

mrFITNESSinc.com **MACRONUTRIENT FOOD DATABASE**



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
40% bran flakes, ralston purina, (wheat bran)	1 oz	28.4	3.3	22.6	0.4	91.9
40% bran flakes, ralston purina, (wheat bran)	1 cup	49	5.6	39.1	0.7	158.8
Abalone, mixed species, cooked, fried	3 oz	85	16.7	9.4	5.8	187
Abalone, mixed species, raw	3 oz	85	14.5	5.1	0.6	107
Abiyuch, raw	0.5 cup	114	1.7	20.1	0.1	89
Acerola juice, raw	1 fl oz	30.2	0.1	1.4	0.1	6.9
Acerola juice, raw	1 cup	242	1	11.6	0.7	55.7
Acerola, (west indian cherry), raw	1 fruit without refuse	4.8	0	0.4	0	1.5
Acerola, (west indian cherry), raw	1 cup	98	0.4	7.5	0.3	31.4
Acorn flour, full fat	1 oz	28.4	2.1	15.5	8.6	142
Acorns, dried	1 oz	28.4	2.3	15.2	8.9	144.3
Acorns, raw	1 oz	28.4	1.7	11.6	6.8	109.7
Alcohol, all (gin, rum, vodka, whiskey) 100 proof	1 fl oz	27.8	0	0	0	82
Alcohol, all (gin, rum, vodka, whiskey) 100 proof	1 jigger 1.5 fl oz	42	0	0	0	123.9
Alcohol, all (gin, rum, vodka, whiskey) 80 proof	1 fl oz	27.8	0	0	0	64.2
Alcohol, all (gin, rum, vodka, whiskey) 80 proof	1 jigger 1.5 fl oz	42	0	0	0	97
Alcohol, all (gin, rum, vodka, whiskey) 86 proof	1 fl oz	27.8	0	0	0	69.5
Alcohol, all (gin, rum, vodka, whiskey) 86 proof	1 jigger 1.5 fl oz	42	0	0	0	105
Alcohol, all (gin, rum, vodka, whiskey) 90 proof	1 fl oz	27.8	0	0	0	73.1
Alcohol, all (gin, rum, vodka, whiskey) 90 proof	1 jigger	42	0	0	0	110.5
Alcohol, all (gin, rum, vodka, whiskey) 94 proof	1 fl oz	27.8	0	0	0	76.5
Alcohol, all (gin, rum, vodka, whiskey) 94 proof	1 jigger 1.5 fl oz	42	0	0	0	115.5
Alcohol, gin, 90 proof	1 fl oz	27.8	0	0	0	73.1
Alcohol, gin, 90 proof	1 jigger 1.5 fl oz	42	0	0	0	110.5
Alcohol, rum, 80 proof	1 fl oz	27.8	0	0	0	64.2
Alcohol, rum, 80 proof	1 jigger 1.5 fl oz	42	0	0	0	97
Alcohol, vodka, 80 proof	1 fl oz	27.8	0	0	0	64.2
Alcohol, vodka, 80 proof	1 jigger 1.5 fl oz	42	0	0	0	97
Alcohol, whiskey, 86 proof	1 fl oz	27.8	0	0	0	69.5
Alcohol, whiskey, 86 proof	1 jigger 1.5 fl oz	42	0	0	0	105
Alfalfa seeds, sprouted, raw	1 tbsp	3	0.1	0.1	0	0.9
Alfalfa seeds, sprouted, raw	1 cup	33	1.3	1.2	0.2	9.6
Allspice, ground	1 tsp	1.9	0.1	1.4	0.2	5
Allspice, ground	1 tbsp	6	0.4	4.3	0.5	15.8
Almond butter, plain, with salt added	1 tbsp	16	2.4	3.4	9.5	101.3
Almond butter, plain, with salt added	1 cup	250	37.7	53.1	147.8	1582.5
Almond butter, plain, without salt added	1 tbsp	16	2.4	3.4	9.5	101.3
Almond butter, plain, without salt added	1 cup	250	37.7	53.1	147.8	1582.5
Almond paste	1 oz	28.4	2.6	13.6	7.9	129.8
Almond paste	1 cup, firmly packed	227	20.4	108.5	63	1039.7
Almonds	1 almond	1.2	0.3	0.2	0.6	6.9
Almonds	1 oz (24 whole kernels)	28.4	6	5.6	14.4	163.9
Almonds	1 cup, ground	95	20.2	18.8	48.1	549.1
Almonds	1 cup, sliced	95	20.2	18.8	48.1	549.1
Almonds	1 cup, slivered	108	23	21.3	54.7	624.2
Almonds	1 cup, whole	142	30.2	28	71.9	820.8
Almonds, blanched	1 tbsp	9.1	2	1.8	4.6	52.9
Almonds, blanched	1 oz	28.4	6.2	5.7	14.4	164.7
Almonds, blanched	1 cup whole kernels	145	31.8	28.9	73.4	842.5
Almonds, dry roasted, with salt added	1 oz (22 whole kernels)	28.4	6.3	5.5	15	169.2
Almonds, dry roasted, with salt added	1 cup whole kernels	138	30.5	26.6	72.9	823.9
Almonds, dry roasted, without salt added	1 oz (22 whole kernels)	28.4	6.3	5.5	15	169.2
Almonds, dry roasted, without salt added	1 cup whole kernels	138	30.5	26.6	72.9	823.9
Almonds, honey roasted, unblanched	1 oz	28.4	5.2	7.9	14.1	168.4
Almonds, honey roasted, unblanched	1 cup whole kernels	144	26.2	40.2	71.9	855.4
Almonds, oil roasted, with salt added	1 oz (22 whole kernels)	28.4	6	5	15.6	172.1
Almonds, oil roasted, with salt added	1 cup whole kernels	157	33.3	27.8	86.6	953
Almonds, oil roasted, without salt added	1 oz (22 whole kernels)	28.4	6	5	15.6	172.1
Almonds, oil roasted, without salt added	1 cup whole kernels	157	33.3	27.8	86.6	953
Alsa mousse mix, powder, dark chocolate	2.5 tbsp	21	2	12.9	5.1	105.2
Amaranth	1 cup	195	28.2	129	12.7	729.3
Amaranth leaves, cooked, boiled, drained, with salt	1 cup	132	2.8	5.4	0.2	27.7
Amaranth leaves, cooked, boiled, drained, without salt	1 cup	132	2.8	5.4	0.2	27.7
Amaranth leaves, raw	1 leaf	14	0.3	0.6	0	3.2

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Amaranth leaves, raw	1 cup	28	0.7	1.1	0.1	6.4
Anchovy, european, canned in oil, drained solids	1 anchovy	4	1.2	0	0.4	8.4
Anchovy, european, canned in oil, drained solids	5 anchovies	20	5.8	0	1.9	42
Anchovy, european, canned in oil, drained solids	1 oz, boneless	28.4	8.2	0	2.8	59.5
Anchovy, european, canned in oil, drained solids	1 can (2 oz)	45	13	0	4.4	94.5
Anchovy, european, raw	3 oz	85	17.3	0	4.1	111.4
Ang's Cream of Broccoli and Cheddar Soup	1 cup	4	20	4	150	
Anise seed	1 tsp	2.1	0.4	1.1	0.3	7.1
Anise seed	1 tbsp	6.7	1.2	3.4	1.1	22.6
Antelope, cooked, roasted	3 oz	85	25	0	2.3	127.5
Antelope, cooked, roasted	1 piece, cooked (yield from 1 lb raw meat, boneless)	340	100.1	0	9.1	510
Antelope, raw	1 oz	28.4	6.3	0	0.6	32.3
Antelope, raw	1 lb	453.6	101.5	0	9.2	517.1
Apple Cinnamon Cheerios	0.75 cup	30	1.9	25.1	1.6	117.9
Apple juice, canned or bottled, unsweetened	1 fl oz	31	0	3.6	0	14.6
Apple juice, canned or bottled, unsweetened	1 fl oz	31	0	3.6	0	14.6
Apple juice, canned or bottled, unsweetened	1 cup	248	0.1	29	0.3	116.6
Apple juice, canned or bottled, unsweetened	1 cup	248	0.1	29	0.3	116.6
Apple juice, canned or bottled, unsweetened	1 drink box (8.45 fl oz)	262	0.2	30.6	0.3	123.1
Apple juice, frozen concentrate, unsweetened, diluted with water	1 fl oz	29.9	0	3.5	0	14.1
Apple juice, frozen concentrate, unsweetened, diluted with water	1 cup	239	0.3	27.6	0.2	112.3
Apple juice, frozen concentrate, unsweetened, diluted with water without added ascorbic acid	1 fl oz	29.9	0	3.5	0	14.1
Apple juice, frozen concentrate, unsweetened, diluted with water without added ascorbic acid	1 cup	239	0.3	27.6	0.2	112.3
Apple juice, frozen concentrate, unsweetened, undiluted	1 can (6 fl oz)	211	1.1	86.5	0.8	350.3
Apple juice, frozen concentrate, unsweetened, undiluted	1 can (6 fl oz)	211	1.1	86.5	0.8	350.3
Apples, canned, sweetened, sliced, drained, heated	1 cup slices	204	0.4	34.4	0.9	136.7
Apples, canned, sweetened, sliced, drained, unheated	1 cup slices	204	0.4	34.1	1	136.7
Apples, dehydrated (low moisture), sulfured, stewed	1 cup	193	0.5	38.4	0.2	142.8
Apples, dehydrated (low moisture), sulfured, uncooked	1 cup	60	0.8	56.1	0.3	207.6
Apples, dried, sulfured, stewed, with added sugar	1 cup	280	0.6	58	0.2	232.4
Apples, dried, sulfured, stewed, without added sugar	1 cup	255	0.6	39.1	0.2	145.4
Apples, dried, sulfured, uncooked	1 ring	6.4	0.1	4.2	0	15.6
Apples, dried, sulfured, uncooked	1 cup	86	0.8	56.7	0.3	209
Apples, frozen, unsweetened, heated	1 cup slices	206	0.6	24.7	0.7	96.8
Apples, frozen, unsweetened, unheated	1 cup slices	173	0.5	21.3	0.6	83
Apples, raw, with skin	1 small (2-1/2" dia) (approx 4 per lb)	106	0.2	16.2	0.4	62.5
Apples, raw, with skin	1 cup slices	110	0.2	16.8	0.4	64.9
Apples, raw, with skin	1 cup, quartered or chopped	125	0.2	19.1	0.5	73.8
Apples, raw, with skin	1 medium (2-3/4" dia) (approx 3 per lb)	138	0.3	21	0.5	81.4
Apples, raw, with skin	1 large (3-1/4" dia) (approx 2 per lb)	212	0.4	32.3	0.8	125.1
Apples, raw, without skin	1 cup slices	110	0.2	16.3	0.3	62.7
Apples, raw, without skin	1 medium (2-3/4" dia) (approx 3 per lb)	128	0.2	19	0.4	73
Apples, raw, without skin, cooked, boiled	1 cup slices	171	0.4	23.3	0.6	90.6
Apples, raw, without skin, cooked, microwave	1 cup slices	170	0.5	24.5	0.7	95.2
Applesauce, canned, sweetened, with salt	1 cup	255	0.5	50.8	0.5	193.8
Applesauce, canned, sweetened, without salt	1 cup	255	0.5	50.8	0.5	193.8
Applesauce, canned, unsweetened	1 cup	244	0.4	27.5	0.1	104.9
Applesauce, canned, unsweetened	1 cup	244	0.4	27.5	0.1	104.9
Apricot nectar, canned	1 fl oz	31.4	0.1	4.5	0	17.6
Apricot nectar, canned	1 fl oz	31.4	0.1	4.5	0	17.6
Apricot nectar, canned	1 cup	251	0.9	36.1	0.2	140.6
Apricot nectar, canned	1 cup	251	0.9	36.1	0.2	140.6
Apricots, canned, extra heavy syrup pack, without skin	1 cup, whole, without pits	246	1.4	61.1	0.1	236.2
Apricots, canned, extra light syrup pack, with skin	1 cup, halves	247	1.5	30.9	0.2	121
Apricots, canned, heavy syrup pack, with skin	1 apricot half with liquid	40	0.2	8.6	0	33.2
Apricots, canned, heavy syrup pack, with skin	1 cup, whole	240	1.3	51.5	0.2	199.2
Apricots, canned, heavy syrup pack, with skin	1 cup, halves	258	1.4	55.4	0.2	214.1
Apricots, canned, heavy syrup pack, without skin	1 cup, whole, without pits	258	1.3	55.3	0.2	214.1
Apricots, canned, juice pack, with skin	1 apricot half with liquid	36	0.2	4.4	0	17.3
Apricots, canned, juice pack, with skin	1 cup, halves	244	1.5	30.1	0.1	117.1
Apricots, canned, light syrup pack, with skin	1 apricot half with liquid	40	0.2	6.6	0	25.2
Apricots, canned, light syrup pack, with skin	1 cup, halves	253	1.3	41.7	0.1	159.4
Apricots, canned, water pack, with skin	1 apricot half with liquid	36	0.3	2.3	0.1	9.7
Apricots, canned, water pack, with skin	1 cup, halves	243	1.7	15.5	0.4	65.6

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Apricots, canned, water pack, without skin	1 cup, whole, without pits	227	1.6	12.4	0.1	49.9
Apricots, dehydrated (low-moisture), sulfured, stewed	1 cup	249	4.8	81.2	0.6	313.7
Apricots, dehydrated (low-moisture), sulfured, uncooked	1 cup	119	5.8	98.6	0.7	380.8
Apricots, dried, sulfured, stewed, with added sugar	1 cup, halves	270	3.2	79	0.4	305.1
Apricots, dried, sulfured, stewed, without added sugar	1 cup, halves	250	3.3	54.8	0.4	212.5
Apricots, dried, sulfured, uncooked	1 half	3.5	0.1	2.2	0	8.3
Apricots, dried, sulfured, uncooked	1 cup, halves	130	4.7	80.3	0.6	309.4
Apricots, frozen, sweetened	1 cup	242	1.7	60.7	0.2	237.2
Apricots, raw	1 apricot	35	0.5	3.9	0.1	16.8
Apricots, raw	1 cup, halves	155	2.2	17.2	0.6	74.4
Apricots, raw	1 cup, sliced	165	2.3	18.3	0.6	79.2
Arby's Arby-O	1 Sandwich		16	40	14	360
Arby's Arby's Sauce Packet		1	0	4	0	15
Arby's Au Jus Sauce		1	0.3	0.9	0.1	0
Arby's Baked Potato w/ Butter & Sour Cream		1	8	65	24	500
Arby's BBQ Dipping Sauce		1	0	10	0	40
Arby's BBQ Vinaigrette Dressing		1	0	9	11	140
Arby's Beef 'N Cheddar	1 Sandwich		23	43	24	480
Arby's Big Montana	1 Sandwich		47	41	32	630
Arby's Biscuit w/ Bacon		1	9	27	24	360
Arby's Biscuit w/ Butter		1	5	27	17	280
Arby's Biscuit w/ Ham		1	12	28	20	330
Arby's Biscuit w/ Sausage		1	12	28	33	460
Arby's Bleu Cheese Dressing		1	2	3	31	300
Arby's Broccoli 'N Cheddar Baked Potato		1	12	71	24	540
Arby's Bronco Berry Sauce		1	0	23	0	90
Arby's Buttermilk Ranch Dressing		1	1	2	39	360
Arby's Buttermilk Ranch Dressing Reduced Calorie		1	1	13	0	60
Arby's Caesar Dressing		1	1	1	34	310
Arby's Caesar Salad (dressing not included)		1	7	8	4	90
Arby's Caesar Side Salad		1	4	4	2	45
Arby's Cheddar Curly Fries		1	6	54	24	460
Arby's Cherry Turnover		1	4	63	16	0
Arby's Chicken Bacon 'N Swiss	1 Sandwich		31	49	33	610
Arby's Chicken Breast Fillet	1 Sandwich		24	47	30	540
Arby's Chicken Cordon Bleu	1 Sandwich		34	47	35	630
Arby's Chicken Finger 4-Pack		1	31	42	38	640
Arby's Chicken Finger Salad (dressing not included)		1	30	39	34	570
Arby's Chicken Finger Snack		1	19	55	32	580
Arby's Chocolate Shake		1	10	84	16	480
Arby's Croissant w/ Bacon		1	10	28	23	340
Arby's Croissant w/ Ham		1	13	29	19	310
Arby's Croissant w/ Sausage		1	13	29	32	440
Arby's Croutons, Cheese & Garlic		1	2.5	10	6.3	100
Arby's Croutons, Seasoned		1	1	5	1	30
Arby's Curly Fries (large)		1	8	78	30	620
Arby's Curly Fries (medium)		1	5	50	20	400
Arby's Curly Fries (small)		1	4	39	15	310
Arby's Deluxe Baked Potato		1	20	67	34	650
Arby's French Dip	1 Sandwich		28	42	18	440
Arby's French Toast Syrup		1	0	32	0	130
Arby's French Toastix (no syrup)	1 order		7	48	17	0
Arby's Garden Salad		1	4	14	1	70
Arby's German Mustard Packet		1	0	0	0	5
Arby's Giant Roast Beef	1 Sandwich		32	41	23	480
Arby's Grilled Chicken Caesar (dressing not included)		1	33	8	8	230
Arby's Grilled Chicken Deluxe	1 Sandwich		29	37	22	450
Arby's Grilled Chicken Salad		1	30	14	4.5	210
Arby's Homestyle Fries (child-size)		1	3	32	10	220
Arby's Homestyle Fries (large)		1	6	79	24	560
Arby's Homestyle Fries (medium)		1	4	53	16	370
Arby's Homestyle Fries (small)		1	3	42	13	300
Arby's Honey French Dressing		1	0	18	24	290
Arby's Honey Mustard Sauce		1	0	5	12	130

