643		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		

NDB No. 21319
McDONALD'S, Hash Browns

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	1.692		1	A	1		0.897		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	1.298		1	A	1		0.688		
20:0.....g	0.059		1	A	1		0.032		
22:0.....g	0.051		1	A	1		0.027		
24:0.....g									
Fatty acids, total monounsaturated.....g	7.436		0	NC	4		3.941		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	7.407		0	A	1		3.926		
18:1 c.....g	4.602		1	A	1		2.439		
18:1 t.....g	2.805		1	A	1		1.487		
20:1.....g	0.029		1	A	1		0.015		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.157		0	NC	4		2.203		
18:2 undifferentiated.....g	3.992		0	AS	1		2.116		
18:2 n-6 c,c.....g	3.064		1	A	1		1.624		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.928		1	A	1		0.492		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.165		0	AS	1		0.087		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	3.733		0	NC	4		1.978		
Fatty acids, total trans-monoenoic.....g	2.805		0	NC	4		1.487		
Fatty acids, total trans-polyenoic.....g	0.928		0	NC	4		0.492		
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 53g: 1.9 oz

NDB No. 21319
McDONALD'S, Hash Browns

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	13.40		1	A	1		1.88		
Energy.....kcal	351		0	MC	9		49		
Energy.....kj	1469		0	MC	9		206		
Protein (N x 6.25).....g	0.09		1	A	1		0.01		
Total lipid (fat).....g	0.00		1	A	1		0.00		
Ash.....g	0.07		1	A	1		0.01		
Carbohydrate, by difference.....g	86.44		0	NC	4		12.10		
Fiber, total dietary.....g									
Sugars, total.....g	74.32		1	A	1		10.40		
Sucrose.....g	0.99		1	A	1		0.14		
Glucose (dextrose).....g	32.55		1	A	1		4.56		
Fructose.....g	37.88		1	A	1		5.30		
Lactose.....g	0.23		1	A	1		0.03		
Maltose.....g	2.68		1	A	1		0.37		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		1		
Iron, Fe.....mg	0.27		1	A	1		0.04		
Magnesium, Mg.....mg	1		1	A	1		0		
Phosphorus, P.....mg	4		1	A	1		1		
Potassium, K.....mg	30		1	A	1		4		
Sodium, Na.....mg	7		1	A	1		1		
Zinc, Zn.....mg	0.14		1	A	1		0.02		
Copper, Cu.....mg	0.037		1	A	1		0.005		
Manganese, Mn.....mg	0.080		1	A	1		0.011		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		1	A	1		0.1		
Thiamin.....mg	0.095		1	A	1		0.013		
Riboflavin.....mg	0.030		1	A	1		0.004		
Niacin.....mg	0.158		1	A	1		0.022		
Pantothenic acid.....mg	0.071		1	A	1		0.010		
Vitamin B-6.....mg	0.061		1	A	1		0.009		
Folate, total.....mcg	0		1	A	1		0		
Folic acid.....mcg									
Folate, food.....mcg	0		1	A	1		0		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	NC	4		0.000		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		

NDB No. 21312
McDONALD'S, Honey

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	0.000		1	A	1		0.000		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.000		1	A	1		0.000		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.000		1	A	1		0.000		
18:1 c.....g									
18:1 t.....g	0.000		1	A	1		0.000		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000		
18:2 undifferentiated.....g	0.000		1	A	1		0.000		
18:2 n-6 c,c.....g									
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.000		1	A	1		0.000		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	AS	1		0.000		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.000		1	A	1		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000		
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21335
McDONALD'S, Hot Caramel Sundae
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.27		0	RKA	1		104.22		
Energy.....kcal	188		0	MC	9		342		
Energy.....kj	787		0	MC	9		1432		
Protein.....g	3.58		0	RKA	1		6.51		
Total lipid (fat).....g	4.89		0	RKA	1		8.91		
Ash.....g	0.90		0	RKA	1		1.64		
Carbohydrate, by difference.....g	33.36		0	RKI	6		60.72		
Fiber, total dietary.....g	0.0		0	RKA	1		0.0		
Sugars, total.....g	23.54		0	RKA	1		42.85		
Sucrose.....g	12.67		0	RKA	1		23.07		
Glucose (dextrose).....g	3.00		0	RKA	1		5.46		
Fructose.....g	0.78		0	RKA	1		1.42		
Lactose.....g	5.46		0	RKA	1		9.93		
Maltose.....g	1.64		0	RKA	1		2.98		
Galactose.....g	0.00		0	RKA	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	127		0	RKA	1		232		
Iron, Fe.....mg	0.08		0	RKA	1		0.14		
Magnesium, Mg.....mg	12		0	RKA	1		22		
Phosphorus, P.....mg	112		0	RKA	1		204		
Potassium, K.....mg	186		0	RKA	1		339		
Sodium, Na.....mg	80		0	RKA	1		145		
Zinc, Zn.....mg	0.45		0	RKA	1		0.82		
Copper, Cu.....mg	0.015		0	RKA	1		0.027		
Manganese, Mn.....mg	0.009		0	RKA	1		0.017		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.037		0	RKA	1		0.067		
Riboflavin.....mg	0.223		0	RKA	1		0.406		
Niacin.....mg	0.114		0	RKA	1		0.208		
Pantothenic acid.....mg	0.681		0	RKA	1		1.240		
Vitamin B-6.....mg	0.049		0	RKA	1		0.090		
Folate, total.....mcg	2		0	RKA	1		4		
Folic acid.....mcg									
Folate, food.....mcg	2		0	RKA	1		4		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.51		0	RKA	1		0.93		
Vitamin A, IU.....IU	307		0	RKA	1		558		
Vitamin A, RAE.....mcg_RAE	92		0	RKA	1		167		
Retinol.....mcg	92		0	RKA	1		167		
Vitamin E (alpha-tocopherol).....mg	0.01		0	RKA	1		0.01		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.468		0	RKI	6		4.492		
4:0.....g									
6:0.....g									
8:0.....g	0.040		0	RKA	1		0.072		
10:0.....g	0.093		0	RKA	1		0.169		
12:0.....g	0.108		0	RKA	1		0.197		
13:0.....g									
14:0.....g	0.385		0	RKA	1		0.701		
15:0.....g	0.040		0	RKA	1		0.073		

NDB No. 21335
 McDONALD'S, Hot Caramel Sundae

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	1.184		0	RKA	1		2.156		
17:0.....g	0.025		0	RKA	1		0.046		
18:0.....g	0.586		0	RKA	1		1.066		
20:0.....g	0.007		0	RKA	1		0.012		
22:0.....g	0.000		0	RKA	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.210		0	RKI	6		2.202		
14:1.....g	0.027		0	RKA	1		0.049		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.046		0	RKA	1		0.084		
17:1.....g	0.007		0	RKA	1		0.012		
18:1 undifferentiated.....g	1.130		0	RKA	1		2.057		
20:1.....g	0.000		0	RKA	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.232		0	RKI	6		0.423		
18:2 undifferentiated.....g	0.208		0	RKA	1		0.379		
18:3 undifferentiated.....g	0.018		0	RKA	1		0.033		
18:4.....g									
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.006		0	RKA	1		0.011		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.271		0	RKI	6		0.493		
Cholesterol.....mg	16		0	RKA	1		29		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 182g: 1 item 6.42 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21336
McDONALD'S, Hot Fudge Sundae
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.81		0	RKA	1		105.27		
Energy.....kcal	186		0	MC	9		333		
Energy.....kj	778		0	MC	9		1393		
Protein.....g	4.14		0	RKA	1		7.41		
Total lipid (fat).....g	5.91		0	RKA	1		10.57		
Ash.....g	1.09		0	RKA	1		1.96		
Carbohydrate, by difference.....g	30.05		0	RKI	6		53.78		
Fiber, total dietary.....g	0.4		0	RKA	1		0.6		
Sugars, total.....g	26.89		0	RKA	1		48.12		
Sucrose.....g	19.69		0	RKA	1		35.24		
Glucose (dextrose).....g	0.79		0	RKA	1		1.41		
Fructose.....g	0.22		0	RKA	1		0.40		
Lactose.....g	5.86		0	RKA	1		10.49		
Maltose.....g	0.32		0	RKA	1		0.58		
Galactose.....g	0.00		0	RKA	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	139		0	RKA	1		248		
Iron, Fe.....mg	0.83		0	RKA	1		1.49		
Magnesium, Mg.....mg	19		0	RKA	1		33		
Phosphorus, P.....mg	128		0	RKA	1		229		
Potassium, K.....mg	246		0	RKA	1		441		
Sodium, Na.....mg	94		0	RKA	1		168		
Zinc, Zn.....mg	0.56		0	RKA	1		1.01		
Copper, Cu.....mg	0.051		0	RKA	1		0.092		
Manganese, Mn.....mg	0.066		0	RKA	1		0.118		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.042		0	RKA	1		0.076		
Riboflavin.....mg	0.226		0	RKA	1		0.405		
Niacin.....mg	0.151		0	RKA	1		0.270		
Pantothenic acid.....mg	0.749		0	RKA	1		1.341		
Vitamin B-6.....mg	0.052		0	RKA	1		0.092		
Folate, total.....mcg	0		0	RKA	1		0		
Folic acid.....mcg									
Folate, food.....mcg	0		0	RKA	1		0		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.55		0	RKA	1		0.98		
Vitamin A, IU.....IU	270		0	RKA	1		483		
Vitamin A, RAE.....mcg_RAE	81		0	RKA	1		145		
Retinol.....mcg	81		0	RKA	1		145		
Vitamin E (alpha-tocopherol).....mg	0.19		0	RKA	1		0.34		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.592		0	RKI	6		6.430		
4:0.....g									
6:0.....g									
8:0.....g	0.086		0	RKA	1		0.153		
10:0.....g	0.125		0	RKA	1		0.224		
12:0.....g	0.799		0	RKA	1		1.430		
13:0.....g									
14:0.....g	0.550		0	RKA	1		0.984		
15:0.....g	0.032		0	RKA	1		0.057		

NDB No. 21336
 McDONALD'S, Hot Fudge Sundae

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	1.135		0	RKA	1		2.032		
17:0.....g	0.020		0	RKA	1		0.035		
18:0.....g	0.836		0	RKA	1		1.497		
20:0.....g	0.010		0	RKA	1		0.018		
22:0.....g	0.000		0	RKA	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.045		0	RKI	6		1.870		
14:1.....g	0.021		0	RKA	1		0.038		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.035		0	RKA	1		0.063		
17:1.....g	0.007		0	RKA	1		0.012		
18:1 undifferentiated.....g	0.981		0	RKA	1		1.757		
20:1.....g	0.000		0	RKA	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.220		0	RKI	6		0.394		
18:2 undifferentiated.....g	0.198		0	RKA	1		0.354		
18:3 undifferentiated.....g	0.018		0	RKA	1		0.032		
18:4.....g									
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.005		0	RKA	1		0.008		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.242		0	RKI	6		0.434		
Cholesterol.....mg	13		0	RKA	1		24		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 179g: 1 item 6.314 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21313

McDONALD'S, Hot Mustard Sauce

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.65		1	A	1		16.42		
Energy.....kcal	190		0	MC	9		53		
Energy.....kj	795		0	MC	9		223		
Protein (N x 6.25).....g	2.60		1	A	1		0.73		
Total lipid (fat).....g	7.31		1	A	1		2.05		
Ash.....g	2.36		1	A	1		0.66		
Carbohydrate, by difference.....g	29.08		0	NC	4		8.14		
Fiber, total dietary.....g	5.0		1	A	1		1.4		
Sugars, total.....g	21.76		1	A	1		6.09		
Sucrose.....g	0.70		1	A	1		0.20		
Glucose (dextrose).....g	11.20		1	A	1		3.14		
Fructose.....g	9.57		1	A	1		2.68		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.29		1	A	1		0.08		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		1	A	1		9		
Iron, Fe.....mg	0.86		1	A	1		0.24		
Magnesium, Mg.....mg	24		1	A	1		7		
Phosphorus, P.....mg	57		1	A	1		16		
Potassium, K.....mg	83		1	A	1		23		
Sodium, Na.....mg	902		1	A	1		253		
Zinc, Zn.....mg	0.36		1	A	1		0.10		
Copper, Cu.....mg	0.037		1	A	1		0.010		
Manganese, Mn.....mg	0.220		1	A	1		0.062		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.048		1	A	1		0.013		
Riboflavin.....mg	0.056		1	A	1		0.016		
Niacin.....mg	0.402		1	A	1		0.113		
Pantothenic acid.....mg	0.175		1	A	1		0.049		
Vitamin B-6.....mg	0.060		1	A	1		0.017		
Folate, total.....mcg	0		1	A	1		0		
Folic acid.....mcg									
Folate, food.....mcg	0		1	A	1		0		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.23		1	A	1		0.06		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.86		1	A	1		0.24		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.987		0	NC	4		0.276		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	0.654		1	A	1		0.183		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.280		1	A	1		0.079		
20:0.....g	0.027		1	A	1		0.008		
22:0.....g	0.026		1	A	1		0.007		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.724		0	NC	4		0.483		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.011		1	A	1		0.003		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.591		0	AS	1		0.446		
18:1 c.....g	1.591		1	A	1		0.446		
18:1 t.....g	0.000		1	A	1		0.000		
20:1.....g	0.121		1	A	1		0.034		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.406		0	NC	4		0.954		
18:2 undifferentiated.....g	2.979		0	AS	1		0.834		
18:2 n-6 c,c.....g	2.937		1	A	1		0.822		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.042		1	A	1		0.012		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.427		0	AS	1		0.120		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.042		0	NC	4		0.012		
Fatty acids, total trans-monoenoic.....g									
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 28g: 1 package

NDB No. 21313

McDONALD'S, Hot Mustard Sauce

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21321
McDONALD'S, Hotcakes (plain)
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	48.24		1	A	1		71.87		
Energy.....kcal	228		0	MC	9		340		
Energy.....kj	954		0	MC	9		1421		
Protein (N x 6.25).....g	6.00		1	A	1		8.94		
Total lipid (fat).....g	5.84		1	A	1		8.71		
Ash.....g	1.65		1	A	1		2.46		
Carbohydrate, by difference.....g	38.27		0	NC	4		57.02		
Fiber, total dietary.....g	1.4		1	A	1		2.1		
Sugars, total.....g	8.84		1	A	1		13.18		
Sucrose.....g	3.90		1	A	1		5.81		
Glucose (dextrose).....g	1.05		1	A	1		1.56		
Fructose.....g	0.24		1	A	1		0.35		
Lactose.....g	3.34		1	A	1		4.98		
Maltose.....g	0.32		1	A	1		0.47		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	84		1	A	1		125		
Iron, Fe.....mg	1.83		1	A	1		2.73		
Magnesium, Mg.....mg	19		1	A	1		28		
Phosphorus, P.....mg	260		1	A	1		387		
Potassium, K.....mg	173		1	A	1		258		
Sodium, Na.....mg	358		1	A	1		533		
Zinc, Zn.....mg	0.42		1	A	1		0.62		
Copper, Cu.....mg	0.091		1	A	1		0.135		
Manganese, Mn.....mg	0.253		1	A	1		0.377		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.299		1	A	1		0.445		
Riboflavin.....mg	0.267		1	A	1		0.398		
Niacin.....mg	2.170		1	A	1		3.233		
Pantothenic acid.....mg	0.711		1	A	1		1.059		
Vitamin B-6.....mg	0.077		1	A	1		0.115		
Folate, total.....mcg	96		1	A	1		142		
Folic acid.....mcg									
Folate, food.....mcg	96		1	A	1		142		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	57		0	AS	1		84		
Vitamin A, RAE.....mcg_RAE	3		0	AS	1		4		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.70		1	A	1		1.05		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.158		0	NC	4		1.725		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		

NDB No. 21321
McDONALD'S, Hotcakes (plain)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.678		1	A	1		1.011		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.443		1	A	1		0.660		
20:0.....g	0.019		1	A	1		0.028		
22:0.....g	0.017		1	A	1		0.026		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.236		0	NC	4		1.842		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.014		1	A	1		0.021		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.210		0	A	1		1.802		
18:1 c.....g	1.197		1	A	1		1.784		
18:1 t.....g	0.012		1	A	1		0.019		
20:1.....g	0.012		1	A	1		0.019		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.978		0	NC	4		4.437		
18:2 undifferentiated.....g	2.657		0	AS	1		3.958		
18:2 n-6 c,c.....g	2.638		1	A	1		3.931		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.018		1	A	1		0.027		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.321		0	AS	1		0.479		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.031		0	NC	4		0.045		
Fatty acids, total trans-monoenoic.....g	0.012		0	NC	4		0.019		
Fatty acids, total trans-polyenoic.....g	0.018		0	NC	4		0.027		
Cholesterol.....mg	13		1	A	1		19		
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	34		1	A	1		50.660		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:
Measure 1 = 149g: 3 hotcakes

NDB No. 21321
McDONALD'S, Hotcakes (plain)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21365
McDONALD'S, Hotcakes (with 2 pats margarine & syrup)
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	40.60		0	RKA	1		89.73		
Energy.....kcal	272		0	MC	9		601		
Energy.....kj	1138		0	MC	9		2515		
Protein.....g	4.05		0	RKA	1		8.95		
Total lipid (fat).....g	8.06		0	RKA	1		17.82		
Ash.....g	1.21		0	RKA	1		2.67		
Carbohydrate, by difference.....g	46.08		0	RKI	6		101.83		
Fiber, total dietary.....g	0.9		0	RKA	1		2.1		
Sugars, total.....g	20.58		0	RKA	1		45.49		
Sucrose.....g	7.75		0	RKA	1		17.12		
Glucose (dextrose).....g	5.06		0	RKA	1		11.19		
Fructose.....g	0.18		0	RKA	1		0.40		
Lactose.....g	2.38		0	RKA	1		5.27		
Maltose.....g	5.20		0	RKA	1		11.49		
Galactose.....g	0.00		0	RKA	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	57		0	RKA	1		126		
Iron, Fe.....mg	1.28		0	RKA	1		2.82		
Magnesium, Mg.....mg	13		0	RKA	1		30		
Phosphorus, P.....mg	177		0	RKA	1		391		
Potassium, K.....mg	125		0	RKA	1		276		
Sodium, Na.....mg	283		0	RKA	1		624		
Zinc, Zn.....mg	0.29		0	RKA	1		0.64		
Copper, Cu.....mg	0.066		0	RKA	1		0.147		
Manganese, Mn.....mg	0.171		0	RKA	1		0.377		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RKA	1		0.0		
Thiamin.....mg	0.202		0	RKA	1		0.446		
Riboflavin.....mg	0.180		0	RKA	1		0.398		
Niacin.....mg	1.464		0	RKA	1		3.236		
Pantothenic acid.....mg	0.480		0	RKA	1		1.061		
Vitamin B-6.....mg	0.052		0	RKA	1		0.115		
Folate, total.....mcg	65		0	RKA	1		143		
Folic acid.....mcg									
Folate, food.....mcg	65		0	RKA	1		143		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.01		0	RKA	1		0.01		
Vitamin A, IU.....IU	241		0	RKA	1		533		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.818		0	RKI	6		1.808		
Fatty acids, total monounsaturated.....g	0.863		0	RKI	6		1.907		
Fatty acids, total polyunsaturated.....g	2.087		0	RKI	6		4.613		
Fatty acids, total trans.....g	1.788		0	MC	9		3.951		
Cholesterol.....mg	9		0	RKA	1		19		
Phytosterols.....mg									

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

NDB No. 21365

McDONALD'S, Hotcakes (with 2 pats margarine & syrup)

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

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

Common Measures:

Measure 1 = 221g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21364
McDONALD'S, Hotcakes and Sausage
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	40.70		0	RKA	1		107.45		
Energy.....kcal	294		0	MC	9		775		
Energy.....kj	1228		0	MC	9		3242		
Protein.....g	5.87		0	RKA	1		15.49		
Total lipid (fat).....g	13.21		0	RKA	1		34.86		
Ash.....g	1.44		0	RKA	1		3.80		
Carbohydrate, by difference.....g	38.79		0	RKI	6		102.40		
Fiber, total dietary.....g	0.8		0	RKA	1		2.1		
Sugars, total.....g	17.30		0	RKA	1		45.66		
Sucrose.....g	6.50		0	RKA	1		17.17		
Glucose (dextrose).....g	4.29		0	RKA	1		11.32		
Fructose.....g	0.15		0	RKA	1		0.40		
Lactose.....g	2.00		0	RKA	1		5.27		
Maltose.....g	4.35		0	RKA	1		11.49		
Galactose.....g	0.00		0	RKA	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	51		0	RKA	1		136		
Iron, Fe.....mg	1.22		0	RKA	1		3.21		
Magnesium, Mg.....mg	14		0	RKA	1		37		
Phosphorus, P.....mg	171		0	RKA	1		451		
Potassium, K.....mg	148		0	RKA	1		391		
Sodium, Na.....mg	354		0	RKA	1		935		
Zinc, Zn.....mg	0.50		0	RKA	1		1.31		
Copper, Cu.....mg	0.066		0	RKA	1		0.173		
Manganese, Mn.....mg	0.148		0	RKA	1		0.391		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RKA	1		0.0		
Thiamin.....mg	0.216		0	RKA	1		0.571		
Riboflavin.....mg	0.178		0	RKA	1		0.470		
Niacin.....mg	1.979		0	RKA	1		5.225		
Pantothenic acid.....mg	0.514		0	RKA	1		1.358		
Vitamin B-6.....mg	0.087		0	RKA	1		0.230		
Folate, total.....mcg	54		0	RKA	1		143		
Folic acid.....mcg									
Folate, food.....mcg	54		0	RKA	1		143		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.14		0	RKA	1		0.37		
Vitamin A, IU.....IU	202		0	RKA	1		533		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.747		0	RKI	6		7.253		
Fatty acids, total monounsaturated.....g	3.426		0	RKI	6		9.044		
Fatty acids, total polyunsaturated.....g	2.468		0	RKI	6		6.516		
Fatty acids, total trans.....g	1.561		0	MC	9		4.121		
Cholesterol.....mg	19		0	RKA	1		51		
Phytosterols.....mg									

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

NDB No. 21364

McDONALD'S, Hotcakes and Sausage

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

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

Common Measures:

Measure 1 = 264g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21343

McDONALD'S, Low Fat Caramel Sauce

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	22.50		1	A	1		4.73		
Energy.....kcal	313		0	MC	9		66		
Energy.....kj	1310		0	MC	9		275		
Protein (N x 6.25).....g	1.89		1	A	1		0.40		
Total lipid (fat).....g	3.25		1	A	1		0.68		
Ash.....g	0.82		1	A	1		0.17		
Carbohydrate, by difference.....g	71.53		0	NC	4		15.02		
Fiber, total dietary.....g									
Sugars, total.....g	43.21		1	A	1		9.07		
Sucrose.....g	11.58		1	A	1		2.43		
Glucose (dextrose).....g	14.34		1	A	1		3.01		
Fructose.....g	5.89		1	A	1		1.24		
Lactose.....g	3.01		1	A	1		0.63		
Maltose.....g	8.11		1	A	1		1.70		
Galactose.....g	0.27		1	A	1		0.06		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	71		1	A	1		15		
Iron, Fe.....mg	0.16		1	A	1		0.03		
Magnesium, Mg.....mg	8		1	A	1		2		
Phosphorus, P.....mg	89		1	A	1		19		
Potassium, K.....mg	119		1	A	1		25		
Sodium, Na.....mg	170		1	A	1		36		
Zinc, Zn.....mg	0.28		1	A	1		0.06		
Copper, Cu.....mg	0.018		1	A	1		0.004		
Manganese, Mn.....mg	0.011		1	A	1		0.002		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.075		1	A	1		0.016		
Riboflavin.....mg	0.134		1	A	1		0.028		
Niacin.....mg	0.006		1	A	1		0.001		
Pantothenic acid.....mg	0.398		1	A	1		0.084		
Vitamin B-6.....mg	0.026		1	A	1		0.006		
Folate, total.....mcg	0		1	A	1		0		
Folic acid.....mcg									
Folate, food.....mcg	0		1	A	1		0		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		1	A	1		0.00		
Vitamin A, IU.....IU	147		1	A	1		31		
Vitamin A, RAE.....mcg_RAE	45		0	AS	1		9		
Retinol.....mcg	45		1	A	1		9		
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.772		0	NC	4		0.372		
4:0.....g									
6:0.....g									
8:0.....g	0.032		1	A	1		0.007		
10:0.....g	0.075		1	A	1		0.016		
12:0.....g	0.087		1	A	1		0.018		
13:0.....g									
14:0.....g	0.291		1	A	1		0.061		
15:0.....g	0.030		1	A	1		0.006		

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	0.840		1	A	1		0.176		
17:0.....g	0.020		1	A	1		0.004		
18:0.....g	0.396		1	A	1		0.083		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.771		0	NC	4		0.162		
14:1.....g	0.023		1	A	1		0.005		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.038		1	A	1		0.008		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.710		0	AS	1		0.149		
18:1 c.....g	0.700		1	A	1		0.147		
18:1 t.....g	0.011		1	A	1		0.002		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.139		0	NC	4		0.029		
18:2 undifferentiated.....g	0.126		0	AS	1		0.026		
18:2 n-6 c,c.....g	0.099		1	A	1		0.021		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.027		1	A	1		0.006		
18:3 undifferentiated.....g	0.013		0	AS	1		0.003		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.037		0	NC	4		0.008		
Fatty acids, total trans-monoenoic.....g	0.011		0	NC	4		0.002		
Fatty acids, total trans-polyenoic.....g	0.027		0	NC	4		0.006		
Cholesterol.....mg	12		1	A	1		3		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 21g: .8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

NDB No. 21355
McDONALD'S, McCHICKEN Sandwich
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.97		0	RKI	6		66.10		
Energy.....kcal	289		0	MC	9		425		
Energy.....kj	1209		0	MC	9		1777		
Protein.....g	10.17		0	RKI	6		14.96		
Total lipid (fat).....g	16.21		0	RKI	6		23.84		
Ash.....g	1.78		0	RKA	1		2.62		
Carbohydrate, by difference.....g	26.86		0	RKI	6		39.49		
Fiber, total dietary.....g	0.8		0	RKA	1		1.2		
Sugars, total.....g	3.77		0	RKA	1		5.54		
Sucrose.....g	0.29		0	RKA	1		0.43		
Glucose (dextrose).....g	1.08		0	RKA	1		1.58		
Fructose.....g	1.76		0	RKA	1		2.58		
Lactose.....g	0.11		0	RKA	1		0.16		
Maltose.....g	0.55		0	RKA	1		0.82		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	87		0	RKA	1		128		
Iron, Fe.....mg	1.65		0	RKA	1		2.42		
Magnesium, Mg.....mg	18		0	RKA	1		27		
Phosphorus, P.....mg	142		0	RKA	1		208		
Potassium, K.....mg	170		0	RKA	1		250		
Sodium, Na.....mg	519		0	RKA	1		764		
Zinc, Zn.....mg	0.72		0	RKA	1		1.05		
Copper, Cu.....mg	0.069		0	RKA	1		0.101		
Manganese, Mn.....mg	0.265		0	RKA	1		0.390		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0	RKA	1		1.3		
Thiamin.....mg	0.208		0	RKA	1		0.306		
Riboflavin.....mg	0.198		0	RKA	1		0.291		
Niacin.....mg	3.962		0	RKA	1		5.824		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	67		0	RKA	1		98		
Folic acid.....mcg									
Folate, food.....mcg	67		0	RKA	1		98		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	83		0	RKA	1		122		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.606		0	RKI	6		3.832		
Fatty acids, total monounsaturated.....g	4.400		0	RKI	6		6.468		
Fatty acids, total polyunsaturated.....g	6.206		0	RKI	6		9.123		
Fatty acids, total trans.....g	0.552		0	MC	9		0.811		
Cholesterol.....mg	31		0	RKI	6		46		
Phytosterols.....mg									

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

NDB No. 21355
McDONALD'S, McCHICKEN Sandwich

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

food, or similar food.

Common Measures:

Measure 1 = 147g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21356
McDONALD'S, McCHICKEN Sandwich (without mayonnaise)
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	48.64		0	RKI	6		64.69		
Energy.....kcal	240		0	MC	9		319		
Energy.....kj	1004		0	MC	9		1336		
Protein.....g	11.11		0	RKI	6		14.78		
Total lipid (fat).....g	9.02		0	RKI	6		11.99		
Ash.....g	1.92		0	RKA	1		2.55		
Carbohydrate, by difference.....g	29.31		0	RKI	6		38.98		
Fiber, total dietary.....g	0.9		0	RKA	1		1.2		
Sugars, total.....g	4.05		0	RKA	1		5.38		
Sucrose.....g	0.21		0	RKA	1		0.28		
Glucose (dextrose).....g	1.19		0	RKA	1		1.58		
Fructose.....g	1.94		0	RKA	1		2.58		
Lactose.....g	0.12		0	RKA	1		0.16		
Maltose.....g	0.61		0	RKA	1		0.82		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	95		0	RKA	1		126		
Iron, Fe.....mg	1.77		0	RKA	1		2.36		
Magnesium, Mg.....mg	20		0	RKA	1		27		
Phosphorus, P.....mg	153		0	RKA	1		203		
Potassium, K.....mg	186		0	RKA	1		248		
Sodium, Na.....mg	523		0	RKA	1		696		
Zinc, Zn.....mg	0.76		0	RKA	1		1.01		
Copper, Cu.....mg	0.072		0	RKA	1		0.096		
Manganese, Mn.....mg	0.291		0	RKA	1		0.387		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		0	RKA	1		1.3		
Thiamin.....mg	0.229		0	RKA	1		0.304		
Riboflavin.....mg	0.213		0	RKA	1		0.284		
Niacin.....mg	4.378		0	RKA	1		5.822		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	71		0	RKA	1		94		
Folic acid.....mcg									
Folate, food.....mcg	71		0	RKA	1		94		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.17		0	RKI	6		0.23		
Vitamin A, IU.....IU	86		0	RKA	1		114		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.556		0	RKI	6		2.069		
Fatty acids, total monounsaturated.....g	2.965		0	RKI	6		3.944		
Fatty acids, total polyunsaturated.....g	2.024		0	RKI	6		2.692		
Fatty acids, total trans.....g	0.578		0	MC	9		0.769		
Cholesterol.....mg	27		0	RKI	6		36		
Phytosterols.....mg									

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

NDB No. 21356

McDONALD'S, McCHICKEN Sandwich (without mayonnaise)

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

food, or similar food.

Common Measures:

Measure 1 = 133g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21325

McDONALD'S, McDONALDLAND Chocolate Chip Cookies

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.19		1	A	1		2.35		
Energy.....kcal	480		0	MC	9		269		
Energy.....kj	2008		0	MC	9		1125		
Protein (N x 6.25).....g	5.56		1	A	1		3.11		
Total lipid (fat).....g	22.79		1	A	1		12.76		
Ash.....g	1.23		1	A	1		0.69		
Carbohydrate, by difference.....g	66.24		0	NC	4		37.09		
Fiber, total dietary.....g	2.0		1	A	1		1.1		
Sugars, total.....g	33.86		1	A	1		18.96		
Sucrose.....g	32.10		1	A	1		17.98		
Glucose (dextrose).....g	0.81		1	A	1		0.45		
Fructose.....g	0.19		1	A	1		0.11		
Lactose.....g	0.76		1	A	1		0.43		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	34		1	A	1		19		
Iron, Fe.....mg	3.89		1	A	1		2.18		
Magnesium, Mg.....mg	40		1	A	1		22		
Phosphorus, P.....mg	105		1	A	1		59		
Potassium, K.....mg	194		1	A	1		109		
Sodium, Na.....mg	293		1	A	1		164		
Zinc, Zn.....mg	0.77		1	A	1		0.43		
Copper, Cu.....mg	0.276		1	A	1		0.155		
Manganese, Mn.....mg	0.555		1	A	1		0.311		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.227		1	A	1		0.127		
Riboflavin.....mg	0.220		1	A	1		0.123		
Niacin.....mg	1.970		1	A	1		1.103		
Pantothenic acid.....mg	0.540		1	A	1		0.302		
Vitamin B-6.....mg	0.098		1	A	1		0.055		
Folate, total.....mcg	88		1	A	1		49		
Folic acid.....mcg									
Folate, food.....mcg	88		1	A	1		49		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.20		1	A	1		0.11		
Vitamin A, IU.....IU	430		0	AS	1		241		
Vitamin A, RAE.....mcg_RAE	129		0	AS	1		72		
Retinol.....mcg	129		1	A	1		72		
Vitamin E (alpha-tocopherol).....mg	0.74		1	A	1		0.41		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	11.373		0	NC	4		6.369		
4:0.....g									
6:0.....g									
8:0.....g	0.145		1	A	1		0.081		
10:0.....g	0.337		1	A	1		0.189		
12:0.....g	0.387		1	A	1		0.217		
13:0.....g									
14:0.....g	1.323		1	A	1		0.741		
15:0.....g	0.132		1	A	1		0.074		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	5.268		1	A	1		2.950		
17:0.....g	0.093		1	A	1		0.052		
18:0.....g	3.606		1	A	1		2.019		
20:0.....g	0.081		1	A	1		0.045		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	5.894		0	NC	4		3.301		
14:1.....g	0.098		1	A	1		0.055		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.190		1	A	1		0.106		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	5.606		0	A	1		3.139		
18:1 c.....g	4.965		1	A	1		2.780		
18:1 t.....g	0.641		1	A	1		0.359		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.305		0	NC	4		0.731		
18:2 undifferentiated.....g	1.167		0	AS	1		0.654		
18:2 n-6 c,c.....g	0.923		1	A	1		0.517		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.244		1	A	1		0.137		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.103		0	AS	1		0.058		
18:3 n-6 c,c,c.....g	0.020		1	A	1		0.011		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.034		1	A	1		0.019		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.885		0	NC	4		0.496		
Fatty acids, total trans-monoenoic.....g									
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	65		1	A	1		36		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 56g: 2 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

NDB No. 21326

McDONALD'S, McDONALDLAND Cookies

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.97		1	A	1		2.26		
Energy.....kcal	447		0	MC	9		255		
Energy.....kj	1870		0	MC	9		1066		
Protein (N x 6.25).....g	6.56		1	A	1		3.74		
Total lipid (fat).....g	15.35		1	A	1		8.75		
Ash.....g	1.37		1	A	1		0.78		
Carbohydrate, by difference.....g	72.75		0	NC	4		41.47		
Fiber, total dietary.....g	1.6		1	A	1		0.9		
Sugars, total.....g	24.13		1	A	1		13.75		
Sucrose.....g	21.76		1	A	1		12.40		
Glucose (dextrose).....g	1.08		1	A	1		0.61		
Fructose.....g	1.11		1	A	1		0.63		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.19		1	A	1		0.11		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		1	A	1		10		
Iron, Fe.....mg	3.37		1	A	1		1.92		
Magnesium, Mg.....mg	17		1	A	1		10		
Phosphorus, P.....mg	111		1	A	1		63		
Potassium, K.....mg	98		1	A	1		56		
Sodium, Na.....mg	483		1	A	1		275		
Zinc, Zn.....mg	0.60		1	A	1		0.34		
Copper, Cu.....mg	0.097		1	A	1		0.055		
Manganese, Mn.....mg	0.515		1	A	1		0.293		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.364		1	A	1		0.207		
Riboflavin.....mg	0.296		1	A	1		0.169		
Niacin.....mg	3.620		1	A	1		2.063		
Pantothenic acid.....mg	0.430		1	A	1		0.245		
Vitamin B-6.....mg	0.129		1	A	1		0.073		
Folate, total.....mcg	102		1	A	1		58		
Folic acid.....mcg									
Folate, food.....mcg	102		1	A	1		58		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	2.00		1	A	1		1.14		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.244		0	NC	4		1.849		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		

NDB No. 21326
 McDONALD'S, McDONALDLAND Cookies

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	1.710		1	A	1		0.975		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	1.437		1	A	1		0.819		
20:0.....g	0.048		1	A	1		0.027		
22:0.....g	0.048		1	A	1		0.027		
24:0.....g									
Fatty acids, total monounsaturated.....g	8.087		0	NC	4		4.609		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	8.061		0	A	1		4.595		
18:1 c.....g	4.477		1	A	1		2.552		
18:1 t.....g	3.584		1	A	1		2.043		
20:1.....g	0.026		1	A	1		0.015		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.151		0	NC	4		1.226		
18:2 undifferentiated.....g	2.097		0	AS	1		1.195		
18:2 n-6 c,c.....g	1.352		1	A	1		0.770		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.745		1	A	1		0.425		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.055		0	AS	1		0.031		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	4.329		0	NC	4		2.468		
Fatty acids, total trans-monoenoic.....g									
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 57g: 2 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21338

McDONALD'S, McFLURRY with M&M'S CANDIES

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.74		0	RKA	1		214.84	311.15	
Energy.....kcal	177		0	MC	9		617	893	
Energy.....kj	741		0	MC	9		2580	3737	
Protein.....g	4.02		0	RKA	1		13.99	20.26	
Total lipid (fat).....g	6.46		0	RKA	1		22.49	32.57	
Ash.....g	0.96		0	RKA	1		3.33	4.83	
Carbohydrate, by difference.....g	26.82		0	RKI	6		93.35	135.19	
Fiber, total dietary.....g	0.2		0	RKA	1		0.7	1.1	
Sugars, total.....g	24.37		0	RKA	1		84.81	122.82	
Sucrose.....g	16.90		0	RKA	1		58.82	85.19	
Glucose (dextrose).....g	0.75		0	RKA	1		2.62	3.79	
Fructose.....g	0.21		0	RKA	1		0.74	1.08	
Lactose.....g	6.23		0	RKA	1		21.66	31.38	
Maltose.....g	0.28		0	RKA	1		0.96	1.39	
Galactose.....g	0.00		0	RKA	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	135		0	RKA	1		470	681	
Iron, Fe.....mg	0.27		0	RKA	1		0.94	1.36	
Magnesium, Mg.....mg	17		0	RKA	1		59	85	
Phosphorus, P.....mg	116		0	RKA	1		402	582	
Potassium, K.....mg	208		0	RKA	1		725	1051	
Sodium, Na.....mg	54		0	RKA	1		188	273	
Zinc, Zn.....mg	0.54		0	RKA	1		1.86	2.70	
Copper, Cu.....mg	0.044		0	RKA	1		0.155	0.224	
Manganese, Mn.....mg	0.046		0	RKA	1		0.158	0.229	
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.051		0	RKA	1		0.177	0.257	
Riboflavin.....mg	0.243		0	RKA	1		0.847	1.227	
Niacin.....mg	0.139		0	RKA	1		0.484	0.701	
Pantothenic acid.....mg	0.730		0	RKA	1		2.541	3.680	
Vitamin B-6.....mg	0.053		0	RKA	1		0.185	0.268	
Folate, total.....mcg	3		0	RKA	1		9	13	
Folic acid.....mcg									
Folate, food.....mcg	3		0	RKA	1		9	13	
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.60		0	RKA	1		2.08	3.01	
Vitamin A, IU.....IU	312		0	RKA	1		1087	1574	
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.08		0	RKA	1		0.26	0.38	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.402		0	RKI	6		11.839	17.146	
4:0.....g									
6:0.....g									
8:0.....g	0.040		0	RKA	1		0.141	0.204	
10:0.....g	0.094		0	RKA	1		0.326	0.472	
12:0.....g	0.109		0	RKA	1		0.379	0.549	
13:0.....g									
14:0.....g	0.392		0	RKA	1		1.366	1.978	
15:0.....g	0.041		0	RKA	1		0.143	0.207	

NDB No. 21338
 McDONALD'S, McFLURRY with M&M'S CANDIES

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	1.577		0	RKA	1		5.487	7.947	
17:0.....g	0.028		0	RKA	1		0.097	0.141	
18:0.....g	1.095		0	RKA	1		3.810	5.517	
20:0.....g	0.022		0	RKA	1		0.078	0.113	
22:0.....g	0.003		0	RKA	1		0.011	0.017	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.670		0	RKI	6		5.811	8.417	
14:1.....g	0.028		0	RKA	1		0.096	0.139	
15:1.....g	0.000		0	RKA	1		0.000	0.000	
16:1 undifferentiated.....g	0.049		0	RKA	1		0.170	0.246	
17:1.....g	0.008		0	RKA	1		0.027	0.039	
18:1 undifferentiated.....g	1.586		0	RKA	1		5.518	7.992	
20:1.....g	0.000		0	RKA	1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.282		0	RKI	6		0.981	1.421	
18:2 undifferentiated.....g	0.254		0	RKA	1		0.884	1.281	
18:3 undifferentiated.....g	0.023		0	RKA	1		0.078	0.113	
18:4.....g									
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000	0.000	
20:4 undifferentiated.....g	0.005		0	RKA	1		0.018	0.027	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.281		0	RKI	6		0.979	1.418	
Cholesterol.....mg	16		0	RKA	1		56	81	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 348g: 12 fl oz cup regular
 Measure 2 = 504g: 16 fl oz cup large

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21339

McDONALD'S, McFLURRY with OREO cookies

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.90		0	RKA	1		215.36	311.21	
Energy.....kcal	165		0	MC	9		556	804	
Energy.....kj	690		0	MC	9		2327	3362	
Protein.....g	3.97		0	RKA	1		13.37	19.32	
Total lipid (fat).....g	5.66		0	RKA	1		19.08	27.58	
Ash.....g	0.92		0	RKA	1		3.09	4.47	
Carbohydrate, by difference.....g	25.55		0	RKI	6		86.10	124.42	
Fiber, total dietary.....g	0.1		0	RKA	1		0.5	0.7	
Sugars, total.....g	21.19		0	RKA	1		71.40	103.18	
Sucrose.....g	14.20		0	RKA	1		47.87	69.18	
Glucose (dextrose).....g	0.89		0	RKA	1		3.01	4.36	
Fructose.....g	0.18		0	RKA	1		0.61	0.89	
Lactose.....g	5.62		0	RKA	1		18.94	27.37	
Maltose.....g	0.28		0	RKA	1		0.96	1.39	
Galactose.....g	0.00		0	RKA	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	129		0	RKA	1		436	630	
Iron, Fe.....mg	0.61		0	RKA	1		2.06	2.97	
Magnesium, Mg.....mg	14		0	RKA	1		48	70	
Phosphorus, P.....mg	111		0	RKA	1		373	539	
Potassium, K.....mg	198		0	RKA	1		667	963	
Sodium, Na.....mg	75		0	RKA	1		251	363	
Zinc, Zn.....mg	0.50		0	RKA	1		1.67	2.41	
Copper, Cu.....mg	0.030		0	RKA	1		0.100	0.145	
Manganese, Mn.....mg	0.042		0	RKA	1		0.143	0.207	
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.048		0	RKA	1		0.163	0.236	
Riboflavin.....mg	0.229		0	RKA	1		0.773	1.116	
Niacin.....mg	0.264		0	RKA	1		0.889	1.285	
Pantothenic acid.....mg	0.722		0	RKA	1		2.433	3.517	
Vitamin B-6.....mg	0.058		0	RKA	1		0.196	0.283	
Folate, total.....mcg	5		0	RKA	1		15	22	
Folic acid.....mcg									
Folate, food.....mcg	5		0	RKA	1		15	22	
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.58		0	RKA	1		1.95	2.82	
Vitamin A, IU.....IU	323		0	RKA	1		1088	1573	
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.09		0	RKA	1		0.30	0.43	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.577		0	RKI	6		8.683	12.548	
4:0.....g									
6:0.....g									
8:0.....g	0.038		0	RKA	1		0.126	0.183	
10:0.....g	0.087		0	RKA	1		0.295	0.426	
12:0.....g	0.102		0	RKA	1		0.343	0.496	
13:0.....g									
14:0.....g	0.367		0	RKA	1		1.236	1.787	
15:0.....g	0.038		0	RKA	1		0.127	0.184	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	1.254		0	RKA	1		4.226	6.107	
17:0.....g	0.025		0	RKA	1		0.083	0.120	
18:0.....g	0.653		0	RKA	1		2.202	3.182	
20:0.....g	0.010		0	RKA	1		0.034	0.049	
22:0.....g	0.003		0	RKA	1		0.011	0.015	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.716		0	RKI	6		5.784	8.359	
14:1.....g	0.025		0	RKA	1		0.085	0.123	
15:1.....g	0.000		0	RKA	1		0.000	0.000	
16:1 undifferentiated.....g	0.042		0	RKA	1		0.143	0.207	
17:1.....g	0.008		0	RKA	1		0.027	0.039	
18:1 undifferentiated.....g	1.639		0	RKA	1		5.524	7.982	
20:1.....g	0.002		0	RKA	1		0.006	0.008	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.364		0	RKI	6		1.227	1.773	
18:2 undifferentiated.....g	0.339		0	RKA	1		1.141	1.649	
18:3 undifferentiated.....g	0.020		0	RKA	1		0.067	0.097	
18:4.....g									
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000	0.000	
20:4 undifferentiated.....g	0.005		0	RKA	1		0.018	0.027	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.565		0	RKI	6		1.904	2.752	
Cholesterol.....mg	15		0	RKA	1		52	74	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 337g: 12 fl oz cup regular