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Arby's Horsey Sauce Packet		1	0	3	5	60
Arby's Hot Chocolate		1	2	23	1	110
Arby's Hot Ham 'N Swiss	1 Sandwich		23	35	13	340
Arby's Hot Ham 'N Swiss	1 Sandwich		29	45	27	530
Arby's Iced Apple Turnover		1	4	65	16	420
Arby's Italian	1 Sandwich		29	49	53	780
Arby's Italian Dressing, Reduced Calorie		1	0	3	1	25
Arby's Italian Parmesan Dressing		1	1	4	24	240
Arby's Jalapeno Bites		1	7	30	21	330
Arby's Jamocho Shake		1	10	82	15	470
Arby's Junior Roast Beef	1 Sandwich		16	34	13	310
Arby's Ketchup Packet		1	0	2	0	10
Arby's Light Grilled Chicken	1 Sandwich		29	30	5	280
Arby's Light Roast Chicken Deluxe	1 Sandwich		23	33	5	260
Arby's Light Roast Turkey Deluxe	1 Sandwich		23	33	5	260
Arby's Marinara Sauce		1	1	4	1	35
Arby's Mayonnaise Packet		1	0	0	10	90
Arby's Mayonnaise Packet Light, Cholesterol-Free		1	0	1	1.5	20
Arby's Melt w/Cheddar	1 Sandwich		16	36	15	340
Arby's Milk		1	8	12	5	120
Arby's Mozzarella Sticks		1	18	34	29	470
Arby's Onion Petals		1	4	43	24	410
Arby's Orange Juice		1	1	34	0	140
Arby's Philly Beef 'N Swiss	1 Sandwich		36	46	42	700
Arby's Potato Cakes (2)		1	2	26	16	250
Arby's Regular Roast Beef	1 Sandwich		21	34	16	350
Arby's Roast Beef	1 Sandwich		35	47	48	760
Arby's Roast Beef & Swiss	1 Sandwich		37	73	42	810
Arby's Roast Chicken Caesar	1 Sandwich		43	75	38	820
Arby's Roast Chicken Club	1 Sandwich		29	38	28	520
Arby's Roast Chicken Salad		1	20	15	2.5	160
Arby's Roast Ham & Swiss	1 Sandwich		36	74	34	730
Arby's Roast Turkey & Swiss	1 Sandwich		43	75	33	760
Arby's Side Salad		1	2	5	0	25
Arby's Sourdough w/ Bacon		1	16	66	10	420
Arby's Sourdough w/ Ham		1	19	67	6	390
Arby's Sourdough w/ Sausage		1	19	67	19	520
Arby's Strawberry Shake		1	11	87	13	500
Arby's Super Roast Beef	1 Sandwich		22	47	23	470
Arby's Tangy Southwest Sauce		1	0	3	26	250
Arby's Thousand Island Dressing		1	1	9	28	290
Arby's Turkey	1 Sandwich		26	51	37	630
Arby's Turkey Club Salad (dressing not included)		1	33	9	21	350
Arby's Vanilla Shake		1	10	83	15	470
Archway Home Style Cookies, Apple Filled Oatmeal	1 serving	25	1.2	16.4	3.2	98.5
Archway Home Style Cookies, Apricot Filled	1 serving	25	1.3	16.2	3.5	100.3
Archway Home Style Cookies, Aunt Bea's Pound Cake Cookie	1 serving	26	1.3	15.8	4.1	104.5
Archway Home Style Cookies, Black Walnut Ice Box	1 serving	24	1.3	14.9	6.2	119.3
Archway Home Style Cookies, Cherry Filled	1 serving	25	1.3	16.2	3.5	100.3
Archway Home Style Cookies, Chocolate Chip Drop	1 serving	25	1.4	15.5	3.7	100.5
Archway Home Style Cookies, Chocolate Chip Ice Box	1 serving	24	1.1	15.4	5.7	116.6
Archway Home Style Cookies, Cinnamon Apple	1 serving	26	1.3	17.2	3.7	106.1
Archway Home Style Cookies, Coconut Macaroon	1 serving	22	0.9	12.4	6.1	106
Archway Home Style Cookies, Cookies Jar Hermits	1 serving	25	1.3	16.6	2.7	95
Archway Home Style Cookies, Dark Molasses	1 serving	28	1.2	20.1	3.4	115.1
Archway Home Style Cookies, Date Filled Oatmeal	1 serving	25	1.3	16.6	3.1	98.8
Archway Home Style Cookies, Dutch Cocoa	1 serving	24	1.1	16.5	3.3	98.4
Archway Home Style Cookies, Fat Free Cinnamon Honey Hearts	1 serving	30	1.4	24.7	0.2	105.6
Archway Home Style Cookies, Fat Free Devil's Food Cookie	1 serving	20	1	15.9	0.2	67.6
Archway Home Style Cookies, Fat Free Lemon Nuggets	1 serving	32	1.4	26.9	0.2	114.6
Archway Home Style Cookies, Fat Free Oatmeal Raisin	1 serving	31	1.4	24.4	0.5	106.3
Archway Home Style Cookies, Fat Free Oatmeal Raspberry	1 serving	31	1.4	24.9	0.5	108.8
Archway Home Style Cookies, Fat Free Sugar Cookies	1 serving	20	0.9	16.6	0.2	70.8
Archway Home Style Cookies, Frosty Lemon	1 serving	26	1.1	16.8	4.4	111.8

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Archway Home Style Cookies, Frosty Orange	1 serving	26	1.2	16.9	4.6	112.8
Archway Home Style Cookies, Fruit & Honey Bar	1 serving	26	1.2	17.5	3.3	103.5
Archway Home Style Cookies, Gourmet Apple'n Raisin	1 serving	26	1.4	17.1	4.2	110.5
Archway Home Style Cookies, Gourmet Carrot Cake	1 serving	28	1.1	18	5	120.4
Archway Home Style Cookies, Gourmet Oatmeal Pecan	1 serving	28	1.7	16.1	6.8	133.6
Archway Home Style Cookies, Gourmet Ol'fashion Peanut Butter	1 serving	25	2.3	14.3	5.9	117.3
Archway Home Style Cookies, Gourmet Rocky Road	1 serving	28	1.6	17.5	5.9	127.4
Archway Home Style Cookies, Gourmet Ruth's Golden Oatmeal	1 serving	28	1.6	17.7	5	121.5
Archway Home Style Cookies, Iced Ginger Snaps	1 serving	37	1.4	26.2	7	172.4
Archway Home Style Cookies, Iced Molasses	1 serving	28	1	19.6	3.6	114
Archway Home Style Cookies, Iced Oatmeal	1 serving	28	1.5	18.5	4.9	122.9
Archway Home Style Cookies, Lemon Drop	1 serving	24	1.2	14.8	3.3	93.4
Archway Home Style Cookies, Lemon Snaps	1 serving	31	1.6	20.1	7.3	151.6
Archway Home Style Cookies, Molasses	1 serving	26	1.2	18.2	3	103.5
Archway Home Style Cookies, Mud Pie	1 serving	25	1.3	14.9	4.9	107.3
Archway Home Style Cookies, Oatmeal	1 serving	25	1.5	16.7	3.8	106
Archway Home Style Cookies, Oatmeal Raisin	1 serving	26	1.5	17.5	3.5	106.6
Archway Home Style Cookies, Old Fashioned Molasses	1 serving	26	1.2	18.4	3	104.5
Archway Home Style Cookies, Old Fashioned Windmill Cookies	1 serving	20	1.1	14.2	3.5	91
Archway Home Style Cookies, Peanut Butter	1 serving	21	1.9	12.3	5.1	100.8
Archway Home Style Cookies, Peanut Jumble	1 serving	24	2.2	13.3	6.2	116.2
Archway Home Style Cookies, Pecan Ice Box	1 serving	24	1.1	14.9	6.3	120
Archway Home Style Cookies, Raspberry Filled	1 serving	25	1.3	16.3	3.5	101
Archway Home Style Cookies, Reduced Fat Ginger Snaps	1 serving	32	1.4	24.6	3.6	136
Archway Home Style Cookies, Ruth's Oatmeal	1 serving	26	1.5	17.2	4.1	111.3
Archway Home Style Cookies, Strawberry Filled	1 serving	25	1.3	16.2	3.5	100.3
Archway Home Style Cookies, Sugar	1 serving	24	1.2	16.6	3.1	98.4
Archway Home Style Cookies, Sugar Free Chocolate Chip	1 serving	24	1.1	16	5.3	107.5
Archway Home Style Cookies, Sugar Free Oatmeal	1 serving	24	1.3	16.1	5	106.1
Archway Home Style Cookies, Sugar Free Rocky Road	1 serving	24	1.4	15.5	4.9	101
Archway Home Style Cookies, Sugar Free Shortbread	1 serving	24	1.1	15.8	5.4	106.8
Archway Home Style Cookies,gourmet Chocolate Chip N' Toffee	1 serving	28	1.2	17.9	6.1	131
Armour Corned Beef Hash, Canned Entree	1 serving	236	23.8	12	39.4	498
Armour Corned Beef Hash, Canned Entree	1 package yields	425	42.9	21.7	71	896.8
Arrowhead, cooked, boiled, drained, with salt	1 corn, medium	12	0.5	1.9	0	9.4
Arrowhead, cooked, boiled, drained, without salt	1 medium	12	0.5	1.9	0	9.4
Arrowhead, raw	1 medium	12	0.6	2.4	0	11.9
Arrowhead, raw	1 large	25	1.3	5.1	0.1	24.8
Arrowroot flour	1 cup	128	0.4	112.8	0.1	457
Arrowroot, raw	1 root	33	1.4	4.4	0.1	21.5
Arrowroot, raw	1 cup, sliced	120	5.1	16.1	0.2	78
Artichokes, (globe or french), cooked, boiled, drained, with salt	0.5 cup hearts	84	2.9	9.4	0.1	42
Artichokes, (globe or french), cooked, boiled, drained, with salt	1 artichoke, medium	120	4.2	13.4	0.2	60
Artichokes, (globe or french), cooked, boiled, drained, without salt	0.5 cup hearts	84	2.9	9.4	0.1	42
Artichokes, (globe or french), cooked, boiled, drained, without salt	1 artichoke, medium	120	4.2	13.4	0.2	60
Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	0.333 package (9 oz) yields	80	2.5	7.3	0.4	36
Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	1 cup	168	5.2	15.4	0.8	75.6
Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	1 package (9 oz), yields	240	7.5	22	1.2	108
Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	0.333 package (9 oz) yields	80	2.5	7.3	0.4	36
Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	1 cup	168	5.2	15.4	0.8	75.6
Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	1 package (9 oz), yields	240	7.5	22	1.2	108
Artichokes, (globe or french), frozen, unprepared	1 package (9 oz)	255	6.7	19.8	1.1	96.9
Artichokes, (globe or french), raw	1 artichoke, medium	128	4.2	13.5	0.2	60.2
Artichokes, (globe or french), raw	1 artichoke, large	162	5.3	17	0.2	76.1
Artificial blueberry muffin mix,dry	1 muffin	31	1.5	24	2.7	126.2
Arugula, raw	1 leaf	2	0.1	0.1	0	0.5
Arugula, raw	0.5 cup	10	0.3	0.4	0.1	2.5
Asparagus, canned, drained solids	1 spear (about 5" long)	18	0.4	0.4	0.1	3.4
Asparagus, canned, drained solids	1 cup	242	5.2	6	1.6	46
Asparagus, canned, drained solids	1 can (300 x 407)	248	5.3	6.2	1.6	47.1
Asparagus, canned, no salt added	0.5 cup	122	2.2	3	0.2	18.3
Asparagus, canned, no salt added	1 can (300 x 407)	411	7.4	10.2	0.7	61.7
Asparagus, canned, regular pack	0.5 cup	122	2.2	3	0.2	18.3
Asparagus, canned, regular pack	1 can (300 x 407)	411	7.4	10.2	0.7	61.7

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Asparagus, cooked, boiled, drained	4 spears (1/2" base)	60	1.6	2.5	0.2	14.4
Asparagus, cooked, boiled, drained	0.5 cup	90	2.3	3.8	0.3	21.6
Asparagus, cooked, boiled, drained, with salt	4 spears (1/2" base)	60	1.6	2.5	0.2	14.4
Asparagus, cooked, boiled, drained, with salt	0.5 cup	90	2.3	3.8	0.3	21.6
Asparagus, frozen, cooked, boiled, drained, with salt	4 spears	60	1.8	2.9	0.3	16.8
Asparagus, frozen, cooked, boiled, drained, with salt	1 cup	180	5.3	8.8	0.8	50.4
Asparagus, frozen, cooked, boiled, drained, with salt	1 package (10 oz) yields	293	8.6	14.3	1.2	82
Asparagus, frozen, cooked, boiled, drained, without salt	4 spears	60	1.8	2.9	0.3	16.8
Asparagus, frozen, cooked, boiled, drained, without salt	1 cup	180	5.3	8.8	0.8	50.4
Asparagus, frozen, cooked, boiled, drained, without salt	1 package (10 oz) yields	293	8.6	14.3	1.2	82
Asparagus, frozen, unprepared	4 spears	58	1.9	2.4	0.1	13.9
Asparagus, frozen, unprepared	1 package (10 oz)	284	9.2	11.6	0.7	68.2
Asparagus, raw	1 spear tip (2" long or less)	3.5	0.1	0.2	0	0.8
Asparagus, raw	1 spear, small (5" long or less)	12	0.3	0.5	0	2.8
Asparagus, raw	1 spear, medium (5-1/4" to 7" long)	16	0.4	0.7	0	3.7
Asparagus, raw	1 spear, large (7-1/4" to 8-1/2")	20	0.5	0.9	0	4.6
Asparagus, raw	1 spear, extra large (8-3/4" to 10" long)	24	0.5	1.1	0	5.5
Asparagus, raw	1 cup	134	3.1	6.1	0.3	30.8
Aunt Jemima original waffles, frozen	1 serving	72	5.1	30.5	6	196.6
Avocados, raw, all commercial varieties	1 cup, sliced	146	2.9	10.8	22.4	235.1
Avocados, raw, all commercial varieties	1 cup, cubes	150	3	11.1	23	241.5
Avocados, raw, all commercial varieties	1 avocado, ns as to florida or california	201	4	14.9	30.8	323.6
Avocados, raw, all commercial varieties	1 cup, pureed	230	4.6	17	35.2	370.3
Avocados, raw, california	1 fruit without skin and seeds	173	3.7	12	30	306.2
Avocados, raw, california	1 cup, pureed	230	4.9	15.9	39.9	407.1
Avocados, raw, florida	1 cup, pureed	230	3.7	20.5	20.4	257.6
Avocados, raw, florida	1 fruit without skin and seeds	304	4.8	27.1	27	340.5
Bacon, meatless	1 strip	5	0.5	0.3	1.5	15.5
Bacon, meatless	1 oz cooked, yield	16	1.7	1	4.7	49.6
Bacon, meatless	1 cup	144	15.4	9.1	42.5	446.4
Bagels, cinnamon-raisin	1 bagel, mini (2-1/2" dia)	26	2.5	14.4	0.4	71.2
Bagels, cinnamon-raisin	1 oz	28.4	2.8	15.6	0.5	77.7
Bagels, cinnamon-raisin	1 bagel (3" dia)	57	5.6	31.5	1	156.2
Bagels, cinnamon-raisin	1 bagel (3-1/2" dia)	71	7	39.2	1.2	194.5
Bagels, cinnamon-raisin	1 bagel (4" dia)	89	8.7	49.1	1.5	243.9
Bagels, cinnamon-raisin	1 bagel (4-1/2" dia)	118	11.6	65.1	2	323.3
Bagels, cinnamon-raisin, toasted	1 bagel, mini (2-1/2" dia)	24	2.5	14.2	0.4	70.6
Bagels, cinnamon-raisin, toasted	1 oz	28.4	3	16.8	0.5	83.3
Bagels, cinnamon-raisin, toasted	1 bagel (3" dia)	53	5.6	31.4	1	155.8
Bagels, cinnamon-raisin, toasted	1 bagel (3-1/2" dia)	66	7	39.1	1.2	194
Bagels, cinnamon-raisin, toasted	1 bagel (4" dia)	83	8.8	49.2	1.5	244
Bagels, cinnamon-raisin, toasted	1 bagel (4-1/2" dia)	110	11.7	65.2	2	323.4
Bagels, egg	1 bagel, mini (2-1/2" dia)	26	2.8	13.8	0.5	72.3
Bagels, egg	1 oz	28.4	3	15	0.6	78.8
Bagels, egg	1 bagel (3" dia)	57	6	30.2	1.2	158.5
Bagels, egg	1 bagel (3-1/2" dia)	71	7.5	37.6	1.5	197.4
Bagels, egg	1 bagel (4" dia)	89	9.4	47.2	1.9	247.4
Bagels, egg	1 bagel (4-1/2" dia)	110	11.7	58.3	2.3	305.8
Bagels, oat bran	1 bagel, mini (2-1/2" dia)	26	2.8	13.9	0.3	66.3
Bagels, oat bran	1 oz	28.4	3	15.1	0.3	72.3
Bagels, oat bran	1 bagel (3" dia)	57	6.1	30.4	0.7	145.4
Bagels, oat bran	1 bagel (3-1/2" dia)	71	7.6	37.8	0.9	181.1
Bagels, oat bran	1 bagel (4" dia)	89	9.5	47.4	1.1	227
Bagels, oat bran	1 bagel (4-1/2" dia)	110	11.8	58.6	1.3	280.5
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1 bagel, mini (2-1/2" dia)	26	2.7	13.9	0.4	71.5
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1 oz	28.4	3	15.1	0.5	78
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1 bagel (3" dia)	57	6	30.4	0.9	156.8
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1 bagel (3-1/2" dia)	71	7.5	37.9	1.1	195.3
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1 bagel (4" dia)	89	9.3	47.5	1.4	244.8
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1 bagel (4-1/2" dia)	110	11.6	58.7	1.8	302.5
Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	1 bagel, mini (2-1/2" dia)	26	2.7	13.9	0.4	71.5
Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	1 oz	28.4	3	15.1	0.5	78
Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	1 bagel (3" dia)	57	6	30.4	0.9	156.8
Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	1 bagel (3-1/2" dia)	71	7.5	37.9	1.1	195.3

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	1 bagel (4" dia)	89	9.3	47.5	1.4	244.8
Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	1 bagel (4-1/2" dia)	110	11.6	58.7	1.8	302.5
Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	1 bagel, mini (2-1/2" dia)	24	2.7	13.8	0.4	70.8
Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	1 oz	28.4	3.2	16.3	0.5	83.6
Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	1 bagel (3" dia)	53	6	30.5	0.9	156.4
Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	1 bagel (3-1/2" dia)	66	7.5	38	1.1	194.7
Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	1 bagel (4" dia)	83	9.4	47.7	1.4	244.9
Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	1 bagel (4-1/2" dia)	102	11.5	58.7	1.7	300.9
Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	1 bagel, mini (2-1/2" dia)	26	2.7	13.9	0.4	71.5
Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	1 oz	28.4	3	15.1	0.5	78
Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	1 bagel (3" dia)	57	6	30.4	0.9	156.8
Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	1 bagel (3-1/2" dia)	71	7.5	37.9	1.1	195.3
Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	1 bagel (4" dia)	89	9.3	47.5	1.4	244.8
Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	1 bagel (4-1/2" dia)	110	11.6	58.7	1.8	302.5
Bagels, plain, unenriched, without calcium propionate (includes onion, poppy, sesame)	1 bagel, mini (2-1/2" dia)	26	2.7	13.9	0.4	71.5
Bagels, plain, unenriched, without calcium propionate (includes onion, poppy, sesame)	1 oz	28.4	3	15.1	0.5	78
Bagels, plain, unenriched, without calcium propionate (includes onion, poppy, sesame)	1 bagel (3" dia)	57	6	30.4	0.9	156.8
Bagels, plain, unenriched, without calcium propionate (includes onion, poppy, sesame)	1 bagel (3-1/2" dia)	71	7.5	37.9	1.1	195.3
Bagels, plain, unenriched, without calcium propionate (includes onion, poppy, sesame)	1 bagel (4" dia)	89	9.3	47.5	1.4	244.8
Bagels, plain, unenriched, without calcium propionate (includes onion, poppy, sesame)	1 bagel (4-1/2" dia)	110	11.6	58.7	1.8	302.5
Baking Chocolate, M&m Mars, "m&m's" Milk Chocolate Mini Baking Bits	1 serving	14.2	0.7	9.6	3.3	70.7
Baking Chocolate, M&m Mars, "m&m's" Milk Chocolate Mini Baking Bits	1 package	11340	542.1	7631.8	2646.8	56473.2
Baking Chocolate, M&m Mars, "m&m's" Semisweet Chocolate Mini Baking Bits	1 tbsp	14	0.6	9.2	3.7	72.5
Baking Chocolate, M&m Mars, "m&m's" Semisweet Chocolate Mini Baking Bits	1 serving	14.2	0.6	9.4	3.7	73.6
Baking Chocolate, M&m Mars, "m&m's" Semisweet Chocolate Mini Baking Bits	1 package (net weight, 12 oz)	340	15	224.3	89.4	1761.2
Baking Chocolate, M&m Mars, "m&m's" Semisweet Chocolate Mini Baking Bits	1 package	11340	501.2	7479.9	2981.3	58741.2
Baking chocolate, mexican, squares	1 tablet	20	0.7	15.5	3.1	85.2
Baking chocolate, unsweetened, liquid	1 oz	28.4	3.4	9.6	13.5	133.8
Baking chocolate, unsweetened, squares	1 square (1 oz)	28.4	2.9	8	15.7	148
Baking chocolate, unsweetened, squares	1 cup, grated	132	13.6	37.4	73	689
Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	1 cup	58	2.1	3.9	0.1	20.3
Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	1 cup	58	2.1	3.9	0.1	20.3
Balsam-pear (bitter gourd), leafy tips, raw	1 leaf	4	0.2	0.1	0	1.2
Balsam-pear (bitter gourd), leafy tips, raw	0.5 cup	24	1.3	0.8	0.2	7.2
Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	1 cup (1/2" pieces)	124	1	5.4	0.2	23.6
Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	0.5 cup (1/2" pieces)	62	0.5	2.7	0.1	11.8
Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	1 cup (1/2" pieces)	124	1	5.4	0.2	23.6
Balsam-pear (bitter gourd), pods, raw	1 cup (1/2" pieces)	93	0.9	3.4	0.2	15.8
Balsam-pear (bitter gourd), pods, raw	1 balsam-pear	124	1.2	4.6	0.2	21.1
Bamboo shoots, canned, drained solids	1 cup (1/8" slices)	131	2.3	4.2	0.5	24.9
Bamboo shoots, canned, drained solids	1 can (303 x 406)	262	4.5	8.4	1	49.8
Bamboo shoots, cooked, boiled, drained, with salt	1 cup (1/2" slices)	120	1.8	2.3	0.3	14.4
Bamboo shoots, cooked, boiled, drained, with salt	1 shoot	144	2.2	2.8	0.3	17.3
Bamboo shoots, cooked, boiled, drained, without salt	1 cup (1/2" slices)	120	1.8	2.3	0.3	14.4
Bamboo shoots, cooked, boiled, drained, without salt	1 shoot	144	2.2	2.8	0.3	17.3
Bamboo shoots, raw	0.5 cup (1/2" pieces)	76	2	4	0.2	20.5
Bamboo shoots, raw	1 cup (1/2" slices)	151	3.9	7.9	0.5	40.8
Banana chips	1 oz	28.4	0.7	16.6	9.5	147.1
Banana chips	1.5 oz	42	1	24.5	14.1	218
Banana chips	3 oz	85	2	49.6	28.6	441.2
Bananas, dehydrated, or banana powder	1 tbsp	6.2	0.2	5.5	0.1	21.5
Bananas, dehydrated, or banana powder	1 cup	100	3.9	88.3	1.8	346
Bananas, raw	1 extra small (less than 6" long)	81	0.8	19	0.4	74.5
Bananas, raw	1 small (6" to 6-7/8" long)	101	1	23.7	0.5	92.9
Bananas, raw	1 medium (7" to 7-7/8" long)	118	1.2	27.6	0.6	108.6
Bananas, raw	1 large (8" to 8-7/8" long)	136	1.4	31.9	0.7	125.1
Bananas, raw	1 cup, sliced	150	1.5	35.1	0.7	138
Bananas, raw	1 extra large (9" or longer)	152	1.6	35.6	0.7	139.8
Bananas, raw	1 cup, mashed	225	2.3	52.7	1.1	207
Banquet Chicken Pot Pie, Frozen Entree	1 package yields	198	9.9	36	22	382.1
Banquet Chicken Pot Pie, Frozen Entree	1 serving	198	9.9	36	22	382.1
Banquet Extra Helping Meat Loaf Dinner, With Tomato Sauce, Mashed Potatoes And Carrots In Seasoned Sauce, Frozen Meal	1 package yields	453	29.1	33.6	40	611.6
Banquet Extra Helping Meat Loaf Dinner, With Tomato Sauce, Mashed Potatoes And Carrots In Seasoned Sauce, Frozen Meal	1 serving	453	29.1	33.6	40	611.6
Banquet Extra Helping Salisbury Steak Dinner, With Gravy, Mashed Potatoes And Corn In Seasoned Sauce, Frozen Meal	1 package yields	468	27.1	47.1	54.1	781.6



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Banquet Extra Helping Salisbury Steak Dinner, With Gravy, Mashed Potatoes And Corn In Seasoned Sauce, Frozen Meal	1 serving	468	27.1	47.1	54.1	781.6
Banquet Salisbury Steak Meal, Gravy And Salisbury Steak With Mashed Potatoes & Corn In Seasoned Sauce, Frozen Meal	1 package yields	269	15.3	27.7	25	398.1
Banquet Salisbury Steak Meal, Gravy And Salisbury Steak With Mashed Potatoes & Corn In Seasoned Sauce, Frozen Meal	1 serving	269	15.3	27.7	25	398.1
Banquet Sliced Beef Meal, With Gravy, Mashed Potatoes And Peas In Seasoned Sauce, Frozen Meal	1 package yields	255	26.4	18.8	10	270.3
Banquet Sliced Beef Meal, With Gravy, Mashed Potatoes And Peas In Seasoned Sauce, Frozen Meal	1 serving	255	26.4	18.8	10	270.3
Banquet Turkey & Gravy With Dressing Meal, With Mashed Potatoes And Corn In Seasoned Sauce, Frozen Meal	1 package yields	262	14	34	9.9	280.3
Banquet Turkey & Gravy With Dressing Meal, With Mashed Potatoes And Corn In Seasoned Sauce, Frozen Meal	1 serving	262	14	34	9.9	280.3
Banquet Veal Parmigiana Meal With Tomato Sauce, Mashed Potatoes And Peas In Seasoned Sauce, Frozen Meal	1 package yields	255	12.6	34.8	19	362.1
Banquet Veal Parmigiana Meal With Tomato Sauce, Mashed Potatoes And Peas In Seasoned Sauce, Frozen Meal	1 serving	255	12.6	34.8	19	362.1
Banquet, Our Original Fried Chicken Meal, With Mashed Potatoes And Corn In Seasoned Sauce, Frozen Meal	1 package yields	228	21.5	35.1	27	469.7
Banquet, Our Original Fried Chicken Meal, With Mashed Potatoes And Corn In Seasoned Sauce, Frozen Meal	1 serving	228	21.5	35.1	27	469.7
Barbecue loaf, pork, beef	1 slice (5-7/8" x 3-1/2" x 1/16")	23	3.6	1.5	2	39.8
Barbecue loaf, pork, beef	1 oz	28.4	4.5	1.8	2.5	49
Barber Foods Chicken Cordon Bleu, Filled With Cheese And Ham, Frozen Entree	1 serving	168	25.5	14.6	20.5	344.4
Barber Foods Chicken Cordon Bleu, Filled With Cheese And Ham, Frozen Entree	1 package yields	340	51.7	29.6	41.5	697
Barley	1 cup	184	23	135.2	4.2	651.4
Barley flour or meal	1 cup	148	15.5	110.3	2.4	510.6
Barley malt flour	1 cup	162	16.7	126.8	3	584.8
Barley, pearled, cooked	1 cup	157	3.5	44.3	0.7	193.1
Barley, pearled, raw	1 cup	200	19.8	155.4	2.3	704
Basic 4	1 cup	55	4.2	42	2.8	200.8
Basil, fresh	5 leaves	2.5	0.1	0.1	0	0.7
Basil, fresh	2 tbsps	5.3	0.1	0.2	0	1.4
Basil, ground	1 tsp	1.4	0.2	0.9	0.1	3.5
Basil, ground	1 tbsps	4.5	0.6	2.7	0.2	11.3
Bass, fresh water, mixed species, raw	1 fillet	79	14.9	0	2.9	90.1
Bass, fresh water, mixed species, raw	3 oz	85	16	0	3.1	96.9
Bass, freshwater, mixed species, cooked, dry heat	1 fillet	62	15	0	2.9	90.5
Bass, freshwater, mixed species, cooked, dry heat	3 oz	85	20.6	0	4	124.1
Bass, striped, cooked, dry heat	3 oz	85	19.3	0	2.5	105.4
Bass, striped, cooked, dry heat	1 fillet	124	28.2	0	3.7	153.8
Bass, striped, raw	3 oz	85	15.1	0	2	82.5
Bass, striped, raw	1 fillet	159	28.2	0	3.7	154.2
Bay leaf	1 tsp, crumbled	0.6	0	0.4	0.1	1.9
Bay leaf	1 tbsps, crumbled	1.8	0.1	1.3	0.2	5.6
Beans, adzuki, mature seed, cooked, boiled, with salt	1 cup	230	17.3	57	0.2	294.4
Beans, adzuki, mature seeds, canned, sweetened	1 cup	296	11.2	162.8	0.1	701.5
Beans, adzuki, mature seeds, cooked, boiled, without salt	1 cup	230	17.3	57	0.2	294.4
Beans, adzuki, mature seeds, raw	1 cup	197	39.1	123.9	1	648.1
Beans, adzuki, yokan, mature seeds	1 slice	14	0.5	8.5	0	36.4
Beans, baked, canned, plain or vegetarian	1 cup	254	12.2	52.1	1.1	236.2
Beans, baked, canned, with beef	1 cup	266	17	45	9.2	321.9
Beans, baked, canned, with franks	1 cup	259	17.5	39.9	17	367.8
Beans, baked, canned, with pork	1 cup	253	13.1	50.5	3.9	268.2
Beans, baked, canned, with pork and sweet sauce	1 cup	253	13.4	53.1	3.7	280.8
Beans, baked, canned, with pork and tomato sauce	1 tbsps	15.8	0.8	3.1	0.2	15.5
Beans, baked, canned, with pork and tomato sauce	1 cup	253	13.1	49.1	2.6	247.9
Beans, baked, home prepared	1 cup	253	14	54.1	13	382
Beans, black turtle soup, mature seeds, canned	1 cup	240	14.5	39.7	0.7	218.4
Beans, black turtle soup, mature seeds, cooked, boiled, with salt	1 cup	185	15.1	45	0.6	240.5
Beans, black turtle soup, mature seeds, cooked, boiled, without salt	1 cup	185	15.1	45	0.6	240.5
Beans, black turtle soup, mature seeds, raw	1 cup	184	39.1	116.4	1.7	623.8
Beans, black, mature seeds, cooked, boiled, with salt	1 cup	172	15.2	40.8	0.9	227
Beans, black, mature seeds, cooked, boiled, without salt	1 cup	172	15.2	40.8	0.9	227
Beans, black, mature seeds, raw	1 tbsps	12.1	2.6	7.5	0.2	41.3
Beans, black, mature seeds, raw	1 cup	194	41.9	121	2.8	661.5
Beans, cranberry (roman), mature seeds, canned	1 cup	260	14.4	39.3	0.7	215.8
Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	1 cup	177	16.5	43.3	0.8	240.7
Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	1 cup	177	16.5	43.3	0.8	240.7
Beans, cranberry (roman), mature seeds, raw	1 cup	195	44.9	117.1	2.4	653.3
Beans, fava, in pod, raw	1 pod	6.1	0.5	1.1	0	5.4
Beans, fava, in pod, raw	1 cup	126	10	22.2	0.9	110.9
Beans, french, mature seeds, cooked, boiled, with salt	1 cup	177	12.5	42.5	1.3	228.3
Beans, french, mature seeds, cooked, boiled, without salt	1 cup	177	12.5	42.5	1.3	228.3