Measure 2 = 487g: 16 fl oz cup large

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

NDB No. 21346

McDONALD'S, NEWMAN'S OWN Cobb Dressing

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.41		1	MA	12		41.17		
Energy.....kcal	196		0	MC	9		122		
Energy.....kj	820		0	MC	9		508		
Protein (N x 6.25).....g	1.69		1	MA	12		1.05		
Total lipid (fat).....g	14.45		1	MA	12		8.96		
Ash.....g	1.96		1	MA	12		1.22		
Carbohydrate, by difference.....g	15.49		0	NC	4		9.61		
Fiber, total dietary.....g	0.3		1	MA	12		0.2		
Sugars, total.....g	7.79		1	MA	12		4.83		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	50		1	MA	12		31		
Iron, Fe.....mg	0.20		1	MA	12		0.12		
Magnesium, Mg.....mg	3		1	MA	12		2		
Phosphorus, P.....mg	31		1	MA	12		19		
Potassium, K.....mg	20		1	MA	12		13		
Sodium, Na.....mg	709		1	MA	12		439		
Zinc, Zn.....mg	0.30		1	MA	12		0.19		
Copper, Cu.....mg	0.000		1	MA	12		0.000		
Manganese, Mn.....mg	0.000		1	MA	12		0.000		
Selenium, Se.....mcg	0.3		1	MA	12		0.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		1	MA	12		0.3		
Thiamin.....mg	0.010		1	MA	12		0.006		
Riboflavin.....mg	0.020		1	MA	12		0.012		
Niacin.....mg	0.010		1	MA	12		0.006		
Pantothenic acid.....mg	0.020		1	MA	12		0.012		
Vitamin B-6.....mg	0.000		1	MA	12		0.000		
Folate, total.....mcg	0		1	MA	12		0		
Folic acid.....mcg									
Folate, food.....mcg	0		1	MA	12		0		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.05		1	MA	12		0.03		
Vitamin A, IU.....IU	93		1	MA	12		58		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	MA	12		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		1	MA	12		0		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.770		1	MA	12		1.717		
Fatty acids, total monounsaturated.....g	3.670		1	MA	12		2.275		
Fatty acids, total polyunsaturated.....g	7.910		1	MA	12		4.904		
Fatty acids, total trans.....g	0.010		1	MA	12		0.006		
Cholesterol.....mg	13		1	MA	12		8		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 62g: 2 fl oz

NDB No. 21346

McDONALD'S, NEWMAN'S OWN Cobb Dressing

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21347

McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	54.90		1	MA	12		32.39		
Energy.....kcal	319		0	MC	9		188		
Energy.....kj	1335		0	MC	9		787		
Protein (N x 6.25).....g	3.56		1	MA	12		2.10		
Total lipid (fat).....g	31.50		1	MA	12		18.59		
Ash.....g	3.19		0	NR	4		1.88		
Carbohydrate, by difference.....g	6.85		0	NC	4		4.04		
Fiber, total dietary.....g	0.1		1	MA	12		0.1		
Sugars, total.....g	3.00		1	MA	12		1.77		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	104		1	MA	12		61		
Iron, Fe.....mg	0.28		1	MA	12		0.17		
Magnesium, Mg.....mg	5		1	MA	12		3		
Phosphorus, P.....mg	65		1	MA	12		39		
Potassium, K.....mg	27		1	MA	12		16		
Sodium, Na.....mg	851		1	MA	12		502		
Zinc, Zn.....mg	0.34		1	MA	12		0.20		
Copper, Cu.....mg	0.120		1	MA	12		0.071		
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.2		1	MA	12		0.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	MA	12		0.0		
Thiamin.....mg	0.010		1	MA	12		0.006		
Riboflavin.....mg	0.040		1	MA	12		0.024		
Niacin.....mg	0.020		1	MA	12		0.012		
Pantothenic acid.....mg	0.110		1	MA	12		0.065		
Vitamin B-6.....mg	1.090		1	MA	12		0.643		
Folate, total.....mcg	4		1	MA	12		2		
Folic acid.....mcg									
Folate, food.....mcg	4		1	MA	12		2		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.09		1	MA	12		0.05		
Vitamin A, IU.....IU	143		1	MA	12		84		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	26.10		1	MA	12		15.40		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.860		1	MA	12		3.457		
Fatty acids, total monounsaturated.....g	7.750		1	MA	12		4.573		
Fatty acids, total polyunsaturated.....g	16.300		1	MA	12		9.617		
Fatty acids, total trans.....g	0.490		1	MA	12		0.289		
Cholesterol.....mg	35		1	MA	12		21		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 59g: 2 fl oz

NDB No. 21347

McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21348

McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.05		1	MA	12		31.04		
Energy.....kcal	86		0	MC	9		40		
Energy.....kj	360		0	MC	9		169		
Protein (N x 6.25).....g	0.19		1	MA	12		0.09		
Total lipid (fat).....g	5.94		1	MA	12		2.79		
Ash.....g	3.17		1	MA	12		1.49		
Carbohydrate, by difference.....g	24.65		0	NC	4		11.59		
Fiber, total dietary.....g	0.4		1	MA	12		0.2		
Sugars, total.....g	6.74		1	MA	12		3.17		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1	MA	12		4		
Iron, Fe.....mg	0.28		1	MA	12		0.13		
Magnesium, Mg.....mg	3		1	MA	12		1		
Phosphorus, P.....mg	1		1	MA	12		1		
Potassium, K.....mg	20		1	MA	12		9		
Sodium, Na.....mg	1562		1	MA	12		734		
Zinc, Zn.....mg	0.03		1	MA	12		0.01		
Copper, Cu.....mg	0.010		1	MA	12		0.005		
Manganese, Mn.....mg	0.040		1	MA	12		0.019		
Selenium, Se.....mcg	0.1		1	MA	12		0.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.0		1	MA	12		1.9		
Thiamin.....mg	0.000		1	MA	12		0.000		
Riboflavin.....mg	0.000		1	MA	12		0.000		
Niacin.....mg	0.010		1	MA	12		0.005		
Pantothenic acid.....mg	0.000		1	MA	12		0.000		
Vitamin B-6.....mg	0.000		1	MA	12		0.000		
Folate, total.....mcg	0		1	MA	12		0		
Folic acid.....mcg									
Folate, food.....mcg	0		1	MA	12		0		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		1	MA	12		0.00		
Vitamin A, IU.....IU	110		1	MA	12		52		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.01		1	MA	12		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		1	MA	12		0		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.870		1	MA	12		0.409		
Fatty acids, total monounsaturated.....g	2.190		1	MA	12		1.029		
Fatty acids, total polyunsaturated.....g	2.800		1	MA	12		1.316		
Fatty acids, total trans.....g	0.020		1	MA	12		0.009		
Cholesterol.....mg	0		1	MA	12		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 47g: 2 fl oz

NDB No. 21348

McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21349
McDONALD'S, NEWMAN'S OWN Ranch Dressing
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.35		0	NR	4		28.76		
Energy.....kcal	313		0	MC	9		175		
Energy.....kj	1310		0	MC	9		733		
Protein (N x 6.25).....g	2.62		1	MA	12		1.47		
Total lipid (fat).....g	26.57		1	MA	12		14.88		
Ash.....g	2.71		0	O	4		1.52		
Carbohydrate, by difference.....g	16.75		0	NC	4		9.38		
Fiber, total dietary.....g	0.3		1	MA	12		0.2		
Sugars, total.....g	6.57		1	MA	12		3.68		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	77		1	MA	12		43		
Iron, Fe.....mg	0.25		1	MA	12		0.14		
Magnesium, Mg.....mg	3		1	MA	12		2		
Phosphorus, P.....mg	76		1	MA	12		42		
Potassium, K.....mg	120		1	MA	12		67		
Sodium, Na.....mg	954		1	MA	12		534		
Zinc, Zn.....mg	0.06		1	MA	12		0.03		
Copper, Cu.....mg	0.010		1	MA	12		0.006		
Manganese, Mn.....mg	0.020		1	MA	12		0.011		
Selenium, Se.....mcg	0.4		1	MA	12		0.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		1	MA	12		0.4		
Thiamin.....mg	0.010		1	MA	12		0.006		
Riboflavin.....mg	0.140		1	MA	12		0.078		
Niacin.....mg	0.010		1	MA	12		0.006		
Pantothenic acid.....mg	0.110		1	MA	12		0.062		
Vitamin B-6.....mg	0.040		1	MA	12		0.022		
Folate, total.....mcg	1		1	MA	12		1		
Folic acid.....mcg									
Folate, food.....mcg	1		1	MA	12		1		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		1	MA	12		0.00		
Vitamin A, IU.....IU	68		1	MA	12		38		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.360		1	MA	12		2.442		
Fatty acids, total monounsaturated.....g	15.350		1	MA	12		8.596		
Fatty acids, total polyunsaturated.....g	6.350		1	MA	12		3.556		
Fatty acids, total trans.....g	0.380		1	MA	12		0.213		
Cholesterol.....mg	32		1	MA	12		18		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 56g: 2 fl oz

NDB No. 21349

McDONALD'S, NEWMAN'S OWN Ranch Dressing

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21337
McDONALD'S, Peanuts (for Sundaes)
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	0.56		1	A	1		0.04		
Energy.....kcal	640		0	MC	9		45		
Energy.....kj	2678		0	MC	9		187		
Protein (N x 6.25).....g	28.04		1	A	1		1.96		
Total lipid (fat).....g	52.91		1	A	1		3.70		
Ash.....g	2.26		1	A	1		0.16		
Carbohydrate, by difference.....g	16.23		0	NC	4		1.14		
Fiber, total dietary.....g									
Sugars, total.....g	4.15		1	A	1		0.29		
Sucrose.....g	4.15		1	A	1		0.29		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	46		1	A	1		3		
Iron, Fe.....mg	1.45		1	A	1		0.10		
Magnesium, Mg.....mg	193		1	A	1		14		
Phosphorus, P.....mg	364		1	A	1		25		
Potassium, K.....mg	634		1	A	1		44		
Sodium, Na.....mg	0		1	A	1		0		
Zinc, Zn.....mg	2.78		1	A	1		0.19		
Copper, Cu.....mg	0.408		1	A	1		0.029		
Manganese, Mn.....mg	2.000		1	A	1		0.140		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.075		1	A	1		0.005		
Riboflavin.....mg	0.111		1	A	1		0.008		
Niacin.....mg	16.500		1	A	1		1.155		
Pantothenic acid.....mg	1.020		1	A	1		0.071		
Vitamin B-6.....mg	0.728		1	A	1		0.051		
Folate, total.....mcg	159		1	A	1		11		
Folic acid.....mcg									
Folate, food.....mcg	159		1	A	1		11		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	8.24		1	A	1		0.58		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.305		0	NC	4		0.581		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
16:0.....g	4.907		1	A	1	0.344		
17:0.....g	0.056		1	A	1	0.004		
18:0.....g	1.273		1	A	1	0.089		
20:0.....g	0.653		1	A	1	0.046		
22:0.....g	1.415		1	A	1	0.099		
24:0.....g								
Fatty acids, total monounsaturated.....g	25.749		0	NC	4	1.802		
14:1.....g	0.000		1	A	1	0.000		
15:1.....g	0.000		1	A	1	0.000		
16:1 undifferentiated.....g	0.000		1	A	1	0.000		
17:1.....g	0.000		1	A	1	0.000		
18:1 undifferentiated.....g	25.117		0	A	1	1.758		
18:1 c.....g	25.117		1	A	1	1.758		
18:1 t.....g	0.000		1	A	1	0.000		
20:1.....g	0.631		1	A	1	0.044		
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	13.979		0	NC	4	0.979		
18:2 undifferentiated.....g	13.979		0	AS	1	0.979		
18:2 n-6 c,c.....g	13.979		1	A	1	0.979		
18:2 CLAs.....g								
18:2 c,t.....g								
18:2 t,c.....g								
18:2 t,t.....g	0.000		1	A	1	0.000		
18:2 i.....g								
18:2 t not further defined.....g								
18:3 undifferentiated.....g	0.000		0	AS	1	0.000		
18:3 n-6 c,c,c.....g	0.000		1	A	1	0.000		
18:3i.....g								
18:4.....g								
20:2 n-6 c,c.....g	0.000		1	A	1	0.000		
20:3 undifferentiated.....g	0.000		1	A	1	0.000		
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000		1	A	1	0.000		
20:4 n-3.....g								
20:4 n-6.....g								
20:5 n-3.....g								
21:5.....g								
22:4.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g	0.000		0	NC	4	0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000		
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000		
Cholesterol.....mg								
Phytosterols.....mg								

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

Common Measures:

Measure 1 = 7.0g: .3 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

NDB No. 21234
McDONALD'S, QUARTER POUNDER
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.37		0	RKI	6		86.14		
Energy.....kcal	244		0	MC	9		417		
Energy.....kj	1021		0	MC	9		1746		
Protein.....g	14.10		0	RKI	6		24.11		
Total lipid (fat).....g	11.55		0	RKI	6		19.75		
Ash.....g	1.81		0	RKI	6		3.10		
Carbohydrate, by difference.....g	22.17		0	RKI	6		37.90		
Fiber, total dietary.....g	1.6		0	RKI	6		2.7		
Sugars, total.....g	5.13		0	RKI	6		8.78		
Sucrose.....g	0.22		0	RKI	6		0.38		
Glucose (dextrose).....g	1.91		0	RKI	6		3.27		
Fructose.....g	2.20		0	RKI	6		3.77		
Lactose.....g	0.07		0	RKI	6		0.12		
Maltose.....g	0.73		0	RKI	6		1.25		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	84		0	RKI	6		143		
Iron, Fe.....mg	2.41		0	RKI	6		4.12		
Magnesium, Mg.....mg	22		0	RKI	6		38		
Phosphorus, P.....mg	124		0	RKI	6		212		
Potassium, K.....mg	227		0	RKI	6		388		
Sodium, Na.....mg	427		0	MC	9		730		
Zinc, Zn.....mg	2.69		0	RKI	6		4.61		
Copper, Cu.....mg	0.107		0	RKI	6		0.183		
Manganese, Mn.....mg	0.199		0	RKI	6		0.340		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0	RKA	1		1.6		
Thiamin.....mg	0.183		0	RKI	6		0.313		
Riboflavin.....mg	0.344		0	RKI	6		0.588		
Niacin.....mg	4.452		0	RKI	6		7.614		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	56		0	RKA	1		96		
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.28		0	RKI	6		2.20		
Vitamin A, IU.....IU	56		0	RKA	1		96		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.008		0	RKI	6		6.853		
Fatty acids, total monounsaturated.....g	4.202		0	RKI	6		7.185		
Fatty acids, total polyunsaturated.....g	0.283		0	RKI	6		0.485		
Fatty acids, total trans.....g	0.724		0	MC	9		1.238		
Cholesterol.....mg	39		0	RKI	6		67		
Phytosterols.....mg									

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

NDB No. 21234
McDONALD'S, QUARTER POUNDER

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

food, or similar food.

Common Measures:

Measure 1 = 171g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21235
McDONALD'S, QUARTER POUNDER with Cheese
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	48.90		0	RKI	6		97.31		
Energy.....kcal	258		0	MC	9		513		
Energy.....kj	1079		0	MC	9		2148		
Protein.....g	14.59		0	RKI	6		29.03		
Total lipid (fat).....g	14.22		0	RKI	6		28.29		
Ash.....g	2.35		0	RKI	6		4.67		
Carbohydrate, by difference.....g	19.95		0	RKI	6		39.69		
Fiber, total dietary.....g	1.4		0	RKI	6		2.7		
Sugars, total.....g	4.91		0	RKI	6		9.76		
Sucrose.....g	0.19		0	RKI	6		0.38		
Glucose (dextrose).....g	1.64		0	RKI	6		3.27		
Fructose.....g	1.89		0	RKI	6		3.77		
Lactose.....g	0.55		0	RKI	6		1.10		
Maltose.....g	0.63		0	RKI	6		1.25		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	144		0	RKI	6		287		
Iron, Fe.....mg	2.10		0	RKI	6		4.18		
Magnesium, Mg.....mg	22		0	RKI	6		44		
Phosphorus, P.....mg	161		0	RKI	6		321		
Potassium, K.....mg	219		0	RKI	6		437		
Sodium, Na.....mg	579		0	MC	9		1153		
Zinc, Zn.....mg	2.63		0	RKI	6		5.23		
Copper, Cu.....mg	0.097		0	RKI	6		0.194		
Manganese, Mn.....mg	0.174		0	RKI	6		0.347		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		0	RKA	1		1.6		
Thiamin.....mg	0.164		0	RKI	6		0.327		
Riboflavin.....mg	0.354		0	RKI	6		0.705		
Niacin.....mg	3.850		0	RKI	6		7.661		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	51		0	RKA	1		102		
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.26		0	RKI	6		2.51		
Vitamin A, IU.....IU	280		0	RKA	1		557		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.643		0	RKI	6		11.229		
Fatty acids, total monounsaturated.....g	4.608		0	RKI	6		9.170		
Fatty acids, total polyunsaturated.....g	0.433		0	RKI	6		0.862		
Fatty acids, total trans.....g	0.849		0	MC	9		1.690		
Cholesterol.....mg	47		0	RKI	6		93		
Phytosterols.....mg									

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

NDB No. 21235
McDONALD'S, QUARTER POUNDER with Cheese

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

food, or similar food.

Common Measures:

Measure 1 = 199g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21361
McDONALD'S, Sausage Biscuit
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	34.17		0	RKA	1		38.28		
Energy.....kcal	368		0	MC	9		412		
Energy.....kj	1540		0	MC	9		1724		
Protein.....g	9.63		0	RKA	1		10.78		
Total lipid (fat).....g	25.42		0	RKA	1		28.47		
Ash.....g	2.99		0	RKA	1		3.35		
Carbohydrate, by difference.....g	27.78		0	RKI	6		31.11		
Fiber, total dietary.....g	0.9		0	RKA	1		1.0		
Sugars, total.....g	1.57		0	RKA	1		1.76		
Sucrose.....g	0.64		0	RKA	1		0.72		
Glucose (dextrose).....g	0.12		0	RKA	1		0.14		
Fructose.....g	0.00		0	RKA	1		0.00		
Lactose.....g	0.57		0	RKA	1		0.64		
Maltose.....g	0.24		0	RKA	1		0.27		
Galactose.....g	0.00		0	RKA	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	48		0	RKA	1		54		
Iron, Fe.....mg	2.23		0	RKA	1		2.50		
Magnesium, Mg.....mg	13		0	RKA	1		15		
Phosphorus, P.....mg	324		0	RKA	1		363		
Potassium, K.....mg	177		0	RKA	1		198		
Sodium, Na.....mg	882		0	RKA	1		988		
Zinc, Zn.....mg	0.86		0	RKA	1		0.96		
Copper, Cu.....mg	0.074		0	RKA	1		0.083		
Manganese, Mn.....mg	0.174		0	RKA	1		0.195		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RKA	1		0.0		
Thiamin.....mg	0.404		0	RKA	1		0.452		
Riboflavin.....mg	0.282		0	RKA	1		0.315		
Niacin.....mg	4.282		0	RKA	1		4.795		
Pantothenic acid.....mg	0.520		0	RKA	1		0.582		
Vitamin B-6.....mg	0.128		0	RKA	1		0.143		
Folate, total.....mcg	92		0	RKA	1		103		
Folic acid.....mcg									
Folate, food.....mcg	92		0	RKA	1		103		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.39		0	RKA	1		0.44		
Vitamin A, IU.....IU	7		0	RKA	1		8		
Vitamin A, RAE.....mcg_RAE	0		0	RKA	1		0		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.75		0	RKA	1		0.85		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	7.321		0	RKI	6		8.199		
4:0.....g									
6:0.....g									
8:0.....g	0.000		0	RKA	1		0.000		
10:0.....g	0.000		0	RKA	1		0.000		
12:0.....g	0.000		0	RKA	1		0.000		
13:0.....g									
14:0.....g	0.194		0	RKA	1		0.217		
15:0.....g	0.000		0	RKA	1		0.000		

NDB No. 21361
McDONALD'S, Sausage Biscuit

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	4.339		0	RKA	1		4.859		
17:0.....g	0.047		0	RKA	1		0.053		
18:0.....g	2.647		0	RKA	1		2.965		
20:0.....g	0.061		0	RKA	1		0.068		
22:0.....g	0.034		0	RKA	1		0.038		
24:0.....g									
Fatty acids, total monounsaturated.....g	12.594		0	RKI	6		14.105		
14:1.....g	0.000		0	RKA	1		0.000		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.344		0	RKA	1		0.385		
17:1.....g	0.000		0	RKA	1		0.000		
18:1 undifferentiated.....g	12.134		0	RKA	1		13.590		
20:1.....g	0.116		0	RKA	1		0.130		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.828		0	RKI	6		3.168		
18:2 undifferentiated.....g	2.603		0	RKA	1		2.915		
18:3 undifferentiated.....g	0.119		0	RKA	1		0.133		
18:4.....g									
20:2 n-6 c,c.....g	0.072		0	RKA	1		0.081		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.035		0	RKA	1		0.039		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	4.506		0	RKI	6		5.046		
Cholesterol.....mg	29		0	RKA	1		32		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 112g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21362
McDONALD'S, Sausage Biscuit with Egg
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.48		0	RKA	1		72.05		
Energy.....kcal	311		0	MC	9		504		
Energy.....kj	1301		0	MC	9		2108		
Protein.....g	11.37		0	RKA	1		18.41		
Total lipid (fat).....g	21.92		0	RKA	1		35.51		
Ash.....g	2.51		0	RKA	1		4.07		
Carbohydrate, by difference.....g	19.72		0	RKI	6		31.95		
Fiber, total dietary.....g	0.6		0	RKA	1		1.0		
Sugars, total.....g	1.17		0	RKA	1		1.89		
Sucrose.....g	0.44		0	RKA	1		0.72		
Glucose (dextrose).....g	0.17		0	RKA	1		0.27		
Fructose.....g	0.00		0	RKA	1		0.00		
Lactose.....g	0.39		0	RKA	1		0.64		
Maltose.....g	0.17		0	RKA	1		0.27		
Galactose.....g	0.00		0	RKA	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	54		0	RKA	1		87		
Iron, Fe.....mg	2.19		0	RKA	1		3.55		
Magnesium, Mg.....mg	13		0	RKA	1		21		
Phosphorus, P.....mg	305		0	RKA	1		494		
Potassium, K.....mg	165		0	RKA	1		268		
Sodium, Na.....mg	664		0	RKA	1		1076		
Zinc, Zn.....mg	1.04		0	RKA	1		1.69		
Copper, Cu.....mg	0.079		0	RKA	1		0.128		
Manganese, Mn.....mg	0.130		0	RKA	1		0.211		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RKA	1		0.0		
Thiamin.....mg	0.309		0	RKA	1		0.501		
Riboflavin.....mg	0.385		0	RKA	1		0.623		
Niacin.....mg	2.972		0	RKA	1		4.814		
Pantothenic acid.....mg	0.722		0	RKA	1		1.170		
Vitamin B-6.....mg	0.145		0	RKA	1		0.235		
Folate, total.....mcg	85		0	RKA	1		138		
Folic acid.....mcg									
Folate, food.....mcg	85		0	RKA	1		138		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.61		0	RKA	1		0.99		
Vitamin A, IU.....IU	182		0	RKA	1		294		
Vitamin A, RAE.....mcg_RAE	52		0	RKA	1		85		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.96		0	RKA	1		1.56		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.347		0	RKI	6		10.282		
4:0.....g									
6:0.....g									
8:0.....g	0.000		0	RKA	1		0.000		
10:0.....g	0.000		0	RKA	1		0.000		
12:0.....g	0.000		0	RKA	1		0.000		
13:0.....g									
14:0.....g	0.147		0	RKA	1		0.238		
15:0.....g	0.000		0	RKA	1		0.000		

NDB No. 21362

McDONALD'S, Sausage Biscuit with Egg

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	3.926		0	RKA	1		6.360		
17:0.....g	0.042		0	RKA	1		0.067		
18:0.....g	2.166		0	RKA	1		3.509		
20:0.....g	0.043		0	RKA	1		0.069		
22:0.....g	0.024		0	RKA	1		0.039		
24:0.....g									
Fatty acids, total monounsaturated.....g	10.295		0	RKI	6		16.678		
14:1.....g	0.000		0	RKA	1		0.000		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.323		0	RKA	1		0.524		
17:1.....g	0.000		0	RKA	1		0.000		
18:1 undifferentiated.....g	9.881		0	RKA	1		16.008		
20:1.....g	0.090		0	RKA	1		0.147		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.454		0	RKI	6		3.975		
18:2 undifferentiated.....g	2.248		0	RKA	1		3.642		
18:3 undifferentiated.....g	0.096		0	RKA	1		0.155		
18:4.....g									
20:2 n-6 c,c.....g	0.062		0	RKA	1		0.100		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.048		0	RKA	1		0.078		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	3.220		0	RKI	6		5.216		
Cholesterol.....mg	154		0	RKA	1		249		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 162g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21340
McDONALD'S, Sausage Burrito
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	49.41		0	RKA	1		55.83		
Energy.....kcal	262		0	MC	9		296		
Energy.....kj	1096		0	MC	9		1239		
Protein.....g	11.54		0	RKA	1		13.04		
Total lipid (fat).....g	15.15		0	RKA	1		17.12		
Ash.....g	2.52		0	RKA	1		2.84		
Carbohydrate, by difference.....g	21.39		0	RKI	6		24.17		
Fiber, total dietary.....g	1.1		0	RKA	1		1.3		
Sugars, total.....g	1.25		0	RKA	1		1.42		
Sucrose.....g	0.07		0	RKA	1		0.08		
Glucose (dextrose).....g	0.04		0	RKA	1		0.04		
Fructose.....g	0.07		0	RKA	1		0.07		
Lactose.....g	0.56		0	RKA	1		0.64		
Maltose.....g	0.51		0	RKA	1		0.58		
Galactose.....g	0.00		0	RKA	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	180		0	RKA	1		203		
Iron, Fe.....mg	1.63		0	RKA	1		1.84		
Magnesium, Mg.....mg	17		0	RKA	1		20		
Phosphorus, P.....mg	219		0	RKA	1		247		
Potassium, K.....mg	137		0	RKA	1		155		
Sodium, Na.....mg	675		0	RKA	1		763		
Zinc, Zn.....mg	1.18		0	RKA	1		1.33		
Copper, Cu.....mg	0.081		0	RKA	1		0.091		
Manganese, Mn.....mg	0.190		0	RKA	1		0.215		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		0	RKA	1		0.9		
Thiamin.....mg	0.161		0	RKA	1		0.182		
Riboflavin.....mg	0.290		0	RKA	1		0.328		
Niacin.....mg	1.702		0	RKA	1		1.923		
Pantothenic acid.....mg	0.776		0	RKA	1		0.877		
Vitamin B-6.....mg	0.361		0	RKA	1		0.407		
Folate, total.....mcg	62		0	RKA	1		70		
Folic acid.....mcg									
Folate, food.....mcg	62		0	RKA	1		70		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.54		0	RKA	1		0.61		
Vitamin A, IU.....IU	338		0	RKA	1		381		
Vitamin A, RAE.....mcg_RAE	86		0	RKA	1		97		
Retinol.....mcg	83		0	RKA	1		94		
Vitamin E (alpha-tocopherol).....mg	0.19		0	RKA	1		0.21		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.361		0	RKI	6		6.058		
4:0.....g									
6:0.....g									
8:0.....g	0.053		0	RKA	1		0.060		
10:0.....g	0.105		0	RKA	1		0.119		
12:0.....g	0.101		0	RKA	1		0.114		
13:0.....g									
14:0.....g	0.405		0	RKA	1		0.458		
15:0.....g	0.034		0	RKA	1		0.039		

NDB No. 21340
 McDONALD'S, Sausage Burrito

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	3.033		0	RKA	1		3.427		
17:0.....g	0.041		0	RKA	1		0.046		
18:0.....g	1.550		0	RKA	1		1.751		
20:0.....g	0.028		0	RKA	1		0.032		
22:0.....g	0.010		0	RKA	1		0.011		
24:0.....g									
Fatty acids, total monounsaturated.....g	5.735		0	RKI	6		6.480		
14:1.....g	0.026		0	RKA	1		0.029		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.210		0	RKA	1		0.237		
17:1.....g	0.017		0	RKA	1		0.019		
18:1 undifferentiated.....g	5.431		0	RKA	1		6.138		
20:1.....g	0.051		0	RKA	1		0.058		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.109		0	RKI	6		2.383		
18:2 undifferentiated.....g	1.898		0	RKA	1		2.144		
18:3 undifferentiated.....g	0.094		0	RKA	1		0.107		
18:4.....g									
20:2 n-6 c,c.....g	0.033		0	RKA	1		0.037		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.084		0	RKA	1		0.095		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	1.060		0	RKI	6		1.198		
Cholesterol.....mg	153		0	RKA	1		173		
Phytosterols.....mg									

Carotenoids:

Carotene, beta.....mcg	
Carotene, alpha.....mcg	
Cryptoxanthin, beta.....mcg	
Lycopene.....mcg	
Lutein + zeaxanthin.....mcg	

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

Common Measures:

Measure 1 = 113g: 1 item 3.993 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21328

McDONALD'S, Sausage McGRIDDLES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g									
17:0.....g									
18:0.....g									
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.532		0	RKI	6		10.168		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.591		0	RKI	6		3.498		
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.956		0	RKI	6		1.291		
Cholesterol.....mg	24		0	RKA	1		32		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 135g: 1 item 4.744 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21358
McDONALD'S, Sausage McMUFFIN
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	39.40		0	RKA	1		44.92		
Energy.....kcal	323		0	MC	9		369		
Energy.....kj	1353		0	MC	9		1542		
Protein.....g	12.83		0	RKA	1		14.63		
Total lipid (fat).....g	20.19		0	RKA	1		23.02		
Ash.....g	2.82		0	RKI	6		3.21		
Carbohydrate, by difference.....g	24.77		0	RKI	6		28.24		
Fiber, total dietary.....g	1.4		0	RKI	6		1.6		
Sugars, total.....g	1.95		0	RKI	6		2.23		
Sucrose.....g	0.08		0	RKA	1		0.09		
Glucose (dextrose).....g	0.46		0	RKA	1		0.53		
Fructose.....g	0.29		0	RKA	1		0.34		
Lactose.....g	0.43		0	RKA	1		0.49		
Maltose.....g	0.69		0	RKA	1		0.78		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	227		0	RKA	1		259		
Iron, Fe.....mg	2.07		0	RKA	1		2.36		
Magnesium, Mg.....mg	21		0	RKA	1		24		
Phosphorus, P.....mg	165		0	RKA	1		188		
Potassium, K.....mg	190		0	RKA	1		217		
Sodium, Na.....mg	691		0	MC	9		788		
Zinc, Zn.....mg	1.30		0	RKA	1		1.48		
Copper, Cu.....mg	0.092		0	RKA	1		0.105		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RKA	1		0.0		
Thiamin.....mg	0.351		0	RKA	1		0.400		
Riboflavin.....mg	0.292		0	RKA	1		0.333		
Niacin.....mg	4.229		0	RKA	1		4.821		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.154		0	RKA	1		0.176		
Folate, total.....mcg	70		0	RKA	1		80		
Folic acid.....mcg									
Folate, food.....mcg	70		0	RKA	1		80		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.45		0	RKA	1		0.51		
Vitamin A, IU.....IU	218		0	RKI	6		249		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.18		0	RKI	6		0.21		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	7.072		0	RKI	6		8.063		
Fatty acids, total monounsaturated.....g	7.329		0	RKI	6		8.355		
Fatty acids, total polyunsaturated.....g	2.008		0	RKI	6		2.289		
Fatty acids, total trans.....g	0.473		0	MC	9		0.539		
Cholesterol.....mg	40		0	RKI	6		46		
Phytosterols.....mg									

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

NDB No. 21358

McDONALD'S, Sausage McMUFFIN

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

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

Common Measures:

Measure 1 = 114g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21359

McDONALD'S, Sausage McMUFFIN with Egg

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.361		0	MC	9		0.592		
Cholesterol.....mg	156		0	RKI	6		256		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 164g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21323
McDONALD'S, Sausage Patty
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	41.21		1	A	1		17.72		
Energy.....kcal	405		0	MC	9		174		
Energy.....kj	1695		0	MC	9		729		
Protein (N x 6.25).....g	15.19		1	A	1		6.53		
Total lipid (fat).....g	39.58		1	A	1		17.02		
Ash.....g	2.62		1	A	1		1.13		
Carbohydrate, by difference.....g	1.40		0	NC	4		0.60		
Fiber, total dietary.....g									
Sugars, total.....g	0.43		1	A	1		0.19		
Sucrose.....g	0.12		1	A	1		0.05		
Glucose (dextrose).....g	0.32		1	A	1		0.14		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23		1	A	1		10		
Iron, Fe.....mg	0.91		1	A	1		0.39		
Magnesium, Mg.....mg	16		1	A	1		7		
Phosphorus, P.....mg	140		1	A	1		60		
Potassium, K.....mg	268		1	A	1		115		
Sodium, Na.....mg	721		1	A	1		310		
Zinc, Zn.....mg	1.57		1	A	1		0.68		
Copper, Cu.....mg	0.061		1	A	1		0.026		
Manganese, Mn.....mg	0.033		1	A	1		0.014		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.292		1	A	1		0.126		
Riboflavin.....mg	0.168		1	A	1		0.072		
Niacin.....mg	4.620		1	A	1		1.987		
Pantothenic acid.....mg	0.690		1	A	1		0.297		
Vitamin B-6.....mg	0.267		1	A	1		0.115		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.83		1	A	1		0.36		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	12.830		0	NC	4		5.517		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.477		1	A	1		0.205		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	8.123		1	A	1		3.493		
17:0.....g	0.117		1	A	1		0.050		
18:0.....g	4.045		1	A	1		1.740		

NDB No. 21323
 McDONALD'S, Sausage Patty

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
20:0.....g	0.068		1	A	1		0.029		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	16.719		0	NC	4		7.189		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.851		1	A	1		0.366		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	15.585		0	AS	1		6.701		
18:1 c.....g	15.324		1	A	1		6.590		
18:1 t.....g	0.260		1	A	1		0.112		
20:1.....g	0.282		1	A	1		0.121		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.824		0	NC	4		2.074		
18:2 undifferentiated.....g	4.361		0	AS	1		1.875		
18:2 n-6 c,c.....g	4.225		1	A	1		1.817		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.136		1	A	1		0.058		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.197		0	AS	1		0.085		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.180		1	A	1		0.077		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.086		1	A	1		0.037		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.396		0	NC	4		0.170		
Fatty acids, total trans-monoenoic.....g	0.260		0	NC	4		0.112		
Fatty acids, total trans-polyenoic.....g	0.136		0	NC	4		0.058		
Cholesterol.....mg	74		1	A	1		32		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 43g: 1.5 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21329
 McDONALD'S, Sausage, Egg & Cheese McGRIDDLES

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g									
17:0.....g									
18:0.....g									
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.996		0	RKI	6		13.922		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.293		0	RKI	6		4.563		
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.851		0	RKI	6		1.693		
Cholesterol.....mg	132		0	RKA	1		262		
Phytosterols.....mg									

Carotenoids:

Carotene, beta.....mcg
Carotene, alpha.....mcg
Cryptoxanthin, beta.....mcg
Lycopene.....mcg
Lutein + zeaxanthin.....mcg

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

Common Measures:

Measure 1 = 199g: 1 item 7.017 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21320
McDONALD'S, Scrambled Eggs
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.88		1	A	1		68.56		
Energy.....kcal	182		0	MC	9		183		
Energy.....kj	759		0	MC	9		767		
Protein (N x 6.25).....g	15.34		1	A	1		15.50		
Total lipid (fat).....g	13.44		1	A	1		13.58		
Ash.....g	1.46		1	A	1		1.47		
Carbohydrate, by difference.....g	1.87		0	NC	4		1.89		
Fiber, total dietary.....g									
Sugars, total.....g	0.27		1	A	1		0.27		
Sucrose.....g	0.00		1	A	1		0.00		
Glucose (dextrose).....g	0.27		1	A	1		0.27		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	67		1	A	1		68		
Iron, Fe.....mg	2.12		1	A	1		2.14		
Magnesium, Mg.....mg	13		1	A	1		13		
Phosphorus, P.....mg	266		1	A	1		269		
Potassium, K.....mg	141		1	A	1		142		
Sodium, Na.....mg	181		0	MC	9		183		
Zinc, Zn.....mg	1.46		1	A	1		1.47		
Copper, Cu.....mg	0.091		1	A	1		0.092		
Manganese, Mn.....mg	0.033		1	A	1		0.033		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.100		1	A	1		0.101		
Riboflavin.....mg	0.618		1	A	1		0.624		
Niacin.....mg	0.070		1	A	1		0.071		
Pantothenic acid.....mg	1.180		1	A	1		1.192		
Vitamin B-6.....mg	0.185		1	A	1		0.187		
Folate, total.....mcg	72		1	A	1		73		
Folic acid.....mcg									
Folate, food.....mcg	72		1	A	1		73		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.10		1	A	1		1.11		
Vitamin A, IU.....IU	560		0	AS	1		566		
Vitamin A, RAE.....mcg_RAE	168		0	AS	1		170		
Retinol.....mcg	168		1	A	1		170		
Vitamin E (alpha-tocopherol).....mg	1.38		1	A	1		1.39		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.883		0	NC	4		3.922		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.042		1	A	1		0.042		
15:0.....g	0.000		1	A	1		0.000		

NDB No. 21320
McDONALD'S, Scrambled Eggs

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	2.809		1	A	1		2.837		
17:0.....g	0.028		1	A	1		0.028		
18:0.....g	1.005		1	A	1		1.015		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	4.948		0	NC	4		4.998		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.267		1	A	1		0.269		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	4.651		0	AS	1		4.697		
18:1 c.....g	4.483		1	A	1		4.527		
18:1 t.....g	0.168		1	A	1		0.170		
20:1.....g	0.031		1	A	1		0.031		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.385		0	NC	4		1.398		
18:2 undifferentiated.....g	1.247		0	AS	1		1.260		
18:2 n-6 c,c.....g	1.167		1	A	1		1.179		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.080		1	A	1		0.081		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.024		0	AS	1		0.024		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.038		1	A	1		0.039		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.075		1	A	1		0.076		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.356		0	MC	9		0.360		
Fatty acids, total trans-monoenoic.....g									
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	435		1	A	1		439		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 101g: 3.6 oz 2 eggs

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21379
McDONALD'S, Side Salad
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	93.93		0	RKI	6		81.72		
Energy.....kcal	20		0	MC	9		18		
Energy.....kj	85		0	MC	9		74		
Protein.....g	1.03		0	RKI	6		0.90		
Total lipid (fat).....g	0.19		0	RKI	6		0.17		
Ash.....g	0.54		0	RKI	6		0.47		
Carbohydrate, by difference.....g	4.30		0	RKI	6		3.74		
Fiber, total dietary.....g	1.6		0	RKI	6		1.4		
Sugars, total.....g	2.24		0	NR	4		1.95		
Sucrose.....g	0.17		0	RKI	6		0.15		
Glucose (dextrose).....g	0.92		0	RKI	6		0.80		
Fructose.....g	1.15		0	RKI	6		1.00		
Lactose.....g	0.00		0	RKI	6		0.00		
Maltose.....g	0.00		0	RKI	6		0.00		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		0	RKI	6		21		
Iron, Fe.....mg	0.65		0	RKI	6		0.57		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	220		0	RKI	6		191		
Sodium, Na.....mg	12		0	RKI	6		11		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	15.7		0	RKI	6		13.6		
Thiamin.....mg	0.045		0	RKI	6		0.039		
Riboflavin.....mg	0.038		0	RKI	6		0.033		
Niacin.....mg	0.208		0	RKI	6		0.181		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	57		0	RKI	6		50		
Folic acid.....mcg									
Folate, food.....mcg	57		0	RKI	6		50		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	RKI	6		0.00		
Vitamin A, IU.....IU	2850		0	RKI	6		2479		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.020		0	RKI	6		0.017		
Fatty acids, total monounsaturated.....g	0.006		0	RKI	6		0.006		
Fatty acids, total polyunsaturated.....g	0.079		0	RKI	6		0.069		
Fatty acids, total trans.....g	0.000		0	RKI	6		0.000		
Cholesterol.....mg	0		0	RKI	6		0		
Phytosterols.....mg									

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

NDB No. 21379
McDONALD'S, Side Salad

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

food, or similar food.