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beans, french, mature seeds, raw	1 cup	184	34.6	118	3.7	631.1
Beans, great northern, mature seeds, canned	1 cup	262	19.3	55.1	1	298.7
Beans, great northern, mature seeds, cooked, boiled, with salt	1 cup	177	14.7	37.3	0.8	208.9
Beans, great northern, mature seeds, cooked, boiled, without salt	1 cup	177	14.7	37.3	0.8	208.9
Beans, great northern, mature seeds, raw	1 cup	183	40	114.1	2.1	620.4
Beans, kidney, all types, mature seeds, canned	1 cup	256	13.3	38.1	0.8	207.4
Beans, kidney, all types, mature seeds, cooked, boiled, with salt	1 cup	177	15.3	40.4	0.9	224.8
Beans, kidney, all types, mature seeds, cooked, boiled, without salt	1 tbsp	11	1	2.5	0.1	14
Beans, kidney, all types, mature seeds, cooked, boiled, without salt	1 cup	177	15.3	40.4	0.9	224.8
Beans, kidney, all types, mature seeds, raw	1 cup	184	43.4	110.4	1.5	612.7
Beans, kidney, california red, mature seeds, cooked, boiled, with salt	1 cup	177	16.2	39.7	0.2	219.5
Beans, kidney, california red, mature seeds, cooked, boiled, without salt	1 cup	177	16.2	39.7	0.2	219.5
Beans, kidney, california red, mature seeds, raw	1 cup	184	44.8	110	0.5	607.2
Beans, kidney, mature seeds, sprouted, raw	1 cup	184	7.7	7.5	0.9	53.4
Beans, kidney, red, mature seeds, canned	1 tbsp	16	0.8	2.5	0.1	13.6
Beans, kidney, red, mature seeds, canned	1 cup	256	13.4	39.9	0.9	217.6
Beans, kidney, red, mature seeds, cooked, boiled, with salt	1 cup	177	15.3	40.4	0.9	224.8
Beans, kidney, red, mature seeds, cooked, boiled, without salt	1 tbsp	11	1	2.5	0.1	14
Beans, kidney, red, mature seeds, cooked, boiled, without salt	1 cup	177	15.3	40.4	0.9	224.8
Beans, kidney, red, mature seeds, raw	1 tbsp	12.2	2.7	7.5	0.1	41.1
Beans, kidney, red, mature seeds, raw	1 cup	184	41.5	112.8	2	620.1
Beans, kidney, royal red, mature seeds, cooked, boiled with salt	1 cup	177	16.8	38.7	0.3	217.7
Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	1 cup	177	16.8	38.7	0.3	217.7
Beans, kidney, royal red, mature seeds, raw	1 cup	184	46.6	107.3	0.8	605.4
Beans, lima, immature seeds, canned, regular pack	0.5 cup	124	5	16.5	0.4	88
Beans, lima, immature seeds, canned, regular pack	1 can (303 x 406)	454	18.5	60.5	1.3	322.3
Beans, mung, mature seeds, sprouted, canned, drained solids	1 cup	125	1.8	2.7	0.1	15
Beans, navy, mature seeds, canned	1 cup	262	19.7	53.6	1.1	296.1
Beans, navy, mature seeds, cooked, boiled, with salt	1 cup	182	15.8	47.9	1	258.4
Beans, navy, mature seeds, cooked, boiled, without salt	1 cup	182	15.8	47.9	1	258.4
Beans, navy, mature seeds, raw	1 cup	208	46.4	126.2	2.7	696.8
Beans, navy, mature seeds, sprouted, raw	1 cup	104	6.4	13.6	0.7	69.7
Beans, pink, mature seeds, cooked, boiled, with salt	1 cup	169	15.3	47.2	0.8	251.8
Beans, pink, mature seeds, cooked, boiled, without salt	1 cup	169	15.3	47.2	0.8	251.8
Beans, pink, mature seeds, raw	1 cup	210	44	134.8	2.4	720.3
Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	0.333 package (10 oz) yields	94	8.8	29	0.5	152.3
Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	1 package (10 oz) yields	284	26.4	87.7	1.4	460.1
Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	0.333 package (10 oz) yields	94	8.8	29	0.5	152.3
Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	1 package (10 oz) yields	284	26.4	87.7	1.4	460.1
Beans, pinto, immature seeds, frozen, unprepared	0.333 package (10 oz)	94	9.2	30.6	0.5	159.8
Beans, pinto, immature seeds, frozen, unprepared	1 package (10 oz)	284	27.8	92.3	1.4	482.8
Beans, pinto, mature seeds, canned	1 cup	240	11.7	36.6	1.9	206.4
Beans, pinto, mature seeds, cooked, boiled, with salt	1 cup	171	14	43.9	0.9	234.3
Beans, pinto, mature seeds, cooked, boiled, without salt	1 tbsp	10.6	0.9	2.7	0.1	14.5
Beans, pinto, mature seeds, cooked, boiled, without salt	1 cup	171	14	43.9	0.9	234.3
Beans, pinto, mature seeds, raw	1 tbsp	12	2.5	7.6	0.1	40.8
Beans, pinto, mature seeds, raw	1 cup	193	40.3	122.4	2.2	656.2
Beans, shell, canned	1 cup	245	4.3	15.2	0.5	73.5
Beans, small white, mature seeds, cooked, boiled, with salt	1 cup	179	16.1	46.2	1.1	254.2
Beans, small white, mature seeds, cooked, boiled, without salt	1 cup	179	16.1	46.2	1.1	254.2
Beans, small white, mature seeds, raw	1 cup	215	45.4	133.8	2.5	722.4
Beans, snap, canned, all styles, seasoned	0.5 cup	114	0.9	4	0.2	18.2
Beans, snap, canned, all styles, seasoned	1 can (303 x 406)	439	3.6	15.3	0.9	70.2
Beans, snap, green variety, canned, regular pack	0.5 cup	120	1	4.2	0.1	18
Beans, snap, green variety, canned, regular pack	1 can (303 x 406)	439	3.5	15.4	0.4	65.9
Beans, snap, green, canned, no salt added	0.5 cup	120	1	4.2	0.1	18
Beans, snap, green, canned, no salt added	1 can (303 x 406)	439	3.5	15.4	0.4	65.9
Beans, snap, green, canned, no salt added, drained solids	10 beans	62	0.7	2.8	0.1	12.4
Beans, snap, green, canned, no salt added, drained solids	1 cup	135	1.6	6.1	0.1	27
Beans, snap, green, canned, no salt added, drained solids	1 can (303 x 406)	262	3	11.8	0.3	52.4
Beans, snap, green, canned, regular pack, drained solids	10 beans	62	0.7	2.8	0.1	12.4
Beans, snap, green, canned, regular pack, drained solids	1 cup	135	1.6	6.1	0.1	27
Beans, snap, green, canned, regular pack, drained solids	1 can (303 x 406)	262	3	11.8	0.3	52.4
Beans, snap, green, cooked, boiled, drained, with salt	1 cup	125	2.4	9.9	0.4	43.8

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beans, snap, green, cooked, boiled, drained, without salt	1 cup	125	2.4	9.9	0.4	43.8
Beans, snap, green, frozen, all styles, unprepared	1 cup	124	2.2	9.4	0.3	40.9
Beans, snap, green, frozen, all styles, unprepared	1 package (10 oz)	284	5.1	21.5	0.6	93.7
Beans, snap, green, frozen, cooked, boiled, drained without salt	1 cup	135	2	8.7	0.2	37.8
Beans, snap, green, frozen, cooked, boiled, drained, with salt	1 cup	135	2	8.7	0.2	37.8
Beans, snap, green, raw	10 beans (4" long)	55	1	3.9	0.1	17.1
Beans, snap, green, raw	1 cup	110	2	7.9	0.1	34.1
Beans, snap, yellow, canned, no salt added	0.5 cup	120	1	4.2	0.1	18
Beans, snap, yellow, canned, no salt added	1 can (303 x 406)	439	3.5	15.4	0.4	65.9
Beans, snap, yellow, canned, no salt added, drained solids	0.5 cup	68	0.8	3.1	0.1	13.6
Beans, snap, yellow, canned, no salt added, drained solids	1 can (303 x 406)	262	3	11.8	0.3	52.4
Beans, snap, yellow, canned, regular pack	0.5 cup	120	1	4.2	0.1	18
Beans, snap, yellow, canned, regular pack	1 can (303 x 406)	439	3.5	15.4	0.4	65.9
Beans, snap, yellow, canned, regular pack, drained solids	10 beans	62	0.7	2.8	0.1	12.4
Beans, snap, yellow, canned, regular pack, drained solids	1 cup	135	1.6	6.1	0.1	27
Beans, snap, yellow, canned, regular pack, drained solids	1 can (303 x 406)	262	3	11.8	0.3	52.4
Beans, snap, yellow, cooked, boiled, drained, with salt	1 cup	125	2.4	9.9	0.4	43.8
Beans, snap, yellow, cooked, boiled, drained, without salt	1 cup	125	2.4	9.9	0.4	43.8
Beans, snap, yellow, frozen, all styles, unprepared	1 cup	124	2.2	9.4	0.3	40.9
Beans, snap, yellow, frozen, all styles, unprepared	1 package (10 oz)	284	5.1	21.5	0.6	93.7
Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	1 cup	135	2	8.7	0.2	37.8
Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	1 cup	135	2	8.7	0.2	37.8
Beans, snap, yellow, raw	1 cup	110	2	7.9	0.1	34.1
Beans, white, mature seeds, canned	1 cup	262	19	57.5	0.8	306.5
Beans, white, mature seeds, cooked, boiled, with salt	1 cup	179	17.4	44.9	0.6	248.8
Beans, white, mature seeds, cooked, boiled, without salt	1 tbsp	11.2	1.1	2.8	0	15.6
Beans, white, mature seeds, cooked, boiled, without salt	1 cup	179	17.4	44.9	0.6	248.8
Beans, white, mature seeds, raw	1 tbsp	12.6	2.9	7.6	0.1	42
Beans, white, mature seeds, raw	1 cup	202	47.2	121.7	1.7	672.7
Beans, winged, mature seeds, cooked, boiled, without salt	1 cup	172	18.3	25.7	10	252.8
Beans, yellow, mature seeds, cooked, boiled, with salt	1 cup	177	16.2	44.7	1.9	254.9
Beans, yellow, mature seeds, cooked, boiled, without salt	1 cup	177	16.2	44.7	1.9	254.9
Beans, yellow, mature seeds, raw	1 cup	196	43.1	119	5.1	676.2
Bear, cooked, simmered	3 oz	85	27.6	0	11.4	220.2
Bear, cooked, simmered	1 piece, cooked (yield from 1 lb raw meat, boneless)	277	89.8	0	37.1	717.4
Bear, raw	1 oz	28.4	5.7	0	2.4	45.6
Bear, raw	1 lb	453.6	91.2	0	37.6	730.3
Beaver, cooked, roasted	3 oz	85	29.6	0	5.9	180.2
Beaver, cooked, roasted	1 piece, cooked (yield from 1 lb raw meat, boneless)	313	109.1	0	21.8	663.6
Beaver, raw	1 oz	28.4	6.8	0	1.4	41.4
Beaver, raw	1 lb	453.6	109.1	0	21.8	662.3
Beechnuts, dried	1 oz	28.4	1.8	9.5	14.2	163.3
Beef broth and tomato juice, canned	1 fl oz	30.5	0.2	2.6	0	11.3
Beef broth and tomato juice, canned	1 can (5.5 oz)	168	1	14.3	0.2	62.2
Beef jerky, chopped and formed	1 piece, large	19.8	6.6	2.2	5.1	81.2
Beef jerky, chopped and formed	1 oz	28.4	9.4	3.1	7.3	116.2
Beef Pot Pie, Frozen Entree	1 package yields	198	13.3	44.2	24.4	449.5
Beef Pot Pie, Frozen Entree	1 serving	198	13.3	44.2	24.4	449.5
Beef Stew, Canned Entree	1 serving	232	11.5	15.7	12.5	218.1
Beef sticks, smoked	1 stick	19.8	4.3	1.1	9.8	108.9
Beef sticks, smoked	1 oz	28.4	6.1	1.5	14.1	155.9
Beef, brain, cooked, pan-fried	3 oz	85	10.7	0	13.5	166.6
Beef, brain, cooked, pan-fried	1 piece, cooked, (yield from 1 lb raw meat)	351	44.1	0	55.6	688
Beef, brain, cooked, simmered	3 oz	85	9.4	0	10.7	136
Beef, brain, cooked, simmered	1 piece, cooked, (yield from 1 lb raw meat)	391	43.3	0	49	625.6
Beef, brain, raw	1 oz	28.4	2.8	0	2.6	35.7
Beef, brain, raw	4 oz	113	11.1	0	10.5	142.4
Beef, breakfast strips, cooked	3 slices	34	10.6	0.5	11.7	152.7
Beef, breakfast strips, cooked	1 package, cooked (yield from 12 oz raw product)	170	53.2	2.4	58.5	763.3
Beef, breakfast strips, raw or unheated	3 slices	68	8.5	0.5	26.4	276.1
Beef, breakfast strips, raw or unheated	1 package (net weight, 12 oz)	340	42.5	2.4	131.9	1380.4
Beef, brisket, flat half, lean & fat, 0" fat, all grades, cooked, braised	3 oz	85	25.9	0	8	182.8
Beef, brisket, flat half, lean & fat, 0" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	327	99.7	0	30.8	703.1
Beef, brisket, flat half, lean & fat, 1/4" fat, all grades, cooked, braised	3 oz	85	21.3	0	24.2	309.4

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, brisket, flat half, lean & fat, 1/4" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	327	81.9	0	93.2	1190.3
Beef, brisket, flat half, lean & fat, 1/4" fat, all grades, raw	1 oz	28.4	5.1	0	6.7	82.2
Beef, brisket, flat half, lean & fat, 1/4" fat, all grades, raw	4 oz	113	20.2	0	26.7	327.7
Beef, brisket, flat half, lean & fat, 1/8" fat, all grades, cooked, braised	3 oz	85	23.4	0	18	262.7
Beef, brisket, flat half, lean & fat, 1/8" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	336	92.6	0	71.3	1038.2
Beef, brisket, flat half, lean & fat, 1/8" fat, all grades, raw	1 oz	28.4	5.5	0	4.8	66.6
Beef, brisket, flat half, lean & fat, 1/8" fat, all grades, raw	4 oz	113	21.8	0	19.1	265.6
Beef, brisket, flat half, lean only, 0" fat, all grades, cooked, braised	3 oz	85	26.8	0	5.3	162.4
Beef, brisket, flat half, lean only, 0" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	310	97.7	0	19.2	592.1
Beef, brisket, flat half, lean only, 1/4" fat, all grades, cooked, braised	3 oz	85	26.8	0	8.2	188.7
Beef, brisket, flat half, lean only, 1/4" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	225	70.9	0	21.8	499.5
Beef, brisket, flat half, lean only, 1/4" fat, all grades, raw	1 oz	28.4	6.1	0	1.8	42
Beef, brisket, flat half, lean only, 1/4" fat, all grades, raw	1 lb	453.6	97.3	0	28.1	671.3
Beef, brisket, point half, lean & fat, 0" fat, all grades, cooked, braised	3 oz	85	20	0	24.2	304.3
Beef, brisket, point half, lean & fat, 0" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	314	73.9	0	89.5	1124.1
Beef, brisket, point half, lean & fat, 1/4" fat, all grades, cooked, braised	3 oz	85	18.8	0	29.1	343.4
Beef, brisket, point half, lean & fat, 1/4" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	328	72.6	0	112.4	1325.1
Beef, brisket, point half, lean & fat, 1/4" fat, all grades, raw	1 oz	28.4	4.6	0	8.2	93.8
Beef, brisket, point half, lean & fat, 1/4" fat, all grades, raw	1 lb	453.6	73.1	0	132	1501.4
Beef, brisket, point half, lean & fat, 1/8" fat, all grades, cooked, braised	3 oz	85	20.7	0	23.1	296.7
Beef, brisket, point half, lean & fat, 1/8" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	332	81	0	90.2	1158.7
Beef, brisket, point half, lean & fat, 1/8" fat, all grades, raw	1 oz	28.4	5	0	5.9	75.1
Beef, brisket, point half, lean & fat, 1/8" fat, all grades, raw	1 lb	453.6	80.1	0	95.2	1202
Beef, brisket, point half, lean only, 0" fat, all grades, cooked, braised	3 oz	85	23.8	0	11.7	207.4
Beef, brisket, point half, lean only, 0" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	232	65.1	0	32	566.1
Beef, brisket, point half, lean only, 1/4" fat, all grades, cooked, braised	3 oz	85	23.8	0	13.3	221.9
Beef, brisket, point half, lean only, 1/4" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	215	60.3	0	33.8	561.2
Beef, brisket, point half, lean only, 1/4" fat, all grades, raw	1 oz	28.4	5.7	0	2.4	45.9
Beef, brisket, point half, lean only, 1/4" fat, all grades, raw	1 lb	453.6	90.8	0	38.6	734.8
Beef, brisket, whole, lean & fat, 0" fat, all grades, cooked, braised	3 oz	85	22.8	0	16.6	247.4
Beef, brisket, whole, lean & fat, 0" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	314	84.1	0	61.3	913.7
Beef, brisket, whole, lean & fat, 1/4" fat, all grades, cooked, braised	3 oz	85	20	0	26.8	327.3
Beef, brisket, whole, lean & fat, 1/4" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	330	77.6	0	104.1	1270.5
Beef, brisket, whole, lean & fat, 1/4" fat, all grades, raw	1 oz	28.4	4.8	0	7.5	88.5
Beef, brisket, whole, lean & fat, 1/4" fat, all grades, raw	1 lb	453.6	76.8	0	120.4	1415.2
Beef, brisket, whole, lean & fat, 1/8" fat, all grades, cooked, braised	3 oz	85	22	0	20.8	281.4
Beef, brisket, whole, lean & fat, 1/8" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	329	85	0	80.6	1089
Beef, brisket, whole, lean & fat, 1/8" fat, all grades, raw	1 oz	28.4	5.2	0	5.4	71.2
Beef, brisket, whole, lean & fat, 1/8" fat, all grades, raw	1 lb	453.6	83.6	0	86.5	1138.5
Beef, brisket, whole, lean only, 0" fat, all grades, cooked, braised	3 oz	85	25.3	0	8.6	185.3
Beef, brisket, whole, lean only, 0" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	264	78.5	0	26.6	575.5
Beef, brisket, whole, lean only, 1/4" fat, all grades, cooked, braised	3 oz	85	25.3	0	10.8	205.7
Beef, brisket, whole, lean only, 1/4" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	232	69	0	29.6	561.4
Beef, brisket, whole, lean only, all grades, raw	1 oz	28.4	5.9	0	2.1	43.9
Beef, brisket, whole, lean only, all grades, raw	1 lb	453.6	94	0	33.4	703.1
Beef, carcass, lean & fat, choice, raw	1 oz	28.4	4.9	0	6.8	82.5
Beef, carcass, lean & fat, choice, raw	1 lb	453.6	78.6	0	109.1	1320
Beef, carcass, lean & fat, select, raw	1 oz	28.4	5	0	6.4	78.8
Beef, carcass, lean & fat, select, raw	1 lb	453.6	79.3	0	102.3	1261
Beef, chuck, arm pot roast, lean & fat, 0" fat, all grades, cooked, braised	3 oz	85	25.2	0	14.5	238
Beef, chuck, arm pot roast, lean & fat, 0" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	246	73	0	41.8	688.8
Beef, chuck, arm pot roast, lean & fat, 0" fat, choice, cooked, braised	3 oz	85	25	0	15.8	249.1
Beef, chuck, arm pot roast, lean & fat, 0" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	249	73.3	0	46.2	729.6
Beef, chuck, arm pot roast, lean & fat, 0" fat, select, cooked, braised	3 oz	85	25.6	0	12.4	221
Beef, chuck, arm pot roast, lean & fat, 0" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	249	75	0	36.4	647.4
Beef, chuck, arm pot roast, lean & fat, 1/2" fat, prime, cooked, braised	3 oz	85	22.2	0	26.3	332.4
Beef, chuck, arm pot roast, lean & fat, 1/2" fat, prime, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	277	72.3	0	85.8	1083.1
Beef, chuck, arm pot roast, lean & fat, 1/2" fat, prime, raw	1 oz	28.4	5	0	6.8	83.3
Beef, chuck, arm pot roast, lean & fat, 1/2" fat, prime, raw	1 lb	453.6	80.5	0	109.6	1333.6
Beef, chuck, arm pot roast, lean & fat, 1/4" fat, all grades, cooked, braised	3 oz	85	23.3	0	20.2	282.2
Beef, chuck, arm pot roast, lean & fat, 1/4" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	257	70.5	0	61.2	853.2
Beef, chuck, arm pot roast, lean & fat, 1/4" fat, all grades, raw	1 oz	28.4	5.3	0	5.2	69.5
Beef, chuck, arm pot roast, lean & fat, 1/4" fat, all grades, raw	1 lb	453.6	84	0	83.3	1111.3
Beef, chuck, arm pot roast, lean & fat, 1/4" fat, choice, cooked, braised	3 oz	85	22.9	0	21.9	295.8

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, chuck, arm pot roast, lean & fat, 1/4" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	257	69.3	0	66.3	894.4
Beef, chuck, arm pot roast, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	5.2	0	5.5	72.3
Beef, chuck, arm pot roast, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	83.4	0	88.8	1156.7
Beef, chuck, arm pot roast, lean & fat, 1/4" fat, select, cooked, braised	3 oz	85	23.7	0	18.5	267.8
Beef, chuck, arm pot roast, lean & fat, 1/4" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	254	70.8	0	55.2	800.1
Beef, chuck, arm pot roast, lean & fat, 1/4" fat, select, raw	1 oz	28.4	5.3	0	4.8	66.3
Beef, chuck, arm pot roast, lean & fat, 1/4" fat, select, raw	1 lb	453.6	84.6	0	77.4	1061.4
Beef, chuck, arm pot roast, lean & fat, 1/8" fat, all grades, cooked, braised	3 oz	85	24.3	0	17.6	262.7
Beef, chuck, arm pot roast, lean & fat, 1/8" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	258	73.6	0	53.4	797.2
Beef, chuck, arm pot roast, lean & fat, 1/8" fat, all grades, raw	1 oz	28.4	5.3	0	4.8	66.3
Beef, chuck, arm pot roast, lean & fat, 1/8" fat, all grades, raw	1 lb	453.6	85.2	0	77.2	1061.4
Beef, chuck, arm pot roast, lean & fat, 1/8" fat, choice, cooked, braised	3 oz	85	24	0	19.1	274.6
Beef, chuck, arm pot roast, lean & fat, 1/8" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	258	72.7	0	58	833.3
Beef, chuck, arm pot roast, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	5.3	0	5.2	69.2
Beef, chuck, arm pot roast, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	84.6	0	82.8	1106.8
Beef, chuck, arm pot roast, lean & fat, 1/8" fat, select, cooked, braised	3 oz	85	24.6	0	15.8	247.4
Beef, chuck, arm pot roast, lean & fat, 1/8" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	257	74.5	0	47.7	747.9
Beef, chuck, arm pot roast, lean & fat, 1/8" fat, select, raw	1 oz	28.4	5.4	0	4.4	62.4
Beef, chuck, arm pot roast, lean & fat, 1/8" fat, select, raw	1 lb	453.6	86	0	70	997.9
Beef, chuck, arm pot roast, lean only, 0" fat, all grades, cooked, braised	3 oz	85	28.1	0	6.5	178.5
Beef, chuck, arm pot roast, lean only, 0" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	210	69.3	0	16	441
Beef, chuck, arm pot roast, lean only, 0" fat, choice, cooked, braised	3 oz	85	28.1	0	7.4	186.2
Beef, chuck, arm pot roast, lean only, 0" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	207	68.4	0	18	453.3
Beef, chuck, arm pot roast, lean only, 0" fat, select, cooked, braised	3 oz	85	28.1	0	5.4	168.3
Beef, chuck, arm pot roast, lean only, 0" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	216	71.3	0	13.6	427.7
Beef, chuck, arm pot roast, lean only, 1/2" fat, prime, cooked, braised	3 oz	85	28.1	0	11.4	221.9
Beef, chuck, arm pot roast, lean only, 1/2" fat, prime, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	191	63.1	0	25.5	498.5
Beef, chuck, arm pot roast, lean only, 1/2" fat, prime, raw	1 oz	28.4	6	0	2	43.7
Beef, chuck, arm pot roast, lean only, 1/2" fat, prime, raw	1 lb	453.6	96.4	0	31.6	698.5
Beef, chuck, arm pot roast, lean only, 1/4" fat, all grades, cooked, braised	3 oz	85	28.1	0	7.1	183.6
Beef, chuck, arm pot roast, lean only, 1/4" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	194	64.1	0	16.1	419
Beef, chuck, arm pot roast, lean only, 1/4" fat, all grades, raw	1 oz	28.4	6	0	1.2	36.9
Beef, chuck, arm pot roast, lean only, 1/4" fat, all grades, raw	1 lb	453.6	96.4	0	20	589.7
Beef, chuck, arm pot roast, lean only, 1/4" fat, choice, cooked, braised	3 oz	85	28.1	0	7.9	191.3
Beef, chuck, arm pot roast, lean only, 1/4" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	187	61.7	0	17.4	420.8
Beef, chuck, arm pot roast, lean only, 1/4" fat, choice, raw	1 oz	28.4	6	0	1.4	38.8
Beef, chuck, arm pot roast, lean only, 1/4" fat, choice, raw	1 lb	453.6	96.4	0	23.1	621.4
Beef, chuck, arm pot roast, lean only, 1/4" fat, select, cooked, braised	3 oz	85	28.1	0	6.1	175.1
Beef, chuck, arm pot roast, lean only, 1/4" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	197	65	0	14.2	405.8
Beef, chuck, arm pot roast, lean only, 1/4" fat, select, raw	1 oz	28.4	6	0	1	34.9
Beef, chuck, arm pot roast, lean only, 1/4" fat, select, raw	1 lb	453.6	96.4	0	16.3	557.9
Beef, chuck, blade roast, lean & fat, 0" fat, all grades, cooked, braised	3 oz	85	23.1	0	20.5	283.9
Beef, chuck, blade roast, lean & fat, 0" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	235	63.9	0	56.7	784.9
Beef, chuck, blade roast, lean & fat, 0" fat, choice, cooked, braised	3 oz	85	22.9	0	22	295.8
Beef, chuck, blade roast, lean & fat, 0" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	238	64.2	0	61.5	828.2
Beef, chuck, blade roast, lean & fat, 0" fat, select, cooked, braised	3 oz	85	23.5	0	18.4	266.1
Beef, chuck, blade roast, lean & fat, 0" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	235	64.8	0	50.9	735.6
Beef, chuck, blade roast, lean & fat, 1/2" fat, prime, cooked, braised	3 oz	85	21.7	0	29	354.5
Beef, chuck, blade roast, lean & fat, 1/2" fat, prime, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	247	63	0	84.3	1030
Beef, chuck, blade roast, lean & fat, 1/2" fat, prime, raw	1 oz	28.4	4.6	0	8.1	93
Beef, chuck, blade roast, lean & fat, 1/2" fat, prime, raw	1 lb	453.6	74.1	0	129.6	1487.8
Beef, chuck, blade roast, lean & fat, 1/4" fat, all grades, cooked, braised	3 oz	85	22.6	0	21.8	293.3
Beef, chuck, blade roast, lean & fat, 1/4" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	248	65.9	0	63.7	855.6
Beef, chuck, blade roast, lean & fat, 1/4" fat, all grades, raw	1 oz	28.4	4.8	0	5.7	72
Beef, chuck, blade roast, lean & fat, 1/4" fat, all grades, raw	1 lb	453.6	77.3	0	91.2	1152.1
Beef, chuck, blade roast, lean & fat, 1/4" fat, choice, cooked, braised	3 oz	85	22.2	0	23.6	308.6
Beef, chuck, blade roast, lean & fat, 1/4" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	248	64.9	0	69	900.2
Beef, chuck, blade roast, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	4.8	0	6.3	77.1
Beef, chuck, blade roast, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	76.3	0	100.8	1233.8
Beef, chuck, blade roast, lean & fat, 1/4" fat, select, cooked, braised	3 oz	85	22.9	0	19.8	277.1
Beef, chuck, blade roast, lean & fat, 1/4" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	248	66.9	0	57.9	808.5
Beef, chuck, blade roast, lean & fat, 1/4" fat, select, raw	1 oz	28.4	4.9	0	5.1	66.6
Beef, chuck, blade roast, lean & fat, 1/4" fat, select, raw	1 lb	453.6	78.3	0	81.3	1066
Beef, chuck, blade roast, lean & fat, 1/8" fat, all grades, cooked, braised	3 oz	85	22.8	0	21.4	289.9

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, chuck, blade roast, lean & fat, 1/8" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	247	66.1	0	62	842.3
Beef, chuck, blade roast, lean & fat, 1/8" fat, all grades, raw	1 oz	28.4	4.9	0	5.5	70.3
Beef, chuck, blade roast, lean & fat, 1/8" fat, all grades, raw	1 lb	453.6	77.8	0	88	1124.9
Beef, chuck, blade roast, lean & fat, 1/8" fat, choice, cooked, braised	3 oz	85	22.4	0	23.2	305.2
Beef, chuck, blade roast, lean & fat, 1/8" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	247	65.1	0	67.3	886.7
Beef, chuck, blade roast, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	4.8	0	6	75.1
Beef, chuck, blade roast, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	77	0	96.7	1202
Beef, chuck, blade roast, lean & fat, 1/8" fat, select, cooked, braised	3 oz	85	23.2	0	19	270.3
Beef, chuck, blade roast, lean & fat, 1/8" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	247	67.5	0	55.2	785.5
Beef, chuck, blade roast, lean & fat, 1/8" fat, select, raw	1 oz	28.4	4.9	0	4.9	65.2
Beef, chuck, blade roast, lean & fat, 1/8" fat, select, raw	1 lb	453.6	78.8	0	78.6	1043.3
Beef, chuck, blade roast, lean only, 0" fat, all grades, cooked, braised	3 oz	85	26.4	0	11.3	215.1
Beef, chuck, blade roast, lean only, 0" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	191	59.3	0	25.4	483.2
Beef, chuck, blade roast, lean only, 0" fat, choice, cooked, braised	3 oz	85	26.4	0	12.5	225.3
Beef, chuck, blade roast, lean only, 0" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	191	59.3	0	28.1	506.2
Beef, chuck, blade roast, lean only, 0" fat, select, cooked, braised	3 oz	85	26.4	0	9.9	202.3
Beef, chuck, blade roast, lean only, 0" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	194	60.3	0	22.7	461.7
Beef, chuck, blade roast, lean only, 1/2" fat, prime, cooked, braised	3 oz	85	26.4	0	17.5	270.3
Beef, chuck, blade roast, lean only, 1/2" fat, prime, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	179	55.6	0	36.7	569.2
Beef, chuck, blade roast, lean only, 1/2" fat, prime, raw	1 oz	28.4	5.5	0	3.8	57.6
Beef, chuck, blade roast, lean only, 1/2" fat, prime, raw	1 lb	453.6	87.3	0	60.8	920.8
Beef, chuck, blade roast, lean only, 1/4" fat, all grades, cooked, braised	3 oz	85	26.4	0	11.1	213.4
Beef, chuck, blade roast, lean only, 1/4" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	193	59.9	0	25.3	484.4
Beef, chuck, blade roast, lean only, 1/4" fat, all grades, raw	1 oz	28.4	5.5	0	2.1	42.2
Beef, chuck, blade roast, lean only, 1/4" fat, all grades, raw	1 lb	453.6	87.3	0	33.6	675.9
Beef, chuck, blade roast, lean only, 1/4" fat, choice, cooked, braised	3 oz	85	26.4	0	12.2	223.6
Beef, chuck, blade roast, lean only, 1/4" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	187	58.1	0	26.9	491.8
Beef, chuck, blade roast, lean only, 1/4" fat, choice, raw	1 oz	28.4	5.5	0	2.4	45.1
Beef, chuck, blade roast, lean only, 1/4" fat, choice, raw	1 lb	453.6	87.3	0	38.6	721.2
Beef, chuck, blade roast, lean only, 1/4" fat, select, cooked, braised	3 oz	85	26.4	0	9.9	201.5
Beef, chuck, blade roast, lean only, 1/4" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	200	62.1	0	23.2	474
Beef, chuck, blade roast, lean only, 1/4" fat, select, raw	1 oz	28.4	5.5	0	1.8	39.4
Beef, chuck, blade roast, lean only, 1/4" fat, select, raw	1 lb	453.6	87.3	0	28.6	630.5
Beef, cured, corned beef, brisket, cooked	3 oz	85	15.4	0.4	16.1	213.4
Beef, cured, corned beef, brisket, cooked	1 piece, cooked, (yield from 1 lb raw meat)	320	58.1	1.5	60.7	803.2
Beef, cured, corned beef, brisket, raw	1 oz	28.4	4.2	0	4.2	56.1
Beef, cured, corned beef, brisket, raw	1 lb	453.6	66.6	0.6	67.6	898.1
Beef, cured, corned beef, canned	1 slice (3/4 oz)	21	5.7	0	3.1	52.5
Beef, cured, corned beef, canned	1 oz	28.4	7.7	0	4.2	70.9
Beef, cured, dried beef	5 slices	21	6.1	0.3	0.8	34.7
Beef, cured, dried beef	1 oz	28.4	8.2	0.4	1.1	46.8
Beef, cured, luncheon meat, jellied	1 slice (1 oz) (4" x 4" x 3/32" thick)	28.4	5.4	0	0.9	31.5
Beef, cured, pastrami	1 slice (1 oz)	28.4	4.9	0.9	8.3	98.9
Beef, cured, sausage, cooked, smoked	1 oz	28.4	4	0.7	7.6	88.5
Beef, cured, sausage, cooked, smoked	1 sausage	43	6.1	1	11.6	134.2
Beef, cured, smoked, chopped beef	1 slice (1 oz)	28.4	5.7	0.5	1.3	37.7
Beef, cured, thin-sliced beef	5 slices	21	5.9	1.2	0.8	37.2
Beef, cured, thin-sliced beef	1 oz	28.4	8	1.6	1.1	50.2
Beef, flank, lean & fat, 0" fat, choice, cooked, braised	3 oz	85	22.9	0	14	223.6
Beef, flank, lean & fat, 0" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	262	70.7	0	43.1	689.1
Beef, flank, lean & fat, 0" fat, choice, cooked, broiled	3 oz	85	22.5	0	10.7	192.1
Beef, flank, lean & fat, 0" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	333	88	0	41.7	752.6
Beef, flank, lean & fat, 0" fat, choice, raw	1 oz	28.4	5.6	0	3	51
Beef, flank, lean & fat, 0" fat, choice, raw	4 oz	113	22.3	0	12	203.4
Beef, flank, lean only, 0" fat, choice, cooked, braised	3 oz	85	23.8	0	11.1	201.5
Beef, flank, lean only, 0" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	246	68.9	0	32	583
Beef, flank, lean only, 0" fat, choice, cooked, broiled	3 oz	85	23	0	8.6	176
Beef, flank, lean only, 0" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	320	86.6	0	32.4	662.4
Beef, flank, lean only, 0" fat, choice, raw	1 oz	28.4	5.8	0	2.1	43.7
Beef, flank, lean only, 0" fat, choice, raw	1 lb	453.6	92.1	0	33.7	698.5
Beef, ground, extra lean, (approximately 17% fat), raw	1 oz	28.4	5.3	0	4.8	66.3
Beef, ground, extra lean, (approximately 17% fat), raw	4 oz	113	21.1	0	19.3	264.4
Beef, ground, extra lean, cooked, baked, medium	3 oz	85	20.8	0	13.7	212.5
Beef, ground, extra lean, cooked, baked, medium	1 unit, cooked (yield from 1 lb raw meat)	345	84.4	0	55.7	862.5