Common Measures:

Measure 1 = 87g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21314
 McDONALD'S, Spicy Buffalo Sauce
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.00		1	A	1		32.68		
Energy.....kcal	142		0	MC	9		61		
Energy.....kj	594		0	MC	9		255		
Protein (N x 6.25).....g	0.54		1	A	1		0.23		
Total lipid (fat).....g	15.45		1	A	1		6.64		
Ash.....g	6.20		1	A	1		2.67		
Carbohydrate, by difference.....g	1.81		0	NC	4		0.78		
Fiber, total dietary.....g	1.5		1	A	1		0.6		
Sugars, total.....g	0.00		1	A	1		0.00		
Sucrose.....g	0.00		1	A	1		0.00		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		1	A	1		4		
Iron, Fe.....mg	0.35		1	A	1		0.15		
Magnesium, Mg.....mg	6		1	A	1		3		
Phosphorus, P.....mg	11		1	A	1		5		
Potassium, K.....mg	100		1	A	1		43		
Sodium, Na.....mg	2140		1	A	1		920		
Zinc, Zn.....mg	0.06		1	A	1		0.02		
Copper, Cu.....mg	0.037		1	A	1		0.016		
Manganese, Mn.....mg	0.046		1	A	1		0.020		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.028		1	A	1		0.012		
Riboflavin.....mg	0.055		1	A	1		0.024		
Niacin.....mg	0.406		1	A	1		0.175		
Pantothenic acid.....mg	0.104		1	A	1		0.045		
Vitamin B-6.....mg	0.236		1	A	1		0.101		
Folate, total.....mcg	0		1	A	1		0		
Folic acid.....mcg									
Folate, food.....mcg	0		1	A	1		0		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		1	A	1		0.00		
Vitamin A, IU.....IU	1028		0	AS	1		442		
Vitamin A, RAE.....mcg_RAE	51		0	AS	1		22		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	2.71		1	A	1		1.17		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.277		0	NC	4		0.979		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		

NDB No. 21314
 McDONALD'S, Spicy Buffalo Sauce

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	1.527		1	A	1		0.657		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.641		1	A	1		0.276		
20:0.....g	0.052		1	A	1		0.022		
22:0.....g	0.056		1	A	1		0.024		
24:0.....g									
Fatty acids, total monounsaturated.....g	3.222		0	NC	4		1.386		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	3.190		0	A	1		1.372		
18:1 c.....g	3.190		1	A	1		1.372		
18:1 t.....g	0.000		1	A	1		0.000		
20:1.....g	0.033		1	A	1		0.014		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.433		0	NC	4		3.626		
18:2 undifferentiated.....g	7.471		0	AS	1		3.212		
18:2 n-6 c,c.....g	7.414		1	A	1		3.188		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.056		1	A	1		0.024		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.962		0	AS	1		0.414		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.056		0	NC	4		0.024		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.056		0	NC	4		0.024		
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	617		1	A	1		265.310		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 43g: 1.5 oz

NDB No. 21314
McDONALD'S, Spicy Buffalo Sauce

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21334

McDONALD'S, Strawberry Sundae

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.02		0	RKA	1		113.96		
Energy.....kcal	158		0	MC	9		280		
Energy.....kj	659		0	MC	9		1173		
Protein.....g	3.19		0	RKA	1		5.68		
Total lipid (fat).....g	3.95		0	RKA	1		7.03		
Ash.....g	0.75		0	RKA	1		1.33		
Carbohydrate, by difference.....g	28.09		0	RKI	6		50.00		
Fiber, total dietary.....g	0.0		0	RKA	1		0.0		
Sugars, total.....g	25.32		0	RKA	1		45.07		
Sucrose.....g	16.53		0	RKA	1		29.42		
Glucose (dextrose).....g	2.17		0	RKA	1		3.87		
Fructose.....g	1.61		0	RKA	1		2.87		
Lactose.....g	4.72		0	RKA	1		8.41		
Maltose.....g	0.29		0	RKA	1		0.51		
Galactose.....g	0.00		0	RKA	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	110		0	RKA	1		196		
Iron, Fe.....mg	0.10		0	RKA	1		0.18		
Magnesium, Mg.....mg	11		0	RKA	1		20		
Phosphorus, P.....mg	91		0	RKA	1		162		
Potassium, K.....mg	173		0	RKA	1		307		
Sodium, Na.....mg	47		0	RKA	1		83		
Zinc, Zn.....mg	0.39		0	RKA	1		0.70		
Copper, Cu.....mg	0.015		0	RKA	1		0.027		
Manganese, Mn.....mg	0.071		0	RKA	1		0.126		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5		0	RKA	1		2.6		
Thiamin.....mg	0.039		0	RKA	1		0.070		
Riboflavin.....mg	0.195		0	RKA	1		0.347		
Niacin.....mg	0.131		0	RKA	1		0.233		
Pantothenic acid.....mg	0.613		0	RKA	1		1.091		
Vitamin B-6.....mg	0.050		0	RKA	1		0.090		
Folate, total.....mcg	11		0	RKA	1		19		
Folic acid.....mcg									
Folate, food.....mcg	11		0	RKA	1		19		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.49		0	RKA	1		0.87		
Vitamin A, IU.....IU	271		0	RKA	1		483		
Vitamin A, RAE.....mcg_RAE	81		0	RKA	1		145		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		0	RKA	1		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.008		0	RKI	6		3.573		
4:0.....g									
6:0.....g									
8:0.....g	0.032		0	RKA	1		0.056		
10:0.....g	0.073		0	RKA	1		0.131		
12:0.....g	0.086		0	RKA	1		0.152		
13:0.....g									
14:0.....g	0.308		0	RKA	1		0.549		
15:0.....g	0.032		0	RKA	1		0.057		

NDB No. 21334
 McDONALD'S, Strawberry Sundae

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
16:0.....g	0.967		0	RKA	1		1.721		
17:0.....g	0.020		0	RKA	1		0.035		
18:0.....g	0.485		0	RKA	1		0.863		
20:0.....g	0.005		0	RKA	1		0.010		
22:0.....g	0.000		0	RKA	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.976		0	RKI	6		1.737		
14:1.....g	0.021		0	RKA	1		0.038		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.036		0	RKA	1		0.063		
17:1.....g	0.007		0	RKA	1		0.012		
18:1 undifferentiated.....g	0.912		0	RKA	1		1.624		
20:1.....g	0.000		0	RKA	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.190		0	RKI	6		0.338		
18:2 undifferentiated.....g	0.171		0	RKA	1		0.304		
18:3 undifferentiated.....g	0.014		0	RKA	1		0.026		
18:4.....g									
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.005		0	RKA	1		0.008		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.224		0	RKI	6		0.398		
Cholesterol.....mg	13		0	RKA	1		23		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 178g: 1 item 6.279 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21332

McDONALD'S, Strawberry TRIPLE THICK Shake

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.45		0	RKA	1		170.80	228.17	302.29
Energy.....kcal	158		0	MC	9		418	558	739
Energy.....kj	659		0	MC	9		1747	2334	3093
Protein.....g	3.51		0	RKA	1		9.31	12.44	16.48
Total lipid (fat).....g	4.43		0	RKA	1		11.74	15.68	20.77
Ash.....g	0.82		0	RKA	1		2.16	2.89	3.82
Carbohydrate, by difference.....g	26.79		0	RKI	6		70.99	94.83	125.64
Fiber, total dietary.....g	0.0		0	RKA	1		0.0	0.0	0.0
Sugars, total.....g	23.77		0	RKA	1		62.98	84.13	111.46
Sucrose.....g	15.69		0	RKA	1		41.58	55.55	73.59
Glucose (dextrose).....g	1.54		0	RKA	1		4.07	5.44	7.20
Fructose.....g	0.70		0	RKA	1		1.87	2.49	3.30
Lactose.....g	5.30		0	RKA	1		14.04	18.75	24.85
Maltose.....g	0.54		0	RKA	1		1.42	1.90	2.52
Galactose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	122		0	RKA	1		323	432	572
Iron, Fe.....mg	0.09		0	RKA	1		0.23	0.31	0.41
Magnesium, Mg.....mg	12		0	RKA	1		31	42	56
Phosphorus, P.....mg	100		0	RKA	1		266	355	471
Potassium, K.....mg	184		0	RKA	1		487	651	862
Sodium, Na.....mg	49		0	MC	9		130	173	230
Zinc, Zn.....mg	0.43		0	RKA	1		1.15	1.53	2.03
Copper, Cu.....mg	0.014		0	RKA	1		0.038	0.051	0.068
Manganese, Mn.....mg	0.026		0	RKA	1		0.069	0.092	0.122
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	RKA	1		1.0	1.3	1.7
Thiamin.....mg	0.039		0	RKA	1		0.102	0.137	0.181
Riboflavin.....mg	0.211		0	RKA	1		0.558	0.746	0.988
Niacin.....mg	0.121		0	RKA	1		0.320	0.428	0.567
Pantothenic acid.....mg	0.670		0	RKA	1		1.776	2.372	3.142
Vitamin B-6.....mg	0.051		0	RKA	1		0.134	0.179	0.238
Folate, total.....mcg	3		0	RKA	1		9	12	16
Folic acid.....mcg									
Folate, food.....mcg	3		0	RKA	1		9	12	16
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.55		0	RKA	1		1.45	1.93	2.56
Vitamin A, IU.....IU	304		0	RKA	1		806	1077	1427
Vitamin A, RAE.....mcg_RAE	91		0	RKA	1		242	323	428
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.252		0	RKI	6		5.967	7.971	10.561
4:0.....g									
6:0.....g									
8:0.....g	0.035		0	RKA	1		0.094	0.125	0.166
10:0.....g	0.082		0	RKA	1		0.218	0.292	0.387
12:0.....g	0.096		0	RKA	1		0.254	0.340	0.450
13:0.....g									
14:0.....g	0.346		0	RKA	1		0.916	1.224	1.622
15:0.....g	0.036		0	RKA	1		0.094	0.126	0.167

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	1.085		0	RKA	1		2.874	3.839	5.086
17:0.....g	0.022		0	RKA	1		0.059	0.079	0.104
18:0.....g	0.544		0	RKA	1		1.441	1.925	2.551
20:0.....g	0.006		0	RKA	1		0.016	0.021	0.028
22:0.....g	0.000		0	RKA	1		0.000	0.000	0.000
24:0.....g									
Fatty acids, total monounsaturated.....g	1.095		0	RKI	6		2.901	3.875	5.134
14:1.....g	0.024		0	RKA	1		0.063	0.084	0.111
15:1.....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.040		0	RKA	1		0.106	0.142	0.187
17:1.....g	0.008		0	RKA	1		0.020	0.027	0.036
18:1 undifferentiated.....g	1.023		0	RKA	1		2.712	3.623	4.800
20:1.....g	0.000		0	RKA	1		0.000	0.000	0.000
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.213		0	RKI	6		0.564	0.754	0.999
18:2 undifferentiated.....g	0.192		0	RKA	1		0.508	0.679	0.899
18:3 undifferentiated.....g	0.016		0	RKA	1		0.043	0.057	0.076
18:4.....g									
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.005		0	RKA	1		0.014	0.018	0.024
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.251		0	RKI	6		0.665	0.888	1.177
Cholesterol.....mg	14		0	RKA	1		38	51	68
Phytosterols.....mg									

Carotenoids:

Carotene, beta.....mcg	
Carotene, alpha.....mcg	
Cryptoxanthin, beta.....mcg	
Lycopene.....mcg	
Lutein + zeaxanthin.....mcg	

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

Common Measures:

- Measure 1 = 265g: 12 fl oz cup child size
- Measure 2 = 354g: 16 fl oz cup small
- Measure 3 = 469g: 21 fl oz cup medium

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

NDB No. 21315
 McDONALD'S, Sweet 'N Sour Sauce
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.37		1	A	1		16.06		
Energy.....kcal	170		0	NC	4		48		
Energy.....kj	711		0	NC	4		199		
Protein (N x 6.25).....g	0.66		1	A	1		0.19		
Total lipid (fat).....g	1.09		1	A	1		0.31		
Ash.....g	1.50		1	A	1		0.42		
Carbohydrate, by difference.....g	39.38		0	NC	4		11.03		
Fiber, total dietary.....g	0.0		1	A	1		0.0		
Sugars, total.....g	35.79		1	A	1		10.02		
Sucrose.....g	0.97		1	A	1		0.27		
Glucose (dextrose).....g	18.76		1	A	1		5.25		
Fructose.....g	15.63		1	A	1		4.38		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.44		1	A	1		0.12		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		1	A	1		2		
Iron, Fe.....mg	0.64		1	A	1		0.18		
Magnesium, Mg.....mg	6		1	A	1		2		
Phosphorus, P.....mg	16		1	A	1		4		
Potassium, K.....mg	99		1	A	1		28		
Sodium, Na.....mg	557		1	A	1		156		
Zinc, Zn.....mg	0.08		1	A	1		0.02		
Copper, Cu.....mg	0.037		1	A	1		0.010		
Manganese, Mn.....mg	0.047		1	A	1		0.013		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.2		1	A	1		0.3		
Thiamin.....mg	0.178		1	A	1		0.050		
Riboflavin.....mg	0.042		1	A	1		0.012		
Niacin.....mg	0.396		1	A	1		0.111		
Pantothenic acid.....mg	0.105		1	A	1		0.029		
Vitamin B-6.....mg	0.033		1	A	1		0.009		
Folate, total.....mcg	0		1	A	1		0		
Folic acid.....mcg									
Folate, food.....mcg	0		1	A	1		0		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	168		0	AS	1		47		
Vitamin A, RAE.....mcg_RAE	8		0	AS	1		2		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.71		1	A	1		0.20		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.148		0	NC	4		0.041		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		

NDB No. 21315
McDONALD'S, Sweet 'N Sour Sauce

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	0.097		1	A	1		0.027		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.042		1	A	1		0.012		
20:0.....g	0.005		1	A	1		0.001		
22:0.....g	0.004		1	A	1		0.001		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.241		0	NC	4		0.068		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.226		0	A	1		0.063		
18:1 c.....g	0.223		1	A	1		0.062		
18:1 t.....g	0.003		1	A	1		0.001		
20:1.....g	0.015		1	A	1		0.004		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.514		0	NC	4		0.144		
18:2 undifferentiated.....g	0.451		0	AS	1		0.126		
18:2 n-6 c,c.....g	0.444		1	A	1		0.124		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.008		1	A	1		0.002		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.063		0	AS	1		0.018		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.011		0	NC	4		0.003		
Fatty acids, total trans-monoenoic.....g	0.003		0	NC	4		0.001		
Fatty acids, total trans-polyenoic.....g	0.008		0	NC	4		0.002		
Cholesterol.....mg									
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	101		1	A	1		28.280		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 28g: 1 package

NDB No. 21315

McDONALD'S, Sweet 'N Sour Sauce

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21316
McDONALD'S, Tangy Honey Mustard Sauce
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.00		1	A	1		27.09		
Energy.....kcal	167		0	MC	9		72		
Energy.....kj	699		0	MC	9		300		
Protein (N x 6.25).....g	1.32		1	A	1		0.57		
Total lipid (fat).....g	5.77		1	A	1		2.48		
Ash.....g	1.10		1	A	1		0.47		
Carbohydrate, by difference.....g	28.81		0	NC	4		12.39		
Fiber, total dietary.....g	2.7		1	A	1		1.2		
Sugars, total.....g	21.88		1	A	1		9.41		
Sucrose.....g	16.33		1	A	1		7.02		
Glucose (dextrose).....g	2.57		1	A	1		1.11		
Fructose.....g	2.54		1	A	1		1.09		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.44		1	A	1		0.19		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23		1	A	1		10		
Iron, Fe.....mg	0.42		1	A	1		0.18		
Magnesium, Mg.....mg	12		1	A	1		5		
Phosphorus, P.....mg	36		1	A	1		15		
Potassium, K.....mg	49		1	A	1		21		
Sodium, Na.....mg	383		1	A	1		165		
Zinc, Zn.....mg	0.26		1	A	1		0.11		
Copper, Cu.....mg	0.037		1	A	1		0.016		
Manganese, Mn.....mg	0.110		1	A	1		0.047		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.032		1	A	1		0.014		
Riboflavin.....mg	0.045		1	A	1		0.019		
Niacin.....mg	0.210		1	A	1		0.090		
Pantothenic acid.....mg	0.303		1	A	1		0.130		
Vitamin B-6.....mg	0.035		1	A	1		0.015		
Folate, total.....mcg	0		1	A	1		0		
Folic acid.....mcg									
Folate, food.....mcg	0		1	A	1		0		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.16		1	A	1		0.07		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.70		1	A	1		0.30		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.895		0	NC	4		0.385		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.039		1	A	1		0.017		
13:0.....g									
14:0.....g	0.018		1	A	1		0.008		
15:0.....g	0.000		1	A	1		0.000		

McDONALD'S, Tangy Honey Mustard Sauce

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.565		1	A	1		0.243		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.235		1	A	1		0.101		
20:0.....g	0.020		1	A	1		0.009		
22:0.....g	0.018		1	A	1		0.008		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.334		0	NC	4		0.574		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.017		1	A	1		0.007		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.220		0	A	1		0.525		
18:1 c.....g	1.220		1	A	1		0.525		
18:1 t.....g	0.000		1	A	1		0.000		
20:1.....g	0.097		1	A	1		0.042		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.679		0	NC	4		1.152		
18:2 undifferentiated.....g	2.298		0	AS	1		0.988		
18:2 n-6 c,c.....g	2.284		1	A	1		0.982		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.014		1	A	1		0.006		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.381		0	AS	1		0.164		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.014		0	NC	4		0.006		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.014		0	NC	4		0.006		
Cholesterol.....mg									
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 43g: 1.5 oz

NDB No. 21316

McDONALD'S, Tangy Honey Mustard Sauce

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21333

McDONALD'S, Vanilla Reduced Fat Ice Cream Cone

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.64		0	RKA	1		57.27		
Energy.....kcal	162		0	MC	9		146		
Energy.....kj	678		0	MC	9		610		
Protein.....g	4.24		0	RKA	1		3.81		
Total lipid (fat).....g	4.86		0	RKA	1		4.38		
Ash.....g	0.90		0	RKA	1		0.81		
Carbohydrate, by difference.....g	26.36		0	RKI	6		23.73		
Fiber, total dietary.....g	0.1		0	RKA	1		0.1		
Sugars, total.....g	19.49		0	RKA	1		17.54		
Sucrose.....g	12.76		0	RKA	1		11.48		
Glucose (dextrose).....g	0.69		0	RKA	1		0.62		
Fructose.....g	0.16		0	RKA	1		0.14		
Lactose.....g	5.59		0	RKA	1		5.03		
Maltose.....g	0.29		0	RKA	1		0.26		
Galactose.....g	0.00		0	RKA	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	129		0	RKA	1		116		
Iron, Fe.....mg	0.35		0	RKA	1		0.32		
Magnesium, Mg.....mg	13		0	RKA	1		12		
Phosphorus, P.....mg	111		0	RKA	1		100		
Potassium, K.....mg	193		0	RKA	1		173		
Sodium, Na.....mg	67		0	RKA	1		60		
Zinc, Zn.....mg	0.50		0	RKA	1		0.45		
Copper, Cu.....mg	0.023		0	RKA	1		0.021		
Manganese, Mn.....mg	0.038		0	RKA	1		0.034		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.043		0	RKA	1		0.039		
Riboflavin.....mg	0.246		0	RKA	1		0.222		
Niacin.....mg	0.498		0	RKA	1		0.448		
Pantothenic acid.....mg	0.728		0	RKA	1		0.655		
Vitamin B-6.....mg	0.054		0	RKA	1		0.048		
Folate, total.....mcg	9		0	RKA	1		8		
Folic acid.....mcg									
Folate, food.....mcg	9		0	RKA	1		8		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.58		0	RKA	1		0.52		
Vitamin A, IU.....IU	321		0	RKA	1		289		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.03		0	RKA	1		0.03		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.410		0	RKI	6		2.169		
4:0.....g									
6:0.....g									
8:0.....g	0.037		0	RKA	1		0.034		
10:0.....g	0.087		0	RKA	1		0.078		
12:0.....g	0.101		0	RKA	1		0.091		
13:0.....g									
14:0.....g	0.365		0	RKA	1		0.328		
15:0.....g	0.038		0	RKA	1		0.034		

NDB No. 21333

McDONALD'S, Vanilla Reduced Fat Ice Cream Cone

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	1.171		0	RKA	1		1.054		
17:0.....g	0.023		0	RKA	1		0.021		
18:0.....g	0.580		0	RKA	1		0.522		
20:0.....g	0.007		0	RKA	1		0.006		
22:0.....g	0.001		0	RKA	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.206		0	RKI	6		1.085		
14:1.....g	0.025		0	RKA	1		0.023		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.042		0	RKA	1		0.038		
17:1.....g	0.008		0	RKA	1		0.007		
18:1 undifferentiated.....g	1.130		0	RKA	1		1.017		
20:1.....g	0.001		0	RKA	1		0.001		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.297		0	RKI	6		0.267		
18:2 undifferentiated.....g	0.269		0	RKA	1		0.242		
18:3 undifferentiated.....g	0.022		0	RKA	1		0.019		
18:4.....g									
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.005		0	RKA	1		0.005		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.280		0	RKI	6		0.252		
Cholesterol.....mg	15		0	RKA	1		14		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 90g: 1 item 3.175 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21330

McDONALD'S, Vanilla TRIPLE THICK Shake

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.69		0	RKA	1		172.07	229.00	304.04
Energy.....kcal	156		0	MC	9		416	554	735
Energy.....kj	654		0	MC	9		1741	2316	3076
Protein.....g	3.47		0	RKA	1		9.23	12.28	16.31
Total lipid (fat).....g	4.43		0	RKA	1		11.77	15.67	20.80
Ash.....g	0.81		0	RKA	1		2.15	2.86	3.80
Carbohydrate, by difference.....g	26.61		0	RKI	6		70.77	94.19	125.05
Fiber, total dietary.....g	0.0		0	RKA	1		0.0	0.0	0.0
Sugars, total.....g	20.43		0	RKA	1		54.33	72.31	96.00
Sucrose.....g	12.04		0	RKA	1		32.03	42.63	56.60
Glucose (dextrose).....g	1.61		0	RKA	1		4.30	5.72	7.59
Fructose.....g	0.16		0	RKA	1		0.41	0.55	0.73
Lactose.....g	5.33		0	RKA	1		14.18	18.87	25.06
Maltose.....g	1.28		0	RKA	1		3.41	4.54	6.03
Galactose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	121		0	RKA	1		322	428	568
Iron, Fe.....mg	0.07		0	RKA	1		0.19	0.25	0.33
Magnesium, Mg.....mg	12		0	RKA	1		31	41	54
Phosphorus, P.....mg	100		0	RKA	1		265	353	469
Potassium, K.....mg	176		0	RKA	1		469	624	828
Sodium, Na.....mg	53		0	RKA	1		140	187	248
Zinc, Zn.....mg	0.43		0	RKA	1		1.14	1.52	2.02
Copper, Cu.....mg	0.013		0	RKA	1		0.033	0.044	0.059
Manganese, Mn.....mg	0.008		0	RKA	1		0.021	0.028	0.037
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.038		0	RKA	1		0.101	0.134	0.178
Riboflavin.....mg	0.210		0	RKA	1		0.558	0.743	0.986
Niacin.....mg	0.110		0	RKA	1		0.294	0.391	0.519
Pantothenic acid.....mg	0.667		0	RKA	1		1.773	2.360	3.133
Vitamin B-6.....mg	0.048		0	RKA	1		0.129	0.171	0.227
Folate, total.....mcg	0		0	RKA	1		0	0	0
Folic acid.....mcg									
Folate, food.....mcg	0		0	RKA	1		0	0	0
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.55		0	RKA	1		1.45	1.93	2.56
Vitamin A, IU.....IU	304		0	RKA	1		809	1077	1429
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.250		0	RKI	6		5.985	7.966	10.576
4:0.....g									
6:0.....g									
8:0.....g	0.035		0	RKA	1		0.094	0.125	0.166
10:0.....g	0.082		0	RKA	1		0.219	0.292	0.387
12:0.....g	0.096		0	RKA	1		0.255	0.339	0.451
13:0.....g									
14:0.....g	0.346		0	RKA	1		0.919	1.223	1.624
15:0.....g	0.036		0	RKA	1		0.095	0.126	0.167

NDB No. 21330
 McDONALD'S, Vanilla TRIPLE THICK Shake

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	1.084		0	RKA	1		2.883	3.836	5.094
17:0.....g	0.022		0	RKA	1		0.059	0.079	0.104
18:0.....g	0.543		0	RKA	1		1.446	1.924	2.554
20:0.....g	0.006		0	RKA	1		0.016	0.021	0.028
22:0.....g	0.000		0	RKA	1		0.000	0.000	0.000
24:0.....g									
Fatty acids, total monounsaturated.....g	1.094		0	RKI	6		2.910	3.872	5.141
14:1.....g	0.024		0	RKA	1		0.063	0.084	0.111
15:1.....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.040		0	RKA	1		0.106	0.141	0.188
17:1.....g	0.008		0	RKA	1		0.020	0.027	0.036
18:1 undifferentiated.....g	1.023		0	RKA	1		2.720	3.620	4.806
20:1.....g	0.000		0	RKA	1		0.000	0.000	0.000
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.213		0	RKI	6		0.566	0.753	1.000
18:2 undifferentiated.....g	0.192		0	RKA	1		0.509	0.678	0.900
18:3 undifferentiated.....g	0.016		0	RKA	1		0.043	0.057	0.076
18:4.....g									
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.005		0	RKA	1		0.014	0.018	0.024
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.251		0	RKI	6		0.667	0.888	1.178
Cholesterol.....mg	14		0	RKA	1		38	51	68
Phytosterols.....mg									

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

Common Measures:

- Measure 1 = 266g: 12 fl oz cup child size
- Measure 2 = 354g: 16 fl oz cup small
- Measure 3 = 470g: 21 fl oz cup medium

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21322
 McDONALD'S, Warm Cinnamon Roll
 McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	20.34		1	A	1		21.36		
Energy.....kcal	398		0	MC	9		418		
Energy.....kj	1665		0	MC	9		1748		
Protein (N x 6.25).....g	7.18		1	A	1		7.53		
Total lipid (fat).....g	18.14		1	A	1		19.04		
Ash.....g	1.33		1	A	1		1.39		
Carbohydrate, by difference.....g	53.02		0	NC	4		55.67		
Fiber, total dietary.....g	1.9		1	A	1		2.0		
Sugars, total.....g	24.64		1	A	1		25.87		
Sucrose.....g	10.66		1	A	1		11.19		
Glucose (dextrose).....g	7.30		1	A	1		7.67		
Fructose.....g	4.65		1	A	1		4.88		
Lactose.....g	0.89		1	A	1		0.94		
Maltose.....g	1.13		1	A	1		1.19		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	57		1	A	1		59		
Iron, Fe.....mg	1.72		1	A	1		1.81		
Magnesium, Mg.....mg	19		1	A	1		20		
Phosphorus, P.....mg	104		1	A	1		109		
Potassium, K.....mg	140		1	A	1		147		
Sodium, Na.....mg	378		1	A	1		397		
Zinc, Zn.....mg	0.81		1	A	1		0.85		
Copper, Cu.....mg	0.080		1	A	1		0.084		
Manganese, Mn.....mg	0.473		1	A	1		0.497		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.309		1	A	1		0.324		
Riboflavin.....mg	0.268		1	A	1		0.281		
Niacin.....mg	2.410		1	A	1		2.531		
Pantothenic acid.....mg	0.806		1	A	1		0.846		
Vitamin B-6.....mg	0.100		1	A	1		0.105		
Folate, total.....mcg	103		1	A	1		108		
Folic acid.....mcg									
Folate, food.....mcg	103		1	A	1		108		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	420		0	AS	1		441		
Vitamin A, RAE.....mcg_RAE	126		0	AS	1		132		
Retinol.....mcg	126		1	A	1		132		
Vitamin E (alpha-tocopherol).....mg	1.85		1	A	1		1.94		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.470		0	NC	4		4.693		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.026		1	A	1		0.027		
15:0.....g	0.000		1	A	1		0.000		

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	2.248		1	A	1		2.360		
17:0.....g	0.022		1	A	1		0.023		
18:0.....g	2.063		1	A	1		2.166		
20:0.....g	0.058		1	A	1		0.060		
22:0.....g	0.054		1	A	1		0.057		
24:0.....g									
Fatty acids, total monounsaturated.....g	9.062		0	NC	4		9.515		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.058		1	A	1		0.061		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	8.976		0	A	1		9.425		
18:1 c.....g	5.586		1	A	1		5.865		
18:1 t.....g	3.391		1	A	1		3.560		
20:1.....g	0.028		1	A	1		0.029		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.811		0	NC	4		2.951		
18:2 undifferentiated.....g	2.698		0	AS	1		2.833		
18:2 n-6 c,c.....g	1.856		1	A	1		1.949		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.842		1	A	1		0.884		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.084		0	AS	1		0.088		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.029		1	A	1		0.030		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	4.232		0	NC	4		4.444		
Fatty acids, total trans-monoenoic.....g									
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	58		1	A	1		61		
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 105g: 3.7 oz

NDB No. 21322

McDONALD'S, Warm Cinnamon Roll

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21283

PAPA JOHN'S 14" Cheese Pizza, Original Crust

Papa John's International, Inc.

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.16	0.557	9	A	1		51.67	414.27	
Energy.....kcal	260		0	NC	4		305	2442	
Energy.....kj	1089		0	NC	4		1274	10217	
Protein.....g	11.53	0.186	9	A	1		13.49	108.12	
Total lipid (fat).....g	9.25	0.163	9	A	1		10.82	86.77	
Ash.....g	2.32	0.047	9	A	1		2.71	21.72	
Carbohydrate, by difference.....g	32.74		0	NC	4		38.31	307.13	
Fiber, total dietary.....g	1.9	0.139	9	A	1		2.2	17.7	
Sugars, total.....g	5.32	0.086	9	A	1		6.23	49.93	
Sucrose.....g	0.44	0.033	9	A	1		0.51	4.13	
Glucose (dextrose).....g	1.49	0.043	9	A	1		1.74	13.95	
Fructose.....g	1.76	0.033	9	A	1		2.06	16.55	
Lactose.....g	0.26	0.068	9	A	1		0.30	2.40	
Maltose.....g	1.28	0.056	9	A	1		1.50	12.00	
Galactose.....g	0.10	0.008	9	A	1		0.11	0.90	
Starch.....g	23.79	0.538	9	A	1		27.83	223.14	
Minerals:									
Calcium, Ca.....mg	166	9.134	9	A	1		195	1560	
Iron, Fe.....mg	1.97	0.046	9	A	1		2.30	18.44	
Magnesium, Mg.....mg	24	0.273	9	A	1		28	223	
Phosphorus, P.....mg	203	6.603	9	A	1		237	1901	
Potassium, K.....mg	138	3.984	9	A	1		162	1295	
Sodium, Na.....mg	578	12.525	9	A	1		676	5421	
Zinc, Zn.....mg	1.24	0.027	9	A	1		1.45	11.66	
Copper, Cu.....mg	0.125	0.003	9	A	1		0.147	1.176	
Manganese, Mn.....mg	0.338	0.009	9	A	1		0.395	3.167	
Selenium, Se.....mcg	27.6	1.416	4	A	1		32.3	258.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.453	0.018	9	A	1		0.530	4.246	
Riboflavin.....mg	1.225	0.187	9	A	1		1.433	11.489	
Niacin.....mg	3.064	0.071	9	A	1		3.585	28.741	
Pantothenic acid.....mg	0.180	0.002	4	A	1		0.210	1.686	
Vitamin B-6.....mg	0.122	0.005	9	A	1		0.143	1.143	
Folate, total.....mcg	77	1.797	4	A	1		90	725	
Folic acid.....mcg	45	2.121	4	A	1		53	422	
Folate, food.....mcg	32		0	AS	1		38	303	
Folate, DFE.....mcg_DFE	109		0	NC	4		127	1020	
Vitamin B-12.....mcg	0.68	0.026	9	A	1		0.80	6.38	
Vitamin A, IU.....IU	293		0	AS	1		343	2749	
Vitamin A, RAE.....mcg_RAE	60		0	AS	1		70	561	
Retinol.....mcg	54	7.974	4	A	1		63	509	
Vitamin E (alpha-tocopherol).....mg	1.14	0.048	4	A	1		1.34	10.72	
Tocopherol, beta.....mg	0.06	0.007	4	A	1		0.07	0.59	
Tocopherol, gamma.....mg	1.22	0.084	4	A	1		1.43	11.47	
Tocopherol, delta.....mg	0.34	0.018	4	A	1		0.40	3.19	
Vitamin D.....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone).....mcg	7.5	0.386	4	A	1		8.8	70.8	
Lipids:									
Fatty acids, total saturated.....g	3.871		0	NC	4		4.529	36.311	
4:0.....g									
6:0.....g									
8:0.....g	0.058	0.002	9	A	1		0.068	0.542	
10:0.....g	0.137	0.005	9	A	1		0.161	1.289	
12:0.....g	0.157	0.007	9	A	1		0.184	1.476	
13:0.....g	0.000	0.000	9	A	1		0.000	0.000	
14:0.....g	0.564	0.021	9	A	1		0.660	5.288	
15:0.....g	0.056	0.002	9	A	1		0.065	0.522	

NDB No. 21283

PAPA JOHN'S 14" Cheese Pizza, Original Crust

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

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

Common Measures:

Measure 1 = 117g: 1 slice

Measure 2 = 938g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21286

PAPA JOHN'S 14" Cheese Pizza, Thin Crust

Papa John's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.30	0.416	4	A	1		37.67	293.57	
Energy.....kcal	295		0	NC	4		257	2001	
Energy.....kj	1235		0	NC	4		1075	8374	
Protein.....g	12.29	0.191	4	A	1		10.69	83.31	
Total lipid (fat).....g	15.66	0.250	4	A	1		13.63	106.20	
Ash.....g	2.48	0.049	4	A	1		2.16	16.84	
Carbohydrate, by difference.....g	26.26		0	NC	4		22.85	178.07	
Fiber, total dietary.....g	2.3	0.341	4	A	1		2.0	15.6	
Sugars, total.....g	3.85	0.083	4	A	1		3.35	26.09	
Sucrose.....g	0.77	0.025	4	A	1		0.67	5.19	
Glucose (dextrose).....g	0.94	0.069	4	A	1		0.82	6.38	
Fructose.....g	0.87	0.026	4	A	1		0.76	5.90	
Lactose.....g	0.29	0.134	4	A	1		0.25	1.95	
Maltose.....g	0.91	0.054	4	A	1		0.79	6.17	
Galactose.....g	0.07	0.000	4	A	1		0.06	0.51	
Starch.....g	18.50	0.661	4	A	1		16.10	125.45	
Minerals:									
Calcium, Ca.....mg	238	11.087	4	A	1		207	1610	
Iron, Fe.....mg	0.51	0.017	4	A	1		0.45	3.49	
Magnesium, Mg.....mg	22	0.250	4	A	1		19	151	
Phosphorus, P.....mg	245	8.660	4	A	1		213	1661	
Potassium, K.....mg	160	7.071	4	A	1		139	1085	
Sodium, Na.....mg	528	13.769	4	A	1		459	3576	
Zinc, Zn.....mg	1.25	0.065	4	A	1		1.09	8.47	
Copper, Cu.....mg	0.149	0.000	4	A	1		0.130	1.010	
Manganese, Mn.....mg	0.210	0.000	4	A	1		0.183	1.423	
Selenium, Se.....mcg	29.0	0.557	4	A	1		25.3	196.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.469	0.041	4	A	1		0.408	3.178	
Riboflavin.....mg	0.216	0.054	4	A	1		0.188	1.464	
Niacin.....mg	0.895	0.028	4	A	1		0.779	6.071	
Pantothenic acid.....mg	0.139	0.002	4	A	1		0.121	0.945	
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.83	0.045	4	A	1		0.72	5.64	
Vitamin A, IU.....IU	390		0	AS	1		340	2646	
Vitamin A, RAE.....mcg_RAE	84		0	AS	1		73	567	
Vitamin E (alpha-tocopherol).....mg	1.78	0.215	4	A	1		1.55	12.05	
Tocopherol, beta.....mg	0.07	0.003	4	A	1		0.07	0.51	
Tocopherol, gamma.....mg	3.12	0.218	4	A	1		2.71	21.15	
Tocopherol, delta.....mg	0.91	0.079	4	A	1		0.79	6.17	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.6	0.296	4	A	1		4.9	38.3	
Lipids:									
Fatty acids, total saturated.....g	6.202		0	NC	4		5.396	42.049	
4:0.....g									
6:0.....g									
8:0.....g	0.080	0.004	4	A	1		0.070	0.542	
10:0.....g	0.192	0.011	4	A	1		0.167	1.305	
12:0.....g	0.223	0.015	4	A	1		0.194	1.509	
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	
14:0.....g	0.817	0.052	4	A	1		0.711	5.542	
15:0.....g	0.077	0.006	4	A	1		0.067	0.525	
16:0.....g	3.015	0.118	4	A	1		2.623	20.441	
17:0.....g	0.050	0.004	4	A	1		0.043	0.339	
18:0.....g	1.697	0.028	4	A	1		1.477	11.509	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
20:0.....g	0.030	0.000	4	A	1	0.026	0.203		
22:0.....g	0.020	0.000	4	A	1	0.017	0.135		
24:0.....g	0.000	0.000	4	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	6.002		0	NC	4	5.222	40.694		
14:1.....g	0.062	0.006	4	A	1	0.054	0.423		
15:1.....g	0.000	0.000	4	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.137	0.013	4	A	1	0.120	0.932		
17:1.....g	0.022	0.003	4	A	1	0.019	0.152		
18:1 undifferentiated.....g	5.745	0.041	4	A	1	4.998	38.951		
20:1.....g	0.035	0.003	4	A	1	0.030	0.237		
22:1 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.663		0	NC	4	1.447	11.274		
18:2 undifferentiated.....g	1.500	0.014	4	A	1	1.305	10.170		
18:3 undifferentiated.....g	0.102	0.005	4	A	1	0.089	0.695		
18:4.....g	0.047	0.005	4	A	1	0.041	0.322		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.002	0.002	4	A	1	0.002	0.017		
20:4 undifferentiated.....g	0.011	0.003	4	A	1	0.009	0.071		
20:5 n-3.....g	0.000	0.000	4	A	1	0.000	0.000		
22:5 n-3.....g	0.000	0.000	4	A	1	0.000	0.000		
22:6 n-3.....g	0.000	0.000	4	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	28	0.811	4	A	1	25	191		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.143		0	A	1	0.124	0.966		
Threonine.....g	0.478		0	A	1	0.416	3.238		
Isoleucine.....g	0.547		0	A	1	0.476	3.711		
Leucine.....g	1.105		0	A	1	0.962	7.495		
Lysine.....g	0.740		0	A	1	0.644	5.020		
Methionine.....g	0.225		0	A	1	0.196	1.525		
Cystine.....g	0.130		0	A	1	0.113	0.881		
Phenylalanine.....g	0.663		0	A	1	0.577	4.494		
Tyrosine.....g	0.485		0	A	1	0.422	3.292		
Valine.....g	0.698		0	A	1	0.607	4.729		
Arginine.....g	0.455		0	A	1	0.396	3.086		
Histidine.....g	0.330		0	A	1	0.287	2.238		
Alanine.....g	0.423		0	A	1	0.368	2.866		
Aspartic acid.....g	1.051		0	A	1	0.914	7.126		
Glutamic acid.....g	3.442		0	A	1	2.994	23.336		
Glycine.....g	0.310		0	A	1	0.270	2.104		
Proline.....g	1.366		0	A	1	1.189	9.263		
Serine.....g	0.715		0	A	1	0.622	4.850		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	80	12.610	4	A	1	69.948	545.112		
Carotene, alpha.....mcg	0	0.000	3	A	1	0.000	0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1	0.000	0.000		
Lycopene.....mcg	308	131.590	4	A	1	267.568	2085.189		
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 87g: 1 slice

Measure 2 = 678g: 1 pie

NDB No. 21286

PAPA JOHN'S 14" Cheese Pizza, Thin Crust

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21284
PAPA JOHN'S 14" Pepperoni Pizza, Original Crust
Papa John's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.60	0.591	9	A	1		53.62	445.11	
Energy.....kcal	275		0	NC	4		338	2806	
Energy.....kj	1150		0	NC	4		1414	11739	
Protein.....g	11.97	0.182	9	A	1		14.73	122.24	
Total lipid (fat).....g	11.86	0.226	9	A	1		14.59	121.12	
Ash.....g	2.53	0.048	9	A	1		3.11	25.84	
Carbohydrate, by difference.....g	30.04		0	NC	4		36.95	306.69	
Fiber, total dietary.....g	1.2	0.103	9	A	1		1.5	12.8	
Sugars, total.....g	4.84	0.066	9	A	1		5.95	49.40	
Sucrose.....g	0.38	0.029	9	A	1		0.47	3.89	
Glucose (dextrose).....g	1.38	0.027	9	A	1		1.70	14.08	
Fructose.....g	1.64	0.031	9	A	1		2.01	16.70	
Lactose.....g	0.23	0.090	9	A	1		0.28	2.33	
Maltose.....g	1.13	0.062	9	A	1		1.40	11.58	
Galactose.....g	0.08	0.005	9	A	1		0.10	0.81	
Starch.....g	21.77	0.459	9	A	1		26.77	222.24	
Minerals:									
Calcium, Ca.....mg	152	8.101	9	A	1		187	1552	
Iron, Fe.....mg	1.98	0.053	9	A	1		2.44	20.25	
Magnesium, Mg.....mg	23	0.184	9	A	1		29	238	
Phosphorus, P.....mg	196	5.983	9	A	1		241	2000	
Potassium, K.....mg	150	3.047	9	A	1		185	1532	
Sodium, Na.....mg	671	12.111	9	A	1		825	6849	
Zinc, Zn.....mg	1.34	0.022	9	A	1		1.65	13.68	
Copper, Cu.....mg	0.128	0.004	9	A	1		0.158	1.311	
Manganese, Mn.....mg	0.348	0.006	9	A	1		0.428	3.550	
Selenium, Se.....mcg	29.3	0.937	4	A	1		36.1	299.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.431	0.025	9	A	1		0.530	4.400	
Riboflavin.....mg	0.486	0.094	8	A	1		0.598	4.963	
Niacin.....mg	3.225	0.144	9	A	1		3.967	32.929	
Pantothenic acid.....mg	0.266	0.004	4	A	1		0.327	2.715	
Vitamin B-6.....mg	0.162	0.016	9	A	1		0.200	1.658	
Folate, total.....mcg	72	3.966	4	A	1		89	738	
Folic acid.....mcg	43	2.972	4	A	1		53	439	
Folate, food.....mcg	29		0	AS	1		36	299	
Folate, DFE.....mcg_DFE	102		0	NC	4		126	1045	
Vitamin B-12.....mcg	0.79	0.045	9	A	1		0.97	8.03	
Vitamin A, IU.....IU	294		0	AS	1		362	3003	
Vitamin A, RAE.....mcg_RAE	58		0	AS	1		71	592	
Retinol.....mcg	52	10.711	4	A	1		64	530	
Vitamin E (alpha-tocopherol).....mg	1.10	0.021	4	A	1		1.36	11.28	
Tocopherol, beta.....mg	0.06	0.002	4	A	1		0.07	0.59	
Tocopherol, gamma.....mg	1.21	0.053	4	A	1		1.49	12.40	
Tocopherol, delta.....mg	0.32	0.006	4	A	1		0.40	3.32	
Vitamin D.....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone).....mcg	6.1	0.459	4	A	1		7.5	62.5	
Lipids:									
Fatty acids, total saturated.....g	4.908		0	NC	4		6.036	50.106	
4:0.....g									
6:0.....g									
8:0.....g	0.051	0.003	9	A	1		0.063	0.525	
10:0.....g	0.123	0.008	9	A	1		0.151	1.255	
12:0.....g	0.143	0.009	9	A	1		0.176	1.461	
13:0.....g	0.000	0.000	8	A	1		0.000	0.000	
14:0.....g	0.587	0.031	9	A	1		0.722	5.993	
15:0.....g	0.060	0.003	9	A	1		0.073	0.610	

NDB No. 21284

PAPA JOHN'S 14" Pepperoni Pizza, Original Crust

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

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

Common Measures:

Measure 1 = 123g: 1 slice

Measure 2 = 1021g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21285

PAPA JOHN'S 14" The Works Pizza, Original Crust

Papa John's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.57	1.114	4	A	1		77.38	552.77	
Energy.....kcal	240		0	NC	4		367	2620	
Energy.....kj	1003		0	NC	4		1534	10962	
Protein.....g	10.27	0.131	4	A	1		15.71	112.25	
Total lipid (fat).....g	10.21	0.145	4	A	1		15.62	111.55	
Ash.....g	2.26	0.026	4	A	1		3.45	24.67	
Carbohydrate, by difference.....g	26.69		0	NC	4		40.84	291.75	
Fiber, total dietary.....g	2.5	0.125	4	A	1		3.8	26.9	
Sugars, total.....g	4.84	0.078	4	A	1		7.41	52.93	
Sucrose.....g	0.33	0.069	4	A	1		0.51	3.62	
Glucose (dextrose).....g	1.50	0.035	4	A	1		2.29	16.38	
Fructose.....g	1.56	0.016	4	A	1		2.39	17.06	
Lactose.....g	0.16	0.052	4	A	1		0.25	1.76	
Maltose.....g	1.22	0.082	4	A	1		1.86	13.29	
Galactose.....g	0.07	0.000	4	A	1		0.11	0.81	
Starch.....g	18.45	0.911	4	A	1		28.22	201.63	
Minerals:									
Calcium, Ca.....mg	99	4.272	4	A	1		151	1077	
Iron, Fe.....mg	1.50	0.091	4	A	1		2.29	16.39	
Magnesium, Mg.....mg	21	0.250	4	A	1		33	232	
Phosphorus, P.....mg	160	4.082	4	A	1		245	1749	
Potassium, K.....mg	160	4.082	4	A	1		245	1749	
Sodium, Na.....mg	570	7.071	4	A	1		872	6230	
Zinc, Zn.....mg	0.98	0.011	4	A	1		1.50	10.74	
Copper, Cu.....mg	0.149	0.000	4	A	1		0.228	1.629	
Manganese, Mn.....mg	0.282	0.010	4	A	1		0.432	3.087	
Selenium, Se.....mcg	26.8	0.808	4	A	1		41.0	292.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.233	0.009	4	A	1		0.357	2.552	
Riboflavin.....mg	0.292	0.064	4	A	1		0.446	3.188	
Niacin.....mg	3.205	0.040	4	A	1		4.904	35.030	
Pantothenic acid.....mg	0.325	0.008	4	A	1		0.498	3.557	
Vitamin B-6.....mg									
Folate, total.....mcg	65	5.375	4	A	1		100	713	
Folic acid.....mcg	38	4.021	4	A	1		58	415	
Folate, food.....mcg	27		0	AS	1		42	298	
Folate, DFE.....mcg_DFE	92		0	NC	4		141	1004	
Vitamin B-12.....mcg	0.72	0.033	4	A	1		1.11	7.90	
Vitamin A, IU.....IU	172		0	AS	1		264	1885	
Vitamin A, RAE.....mcg_RAE	31		0	AS	1		48	343	
Retinol.....mcg	27	1.780	4	A	1		42	299	
Vitamin E (alpha-tocopherol).....mg	1.06	0.148	4	A	1		1.62	11.58	
Tocopherol, beta.....mg	0.05	0.005	4	A	1		0.07	0.52	
Tocopherol, gamma.....mg	1.06	0.087	4	A	1		1.63	11.61	
Tocopherol, delta.....mg	0.27	0.013	4	A	1		0.42	2.98	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.6	0.227	4	A	1		8.6	61.2	
Lipids:									
Fatty acids, total saturated.....g	3.765		0	NC	4		5.760	41.151	
4:0.....g									
6:0.....g									
8:0.....g	0.030	0.000	4	A	1		0.046	0.327	
10:0.....g	0.077	0.005	4	A	1		0.119	0.847	
12:0.....g	0.087	0.005	4	A	1		0.134	0.956	
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	
14:0.....g	0.382	0.013	4	A	1		0.585	4.180	
15:0.....g	0.035	0.003	4	A	1		0.053	0.381	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
16:0.....g	2.117	0.055	4	A	1	3.240	23.144		
17:0.....g	0.040	0.000	4	A	1	0.061	0.436		
18:0.....g	0.967	0.018	4	A	1	1.480	10.575		
20:0.....g	0.020	0.000	4	A	1	0.030	0.218		
22:0.....g	0.008	0.001	4	A	1	0.012	0.088		
24:0.....g	0.000	0.000	4	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	3.652		0	NC	4	5.588	39.919		
14:1.....g	0.027	0.003	4	A	1	0.042	0.299		
15:1.....g	0.000	0.000	4	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.165	0.006	4	A	1	0.252	1.803		
17:1.....g	0.027	0.003	4	A	1	0.042	0.299		
18:1 undifferentiated.....g	3.385	0.085	4	A	1	5.179	36.998		
20:1.....g	0.045	0.003	4	A	1	0.069	0.491		
22:1 undifferentiated.....g	0.002	0.002	4	A	1	0.004	0.027		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.877		0	NC	4	2.872	20.518		
18:2 undifferentiated.....g	1.675	0.050	4	A	1	2.563	18.307		
18:3 undifferentiated.....g	0.155	0.006	4	A	1	0.237	1.694		
18:4.....g	0.027	0.003	4	A	1	0.042	0.299		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000		
20:4 undifferentiated.....g	0.020	0.000	4	A	1	0.030	0.218		
20:5 n-3.....g	0.000	0.000	4	A	1	0.000	0.000		
22:5 n-3.....g	0.000	0.000	4	A	1	0.000	0.000		
22:6 n-3.....g	0.000	0.000	4	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	21	0.795	4	A	1	32	232		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.105		0	A	1	0.161	1.147		
Threonine.....g	0.395		0	A	1	0.604	4.317		
Isoleucine.....g	0.415		0	A	1	0.635	4.537		
Leucine.....g	0.830		0	A	1	1.270	9.074		
Lysine.....g	0.545		0	A	1	0.834	5.961		
Methionine.....g	0.167		0	A	1	0.256	1.829		
Cystine.....g	0.140		0	A	1	0.214	1.530		
Phenylalanine.....g	0.520		0	A	1	0.796	5.683		
Tyrosine.....g	0.338		0	A	1	0.516	3.689		
Valine.....g	0.500		0	A	1	0.765	5.467		
Arginine.....g	0.440		0	A	1	0.673	4.810		
Histidine.....g	0.275		0	A	1	0.421	3.005		
Alanine.....g	0.428		0	A	1	0.654	4.674		
Aspartic acid.....g	0.768		0	A	1	1.175	8.392		
Glutamic acid.....g	2.861		0	A	1	4.378	31.275		
Glycine.....g	0.380		0	A	1	0.581	4.153		
Proline.....g	1.030		0	A	1	1.576	11.260		
Serine.....g	0.543		0	A	1	0.830	5.930		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	49	5.792	4	A	1	74.664	533.383		
Carotene, alpha.....mcg	0	0.000	4	A	1	0.000	0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1	0.000	0.000		
Lycopene.....mcg	57	38.164	4	A	1	86.736	619.623		
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 153g: 1 slice