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, ground, extra lean, cooked, baked, well done	3 oz	85	25.8	0	13.6	232.9
Beef, ground, extra lean, cooked, baked, well done	1 unit, cooked (yield from 1 lb raw meat)	268	81.2	0	42.8	734.3
Beef, ground, extra lean, cooked, broiled, medium	3 oz	85	21.6	0	13.9	217.6
Beef, ground, extra lean, cooked, broiled, medium	1 unit, cooked (yield from 1 lb raw meat)	336	85.3	0	54.9	860.2
Beef, ground, extra lean, cooked, broiled, well done	3 oz	85	24.3	0	13.4	225.3
Beef, ground, extra lean, cooked, broiled, well done	1 unit, cooked (yield from 1 lb raw meat)	281	80.3	0	44.4	744.7
Beef, ground, extra lean, cooked, pan-fried, medium	3 oz	85	21.2	0	14	216.8
Beef, ground, extra lean, cooked, pan-fried, medium	1 unit, cooked (yield from 1 lb raw meat)	340	84.9	0	55.8	867
Beef, ground, extra lean, cooked, pan-fried, well done	3 oz	85	23.8	0	13.6	223.6
Beef, ground, extra lean, cooked, pan-fried, well done	1 unit, cooked (yield from 1 lb raw meat)	295	82.6	0	47.1	775.9
Beef, ground, lean, (approximately 21% fat), raw	1 oz	28.4	5	0	5.9	74.8
Beef, ground, lean, (approximately 21% fat), raw	4 oz	113	20	0	23.4	298.3
Beef, ground, lean, cooked, baked, medium	3 oz	85	20.3	0	15.6	227.8
Beef, ground, lean, cooked, baked, medium	1 unit, cooked (yield from 1 lb raw meat)	336	80.4	0	61.6	900.5
Beef, ground, lean, cooked, baked, well done	3 oz	85	25.2	0	15.6	248.2
Beef, ground, lean, cooked, baked, well done	1 unit, cooked (yield from 1 lb raw meat)	263	77.8	0	48.3	768
Beef, ground, lean, cooked, broiled, medium	3 oz	85	21	0	15.7	231.2
Beef, ground, lean, cooked, broiled, medium	1 unit, cooked (yield from 1 lb raw meat)	322	79.6	0	59.4	875.8
Beef, ground, lean, cooked, broiled, well done	3 oz	85	24	0	15	238
Beef, ground, lean, cooked, broiled, well done	1 unit, cooked (yield from 1 lb raw meat)	281	79.2	0	49.6	786.8
Beef, ground, lean, cooked, pan-fried, medium	3 oz	85	20.6	0	16.2	233.8
Beef, ground, lean, cooked, pan-fried, medium	1 unit, cooked (yield from 1 lb raw meat)	327	79.2	0	62.3	899.3
Beef, ground, lean, cooked, pan-fried, well done	3 oz	85	23.4	0	15	235.5
Beef, ground, lean, cooked, pan-fried, well done	1 unit, cooked (yield from 1 lb raw meat)	286	78.8	0	50.5	792.2
Beef, ground, patties, frozen, (approximately 23% fat), raw	3 oz	85	14.5	0	19.7	239.7
Beef, ground, patties, frozen, (approximately 23% fat), raw	4 oz	113	19.3	0	26.2	318.7
Beef, ground, patties, frozen, cooked, broiled, medium	3 oz	85	20.8	0	16.7	239.7
Beef, ground, patties, frozen, cooked, broiled, medium	1 unit, cooked (yield from 1 lb raw meat)	313	76.7	0	61.5	882.7
Beef, ground, regular, (approximately 27% fat), raw	1 oz	28.4	4.7	0	7.5	87.9
Beef, ground, regular, (approximately 27% fat), raw	4 oz	113	18.8	0	30	350.3
Beef, ground, regular, cooked, baked, medium	3 oz	85	19.6	0	17.8	244
Beef, ground, regular, cooked, baked, medium	1 unit, cooked (yield from 1 lb raw meat)	318	73.2	0	66.6	912.7
Beef, ground, regular, cooked, baked, well done	3 oz	85	24.5	0	18.2	269.5
Beef, ground, regular, cooked, baked, well done	1 unit, cooked (yield from 1 lb raw meat)	254	73.2	0	54.5	805.2
Beef, ground, regular, cooked, broiled, medium	3 oz	85	20.5	0	17.6	245.7
Beef, ground, regular, cooked, broiled, medium	1 unit, cooked (yield from 1 lb raw meat)	304	73.2	0	62.9	878.6
Beef, ground, regular, cooked, broiled, well done	3 oz	85	23.1	0	16.5	248.2
Beef, ground, regular, cooked, broiled, well done	1 unit, cooked (yield from 1 lb raw meat)	272	74	0	52.9	794.2
Beef, ground, regular, cooked, pan-fried, medium	3 oz	85	20.3	0	19.2	260.1
Beef, ground, regular, cooked, pan-fried, medium	1 unit, cooked (yield from 1 lb raw meat)	308	73.7	0	69.5	942.5
Beef, ground, regular, cooked, pan-fried, well done	3 oz	85	23	0	16.1	243.1
Beef, ground, regular, cooked, pan-fried, well done	1 unit, cooked (yield from 1 lb raw meat)	277	74.8	0	52.4	792.2
Beef, heart, cooked, simmered	3 oz	85	24.5	0.4	4.8	148.8
Beef, heart, cooked, simmered	1 piece, cooked, (yield from 1 lb raw meat)	257	74	1.1	14.4	449.8
Beef, heart, raw	1 oz	28.4	4.8	0.7	1.1	33.2
Beef, heart, raw	4 oz	113	19.3	2.9	4.3	132.2
Beef, kidneys, cooked, simmered	3 oz	85	21.7	0.8	2.9	122.4
Beef, kidneys, cooked, simmered	1 piece, cooked, (yield from 1 lb raw meat)	197	50.2	1.9	6.8	283.7
Beef, kidneys, raw	1 oz	28.4	4.7	0.6	0.9	30.3
Beef, kidneys, raw	4 oz	113	18.7	2.5	3.5	120.9
Beef, liver, cooked, braised	3 oz	85	20.7	2.9	4.2	136.9
Beef, liver, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	336	81.9	11.5	16.4	541
Beef, liver, cooked, pan-fried	3 oz	85	22.7	6.7	6.8	184.5
Beef, liver, cooked, pan-fried	1 piece, cooked, (yield from 1 lb raw meat)	295	78.8	23.2	23.6	640.2
Beef, liver, raw	1 oz	28.4	5.7	1.6	1.1	40.5
Beef, liver, raw	4 oz	113	22.6	6.6	4.4	161.6
Beef, lungs, cooked, braised	3 oz	85	17.3	0	3.1	102
Beef, lungs, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	303	61.8	0	11.2	363.6
Beef, lungs, raw	1 oz	28.4	4.6	0	0.7	26.1
Beef, lungs, raw	4 oz	113	18.3	0	2.8	104
Beef, mechanically separated beef, raw	1 oz	28.4	4.2	0	6.7	78.2
Beef, mechanically separated beef, raw	8 oz	227	34	0	53.4	626.5
Beef, pancreas, cooked, braised	3 oz	85	23	0	14.6	230.4
Beef, pancreas, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	222	60.2	0	38.2	601.6



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, pancreas, raw	1 oz	28.4	4.5	0	5.3	66.6
Beef, pancreas, raw	4 oz	113	17.7	0	21	265.6
Beef, retail cuts, separable fat, cooked	1 oz	28.4	3	0	19.9	192.8
Beef, retail cuts, separable fat, cooked	3 oz	85	9.1	0	59.8	578
Beef, retail cuts, separable fat, raw	1 oz	28.4	2.3	0	20.1	191.1
Beef, retail cuts, separable fat, raw	4 oz	113	9.3	0	80.1	761.6
Beef, rib, eye, small end (ribs 10-12), lean & fat, 0" fat, choice, cooked, broiled	3 oz	85	21.2	0	18.9	261
Beef, rib, eye, small end (ribs 10-12), lean & fat, 0" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	337	83.9	0	75	1034.6
Beef, rib, eye, small end (ribs 10-12), lean & fat, 0" fat, choice, raw	1 oz	28.4	5	0	6.3	77.7
Beef, rib, eye, small end (ribs 10-12), lean & fat, 0" fat, choice, raw	1 lb	453.6	79.4	0	100.1	1242.9
Beef, rib, eye, small end (ribs 10-12), lean only, 0" fat, choice, cooked, broiled	3 oz	85	23.8	0	9.9	191.3
Beef, rib, eye, small end (ribs 10-12), lean only, 0" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	276	77.4	0	32.3	621
Beef, rib, eye, small end (ribs 10-12), lean only, 0" fat, choice, raw	1 oz	28.4	5.7	0	2.4	45.6
Beef, rib, eye, small end (ribs 10-12), lean only, 0" fat, choice, raw	1 lb	453.6	91.3	0	37.6	730.3
Beef, rib, large end (ribs 6-9), lean & fat, 0" fat, all grades, cooked, roasted	3 oz	85	19.7	0	24	300.1
Beef, rib, large end (ribs 6-9), lean & fat, 0" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	290	67.1	0	81.8	1023.7
Beef, rib, large end (ribs 6-9), lean & fat, 0" fat, choice, cooked, roasted	3 oz	85	19.4	0	25.9	316.2
Beef, rib, large end (ribs 6-9), lean & fat, 0" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	290	66.1	0	88.4	1078.8
Beef, rib, large end (ribs 6-9), lean & fat, 0" fat, select, cooked, roasted	3 oz	85	20	0	21.7	281.4
Beef, rib, large end (ribs 6-9), lean & fat, 0" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	286	67.2	0	73	946.7
Beef, rib, large end (ribs 6-9), lean & fat, 1/2" fat, prime, cooked, broiled	3 oz	85	16.9	0	32.1	361.3
Beef, rib, large end (ribs 6-9), lean & fat, 1/2" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	298	59.2	0	112.5	1266.5
Beef, rib, large end (ribs 6-9), lean & fat, 1/2" fat, prime, cooked, roasted	3 oz	85	18.9	0	29.4	346
Beef, rib, large end (ribs 6-9), lean & fat, 1/2" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	279	62	0	96.6	1135.5
Beef, rib, large end (ribs 6-9), lean & fat, 1/2" fat, prime, raw	1 oz	28.4	4.4	0	10	108.6
Beef, rib, large end (ribs 6-9), lean & fat, 1/2" fat, prime, raw	1 lb	453.6	69.8	0	159.6	1737.3
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, all grades, cooked, broiled	3 oz	85	18.1	0	24.2	295
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	269	57.2	0	76.4	933.4
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, all grades, cooked, roasted	3 oz	85	19.2	0	25.3	310.3
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	293	66.3	0	87.2	1069.5
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, all grades, raw	1 oz	28.4	4.6	0	8	91.6
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, all grades, raw	1 lb	453.6	73	0	127.9	1465.1
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, choice, cooked, broiled	3 oz	85	17.8	0	26.2	312
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	269	56.4	0	82.8	987.2
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, choice, cooked, roasted	3 oz	85	19	0	27.2	325.6
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	297	66.2	0	94.9	1137.5
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, choice, raw	1 oz	28.4	4.5	0	8.7	97.8
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, choice, raw	1 lb	453.6	71.4	0	139.8	1564.9
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, prime, cooked, broiled	3 oz	85	17.3	0	30.8	351.1
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	279	56.6	0	101	1152.3
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, prime, cooked, roasted	3 oz	85	19.1	0	28.8	341.7
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	283	63.6	0	96.1	1137.7
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, prime, raw	1 oz	28.4	4.4	0	9.8	106.9
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, prime, raw	1 lb	453.6	70.4	0	156.5	1710.1
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, select, cooked, broiled	3 oz	85	18.3	0	21.9	275.4
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	269	57.9	0	69.3	871.6
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, select, cooked, roasted	3 oz	85	19.7	0	22.7	289
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	293	67.8	0	78.3	996.2
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, select, raw	1 oz	28.4	4.6	0	7.4	86.2
Beef, rib, large end (ribs 6-9), lean & fat, 1/4" fat, select, raw	1 lb	453.6	74	0	117.7	1378.9
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, all grades, cooked, broiled	3 oz	85	18.3	0	23.1	287.3
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	267	57.5	0	72.7	902.5
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, all grades, cooked, roasted	3 oz	85	19.6	0	24.2	301.8
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	292	67.2	0	83.2	1036.6
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, all grades, raw	1 oz	28.4	4.6	0	7.7	89.6
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, all grades, raw	1 lb	453.6	73.8	0	123.8	1433.4
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, choice, cooked, broiled	3 oz	85	17.7	0	26.5	314.5
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	267	55.7	0	83.3	987.9
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, choice, cooked, roasted	3 oz	85	19.1	0	26.6	321.3
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	296	66.6	0	92.6	1118.9
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, choice, raw	1 oz	28.4	4.5	0	8.3	94.4
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, choice, raw	1 lb	453.6	72.7	0	133.1	1510.5
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, prime, cooked, broiled	3 oz	85	17.6	0	29.7	343.4
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	278	57.4	0	97.2	1123.1



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, prime, cooked, roasted	3 oz	85	19.4	0	27.8	334.1
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	281	64.2	0	92	1104.3
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, prime, raw	1 oz	28.4	4.5	0	9.4	104
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, prime, raw	1 lb	453.6	71.5	0	150.9	1664.7
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, select, cooked, broiled	3 oz	85	18.3	0	21.9	275.4
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	267	57.5	0	68.6	865.1
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, select, cooked, roasted	3 oz	85	19.9	0	22	283.1
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	292	68.3	0	75.5	972.4
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, select, raw	1 oz	28.4	4.7	0	7	83.6
Beef, rib, large end (ribs 6-9), lean & fat, 1/8" fat, select, raw	1 lb	453.6	74.9	0	112.7	1338.1
Beef, rib, large end (ribs 6-9), lean only, 0" fat, all grades, cooked, roasted	3 oz	85	23.4	0	11.4	202.3
Beef, rib, large end (ribs 6-9), lean only, 0" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	214	58.9	0	28.7	509.3
Beef, rib, large end (ribs 6-9), lean only, 0" fat, choice, cooked, roasted	3 oz	85	23.4	0	12.8	215.1
Beef, rib, large end (ribs 6-9), lean only, 0" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	207	57	0	31.1	523.7
Beef, rib, large end (ribs 6-9), lean only, 0" fat, select, cooked, roasted	3 oz	85	23.4	0	9.7	187
Beef, rib, large end (ribs 6-9), lean only, 0" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	217	59.7	0	24.7	477.4
Beef, rib, large end (ribs 6-9), lean only, 1/2" fat, prime, cooked, broiled	3 oz	85	20.9	0	17.7	249.9
Beef, rib, large end (ribs 6-9), lean only, 1/2" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	196	48.3	0	40.9	576.2
Beef, rib, large end (ribs 6-9), lean only, 1/2" fat, prime, cooked, roasted	3 oz	85	23.4	0	15.6	240.6
Beef, rib, large end (ribs 6-9), lean only, 1/2" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	192	52.9	0	35.2	543.4
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, all grades, cooked, broiled	3 oz	85	21.4	0	11	190.4
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	197	49.6	0	25.5	441.3
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, all grades, cooked, roasted	3 oz	85	23.4	0	11.2	201.5
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	210	57.8	0	27.7	497.7
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, all grades, raw	1 oz	28.4	5.6	0	2.6	46.8
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, all grades, raw	1 lb	453.6	89	0	40.8	748.4
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, choice, cooked, broiled	3 oz	85	21.4	0	12.5	204
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	191	48.1	0	28	458.4
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, choice, cooked, roasted	3 oz	85	23.4	0	12.5	212.5
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	203	55.9	0	29.8	507.5
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, choice, raw	1 oz	28.4	5.6	0	2.9	49.9
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, choice, raw	1 lb	453.6	89	0	46.3	798.3
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, prime, cooked, broiled	3 oz	85	20.9	0	17.7	249.9
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	194	47.8	0	40.5	570.4
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, prime, cooked, roasted	3 oz	85	23.4	0	15.6	240.6
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	196	54	0	35.9	554.7
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, prime, raw	1 oz	28.4	5.6	0	4	59.5
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, prime, raw	1 lb	453.6	89	0	63.6	952.6
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, select, cooked, broiled	3 oz	85	21.4	0	9.3	175.1
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	204	51.3	0	22.3	420.2
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, select, cooked, roasted	3 oz	85	23.4	0	9.7	187
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	217	59.7	0	24.7	477.4
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, select, raw	1 oz	28.4	5.6	0	2.2	43.1
Beef, rib, large end (ribs 6-9), lean only, 1/4" fat, select, raw	1 lb	453.6	89	0	34.5	689.5
Beef, rib, shortribs, lean & fat, choice, cooked, braised	3 oz	85	18.3	0	35.7	400.4
Beef, rib, shortribs, lean & fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	225	48.5	0	94.5	1059.8
Beef, rib, shortribs, lean & fat, choice, raw	1 oz	28.4	4.1	0	10.3	110
Beef, rib, shortribs, lean & fat, choice, raw	1 lb	453.6	65.3	0	164.3	1760
Beef, rib, shortribs, lean only, choice, cooked, braised	3 oz	85	26.1	0	15.4	250.8
Beef, rib, shortribs, lean only, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	121	37.2	0	21.9	357
Beef, rib, shortribs, lean only, choice, raw	1 oz	28.4	5.4	0	2.9	49
Beef, rib, shortribs, lean only, choice, raw	1 lb	453.6	86.4	0	46.2	784.7
Beef, rib, small end (ribs 10-12), lean & fat, 0" fat, all grades, cooked, broiled	3 oz	85	21.2	0	17.9	252.5
Beef, rib, small end (ribs 10-12), lean & fat, 0" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	269	67	0	56.8	798.9
Beef, rib, small end (ribs 10-12), lean & fat, 0" fat, choice, cooked, broiled	3 oz	85	21	0	19.4	265.2
Beef, rib, small end (ribs 10-12), lean & fat, 0" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	272	67.3	0	62.1	848.6
Beef, rib, small end (ribs 10-12), lean & fat, 0" fat, select, cooked, broiled	3 oz	85	21.2	0	16.8	242.3
Beef, rib, small end (ribs 10-12), lean & fat, 0" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	265	66	0	52.4	755.3
Beef, rib, small end (ribs 10-12), lean & fat, 1/2" fat, prime, cooked, broiled	3 oz	85	20.2	0	24.8	309.4
Beef, rib, small end (ribs 10-12), lean & fat, 1/2" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	286	67.8	0	83.3	1041
Beef, rib, small end (ribs 10-12), lean & fat, 1/2" fat, prime, cooked, roasted	3 oz	85	18.5	0	30.8	357
Beef, rib, small end (ribs 10-12), lean & fat, 1/2" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	272	59.2	0	98.6	1142.4
Beef, rib, small end (ribs 10-12), lean & fat, 1/2" fat, prime, raw	1 oz	28.4	4.6	0	8.8	98.9
Beef, rib, small end (ribs 10-12), lean & fat, 1/2" fat, prime, raw	1 lb	453.6	74.3	0	140.2	1583.1