NDB No. 21285

PAPA JOHN'S 14" The Works Pizza, Original Crust

Measure 2 = 1093g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21271

PIZZA HUT 12" Cheese Pizza, Regular Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.29	0.562	4	A	1		41.56	319.46	
Energy.....kcal	271		0	NC	4		260	1997	
Energy.....kj	1132		0	NC	4		1087	8357	
Protein.....g	11.93	0.188	4	A	1		11.45	88.04	
Total lipid (fat).....g	10.89	0.570	4	A	1		10.46	80.40	
Ash.....g	2.67	0.099	4	A	1		2.56	19.70	
Carbohydrate, by difference.....g	31.22		0	NC	4		29.97	230.39	
Fiber, total dietary.....g	1.8	0.169	4	A	1		1.8	13.5	
Sugars, total.....g	3.37	0.184	4	A	1		3.24	24.88	
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose).....g	0.53	0.068	4	A	1		0.51	3.90	
Fructose.....g	0.65	0.022	4	A	1		0.62	4.79	
Lactose.....g	0.38	0.072	4	A	1		0.37	2.82	
Maltose.....g	1.74	0.134	4	A	1		1.67	12.82	
Galactose.....g	0.07	0.000	4	A	1		0.07	0.55	
Starch.....g	21.21	1.012	4	A	1		20.36	156.51	
Minerals:									
Calcium, Ca.....mg	209	6.921	4	A	1		200	1541	
Iron, Fe.....mg	1.95	0.107	4	A	1		1.87	14.39	
Magnesium, Mg.....mg	22	0.544	4	A	1		21	161	
Phosphorus, P.....mg	249	5.764	4	A	1		239	1836	
Potassium, K.....mg	173	6.447	4	A	1		166	1279	
Sodium, Na.....mg	685	31.223	4	A	1		657	5053	
Zinc, Zn.....mg	1.65	0.054	4	A	1		1.59	12.20	
Copper, Cu.....mg	0.092	0.005	4	A	1		0.088	0.675	
Manganese, Mn.....mg	0.308	0.011	4	A	1		0.296	2.275	
Selenium, Se.....mcg	20.5	2.549	4	A	1		19.7	151.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.264	0.018	4	A	1		0.254	1.952	
Riboflavin.....mg	0.256	0.006	4	A	1		0.246	1.892	
Niacin.....mg	3.295	0.148	4	A	1		3.163	24.317	
Pantothenic acid.....mg	0.285	0.021	4	A	1		0.274	2.107	
Vitamin B-6.....mg	0.114	0.012	4	A	1		0.109	0.840	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.70	0.084	4	A	1		0.67	5.17	
Vitamin A, IU.....IU	266		0	AS	1		255	1963	
Vitamin A, RAE.....mcg_RAE	74		0	AS	1		71	544	
Vitamin E (alpha-tocopherol).....mg	0.70	0.136	4	A	1		0.67	5.17	
Tocopherol, beta.....mg	0.03	0.009	4	A	1		0.03	0.26	
Tocopherol, gamma.....mg	1.81	0.524	4	A	1		1.74	13.36	
Tocopherol, delta.....mg	0.58	0.178	4	A	1		0.56	4.32	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	10.1	1.430	4	A	1		9.7	74.5	
Lipids:									
Fatty acids, total saturated.....g	5.040		0	NC	4		4.839	37.197	
4:0.....g									
6:0.....g									
8:0.....g	0.083	0.002	4	A	1		0.080	0.614	
10:0.....g	0.191	0.004	4	A	1		0.183	1.407	
12:0.....g	0.218	0.005	4	A	1		0.210	1.612	
13:0.....g									
14:0.....g	0.745	0.022	4	A	1		0.716	5.501	
15:0.....g	0.076	0.002	4	A	1		0.073	0.560	
16:0.....g	2.498	0.053	4	A	1		2.398	18.433	
17:0.....g	0.048	0.002	4	A	1		0.046	0.357	
18:0.....g	1.146	0.059	4	A	1		1.100	8.457	

PIZZA HUT 12" Cheese Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
20:0.....g	0.021	0.001	4	A	1	0.020	0.154		
22:0.....g	0.014	0.001	4	A	1	0.013	0.100		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.919		0	NC	4	2.802	21.539		
14:1.....g	0.055	0.004	4	A	1	0.053	0.406		
15:1.....g	0.000	0.000	4	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.131	0.008	4	A	1	0.126	0.968		
17:1.....g	0.010	0.006	4	A	1	0.010	0.075		
18:1 undifferentiated.....g	2.697	0.126	4	A	1	2.589	19.906		
20:1.....g	0.025	0.001	4	A	1	0.024	0.185		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.839		0	NC	4	1.766	13.575		
18:2 undifferentiated.....g	1.628	0.194	4	A	1	1.563	12.013		
18:3 undifferentiated.....g	0.196		0	AS	1	0.188	1.448		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1	0.000	0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	4	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.015	0.001	4	A	1	0.015	0.114		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	24	1.644	4	A	1	23	177		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.128		0	A	1	0.123	0.946		
Threonine.....g	0.411		0	A	1	0.394	3.030		
Isoleucine.....g	0.565		0	A	1	0.542	4.167		
Leucine.....g	1.140		0	A	1	1.094	8.412		
Lysine.....g	0.771		0	A	1	0.740	5.691		
Methionine.....g	0.264		0	A	1	0.253	1.949		
Cystine.....g	0.163		0	A	1	0.157	1.206		
Phenylalanine.....g	0.665		0	A	1	0.638	4.905		
Tyrosine.....g	0.522		0	A	1	0.502	3.856		
Valine.....g	0.721		0	A	1	0.692	5.323		
Arginine.....g	0.487		0	A	1	0.467	3.592		
Histidine.....g	0.355		0	A	1	0.341	2.623		
Alanine.....g	0.419		0	A	1	0.403	3.094		
Aspartic acid.....g	0.840		0	A	1	0.807	6.200		
Glutamic acid.....g	3.539		0	A	1	3.397	26.118		
Glycine.....g	0.341		0	A	1	0.327	2.517		
Proline.....g	1.358		0	A	1	1.304	10.024		
Serine.....g	0.701		0	A	1	0.673	5.175		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	15	3.555	4	A	1	14.146	108.746		
Carotene, alpha.....mcg	0	0.000	4	A	1	0.000	0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1	0.000	0.000		
Lycopene.....mcg	169	62.670	4	A	1	161.803	1243.863		
Lutein + zeaxanthin.....mcg									

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

NDB No. 21271

PIZZA HUT 12" Cheese Pizza, Regular Crust

Common Measures:

Measure 1 = 96g: 1 slice

Measure 2 = 738g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21273

PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	38.77	0.708	4	A	1		26.75	222.16	
Energy.....kcal	303		0	NC	4		209	1734	
Energy.....kj	1266		0	NC	4		874	7254	
Protein.....g	15.29	0.209	4	A	1		10.55	87.59	
Total lipid (fat).....g	14.10	0.385	4	A	1		9.73	80.78	
Ash.....g	3.20	0.115	4	A	1		2.21	18.35	
Carbohydrate, by difference.....g	28.64		0	NC	4		19.76	164.12	
Fiber, total dietary.....g	1.6	0.064	4	A	1		1.1	8.9	
Sugars, total.....g	2.67	0.166	4	A	1		1.84	15.30	
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose).....g	0.59	0.049	4	A	1		0.40	3.36	
Fructose.....g	0.48	0.040	4	A	1		0.33	2.72	
Lactose.....g	0.50	0.101	4	A	1		0.34	2.86	
Maltose.....g	1.03	0.073	4	A	1		0.71	5.92	
Galactose.....g	0.07	0.000	4	A	1		0.05	0.43	
Starch.....g	19.66	1.135	4	A	1		13.57	112.67	
Minerals:									
Calcium, Ca.....mg	278	19.336	4	A	1		192	1592	
Iron, Fe.....mg	1.71	0.118	4	A	1		1.18	9.78	
Magnesium, Mg.....mg	24	0.586	4	A	1		16	136	
Phosphorus, P.....mg	317	15.586	4	A	1		218	1814	
Potassium, K.....mg	191	4.661	4	A	1		132	1093	
Sodium, Na.....mg	784	50.894	4	A	1		541	4489	
Zinc, Zn.....mg	1.87	0.101	4	A	1		1.29	10.70	
Copper, Cu.....mg	0.096	0.003	4	A	1		0.067	0.553	
Manganese, Mn.....mg	0.297	0.012	4	A	1		0.205	1.701	
Selenium, Se.....mcg	23.1	1.700	4	A	1		15.9	132.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.218	0.016	4	A	1		0.150	1.248	
Riboflavin.....mg	0.276	0.014	4	A	1		0.191	1.583	
Niacin.....mg	2.895	0.177	4	A	1		1.997	16.588	
Pantothenic acid.....mg	0.320	0.014	4	A	1		0.221	1.832	
Vitamin B-6.....mg	0.109	0.007	4	A	1		0.075	0.625	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.89	0.086	4	A	1		0.62	5.11	
Vitamin A, IU.....IU	374		0	AS	1		258	2141	
Vitamin A, RAE.....mcg_RAE	107		0	AS	1		74	616	
Vitamin E (alpha-tocopherol).....mg	0.84	0.016	4	A	1		0.58	4.84	
Tocopherol, beta.....mg	0.03	0.005	4	A	1		0.02	0.16	
Tocopherol, gamma.....mg	1.05	0.124	4	A	1		0.73	6.05	
Tocopherol, delta.....mg	0.35	0.020	4	A	1		0.24	1.99	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	8.3	0.492	4	A	1		5.7	47.6	
Lipids:									
Fatty acids, total saturated.....g	6.896		0	NC	4		4.758	39.513	
4:0.....g									
6:0.....g									
8:0.....g	0.119	0.004	4	A	1		0.082	0.685	
10:0.....g	0.271	0.009	4	A	1		0.187	1.551	
12:0.....g	0.308	0.009	4	A	1		0.212	1.765	
13:0.....g									
14:0.....g	1.051	0.024	4	A	1		0.725	6.021	
15:0.....g	0.106	0.004	4	A	1		0.073	0.609	
16:0.....g	3.347	0.095	4	A	1		2.309	19.178	
17:0.....g	0.066	0.003	4	A	1		0.046	0.381	
18:0.....g	1.588	0.097	4	A	1		1.096	9.100	

PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.025	0.000	4	A	1		0.017	0.145	
22:0.....g	0.014	0.000	4	A	1		0.010	0.080	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.807		0	NC	4		2.627	21.814	
14:1.....g	0.076	0.002	4	A	1		0.053	0.438	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.167	0.002	4	A	1		0.115	0.955	
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated.....g	3.534	0.170	4	A	1		2.438	20.250	
20:1.....g	0.030	0.000	4	A	1		0.021	0.171	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.698		0	NC	4		1.172	9.729	
18:2 undifferentiated.....g	1.496	0.051	4	A	1		1.032	8.570	
18:3 undifferentiated.....g	0.180		0	AS	1		0.124	1.033	
18:3 n-6 c,c,c.....g	0.003	0.003	4	A	1		0.002	0.017	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.022	0.002	4	A	1		0.015	0.126	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	34	2.069	4	A	1		23	193	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.158		0	A	1		0.109	0.903	
Threonine.....g	0.502		0	A	1		0.346	2.875	
Isoleucine.....g	0.696		0	A	1		0.480	3.989	
Leucine.....g	1.388		0	A	1		0.958	7.952	
Lysine.....g	0.993		0	A	1		0.685	5.692	
Methionine.....g	0.325		0	A	1		0.224	1.863	
Cystine.....g	0.170		0	A	1		0.117	0.975	
Phenylalanine.....g	0.795		0	A	1		0.549	4.558	
Tyrosine.....g	0.686		0	A	1		0.473	3.930	
Valine.....g	0.901		0	A	1		0.622	5.164	
Arginine.....g	0.582		0	A	1		0.402	3.337	
Histidine.....g	0.427		0	A	1		0.295	2.449	
Alanine.....g	0.491		0	A	1		0.339	2.812	
Aspartic acid.....g	1.031		0	A	1		0.711	5.908	
Glutamic acid.....g	4.076		0	A	1		2.813	23.356	
Glycine.....g	0.378		0	A	1		0.261	2.165	
Proline.....g	1.616		0	A	1		1.115	9.257	
Serine.....g	0.849		0	A	1		0.586	4.865	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	11	0.000	4	A	1		7.714	64.063	
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	
Lycopene.....mcg	253	53.962	4	A	1		174.743	1451.123	
Lutein + zeaxanthin.....mcg									

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

NDB No. 21273

PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust

Common Measures:

Measure 1 = 69g: 1 slice

Measure 2 = 573g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21272

PIZZA HUT 12" Cheese Pizza, Thick Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.40	0.577	4	A	1		43.40	315.92	
Energy.....kcal	280		0	NC	4		280	2036	
Energy.....kj	1170		0	NC	4		1170	8518	
Protein.....g	11.73	0.516	4	A	1		11.73	85.38	
Total lipid (fat).....g	12.56	0.582	4	A	1		12.56	91.41	
Ash.....g	2.39	0.065	4	A	1		2.39	17.40	
Carbohydrate, by difference.....g	29.93		0	NC	4		29.93	217.89	
Fiber, total dietary.....g	1.7	0.174	4	A	1		1.7	12.1	
Sugars, total.....g	3.21	0.211	4	A	1		3.21	23.35	
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose).....g	0.41	0.043	4	A	1		0.41	2.99	
Fructose.....g	0.42	0.070	4	A	1		0.42	3.08	
Lactose.....g	0.47	0.122	4	A	1		0.47	3.43	
Maltose.....g	1.83	0.090	4	A	1		1.83	13.31	
Galactose.....g	0.07	0.000	4	A	1		0.07	0.54	
Starch.....g	21.22	0.429	4	A	1		21.22	154.52	
Minerals:									
Calcium, Ca.....mg	208	9.229	4	A	1		208	1514	
Iron, Fe.....mg	1.86	0.088	4	A	1		1.86	13.52	
Magnesium, Mg.....mg	21	0.739	4	A	1		21	153	
Phosphorus, P.....mg	241	9.958	4	A	1		241	1754	
Potassium, K.....mg	168	3.240	4	A	1		168	1223	
Sodium, Na.....mg	624	50.016	4	A	1		624	4539	
Zinc, Zn.....mg	1.63	0.068	4	A	1		1.63	11.85	
Copper, Cu.....mg	0.101	0.004	4	A	1		0.101	0.733	
Manganese, Mn.....mg	0.305	0.007	4	A	1		0.305	2.223	
Selenium, Se.....mcg	19.4	2.100	4	A	1		19.4	141.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.243	0.010	4	A	1		0.243	1.769	
Riboflavin.....mg	0.251	0.011	4	A	1		0.251	1.825	
Niacin.....mg	3.910	0.831	4	A	1		3.910	28.464	
Pantothenic acid.....mg	0.285	0.016	4	A	1		0.285	2.072	
Vitamin B-6.....mg	0.107	0.007	4	A	1		0.107	0.777	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.64	0.063	4	A	1		0.64	4.68	
Vitamin A, IU.....IU	260		0	AS	1		260	1896	
Vitamin A, RAE.....mcg_RAE	73		0	AS	1		73	535	
Vitamin E (alpha-tocopherol).....mg	1.06	0.129	4	A	1		1.06	7.75	
Tocopherol, beta.....mg	0.05	0.017	4	A	1		0.05	0.38	
Tocopherol, gamma.....mg	3.48	1.006	4	A	1		3.48	25.32	
Tocopherol, delta.....mg	1.15	0.381	4	A	1		1.15	8.39	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	15.5	2.230	4	A	1		15.5	113.2	
Lipids:									
Fatty acids, total saturated.....g	5.184		0	NC	4		5.184	37.737	
4:0.....g									
6:0.....g									
8:0.....g	0.082	0.003	4	A	1		0.082	0.598	
10:0.....g	0.187	0.007	4	A	1		0.187	1.359	
12:0.....g	0.212	0.009	4	A	1		0.212	1.541	
13:0.....g									
14:0.....g	0.723	0.025	4	A	1		0.723	5.265	
15:0.....g	0.074	0.001	4	A	1		0.074	0.537	
16:0.....g	2.611	0.070	4	A	1		2.611	19.006	
17:0.....g	0.048	0.001	4	A	1		0.048	0.353	
18:0.....g	1.203	0.009	4	A	1		1.203	8.761	

PIZZA HUT 12" Cheese Pizza, Thick Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.025	0.002	4	A	1		0.025	0.185	
22:0.....g	0.018	0.001	4	A	1		0.018	0.132	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.213		0	NC	4		3.213	23.392	
14:1.....g	0.053	0.004	4	A	1		0.053	0.384	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.124	0.007	4	A	1		0.124	0.902	
17:1.....g	0.012	0.007	4	A	1		0.012	0.087	
18:1 undifferentiated.....g	2.997	0.112	4	A	1		2.997	21.821	
20:1.....g	0.027	0.002	4	A	1		0.027	0.198	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.752		0	NC	4		2.752	20.035	
18:2 undifferentiated.....g	2.433	0.216	4	A	1		2.433	17.714	
18:3 undifferentiated.....g	0.304		0	AS	1		0.304	2.213	
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.015	0.001	4	A	1		0.015	0.109	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	21	0.233	4	A	1		21	156	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.125		0	A	1		0.125	0.909	
Threonine.....g	0.379		0	A	1		0.379	2.762	
Isoleucine.....g	0.518		0	A	1		0.518	3.774	
Leucine.....g	1.044		0	A	1		1.044	7.599	
Lysine.....g	0.693		0	A	1		0.693	5.044	
Methionine.....g	0.266		0	A	1		0.266	1.933	
Cystine.....g	0.156		0	A	1		0.156	1.137	
Phenylalanine.....g	0.615		0	A	1		0.615	4.477	
Tyrosine.....g	0.479		0	A	1		0.479	3.490	
Valine.....g	0.658		0	A	1		0.658	4.791	
Arginine.....g	0.451		0	A	1		0.451	3.286	
Histidine.....g	0.326		0	A	1		0.326	2.371	
Alanine.....g	0.386		0	A	1		0.386	2.813	
Aspartic acid.....g	0.753		0	A	1		0.753	5.484	
Glutamic acid.....g	3.323		0	A	1		3.323	24.191	
Glycine.....g	0.322		0	A	1		0.322	2.342	
Proline.....g	1.253		0	A	1		1.253	9.125	
Serine.....g	0.648		0	A	1		0.648	4.720	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	11	0.000	4	A	1		11.180	81.393	
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	
Lycopene.....mcg	122	41.933	4	A	1		121.600	885.248	
Lutein + zeaxanthin.....mcg									

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

NDB No. 21272

PIZZA HUT 12" Cheese Pizza, Thick Crust

Common Measures:

Measure 1 = 100g: 1 slice

Measure 2 = 728g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21274

PIZZA HUT 12" Pepperoni Pizza, Regular Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	41.35	0.378	4	A	1		39.69	307.62	
Energy.....kcal	280		0	NC	4		269	2083	
Energy.....kj	1171		0	NC	4		1125	8716	
Protein.....g	12.86	0.212	4	A	1		12.34	95.65	
Total lipid (fat).....g	11.38	0.236	4	A	1		10.92	84.63	
Ash.....g	2.87	0.049	4	A	1		2.76	21.39	
Carbohydrate, by difference.....g	31.55		0	NC	4		30.28	234.70	
Fiber, total dietary.....g	1.7	0.156	4	A	1		1.7	12.9	
Sugars, total.....g	3.67	0.127	4	A	1		3.52	27.28	
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose).....g	0.55	0.037	4	A	1		0.53	4.07	
Fructose.....g	0.85	0.057	4	A	1		0.81	6.30	
Lactose.....g	0.37	0.073	4	A	1		0.36	2.76	
Maltose.....g	1.83	0.081	4	A	1		1.75	13.59	
Galactose.....g	0.07	0.000	4	A	1		0.07	0.55	
Starch.....g	22.85	0.773	4	A	1		21.94	170.00	
Minerals:									
Calcium, Ca.....mg	155	5.935	4	A	1		149	1155	
Iron, Fe.....mg	2.14	0.055	4	A	1		2.05	15.92	
Magnesium, Mg.....mg	23	0.250	4	A	1		22	171	
Phosphorus, P.....mg	218	3.614	4	A	1		209	1620	
Potassium, K.....mg	207	3.719	4	A	1		199	1540	
Sodium, Na.....mg	801	17.076	4	A	1		768	5956	
Zinc, Zn.....mg	1.68	0.058	4	A	1		1.61	12.50	
Copper, Cu.....mg	0.104	0.003	4	A	1		0.100	0.777	
Manganese, Mn.....mg	0.365	0.006	4	A	1		0.351	2.717	
Selenium, Se.....mcg	21.3	1.431	4	A	1		20.5	158.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.320	0.016	4	A	1		0.307	2.379	
Riboflavin.....mg	0.271	0.007	4	A	1		0.260	2.016	
Niacin.....mg	4.028	0.066	4	A	1		3.866	29.965	
Pantothenic acid.....mg	0.467	0.053	4	A	1		0.448	3.472	
Vitamin B-6.....mg	0.152	0.008	4	A	1		0.146	1.129	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.68	0.070	4	A	1		0.66	5.10	
Vitamin A, IU.....IU	204		0	AS	1		196	1520	
Vitamin A, RAE.....mcg_RAE	57		0	AS	1		54	421	
Vitamin E (alpha-tocopherol).....mg	0.75	0.149	4	A	1		0.72	5.62	
Tocopherol, beta.....mg	0.05	0.010	4	A	1		0.05	0.35	
Tocopherol, gamma.....mg	1.75	0.391	4	A	1		1.68	13.06	
Tocopherol, delta.....mg	0.58	0.129	4	A	1		0.56	4.33	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	8.5	0.433	4	A	1		8.1	63.1	
Lipids:									
Fatty acids, total saturated.....g	5.161		0	NC	4		4.955	38.397	
4:0.....g									
6:0.....g									
8:0.....g	0.060	0.001	4	A	1		0.057	0.444	
10:0.....g	0.138	0.003	4	A	1		0.133	1.028	
12:0.....g	0.158	0.004	4	A	1		0.152	1.177	
13:0.....g									
14:0.....g	0.589	0.015	4	A	1		0.565	4.380	
15:0.....g	0.058	0.001	4	A	1		0.056	0.433	
16:0.....g	2.764	0.076	4	A	1		2.653	20.562	
17:0.....g	0.052	0.002	4	A	1		0.050	0.387	
18:0.....g	1.309	0.058	4	A	1		1.257	9.740	

PIZZA HUT 12" Pepperoni Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
20:0.....g	0.022	0.001	4	A	1	0.021	0.161		
22:0.....g	0.011	0.000	4	A	1	0.011	0.085		
24:0.....g									
Fatty acids, total monounsaturated.....g	4.018		0	NC	4	3.858	29.896		
14:1.....g	0.043	0.002	4	A	1	0.041	0.319		
15:1.....g	0.000	0.000	4	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.203	0.011	4	A	1	0.195	1.514		
17:1.....g	0.014	0.008	4	A	1	0.014	0.108		
18:1 undifferentiated.....g	3.703	0.151	4	A	1	3.555	27.550		
20:1.....g	0.054	0.003	4	A	1	0.052	0.405		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.034		0	NC	4	1.953	15.135		
18:2 undifferentiated.....g	1.792	0.064	4	A	1	1.721	13.336		
18:3 undifferentiated.....g	0.190		0	AS	1	0.182	1.411		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1	0.000	0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.025	0.001	4	A	1	0.024	0.190		
20:3 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.027	0.001	4	A	1	0.026	0.199		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	26	1.200	4	A	1	25	193		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.123		0	A	1	0.118	0.916		
Threonine.....g	0.418		0	A	1	0.401	3.110		
Isoleucine.....g	0.538		0	A	1	0.516	3.999		
Leucine.....g	1.068		0	A	1	1.025	7.944		
Lysine.....g	0.764		0	A	1	0.734	5.686		
Methionine.....g	0.272		0	A	1	0.261	2.025		
Cystine.....g	0.176		0	A	1	0.169	1.311		
Phenylalanine.....g	0.625		0	A	1	0.600	4.649		
Tyrosine.....g	0.483		0	A	1	0.464	3.593		
Valine.....g	0.670		0	A	1	0.643	4.984		
Arginine.....g	0.538		0	A	1	0.517	4.006		
Histidine.....g	0.361		0	A	1	0.346	2.684		
Alanine.....g	0.490		0	A	1	0.470	3.644		
Aspartic acid.....g	0.855		0	A	1	0.821	6.359		
Glutamic acid.....g	3.343		0	A	1	3.209	24.868		
Glycine.....g	0.451		0	A	1	0.433	3.353		
Proline.....g	1.230		0	A	1	1.180	9.148		
Serine.....g	0.658		0	A	1	0.631	4.893		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	11	0.000	4	A	1	10.733	83.181		
Carotene, alpha.....mcg	0	0.000	4	A	1	0.000	0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1	0.000	0.000		
Lycopene.....mcg	87	33.648	4	A	1	83.640	648.210		
Lutein + zeaxanthin.....mcg									

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

NDB No. 21274

PIZZA HUT 12" Pepperoni Pizza, Regular Crust

Common Measures:

Measure 1 = 96g: 1 slice

Measure 2 = 744g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21275

PIZZA HUT 12" Pepperoni Pizza, Thick Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	40.80	0.718	4	A	1		39.16	317.39	
Energy.....kcal	298		0	NC	4		286	2316	
Energy.....kj	1246		0	NC	4		1196	9691	
Protein.....g	11.97	0.313	4	A	1		11.49	93.13	
Total lipid (fat).....g	14.21	0.455	4	A	1		13.64	110.54	
Ash.....g	2.53	0.076	4	A	1		2.43	19.72	
Carbohydrate, by difference.....g	30.49		0	NC	4		29.27	237.23	
Fiber, total dietary.....g	1.8	0.137	4	A	1		1.7	14.1	
Sugars, total.....g	3.20	0.152	4	A	1		3.08	24.92	
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose).....g	0.40	0.037	4	A	1		0.38	3.08	
Fructose.....g	0.37	0.033	4	A	1		0.36	2.91	
Lactose.....g	0.35	0.090	4	A	1		0.34	2.74	
Maltose.....g	2.01	0.135	4	A	1		1.93	15.62	
Galactose.....g	0.07	0.000	4	A	1		0.07	0.58	
Starch.....g	23.13	0.941	4	A	1		22.21	179.97	
Minerals:									
Calcium, Ca.....mg	146	3.227	4	A	1		140	1132	
Iron, Fe.....mg	2.14	0.076	4	A	1		2.05	16.63	
Magnesium, Mg.....mg	22	0.433	4	A	1		21	171	
Phosphorus, P.....mg	205	5.140	4	A	1		196	1591	
Potassium, K.....mg	199	1.315	4	A	1		191	1546	
Sodium, Na.....mg	692	22.500	4	A	1		664	5382	
Zinc, Zn.....mg	1.54	0.055	4	A	1		1.48	12.00	
Copper, Cu.....mg	0.105	0.002	4	A	1		0.101	0.820	
Manganese, Mn.....mg	0.361	0.004	4	A	1		0.347	2.808	
Selenium, Se.....mcg	20.6	1.658	4	A	1		19.8	160.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.287	0.008	4	A	1		0.275	2.230	
Riboflavin.....mg	0.254	0.006	4	A	1		0.244	1.978	
Niacin.....mg	3.840	0.158	4	A	1		3.686	29.875	
Pantothenic acid.....mg	0.378	0.013	4	A	1		0.363	2.942	
Vitamin B-6.....mg	0.140	0.003	4	A	1		0.134	1.089	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.64	0.061	4	A	1		0.61	4.96	
Vitamin A, IU.....IU	171		0	AS	1		164	1328	
Vitamin A, RAE.....mcg_RAE	47		0	AS	1		45	362	
Vitamin E (alpha-tocopherol).....mg	0.78	0.088	4	A	1		0.75	6.11	
Tocopherol, beta.....mg	0.05	0.008	4	A	1		0.05	0.39	
Tocopherol, gamma.....mg	3.08	0.482	4	A	1		2.96	23.98	
Tocopherol, delta.....mg	1.13	0.219	4	A	1		1.08	8.79	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	19.3	0.900	4	A	1		18.6	150.5	
Lipids:									
Fatty acids, total saturated.....g	5.271		0	NC	4		5.060	41.004	
4:0.....g									
6:0.....g									
8:0.....g	0.055	0.003	4	A	1		0.053	0.428	
10:0.....g	0.127	0.007	4	A	1		0.122	0.988	
12:0.....g	0.144	0.008	4	A	1		0.138	1.120	
13:0.....g									
14:0.....g	0.541	0.025	4	A	1		0.520	4.211	
15:0.....g	0.053	0.002	4	A	1		0.051	0.416	
16:0.....g	2.876	0.042	4	A	1		2.761	22.377	
17:0.....g	0.051	0.001	4	A	1		0.049	0.400	
18:0.....g	1.372	0.015	4	A	1		1.317	10.676	

PIZZA HUT 12" Pepperoni Pizza, Thick Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
20:0.....g	0.030	0.001	4	A	1	0.029	0.233		
22:0.....g	0.020	0.001	4	A	1	0.019	0.157		
24:0.....g									
Fatty acids, total monounsaturated.....g	4.415		0	NC	4	4.238	34.349		
14:1.....g	0.039	0.003	4	A	1	0.038	0.305		
15:1.....g	0.000	0.000	4	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.184	0.004	4	A	1	0.176	1.429		
17:1.....g	0.017	0.010	4	A	1	0.016	0.130		
18:1 undifferentiated.....g	4.114	0.028	4	A	1	3.950	32.011		
20:1.....g	0.061	0.001	4	A	1	0.059	0.474		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.465		0	NC	4	3.327	26.961		
18:2 undifferentiated.....g	3.058	0.159	4	A	1	2.936	23.791		
18:3 undifferentiated.....g	0.357		0	AS	1	0.343	2.779		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1	0.000	0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.025	0.000	4	A	1	0.024	0.196		
20:3 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.025	0.000	4	A	1	0.024	0.195		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	25	1.076	4	A	1	24	191		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.116		0	A	1	0.112	0.905		
Threonine.....g	0.374		0	A	1	0.359	2.910		
Isoleucine.....g	0.487		0	A	1	0.467	3.786		
Leucine.....g	0.952		0	A	1	0.914	7.405		
Lysine.....g	0.652		0	A	1	0.625	5.069		
Methionine.....g	0.247		0	A	1	0.237	1.918		
Cystine.....g	0.178		0	A	1	0.171	1.387		
Phenylalanine.....g	0.564		0	A	1	0.541	4.387		
Tyrosine.....g	0.427		0	A	1	0.410	3.321		
Valine.....g	0.604		0	A	1	0.580	4.702		
Arginine.....g	0.485		0	A	1	0.466	3.776		
Histidine.....g	0.322		0	A	1	0.309	2.505		
Alanine.....g	0.434		0	A	1	0.416	3.373		
Aspartic acid.....g	0.739		0	A	1	0.710	5.751		
Glutamic acid.....g	3.160		0	A	1	3.034	24.588		
Glycine.....g	0.400		0	A	1	0.384	3.111		
Proline.....g	1.134		0	A	1	1.089	8.825		
Serine.....g	0.588		0	A	1	0.564	4.572		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	11	0.000	4	A	1	10.733	86.983		
Carotene, alpha.....mcg	0	0.000	4	A	1	0.000	0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1	0.000	0.000		
Lycopene.....mcg	91	46.425	4	A	1	87.207	706.736		
Lutein + zeaxanthin.....mcg									

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

NDB No. 21275

PIZZA HUT 12" Pepperoni Pizza, Thick Crust

Common Measures:

Measure 1 = 96g: 1 slice

Measure 2 = 778g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21276

PIZZA HUT 12" Super Supreme Pizza, Regular Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.20	0.701	4	A	1		63.75	555.68	271.57
Energy.....kcal	243		0	NC	4		308	2685	1312
Energy.....kj	1015		0	NC	4		1289	11235	5491
Protein.....g	10.90	0.377	4	A	1		13.85	120.69	58.98
Total lipid (fat).....g	10.72	0.300	4	A	1		13.61	118.67	57.99
Ash.....g	2.56	0.061	4	A	1		3.25	28.36	13.86
Carbohydrate, by difference.....g	25.62		0	NC	4		32.54	283.60	138.60
Fiber, total dietary.....g	2.0	0.031	4	A	1		2.6	22.4	11.0
Sugars, total.....g	3.71	0.120	4	A	1		4.72	41.12	20.09
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.74	0.086	4	A	1		0.93	8.15	3.98
Fructose.....g	0.90	0.101	4	A	1		1.14	9.95	4.86
Lactose.....g	0.28	0.057	4	A	1		0.35	3.07	1.50
Maltose.....g	1.73	0.055	4	A	1		2.19	19.13	9.35
Galactose.....g	0.07	0.000	4	A	1		0.09	0.82	0.40
Starch.....g	16.53	0.352	4	A	1		20.99	182.93	89.40
Minerals:									
Calcium, Ca.....mg	129	5.218	4	A	1		164	1425	697
Iron, Fe.....mg	2.00	0.054	4	A	1		2.55	22.19	10.85
Magnesium, Mg.....mg	23	0.533	4	A	1		30	258	126
Phosphorus, P.....mg	200	2.598	4	A	1		253	2208	1079
Potassium, K.....mg	233	10.622	4	A	1		296	2579	1261
Sodium, Na.....mg	689	12.957	4	A	1		875	7630	3729
Zinc, Zn.....mg	1.45	0.042	4	A	1		1.85	16.11	7.87
Copper, Cu.....mg	0.127	0.005	4	A	1		0.161	1.402	0.685
Manganese, Mn.....mg	0.324	0.006	4	A	1		0.411	3.583	1.751
Selenium, Se.....mcg	19.5	1.689	4	A	1		24.8	216.4	105.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin.....mg	0.266	0.014	4	A	1		0.337	2.942	1.438
Riboflavin.....mg	0.242	0.014	4	A	1		0.308	2.681	1.310
Niacin.....mg	3.582	0.148	4	A	1		4.550	39.658	19.381
Pantothenic acid.....mg	0.441	0.027	4	A	1		0.560	4.879	2.384
Vitamin B-6.....mg	0.146	0.003	4	A	1		0.185	1.613	0.788
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.62	0.057	4	A	1		0.78	6.84	3.34
Vitamin A, IU.....IU	137		0	AS	1		174	1514	740
Vitamin A, RAE.....mcg_RAE	36		0	AS	1		46	403	197
Vitamin E (alpha-tocopherol).....mg	0.77	0.068	4	A	1		0.98	8.58	4.19
Tocopherol, beta.....mg	0.03	0.005	4	A	1		0.03	0.30	0.15
Tocopherol, gamma.....mg	0.88	0.052	4	A	1		1.12	9.80	4.79
Tocopherol, delta.....mg	0.28	0.017	4	A	1		0.35	3.07	1.50
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.3	0.433	4	A	1		9.3	81.1	39.6
Lipids:									
Fatty acids, total saturated.....g	4.554		0	NC	4		5.783	50.410	24.636
4:0.....g									
6:0.....g									
8:0.....g	0.047	0.006	4	A	1		0.059	0.517	0.253
10:0.....g	0.109	0.013	4	A	1		0.139	1.209	0.591
12:0.....g	0.124	0.015	4	A	1		0.158	1.377	0.673
13:0.....g									
14:0.....g	0.489	0.051	4	A	1		0.621	5.415	2.647
15:0.....g	0.049	0.005	4	A	1		0.062	0.542	0.265
16:0.....g	2.482	0.080	4	A	1		3.153	27.481	13.430
17:0.....g	0.050	0.003	4	A	1		0.063	0.553	0.270
18:0.....g	1.180	0.022	4	A	1		1.499	13.067	6.386

PIZZA HUT 12" Super Supreme Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.020	0.001	4	A	1	0.025	0.220	0.108	
22:0.....g	0.002	0.002	4	A	1	0.003	0.027	0.013	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.953		0	NC	4	5.021	43.763	21.387	
14:1.....g	0.039	0.005	4	A	1	0.049	0.428	0.209	
15:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.200	0.001	4	A	1	0.254	2.211	1.081	
17:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	3.667	0.104	4	A	1	4.657	40.593	19.838	
20:1.....g	0.048	0.003	4	A	1	0.061	0.531	0.259	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.729		0	NC	4	2.196	19.138	9.353	
18:2 undifferentiated.....g	1.527	0.059	4	A	1	1.940	16.906	8.262	
18:3 undifferentiated.....g	0.152		0	AS	1	0.193	1.685	0.823	
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.025	0.002	4	A	1	0.032	0.276	0.135	
20:3 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.025	0.001	4	A	1	0.031	0.271	0.133	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	20	1.046	4	A	1	25	220	108	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.105		0	A	1	0.134	1.166	0.570	
Threonine.....g	0.384		0	A	1	0.488	4.255	2.079	
Isoleucine.....g	0.485		0	A	1	0.616	5.368	2.623	
Leucine.....g	0.931		0	A	1	1.182	10.306	5.037	
Lysine.....g	0.710		0	A	1	0.901	7.855	3.839	
Methionine.....g	0.213		0	A	1	0.271	2.358	1.152	
Cystine.....g	0.153		0	A	1	0.194	1.690	0.826	
Phenylalanine.....g	0.545		0	A	1	0.693	6.037	2.950	
Tyrosine.....g	0.425		0	A	1	0.540	4.705	2.299	
Valine.....g	0.599		0	A	1	0.760	6.629	3.239	
Arginine.....g	0.532		0	A	1	0.675	5.887	2.877	
Histidine.....g	0.323		0	A	1	0.411	3.580	1.749	
Alanine.....g	0.476		0	A	1	0.605	5.274	2.577	
Aspartic acid.....g	0.831		0	A	1	1.055	9.196	4.494	
Glutamic acid.....g	2.845		0	A	1	3.614	31.498	15.394	
Glycine.....g	0.442		0	A	1	0.561	4.888	2.389	
Proline.....g	1.009		0	A	1	1.281	11.169	5.459	
Serine.....g	0.585		0	A	1	0.743	6.477	3.165	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	11	0.000	4	A	1	14.199	123.766	60.485	
Carotene, alpha.....mcg	0	0.000	4	A	1	0.000	0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1	0.000	0.000	0.000	
Lycopene.....mcg	70	12.695	4	A	1	88.519	771.579	377.077	
Lutein + zeaxanthin.....mcg									

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

NDB No. 21276

PIZZA HUT 12" Super Supreme Pizza, Regular Crust

Common Measures:

Measure 1 = 127g: 1 slice

Measure 2 = 1107g: 1 pie

Measure 3 = 541g: .5 pie

Calories Factors: Protein

Fat

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21293

PIZZA HUT 14" Cheese Pizza, Regular Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.19	0.302	12	A	1		43.19	446.58	
Energy.....kcal	271		0	NC	4		271	2806	
Energy.....kj	1135		0	NC	4		1135	11740	
Protein.....g	11.75	0.163	12	A	1		11.75	121.46	
Total lipid (fat).....g	10.87	0.375	12	A	1		10.87	112.44	
Ash.....g	2.56	0.041	12	A	1		2.56	26.47	
Carbohydrate, by difference.....g	31.63		0	NC	4		31.63	327.05	
Fiber, total dietary.....g	1.1	0.098	12	A	1		1.1	11.5	
Sugars, total.....g	3.16	0.114	12	A	1		3.16	32.63	
Sucrose.....g	0.00	0.000	12	A	1		0.00	0.00	
Glucose (dextrose).....g	0.51	0.036	12	A	1		0.51	5.31	
Fructose.....g	0.88	0.072	12	A	1		0.88	9.05	
Lactose.....g	0.28	0.055	12	A	1		0.28	2.88	
Maltose.....g	1.34	0.047	12	A	1		1.34	13.81	
Galactose.....g	0.15	0.014	12	A	1		0.15	1.58	
Starch.....g	25.07	0.335	12	A	1		25.07	259.27	
Minerals:									
Calcium, Ca.....mg	189	6.879	12	A	1		189	1953	
Iron, Fe.....mg	1.96	0.053	12	A	1		1.96	20.23	
Magnesium, Mg.....mg	21	0.231	12	A	1		21	219	
Phosphorus, P.....mg	227	5.393	12	A	1		227	2345	
Potassium, K.....mg	157	4.395	12	A	1		157	1621	
Sodium, Na.....mg	632	11.544	12	A	1		632	6532	
Zinc, Zn.....mg	1.46	0.033	12	A	1		1.46	15.10	
Copper, Cu.....mg	0.091	0.003	12	A	1		0.091	0.944	
Manganese, Mn.....mg	0.310	0.007	12	A	1		0.310	3.209	
Selenium, Se.....mcg	13.3	0.210	4	A	1		13.3	138.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.366	0.017	12	A	1		0.366	3.784	
Riboflavin.....mg	0.269	0.006	12	A	1		0.269	2.778	
Niacin.....mg	3.552	0.085	12	A	1		3.552	36.733	
Pantothenic acid.....mg	0.330	0.010	4	A	1		0.330	3.417	
Vitamin B-6.....mg	0.122	0.005	12	A	1		0.122	1.261	
Folate, total.....mcg	108	4.385	4	A	1		108	1114	
Folic acid.....mcg	60	3.797	4	A	1		60	615	
Folate, food.....mcg	48		0	AS	1		48	499	
Folate, DFE.....mcg_DFE	149		0	NC	4		149	1545	
Vitamin B-12.....mcg	0.71	0.041	12	A	1		0.71	7.38	
Vitamin A, IU.....IU	311		0	AS	1		311	3219	
Vitamin A, RAE.....mcg_RAE	69		0	AS	1		69	709	
Retinol.....mcg	64	7.136	4	A	1		64	658	
Vitamin E (alpha-tocopherol).....mg	0.57	0.027	4	A	1		0.57	5.89	
Tocopherol, beta.....mg	0.04	0.006	4	A	1		0.04	0.39	
Tocopherol, gamma.....mg	1.13	0.032	4	A	1		1.13	11.71	
Tocopherol, delta.....mg	0.36	0.005	4	A	1		0.36	3.77	
Vitamin D.....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone).....mcg	7.7	0.464	4	A	1		7.7	79.9	
Lipids:									
Fatty acids, total saturated.....g	4.421		0	NC	4		4.421	45.708	
4:0.....g									
6:0.....g									
8:0.....g	0.063	0.002	12	A	1		0.063	0.654	
10:0.....g	0.156	0.005	12	A	1		0.156	1.611	
12:0.....g	0.180	0.006	12	A	1		0.180	1.861	
13:0.....g									
14:0.....g	0.662	0.020	12	A	1		0.662	6.841	
15:0.....g	0.067	0.002	12	A	1		0.067	0.698	

PIZZA HUT 14" Cheese Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
16:0.....g	2.250	0.045	12	A	1	2.250	23.264		
17:0.....g	0.046	0.002	12	A	1	0.046	0.473		
18:0.....g	0.965	0.029	12	A	1	0.965	9.978		
20:0.....g	0.022	0.002	12	A	1	0.022	0.223		
22:0.....g	0.010	0.002	12	A	1	0.010	0.105		
24:0.....g	0.000	0.000	12	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	2.576		0	NC	4	2.576	26.639		
14:1.....g	0.053	0.003	12	A	1	0.053	0.551		
15:1.....g	0.000	0.000	12	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.132	0.003	12	A	1	0.132	1.370		
17:1.....g	0.020	0.000	12	A	1	0.020	0.206		
18:1 undifferentiated.....g	2.350	0.080	12	A	1	2.350	24.298		
20:1.....g	0.021	0.001	12	A	1	0.021	0.214		
22:1 undifferentiated.....g	0.000	0.000	12	A	1	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.796		0	NC	4	1.796	18.566		
18:2 undifferentiated.....g	1.546	0.180	12	A	1	1.546	15.984		
18:3 undifferentiated.....g	0.198	0.024	12	A	1	0.198	2.050		
18:4.....g	0.042	0.003	12	A	1	0.042	0.430		
20:2 n-6 c,c.....g	0.000	0.000	12	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.000	0.000	11	A	1	0.000	0.000		
20:4 undifferentiated.....g	0.010	0.000	12	A	1	0.010	0.102		
20:5 n-3.....g	0.000	0.000	12	A	1	0.000	0.000		
22:5 n-3.....g	0.000	0.000	12	A	1	0.000	0.000		
22:6 n-3.....g	0.000	0.000	12	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	26	0.787	12	A	1	26	265		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.148		0	A	1	0.148	1.525		
Threonine.....g	0.477		0	A	1	0.477	4.936		
Isoleucine.....g	0.518		0	A	1	0.518	5.351		
Leucine.....g	1.037		0	A	1	1.037	10.727		
Lysine.....g	0.660		0	A	1	0.660	6.823		
Methionine.....g	0.207		0	A	1	0.207	2.145		
Cystine.....g	0.132		0	A	1	0.132	1.369		
Phenylalanine.....g	0.610		0	A	1	0.610	6.306		
Tyrosine.....g	0.407		0	A	1	0.407	4.213		
Valine.....g	0.652		0	A	1	0.652	6.746		
Arginine.....g	0.432		0	A	1	0.432	4.471		
Histidine.....g	0.312		0	A	1	0.312	3.230		
Alanine.....g	0.392		0	A	1	0.392	4.057		
Aspartic acid.....g	0.955		0	A	1	0.955	9.874		
Glutamic acid.....g	3.345		0	A	1	3.345	34.584		
Glycine.....g	0.322		0	A	1	0.322	3.334		
Proline.....g	1.240		0	A	1	1.240	12.821		
Serine.....g	0.655		0	A	1	0.655	6.772		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	54	6.313	4	A	1	53.925	557.584		
Carotene, alpha.....mcg	11	0.000	4	A	1	11.180	115.604		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1	0.000	0.000		
Lycopene.....mcg	168	15.540	4	A	1	168.000	1737.120		
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 100g: 1 slice

NDB No. 21293

PIZZA HUT 14" Cheese Pizza, Regular Crust

Measure 2 = 1034g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21295

PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	39.25	0.653	4	A	1		29.83	294.00	
Energy.....kcal	296		0	NC	4		225	2219	
Energy.....kj	1239		0	NC	4		942	9284	
Protein.....g	15.22	0.136	4	A	1		11.57	113.99	
Total lipid (fat).....g	13.25	0.536	4	A	1		10.07	99.24	
Ash.....g	3.25	0.067	4	A	1		2.47	24.34	
Carbohydrate, by difference.....g	29.03		0	NC	4		22.06	217.43	
Fiber, total dietary.....g	1.1	0.120	4	A	1		0.8	7.9	
Sugars, total.....g	2.52	0.149	4	A	1		1.92	18.88	
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose).....g	0.51	0.027	4	A	1		0.39	3.85	
Fructose.....g	0.59	0.044	4	A	1		0.45	4.40	
Lactose.....g	0.39	0.119	4	A	1		0.29	2.90	
Maltose.....g	0.82	0.045	4	A	1		0.63	6.17	
Galactose.....g	0.21	0.046	4	A	1		0.16	1.55	
Starch.....g	23.70	1.265	4	A	1		18.01	177.49	
Minerals:									
Calcium, Ca.....mg	263	11.087	4	A	1		200	1966	
Iron, Fe.....mg	1.45	0.065	4	A	1		1.10	10.86	
Magnesium, Mg.....mg	25	0.866	4	A	1		19	184	
Phosphorus, P.....mg	303	15.478	4	A	1		230	2266	
Potassium, K.....mg	178	2.500	4	A	1		135	1329	
Sodium, Na.....mg	783	13.769	4	A	1		595	5861	
Zinc, Zn.....mg	1.50	0.041	4	A	1		1.14	11.23	
Copper, Cu.....mg	0.164	0.015	4	A	1		0.125	1.231	
Manganese, Mn.....mg	0.265	0.010	4	A	1		0.201	1.984	
Selenium, Se.....mcg	21.1	5.051	4	A	1		16.0	158.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4	0.040	4	A	1		0.3	2.8	
Thiamin.....mg	0.330	0.008	4	A	1		0.251	2.471	
Riboflavin.....mg	0.305	0.010	4	A	1		0.232	2.282	
Niacin.....mg	5.345	0.550	4	A	1		4.062	40.034	
Pantothenic acid.....mg	0.241	0.009	4	A	1		0.183	1.803	
Vitamin B-6.....mg	0.082	0.003	4	A	1		0.062	0.614	
Folate, total.....mcg	96	4.564	4	A	1		73	719	
Folic acid.....mcg	56	3.568	4	A	1		43	421	
Folate, food.....mcg	40		0	AS	1		30	298	
Folate, DFE.....mcg_DFE	135		0	NC	4		103	1014	
Vitamin B-12.....mcg	0.87	0.086	4	A	1		0.66	6.50	
Vitamin A, IU.....IU	442		0	AS	1		336	3312	
Vitamin A, RAE.....mcg_RAE	98		0	AS	1		75	737	
Retinol.....mcg	92	5.971	4	A	1		70	686	
Vitamin E (alpha-tocopherol).....mg	0.68	0.054	4	A	1		0.52	5.11	
Tocopherol, beta.....mg	0.04	0.003	4	A	1		0.03	0.34	
Tocopherol, gamma.....mg	1.05	0.111	4	A	1		0.80	7.85	
Tocopherol, delta.....mg	0.35	0.046	4	A	1		0.27	2.62	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.7	0.250	4	A	1		5.8	57.5	
Lipids:									
Fatty acids, total saturated.....g	6.394		0	NC	4		4.859	47.891	
4:0.....g									
6:0.....g									
8:0.....g	0.100	0.000	4	A	1		0.076	0.749	
10:0.....g	0.237	0.005	4	A	1		0.180	1.779	
12:0.....g	0.277	0.005	4	A	1		0.211	2.078	
13:0.....g									
14:0.....g	1.007	0.012	4	A	1		0.766	7.546	
15:0.....g	0.102	0.002	4	A	1		0.078	0.768	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
16:0.....g	3.175	0.091	4	A	1	2.413	23.781		
17:0.....g	0.067	0.003	4	A	1	0.051	0.505		
18:0.....g	1.397	0.071	4	A	1	1.062	10.467		
20:0.....g	0.020	0.000	4	A	1	0.015	0.149		
22:0.....g	0.009	0.001	4	A	1	0.007	0.069		
24:0.....g	0.000	0.000	4	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	3.605		0	NC	4	2.740	26.999		
14:1.....g	0.082	0.003	4	A	1	0.063	0.617		
15:1.....g	0.000	0.000	4	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.185	0.005	4	A	1	0.141	1.386		
17:1.....g	0.030	0.000	4	A	1	0.023	0.224		
18:1 undifferentiated.....g	3.285	0.146	4	A	1	2.497	24.604		
20:1.....g	0.022	0.003	4	A	1	0.017	0.168		
22:1 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.710		0	NC	4	1.299	12.806		
18:2 undifferentiated.....g	1.455	0.080	4	A	1	1.106	10.898		
18:3 undifferentiated.....g	0.180	0.010	4	A	1	0.137	1.348		
18:4.....g	0.057	0.005	4	A	1	0.044	0.430		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.000		1	A	1	0.000	0.000		
20:4 undifferentiated.....g	0.017	0.003	4	A	1	0.013	0.130		
20:5 n-3.....g	0.000	0.000	4	A	1	0.000	0.000		
22:5 n-3.....g	0.000	0.000	4	A	1	0.000	0.000		
22:6 n-3.....g	0.000	0.000	4	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	41	1.043	4	A	1	31	305		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.190		0	A	1	0.144	1.423		
Threonine.....g	0.610		0	A	1	0.463	4.565		
Isoleucine.....g	0.667		0	A	1	0.507	4.996		
Leucine.....g	1.339		0	A	1	1.018	10.029		
Lysine.....g	0.899		0	A	1	0.683	6.734		
Methionine.....g	0.270		0	A	1	0.205	2.021		
Cystine.....g	0.140		0	A	1	0.106	1.048		
Phenylalanine.....g	0.770		0	A	1	0.585	5.764		
Tyrosine.....g	0.552		0	A	1	0.420	4.135		
Valine.....g	0.837		0	A	1	0.636	6.267		
Arginine.....g	0.535		0	A	1	0.406	4.005		
Histidine.....g	0.402		0	A	1	0.306	3.012		
Alanine.....g	0.482		0	A	1	0.366	3.611		
Aspartic acid.....g	1.134		0	A	1	0.862	8.494		
Glutamic acid.....g	4.004		0	A	1	3.043	29.987		
Glycine.....g	0.365		0	A	1	0.277	2.733		
Proline.....g	1.579		0	A	1	1.200	11.829		
Serine.....g	0.829		0	A	1	0.630	6.212		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	77	17.956	4	A	1	58.292	574.483		
Carotene, alpha.....mcg	11	0.000	4	A	1	8.497	83.740		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1	0.000	0.000		
Lycopene.....mcg	301	67.935	4	A	1	228.950	2256.363		
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 76g: 1 slice

NDB No. 21295

PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust

Measure 2 = 749g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21294

PIZZA HUT 14" Cheese Pizza, Thick Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.25	0.350	12	A	1		41.09	454.57	
Energy.....kcal	280		0	NC	4		266	2938	
Energy.....kj	1170		0	NC	4		1111	12293	
Protein.....g	12.00	0.250	12	A	1		11.40	126.12	
Total lipid (fat).....g	12.42	0.413	12	A	1		11.79	130.49	
Ash.....g	2.38	0.046	12	A	1		2.26	24.99	
Carbohydrate, by difference.....g	29.96		0	NC	4		28.46	314.83	
Fiber, total dietary.....g	0.9	0.059	12	A	1		0.9	9.5	
Sugars, total.....g	2.60	0.136	12	A	1		2.47	27.32	
Sucrose.....g	0.00	0.000	12	A	1		0.00	0.00	
Glucose (dextrose).....g	0.37	0.039	12	A	1		0.35	3.85	
Fructose.....g	0.42	0.077	12	A	1		0.40	4.42	
Lactose.....g	0.32	0.053	12	A	1		0.30	3.35	
Maltose.....g	1.34	0.084	12	A	1		1.27	14.07	
Galactose.....g	0.16	0.015	12	A	1		0.15	1.63	
Starch.....g	23.98	0.720	12	A	1		22.78	252.05	
Minerals:									
Calcium, Ca.....mg	187	7.213	12	A	1		177	1962	
Iron, Fe.....mg	1.62	0.062	12	A	1		1.54	17.08	
Magnesium, Mg.....mg	21	0.566	12	A	1		20	218	
Phosphorus, P.....mg	225	6.686	12	A	1		214	2365	
Potassium, K.....mg	147	5.551	12	A	1		139	1541	
Sodium, Na.....mg	561	11.707	12	A	1		533	5894	
Zinc, Zn.....mg	1.27	0.026	12	A	1		1.20	13.31	
Copper, Cu.....mg									
Manganese, Mn.....mg	0.276	0.009	12	A	1		0.262	2.899	
Selenium, Se.....mcg	17.8	4.852	4	A	1		16.9	187.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.395	0.016	12	A	1		0.375	4.146	
Riboflavin.....mg	0.275	0.012	12	A	1		0.262	2.893	
Niacin.....mg	3.255	0.137	11	A	1		3.092	34.205	
Pantothenic acid.....mg	0.231	0.012	4	A	1		0.219	2.427	
Vitamin B-6.....mg	0.058	0.002	12	A	1		0.055	0.608	
Folate, total.....mcg	106	6.811	4	A	1		101	1117	
Folic acid.....mcg	66	3.979	4	A	1		63	694	
Folate, food.....mcg	40		0	AS	1		38	423	
Folate, DFE.....mcg_DFE	152		0	NC	4		145	1602	
Vitamin B-12.....mcg	0.79	0.041	12	A	1		0.75	8.26	
Vitamin A, IU.....IU	323		0	AS	1		307	3393	
Vitamin A, RAE.....mcg_RAE	72		0	AS	1		68	756	
Retinol.....mcg	67	6.827	4	A	1		64	703	
Vitamin E (alpha-tocopherol).....mg	0.74	0.037	4	A	1		0.71	7.80	
Tocopherol, beta.....mg	0.05	0.003	4	A	1		0.05	0.58	
Tocopherol, gamma.....mg	2.74	0.346	4	A	1		2.60	28.77	
Tocopherol, delta.....mg	0.79	0.067	4	A	1		0.75	8.28	
Vitamin D.....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone).....mcg	17.0	2.706	4	A	1		16.2	178.9	
Lipids:									
Fatty acids, total saturated.....g	4.990		0	NC	4		4.741	52.446	
4:0.....g									
6:0.....g									
8:0.....g	0.071	0.002	12	A	1		0.067	0.744	
10:0.....g	0.170	0.006	12	A	1		0.161	1.786	
12:0.....g	0.196	0.007	12	A	1		0.186	2.058	
13:0.....g									
14:0.....g	0.712	0.022	12	A	1		0.677	7.488	
15:0.....g	0.072	0.002	12	A	1		0.069	0.761	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
16:0.....g	2.564	0.073	12	A	1	2.436	26.949		
17:0.....g	0.048	0.001	12	A	1	0.046	0.508		
18:0.....g	1.112	0.035	12	A	1	1.056	11.683		
20:0.....g	0.027	0.001	12	A	1	0.026	0.288		
22:0.....g	0.017	0.001	12	A	1	0.016	0.181		
24:0.....g	0.000	0.000	12	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	3.108		0	NC	4	2.953	32.665		
14:1.....g	0.059	0.003	12	A	1	0.056	0.621		
15:1.....g	0.000	0.000	12	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.140	0.004	12	A	1	0.133	1.471		
17:1.....g	0.020	0.000	12	A	1	0.019	0.209		
18:1 undifferentiated.....g	2.866	0.100	12	A	1	2.723	30.119		
20:1.....g	0.023	0.001	12	A	1	0.022	0.244		
22:1 undifferentiated.....g	0.000	0.000	12	A	1	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.819		0	NC	4	2.678	29.625		
18:2 undifferentiated.....g	2.448	0.140	12	A	1	2.326	25.731		
18:3 undifferentiated.....g	0.314	0.019	12	A	1	0.298	3.301		
18:4.....g	0.044	0.002	12	A	1	0.042	0.464		
20:2 n-6 c,c.....g	0.000	0.000	12	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.000	0.000	10	A	1	0.000	0.000		
20:4 undifferentiated.....g	0.012	0.001	12	A	1	0.012	0.128		
20:5 n-3.....g	0.000	0.000	12	A	1	0.000	0.000		
22:5 n-3.....g	0.000	0.000	12	A	1	0.000	0.000		
22:6 n-3.....g	0.000	0.000	12	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	29	1.051	12	A	1	28	307		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.143		0	A	1	0.135	1.498		
Threonine.....g	0.497		0	A	1	0.473	5.228		
Isoleucine.....g	0.540		0	A	1	0.513	5.674		
Leucine.....g	1.090		0	A	1	1.035	11.455		
Lysine.....g	0.707		0	A	1	0.672	7.435		
Methionine.....g	0.212		0	A	1	0.202	2.232		
Cystine.....g	0.137		0	A	1	0.131	1.444		
Phenylalanine.....g	0.635		0	A	1	0.603	6.673		
Tyrosine.....g	0.422		0	A	1	0.401	4.439		
Valine.....g	0.682		0	A	1	0.648	7.172		
Arginine.....g	0.445		0	A	1	0.423	4.676		
Histidine.....g	0.332		0	A	1	0.316	3.494		
Alanine.....g	0.397		0	A	1	0.378	4.177		
Aspartic acid.....g	0.917		0	A	1	0.872	9.642		
Glutamic acid.....g	3.432		0	A	1	3.261	36.075		
Glycine.....g	0.317		0	A	1	0.302	3.336		
Proline.....g	1.242		0	A	1	1.180	13.058		
Serine.....g	0.685		0	A	1	0.651	7.198		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	54	4.048	4	A	1	51.585	570.693		
Carotene, alpha.....mcg	11	0.000	4	A	1	10.621	117.505		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1	0.000	0.000		
Lycopene.....mcg	216	34.315	4	A	1	205.200	2270.160		
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 95g: 1 slice

NDB No. 21294

PIZZA HUT 14" Cheese Pizza, Thick Crust

Measure 2 = 1051g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21296

PIZZA HUT 14" Pepperoni Pizza, Regular Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	40.53	0.372	12	A	1		40.93	407.29	
Energy.....kcal	287		0	NC	4		290	2882	
Energy.....kj	1200		0	NC	4		1212	12060	
Protein.....g	12.17	0.121	12	A	1		12.29	122.30	
Total lipid (fat).....g	12.02	0.184	12	A	1		12.14	120.82	
Ash.....g	2.80	0.037	12	A	1		2.83	28.12	
Carbohydrate, by difference.....g	32.48		0	NC	4		32.81	326.47	
Fiber, total dietary.....g	2.6	0.460	12	A	1		2.6	26.2	
Sugars, total.....g	3.20	0.109	12	A	1		3.23	32.11	
Sucrose.....g	0.00	0.000	12	A	1		0.00	0.00	
Glucose (dextrose).....g	0.57	0.040	12	A	1		0.58	5.76	
Fructose.....g	1.01	0.072	12	A	1		1.02	10.16	
Lactose.....g	0.18	0.033	12	A	1		0.19	1.84	
Maltose.....g	1.31	0.046	12	A	1		1.32	13.13	
Galactose.....g	0.12	0.009	12	A	1		0.12	1.22	
Starch.....g	27.31	0.394	12	A	1		27.58	274.42	
Minerals:									
Calcium, Ca.....mg	139	3.366	12	A	1		140	1395	
Iron, Fe.....mg	2.13	0.047	12	A	1		2.15	21.41	
Magnesium, Mg.....mg	22	0.223	12	A	1		22	220	
Phosphorus, P.....mg	197	2.942	12	A	1		199	1975	
Potassium, K.....mg	184	3.213	12	A	1		185	1844	
Sodium, Na.....mg	744	10.550	12	A	1		751	7473	
Zinc, Zn.....mg	1.46	0.020	12	A	1		1.48	14.71	
Copper, Cu.....mg	0.096	0.005	12	A	1		0.097	0.965	
Manganese, Mn.....mg	0.360	0.013	12	A	1		0.363	3.614	
Selenium, Se.....mcg	16.0	0.408	4	A	1		16.2	160.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.409	0.012	12	A	1		0.413	4.107	
Riboflavin.....mg	0.326	0.009	12	A	1		0.330	3.280	
Niacin.....mg	4.360	0.067	12	A	1		4.403	43.813	
Pantothenic acid.....mg	0.400	0.004	4	A	1		0.404	4.022	
Vitamin B-6.....mg	0.152	0.006	12	A	1		0.153	1.526	
Folate, total.....mcg	112	7.805	4	A	1		113	1121	
Folic acid.....mcg	68	7.246	4	A	1		69	683	
Folate, food.....mcg	44		0	AS	1		44	437	
Folate, DFE.....mcg_DFE	159		0	NC	4		161	1599	
Vitamin B-12.....mcg	0.72	0.028	12	A	1		0.73	7.27	
Vitamin A, IU.....IU	252		0	AS	1		254	2530	
Vitamin A, RAE.....mcg_RAE	48		0	AS	1		48	478	
Retinol.....mcg	42	3.166	4	A	1		42	422	
Vitamin E (alpha-tocopherol).....mg	0.65	0.047	4	A	1		0.66	6.58	
Tocopherol, beta.....mg	0.05	0.003	4	A	1		0.05	0.48	
Tocopherol, gamma.....mg	1.14	0.065	4	A	1		1.16	11.51	
Tocopherol, delta.....mg	0.35	0.015	4	A	1		0.36	3.54	
Vitamin D.....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone).....mcg	8.5	0.705	4	A	1		8.6	85.4	
Lipids:									
Fatty acids, total saturated.....g	4.726		0	NC	4		4.774	47.501	
4:0.....g									
6:0.....g									
8:0.....g	0.048	0.002	12	A	1		0.049	0.485	
10:0.....g	0.120	0.004	12	A	1		0.121	1.205	
12:0.....g	0.138	0.005	12	A	1		0.140	1.390	
13:0.....g									
14:0.....g	0.552	0.017	12	A	1		0.558	5.552	
15:0.....g	0.053	0.002	12	A	1		0.054	0.536	

PIZZA HUT 14" Pepperoni Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
16:0.....g	2.580	0.061	12	A	1	2.606	25.928		
17:0.....g	0.051	0.002	12	A	1	0.051	0.511		
18:0.....g	1.156	0.025	12	A	1	1.167	11.616		
20:0.....g	0.020	0.000	12	A	1	0.020	0.200		
22:0.....g	0.008	0.000	12	A	1	0.008	0.079		
24:0.....g	0.000	0.000	12	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	3.649		0	NC	4	3.686	36.676		
14:1.....g	0.045	0.003	12	A	1	0.045	0.452		
15:1.....g	0.000	0.000	12	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.209	0.007	12	A	1	0.211	2.102		
17:1.....g	0.028	0.002	12	A	1	0.029	0.284		
18:1 undifferentiated.....g	3.297	0.089	12	A	1	3.330	33.139		
20:1.....g	0.049	0.002	12	A	1	0.050	0.494		
22:1 undifferentiated.....g	0.021	0.002	12	A	1	0.021	0.206		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.074		0	NC	4	2.095	20.848		
18:2 undifferentiated.....g	1.798	0.031	12	A	1	1.816	18.073		
18:3 undifferentiated.....g	0.203	0.004	12	A	1	0.205	2.043		
18:4.....g	0.031	0.003	12	A	1	0.031	0.307		
20:2 n-6 c,c.....g	0.022	0.001	12	A	1	0.022	0.217		
20:3 undifferentiated.....g	0.000	0.000	11	A	1	0.000	0.000		
20:4 undifferentiated.....g	0.021	0.001	12	A	1	0.021	0.208		
20:5 n-3.....g	0.000	0.000	12	A	1	0.000	0.000		
22:5 n-3.....g	0.000	0.000	12	A	1	0.000	0.000		
22:6 n-3.....g	0.000	0.000	12	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	29	0.608	12	A	1	29	293		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.155		0	A	1	0.156	1.557		
Threonine.....g	0.520		0	A	1	0.525	5.225		
Isoleucine.....g	0.530		0	A	1	0.535	5.325		
Leucine.....g	1.052		0	A	1	1.063	10.577		
Lysine.....g	0.777		0	A	1	0.785	7.813		
Methionine.....g	0.205		0	A	1	0.207	2.059		
Cystine.....g	0.143		0	A	1	0.144	1.432		
Phenylalanine.....g	0.612		0	A	1	0.619	6.155		
Tyrosine.....g	0.420		0	A	1	0.424	4.220		
Valine.....g	0.650		0	A	1	0.656	6.531		
Arginine.....g	0.520		0	A	1	0.525	5.225		
Histidine.....g	0.340		0	A	1	0.343	3.416		
Alanine.....g	0.500		0	A	1	0.505	5.024		
Aspartic acid.....g	0.987		0	A	1	0.997	9.923		
Glutamic acid.....g	3.290		0	A	1	3.323	33.063		
Glycine.....g	0.437		0	A	1	0.442	4.396		
Proline.....g	1.217		0	A	1	1.230	12.235		
Serine.....g	0.655		0	A	1	0.661	6.582		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	61	3.106	4	A	1	62.039	617.321		
Carotene, alpha.....mcg	11	0.000	4	A	1	11.292	112.362		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1	0.000	0.000		
Lycopene.....mcg	46	14.667	4	A	1	46.738	465.064		
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 101g: 1 slice

NDB No. 21296

PIZZA HUT 14" Pepperoni Pizza, Regular Crust

Measure 2 = 1005g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21297

PIZZA HUT 14" Pepperoni Pizza, Thick Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	40.98	0.427	12	A	1		34.84	427.04	
Energy.....kcal	298		0	NC	4		253	3104	
Energy.....kj	1246		0	NC	4		1059	12987	
Protein.....g	12.24	0.263	12	A	1		10.41	127.59	
Total lipid (fat).....g	14.38	0.389	12	A	1		12.22	149.84	
Ash.....g	2.52	0.049	12	A	1		2.14	26.26	
Carbohydrate, by difference.....g	29.87		0	NC	4		25.39	311.28	
Fiber, total dietary.....g	1.5	0.171	12	A	1		1.2	15.2	
Sugars, total.....g	2.42	0.071	12	A	1		2.06	25.26	
Sucrose.....g	0.00	0.000	12	A	1		0.00	0.00	
Glucose (dextrose).....g	0.34	0.017	12	A	1		0.29	3.53	
Fructose.....g	0.38	0.023	12	A	1		0.32	3.94	
Lactose.....g	0.26	0.046	12	A	1		0.22	2.67	
Maltose.....g	1.34	0.061	12	A	1		1.14	13.93	
Galactose.....g	0.11	0.007	12	A	1		0.10	1.19	
Starch.....g	24.61	0.787	12	A	1		20.92	256.46	
Minerals:									
Calcium, Ca.....mg	140	9.293	12	A	1		119	1459	
Iron, Fe.....mg	1.65	0.040	12	A	1		1.40	17.19	
Magnesium, Mg.....mg	22	0.690	12	A	1		19	228	
Phosphorus, P.....mg	197	6.435	12	A	1		167	2049	
Potassium, K.....mg	163	4.660	12	A	1		139	1702	
Sodium, Na.....mg	668	13.491	12	A	1		567	6955	
Zinc, Zn.....mg	1.25	0.057	12	A	1		1.06	13.02	
Copper, Cu.....mg									
Manganese, Mn.....mg	0.317	0.008	12	A	1		0.270	3.308	
Selenium, Se.....mcg	19.8	4.894	4	A	1		16.9	206.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.389	0.010	12	A	1		0.330	4.050	
Riboflavin.....mg	0.301	0.009	12	A	1		0.256	3.135	
Niacin.....mg	3.321	0.302	12	A	1		2.823	34.603	
Pantothenic acid.....mg	0.323	0.022	4	A	1		0.275	3.367	
Vitamin B-6.....mg	0.093	0.003	12	A	1		0.079	0.971	
Folate, total.....mcg	103	4.211	4	A	1		87	1071	
Folic acid.....mcg	57	3.010	4	A	1		49	597	
Folate, food.....mcg	46		0	AS	1		39	474	
Folate, DFE.....mcg_DFE	143		0	NC	4		121	1488	
Vitamin B-12.....mcg	0.84	0.036	12	A	1		0.71	8.76	
Vitamin A, IU.....IU	229		0	AS	1		195	2386	
Vitamin A, RAE.....mcg_RAE	48		0	AS	1		41	500	
Retinol.....mcg	44	6.284	4	A	1		37	456	
Vitamin E (alpha-tocopherol).....mg	0.92	0.077	4	A	1		0.79	9.64	
Tocopherol, beta.....mg	0.06	0.004	4	A	1		0.05	0.62	
Tocopherol, gamma.....mg	3.02	0.368	4	A	1		2.57	31.49	
Tocopherol, delta.....mg	0.94	0.086	4	A	1		0.80	9.82	
Vitamin D.....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone).....mcg	21.5	3.410	4	A	1		18.3	224.0	
Lipids:									
Fatty acids, total saturated.....g	4.926		0	NC	4		4.187	51.330	
4:0.....g									
6:0.....g									
8:0.....g	0.047	0.003	12	A	1		0.040	0.486	
10:0.....g	0.113	0.006	12	A	1		0.096	1.180	
12:0.....g	0.132	0.006	12	A	1		0.112	1.371	
13:0.....g									
14:0.....g	0.531	0.027	12	A	1		0.451	5.531	
15:0.....g	0.051	0.002	12	A	1		0.043	0.529	

PIZZA HUT 14" Pepperoni Pizza, Thick Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
16:0.....g	2.726	0.072	12	A	1	2.317	28.403		
17:0.....g	0.048	0.003	12	A	1	0.041	0.503		
18:0.....g	1.235	0.031	12	A	1	1.050	12.868		
20:0.....g	0.027	0.001	12	A	1	0.023	0.277		
22:0.....g	0.017	0.002	12	A	1	0.015	0.181		
24:0.....g	0.000	0.000	12	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	4.068		0	NC	4	3.458	42.387		
14:1.....g	0.042	0.003	12	A	1	0.036	0.442		
15:1.....g	0.000	0.000	12	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.202	0.007	12	A	1	0.172	2.109		
17:1.....g	0.028	0.002	12	A	1	0.024	0.294		
18:1 undifferentiated.....g	3.718	0.094	12	A	1	3.161	38.745		
20:1.....g	0.056	0.001	12	A	1	0.047	0.581		
22:1 undifferentiated.....g	0.021	0.001	12	A	1	0.018	0.216		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.329		0	NC	4	2.830	34.692		
18:2 undifferentiated.....g	2.898	0.116	12	A	1	2.464	30.200		
18:3 undifferentiated.....g	0.352	0.017	12	A	1	0.300	3.672		
18:4.....g	0.036	0.004	12	A	1	0.030	0.370		
20:2 n-6 c,c.....g	0.022	0.002	12	A	1	0.018	0.225		
20:3 undifferentiated.....g	0.000	0.000	12	A	1	0.000	0.000		
20:4 undifferentiated.....g	0.022	0.002	12	A	1	0.018	0.225		
20:5 n-3.....g	0.000	0.000	12	A	1	0.000	0.000		
22:5 n-3.....g	0.000	0.000	12	A	1	0.000	0.000		
22:6 n-3.....g	0.000	0.000	12	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	32	0.963	12	A	1	28	338		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.152		0	A	1	0.130	1.588		
Threonine.....g	0.500		0	A	1	0.425	5.209		
Isoleucine.....g	0.525		0	A	1	0.446	5.469		
Leucine.....g	1.022		0	A	1	0.869	10.653		
Lysine.....g	0.702		0	A	1	0.597	7.319		
Methionine.....g	0.210		0	A	1	0.178	2.187		
Cystine.....g	0.137		0	A	1	0.117	1.432		
Phenylalanine.....g	0.592		0	A	1	0.504	6.173		
Tyrosine.....g	0.387		0	A	1	0.329	4.037		
Valine.....g	0.627		0	A	1	0.533	6.538		
Arginine.....g	0.500		0	A	1	0.425	5.209		
Histidine.....g	0.335		0	A	1	0.285	3.490		
Alanine.....g	0.452		0	A	1	0.385	4.714		
Aspartic acid.....g	0.967		0	A	1	0.822	10.080		
Glutamic acid.....g	3.320		0	A	1	2.822	34.593		
Glycine.....g	0.437		0	A	1	0.372	4.558		
Proline.....g	1.187		0	A	1	1.009	12.373		
Serine.....g	0.637		0	A	1	0.542	6.642		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	44	11.549	4	A	1	37.566	460.512		
Carotene, alpha.....mcg	11	0.000	4	A	1	9.503	116.499		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1	0.000	0.000		
Lycopene.....mcg	36	14.839	4	A	1	30.507	373.975		
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 85g: 1 slice

NDB No. 21297

PIZZA HUT 14" Pepperoni Pizza, Thick Crust

Measure 2 = 1042g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21298

PIZZA HUT 14" Super Supreme Pizza, Regular Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	49.15	0.485	4	A	1		60.46	645.37	
Energy.....kcal	248		0	NC	4		305	3257	
Energy.....kj	1038		0	NC	4		1276	13625	
Protein.....g	11.34	0.313	4	A	1		13.95	148.94	
Total lipid (fat).....g	10.95	0.361	4	A	1		13.47	143.84	
Ash.....g	2.53	0.050	4	A	1		3.12	33.28	
Carbohydrate, by difference.....g	26.01		0	NC	4		32.00	341.57	
Fiber, total dietary.....g	2.3	0.560	4	A	1		2.9	30.6	
Sugars, total.....g	3.04	0.123	4	A	1		3.74	39.95	
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose).....g	0.67	0.030	4	A	1		0.82	8.74	
Fructose.....g	1.03	0.064	4	A	1		1.26	13.47	
Lactose.....g	0.14	0.049	4	A	1		0.17	1.81	
Maltose.....g	1.12	0.041	4	A	1		1.38	14.77	
Galactose.....g	0.09	0.008	4	A	1		0.11	1.16	
Starch.....g	20.32	0.995	4	A	1		24.99	266.77	
Minerals:									
Calcium, Ca.....mg	104	3.614	4	A	1		128	1362	
Iron, Fe.....mg	1.53	0.025	4	A	1		1.88	20.02	
Magnesium, Mg.....mg	23	0.250	4	A	1		29	305	
Phosphorus, P.....mg	183	4.787	4	A	1		224	2396	
Potassium, K.....mg	208	4.787	4	A	1		255	2724	
Sodium, Na.....mg	658	15.478	4	A	1		809	8633	
Zinc, Zn.....mg	1.15	0.029	4	A	1		1.41	15.10	
Copper, Cu.....mg	0.149	0.000	4	A	1		0.183	1.958	
Manganese, Mn.....mg	0.285	0.006	4	A	1		0.351	3.742	
Selenium, Se.....mcg	14.5	0.715	4	A	1		17.8	189.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6	0.088	4	A	1		0.7	7.5	
Thiamin.....mg	0.367	0.010	4	A	1		0.452	4.825	
Riboflavin.....mg	0.290	0.012	4	A	1		0.357	3.814	
Niacin.....mg	2.380	0.248	4	A	1		2.927	31.248	
Pantothenic acid.....mg	0.422	0.006	4	A	1		0.519	5.540	
Vitamin B-6.....mg	0.098	0.002	4	A	1		0.121	1.289	
Folate, total.....mcg	59	1.323	4	A	1		72	768	
Folic acid.....mcg	35	2.723	4	A	1		42	453	
Folate, food.....mcg	24		0	AS	1		30	315	
Folate, DFE.....mcg_DFE	83		0	NC	4		102	1085	
Vitamin B-12.....mcg	0.84	0.056	4	A	1		1.04	11.09	
Vitamin A, IU.....IU	156		0	AS	1		192	2049	
Vitamin A, RAE.....mcg_RAE	32		0	AS	1		39	416	
Retinol.....mcg	29	2.695	4	A	1		35	376	
Vitamin E (alpha-tocopherol).....mg	0.66	0.059	4	A	1		0.82	8.73	
Tocopherol, beta.....mg	0.04	0.003	4	A	1		0.05	0.56	
Tocopherol, gamma.....mg	0.90	0.050	4	A	1		1.11	11.88	
Tocopherol, delta.....mg	0.29	0.006	4	A	1		0.35	3.77	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	8.1	0.253	4	A	1		10.0	107.0	
Lipids:									
Fatty acids, total saturated.....g	4.217		0	NC	4		5.187	55.370	
4:0.....g									
6:0.....g									
8:0.....g	0.035	0.003	4	A	1		0.043	0.458	
10:0.....g	0.082	0.005	4	A	1		0.101	1.083	
12:0.....g	0.100	0.007	4	A	1		0.123	1.312	
13:0.....g									
14:0.....g	0.437	0.018	4	A	1		0.538	5.744	
15:0.....g	0.042	0.003	4	A	1		0.052	0.557	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	2.367	0.060	4	A	1		2.912	31.085	
17:0.....g	0.050	0.000	4	A	1		0.062	0.657	
18:0.....g	1.082	0.045	4	A	1		1.331	14.213	
20:0.....g	0.020	0.000	4	A	1		0.024	0.261	
22:0.....g	0.000	0.000	4	A	1		0.000	0.000	
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	3.805		0	NC	4		4.680	49.954	
14:1.....g	0.035	0.003	4	A	1		0.043	0.458	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.215	0.010	4	A	1		0.264	2.822	
17:1.....g	0.030	0.000	4	A	1		0.037	0.393	
18:1 undifferentiated.....g	3.480	0.191	4	A	1		4.280	45.691	
20:1.....g	0.045	0.003	4	A	1		0.055	0.590	
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.875		0	NC	4		2.306	24.614	
18:2 undifferentiated.....g	1.625	0.046	4	A	1		1.999	21.336	
18:3 undifferentiated.....g	0.167	0.003	4	A	1		0.206	2.199	
18:4.....g	0.030	0.000	4	A	1		0.037	0.393	
20:2 n-6 c,c.....g	0.027	0.005	4	A	1		0.034	0.360	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.025	0.005	4	A	1		0.031	0.327	
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	28	0.951	4	A	1		34	362	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.138		0	A	1		0.170	1.810	
Threonine.....g	0.504		0	A	1		0.620	6.617	
Isoleucine.....g	0.527		0	A	1		0.648	6.913	
Leucine.....g	0.976		0	A	1		1.200	12.809	
Lysine.....g	0.711		0	A	1		0.875	9.339	
Methionine.....g	0.200		0	A	1		0.246	2.628	
Cystine.....g	0.133		0	A	1		0.163	1.741	
Phenylalanine.....g	0.570		0	A	1		0.701	7.478	
Tyrosine.....g	0.381		0	A	1		0.469	5.004	
Valine.....g	0.624		0	A	1		0.768	8.198	
Arginine.....g	0.534		0	A	1		0.656	7.006	
Histidine.....g	0.331		0	A	1		0.407	4.344	
Alanine.....g	0.489		0	A	1		0.601	6.417	
Aspartic acid.....g	1.047		0	A	1		1.288	13.753	
Glutamic acid.....g	2.923		0	A	1		3.595	38.378	
Glycine.....g	0.438		0	A	1		0.539	5.757	
Proline.....g	1.020		0	A	1		1.254	13.387	
Serine.....g	0.587		0	A	1		0.722	7.709	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	31	4.467	4	A	1		37.822	403.747	
Carotene, alpha.....mcg	11	0.000	4	A	1		13.752	146.797	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	
Lycopene.....mcg	16	3.375	4	A	1		20.068	214.218	
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 123g: 1 slice

NDB No. 21298

PIZZA HUT 14" Super Supreme Pizza, Regular Crust

Measure 2 = 1313g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Pizza, cheese topping, regular crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.453	0.043	8	A	1		3.296	2.049	1.328
15:0.....g									
16:0.....g	2.039	0.145	8	A	1		14.824	9.217	5.975
17:0.....g									
18:0.....g	1.105	0.134	8	A	1		8.032	4.994	3.237
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.246		0	NC	4		30.869	19.192	12.441
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.129	0.011	7	A	1		0.941	0.585	0.379
17:1.....g									
18:1 undifferentiated.....g	4.092	0.517	8	A	1		29.748	18.495	11.989
20:1.....g	0.025		0	BFFN	4		0.180	0.112	0.073
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.903		0	NC	4		13.833	8.600	5.575
18:2 undifferentiated.....g	1.680	0.180	8	A	1		12.214	7.594	4.922
18:3 undifferentiated.....g	0.167	0.025	7	A	1		1.214	0.755	0.489
18:4.....g	0.041		0	BFFN	4		0.300	0.187	0.121
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	BFFN	4		0.105	0.065	0.042
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	14	0.369	5	A	1		105	65	42
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.170		2	A	1		1.232	0.766	0.497
Threonine.....g	0.379		2	A	1		2.755	1.713	1.110
Isoleucine.....g	0.469		2	A	1		3.406	2.118	1.373
Leucine.....g	0.871		2	A	1		6.329	3.935	2.551
Lysine.....g	0.589		2	A	1		4.278	2.660	1.724
Methionine.....g	0.184		2	A	1		1.338	0.832	0.539
Cystine.....g	0.106		2	A	1		0.767	0.477	0.309
Phenylalanine.....g	0.529		2	A	1		3.846	2.391	1.550
Tyrosine.....g	0.320		2	A	1		2.326	1.446	0.938
Valine.....g	0.596		2	A	1		4.333	2.694	1.746
Arginine.....g	0.398		2	A	1		2.893	1.799	1.166
Histidine.....g	0.279		2	A	1		2.025	1.259	0.816
Alanine.....g	0.328		2	A	1		2.381	1.480	0.960
Aspartic acid.....g	0.645		2	A	1		4.686	2.913	1.888
Glutamic acid.....g	2.852		2	A	1		20.730	12.889	8.355
Glycine.....g	0.272		2	A	1		1.974	1.227	0.795
Proline.....g	1.243		2	A	1		9.033	5.616	3.641
Serine.....g	0.558		2	A	1		4.053	2.520	1.633
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFCN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFCN	4		0	0	0
Theobromine.....mg	0		0	BFCN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	70		0	BFFN	4		509.095	316.521	205.178
Carotene, alpha.....mcg	3		0	BFFN	4		20.387	12.675	8.216
Cryptoxanthin, beta.....mcg	0		0	BFFN	4		0.000	0.000	0.000
Lycopene.....mcg	239		0	BFFN	4		1740.217	1081.951	701.353
Lutein + zeaxanthin.....mcg	34		0	BFFN	4		244.838	152.224	98.676

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

NDB No. 21224

Pizza, cheese topping, regular crust, frozen, cooked

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

food, or similar food.

Common Measures:

Measure 1 = 727g: 1 package 24 oz pizza

Measure 2 = 452g: 1 package 15.1 oz pizza

Measure 3 = 293g: 1 package 9.8 oz pizza

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Pizza, cheese topping, rising crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.517	0.040	4	A	1		4.314	3.078	0.719
15:0.....g									
16:0.....g	1.820	0.127	4	A	1		15.181	10.830	2.530
17:0.....g									
18:0.....g	0.907	0.056	4	A	1		7.564	5.397	1.261
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.198		0	NC	4		18.329	13.077	3.055
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.121	0.009	3	A	1		1.009	0.720	0.168
17:1.....g									
18:1 undifferentiated.....g	2.059	0.163	4	A	1		17.172	12.251	2.862
20:1.....g	0.018		0	BFFN	4		0.148	0.106	0.025
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.381		0	NC	4		11.521	8.219	1.920
18:2 undifferentiated.....g	1.155	0.185	4	A	1		9.629	6.869	1.605
18:3 undifferentiated.....g	0.187		1	A	1		1.560	1.113	0.260
18:4.....g	0.030		0	BFFN	4		0.247	0.176	0.041
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0	BFFN	4		0.086	0.061	0.014
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	16	1.238	4	A	1		137	97	23
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.188		2	A	1		1.568	1.119	0.261
Threonine.....g	0.451		2	A	1		3.761	2.683	0.627
Isoleucine.....g	0.576		2	A	1		4.804	3.427	0.801
Leucine.....g	1.077		2	A	1		8.978	6.405	1.496
Lysine.....g	0.649		2	A	1		5.408	3.859	0.901
Methionine.....g	0.207		2	A	1		1.726	1.232	0.288
Cystine.....g	0.131		2	A	1		1.093	0.779	0.182
Phenylalanine.....g	0.661		2	A	1		5.509	3.930	0.918
Tyrosine.....g	0.382		2	A	1		3.182	2.270	0.530
Valine.....g	0.713		2	A	1		5.942	4.239	0.990
Arginine.....g	0.474		2	A	1		3.953	2.820	0.659
Histidine.....g	0.330		2	A	1		2.748	1.961	0.458
Alanine.....g	0.412		2	A	1		3.436	2.451	0.573
Aspartic acid.....g	0.754		2	A	1		6.284	4.483	1.047
Glutamic acid.....g	3.727		2	A	1		31.083	22.176	5.181
Glycine.....g	0.345		2	A	1		2.873	2.050	0.479
Proline.....g	1.557		2	A	1		12.981	9.261	2.164
Serine.....g	0.684		2	A	1		5.705	4.070	0.951
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFCN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFCN	4		0	0	0
Theobromine.....mg	0		0	BFCN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	50		0	BFFN	4		417.857	298.111	69.643
Carotene, alpha.....mcg	2		0	BFFN	4		16.733	11.938	2.789
Cryptoxanthin, beta.....mcg	0		0	BFFN	4		0.000	0.000	0.000
Lycopene.....mcg	171		0	BFFN	4		1428.343	1019.022	238.057
Lutein + zeaxanthin.....mcg	24		0	BFFN	4		200.959	143.370	33.493

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

NDB No. 21225

Pizza, cheese topping, rising crust, frozen, cooked

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

food, or similar food.