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, all grades, cooked, broiled	3 oz	85	20.1	0	22.1	285.6
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	269	63.7	0	69.9	903.8
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, all grades, cooked, roasted	3 oz	85	19	0	23.8	295
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	283	63.1	0	79.1	982
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, all grades, raw	1 oz	28.4	4.8	0	7.1	84.5
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, all grades, raw	1 lb	453.6	76.2	0	113.9	1351.7
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, choice, cooked, broiled	3 oz	85	20	0	23.5	296.7
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	272	64	0	75.1	949.3
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, choice, cooked, roasted	3 oz	85	18.7	0	25.7	312
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	279	61.3	0	84.4	1023.9
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, choice, raw	1 oz	28.4	4.7	0	7.7	89.3
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, choice, raw	1 lb	453.6	75.1	0	122.8	1428.8
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, prime, cooked, broiled	3 oz	85	20.3	0	24.4	306.9
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	272	64.9	0	78	981.9
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, prime, cooked, roasted	3 oz	85	18.6	0	30.5	354.5
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	276	60.5	0	99	1150.9
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, prime, raw	1 oz	28.4	4.7	0	8.5	97
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, prime, raw	1 lb	453.6	75.1	0	136.4	1551.3
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, select, cooked, broiled	3 oz	85	20.3	0	20.6	272.9
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	265	63.2	0	64.3	850.7
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, select, cooked, roasted	3 oz	85	19.1	0	22.2	281.4
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	286	64.3	0	74.7	946.7
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, select, raw	1 oz	28.4	4.8	0	6.7	81.1
Beef, rib, small end (ribs 10-12), lean & fat, 1/4" fat, select, raw	1 lb	453.6	76.7	0	107.4	1297.3
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, all grades, cooked, broiled	3 oz	85	20.3	0	21.4	280.5
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	268	64.1	0	67.6	884.4
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, all grades, cooked, roasted	3 oz	85	19.2	0	23.1	289.9
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	282	63.6	0	76.5	961.6
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, all grades, raw	1 oz	28.4	4.8	0	6.9	82.5
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, all grades, raw	1 lb	453.6	76.9	0	109.8	1320
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, choice, cooked, broiled	3 oz	85	20.2	0	22.8	291.6
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	271	64.4	0	72.6	929.5
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, choice, cooked, roasted	3 oz	85	18.9	0	24.8	305.2
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	278	61.9	0	81.2	998
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, choice, raw	1 oz	28.4	4.8	0	7.3	86.2
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, choice, raw	1 lb	453.6	76.3	0	116.7	1378.9
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, prime, cooked, broiled	3 oz	85	20.5	0	23.7	300.9
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	268	64.7	0	74.7	948.7
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, prime, cooked, roasted	3 oz	85	18.8	0	29.9	349.4
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	276	61.1	0	96.9	1134.4
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, prime, raw	1 oz	28.4	4.7	0	8.3	95
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, prime, raw	1 lb	453.6	75.9	0	132.4	1519.6
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, select, cooked, broiled	3 oz	85	20.5	0	20	267.8
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	264	63.5	0	62.1	831.6
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, select, cooked, roasted	3 oz	85	19.3	0	21.3	274.6
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	285	64.9	0	71.3	920.6
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, select, raw	1 oz	28.4	4.9	0	6.4	78.2
Beef, rib, small end (ribs 10-12), lean & fat, 1/8" fat, select, raw	1 lb	453.6	77.7	0	102.2	1251.9
Beef, rib, small end (ribs 10-12), lean only, 0" fat, all grades, cooked, broiled	3 oz	85	23.8	0	8.8	181.1
Beef, rib, small end (ribs 10-12), lean only, 0" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	220	61.7	0	22.7	468.6
Beef, rib, small end (ribs 10-12), lean only, 0" fat, choice, cooked, broiled	3 oz	85	23.8	0	9.9	191.3
Beef, rib, small end (ribs 10-12), lean only, 0" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	220	61.7	0	25.7	495
Beef, rib, small end (ribs 10-12), lean only, 0" fat, select, cooked, broiled	3 oz	85	23.8	0	7.4	168.3
Beef, rib, small end (ribs 10-12), lean only, 0" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	220	61.7	0	19.1	435.6
Beef, rib, small end (ribs 10-12), lean only, 1/2" fat, prime, cooked, broiled	3 oz	85	23.8	0	13.2	221
Beef, rib, small end (ribs 10-12), lean only, 1/2" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	215	60.3	0	33.4	559
Beef, rib, small end (ribs 10-12), lean only, 1/2" fat, prime, cooked, roasted	3 oz	85	22.7	0	17.9	258.4
Beef, rib, small end (ribs 10-12), lean only, 1/2" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	188	50.3	0	39.6	571.5
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, all grades, cooked, broiled	3 oz	85	23.8	0	9.5	187.9
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	201	56.4	0	22.5	444.2
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, all grades, cooked, roasted	3 oz	85	22.8	0	9.8	185.3
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	203	54.5	0	23.3	442.5
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, all grades, raw	1 oz	28.4	5.7	0	2.1	43.1
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, all grades, raw	1 lb	453.6	91.3	0	33.1	689.5



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, choice, cooked, broiled	3 oz	85	23.8	0	10.7	198.1
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	201	56.4	0	25.3	468.3
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, choice, cooked, roasted	3 oz	85	22.8	0	11.1	197.2
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	196	52.6	0	25.6	454.7
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, choice, raw	1 oz	28.4	5.7	0	2.4	45.6
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, choice, raw	1 lb	453.6	91.3	0	37.6	730.3
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, prime, cooked, broiled	3 oz	85	23.8	0	13.2	221
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	208	58.3	0	32.3	540.8
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, prime, cooked, roasted	3 oz	85	22.7	0	17.9	258.4
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	192	51.3	0	40.5	583.7
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, prime, raw	1 oz	28.4	5.7	0	3.6	56.7
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, prime, raw	1 lb	453.6	91.3	0	57.1	907.2
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, select, cooked, broiled	3 oz	85	23.8	0	8.2	176
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	201	56.4	0	19.5	416.1
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, select, cooked, roasted	3 oz	85	22.8	0	8.3	172.6
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	210	56.4	0	20.5	426.3
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, select, raw	1 oz	28.4	5.7	0	1.8	40.3
Beef, rib, small end (ribs 10-12), lean only, 1/4" fat, select, raw	1 lb	453.6	91.3	0	28.1	644.1
Beef, rib, whole (ribs 6-12), lean & fat, 1/2" fat, prime, cooked, broiled	3 oz	85	17.9	0	29.9	346.8
Beef, rib, whole (ribs 6-12), lean & fat, 1/2" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	294	62.1	0	103.5	1199.5
Beef, rib, whole (ribs 6-12), lean & fat, 1/2" fat, prime, cooked, roasted	3 oz	85	18.3	0	31.4	361.3
Beef, rib, whole (ribs 6-12), lean & fat, 1/2" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	280	60.3	0	103.3	1190
Beef, rib, whole (ribs 6-12), lean & fat, 1/2" fat, prime, raw	1 oz	28.4	4.5	0	9.5	104.9
Beef, rib, whole (ribs 6-12), lean & fat, 1/2" fat, prime, raw	1 lb	453.6	71.4	0	152.5	1678.3
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, all grades, cooked, broiled	3 oz	85	18.9	0	23.3	290.7
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	269	59.8	0	73.8	920
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, all grades, cooked, roasted	3 oz	85	19.1	0	24.7	304.3
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	290	65.3	0	84.1	1038.2
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, all grades, raw	1 oz	28.4	4.6	0	7.6	88.7
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, all grades, raw	1 lb	453.6	74.3	0	122.4	1419.8
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, choice, cooked, broiled	3 oz	85	18.7	0	25.1	306
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	269	59.1	0	79.4	968.4
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, choice, cooked, roasted	3 oz	85	18.8	0	26.5	319.6
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	290	64.3	0	90.6	1090.4
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, choice, raw	1 oz	28.4	4.6	0	8.3	94.4
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, choice, raw	1 lb	453.6	72.8	0	133.2	1510.5
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, prime, cooked, broiled	3 oz	85	18.5	0	28.2	333.2
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	276	59.9	0	91.5	1081.9
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, prime, cooked, roasted	3 oz	85	18.9	0	29.6	347.7
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	279	62	0	97.1	1141.1
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, prime, raw	1 oz	28.4	4.5	0	9.3	103.2
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, prime, raw	1 lb	453.6	72.2	0	149.1	1651.1
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, select, cooked, broiled	3 oz	85	19.1	0	21.4	274.6
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	265	59.6	0	66.6	856
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, select, cooked, roasted	3 oz	85	19.4	0	22.5	285.6
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	290	66.3	0	76.8	974.4
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, select, raw	1 oz	28.4	4.7	0	7.1	84.2
Beef, rib, whole (ribs 6-12), lean & fat, 1/4" fat, select, raw	1 lb	453.6	75.1	0	113.7	1347.2
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, all grades, cooked, broiled	3 oz	85	19.1	0	22.7	286.5
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	267	59.9	0	71.4	899.8
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, all grades, cooked, roasted	3 oz	85	19.4	0	23.9	298.4
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	289	65.8	0	81.2	1014.4
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, all grades, raw	1 oz	28.4	4.7	0	7.4	86.8
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, all grades, raw	1 lb	453.6	75	0	118.4	1388
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, choice, cooked, broiled	3 oz	85	18.9	0	24.2	299.2
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	267	59.4	0	76.1	939.8
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, choice, cooked, roasted	3 oz	85	19.2	0	25.3	310.3
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	289	65.3	0	86.1	1054.9
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, choice, raw	1 oz	28.4	4.6	0	7.9	91.3
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, choice, raw	1 lb	453.6	74.1	0	126.7	1460.6
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, prime, cooked, broiled	3 oz	85	18.7	0	27.5	328.1
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	274	60.1	0	88.7	1057.6
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, prime, cooked, roasted	3 oz	85	19.2	0	28.6	340
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	278	62.7	0	93.7	1112

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, prime, raw	1 oz	28.4	4.6	0	9	100.6
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, prime, raw	1 lb	453.6	73.3	0	143.6	1610.3
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, select, cooked, broiled	3 oz	85	19.3	0	20.6	267.8
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	264	60	0	63.9	831.6
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, select, cooked, roasted	3 oz	85	19.6	0	21.8	280.5
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	289	66.8	0	74.1	953.7
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, select, raw	1 oz	28.4	4.7	0	6.8	81.6
Beef, rib, whole (ribs 6-12), lean & fat, 1/8" fat, select, raw	1 lb	453.6	76	0	108.6	1306.4
Beef, rib, whole (ribs 6-12), lean only, 1/2" fat, prime, cooked, broiled	3 oz	85	22.1	0	15.9	238
Beef, rib, whole (ribs 6-12), lean only, 1/2" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	201	52.3	0	37.6	562.8
Beef, rib, whole (ribs 6-12), lean only, 1/2" fat, prime, cooked, roasted	3 oz	85	23.1	0	16.5	248.2
Beef, rib, whole (ribs 6-12), lean only, 1/2" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	184	50.1	0	35.8	537.3
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, all grades, cooked, broiled	3 oz	85	22.4	0	10.4	189.6
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	197	51.9	0	24.1	439.3
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, all grades, cooked, roasted	3 oz	85	23.2	0	10.6	194.7
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	206	56.1	0	25.8	471.7
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, all grades, raw	1 oz	28.4	5.6	0	2.4	45.4
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, all grades, raw	1 lb	453.6	89.9	0	37.8	725.8
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, choice, cooked, broiled	3 oz	85	22.4	0	11.7	201.5
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	194	51.1	0	26.8	459.8
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, choice, cooked, roasted	3 oz	85	23.2	0	11.9	206.6
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	203	55.3	0	28.5	493.3
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, choice, raw	1 oz	28.4	5.6	0	2.7	48.2
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, choice, raw	1 lb	453.6	89.9	0	42.8	771.1
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, prime, cooked, broiled	3 oz	85	22.1	0	15.9	238
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	197	51.3	0	36.8	551.6
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, prime, cooked, roasted	3 oz	85	23.1	0	16.5	248.2
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	197	53.6	0	38.3	575.2
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, prime, raw	1 oz	28.4	5.6	0	3.8	58.4
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, prime, raw	1 lb	453.6	89.9	0	61	934.4
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, select, cooked, broiled	3 oz	85	22.4	0	8.9	175.1
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	201	52.9	0	20.9	414.1
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, select, cooked, roasted	3 oz	85	23.2	0	9.1	181.1
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	213	58	0	22.9	453.7
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, select, raw	1 oz	28.4	5.6	0	2	42
Beef, rib, whole (ribs 6-12), lean only, 1/4" fat, select, raw	1 lb	453.6	89.9	0	31.9	671.3
Beef, round, bottom round, lean & fat, 0" fat, all grades, cooked, braised	3 oz	85	26.5	0	7.5	181.1
Beef, round, bottom round, lean & fat, 0" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	276	86	0	24.4	587.9
Beef, round, bottom round, lean & fat, 0" fat, all grades, cooked, roasted	3 oz	85	24.3	0	6.2	159.8
Beef, round, bottom round, lean & fat, 0" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	341	97.5	0	25.1	641.1
Beef, round, bottom round, lean & fat, 0" fat, choice, cooked, braised	3 oz	85	26.3	0	9	193
Beef, round, bottom round, lean & fat, 0" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	276	85.4	0	29.1	626.5
Beef, round, bottom round, lean & fat, 0" fat, choice, cooked, roasted	3 oz	85	24.1	0	7.7	172.6
Beef, round, bottom round, lean & fat, 0" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	341	96.9	0	30.7	692.2
Beef, round, bottom round, lean & fat, 0" fat, select, cooked, braised	3 oz	85	26.5	0	6.4	170.9
Beef, round, bottom round, lean & fat, 0" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	276	86	0	20.9	554.8
Beef, round, bottom round, lean & fat, 0" fat, select, cooked, roasted	3 oz	85	24.3	0	5.1	150.5
Beef, round, bottom round, lean & fat, 0" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	341	97.5	0	20.6	603.6
Beef, round, bottom round, lean & fat, 1/2" fat, prime, cooked, braised	3 oz	85	24.9	0	16.2	252.5
Beef, round, bottom round, lean & fat, 1/2" fat, prime, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	287	83.9	0	54.8	852.4
Beef, round, bottom round, lean & fat, 1/2" fat, prime, raw	1 oz	28.4	5.7	0	4.4	63.8
Beef, round, bottom round, lean & fat, 1/2" fat, prime, raw	1 lb	453.6	91.3	0	69.8	1020.6
Beef, round, bottom round, lean & fat, 1/4" fat, all grades, cooked, braised	3 oz	85	24.4	0	14.4	233.8
Beef, round, bottom round, lean & fat, 1/4" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	282	80.8	0	47.7	775.5
Beef, round, bottom round, lean & fat, 1/4" fat, all grades, cooked, roasted	3 oz	85	22.6	0	12.7	210.8
Beef, round, bottom round, lean & fat, 1/4" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	338	89.9	0	50.4	838.2
Beef, round, bottom round, lean & fat, 1/4" fat, all grades, raw	1 oz	28.4	5.7	0	3.8	59
Beef, round, bottom round, lean & fat, 1/4" fat, all grades, raw	1 lb	453.6	91.8	0	60.9	943.5
Beef, round, bottom round, lean & fat, 1/4" fat, choice, cooked, braised	3 oz	85	24.4	0	15.2	241.4
Beef, round, bottom round, lean & fat, 1/4" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	282	80.8	0	50.6	800.9
Beef, round, bottom round, lean & fat, 1/4" fat, choice, cooked, roasted	3 oz	85	22.5	0	13.9	221
Beef, round, bottom round, lean & fat, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	338	89.3	0	55.3	878.8
Beef, round, bottom round, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	5.7	0	4.2	61.8
Beef, round, bottom round, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	91.1	0	66.7	988.8