Common Measures:

Measure 1 = 834g: 1 package 29.25 oz pizza

Measure 2 = 595g: 1 package 19.7 oz pizza

Measure 3 = 139g: 1 serving 6 servings per 29.25 oz package

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21226

Pizza, meat and vegetable topping, regular crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	2.663	0.044	5	A	1		18.984	17.147	9.426
17:0.....g									
18:0.....g	1.462	0.074	5	A	1		10.423	9.414	5.175
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.832		0	NC	4		41.584	37.559	20.646
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.273	0.011	5	A	1		1.945	1.757	0.966
17:1.....g									
18:1 undifferentiated.....g	5.559	0.241	5	A	1		39.639	35.803	19.680
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.511		0	NC	4		17.902	16.169	8.888
18:2 undifferentiated.....g	2.291	0.226	5	A	1		16.335	14.754	8.110
18:3 undifferentiated.....g	0.220	0.056	4	A	1		1.567	1.415	0.778
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	16	2.147	3	A	1		116	105	58
Phytosterols.....mg									

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

Common Measures:

- Measure 1 = 713g: 1 package 24.2 oz pizza
- Measure 2 = 644g: 1 package 22.85 oz pizza
- Measure 3 = 354g: 1 package 10.9 oz pizza

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21227

Pizza, meat and vegetable topping, rising crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	2.418		2	A	1		24.664	21.544	10.035
17:0.....g									
18:0.....g	1.286		2	A	1		13.112	11.454	5.335
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.296		0	NC	4		43.819	38.277	17.828
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.281		2	A	1		2.866	2.504	1.166
17:1.....g									
18:1 undifferentiated.....g	4.015		2	A	1		40.953	35.774	16.662
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.836		0	NC	4		18.722	16.354	7.617
18:2 undifferentiated.....g	1.669		2	A	1		17.024	14.871	6.926
18:3 undifferentiated.....g	0.167		2	A	1		1.698	1.484	0.691
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	A	1		198	173	81
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 1020g: 1 package 34.98 oz pizza

Measure 2 = 891g: 1 package 30.7 oz pizza

Measure 3 = 415g: 1 package 14.3 oz pizza

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 22903

Pizza, pepperoni topping, regular crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	2.726	0.113	9	A	1		3.980	11.667	
17:0.....g									
18:0.....g	1.608	0.099	9	A	1		2.348	6.884	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.865		0	NC	4		10.024	29.384	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.257	0.012	9	A	1		0.376	1.101	
17:1.....g									
18:1 undifferentiated.....g	6.608	0.242	9	A	1		9.648	28.283	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.356		0	NC	4		3.440	10.084	
18:2 undifferentiated.....g	2.161	0.053	9	A	1		3.155	9.250	
18:3 undifferentiated.....g	0.195	0.015	9	A	1		0.284	0.834	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	15	1.385	9	A	1		21	63	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	0	0.020	3	A	1		0.000	0.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 146g: 1 serving

Measure 2 = 428g: 1 pizza

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21096

Sandwiches and burgers, cheeseburger, large, single meat patty, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	38.65		2		1		71.50		
Energy.....kcal	329		0		1		609		
Energy.....kj	1377				1		2547		
Protein (N x 6.2).....g	16.29	0.861	3		1		30.14		
Total lipid (fat).....g	17.83	1.312	5		1		32.99		
Ash.....g	1.60		1		1		2.96		
Carbohydrate, by difference.....g	25.63		0	NC	4		47.42		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	49		2		1		91		
Iron, Fe.....mg	2.95		2		1		5.46		
Magnesium, Mg.....mg	21		1		4		39		
Phosphorus, P.....mg	228		1		4		422		
Potassium, K.....mg	348		2		1		644		
Sodium, Na.....mg	859	85.453	3		1		1589		
Zinc, Zn.....mg	3.00		1		4		5.55		
Copper, Cu.....mg	0.085		1		4		0.157		
Manganese, Mn.....mg	0.167		1		4		0.309		
Selenium, Se.....mcg	21.0		0	RK	4		38.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.260		2		1		0.481		
Riboflavin.....mg	0.310		2		1		0.574		
Niacin.....mg	6.040		2		1		11.174		
Pantothenic acid.....mg	0.400		1		4		0.740		
Vitamin B-6.....mg	0.150		1		4		0.278		
Folate, total.....mcg	40		0	RK	4		74		
Folic acid.....mcg	19		0	NC	4		35		
Folate, food.....mcg	21		0		4		39		
Folate, DFE.....mcg_DFE	53		0	NC	4		99		
Vitamin B-12.....mcg	1.37		1		4		2.53		
Vitamin A, IU.....IU	333		2		1		616		
Vitamin A, RAE.....mcg_RAE	100		0	NC	4		185		
Retinol.....mcg	100		0	NC	4		185		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	12		0	T	4		22		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.024		1		1		14.844		
Fatty acids, total monounsaturated.....g	6.887		1		1		12.741		
Fatty acids, total polyunsaturated.....g	1.318		1		1		2.438		
Fatty acids, total trans.....g									
Cholesterol.....mg	52	7.741	5		1		96		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.205		0		1		0.379		
Threonine.....g	0.609		0		1		1.127		
Isoleucine.....g	0.699		0		1		1.293		
Leucine.....g	1.295		0		1		2.396		
Lysine.....g	1.240		0		1		2.294		
Methionine.....g	0.365		0		1		0.675		
Cystine.....g	0.168		0		1		0.311		

NDB No. 21096

Sandwiches and burgers, cheeseburger, large, single meat patty, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.691		0		1		1.278		
Tyrosine.....g	0.565		0		1		1.045		
Valine.....g	0.827		0		1		1.530		
Arginine.....g	0.927		0		1		1.715		
Histidine.....g	0.515		0		1		0.953		
Alanine.....g	0.833		0		1		1.541		
Aspartic acid.....g	1.263		0		1		2.337		
Glutamic acid.....g	3.170		0		1		5.865		
Glycine.....g	0.901		0		1		1.667		
Proline.....g	1.161		0		1		2.148		
Serine.....g	0.628		0		1		1.162		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 185g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21097

Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.60		1		1		85.02		
Energy.....kcal	312		0		1		608		
Energy.....kj	1305				1		2546		
Protein (N x 6.2).....g	16.41	0.960	8		1		32.00		
Total lipid (fat).....g	18.85	0.835	7		1		36.76		
Ash.....g	2.10		1		1		4.10		
Carbohydrate, by difference.....g	19.04		0	NC	4		37.13		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	83	10.187	4		1		162		
Iron, Fe.....mg	2.43	0.074	4		1		4.74		
Magnesium, Mg.....mg	23		1		1		45		
Phosphorus, P.....mg	205		2		1		400		
Potassium, K.....mg	170	52.243	4		1		332		
Sodium, Na.....mg	535	80.113	5		1		1043		
Zinc, Zn.....mg	3.50		1		1		6.83		
Copper, Cu.....mg	0.081		1		1		0.158		
Manganese, Mn.....mg	0.170		1		1		0.332		
Selenium, Se.....mcg	16.9		0	RK	4		33.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.1		2		1		2.1		
Thiamin.....mg	0.160	0.052	4		1		0.312		
Riboflavin.....mg	0.210	0.023	4		1		0.410		
Niacin.....mg	3.400	0.295	4		1		6.630		
Pantothenic acid.....mg	0.180		1		1		0.351		
Vitamin B-6.....mg	0.160		1		1		0.312		
Folate, total.....mcg	44		0	RK	4		86		
Folic acid.....mcg	27		0	NC	4		53		
Folate, food.....mcg	17		1		1		33		
Folate, DFE.....mcg_DFE	63		0	NC	4		123		
Vitamin B-12.....mcg	1.20		1		1		2.34		
Vitamin A, IU.....IU	208	53.497	4		1		406		
Vitamin A, RAE.....mcg_RAE	42		0	NC	4		82		
Retinol.....mcg	38		0	NC	4		74		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.330		0		1		16.244		
Fatty acids, total monounsaturated.....g	7.430		0		1		14.489		
Fatty acids, total polyunsaturated.....g	1.390		0		1		2.711		
Fatty acids, total trans.....g									
Cholesterol.....mg	57	11.530	7		1		111		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.199		0		1		0.388		
Threonine.....g	0.617		0		1		1.203		
Isoleucine.....g	0.696		0		1		1.357		
Leucine.....g	1.271		0		1		2.478		
Lysine.....g	1.239		0		1		2.416		
Methionine.....g	0.365		0		1		0.712		
Cystine.....g	0.169		0		1		0.330		

NDB No. 21097

Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.683		0		1		1.332		
Tyrosine.....g	0.551		0		1		1.074		
Valine.....g	0.826		0		1		1.611		
Arginine.....g	0.948		0		1		1.849		
Histidine.....g	0.508		0		1		0.991		
Alanine.....g	0.852		0		1		1.661		
Aspartic acid.....g	1.292		0		1		2.519		
Glutamic acid.....g	3.034		0		1		5.916		
Glycine.....g	0.956		0		1		1.864		
Proline.....g	1.112		0		1		2.168		
Serine.....g	0.630		0		1		1.229		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 195g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21089

Sandwiches and burgers, cheeseburger, regular, single meat patty, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.30	0.603	3		1		38.05		
Energy.....kcal	313		0		1		319		
Energy.....kj	1310				1		1336		
Protein (N x 6.11).....g	14.48		1		1		14.77		
Total lipid (fat).....g	14.85	0.904	4		1		15.15		
Ash.....g	2.24		0		1		2.28		
Carbohydrate, by difference.....g	31.13		0	NC	4		31.75		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	138		0		4		141		
Iron, Fe.....mg	2.39		0		4		2.44		
Magnesium, Mg.....mg	21		0		4		21		
Phosphorus, P.....mg	192		0		4		196		
Potassium, K.....mg	161		0		4		164		
Sodium, Na.....mg	490		1		1		500		
Zinc, Zn.....mg	2.32		0		4		2.37		
Copper, Cu.....mg	0.092		0		4		0.094		
Manganese, Mn.....mg	0.221		0		4		0.225		
Selenium, Se.....mcg	22.2		0	RK	4		22.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.390		1		1		0.398		
Riboflavin.....mg	0.390		1		1		0.398		
Niacin.....mg	3.630		0		4		3.703		
Pantothenic acid.....mg	0.420		0		4		0.428		
Vitamin B-6.....mg	0.090		1		1		0.092		
Folate, total.....mcg	53		0	RK	4		54		
Folic acid.....mcg	27		0	NC	4		28		
Folate, food.....mcg	26		0		4		27		
Folate, DFE.....mcg_DFE	72		0	NC	4		73		
Vitamin B-12.....mcg	0.95		0		4		0.97		
Vitamin A, IU.....IU	150		0		4		153		
Vitamin A, RAE.....mcg_RAE	45		0	NC	4		46		
Retinol.....mcg	45		0	NC	4		46		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	12		0	T	4		12		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.340		0		4		6.467		
Fatty acids, total monounsaturated.....g	5.660		0		4		5.773		
Fatty acids, total polyunsaturated.....g	1.510		0		4		1.540		
Fatty acids, total trans.....g									
Cholesterol.....mg	49	5.188	4		1		50		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.182		0		1		0.186		
Threonine.....g	0.524		0		1		0.534		
Isoleucine.....g	0.618		0		1		0.630		
Leucine.....g	1.135		0		1		1.158		
Lysine.....g	0.998		0		1		1.018		
Methionine.....g	0.310		0		1		0.316		
Cystine.....g	0.164		0		1		0.167		

NDB No. 21089

Sandwiches and burgers, cheeseburger, regular, single meat patty, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.635		0		1		0.648		
Tyrosine.....g	0.483		0		1		0.493		
Valine.....g	0.739		0		1		0.754		
Arginine.....g	0.787		0		1		0.803		
Histidine.....g	0.438		0		1		0.447		
Alanine.....g	0.701		0		1		0.715		
Aspartic acid.....g	1.064		0		1		1.085		
Glutamic acid.....g	3.102		0		1		3.164		
Glycine.....g	0.756		0		1		0.771		
Proline.....g	1.128		0		1		1.151		
Serine.....g	0.592		0		1		0.604		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 102g: 1 sandwich

Calories Factors: Protein 4.12

Fat 8.8

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21112

Sandwiches and burgers, hamburger, large, single meat patty, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	42.10	1.069	3		1		57.68		
Energy.....kcal	311		0		1		426		
Energy.....kj	1301				1		1783		
Protein (N x 6.2).....g	16.51		1		1		22.62		
Total lipid (fat).....g	16.73	1.026	4		1		22.92		
Ash.....g	1.50		1		1		2.06		
Carbohydrate, by difference.....g	23.16		0	NC	4		31.73		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	54		0		4		74		
Iron, Fe.....mg	2.61		0		4		3.58		
Magnesium, Mg.....mg	20		0		4		27		
Phosphorus, P.....mg	128		0		4		175		
Potassium, K.....mg	195		0		4		267		
Sodium, Na.....mg	346		1		1		474		
Zinc, Zn.....mg	3.00		0		4		4.11		
Copper, Cu.....mg	0.095		0		4		0.130		
Manganese, Mn.....mg	0.178		0		4		0.244		
Selenium, Se.....mcg	19.8	1.150	18	A	1		27.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.210		0		4		0.288		
Riboflavin.....mg	0.210		0		4		0.288		
Niacin.....mg	4.560		0		4		6.247		
Pantothenic acid.....mg	0.390		0		4		0.534		
Vitamin B-6.....mg	0.170		0		4		0.233		
Folate, total.....mcg	44		0	RK	4		60		
Folic acid.....mcg	21		0	NC	4		29		
Folate, food.....mcg	23		0		4		32		
Folate, DFE.....mcg_DFE	59		0	NC	4		80		
Vitamin B-12.....mcg	1.50		0		4		2.06		
Vitamin A, IU.....IU	0		0		4		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	16		0	T	4		22		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.120		0		1		8.384		
Fatty acids, total monounsaturated.....g	7.210		0		1		9.878		
Fatty acids, total polyunsaturated.....g	1.560		0		1		2.137		
Fatty acids, total trans.....g									
Cholesterol.....mg	52	2.694	5		1		71		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.200		0		1		0.274		
Threonine.....g	0.639		0		1		0.875		
Isoleucine.....g	0.692		0		1		0.948		
Leucine.....g	1.270		0		1		1.740		
Lysine.....g	1.153		0		1		1.580		
Methionine.....g	0.354		0		1		0.485		
Cystine.....g	0.186		0		1		0.255		

NDB No. 21112

Sandwiches and burgers, hamburger, large, single meat patty, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.663		0		1		0.908		
Tyrosine.....g	0.482		0		1		0.660		
Valine.....g	0.799		0		1		1.095		
Arginine.....g	1.004		0		1		1.375		
Histidine.....g	0.482		0		1		0.660		
Alanine.....g	0.956		0		1		1.310		
Aspartic acid.....g	1.347		0		1		1.845		
Glutamic acid.....g	3.150		0		1		4.316		
Glycine.....g	1.081		0		1		1.481		
Proline.....g	1.041		0		1		1.426		
Serine.....g	0.679		0		1		0.930		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 137g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.95

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21113

Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.240		0		1		11.423		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.430		5		1		0.937		
17:1.....g									
18:1 undifferentiated.....g	4.650		5		1		10.137		
20:1.....g	0.040		5		1		0.087		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.010		0		1		2.202		
18:2 undifferentiated.....g	0.880		5		1		1.918		
18:3 undifferentiated.....g	0.110		5		1		0.240		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		5		1		0.044		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	40	2.788	8		1		87		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.141		0		1		0.307		
Threonine.....g	0.455		0		1		0.992		
Isoleucine.....g	0.491		0		1		1.070		
Leucine.....g	0.896		0		1		1.953		
Lysine.....g	0.814		0		1		1.775		
Methionine.....g	0.248		0		1		0.541		
Cystine.....g	0.134		0		1		0.292		
Phenylalanine.....g	0.472		0		1		1.029		
Tyrosine.....g	0.340		0		1		0.741		
Valine.....g	0.566		0		1		1.234		
Arginine.....g	0.709		0		1		1.546		
Histidine.....g	0.340		0		1		0.741		
Alanine.....g	0.676		0		1		1.474		
Aspartic acid.....g	0.982		0		1		2.141		
Glutamic acid.....g	2.317		0		1		5.051		
Glycine.....g	0.760		0		1		1.657		
Proline.....g	0.732		0		1		1.596		
Serine.....g	0.481		0		1		1.049		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 218g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.95

Carbohydrate 3.95

Food Group: 21 Fast Foods

NDB No. 21122

Sandwiches and burgers, roast beef sandwich with cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.50		0		1		76.56		
Energy.....kcal	269		0		1		473		
Energy.....kj	1125				1		1981		
Protein (N x 6.21).....g	18.31		2		1		32.23		
Total lipid (fat).....g	10.23		2		1		18.00		
Ash.....g	2.18		0		1		3.84		
Carbohydrate, by difference.....g	25.78		0	NC	4		45.37		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	104		0		4		183		
Iron, Fe.....mg	2.87		0		4		5.05		
Magnesium, Mg.....mg	23		0		4		40		
Phosphorus, P.....mg	228		0		4		401		
Potassium, K.....mg	196		0		4		345		
Sodium, Na.....mg	928		2		1		1633		
Zinc, Zn.....mg	3.05		0		4		5.37		
Copper, Cu.....mg	0.113		0		4		0.199		
Manganese, Mn.....mg	0.177		0		4		0.312		
Selenium, Se.....mcg	19.5		0	RK	4		34.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.220		0		4		0.387		
Riboflavin.....mg	0.260		0		4		0.458		
Niacin.....mg	3.350		0		4		5.896		
Pantothenic acid.....mg	0.390		0		4		0.686		
Vitamin B-6.....mg	0.190		0		4		0.334		
Folate, total.....mcg	36		0	RK	4		63		
Folic acid.....mcg	13		0	NC	4		23		
Folate, food.....mcg	23		0		4		40		
Folate, DFE.....mcg_DFE	45		0	NC	4		79		
Vitamin B-12.....mcg	1.17		0		4		2.06		
Vitamin A, IU.....IU	110		0		4		194		
Vitamin A, RAE.....mcg_RAE	33		0	NC	4		58		
Retinol.....mcg	33		0	NC	4		58		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.130		0		1		9.029		
Fatty acids, total monounsaturated.....g	2.080		0		1		3.661		
Fatty acids, total polyunsaturated.....g	1.990		0		1		3.502		
Fatty acids, total trans.....g									
Cholesterol.....mg	44		2		1		77		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.212		0		1		0.373		
Threonine.....g	0.728		0		1		1.281		
Isoleucine.....g	0.805		0		1		1.417		
Leucine.....g	1.424		0		1		2.506		
Lysine.....g	1.359		0		1		2.392		
Methionine.....g	0.433		0		1		0.762		
Cystine.....g	0.215		0		1		0.378		

NDB No. 21122

Sandwiches and burgers, roast beef sandwich with cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.764		0		1		1.345		
Tyrosine.....g	0.616		0		1		1.084		
Valine.....g	0.908		0		1		1.598		
Arginine.....g	1.038		0		1		1.827		
Histidine.....g	0.593		0		1		1.044		
Alanine.....g	0.952		0		1		1.676		
Aspartic acid.....g	1.480		0		1		2.605		
Glutamic acid.....g	3.358		0		1		5.910		
Glycine.....g	0.873		0		1		1.536		
Proline.....g	1.111		0		1		1.955		
Serine.....g	0.755		0		1		1.329		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 176g: 1 sandwich

Calories Factors: Protein 4.22

Fat 8.83

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21123

Sandwiches and burgers, steak sandwich

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.07	3.029	6		1		104.18		
Energy.....kcal	225		0		1		459		
Energy.....kj	941				1		1920		
Protein (N x 6.17).....g	14.87	0.700	6		1		30.33		
Total lipid (fat).....g	6.90	0.939	5		1		14.08		
Ash.....g	1.70	0.077	5		1		3.47		
Carbohydrate, by difference.....g	25.47		0	NC	4		51.96		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	45	9.920	6		1		92		
Iron, Fe.....mg	2.53	0.328	6		1		5.16		
Magnesium, Mg.....mg	24	1.127	5		1		49		
Phosphorus, P.....mg	146	8.896	6		1		298		
Potassium, K.....mg	257	14.420	5		1		524		
Sodium, Na.....mg	391	17.471	5		1		798		
Zinc, Zn.....mg	2.22	0.150	5		1		4.53		
Copper, Cu.....mg	0.108	0.004	5		1		0.220		
Manganese, Mn.....mg	0.180		1		1		0.367		
Selenium, Se.....mcg	20.6		0	RK	4		42.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.7		1		1		5.5		
Thiamin.....mg	0.200	0.016	5		1		0.408		
Riboflavin.....mg	0.180	0.008	5		1		0.367		
Niacin.....mg	3.580	0.240	5		1		7.303		
Pantothenic acid.....mg	0.450		2		1		0.918		
Vitamin B-6.....mg	0.180		2		1		0.367		
Folate, total.....mcg	44		0	RK	4		90		
Folic acid.....mcg	27		0	RA	4		55		
Folate, food.....mcg	17		0	NC	4		35		
Folate, DFE.....mcg_DFE	63		0	NC	4		128		
Vitamin B-12.....mcg	0.77		2		1		1.57		
Vitamin A, IU.....IU	180		1		1		367		
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		20		
Retinol.....mcg	1		0	NC	4		2		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.870		0		1		3.815		
Fatty acids, total monounsaturated.....g	2.620		0		1		5.345		
Fatty acids, total polyunsaturated.....g	1.640		0		1		3.346		
Fatty acids, total trans.....g									
Cholesterol.....mg	36		1		1		73		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.181		0		1		0.369		
Threonine.....g	0.590		0		1		1.204		
Isoleucine.....g	0.631		0		1		1.287		
Leucine.....g	1.157		0		1		2.360		
Lysine.....g	1.087		0		1		2.217		
Methionine.....g	0.325		0		1		0.663		
Cystine.....g	0.164		0		1		0.335		

NDB No. 21123

Sandwiches and burgers, steak sandwich

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Phenylalanine.....g	0.593		0		1		1.210		
Tyrosine.....g	0.443		0		1		0.904		
Valine.....g	0.723		0		1		1.475		
Arginine.....g	0.928		0		1		1.893		
Histidine.....g	0.443		0		1		0.904		
Alanine.....g	0.887		0		1		1.809		
Aspartic acid.....g	1.263		0		1		2.577		
Glutamic acid.....g	2.760		0		1		5.630		
Glycine.....g	1.003		0		1		2.046		
Proline.....g	0.894		0		1		1.824		
Serine.....g	0.607		0		1		1.238		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 204g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.95

Carbohydrate 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21306
Sausage Griddle Cake Sandwich

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
14:0.....g	0.206		0	FLA	4		0.278		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	3.259		0	FLA	4		4.400		
17:0.....g	0.035		0	FLA	4		0.047		
18:0.....g	1.806		0	FLA	4		2.438		
20:0.....g	0.037		0	FLA	4		0.050		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated.....g	7.532		0	RKI	6		10.168		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g	0.000		0	FLA	4		0.000		
16:1 undifferentiated.....g	0.445		0	FLA	4		0.601		
17:1.....g	0.000		0	FLA	4		0.000		
18:1 undifferentiated.....g	6.904		0	FLA	4		9.320		
20:1.....g	0.183		0	FLA	4		0.247		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.590		0	FLA	4		3.496		
18:2 undifferentiated.....g	2.300		0	FLA	4		3.104		
18:3 undifferentiated.....g	0.131		0	FLA	4		0.176		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g	0.101		0	FLA	4		0.136		
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:4 undifferentiated.....g	0.059		0	FLA	4		0.079		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g	0.956		0	RKI	6		1.291		
Cholesterol.....mg	24		0	RKA	1		32		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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

Common Measures:

Measure 1 = 135g: 1 item 4.744 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21140
Side dishes, potato salad

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.690		0		1		1.606		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		2		1		0.114		
17:1.....g									
18:1 undifferentiated.....g	1.550		2		1		1.473		
20:1.....g									
22:1 undifferentiated.....g	0.020		2		1		0.019		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.020		0		1		2.869		
18:2 undifferentiated.....g	2.720		2		1		2.584		
18:3 undifferentiated.....g	0.300		2		1		0.285		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	60		2		1		57		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.017		0		1		0.016		
Threonine.....g	0.073		0		1		0.069		
Isoleucine.....g	0.082		0		1		0.078		
Leucine.....g	0.137		0		1		0.130		
Lysine.....g	0.101		0		1		0.096		
Methionine.....g	0.036		0		1		0.034		
Cystine.....g	0.023		0		1		0.022		
Phenylalanine.....g	0.104		0		1		0.099		
Tyrosine.....g	0.069		0		1		0.066		
Valine.....g	0.090		0		1		0.086		
Arginine.....g	0.086		0		1		0.082		
Histidine.....g	0.037		0		1		0.035		
Alanine.....g	0.072		0		1		0.068		
Aspartic acid.....g	0.233		0		1		0.221		
Glutamic acid.....g	0.209		0		1		0.199		
Glycine.....g	0.059		0		1		0.056		
Proline.....g	0.065		0		1		0.062		
Serine.....g	0.080		0		1		0.076		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 95g: .333 cup

Calories Factors: Protein 3.6

Fat 8.9

Carbohydrate 4.06

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21265

TACO BELL, BURRITO SUPREME with beef

Taco Bell Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.60	0.738	4	A	1		150.30		
Energy.....kcal	189		0	NC	4		469		
Energy.....kj	790		0	NC	4		1960		
Protein.....g	8.05	0.485	4	A	1		19.97		
Total lipid (fat).....g	8.05	0.266	4	A	1		19.96		
Ash.....g	2.22	0.052	4	A	1		5.52		
Carbohydrate, by difference.....g	21.07		0	NC	4		52.25		
Fiber, total dietary.....g	3.2	0.025	4	A	1		7.9		
Sugars, total.....g									
Sucrose.....g	0.15	0.000	4	A	1		0.37		
Glucose (dextrose).....g	1.60	0.054	4	A	1		3.97		
Fructose.....g	0.65	0.013	4	A	1		1.62		
Lactose.....g	0.15	0.000	4	A	1		0.37		
Maltose.....g	0.15	0.000	4	A	1		0.37		
Galactose.....g									
Starch.....g	13.58	1.926	4	A	1		33.67		
Minerals:									
Calcium, Ca.....mg	93	3.578	4	A	1		230		
Iron, Fe.....mg	2.26	0.202	4	A	1		5.61		
Magnesium, Mg.....mg	25	0.938	4	A	1		61		
Phosphorus, P.....mg	136	2.677	4	A	1		337		
Potassium, K.....mg	245	2.626	4	A	1		607		
Sodium, Na.....mg	574	12.086	4	A	1		1424		
Zinc, Zn.....mg	1.05	0.037	4	A	1		2.61		
Copper, Cu.....mg	0.113	0.038	4	A	1		0.280		
Manganese, Mn.....mg	0.329	0.008	4	A	1		0.816		
Selenium, Se.....mcg	9.6	0.686	4	A	1		23.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.154	0.009	4	A	1		0.382		
Riboflavin.....mg	0.149	0.005	4	A	1		0.368		
Niacin.....mg	1.747	0.075	4	A	1		4.334		
Pantothenic acid.....mg	0.178	0.007	4	A	1		0.441		
Vitamin B-6.....mg	0.104	0.005	4	A	1		0.259		
Folate, total.....mcg	45	6.338	4	A	1		112		
Folic acid.....mcg	33	4.916	4	A	1		82		
Folate, food.....mcg	12		0	AS	1		30		
Folate, DFE.....mcg_DFE	68		0	NC	4		169		
Vitamin B-12.....mcg	0.50	0.028	4	A	1		1.25		
Vitamin A, IU.....IU	82		0	AS	1		203		
Vitamin A, RAE.....mcg_RAE	4		0	AS	1		10		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.46	0.030	4	A	1		1.14		
Tocopherol, beta.....mg	0.02	0.003	4	A	1		0.06		
Tocopherol, gamma.....mg	1.25	0.043	4	A	1		3.10		
Tocopherol, delta.....mg	0.43	0.020	4	A	1		1.07		
Vitamin D.....IU	7		1	A	1		18		
Vitamin K (phylloquinone).....mcg	5.4	0.270	4	A	1		13.3		
Lipids:									
Fatty acids, total saturated.....g	3.047		0	NC	4		7.556		
4:0.....g									
6:0.....g									
8:0.....g	0.022	0.003	4	A	1		0.056		
10:0.....g	0.057	0.005	4	A	1		0.143		
12:0.....g	0.065	0.005	4	A	1		0.161		
13:0.....g									
14:0.....g	0.290	0.023	4	A	1		0.719		
15:0.....g	0.035	0.003	4	A	1		0.087		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
16:0.....g	1.560	0.083	4	A	1		3.869		
17:0.....g	0.042	0.003	4	A	1		0.105		
18:0.....g	0.955	0.040	4	A	1		2.368		
20:0.....g	0.017	0.003	4	A	1		0.043		
22:0.....g	0.000	0.000	4	A	1		0.000		
24:0.....g	0.002	0.002	4	A	1		0.006		
Fatty acids, total monounsaturated.....g	3.277		0	NC	4		8.128		
14:1.....g	0.032	0.003	4	A	1		0.080		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.117	0.010	4	A	1		0.291		
17:1.....g	0.007	0.007	4	A	1		0.019		
18:1 undifferentiated.....g	3.100	0.144	4	A	1		7.688		
20:1.....g	0.020	0.000	4	A	1		0.049		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.817		0	NC	4		2.027		
18:2 undifferentiated.....g	0.715	0.028	4	A	1		1.773		
18:3 undifferentiated.....g	0.102	0.002	4	A	1		0.254		
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:6 n-3.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	16	0.626	4	A	1		40		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.078		0	A	1		0.193		
Threonine.....g	0.300		0	A	1		0.744		
Isoleucine.....g	0.302		0	A	1		0.749		
Leucine.....g	0.577		0	A	1		1.430		
Lysine.....g	0.483		0	A	1		1.197		
Methionine.....g	0.131		0	A	1		0.324		
Cystine.....g	0.096		0	A	1		0.238		
Phenylalanine.....g	0.360		0	A	1		0.894		
Tyrosine.....g	0.237		0	A	1		0.587		
Valine.....g	0.363		0	A	1		0.900		
Arginine.....g	0.389		0	A	1		0.965		
Histidine.....g	0.209		0	A	1		0.519		
Alanine.....g	0.331		0	A	1		0.821		
Aspartic acid.....g	0.671		0	A	1		1.664		
Glutamic acid.....g	1.714		0	A	1		4.251		
Glycine.....g	0.372		0	A	1		0.922		
Proline.....g	0.578		0	A	1		1.434		
Serine.....g	0.388		0	A	1		0.962		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	49	7.680	4	A	1		121.954		
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 248g: 1 item

NDB No. 21265

TACO BELL, BURRITO SUPREME with beef

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21266

TACO BELL, BURRITO SUPREME with chicken

Taco Bell Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.00	0.328	4	A	1		151.29		
Energy.....kcal	179		0	NC	4		445		
Energy.....kj	750		0	NC	4		1860		
Protein.....g	9.84	0.372	4	A	1		24.41		
Total lipid (fat).....g	6.42	0.225	4	A	1		15.93		
Ash.....g	2.22	0.035	4	A	1		5.50		
Carbohydrate, by difference.....g	20.51		0	NC	4		50.87		
Fiber, total dietary.....g	2.4	0.085	4	A	1		5.9		
Sugars, total.....g									
Sucrose.....g	0.15	0.000	4	A	1		0.37		
Glucose (dextrose).....g	0.73	0.342	4	A	1		1.82		
Fructose.....g	0.55	0.012	4	A	1		1.37		
Lactose.....g	0.15	0.000	4	A	1		0.37		
Maltose.....g	0.15	0.000	4	A	1		0.37		
Galactose.....g									
Starch.....g	15.10	0.356	4	A	1		37.45		
Minerals:									
Calcium, Ca.....mg	94	3.672	4	A	1		232		
Iron, Fe.....mg	1.56	0.149	4	A	1		3.88		
Magnesium, Mg.....mg	28	1.082	4	A	1		71		
Phosphorus, P.....mg	163	4.090	4	A	1		404		
Potassium, K.....mg	264	4.131	4	A	1		655		
Sodium, Na.....mg	564	13.174	4	A	1		1398		
Zinc, Zn.....mg	0.65	0.015	4	A	1		1.61		
Copper, Cu.....mg	0.100	0.008	4	A	1		0.247		
Manganese, Mn.....mg	0.270	0.008	4	A	1		0.669		
Selenium, Se.....mcg	9.6	0.576	4	A	1		23.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.174	0.012	4	A	1		0.431		
Riboflavin.....mg	0.171	0.020	4	A	1		0.425		
Niacin.....mg	3.900	0.354	4	A	1		9.672		
Pantothenic acid.....mg	0.566	0.078	4	A	1		1.404		
Vitamin B-6.....mg	0.126	0.006	4	A	1		0.312		
Folate, total.....mcg	48	3.425	4	A	1		118		
Folic acid.....mcg	23	4.328	4	A	1		56		
Folate, food.....mcg	25		0	AS	1		62		
Folate, DFE.....mcg_DFE	64		0	NC	4		158		
Vitamin B-12.....mcg	0.33	0.000	4	A	1		0.81		
Vitamin A, IU.....IU	82		0	AS	1		204		
Vitamin A, RAE.....mcg_RAE	4		0	AS	1		10		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.42	0.023	4	A	1		1.05		
Tocopherol, beta.....mg	0.02	0.003	4	A	1		0.06		
Tocopherol, gamma.....mg	1.22	0.092	4	A	1		3.04		
Tocopherol, delta.....mg	0.42	0.020	4	A	1		1.05		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.3	0.254	4	A	1		13.1		
Lipids:									
Fatty acids, total saturated.....g	2.352		0	NC	4		5.832		
4:0.....g									
6:0.....g									
8:0.....g	0.027	0.003	4	A	1		0.068		
10:0.....g	0.057	0.002	4	A	1		0.142		
12:0.....g	0.065	0.003	4	A	1		0.161		
13:0.....g									
14:0.....g	0.230	0.007	4	A	1		0.570		
15:0.....g	0.020	0.000	4	A	1		0.049		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
16:0.....g	1.205	0.038	4	A	1		2.988		
17:0.....g	0.020	0.000	4	A	1		0.049		
18:0.....g	0.707	0.043	4	A	1		1.754		
20:0.....g	0.017	0.003	4	A	1		0.043		
22:0.....g	0.002	0.002	4	A	1		0.006		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	2.560		0	NC	4		6.348		
14:1.....g	0.020	0.000	4	A	1		0.049		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.080	0.004	4	A	1		0.198		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	2.445	0.119	4	A	1		6.063		
20:1.....g	0.015	0.003	4	A	1		0.037		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.795		0	NC	4		1.971		
18:2 undifferentiated.....g	0.685	0.021	4	A	1		1.699		
18:3 undifferentiated.....g	0.095	0.003	4	A	1		0.236		
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.015	0.003	4	A	1		0.037		
20:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:6 n-3.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	21	1.124	4	A	1		51		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.110		0	A	1		0.272		
Threonine.....g	0.373		0	A	1		0.926		
Isoleucine.....g	0.383		0	A	1		0.950		
Leucine.....g	0.696		0	A	1		1.727		
Lysine.....g	0.627		0	A	1		1.555		
Methionine.....g	0.178		0	A	1		0.441		
Cystine.....g	0.110		0	A	1		0.273		
Phenylalanine.....g	0.420		0	A	1		1.041		
Tyrosine.....g	0.283		0	A	1		0.702		
Valine.....g	0.439		0	A	1		1.088		
Arginine.....g	0.473		0	A	1		1.174		
Histidine.....g	0.283		0	A	1		0.702		
Alanine.....g	0.400		0	A	1		0.991		
Aspartic acid.....g	0.838		0	A	1		2.079		
Glutamic acid.....g	1.845		0	A	1		4.574		
Glycine.....g	0.343		0	A	1		0.851		
Proline.....g	0.561		0	A	1		1.392		
Serine.....g	0.444		0	A	1		1.100		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	49	4.063	4	A	1		122.636		
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 248g: 1 item

NDB No. 21266

TACO BELL, BURRITO SUPREME with chicken

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21267

TACO BELL, BURRITO SUPREME with steak

Taco Bell Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.21	0.144	4	A	1		151.81		
Energy.....kcal	183		0	NC	4		455		
Energy.....kj	767		0	NC	4		1902		
Protein.....g	9.13	0.301	4	A	1		22.65		
Total lipid (fat).....g	7.27	0.125	4	A	1		18.04		
Ash.....g	2.06	0.056	4	A	1		5.11		
Carbohydrate, by difference.....g	20.32		0	NC	4		50.39		
Fiber, total dietary.....g	2.4	0.048	4	A	1		6.0		
Sugars, total.....g									
Sucrose.....g	0.15	0.000	4	A	1		0.37		
Glucose (dextrose).....g	0.17	0.018	4	A	1		0.41		
Fructose.....g	0.71	0.012	4	A	1		1.76		
Lactose.....g	0.15	0.000	4	A	1		0.37		
Maltose.....g	0.17	0.025	4	A	1		0.43		
Galactose.....g									
Starch.....g	14.95	0.343	4	A	1		37.08		
Minerals:									
Calcium, Ca.....mg	101	3.205	4	A	1		251		
Iron, Fe.....mg	2.00	0.098	4	A	1		4.95		
Magnesium, Mg.....mg	27	0.272	4	A	1		67		
Phosphorus, P.....mg	131	5.266	4	A	1		326		
Potassium, K.....mg	228	5.023	4	A	1		565		
Sodium, Na.....mg	534	11.229	4	A	1		1323		
Zinc, Zn.....mg	1.38	0.061	4	A	1		3.43		
Copper, Cu.....mg	0.115	0.006	4	A	1		0.285		
Manganese, Mn.....mg	0.274	0.007	4	A	1		0.679		
Selenium, Se.....mcg	10.1	0.427	4	A	1		25.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.252	0.011	4	A	1		0.625		
Riboflavin.....mg	0.183	0.011	4	A	1		0.453		
Niacin.....mg	2.250	0.061	4	A	1		5.580		
Pantothenic acid.....mg	0.219	0.006	4	A	1		0.543		
Vitamin B-6.....mg	0.101	0.004	4	A	1		0.250		
Folate, total.....mcg	39	7.739	4	A	1		96		
Folic acid.....mcg	22	5.612	4	A	1		55		
Folate, food.....mcg	17		0	AS	1		42		
Folate, DFE.....mcg_DFE	54		0	NC	4		134		
Vitamin B-12.....mcg	0.60	0.043	4	A	1		1.50		
Vitamin A, IU.....IU	72		0	AS	1		179		
Vitamin A, RAE.....mcg_RAE	4		0	AS	1		9		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.38	0.040	4	A	1		0.95		
Tocopherol, beta.....mg	0.01	0.005	4	A	1		0.03		
Tocopherol, gamma.....mg	1.15	0.043	4	A	1		2.86		
Tocopherol, delta.....mg	0.42	0.016	4	A	1		1.05		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.0	0.659	4	A	1		14.9		
Lipids:									
Fatty acids, total saturated.....g	2.674		0	NC	4		6.633		
4:0.....g									
6:0.....g									
8:0.....g	0.027	0.003	4	A	1		0.068		
10:0.....g	0.062	0.003	4	A	1		0.155		
12:0.....g	0.070	0.004	4	A	1		0.173		
13:0.....g									
14:0.....g	0.272	0.013	4	A	1		0.676		
15:0.....g	0.030	0.000	4	A	1		0.074		

TACO BELL, BURRITO SUPREME with steak

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
16:0.....g	1.365	0.036	4	A	1		3.385		
17:0.....g	0.032	0.003	4	A	1		0.080		
18:0.....g	0.805	0.009	4	A	1		1.996		
20:0.....g	0.010	0.000	4	A	1		0.025		
22:0.....g	0.000	0.000	4	A	1		0.000		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	2.822		0	NC	4		6.999		
14:1.....g	0.027	0.003	4	A	1		0.068		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.090	0.004	4	A	1		0.223		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	2.685	0.025	4	A	1		6.659		
20:1.....g	0.020	0.000	4	A	1		0.049		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.770		0	NC	4		1.909		
18:2 undifferentiated.....g	0.672	0.010	4	A	1		1.668		
18:3 undifferentiated.....g	0.087	0.003	4	A	1		0.217		
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.010	0.000	4	A	1		0.025		
20:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:6 n-3.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	21	1.040	4	A	1		52		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.108		0	A	1		0.267		
Threonine.....g	0.373		0	A	1		0.926		
Isoleucine.....g	0.373		0	A	1		0.926		
Leucine.....g	0.694		0	A	1		1.721		
Lysine.....g	0.616		0	A	1		1.527		
Methionine.....g	0.165		0	A	1		0.409		
Cystine.....g	0.110		0	A	1		0.273		
Phenylalanine.....g	0.416		0	A	1		1.032		
Tyrosine.....g	0.273		0	A	1		0.677		
Valine.....g	0.428		0	A	1		1.062		
Arginine.....g	0.463		0	A	1		1.148		
Histidine.....g	0.248		0	A	1		0.615		
Alanine.....g	0.410		0	A	1		1.018		
Aspartic acid.....g	0.817		0	A	1		2.026		
Glutamic acid.....g	1.895		0	A	1		4.699		
Glycine.....g	0.379		0	A	1		0.941		
Proline.....g	0.586		0	A	1		1.452		
Serine.....g	0.441		0	A	1		1.094		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	43	1.548	4	A	1		107.322		
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 248g: 1 item

NDB No. 21267

TACO BELL, BURRITO SUPREME with steak

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21264
TACO BELL, Bean Burrito
Taco Bell Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.06	0.484	4	A	1		109.02		
Energy.....kcal	204		0	NC	4		405		
Energy.....kj	855		0	NC	4		1693		
Protein.....g	7.90	0.158	4	A	1		15.64		
Total lipid (fat).....g	6.85	0.166	4	A	1		13.56		
Ash.....g	2.42	0.043	4	A	1		4.79		
Carbohydrate, by difference.....g	27.77		0	NC	4		54.98		
Fiber, total dietary.....g	3.9	0.111	4	A	1		7.8		
Sugars, total.....g									
Sucrose.....g	0.47	0.138	4	A	1		0.93		
Glucose (dextrose).....g	1.33	0.119	4	A	1		2.64		
Fructose.....g	0.32	0.082	4	A	1		0.63		
Lactose.....g	0.15	0.000	4	A	1		0.30		
Maltose.....g	0.15	0.000	4	A	1		0.30		
Galactose.....g									
Starch.....g	21.00	0.173	4	A	1		41.58		
Minerals:									
Calcium, Ca.....mg	117	5.154	4	A	1		231		
Iron, Fe.....mg	2.31	0.028	4	A	1		4.57		
Magnesium, Mg.....mg	31	0.394	4	A	1		62		
Phosphorus, P.....mg	170	17.968	4	A	1		337		
Potassium, K.....mg	269	6.442	4	A	1		533		
Sodium, Na.....mg	614	10.332	4	A	1		1215		
Zinc, Zn.....mg	0.86	0.020	4	A	1		1.71		
Copper, Cu.....mg	0.169	0.009	4	A	1		0.334		
Manganese, Mn.....mg	0.370	0.009	4	A	1		0.733		
Selenium, Se.....mcg	10.4	0.643	4	A	1		20.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.202	0.018	4	A	1		0.400		
Riboflavin.....mg	0.153	0.009	4	A	1		0.302		
Niacin.....mg	1.712	0.078	4	A	1		3.391		
Pantothenic acid.....mg	0.168	0.005	4	A	1		0.333		
Vitamin B-6.....mg	0.121	0.006	4	A	1		0.240		
Folate, total.....mcg	50	9.437	4	A	1		99		
Folic acid.....mcg	25	4.743	4	A	1		50		
Folate, food.....mcg	25		0	AS	1		50		
Folate, DFE.....mcg_DFE	68		0	NC	4		134		
Vitamin B-12.....mcg	0.00	0.000	4	A	1		0.00		
Vitamin A, IU.....IU	67		0	AS	1		133		
Vitamin A, RAE.....mcg_RAE	3		0	AS	1		7		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.50	0.020	4	A	1		0.98		
Tocopherol, beta.....mg	0.02	0.006	4	A	1		0.03		
Tocopherol, gamma.....mg	1.78	0.137	4	A	1		3.52		
Tocopherol, delta.....mg	0.53	0.050	4	A	1		1.05		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.2	0.462	4	A	1		8.3		
Lipids:									
Fatty acids, total saturated.....g	2.444		0	NC	4		4.840		
4:0.....g									
6:0.....g									
8:0.....g	0.025	0.005	4	A	1		0.049		
10:0.....g	0.052	0.008	4	A	1		0.104		
12:0.....g	0.060	0.007	4	A	1		0.119		
13:0.....g									
14:0.....g	0.215	0.029	4	A	1		0.426		
15:0.....g	0.022	0.005	4	A	1		0.044		

NDB No. 21264
TACO BELL, Bean Burrito

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	1.212	0.077	4	A	1		2.401		
17:0.....g	0.017	0.003	4	A	1		0.034		
18:0.....g	0.810	0.027	4	A	1		1.604		
20:0.....g	0.020	0.000	4	A	1		0.039		
22:0.....g	0.007	0.002	4	A	1		0.015		
24:0.....g	0.002	0.002	4	A	1		0.005		
Fatty acids, total monounsaturated.....g	2.992		0	NC	4		5.925		
14:1.....g	0.015	0.005	4	A	1		0.030		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.047	0.006	4	A	1		0.094		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	2.912	0.020	4	A	1		5.767		
20:1.....g	0.017	0.003	4	A	1		0.034		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.882		0	NC	4		1.747		
18:2 undifferentiated.....g	0.750	0.016	4	A	1		1.485		
18:3 undifferentiated.....g	0.132	0.005	4	A	1		0.262		
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:6 n-3.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	9	0.684	4	A	1		17		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.090		0	A	1		0.178		
Threonine.....g	0.298		0	A	1		0.589		
Isoleucine.....g	0.312		0	A	1		0.619		
Leucine.....g	0.602		0	A	1		1.193		
Lysine.....g	0.468		0	A	1		0.926		
Methionine.....g	0.115		0	A	1		0.228		
Cystine.....g	0.093		0	A	1		0.183		
Phenylalanine.....g	0.390		0	A	1		0.772		
Tyrosine.....g	0.245		0	A	1		0.485		
Valine.....g	0.375		0	A	1		0.742		
Arginine.....g	0.365		0	A	1		0.723		
Histidine.....g	0.210		0	A	1		0.416		
Alanine.....g	0.275		0	A	1		0.545		
Aspartic acid.....g	0.690		0	A	1		1.366		
Glutamic acid.....g	1.803		0	A	1		3.571		
Glycine.....g	0.280		0	A	1		0.555		
Proline.....g	0.598		0	A	1		1.184		
Serine.....g	0.427		0	A	1		0.846		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	40	7.511	4	A	1		79.596		
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 198g: 1 item

NDB No. 21264
TACO BELL, Bean Burrito

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21268
TACO BELL, Nachos
Taco Bell Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	34.29	1.772	4	A	1		33.94		
Energy.....kcal	366		0	NC	4		362		
Energy.....kj	1530		0	NC	4		1515		
Protein.....g	5.15	0.105	4	A	1		5.10		
Total lipid (fat).....g	22.17	0.492	4	A	1		21.95		
Ash.....g	2.01	0.087	4	A	1		1.99		
Carbohydrate, by difference.....g	36.38		0	NC	4		36.01		
Fiber, total dietary.....g	3.8	0.114	4	A	1		3.8		
Sugars, total.....g									
Sucrose.....g	0.36	0.074	4	A	1		0.35		
Glucose (dextrose).....g	0.15	0.000	4	A	1		0.15		
Fructose.....g	0.15	0.000	4	A	1		0.15		
Lactose.....g	1.46	0.168	4	A	1		1.45		
Maltose.....g	0.15	0.000	4	A	1		0.15		
Galactose.....g									
Starch.....g	30.45	0.763	4	A	1		30.15		
Minerals:									
Calcium, Ca.....mg	89	5.047	4	A	1		89		
Iron, Fe.....mg	1.12	0.082	4	A	1		1.11		
Magnesium, Mg.....mg	52	2.627	4	A	1		52		
Phosphorus, P.....mg	283	17.104	4	A	1		280		
Potassium, K.....mg	182	4.679	4	A	1		180		
Sodium, Na.....mg	514	27.164	4	A	1		509		
Zinc, Zn.....mg	1.15	0.047	4	A	1		1.14		
Copper, Cu.....mg	0.123	0.017	4	A	1		0.121		
Manganese, Mn.....mg	0.254	0.019	4	A	1		0.252		
Selenium, Se.....mcg	3.4	0.841	4	A	1		3.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.125	0.004	4	A	1		0.124		
Riboflavin.....mg	0.134	0.011	4	A	1		0.133		
Niacin.....mg	0.910	0.031	4	A	1		0.901		
Pantothenic acid.....mg	0.307	0.021	4	A	1		0.304		
Vitamin B-6.....mg	0.178	0.008	4	A	1		0.176		
Folate, total.....mcg	13	0.854	4	A	1		13		
Folic acid.....mcg	0	0.000	4	A	1		0		
Folate, food.....mcg	13		0	AS	1		13		
Folate, DFE.....mcg_DFE	13		0	NC	4		13		
Vitamin B-12.....mcg	0.00	0.000	4	A	1		0.00		
Vitamin A, IU.....IU	19		0	AS	1		18		
Vitamin A, RAE.....mcg_RAE	1		0	AS	1		1		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.05	0.081	4	A	1		1.04		
Tocopherol, beta.....mg	0.07	0.004	4	A	1		0.07		
Tocopherol, gamma.....mg	8.01	0.359	4	A	1		7.93		
Tocopherol, delta.....mg	3.25	0.115	4	A	1		3.22		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.5	1.188	4	A	1		7.5		
Lipids:									
Fatty acids, total saturated.....g	4.699		0	NC	4		4.652		
4:0.....g									
6:0.....g									
8:0.....g	0.007	0.005	4	A	1		0.007		
10:0.....g	0.020	0.004	4	A	1		0.020		
12:0.....g	0.022	0.005	4	A	1		0.022		
13:0.....g									
14:0.....g	0.075	0.012	4	A	1		0.074		
15:0.....g	0.000	0.000	4	A	1		0.000		

NDB No. 21268
TACO BELL, Nachos

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
16:0.....g	2.517	0.078	4	A	1		2.492		
17:0.....g	0.025	0.003	4	A	1		0.025		
18:0.....g	1.905	0.075	4	A	1		1.886		
20:0.....g	0.057	0.009	4	A	1		0.057		
22:0.....g	0.060	0.000	4	A	1		0.059		
24:0.....g	0.005	0.005	4	A	1		0.005		
Fatty acids, total monounsaturated.....g	12.715		0	NC	4		12.588		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.032	0.003	4	A	1		0.032		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	12.645	0.351	4	A	1		12.519		
20:1.....g	0.037	0.008	4	A	1		0.037		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.580		0	NC	4		2.554		
18:2 undifferentiated.....g	2.507	0.138	4	A	1		2.482		
18:3 undifferentiated.....g	0.062	0.009	4	A	1		0.062		
18:4.....g	0.010	0.010	4	A	1		0.010		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:6 n-3.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	4	0.315	4	A	1		3		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.052		0	A	1		0.052		
Threonine.....g	0.190		0	A	1		0.188		
Isoleucine.....g	0.185		0	A	1		0.183		
Leucine.....g	0.553		0	A	1		0.547		
Lysine.....g	0.250		0	A	1		0.248		
Methionine.....g	0.097		0	A	1		0.097		
Cystine.....g	0.077		0	A	1		0.077		
Phenylalanine.....g	0.263		0	A	1		0.260		
Tyrosine.....g	0.185		0	A	1		0.183		
Valine.....g	0.238		0	A	1		0.235		
Arginine.....g	0.203		0	A	1		0.201		
Histidine.....g	0.138		0	A	1		0.136		
Alanine.....g	0.307		0	A	1		0.304		
Aspartic acid.....g	0.373		0	A	1		0.369		
Glutamic acid.....g	0.945		0	A	1		0.936		
Glycine.....g	0.155		0	A	1		0.153		
Proline.....g	0.475		0	A	1		0.470		
Serine.....g	0.263		0	A	1		0.260		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	11	0.000	4	A	1		11.068		
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 99g: 1 item

NDB No. 21268
TACO BELL, Nachos

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21269
TACO BELL, Nachos Supreme
Taco Bell Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	53.78	0.681	4	A	1		104.88		
Energy.....kcal	246		0	NC	4		479		
Energy.....kj	1028		0	NC	4		2004		
Protein.....g	7.59	0.302	4	A	1		14.81		
Total lipid (fat).....g	13.65	0.330	4	A	1		26.62		
Ash.....g	1.88	0.058	4	A	1		3.67		
Carbohydrate, by difference.....g	23.09		0	NC	4		45.03		
Fiber, total dietary.....g	4.1	0.119	4	A	1		8.1		
Sugars, total.....g									
Sucrose.....g	0.15	0.000	4	A	1		0.29		
Glucose (dextrose).....g	0.17	0.023	4	A	1		0.33		
Fructose.....g	0.43	0.020	4	A	1		0.85		
Lactose.....g	0.28	0.135	4	A	1		0.55		
Maltose.....g	0.15	0.000	4	A	1		0.29		
Galactose.....g									
Starch.....g	16.62	0.507	4	A	1		32.42		
Minerals:									
Calcium, Ca.....mg	73	9.169	4	A	1		142		
Iron, Fe.....mg	2.14	0.624	4	A	1		4.17		
Magnesium, Mg.....mg	46	1.695	4	A	1		91		
Phosphorus, P.....mg	197	20.081	4	A	1		384		
Potassium, K.....mg	242	16.718	4	A	1		472		
Sodium, Na.....mg	430	23.562	4	A	1		839		
Zinc, Zn.....mg	1.36	0.125	4	A	1		2.65		
Copper, Cu.....mg	0.116	0.014	4	A	1		0.225		
Manganese, Mn.....mg	0.270	0.019	4	A	1		0.527		
Selenium, Se.....mcg	6.7	0.576	4	A	1		13.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.101	0.006	4	A	1		0.198		
Riboflavin.....mg	0.143	0.004	4	A	1		0.279		
Niacin.....mg	0.984	0.294	4	A	1		1.919		
Pantothenic acid.....mg	0.253	0.037	4	A	1		0.494		
Vitamin B-6.....mg	0.173	0.010	4	A	1		0.337		
Folate, total.....mcg	29	2.175	4	A	1		56		
Folic acid.....mcg	1	0.408	4	A	1		2		
Folate, food.....mcg	28		0	AS	1		54		
Folate, DFE.....mcg_DFE	29		0	NC	4		57		
Vitamin B-12.....mcg	0.39	0.035	4	A	1		0.76		
Vitamin A, IU.....IU	70		0	AS	1		137		
Vitamin A, RAE.....mcg_RAE	4		0	AS	1		7		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.73	0.060	4	A	1		1.42		
Tocopherol, beta.....mg	0.02	0.005	4	A	1		0.05		
Tocopherol, gamma.....mg	3.25	0.533	4	A	1		6.35		
Tocopherol, delta.....mg	1.37	0.156	4	A	1		2.68		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.4	0.329	4	A	1		12.5		
Lipids:									
Fatty acids, total saturated.....g	3.984		0	NC	4		7.769		
4:0.....g									
6:0.....g									
8:0.....g	0.022	0.003	4	A	1		0.044		
10:0.....g	0.050	0.000	4	A	1		0.098		
12:0.....g	0.052	0.002	4	A	1		0.102		
13:0.....g									
14:0.....g	0.255	0.009	4	A	1		0.497		
15:0.....g	0.030	0.000	4	A	1		0.058		

NDB No. 21269
TACO BELL, Nachos Supreme

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	2.110	0.018	4	A	1		4.114		
17:0.....g	0.045	0.003	4	A	1		0.088		
18:0.....g	1.357	0.026	4	A	1		2.647		
20:0.....g	0.030	0.000	4	A	1		0.058		
22:0.....g	0.025	0.003	4	A	1		0.049		
24:0.....g	0.007	0.005	4	A	1		0.015		
Fatty acids, total monounsaturated.....g	7.022		0	NC	4		13.693		
14:1.....g	0.035	0.003	4	A	1		0.068		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.130	0.011	4	A	1		0.253		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	6.827	0.217	4	A	1		13.313		
20:1.....g	0.030	0.000	4	A	1		0.058		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.432		0	NC	4		2.793		
18:2 undifferentiated.....g	1.297	0.056	4	A	1		2.530		
18:3 undifferentiated.....g	0.135	0.015	4	A	1		0.263		
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:6 n-3.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	19	2.563	4	A	1		37		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.075		0	A	1		0.146		
Threonine.....g	0.293		0	A	1		0.572		
Isoleucine.....g	0.281		0	A	1		0.547		
Leucine.....g	0.612		0	A	1		1.194		
Lysine.....g	0.453		0	A	1		0.883		
Methionine.....g	0.123		0	A	1		0.239		
Cystine.....g	0.080		0	A	1		0.157		
Phenylalanine.....g	0.364		0	A	1		0.709		
Tyrosine.....g	0.218		0	A	1		0.426		
Valine.....g	0.325		0	A	1		0.635		
Arginine.....g	0.383		0	A	1		0.747		
Histidine.....g	0.195		0	A	1		0.381		
Alanine.....g	0.416		0	A	1		0.811		
Aspartic acid.....g	0.717		0	A	1		1.397		
Glutamic acid.....g	1.171		0	A	1		2.283		
Glycine.....g	0.355		0	A	1		0.692		
Proline.....g	0.471		0	A	1		0.919		
Serine.....g	0.356		0	A	1		0.694		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	42	3.025	4	A	1		82.241		
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 195g: 1 item

NDB No. 21269
TACO BELL, Nachos Supreme

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21260

TACO BELL, Original Taco with beef

Taco Bell Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.91	0.825	4	A	1		43.61		
Energy.....kcal	236		0	NC	4		184		
Energy.....kj	988		0	NC	4		771		
Protein.....g	10.79	0.435	4	A	1		8.42		
Total lipid (fat).....g	13.48	0.496	4	A	1		10.51		
Ash.....g	1.87	0.059	4	A	1		1.46		
Carbohydrate, by difference.....g	17.95		0	NC	4		14.00		
Fiber, total dietary.....g	3.6	0.206	4	A	1		2.8		
Sugars, total.....g									
Sucrose.....g	0.20	0.034	4	A	1		0.16		
Glucose (dextrose).....g	0.15	0.000	4	A	1		0.12		
Fructose.....g	0.31	0.007	4	A	1		0.24		
Lactose.....g	0.15	0.000	4	A	1		0.12		
Maltose.....g	0.15	0.000	4	A	1		0.12		
Galactose.....g									
Starch.....g	14.40	0.372	4	A	1		11.23		
Minerals:									
Calcium, Ca.....mg	79	6.461	4	A	1		62		
Iron, Fe.....mg	1.88	0.151	4	A	1		1.46		
Magnesium, Mg.....mg	33	0.801	4	A	1		26		
Phosphorus, P.....mg	178	3.987	4	A	1		139		
Potassium, K.....mg	216	2.287	4	A	1		169		
Sodium, Na.....mg	447	8.461	4	A	1		348		
Zinc, Zn.....mg	2.22	0.079	4	A	1		1.73		
Copper, Cu.....mg	0.075	0.000	4	A	1		0.058		
Manganese, Mn.....mg	0.276	0.007	4	A	1		0.215		
Selenium, Se.....mcg	9.2	0.497	4	A	1		7.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.093	0.003	4	A	1		0.072		
Riboflavin.....mg	0.189	0.017	4	A	1		0.147		
Niacin.....mg	1.920	0.097	4	A	1		1.498		
Pantothenic acid.....mg	0.185	0.011	4	A	1		0.144		
Vitamin B-6.....mg	0.142	0.016	4	A	1		0.111		
Folate, total.....mcg	19	4.372	3	A	1		15		
Folic acid.....mcg	2	0.882	3	A	1		2		
Folate, food.....mcg	17		0	AS	1		13		
Folate, DFE.....mcg_DFE	21		0	NC	4		16		
Vitamin B-12.....mcg	0.96	0.069	4	A	1		0.75		
Vitamin A, IU.....IU	77		0	AS	1		60		
Vitamin A, RAE.....mcg_RAE	4		0	AS	1		3		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.60	0.030	4	A	1		0.47		
Tocopherol, beta.....mg	0.04	0.006	4	A	1		0.03		
Tocopherol, gamma.....mg	2.16	0.160	4	A	1		1.68		
Tocopherol, delta.....mg	1.11	0.049	4	A	1		0.87		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	15.3	2.056	4	A	1		12.0		
Lipids:									
Fatty acids, total saturated.....g	4.659		0	NC	4		3.634		
4:0.....g									
6:0.....g									
8:0.....g	0.027	0.005	4	A	1		0.021		
10:0.....g	0.060	0.009	4	A	1		0.047		
12:0.....g	0.070	0.009	4	A	1		0.055		
13:0.....g									
14:0.....g	0.410	0.036	4	A	1		0.320		
15:0.....g	0.052	0.002	4	A	1		0.041		

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	2.605	0.094	4	A	1		2.032		
17:0.....g	0.090	0.006	4	A	1		0.070		
18:0.....g	1.312	0.043	4	A	1		1.024		
20:0.....g	0.020	0.000	4	A	1		0.016		
22:0.....g	0.010	0.000	4	A	1		0.008		
24:0.....g	0.002	0.002	4	A	1		0.002		
Fatty acids, total monounsaturated.....g	5.445		0	NC	4		4.247		
14:1.....g	0.062	0.005	4	A	1		0.049		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.262	0.014	4	A	1		0.205		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	5.077	0.146	4	A	1		3.960		
20:1.....g	0.042	0.003	4	A	1		0.033		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.097		0	NC	4		1.636		
18:2 undifferentiated.....g	1.952	0.036	4	A	1		1.523		
18:3 undifferentiated.....g	0.127	0.008	4	A	1		0.099		
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.017	0.003	4	A	1		0.014		
20:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:6 n-3.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	31	1.605	4	A	1		24		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.098		0	A	1		0.076		
Threonine.....g	0.453		0	A	1		0.353		
Isoleucine.....g	0.425		0	A	1		0.332		
Leucine.....g	0.899		0	A	1		0.701		
Lysine.....g	0.760		0	A	1		0.593		
Methionine.....g	0.216		0	A	1		0.168		
Cystine.....g	0.110		0	A	1		0.086		
Phenylalanine.....g	0.470		0	A	1		0.367		
Tyrosine.....g	0.337		0	A	1		0.262		
Valine.....g	0.518		0	A	1		0.404		
Arginine.....g	0.593		0	A	1		0.463		
Histidine.....g	0.307		0	A	1		0.239		
Alanine.....g	0.635		0	A	1		0.496		
Aspartic acid.....g	0.971		0	A	1		0.757		
Glutamic acid.....g	1.843		0	A	1		1.437		
Glycine.....g	0.642		0	A	1		0.501		
Proline.....g	0.719		0	A	1		0.560		
Serine.....g	0.497		0	A	1		0.388		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	46	13.177	4	A	1		36.250		
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 78g: 1 item

NDB No. 21260

TACO BELL, Original Taco with beef

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21261
TACO BELL, Soft Taco with beef
Taco Bell Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.72	0.789	4	A	1		55.16		
Energy.....kcal	219		0	NC	4		217		
Energy.....kj	917		0	NC	4		908		
Protein.....g	11.80	0.233	4	A	1		11.68		
Total lipid (fat).....g	10.35	0.519	4	A	1		10.25		
Ash.....g	2.40	0.034	4	A	1		2.38		
Carbohydrate, by difference.....g	19.74		0	NC	4		19.54		
Fiber, total dietary.....g	2.6	0.132	4	A	1		2.6		
Sugars, total.....g									
Sucrose.....g	0.54	0.041	4	A	1		0.53		
Glucose (dextrose).....g	1.50	0.066	4	A	1		1.49		
Fructose.....g	0.25	0.011	4	A	1		0.24		
Lactose.....g	0.15	0.000	4	A	1		0.15		
Maltose.....g	0.22	0.068	4	A	1		0.21		
Galactose.....g									
Starch.....g	15.47	0.614	4	A	1		15.32		
Minerals:									
Calcium, Ca.....mg	116	6.753	4	A	1		115		
Iron, Fe.....mg	2.43	0.418	4	A	1		2.41		
Magnesium, Mg.....mg	20	0.507	4	A	1		20		
Phosphorus, P.....mg	163	5.759	4	A	1		161		
Potassium, K.....mg	181	1.190	4	A	1		179		
Sodium, Na.....mg	632	18.561	4	A	1		626		
Zinc, Zn.....mg	1.64	0.018	4	A	1		1.63		
Copper, Cu.....mg	0.075	0.000	4	A	1		0.074		
Manganese, Mn.....mg	0.309	0.010	4	A	1		0.306		
Selenium, Se.....mcg	11.0	0.684	4	A	1		10.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.154	0.014	4	A	1		0.152		
Riboflavin.....mg	0.211	0.039	4	A	1		0.209		
Niacin.....mg	2.593	0.075	4	A	1		2.567		
Pantothenic acid.....mg	0.206	0.013	4	A	1		0.204		
Vitamin B-6.....mg	0.089	0.001	4	A	1		0.088		
Folate, total.....mcg	52	5.664	4	A	1		51		
Folic acid.....mcg	28	6.982	4	A	1		27		
Folate, food.....mcg	24		0	AS	1		24		
Folate, DFE.....mcg_DFE	71		0	NC	4		70		
Vitamin B-12.....mcg	0.78	0.060	4	A	1		0.78		
Vitamin A, IU.....IU	79		0	AS	1		78		
Vitamin A, RAE.....mcg_RAE	4		0	AS	1		4		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.40	0.021	4	A	1		0.39		
Tocopherol, beta.....mg	0.02	0.003	4	A	1		0.02		
Tocopherol, gamma.....mg	0.91	0.086	4	A	1		0.90		
Tocopherol, delta.....mg	0.45	0.054	4	A	1		0.44		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	11.2	1.182	4	A	1		11.1		
Lipids:									
Fatty acids, total saturated.....g	4.199		0	NC	4		4.157		
4:0.....g									
6:0.....g									
8:0.....g	0.025	0.003	4	A	1		0.025		
10:0.....g	0.060	0.009	4	A	1		0.059		
12:0.....g	0.070	0.009	4	A	1		0.069		
13:0.....g									
14:0.....g	0.372	0.033	4	A	1		0.369		
15:0.....g	0.047	0.005	4	A	1		0.047		

NDB No. 21261
TACO BELL, Soft Taco with beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
16:0.....g	2.195	0.113	4	A	1		2.173		
17:0.....g	0.075	0.003	4	A	1		0.074		
18:0.....g	1.317	0.041	4	A	1		1.304		
20:0.....g	0.020	0.000	4	A	1		0.020		
22:0.....g	0.007	0.002	4	A	1		0.007		
24:0.....g	0.010	0.000	4	A	1		0.010		
Fatty acids, total monounsaturated.....g	4.360		0	NC	4		4.316		
14:1.....g	0.060	0.006	4	A	1		0.059		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.215	0.012	4	A	1		0.213		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	4.055	0.151	4	A	1		4.014		
20:1.....g	0.030	0.000	4	A	1		0.030		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.012		0	NC	4		1.002		
18:2 undifferentiated.....g	0.927	0.048	4	A	1		0.918		
18:3 undifferentiated.....g	0.075	0.006	4	A	1		0.074		
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.010	0.000	4	A	1		0.010		
20:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:6 n-3.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	28	1.264	4	A	1		28		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.105		0	A	1		0.104		
Threonine.....g	0.369		0	A	1		0.366		
Isoleucine.....g	0.377		0	A	1		0.373		
Leucine.....g	0.721		0	A	1		0.714		
Lysine.....g	0.624		0	A	1		0.618		
Methionine.....g	0.195		0	A	1		0.193		
Cystine.....g	0.120		0	A	1		0.119		
Phenylalanine.....g	0.419		0	A	1		0.415		
Tyrosine.....g	0.300		0	A	1		0.297		
Valine.....g	0.454		0	A	1		0.449		
Arginine.....g	0.489		0	A	1		0.484		
Histidine.....g	0.260		0	A	1		0.257		
Alanine.....g	0.462		0	A	1		0.457		
Aspartic acid.....g	0.766		0	A	1		0.759		
Glutamic acid.....g	2.127		0	A	1		2.106		
Glycine.....g	0.519		0	A	1		0.513		
Proline.....g	0.721		0	A	1		0.714		
Serine.....g	0.447		0	A	1		0.443		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	48	5.645	4	A	1		47.074		
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 99g: 1 item

NDB No. 21261

TACO BELL, Soft Taco with beef

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21262

TACO BELL, Soft Taco with chicken

Taco Bell Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.42	0.521	4	A	1		55.86		
Energy.....kcal	202		0	NC	4		200		
Energy.....kj	843		0	NC	4		835		
Protein.....g	14.33	0.462	4	A	1		14.19		
Total lipid (fat).....g	7.32	0.382	4	A	1		7.25		
Ash.....g	2.33	0.045	4	A	1		2.31		
Carbohydrate, by difference.....g	19.58		0	NC	4		19.38		
Fiber, total dietary.....g	1.8	0.169	4	A	1		1.8		
Sugars, total.....g									
Sucrose.....g	0.34	0.113	4	A	1		0.34		
Glucose (dextrose).....g	0.76	0.216	4	A	1		0.75		
Fructose.....g	0.23	0.027	4	A	1		0.22		
Lactose.....g	0.15	0.000	4	A	1		0.15		
Maltose.....g	0.23	0.078	4	A	1		0.22		
Galactose.....g									
Starch.....g	16.22	0.470	4	A	1		16.06		
Minerals:									
Calcium, Ca.....mg	105	4.270	4	A	1		104		
Iron, Fe.....mg	1.72	0.105	4	A	1		1.71		
Magnesium, Mg.....mg	22	0.541	4	A	1		22		
Phosphorus, P.....mg	224	4.500	4	A	1		221		
Potassium, K.....mg	237	8.655	4	A	1		234		
Sodium, Na.....mg	606	17.095	4	A	1		600		
Zinc, Zn.....mg	0.79	0.060	4	A	1		0.78		
Copper, Cu.....mg	0.075	0.000	4	A	1		0.074		
Manganese, Mn.....mg	0.213	0.009	4	A	1		0.211		
Selenium, Se.....mcg	12.7	1.308	4	A	1		12.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.215	0.019	4	A	1		0.213		
Riboflavin.....mg	0.163	0.015	4	A	1		0.162		
Niacin.....mg	6.367	0.281	4	A	1		6.304		
Pantothenic acid.....mg	0.747	0.016	4	A	1		0.739		
Vitamin B-6.....mg	0.147	0.026	4	A	1		0.146		
Folate, total.....mcg	48	6.481	4	A	1		48		
Folic acid.....mcg	30	5.344	4	A	1		30		
Folate, food.....mcg	18		0	AS	1		18		
Folate, DFE.....mcg_DFE	69		0	NC	4		68		
Vitamin B-12.....mcg	0.37	0.042	4	A	1		0.37		
Vitamin A, IU.....IU	25		0	AS	1		25		
Vitamin A, RAE.....mcg_RAE	1		0	AS	1		1		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.35	0.050	4	A	1		0.35		
Tocopherol, beta.....mg	0.02	0.003	4	A	1		0.02		
Tocopherol, gamma.....mg	0.98	0.068	4	A	1		0.98		
Tocopherol, delta.....mg	0.47	0.040	4	A	1		0.47		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	8.7	0.806	4	A	1		8.7		
Lipids:									
Fatty acids, total saturated.....g	2.614		0	NC	4		2.588		
4:0.....g									
6:0.....g									
8:0.....g	0.025	0.003	4	A	1		0.025		
10:0.....g	0.060	0.007	4	A	1		0.059		
12:0.....g	0.065	0.006	4	A	1		0.064		
13:0.....g									
14:0.....g	0.235	0.029	4	A	1		0.233		
15:0.....g	0.025	0.003	4	A	1		0.025		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
16:0.....g	1.395	0.092	4	A	1	1.381			
17:0.....g	0.017	0.003	4	A	1	0.017			
18:0.....g	0.775	0.034	4	A	1	0.767			
20:0.....g	0.012	0.003	4	A	1	0.012			
22:0.....g	0.005	0.003	4	A	1	0.005			
24:0.....g	0.000	0.000	4	A	1	0.000			
Fatty acids, total monounsaturated.....g	2.832		0	NC	4	2.804			
14:1.....g	0.015	0.003	4	A	1	0.015			
15:1.....g	0.000	0.000	4	A	1	0.000			
16:1 undifferentiated.....g	0.125	0.006	4	A	1	0.124			
17:1.....g	0.000	0.000	4	A	1	0.000			
18:1 undifferentiated.....g	2.675	0.141	4	A	1	2.648			
20:1.....g	0.017	0.003	4	A	1	0.017			
22:1 undifferentiated.....g	0.000	0.000	4	A	1	0.000			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.055		0	NC	4	1.044			
18:2 undifferentiated.....g	0.967	0.078	4	A	1	0.958			
18:3 undifferentiated.....g	0.057	0.011	4	A	1	0.057			
18:4.....g	0.000	0.000	4	A	1	0.000			
20:2 n-6 c,c.....g	0.000	0.000	4	A	1	0.000			
20:3 undifferentiated.....g	0.000	0.000	4	A	1	0.000			
20:4 undifferentiated.....g	0.030	0.000	4	A	1	0.030			
20:5 n-3.....g	0.000	0.000	4	A	1	0.000			
22:5 n-3.....g	0.000	0.000	4	A	1	0.000			
22:6 n-3.....g	0.000	0.000	4	A	1	0.000			
Fatty acids, total trans.....g									
Cholesterol.....mg	37	2.196	4	A	1	36			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.153		0	A	1	0.151			
Threonine.....g	0.568		0	A	1	0.562			
Isoleucine.....g	0.596		0	A	1	0.590			
Leucine.....g	1.073		0	A	1	1.062			
Lysine.....g	0.997		0	A	1	0.987			
Methionine.....g	0.315		0	A	1	0.312			
Cystine.....g	0.158		0	A	1	0.156			
Phenylalanine.....g	0.589		0	A	1	0.583			
Tyrosine.....g	0.442		0	A	1	0.437			
Valine.....g	0.682		0	A	1	0.675			
Arginine.....g	0.720		0	A	1	0.713			
Histidine.....g	0.451		0	A	1	0.446			
Alanine.....g	0.640		0	A	1	0.633			
Aspartic acid.....g	1.191		0	A	1	1.179			
Glutamic acid.....g	2.721		0	A	1	2.694			
Glycine.....g	0.512		0	A	1	0.507			
Proline.....g	0.804		0	A	1	0.796			
Serine.....g	0.609		0	A	1	0.603			
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	15	3.980	4	A	1	15.009			
Carotene, alpha.....mcg	0	0.000	4	A	1	0.000			
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1	0.000			
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 99g: 1 item

NDB No. 21262

TACO BELL, Soft Taco with chicken

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21263

TACO BELL, Soft Taco with steak

Taco Bell Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.82	0.409	4	A	1		72.17		
Energy.....kcal	225		0	NC	4		286		
Energy.....kj	941		0	NC	4		1196		
Protein.....g	11.81	0.187	4	A	1		15.00		
Total lipid (fat).....g	12.10	0.500	4	A	1		15.37		
Ash.....g	2.05	0.042	4	A	1		2.60		
Carbohydrate, by difference.....g	17.22		0	NC	4		21.86		
Fiber, total dietary.....g	1.6	0.541	4	A	1		2.0		
Sugars, total.....g									
Sucrose.....g	0.15	0.000	4	A	1		0.19		
Glucose (dextrose).....g	0.22	0.009	4	A	1		0.28		
Fructose.....g	0.63	0.027	4	A	1		0.80		
Lactose.....g	0.15	0.000	4	A	1		0.19		
Maltose.....g	0.17	0.023	4	A	1		0.22		
Galactose.....g									
Starch.....g	13.25	0.479	4	A	1		16.83		
Minerals:									
Calcium, Ca.....mg	117	5.642	4	A	1		149		
Iron, Fe.....mg	2.22	0.212	4	A	1		2.82		
Magnesium, Mg.....mg	21	0.271	4	A	1		27		
Phosphorus, P.....mg	155	2.449	4	A	1		197		
Potassium, K.....mg	183	3.326	4	A	1		233		
Sodium, Na.....mg	551	10.688	4	A	1		700		
Zinc, Zn.....mg	2.15	0.009	4	A	1		2.73		
Copper, Cu.....mg	0.113	0.015	4	A	1		0.143		
Manganese, Mn.....mg	0.220	0.005	4	A	1		0.279		
Selenium, Se.....mcg	13.1	0.168	4	A	1		16.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.307	0.022	4	A	1		0.390		
Riboflavin.....mg	0.194	0.014	4	A	1		0.247		
Niacin.....mg	2.975	0.128	4	A	1		3.778		
Pantothenic acid.....mg	0.260	0.004	4	A	1		0.330		
Vitamin B-6.....mg	0.085	0.002	4	A	1		0.108		
Folate, total.....mcg	37	5.041	4	A	1		46		
Folic acid.....mcg	22	2.944	4	A	1		28		
Folate, food.....mcg	15		0	AS	1		18		
Folate, DFE.....mcg_DFE	52		0	NC	4		66		
Vitamin B-12.....mcg	0.96	0.041	4	A	1		1.21		
Vitamin A, IU.....IU	23		0	AS	1		29		
Vitamin A, RAE.....mcg_RAE	1		0	AS	1		1		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.43	0.046	4	A	1		0.54		
Tocopherol, beta.....mg	0.04	0.003	4	A	1		0.05		
Tocopherol, gamma.....mg	3.02	0.363	4	A	1		3.83		
Tocopherol, delta.....mg	1.69	0.089	4	A	1		2.15		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	20.8	0.698	4	A	1		26.4		
Lipids:									
Fatty acids, total saturated.....g	3.369		0	NC	4		4.279		
4:0.....g									
6:0.....g									
8:0.....g	0.022	0.003	4	A	1		0.028		
10:0.....g	0.052	0.002	4	A	1		0.067		
12:0.....g	0.057	0.005	4	A	1		0.073		
13:0.....g									
14:0.....g	0.250	0.009	4	A	1		0.317		
15:0.....g	0.030	0.000	4	A	1		0.038		

NDB No. 21263
TACO BELL, Soft Taco with steak

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
16:0.....g	1.877	0.052	4	A	1		2.384		
17:0.....g	0.040	0.000	4	A	1		0.051		
18:0.....g	0.992	0.019	4	A	1		1.260		
20:0.....g	0.030	0.000	4	A	1		0.038		
22:0.....g	0.017	0.003	4	A	1		0.022		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	3.937		0	NC	4		5.000		
14:1.....g	0.030	0.000	4	A	1		0.038		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.122	0.003	4	A	1		0.155		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	3.755	0.148	4	A	1		4.769		
20:1.....g	0.030	0.000	4	A	1		0.038		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.485		0	NC	4		4.426		
18:2 undifferentiated.....g	3.095	0.231	4	A	1		3.931		
18:3 undifferentiated.....g	0.370	0.032	4	A	1		0.470		
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.020	0.000	4	A	1		0.025		
20:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:6 n-3.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	31	0.170	4	A	1		40		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.145		0	A	1		0.185		
Threonine.....g	0.502		0	A	1		0.638		
Isoleucine.....g	0.500		0	A	1		0.635		
Leucine.....g	0.927		0	A	1		1.178		
Lysine.....g	0.815		0	A	1		1.035		
Methionine.....g	0.252		0	A	1		0.321		
Cystine.....g	0.147		0	A	1		0.187		
Phenylalanine.....g	0.545		0	A	1		0.692		
Tyrosine.....g	0.388		0	A	1		0.492		
Valine.....g	0.562		0	A	1		0.714		
Arginine.....g	0.618		0	A	1		0.784		
Histidine.....g	0.325		0	A	1		0.413		
Alanine.....g	0.567		0	A	1		0.721		
Aspartic acid.....g	1.055		0	A	1		1.340		
Glutamic acid.....g	2.399		0	A	1		3.047		
Glycine.....g	0.460		0	A	1		0.584		
Proline.....g	0.760		0	A	1		0.965		
Serine.....g	0.547		0	A	1		0.695		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	14	1.367	4	A	1		17.164		
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 127g: 1 item

NDB No. 21263

TACO BELL, Soft Taco with steak

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21270
TACO BELL, Taco Salad
Taco Bell Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.32	1.019	4	A	1		358.82		
Energy.....kcal	170		0	NC	4		905		
Energy.....kj	710		0	NC	4		3785		
Protein.....g	6.69	0.254	4	A	1		35.64		
Total lipid (fat).....g	9.17	0.491	4	A	1		48.90		
Ash.....g	1.71	0.045	4	A	1		9.14		
Carbohydrate, by difference.....g	15.10		0	NC	4		80.50		
Fiber, total dietary.....g	3.0	0.111	4	A	1		16.1		
Sugars, total.....g									
Sucrose.....g	0.15	0.000	4	A	1		0.79		
Glucose (dextrose).....g	0.26	0.015	4	A	1		1.41		
Fructose.....g	0.63	0.031	4	A	1		3.36		
Lactose.....g	0.15	0.000	4	A	1		0.79		
Maltose.....g	0.15	0.000	4	A	1		0.79		
Galactose.....g									
Starch.....g	9.73	0.239	4	A	1		51.83		
Minerals:									
Calcium, Ca.....mg	95	5.146	4	A	1		508		
Iron, Fe.....mg	1.77	0.106	4	A	1		9.46		
Magnesium, Mg.....mg	27	0.437	4	A	1		144		
Phosphorus, P.....mg	103	5.280	4	A	1		552		
Potassium, K.....mg	229	2.614	4	A	1		1221		
Sodium, Na.....mg	363	13.838	4	A	1		1935		
Zinc, Zn.....mg	1.17	0.095	4	A	1		6.23		
Copper, Cu.....mg	0.151	0.034	4	A	1		0.806		
Manganese, Mn.....mg	0.256	0.008	4	A	1		1.363		
Selenium, Se.....mcg	7.2	0.789	4	A	1		38.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.150	0.029	4	A	1		0.801		
Riboflavin.....mg	0.106	0.011	4	A	1		0.564		
Niacin.....mg	1.505	0.094	4	A	1		8.022		
Pantothenic acid.....mg	0.205	0.003	4	A	1		1.094		
Vitamin B-6.....mg	0.103	0.011	4	A	1		0.548		
Folate, total.....mcg	43	3.775	4	A	1		227		
Folic acid.....mcg	16	6.096	4	A	1		85		
Folate, food.....mcg	27		0	AS	1		141		
Folate, DFE.....mcg_DFE	54		0	NC	4		286		
Vitamin B-12.....mcg	0.40	0.041	4	A	1		2.13		
Vitamin A, IU.....IU	62		0	AS	1		329		
Vitamin A, RAE.....mcg_RAE	3		0	AS	1		16		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.54	0.068	4	A	1		2.89		
Tocopherol, beta.....mg	0.02	0.004	4	A	1		0.10		
Tocopherol, gamma.....mg	1.23	0.188	4	A	1		6.54		
Tocopherol, delta.....mg	0.58	0.059	4	A	1		3.08		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	10.7	1.353	4	A	1		57.2		
Lipids:									
Fatty acids, total saturated.....g	2.979		0	NC	4		15.880		
4:0.....g									
6:0.....g									
8:0.....g	0.025	0.003	4	A	1		0.133		
10:0.....g	0.055	0.003	4	A	1		0.293		
12:0.....g	0.060	0.004	4	A	1		0.320		
13:0.....g									
14:0.....g	0.262	0.017	4	A	1		1.399		
15:0.....g	0.030	0.003	4	A	1		0.159		

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	1.547	0.065	4	A	1		8.248		
17:0.....g	0.045	0.003	4	A	1		0.240		
18:0.....g	0.927	0.041	4	A	1		4.943		
20:0.....g	0.017	0.003	4	A	1		0.093		
22:0.....g	0.010	0.000	4	A	1		0.053		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	3.972		0	NC	4		21.172		
14:1.....g	0.030	0.000	4	A	1		0.159		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.115	0.006	4	A	1		0.613		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	3.812	0.153	4	A	1		20.320		
20:1.....g	0.015	0.003	4	A	1		0.079		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.752		0	NC	4		4.011		
18:2 undifferentiated.....g	0.655	0.025	4	A	1		3.491		
18:3 undifferentiated.....g	0.098	0.003	4	A	1		0.520		
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:6 n-3.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	19	0.874	4	A	1		99		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.086		0	A	1		0.456		
Threonine.....g	0.266		0	A	1		1.416		
Isoleucine.....g	0.268		0	A	1		1.429		
Leucine.....g	0.519		0	A	1		2.765		
Lysine.....g	0.441		0	A	1		2.350		
Methionine.....g	0.120		0	A	1		0.642		
Cystine.....g	0.078		0	A	1		0.415		
Phenylalanine.....g	0.340		0	A	1		1.814		
Tyrosine.....g	0.218		0	A	1		1.161		
Valine.....g	0.311		0	A	1		1.656		
Arginine.....g	0.346		0	A	1		1.844		
Histidine.....g	0.180		0	A	1		0.962		
Alanine.....g	0.321		0	A	1		1.713		
Aspartic acid.....g	0.651		0	A	1		3.472		
Glutamic acid.....g	1.336		0	A	1		7.122		
Glycine.....g	0.306		0	A	1		1.632		
Proline.....g	0.473		0	A	1		2.523		
Serine.....g	0.336		0	A	1		1.789		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	37	8.851	4	A	1		197.317		
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 533g: 1 item

NDB No. 21270
TACO BELL, Taco Salad

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21088
Tostada with guacamole

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.250		0		1		8.483		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.250		2		1		8.483		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.170		0		1		3.054		
18:2 undifferentiated.....g	1.110		2		1		2.897		
18:3 undifferentiated.....g	0.060		2		1		0.157		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	15		2		1		39		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.047		0		1		0.123		
Threonine.....g	0.159		0		1		0.415		
Isoleucine.....g	0.213		0		1		0.556		
Leucine.....g	0.411		0		1		1.073		
Lysine.....g	0.259		0		1		0.676		
Methionine.....g	0.096		0		1		0.251		
Cystine.....g	0.046		0		1		0.120		
Phenylalanine.....g	0.207		0		1		0.540		
Tyrosine.....g	0.175		0		1		0.457		
Valine.....g	0.247		0		1		0.645		
Arginine.....g	0.185		0		1		0.483		
Histidine.....g	0.129		0		1		0.337		
Alanine.....g	0.213		0		1		0.556		
Aspartic acid.....g	0.392		0		1		1.023		
Glutamic acid.....g	1.027		0		1		2.680		
Glycine.....g	0.131		0		1		0.342		
Proline.....g	0.378		0		1		0.987		
Serine.....g	0.221		0		1		0.577		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 261g: 2 pieces

Calories Factors: Protein 3.54

Fat 8.44

Carbohydrate 3.73

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21243

WENDY'S, CLASSIC DOUBLE, with cheese

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.84		1	A	1		173.10		
Energy.....kcal	241		0	NC	4		746		
Energy.....kj	1007		0	NC	4		3122		
Protein (N x 6.25).....g	16.52		1	A	1		51.21		
Total lipid (fat).....g	14.20		1	A	1		44.02		
Ash.....g	1.73		1	A	1		5.36		
Carbohydrate, by difference.....g	11.71		0	NC	4		36.30		
Fiber, total dietary.....g	1.1		1	A	1		3.4		
Sugars, total.....g									
Sucrose.....g	0.00		1	A	1		0.00		
Glucose (dextrose).....g	0.47		1	A	1		1.46		
Fructose.....g	0.62		1	A	1		1.92		
Lactose.....g	0.15		1	A	1		0.46		
Maltose.....g	0.15		1	A	1		0.46		
Galactose.....g									
Starch.....g	8.60		1	A	1		26.66		
Minerals:									
Calcium, Ca.....mg	58		1	A	1		179		
Iron, Fe.....mg	2.94		1	A	1		9.11		
Magnesium, Mg.....mg	19		1	A	1		59		
Phosphorus, P.....mg	134		1	A	1		415		
Potassium, K.....mg	214		1	A	1		663		
Sodium, Na.....mg	422		1	A	1		1308		
Zinc, Zn.....mg	3.05		1	A	1		9.45		
Copper, Cu.....mg	0.075		1	A	1		0.231		
Manganese, Mn.....mg	0.133		1	A	1		0.412		
Selenium, Se.....mcg	19.9		1	A	1		61.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		1	A	1		2.3		
Thiamin.....mg	0.242		1	A	1		0.750		
Riboflavin.....mg	0.251		1	A	1		0.778		
Niacin.....mg	3.520		1	A	1		10.912		
Pantothenic acid.....mg	0.359		1	A	1		1.113		
Vitamin B-6.....mg	0.189		1	A	1		0.586		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.92		1	A	1		5.95		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.9		1	A	1		21.4		
Lipids:									
Fatty acids, total saturated.....g	5.890		0	NC	4		18.257		
4:0.....g									
6:0.....g									
8:0.....g	0.020		1	A	1		0.062		
10:0.....g	0.050		1	A	1		0.155		
12:0.....g	0.060		1	A	1		0.186		
13:0.....g									
14:0.....g	0.500		1	A	1		1.550		
15:0.....g	0.070		1	A	1		0.217		
16:0.....g	3.240		1	A	1		10.044		
17:0.....g	0.160		1	A	1		0.496		
18:0.....g	1.750		1	A	1		5.425		