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, round, bottom round, lean & fat, 1/4" fat, select, cooked, braised	3 oz	85	24.5	0	12.8	220.2
Beef, round, bottom round, lean & fat, 1/4" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	282	81.4	0	42.5	730.4
Beef, round, bottom round, lean & fat, 1/4" fat, select, cooked, roasted	3 oz	85	22.8	0	11.3	198.9
Beef, round, bottom round, lean & fat, 1/4" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	333	89.2	0	44.1	779.2
Beef, round, bottom round, lean & fat, 1/4" fat, select, raw	1 oz	28.4	5.8	0	3.4	55.3
Beef, round, bottom round, lean & fat, 1/4" fat, select, raw	1 lb	453.6	92.4	0	54.3	884.5
Beef, round, bottom round, lean & fat, 1/8" fat, all grades, cooked, braised	3 oz	85	25.1	0	12.2	217.6
Beef, round, bottom round, lean & fat, 1/8" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	281	82.9	0	40.5	719.4
Beef, round, bottom round, lean & fat, 1/8" fat, all grades, cooked, roasted	3 oz	85	23.2	0	10.6	194.7
Beef, round, bottom round, lean & fat, 1/8" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	338	92.3	0	42.3	774
Beef, round, bottom round, lean & fat, 1/8" fat, all grades, raw	1 oz	28.4	5.9	0	3.2	54.1
Beef, round, bottom round, lean & fat, 1/8" fat, all grades, raw	1 lb	453.6	93.7	0	51.8	866.4
Beef, round, bottom round, lean & fat, 1/8" fat, choice, cooked, braised	3 oz	85	25	0	13.5	227.8
Beef, round, bottom round, lean & fat, 1/8" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	282	82.8	0	44.7	755.8
Beef, round, bottom round, lean & fat, 1/8" fat, choice, cooked, roasted	3 oz	85	23.1	0	11.8	204.9
Beef, round, bottom round, lean & fat, 1/8" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	338	91.7	0	46.9	814.6
Beef, round, bottom round, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	5.8	0	3.5	56.7
Beef, round, bottom round, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	93.4	0	56.2	907.2
Beef, round, bottom round, lean & fat, 1/8" fat, select, cooked, braised	3 oz	85	25.1	0	11.2	208.3
Beef, round, bottom round, lean & fat, 1/8" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	281	82.9	0	37	688.5
Beef, round, bottom round, lean & fat, 1/8" fat, select, cooked, roasted	3 oz	85	23.2	0	9.6	186.2
Beef, round, bottom round, lean & fat, 1/8" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	338	92.3	0	38.3	740.2
Beef, round, bottom round, lean & fat, 1/8" fat, select, raw	1 oz	28.4	5.9	0	2.9	51.3
Beef, round, bottom round, lean & fat, 1/8" fat, select, raw	1 lb	453.6	94	0	46.6	821
Beef, round, bottom round, lean only, 0" fat, all grades, cooked, braised	3 oz	85	26.9	0	6.5	172.6
Beef, round, bottom round, lean only, 0" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	267	84.3	0	20.3	542
Beef, round, bottom round, lean only, 0" fat, all grades, cooked, roasted	3 oz	85	24.5	0	5.7	155.6
Beef, round, bottom round, lean only, 0" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	334	96.1	0	22.4	611.2
Beef, round, bottom round, lean only, 0" fat, choice, cooked, braised	3 oz	85	26.9	0	7.4	181.1
Beef, round, bottom round, lean only, 0" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	267	84.3	0	23.2	568.7
Beef, round, bottom round, lean only, 0" fat, choice, cooked, roasted	3 oz	85	24.5	0	6.6	164.1
Beef, round, bottom round, lean only, 0" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	334	96.1	0	25.9	644.6
Beef, round, bottom round, lean only, 0" fat, select, cooked, braised	3 oz	85	26.9	0	5.4	163.2
Beef, round, bottom round, lean only, 0" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	270	85.3	0	17	518.4
Beef, round, bottom round, lean only, 0" fat, select, cooked, roasted	3 oz	85	24.5	0	4.6	145.4
Beef, round, bottom round, lean only, 0" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	338	97.2	0	18.2	578
Beef, round, bottom round, lean only, 1/2" fat, prime, cooked, braised	3 oz	85	26.9	0	10.8	211.7
Beef, round, bottom round, lean only, 1/2" fat, prime, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	250	79	0	31.6	622.5
Beef, round, bottom round, lean only, 1/2" fat, prime, raw	1 oz	28.4	6.2	0	2.1	45.1
Beef, round, bottom round, lean only, 1/2" fat, prime, raw	1 lb	453.6	99.2	0	33.1	721.2
Beef, round, bottom round, lean only, 1/4" fat, all grades, cooked, braised	3 oz	85	26.9	0	7	177.7
Beef, round, bottom round, lean only, 1/4" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	244	77.1	0	20	510
Beef, round, bottom round, lean only, 1/4" fat, all grades, cooked, roasted	3 oz	85	24.5	0	6.3	160.7
Beef, round, bottom round, lean only, 1/4" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	297	85.4	0	21.9	561.3
Beef, round, bottom round, lean only, 1/4" fat, all grades, raw	1 oz	28.4	6.2	0	1.6	40.8
Beef, round, bottom round, lean only, 1/4" fat, all grades, raw	1 lb	453.6	99.2	0	25.4	653.2
Beef, round, bottom round, lean only, 1/4" fat, choice, cooked, braised	3 oz	85	26.9	0	8	187
Beef, round, bottom round, lean only, 1/4" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	241	76.1	0	22.7	530.2
Beef, round, bottom round, lean only, 1/4" fat, choice, cooked, roasted	3 oz	85	24.5	0	7	168.3
Beef, round, bottom round, lean only, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	293	84.3	0	24.3	580.1
Beef, round, bottom round, lean only, 1/4" fat, choice, raw	1 oz	28.4	6.2	0	1.8	42.5
Beef, round, bottom round, lean only, 1/4" fat, choice, raw	1 lb	453.6	99.2	0	28.6	680.4
Beef, round, bottom round, lean only, 1/4" fat, select, cooked, braised	3 oz	85	26.9	0	5.8	166.6
Beef, round, bottom round, lean only, 1/4" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	244	77.1	0	16.6	478.2
Beef, round, bottom round, lean only, 1/4" fat, select, cooked, roasted	3 oz	85	24.5	0	5.3	152.2
Beef, round, bottom round, lean only, 1/4" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	299	86	0	18.5	535.2
Beef, round, bottom round, lean only, 1/4" fat, select, raw	1 oz	28.4	6.2	0	1.3	38.6
Beef, round, bottom round, lean only, 1/4" fat, select, raw	1 lb	453.6	99.2	0	21.3	616.9
Beef, round, eye of round, lean & fat, 0" fat, all grades, cooked, roasted	3 oz	85	24.5	0	4.6	145.4
Beef, round, eye of round, lean & fat, 0" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	333	95.9	0	17.8	569.4
Beef, round, eye of round, lean & fat, 0" fat, choice, cooked, roasted	3 oz	85	24.5	0	5.4	153
Beef, round, eye of round, lean & fat, 0" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	333	95.9	0	21.1	599.4
Beef, round, eye of round, lean & fat, 0" fat, select, cooked, roasted	3 oz	85	24.5	0	3.5	136.9
Beef, round, eye of round, lean & fat, 0" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	333	95.9	0	13.9	536.1

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, round, eye of round, lean & fat, 1/2" fat, prime, cooked, roasted	3 oz	85	23	0	12.7	212.5
Beef, round, eye of round, lean & fat, 1/2" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	355	95.9	0	53.1	887.5
Beef, round, eye of round, lean & fat, 1/2" fat, prime, raw	1 oz	28.4	5.6	0	4.3	62.7
Beef, round, eye of round, lean & fat, 1/2" fat, prime, raw	1 lb	453.6	90.3	0	68.3	1002.5
Beef, round, eye of round, lean & fat, 1/4" fat, all grades, cooked, roasted	3 oz	85	22.8	0	10.8	194.7
Beef, round, eye of round, lean & fat, 1/4" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	333	89.2	0	42.5	762.6
Beef, round, eye of round, lean & fat, 1/4" fat, all grades, raw	1 oz	28.4	5.6	0	4.1	60.4
Beef, round, eye of round, lean & fat, 1/4" fat, all grades, raw	1 lb	453.6	89.4	0	64.8	966.2
Beef, round, eye of round, lean & fat, 1/4" fat, choice, cooked, roasted	3 oz	85	22.6	0	12	204.9
Beef, round, eye of round, lean & fat, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	333	88.6	0	47	802.5
Beef, round, eye of round, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	5.6	0	4.2	61.8
Beef, round, eye of round, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	89.4	0	67.1	988.8
Beef, round, eye of round, lean & fat, 1/4" fat, select, cooked, roasted	3 oz	85	22.9	0	9.6	184.5
Beef, round, eye of round, lean & fat, 1/4" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	333	89.8	0	37.6	722.6
Beef, round, eye of round, lean & fat, 1/4" fat, select, raw	1 oz	28.4	5.6	0	3.7	57.3
Beef, round, eye of round, lean & fat, 1/4" fat, select, raw	1 lb	453.6	90	0	59.1	916.3
Beef, round, eye of round, lean & fat, 1/8" fat, all grades, cooked, roasted	3 oz	85	23.9	0	6.9	164.9
Beef, round, eye of round, lean & fat, 1/8" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	333	93.5	0	27.2	646
Beef, round, eye of round, lean & fat, 1/8" fat, all grades, raw	1 oz	28.4	5.9	0	2.4	47.1
Beef, round, eye of round, lean & fat, 1/8" fat, all grades, raw	1 lb	453.6	94.8	0	38.7	753
Beef, round, eye of round, lean & fat, 1/8" fat, choice, cooked, roasted	3 oz	85	23.9	0	7.6	170
Beef, round, eye of round, lean & fat, 1/8" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	333	93.5	0	29.7	666
Beef, round, eye of round, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	5.9	0	2.6	49
Beef, round, eye of round, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	94.6	0	42.1	784.7
Beef, round, eye of round, lean & fat, 1/8" fat, select, cooked, roasted	3 oz	85	23.9	0	6.2	158.1
Beef, round, eye of round, lean & fat, 1/8" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	329	92.4	0	24.1	611.9
Beef, round, eye of round, lean & fat, 1/8" fat, select, raw	1 oz	28.4	5.9	0	2.2	45.1
Beef, round, eye of round, lean & fat, 1/8" fat, select, raw	1 lb	453.6	94.9	0	34.7	721.2
Beef, round, eye of round, lean only, 0" fat, all grades, cooked, roasted	3 oz	85	24.6	0	4	141.1
Beef, round, eye of round, lean only, 0" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	330	95.7	0	15.5	547.8
Beef, round, eye of round, lean only, 0" fat, choice, cooked, roasted	3 oz	85	24.6	0	4.8	148.8
Beef, round, eye of round, lean only, 0" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	331	96	0	18.9	579.3
Beef, round, eye of round, lean only, 0" fat, select, cooked, roasted	3 oz	85	24.6	0	3	131.8
Beef, round, eye of round, lean only, 0" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	296	85.8	0	10.4	458.8
Beef, round, eye of round, lean only, 1/2" fat, prime, cooked, roasted	3 oz	85	24.6	0	7	168.3
Beef, round, eye of round, lean only, 1/2" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	317	91.9	0	26.2	627.7
Beef, round, eye of round, lean only, 1/2" fat, prime, raw	1 oz	28.4	6.2	0	1.8	42.2
Beef, round, eye of round, lean only, 1/2" fat, prime, raw	1 lb	453.6	98.7	0	28.4	675.9
Beef, round, eye of round, lean only, 1/4" fat, all grades, cooked, roasted	3 oz	85	24.6	0	4.2	142.8
Beef, round, eye of round, lean only, 1/4" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	293	84.9	0	14.4	492.2
Beef, round, eye of round, lean only, 1/4" fat, all grades, raw	1 oz	28.4	6.2	0	1.2	37.4
Beef, round, eye of round, lean only, 1/4" fat, all grades, raw	1 lb	453.6	98.7	0	19.5	598.8
Beef, round, eye of round, lean only, 1/4" fat, choice, cooked, roasted	3 oz	85	24.6	0	4.8	148.8
Beef, round, eye of round, lean only, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	293	84.9	0	16.7	512.8
Beef, round, eye of round, lean only, 1/4" fat, choice, raw	1 oz	28.4	6.2	0	1.4	38.8
Beef, round, eye of round, lean only, 1/4" fat, choice, raw	1 lb	453.6	98.7	0	22.2	621.4
Beef, round, eye of round, lean only, 1/4" fat, select, cooked, roasted	3 oz	85	24.6	0	3.4	136
Beef, round, eye of round, lean only, 1/4" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	293	84.9	0	11.7	468.8
Beef, round, eye of round, lean only, 1/4" fat, select, raw	1 oz	28.4	6.2	0	1	35.4
Beef, round, eye of round, lean only, 1/4" fat, select, raw	1 lb	453.6	98.7	0	16.3	567
Beef, round, full cut, lean & fat, 1/4" fat, choice, cooked, broiled	3 oz	85	23.2	0	11.6	204
Beef, round, full cut, lean & fat, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	313	85.6	0	42.6	751.2
Beef, round, full cut, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	5.8	0	3.6	57.6
Beef, round, full cut, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	92.4	0	58.1	920.8
Beef, round, full cut, lean & fat, 1/4" fat, select, cooked, broiled	3 oz	85	23.3	0	10	189.6
Beef, round, full cut, lean & fat, 1/4" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	313	85.7	0	36.7	698
Beef, round, full cut, lean & fat, 1/4" fat, select, raw	1 oz	28.4	5.8	0	3.3	54.1
Beef, round, full cut, lean & fat, 1/4" fat, select, raw	1 lb	453.6	92.4	0	52.6	866.4
Beef, round, full cut, lean & fat, 1/8" fat, choice, cooked, broiled	3 oz	85	23.4	0	11	199.8
Beef, round, full cut, lean & fat, 1/8" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	313	86.2	0	40.6	735.6
Beef, round, full cut, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	5.8	0	3.4	55.3
Beef, round, full cut, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	93.3	0	54.1	884.5
Beef, round, full cut, lean & fat, 1/8" fat, select, cooked, broiled	3 oz	85	23.4	0	9.4	185.3
Beef, round, full cut, lean & fat, 1/8" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	313	86.3	0	34.7	682.3

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, round, full cut, lean & fat, 1/8" fat, select, raw	1 oz	28.4	5.8	0	3	52.2
Beef, round, full cut, lean & fat, 1/8" fat, select, raw	1 lb	453.6	93.3	0	48.4	834.6
Beef, round, full cut, lean only, 1/4" fat, choice, cooked, broiled	3 oz	85	24.8	0	6.2	162.4
Beef, round, full cut, lean only, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	285	83.2	0	20.8	544.4
Beef, round, full cut, lean only, 1/4" fat, choice, raw	1 oz	28.4	6.2	0	1.4	39.1
Beef, round, full cut, lean only, 1/4" fat, choice, raw	1 lb	453.6	99.9	0	22.2	626
Beef, round, full cut, lean only, 1/4" fat, select, cooked, broiled	3 oz	85	24.9	0	4.4	146.2
Beef, round, full cut, lean only, 1/4" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	282	82.5	0	14.7	485
Beef, round, full cut, lean only, 1/4" fat, select, raw	1 oz	28.4	6.2	0	1	35.7
Beef, round, full cut, lean only, 1/4" fat, select, raw	1 lb	453.6	99.9	0	15.9	571.5
Beef, round, tip round, lean & fat, 0" fat, all grades, cooked, roasted	3 oz	85	23.9	0	6.7	162.4
Beef, round, tip round, lean & fat, 0" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	330	93	0	25.8	630.3
Beef, round, tip round, lean & fat, 0" fat, choice, cooked, roasted	3 oz	85	23.8	0	7.6	170
Beef, round, tip round, lean & fat, 0" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	330	92.4	0	29.6	660
Beef, round, tip round, lean & fat, 0" fat, select, cooked, roasted	3 oz	85	23.9	0	6.2	158.1
Beef, round, tip round, lean & fat, 0" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	330	93	0	23.9	613.8
Beef, round, tip round, lean & fat, 1/2" fat, prime, cooked, roasted	3 oz	85	22.1	0	16.3	241.4
Beef, round, tip round, lean & fat, 1/2" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	328	85.1	0	63	931.5
Beef, round, tip round, lean & fat, 1/2" fat, prime, raw	1 oz	28.4	5.4	0	4.6	63.2
Beef, round, tip round, lean & fat, 1/2" fat, prime, raw	1 lb	453.6	86.8	0	72.8	1011.5
Beef, round, tip round, lean & fat, 1/4" fat, all grades, cooked, roasted	3 oz	85	22.9	0	11.3	198.9
Beef, round, tip round, lean & fat, 1/4" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	323	86.9	0	42.8	755.8
Beef, round, tip round, lean & fat, 1/4" fat, all grades, raw	1 oz	28.4	5.5	0	3.7	57
Beef, round, tip round, lean & fat, 1/4" fat, all grades, raw	1 lb	453.6	87.6	0	59.8	911.7
Beef, round, tip round, lean & fat, 1/4" fat, choice, cooked, roasted	3 oz	85	22.6	0	12.6	210
Beef, round, tip round, lean & fat, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	320	84.9	0	47.6	790.4
Beef, round, tip round, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	5.4	0	4.1	60.1
Beef, round, tip round, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	87	0	65.2	961.6
Beef, round, tip round, lean & fat, 1/4" fat, prime, cooked, roasted	3 oz	85	22.4	0	15.2	232.9
Beef, round, tip round, lean & fat, 1/4" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	327	86.2	0	58.5	896
Beef, round, tip round, lean & fat, 1/4" fat, prime, raw	1 oz	28.4	5.5	