NDB No. 21243

WENDY'S, CLASSIC DOUBLE, with cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.020		1	A	1		0.062		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.020		1	A	1		0.062		
Fatty acids, total monounsaturated.....g	5.740		0	NC	4		17.794		
14:1.....g	0.110		1	A	1		0.341		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.490		1	A	1		1.519		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	5.090		1	A	1		15.779		
20:1.....g	0.050		1	A	1		0.155		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.300		0	NC	4		4.029		
18:2 undifferentiated.....g	1.040		1	A	1		3.224		
18:3 undifferentiated.....g	0.150		1	A	1		0.465		
18:4.....g	0.070		1	A	1		0.217		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.010		1	A	1		0.031		
20:4 undifferentiated.....g	0.030		1	A	1		0.093		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	51		1	A	1		157		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.160		0	A	1		0.496		
Threonine.....g	0.570		0	A	1		1.767		
Isoleucine.....g	0.590		0	A	1		1.829		
Leucine.....g	1.060		0	A	1		3.286		
Lysine.....g	1.010		0	A	1		3.131		
Methionine.....g	0.340		0	A	1		1.054		
Cystine.....g	0.180		0	A	1		0.558		
Phenylalanine.....g	0.570		0	A	1		1.767		
Tyrosine.....g	0.350		0	A	1		1.085		
Valine.....g	0.680		0	A	1		2.108		
Arginine.....g	0.810		0	A	1		2.511		
Histidine.....g	0.380		0	A	1		1.178		
Alanine.....g	0.860		0	A	1		2.666		
Aspartic acid.....g	1.230		0	A	1		3.813		
Glutamic acid.....g	2.440		0	A	1		7.564		
Glycine.....g	0.930		0	A	1		2.883		
Proline.....g	0.900		0	A	1		2.790		
Serine.....g	0.600		0	A	1		1.860		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 310g: 1 item

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

NDB No. 21239

WENDY'S, CLASSIC SINGLE Hamburger, no cheese

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.41	0.623	4	A	1		127.33		
Energy.....kcal	213		0	NC	4		465		
Energy.....kj	892		0	NC	4		1945		
Protein (N x 6.25).....g	12.63	0.452	4	A	1		27.53		
Total lipid (fat).....g	10.60	0.168	4	A	1		23.11		
Ash.....g	1.54	0.051	4	A	1		3.36		
Carbohydrate, by difference.....g	16.82		0	NC	4		36.67		
Fiber, total dietary.....g	1.3	0.000	3	A	1		2.8		
Sugars, total.....g									
Sucrose.....g	0.00	0.000	4	A	1		0.00		
Glucose (dextrose).....g	1.14	0.062	4	A	1		2.47		
Fructose.....g	1.32	0.094	4	A	1		2.87		
Lactose.....g	0.00	0.000	4	A	1		0.00		
Maltose.....g	0.22	0.073	4	A	1		0.48		
Galactose.....g									
Starch.....g	11.52	0.250	4	A	1		25.12		
Minerals:									
Calcium, Ca.....mg	34	4.631	4	A	1		75		
Iron, Fe.....mg	2.73	0.167	4	A	1		5.96		
Magnesium, Mg.....mg	18	0.522	4	A	1		40		
Phosphorus, P.....mg	103	2.847	4	A	1		225		
Potassium, K.....mg	195	5.186	4	A	1		426		
Sodium, Na.....mg	395	20.129	4	A	1		861		
Zinc, Zn.....mg	2.47	0.101	4	A	1		5.38		
Copper, Cu.....mg	0.139	0.013	4	A	1		0.304		
Manganese, Mn.....mg	0.187	0.006	4	A	1		0.409		
Selenium, Se.....mcg	18.2	1.385	4	A	1		39.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5	0.161	4	A	1		1.2		
Thiamin.....mg	0.275	0.008	4	A	1		0.600		
Riboflavin.....mg	0.205	0.013	4	A	1		0.447		
Niacin.....mg	3.225	0.058	4	A	1		7.030		
Pantothenic acid.....mg	0.336	0.029	4	A	1		0.732		
Vitamin B-6.....mg	0.114	0.009	4	A	1		0.249		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.45	0.083	4	A	1		3.17		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.0	0.403	4	A	1		19.7		
Lipids:									
Fatty acids, total saturated.....g	3.689		0	NC	4		8.043		
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.000	0.000	4	A	1		0.000		
12:0.....g	0.000	0.000	4	A	1		0.000		
13:0.....g									
14:0.....g	0.245	0.009	4	A	1		0.534		
15:0.....g	0.040	0.000	4	A	1		0.087		
16:0.....g	2.110	0.073	4	A	1		4.600		
17:0.....g	0.105	0.005	4	A	1		0.229		
18:0.....g	1.165	0.052	4	A	1		2.540		

NDB No. 21239
 WENDY'S, CLASSIC SINGLE Hamburger, no cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.015	0.003	4	A	1		0.032		
22:0.....g	0.000	0.000	4	A	1		0.000		
24:0.....g	0.010	0.000	4	A	1		0.022		
Fatty acids, total monounsaturated.....g	4.077		0	NC	4		8.888		
14:1.....g	0.075	0.003	4	A	1		0.163		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.330	0.011	4	A	1		0.719		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	3.622	0.074	4	A	1		7.897		
20:1.....g	0.040	0.000	4	A	1		0.087		
22:1 undifferentiated.....g	0.010	0.000	4	A	1		0.022		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.550		0	NC	4		3.379		
18:2 undifferentiated.....g	1.308	0.071	4	A	1		2.850		
18:3 undifferentiated.....g	0.172	0.011	4	A	1		0.376		
18:4.....g	0.050	0.000	4	A	1		0.109		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.020	0.000	4	A	1		0.043		
20:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:6 n-3.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	35	1.599	4	A	1		77		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.133		0	A	1		0.291		
Threonine.....g	0.459		0	A	1		1.000		
Isoleucine.....g	0.459		0	A	1		1.000		
Leucine.....g	0.827		0	A	1		1.803		
Lysine.....g	0.769		0	A	1		1.677		
Methionine.....g	0.240		0	A	1		0.523		
Cystine.....g	0.153		0	A	1		0.333		
Phenylalanine.....g	0.461		0	A	1		1.005		
Tyrosine.....g	0.251		0	A	1		0.547		
Valine.....g	0.524		0	A	1		1.142		
Arginine.....g	0.666		0	A	1		1.453		
Histidine.....g	0.301		0	A	1		0.656		
Alanine.....g	0.699		0	A	1		1.523		
Aspartic acid.....g	0.997		0	A	1		2.174		
Glutamic acid.....g	2.145		0	A	1		4.676		
Glycine.....g	0.801		0	A	1		1.746		
Proline.....g	0.754		0	A	1		1.644		
Serine.....g	0.491		0	A	1		1.071		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 218g: 1 item

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

NDB No. 21240

WENDY'S, CLASSIC SINGLE Hamburger, with cheese

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.50		1	A	1		135.70		
Energy.....kcal	221		0	NC	4		521		
Energy.....kj	923		0	NC	4		2179		
Protein (N x 6.25).....g	14.87		1	A	1		35.09		
Total lipid (fat).....g	11.60		1	A	1		27.38		
Ash.....g	1.83		1	A	1		4.32		
Carbohydrate, by difference.....g	14.20		0	NC	4		33.51		
Fiber, total dietary.....g	1.4		1	A	1		3.3		
Sugars, total.....g									
Sucrose.....g	0.00		1	A	1		0.00		
Glucose (dextrose).....g	0.82		1	A	1		1.93		
Fructose.....g	1.09		1	A	1		2.57		
Lactose.....g	0.21		1	A	1		0.50		
Maltose.....g	0.29		1	A	1		0.68		
Galactose.....g									
Starch.....g	9.90		1	A	1		23.36		
Minerals:									
Calcium, Ca.....mg	75		1	A	1		177		
Iron, Fe.....mg	2.34		1	A	1		5.52		
Magnesium, Mg.....mg	19		1	A	1		44		
Phosphorus, P.....mg	126		1	A	1		297		
Potassium, K.....mg	187		1	A	1		441		
Sodium, Na.....mg	476		1	A	1		1123		
Zinc, Zn.....mg	2.58		1	A	1		6.09		
Copper, Cu.....mg	0.075		1	A	1		0.176		
Manganese, Mn.....mg	0.162		1	A	1		0.382		
Selenium, Se.....mcg	19.1		1	A	1		45.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		1	A	1		1.3		
Thiamin.....mg	0.260		1	A	1		0.613		
Riboflavin.....mg	0.256		1	A	1		0.604		
Niacin.....mg	3.190		1	A	1		7.528		
Pantothenic acid.....mg	0.291		1	A	1		0.687		
Vitamin B-6.....mg	0.106		1	A	1		0.250		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.54		1	A	1		3.63		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.3		1	A	1		21.9		
Lipids:									
Fatty acids, total saturated.....g	5.191		0	NC	4		12.251		
4:0.....g	0.122		1	A	1		0.288		
6:0.....g	0.071		1	A	1		0.169		
8:0.....g	0.045		1	A	1		0.105		
10:0.....g	0.073		1	A	1		0.173		
12:0.....g	0.081		1	A	1		0.190		
13:0.....g									
14:0.....g	0.419		1	A	1		0.989		
15:0.....g	0.057		1	A	1		0.135		
16:0.....g	2.719		1	A	1		6.417		
17:0.....g	0.113		1	A	1		0.268		
18:0.....g	1.451		1	A	1		3.425		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
20:0.....g	0.020		1	A	1		0.048		
22:0.....g	0.006		1	A	1		0.013		
24:0.....g	0.013		1	A	1		0.031		
Fatty acids, total monounsaturated.....g	4.407		0	NC	4		10.401		
14:1.....g	0.089		1	A	1		0.209		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.393		0	AS	1		0.928		
16:1 c.....g	0.361		1	A	1		0.853		
16:1 t.....g	0.032		1	A	1		0.075		
17:1.....g	0.036		1	A	1		0.084		
18:1 undifferentiated.....g	3.854		0	AS	1		9.094		
18:1 c.....g	3.543		1	A	1		8.361		
18:1 t.....g	0.311		1	A	1		0.733		
20:1.....g	0.031		1	A	1		0.073		
22:1 undifferentiated.....g	0.005		1	A	1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.405		0	NC	4		3.316		
18:2 undifferentiated.....g	1.195		0	AS	1		2.821		
18:2 n-6 c,c.....g	1.143		1	A	1		2.698		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.052		1	A	1		0.122		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.161		0	AS	1		0.380		
18:4.....g	0.030		1	A	1		0.071		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:4 undifferentiated.....g	0.019		0	AS	1		0.044		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.394		0	NC	4		0.930		
Fatty acids, total trans-monoenoic.....g	0.342		0	NC	4		0.808		
Fatty acids, total trans-polyenoic.....g	0.052		0	NC	4		0.122		
Cholesterol.....mg	38		1	A	1		91		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.120		0	A	1		0.283		
Threonine.....g	0.450		0	A	1		1.062		
Isoleucine.....g	0.470		0	A	1		1.109		
Leucine.....g	0.850		0	A	1		2.006		
Lysine.....g	0.780		0	A	1		1.841		
Methionine.....g	0.250		0	A	1		0.590		
Cystine.....g	0.140		0	A	1		0.330		
Phenylalanine.....g	0.470		0	A	1		1.109		
Tyrosine.....g	0.270		0	A	1		0.637		
Valine.....g	0.530		0	A	1		1.251		
Arginine.....g	0.630		0	A	1		1.487		
Histidine.....g	0.310		0	A	1		0.732		
Alanine.....g	0.630		0	A	1		1.487		
Aspartic acid.....g	0.980		0	A	1		2.313		
Glutamic acid.....g	2.200		0	A	1		5.192		
Glycine.....g	0.690		0	A	1		1.628		
Proline.....g	0.790		0	A	1		1.864		
Serine.....g	0.510		0	A	1		1.203		
Hydroxyproline.....g									

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

NDB No. 21240

WENDY'S, CLASSIC SINGLE Hamburger, with cheese

Common Measures:

Measure 1 = 236g: 1 item

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21246
WENDY'S, Chicken Nuggets
Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.13	0.651	4	A	1		32.35	25.88	
Energy.....kcal	334		0	NC	4		250	200	
Energy.....kj	1396		0	NC	4		1047	838	
Protein (N x 6.25).....g	15.93	0.208	4	A	1		11.95	9.56	
Total lipid (fat).....g	23.17	0.641	4	A	1		17.38	13.90	
Ash.....g	2.41	0.030	4	A	1		1.81	1.45	
Carbohydrate, by difference.....g	15.35		0	NC	4		11.51	9.21	
Fiber, total dietary.....g	1.0	0.111	4	A	1		0.8	0.6	
Sugars, total.....g									
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose).....g	0.15	0.000	4	A	1		0.11	0.09	
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g									
Starch.....g	14.70	0.135	4	A	1		11.03	8.82	
Minerals:									
Calcium, Ca.....mg	24	0.670	4	A	1		18	14	
Iron, Fe.....mg	0.74	0.082	4	A	1		0.56	0.45	
Magnesium, Mg.....mg	24	0.422	4	A	1		18	14	
Phosphorus, P.....mg	287	5.867	4	A	1		215	172	
Potassium, K.....mg	236	1.190	4	A	1		177	141	
Sodium, Na.....mg	679	11.244	4	A	1		509	407	
Zinc, Zn.....mg	0.63	0.024	4	A	1		0.47	0.38	
Copper, Cu.....mg	0.162	0.020	4	A	1		0.122	0.097	
Manganese, Mn.....mg	0.195	0.004	4	A	1		0.146	0.117	
Selenium, Se.....mcg	25.0	0.986	4	A	1		18.7	15.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3	0.471	4	A	1		1.0	0.8	
Thiamin.....mg	0.079	0.004	4	A	1		0.059	0.048	
Riboflavin.....mg	0.122	0.008	4	A	1		0.091	0.073	
Niacin.....mg	6.042	0.237	4	A	1		4.532	3.625	
Pantothenic acid.....mg	0.905	0.044	3	A	1		0.679	0.543	
Vitamin B-6.....mg	0.254	0.013	4	A	1		0.190	0.152	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.33	0.000	4	A	1		0.25	0.20	
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	8.0	1.198	4	A	1		6.0	4.8	
Lipids:									
Fatty acids, total saturated.....g	4.939		0	NC	4		3.704	2.963	
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.074	0.001	4	A	1		0.055	0.044	
15:0.....g	0.020	0.000	4	A	1		0.015	0.012	
16:0.....g	3.232	0.066	4	A	1		2.424	1.939	
17:0.....g	0.033	0.001	4	A	1		0.025	0.020	
18:0.....g	1.393	0.078	4	A	1		1.045	0.836	

NDB No. 21246
WENDY'S, Chicken Nuggets

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
20:0.....g	0.095	0.008	4	A	1		0.071	0.057	
22:0.....g	0.051	0.005	4	A	1		0.038	0.031	
24:0.....g	0.041	0.003	4	A	1		0.031	0.025	
Fatty acids, total monounsaturated.....g	11.365		0	NC	4		8.523	6.819	
14:1.....g	0.023	0.001	4	A	1		0.017	0.014	
15:1.....g									
16:1 undifferentiated.....g	0.505		0	AS	1		0.379	0.303	
16:1 c.....g	0.497	0.008	4	A	1		0.373	0.298	
16:1 t.....g	0.008	0.000	4	A	1		0.006	0.005	
17:1.....g									
18:1 undifferentiated.....g	10.784		0	AS	1		8.088	6.470	
18:1 c.....g	8.366	0.216	4	A	1		6.274	5.020	
18:1 t.....g	2.418	0.133	4	A	1		1.813	1.451	
20:1.....g	0.053	0.003	4	A	1		0.040	0.032	
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.764		0	NC	4		4.323	3.458	
18:2 undifferentiated.....g	5.579		0	AS	1		4.184	3.347	
18:2 n-6 c,c.....g	4.743	0.247	4	A	1		3.557	2.846	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.835	0.104	4	A	1		0.627	0.501	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.136		0	AS	1		0.102	0.081	
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:4 undifferentiated.....g	0.049		0	AS	1		0.037	0.030	
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans.....g	3.261		0	NC	4		2.446	1.957	
Fatty acids, total trans-monoenoic.....g	2.426		0	NC	4		1.819	1.456	
Fatty acids, total trans-polyenoic.....g	0.835		0	NC	4		0.627	0.501	
Cholesterol.....mg	50	0.855	4	A	1		38	30	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.165		0	A	1		0.124	0.099	
Threonine.....g	0.602		0	A	1		0.452	0.361	
Isoleucine.....g	0.635		0	A	1		0.476	0.381	
Leucine.....g	1.103		0	A	1		0.827	0.662	
Lysine.....g	1.090		0	A	1		0.817	0.654	
Methionine.....g	0.357		0	A	1		0.268	0.214	
Cystine.....g	0.177		0	A	1		0.133	0.106	
Phenylalanine.....g	0.580		0	A	1		0.435	0.348	
Tyrosine.....g	0.355		0	A	1		0.266	0.213	
Valine.....g	0.690		0	A	1		0.517	0.414	
Arginine.....g	0.840		0	A	1		0.630	0.504	
Histidine.....g	0.470		0	A	1		0.352	0.282	
Alanine.....g	0.755		0	A	1		0.566	0.453	
Aspartic acid.....g	1.245		0	A	1		0.934	0.747	
Glutamic acid.....g	2.348		0	A	1		1.761	1.409	
Glycine.....g	0.662		0	A	1		0.497	0.397	
Proline.....g	0.652		0	A	1		0.489	0.391	
Serine.....g	0.587		0	A	1		0.441	0.352	
Hydroxyproline.....g									

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

NDB No. 21246

WENDY'S, Chicken Nuggets

Common Measures:

Measure 1 = 75g: 5 pieces

Measure 2 = 60g: 4 pieces Kid's Meal

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21247
WENDY'S, French Fries

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	1.881	0.053	4	A	1		2.671	1.711	2.990
17:0.....g	0.016	0.000	4	A	1		0.023	0.015	0.026
18:0.....g	1.145	0.065	4	A	1		1.625	1.041	1.820
20:0.....g	0.077	0.005	4	A	1		0.110	0.070	0.123
22:0.....g	0.040	0.004	4	A	1		0.057	0.037	0.064
24:0.....g	0.031	0.002	4	A	1		0.043	0.028	0.049
Fatty acids, total monounsaturated.....g	8.518		0	NC	4		12.096	7.752	13.544
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	AS	1		0.023	0.015	0.026
16:1 c.....g	0.016	0.001	4	A	1		0.023	0.015	0.026
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	8.485		0	AS	1		12.048	7.721	13.491
18:1 c.....g	5.716	0.272	4	A	1		8.116	5.201	9.088
18:1 t.....g	2.769	0.097	4	A	1		3.932	2.520	4.403
20:1.....g	0.017	0.003	4	A	1		0.024	0.016	0.027
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.728		0	NC	4		5.294	3.393	5.928
18:2 undifferentiated.....g	3.654		0	AS	1		5.188	3.325	5.809
18:2 n-6 c,c.....g	2.864	0.325	4	A	1		4.067	2.606	4.554
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.790	0.067	4	A	1		1.121	0.718	1.255
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.074		0	AS	1		0.106	0.068	0.118
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	3.559		0	NC	4		5.053	3.238	5.658
Fatty acids, total trans-monoenoic.....g	2.769		0	NC	4		3.932	2.520	4.403
Fatty acids, total trans-polyenoic.....g	0.790		0	NC	4		1.121	0.718	1.255
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.045		0	A	1		0.064	0.041	0.071
Threonine.....g	0.127		0	A	1		0.181	0.116	0.203
Isoleucine.....g	0.125		0	A	1		0.177	0.114	0.199
Leucine.....g	0.198		0	A	1		0.280	0.180	0.314
Lysine.....g	0.177		0	A	1		0.252	0.161	0.282
Methionine.....g	0.055		0	A	1		0.078	0.050	0.088
Cystine.....g	0.045		0	A	1		0.064	0.041	0.071
Phenylalanine.....g	0.153		0	A	1		0.217	0.139	0.243
Tyrosine.....g	0.077		0	A	1		0.110	0.070	0.123
Valine.....g	0.180		0	A	1		0.256	0.164	0.286
Arginine.....g	0.175		0	A	1		0.248	0.159	0.278
Histidine.....g	0.062		0	A	1		0.089	0.057	0.099
Alanine.....g	0.128		0	A	1		0.181	0.116	0.203
Aspartic acid.....g	0.825		0	A	1		1.171	0.751	1.312
Glutamic acid.....g	0.547		0	A	1		0.777	0.498	0.871
Glycine.....g	0.105		0	A	1		0.149	0.095	0.167
Proline.....g	0.118		0	A	1		0.167	0.107	0.187
Serine.....g	0.135		0	A	1		0.192	0.123	0.215
Hydroxyproline.....g									

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

NDB No. 21247
WENDY'S, French Fries

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

food, or similar food.

Common Measures:

Measure 1 = 142g: 1 medium Serving
Measure 2 = 91g: 1 Kid's Meal Serving
Measure 3 = 159g: 1 BIGGIE Serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21248
WENDY'S, Frosty Dairy Dessert
Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.25		1	A	1		78.25	157.20	206.37
Energy.....kcal	132		0	NC	4		149	299	393
Energy.....kj	552		0	NC	4		623	1252	1644
Protein (N x 6.25).....g	3.49		1	A	1		3.94	7.92	10.40
Total lipid (fat).....g	2.60		1	A	1		2.94	5.90	7.75
Ash.....g	1.04		1	A	1		1.18	2.36	3.10
Carbohydrate, by difference.....g	23.62		0	NC	4		26.69	53.62	70.39
Fiber, total dietary.....g	3.3		1	A	1		3.7	7.5	9.8
Sugars, total.....g									
Sucrose.....g	8.63		1	A	1		9.75	19.59	25.72
Glucose (dextrose).....g	0.55		1	A	1		0.62	1.25	1.64
Fructose.....g	0.15		1	A	1		0.17	0.34	0.44
Lactose.....g	5.44		1	A	1		6.15	12.35	16.21
Maltose.....g	0.91		1	A	1		1.03	2.07	2.71
Galactose.....g									
Starch.....g	1.30		1	A	1		1.47	2.95	3.87
Minerals:									
Calcium, Ca.....mg	128		1	A	1		145	291	381
Iron, Fe.....mg	1.04		1	A	1		1.18	2.36	3.10
Magnesium, Mg.....mg	20		1	A	1		23	46	61
Phosphorus, P.....mg	112		1	A	1		127	254	334
Potassium, K.....mg	185		1	A	1		209	420	551
Sodium, Na.....mg	98		1	A	1		111	223	293
Zinc, Zn.....mg	0.44		1	A	1		0.50	1.00	1.31
Copper, Cu.....mg	0.075		1	A	1		0.084	0.169	0.222
Manganese, Mn.....mg	0.063		1	A	1		0.071	0.142	0.187
Selenium, Se.....mcg	3.3		1	A	1		3.7	7.5	9.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin.....mg	0.060		1	A	1		0.067	0.135	0.177
Riboflavin.....mg	0.720		1	A	1		0.814	1.634	2.146
Niacin.....mg	0.348		1	A	1		0.393	0.790	1.037
Pantothenic acid.....mg	0.601		1	A	1		0.679	1.364	1.791
Vitamin B-6.....mg	0.000		1	A	1		0.000	0.000	0.000
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.59		1	A	1		0.66	1.33	1.75
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		1	A	1		0.5	0.9	1.2
Lipids:									
Fatty acids, total saturated.....g	1.635		0	NC	4		1.847	3.711	4.872
4:0.....g									
6:0.....g									
8:0.....g	0.033		1	A	1		0.038	0.076	0.099
10:0.....g	0.067		1	A	1		0.075	0.151	0.199
12:0.....g	0.075		1	A	1		0.085	0.170	0.224
13:0.....g									
14:0.....g	0.259		1	A	1		0.292	0.587	0.771
15:0.....g	0.025		1	A	1		0.028	0.057	0.074
16:0.....g	0.776		1	A	1		0.877	1.761	2.312
17:0.....g	0.017		1	A	1		0.019	0.038	0.049
18:0.....g	0.384		1	A	1		0.434	0.871	1.144

NDB No. 21248
 WENDY'S, Frosty Dairy Dessert

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
20:0.....g	0.000		1	A	1		0.000	0.000	0.000
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.692		0	NC	4		0.782	1.572	2.063
14:1.....g	0.017		1	A	1		0.019	0.038	0.049
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.042		1	A	1		0.047	0.095	0.124
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.634		1	A	1		0.716	1.439	1.889
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.117		0	NC	4		0.132	0.265	0.348
18:2 undifferentiated.....g	0.100		1	A	1		0.113	0.227	0.298
18:3 undifferentiated.....g	0.017		1	A	1		0.019	0.038	0.049
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1	A	1		18	36	47
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		0	A	1		0.045	0.091	0.119
Threonine.....g	0.150		0	A	1		0.170	0.341	0.447
Isoleucine.....g	0.150		0	A	1		0.170	0.341	0.447
Leucine.....g	0.290		0	A	1		0.328	0.658	0.864
Lysine.....g	0.250		0	A	1		0.283	0.568	0.745
Methionine.....g	0.070		0	A	1		0.079	0.159	0.209
Cystine.....g	0.040		0	A	1		0.045	0.091	0.119
Phenylalanine.....g	0.140		0	A	1		0.158	0.318	0.417
Tyrosine.....g	0.120		0	A	1		0.135	0.272	0.357
Valine.....g	0.180		0	A	1		0.203	0.409	0.536
Arginine.....g	0.110		0	A	1		0.124	0.249	0.328
Histidine.....g	0.080		0	A	1		0.090	0.181	0.238
Alanine.....g	0.110		0	A	1		0.124	0.249	0.328
Aspartic acid.....g	0.280		0	A	1		0.316	0.636	0.834
Glutamic acid.....g	0.640		0	A	1		0.723	1.453	1.907
Glycine.....g	0.070		0	A	1		0.079	0.159	0.209
Proline.....g	0.270		0	A	1		0.305	0.613	0.805
Serine.....g	0.170		0	A	1		0.192	0.386	0.507
Hydroxyproline.....g									

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

Common Measures:

- Measure 1 = 113g: 1 junior 6 oz. cup
- Measure 2 = 227g: 1 small 12 oz. cup
- Measure 3 = 298g: 1 medium 16 oz. cup

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 21 Fast Foods

NDB No. 21244

WENDY'S, Homestyle Chicken Fillet Sandwich

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	54.94		1	A	1		126.36		
Energy.....kcal	214		0	NC	4		493		
Energy.....kj	896		0	NC	4		2061		
Protein (N x 6.25).....g	13.78		1	A	1		31.69		
Total lipid (fat).....g	8.10		1	A	1		18.63		
Ash.....g	1.63		1	A	1		3.75		
Carbohydrate, by difference.....g	21.55		0	NC	4		49.57		
Fiber, total dietary.....g	1.3		1	A	1		3.0		
Sugars, total.....g									
Sucrose.....g	0.00		1	A	1		0.00		
Glucose (dextrose).....g	0.87		1	A	1		2.00		
Fructose.....g	1.14		1	A	1		2.62		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.15		1	A	1		0.34		
Galactose.....g									
Starch.....g	16.10		1	A	1		37.03		
Minerals:									
Calcium, Ca.....mg	23		1	A	1		52		
Iron, Fe.....mg	1.50		1	A	1		3.45		
Magnesium, Mg.....mg	24		1	A	1		56		
Phosphorus, P.....mg	161		1	A	1		370		
Potassium, K.....mg	228		1	A	1		524		
Sodium, Na.....mg	401		1	A	1		922		
Zinc, Zn.....mg	0.61		1	A	1		1.41		
Copper, Cu.....mg	0.135		1	A	1		0.311		
Manganese, Mn.....mg	0.230		1	A	1		0.529		
Selenium, Se.....mcg	24.4		1	A	1		56.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1		0.8		
Thiamin.....mg	0.295		1	A	1		0.678		
Riboflavin.....mg	0.130		1	A	1		0.299		
Niacin.....mg	3.300		1	A	1		7.590		
Pantothenic acid.....mg	0.526		1	A	1		1.210		
Vitamin B-6.....mg	0.189		1	A	1		0.434		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.33		1	A	1		0.76		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	10.7		1	A	1		24.6		
Lipids:									
Fatty acids, total saturated.....g	1.618		0	NC	4		3.722		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.001		1	A	1		0.003		
12:0.....g	0.003		1	A	1		0.008		
13:0.....g									
14:0.....g	0.012		1	A	1		0.027		
15:0.....g	0.004		1	A	1		0.010		
16:0.....g	1.056		1	A	1		2.428		
17:0.....g	0.004		1	A	1		0.010		
18:0.....g	0.487		1	A	1		1.119		

WENDY'S, Homestyle Chicken Fillet Sandwich

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
20:0.....g	0.023		1	A	1		0.052		
22:0.....g	0.021		1	A	1		0.048		
24:0.....g	0.008		1	A	1		0.018		
Fatty acids, total monounsaturated.....g	2.921		0	NC	4		6.719		
14:1.....g	0.003		1	A	1		0.008		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.131		0	AS	1		0.300		
16:1 c.....g	0.131		1	A	1		0.300		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.002		1	A	1		0.005		
18:1 undifferentiated.....g	2.764		0	AS	1		6.357		
18:1 c.....g	2.371		1	A	1		5.452		
18:1 t.....g	0.394		1	A	1		0.905		
20:1.....g	0.021		1	A	1		0.048		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.086		0	NC	4		7.098		
18:2 undifferentiated.....g	2.826		0	AS	1		6.499		
18:2 n-6 c,c.....g	2.705		1	A	1		6.222		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.120		1	A	1		0.277		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.233		0	AS	1		0.536		
18:4.....g	0.010		1	A	1		0.023		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:4 undifferentiated.....g	0.017		0	AS	1		0.040		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.514		0	NC	4		1.182		
Fatty acids, total trans-monoenoic.....g	0.394		0	NC	4		0.905		
Fatty acids, total trans-polyenoic.....g	0.120		0	NC	4		0.277		
Cholesterol.....mg	31		1	A	1		72		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.150		0	A	1		0.345		
Threonine.....g	0.500		0	A	1		1.150		
Isoleucine.....g	0.540		0	A	1		1.242		
Leucine.....g	0.930		0	A	1		2.139		
Lysine.....g	0.830		0	A	1		1.909		
Methionine.....g	0.290		0	A	1		0.667		
Cystine.....g	0.180		0	A	1		0.414		
Phenylalanine.....g	0.510		0	A	1		1.173		
Tyrosine.....g	0.270		0	A	1		0.621		
Valine.....g	0.590		0	A	1		1.357		
Arginine.....g	0.650		0	A	1		1.495		
Histidine.....g	0.380		0	A	1		0.874		
Alanine.....g	0.650		0	A	1		1.495		
Aspartic acid.....g	1.060		0	A	1		2.438		
Glutamic acid.....g	2.360		0	A	1		5.428		
Glycine.....g	0.520		0	A	1		1.196		
Proline.....g	0.680		0	A	1		1.564		
Serine.....g	0.530		0	A	1		1.219		
Hydroxyproline.....g									

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

NDB No. 21244

WENDY'S, Homestyle Chicken Fillet Sandwich

Common Measures:

Measure 1 = 230g: 1 item

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21242

WENDY'S, Jr. Hamburger, with cheese

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	48.06		1	A	1		62.00		
Energy.....kcal	256		0	NC	4		330		
Energy.....kj	1070		0	NC	4		1380		
Protein (N x 6.25).....g	13.06		1	A	1		16.85		
Total lipid (fat).....g	11.50		1	A	1		14.84		
Ash.....g	2.41		1	A	1		3.11		
Carbohydrate, by difference.....g	24.97		0	NC	4		32.21		
Fiber, total dietary.....g	1.4		1	A	1		1.8		
Sugars, total.....g									
Sucrose.....g	0.00		1	A	1		0.00		
Glucose (dextrose).....g	2.06		1	A	1		2.66		
Fructose.....g	2.23		1	A	1		2.88		
Lactose.....g	0.23		1	A	1		0.30		
Maltose.....g	0.15		1	A	1		0.19		
Galactose.....g									
Starch.....g	16.60		1	A	1		21.41		
Minerals:									
Calcium, Ca.....mg	92		1	A	1		119		
Iron, Fe.....mg	2.78		1	A	1		3.59		
Magnesium, Mg.....mg	22		1	A	1		28		
Phosphorus, P.....mg	134		1	A	1		173		
Potassium, K.....mg	178		1	A	1		230		
Sodium, Na.....mg	660		1	A	1		851		
Zinc, Zn.....mg	2.18		1	A	1		2.81		
Copper, Cu.....mg	0.109		1	A	1		0.140		
Manganese, Mn.....mg	0.242		1	A	1		0.312		
Selenium, Se.....mcg	21.9		1	A	1		28.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		1	A	1		0.8		
Thiamin.....mg	0.361		1	A	1		0.466		
Riboflavin.....mg	0.171		1	A	1		0.221		
Niacin.....mg	3.080		1	A	1		3.973		
Pantothenic acid.....mg	0.302		1	A	1		0.389		
Vitamin B-6.....mg	0.956		1	A	1		1.233		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.30		1	A	1		1.68		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.2		1	A	1		5.4		
Lipids:									
Fatty acids, total saturated.....g	5.181		0	NC	4		6.684		
4:0.....g	0.104		1	A	1		0.134		
6:0.....g	0.065		1	A	1		0.083		
8:0.....g	0.045		1	A	1		0.058		
10:0.....g	0.083		1	A	1		0.107		
12:0.....g	0.096		1	A	1		0.123		
13:0.....g									
14:0.....g	0.477		1	A	1		0.616		
15:0.....g	0.062		1	A	1		0.080		
16:0.....g	2.658		1	A	1		3.429		
17:0.....g	0.113		1	A	1		0.146		
18:0.....g	1.443		1	A	1		1.862		

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
20:0.....g	0.022		1	A	1		0.028		
22:0.....g	0.004		1	A	1		0.006		
24:0.....g	0.009		1	A	1		0.012		
Fatty acids, total monounsaturated.....g	4.398		0	NC	4		5.674		
14:1.....g	0.082		1	A	1		0.106		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.377		0	AS	1		0.486		
16:1 c.....g	0.342		1	A	1		0.441		
16:1 t.....g	0.035		1	A	1		0.045		
17:1.....g	0.036		1	A	1		0.047		
18:1 undifferentiated.....g	3.862		0	AS	1		4.982		
18:1 c.....g	3.476		1	A	1		4.484		
18:1 t.....g	0.386		1	A	1		0.497		
20:1.....g	0.032		1	A	1		0.041		
22:1 undifferentiated.....g	0.010		1	A	1		0.013		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.181		0	NC	4		1.524		
18:2 undifferentiated.....g	1.009		0	AS	1		1.302		
18:2 n-6 c,c.....g	0.963		1	A	1		1.242		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.046		1	A	1		0.059		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.122		0	AS	1		0.158		
18:4.....g	0.030		1	A	1		0.039		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:4 undifferentiated.....g	0.020		0	AS	1		0.026		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.466		0	NC	4		0.602		
Fatty acids, total trans-monoenoic.....g	0.420		0	NC	4		0.542		
Fatty acids, total trans-polyenoic.....g	0.046		0	NC	4		0.059		
Cholesterol.....mg	36		1	A	1		46		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.130		0	A	1		0.168		
Threonine.....g	0.440		0	A	1		0.567		
Isoleucine.....g	0.480		0	A	1		0.619		
Leucine.....g	0.870		0	A	1		1.122		
Lysine.....g	0.700		0	A	1		0.903		
Methionine.....g	0.250		0	A	1		0.322		
Cystine.....g	0.160		0	A	1		0.206		
Phenylalanine.....g	0.500		0	A	1		0.645		
Tyrosine.....g	0.260		0	A	1		0.335		
Valine.....g	0.550		0	A	1		0.709		
Arginine.....g	0.580		0	A	1		0.748		
Histidine.....g	0.300		0	A	1		0.387		
Alanine.....g	0.590		0	A	1		0.761		
Aspartic acid.....g	0.920		0	A	1		1.187		
Glutamic acid.....g	2.480		0	A	1		3.199		
Glycine.....g	0.650		0	A	1		0.838		
Proline.....g	0.900		0	A	1		1.161		
Serine.....g	0.540		0	A	1		0.697		
Hydroxyproline.....g									

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

NDB No. 21242

WENDY'S, Jr. Hamburger, with cheese

Common Measures:

Measure 1 = 129g: 1 item

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21241

WENDY'S, Jr. Hamburger, without cheese

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	48.25	0.572	4	A	1		56.46		
Energy.....kcal	243		0	NC	4		284		
Energy.....kj	1017		0	NC	4		1190		
Protein (N x 6.25).....g	12.62	0.218	4	A	1		14.77		
Total lipid (fat).....g	8.75	0.132	4	A	1		10.24		
Ash.....g	1.92	0.065	4	A	1		2.25		
Carbohydrate, by difference.....g	28.45		0	NC	4		33.29		
Fiber, total dietary.....g	1.7	0.029	4	A	1		2.0		
Sugars, total.....g									
Sucrose.....g	0.00	0.000	4	A	1		0.00		
Glucose (dextrose).....g	2.43	0.337	4	A	1		2.84		
Fructose.....g	2.66	0.370	4	A	1		3.12		
Lactose.....g	0.00	0.000	4	A	1		0.00		
Maltose.....g	0.51	0.188	4	A	1		0.60		
Galactose.....g									
Starch.....g	19.25	0.591	4	A	1		22.52		
Minerals:									
Calcium, Ca.....mg	45	8.138	4	A	1		53		
Iron, Fe.....mg	3.35	0.321	4	A	1		3.92		
Magnesium, Mg.....mg	21	0.339	4	A	1		25		
Phosphorus, P.....mg	107	0.750	4	A	1		125		
Potassium, K.....mg	175	3.119	4	A	1		204		
Sodium, Na.....mg	539	19.332	4	A	1		630		
Zinc, Zn.....mg	2.10	0.045	4	A	1		2.46		
Copper, Cu.....mg	0.117	0.004	4	A	1		0.137		
Manganese, Mn.....mg	0.281	0.009	4	A	1		0.328		
Selenium, Se.....mcg	23.1	1.960	4	A	1		27.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5	0.115	4	A	1		0.6		
Thiamin.....mg	0.422	0.032	4	A	1		0.493		
Riboflavin.....mg	0.235	0.064	4	A	1		0.275		
Niacin.....mg	3.887	0.087	4	A	1		4.548		
Pantothenic acid.....mg	0.346	0.027	4	A	1		0.405		
Vitamin B-6.....mg	0.124	0.024	4	A	1		0.145		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.27	0.033	4	A	1		1.48		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.5	0.248	4	A	1		5.3		
Lipids:									
Fatty acids, total saturated.....g	3.466		0	NC	4		4.055		
4:0.....g	0.007		2	A	1		0.008		
6:0.....g	0.007		2	A	1		0.008		
8:0.....g	0.004	0.002	4	A	1		0.005		
10:0.....g	0.005	0.003	4	A	1		0.005		
12:0.....g	0.031	0.018	4	A	1		0.037		
13:0.....g									
14:0.....g	0.232	0.006	4	A	1		0.272		
15:0.....g	0.037	0.002	4	A	1		0.043		
16:0.....g	1.928	0.066	4	A	1		2.256		
17:0.....g	0.090	0.006	4	A	1		0.105		
18:0.....g	1.105	0.055	4	A	1		1.293		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.012	0.001	4	A	1		0.014		
22:0.....g	0.003	0.002	4	A	1		0.004		
24:0.....g	0.003	0.002	4	A	1		0.004		
Fatty acids, total monounsaturated.....g	3.531		0	NC	4		4.131		
14:1.....g	0.069	0.003	4	A	1		0.080		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.334		0	AS	1		0.390		
16:1 c.....g	0.307	0.014	4	A	1		0.359		
16:1 t.....g	0.027		2	A	1		0.031		
17:1.....g	0.029	0.017	4	A	1		0.034		
18:1 undifferentiated.....g	3.062		0	AS	1		3.582		
18:1 c.....g	2.857		2	A	1		3.343		
18:1 t.....g	0.205		2	A	1		0.239		
20:1.....g	0.028	0.007	4	A	1		0.032		
22:1 undifferentiated.....g	0.010	0.006	4	A	1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.116		0	NC	4		1.305		
18:2 undifferentiated.....g	0.980		0	AS	1		1.147		
18:2 n-6 c,c.....g	0.943	0.033	4	A	1		1.103		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.038		2	A	1		0.044		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.103		0	AS	1		0.120		
18:4.....g	0.020	0.012	4	A	1		0.023		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:4 undifferentiated.....g	0.012		0	AS	1		0.014		
20:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:6 n-3.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g	0.269		0	NC	4		0.315		
Fatty acids, total trans-monoenoic.....g	0.231		0	NC	4		0.271		
Fatty acids, total trans-polyenoic.....g	0.038		0	NC	4		0.044		
Cholesterol.....mg	27	0.722	4	A	1		32		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.117		0	A	1		0.137		
Threonine.....g	0.410		0	A	1		0.480		
Isoleucine.....g	0.425		0	A	1		0.498		
Leucine.....g	0.781		0	A	1		0.913		
Lysine.....g	0.618		0	A	1		0.723		
Methionine.....g	0.222		0	A	1		0.260		
Cystine.....g	0.160		0	A	1		0.187		
Phenylalanine.....g	0.458		0	A	1		0.536		
Tyrosine.....g	0.210		0	A	1		0.246		
Valine.....g	0.483		0	A	1		0.565		
Arginine.....g	0.565		0	A	1		0.661		
Histidine.....g	0.283		0	A	1		0.331		
Alanine.....g	0.596		0	A	1		0.697		
Aspartic acid.....g	0.853		0	A	1		0.998		
Glutamic acid.....g	2.390		0	A	1		2.796		
Glycine.....g	0.683		0	A	1		0.800		
Proline.....g	0.836		0	A	1		0.978		
Serine.....g	0.488		0	A	1		0.571		
Hydroxyproline.....g									

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

NDB No. 21241

WENDY'S, Jr. Hamburger, without cheese

Common Measures:

Measure 1 = 117g: 1 item

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 21245

WENDY'S, Ultimate Chicken Grill Sandwich

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	59.67		1	A	1		134.26		
Energy.....kcal	179		0	NC	4		404		
Energy.....kj	751		0	NC	4		1689		
Protein (N x 6.25).....g	14.73		1	A	1		33.14		
Total lipid (fat).....g	5.00		1	A	1		11.25		
Ash.....g	1.72		1	A	1		3.87		
Carbohydrate, by difference.....g	18.88		0	NC	4		42.48		
Fiber, total dietary.....g	1.1		1	A	1		2.5		
Sugars, total.....g									
Sucrose.....g	0.00		1	A	1		0.00		
Glucose (dextrose).....g	1.87		1	A	1		4.21		
Fructose.....g	1.80		1	A	1		4.05		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.15		1	A	1		0.34		
Galactose.....g									
Starch.....g	13.40		1	A	1		30.15		
Minerals:									
Calcium, Ca.....mg	25		1	A	1		56		
Iron, Fe.....mg	1.55		1	A	1		3.49		
Magnesium, Mg.....mg	24		1	A	1		55		
Phosphorus, P.....mg	168		1	A	1		378		
Potassium, K.....mg	221		1	A	1		497		
Sodium, Na.....mg	427		1	A	1		961		
Zinc, Zn.....mg	0.57		1	A	1		1.29		
Copper, Cu.....mg	0.075		1	A	1		0.168		
Manganese, Mn.....mg	0.196		1	A	1		0.441		
Selenium, Se.....mcg	31.3		1	A	1		70.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.1		1	A	1		2.5		
Thiamin.....mg	0.392		1	A	1		0.882		
Riboflavin.....mg	0.260		1	A	1		0.585		
Niacin.....mg	4.160		1	A	1		9.360		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.141		1	A	1		0.317		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.33		1	A	1		0.74		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	8.9		1	A	1		20.0		
Lipids:									
Fatty acids, total saturated.....g	1.030		0	NC	4		2.317		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.010		1	A	1		0.022		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.730		1	A	1		1.643		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.280		1	A	1		0.630		

NDB No. 21245
 WENDY'S, Ultimate Chicken Grill Sandwich

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
20:0.....g	0.010		1	A	1		0.022		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	1.460		0	NC	4		3.284		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.130		1	A	1		0.292		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.300		1	A	1		2.925		
20:1.....g	0.020		1	A	1		0.045		
22:1 undifferentiated.....g	0.010		1	A	1		0.022		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.810		0	NC	4		4.072		
18:2 undifferentiated.....g	1.600		1	A	1		3.600		
18:3 undifferentiated.....g	0.190		1	A	1		0.427		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.020		1	A	1		0.045		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	40		1	A	1		89		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.170		0	A	1		0.382		
Threonine.....g	0.570		0	A	1		1.282		
Isoleucine.....g	0.620		0	A	1		1.395		
Leucine.....g	1.040		0	A	1		2.340		
Lysine.....g	0.990		0	A	1		2.228		
Methionine.....g	0.320		0	A	1		0.720		
Cystine.....g	0.190		0	A	1		0.427		
Phenylalanine.....g	0.560		0	A	1		1.260		
Tyrosine.....g	0.320		0	A	1		0.720		
Valine.....g	0.660		0	A	1		1.485		
Arginine.....g	0.760		0	A	1		1.710		
Histidine.....g	0.420		0	A	1		0.945		
Alanine.....g	0.730		0	A	1		1.643		
Aspartic acid.....g	1.230		0	A	1		2.768		
Glutamic acid.....g	2.450		0	A	1		5.513		
Glycine.....g	0.560		0	A	1		1.260		
Proline.....g	0.680		0	A	1		1.530		
Serine.....g	0.580		0	A	1		1.305		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 225g: 1 item

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods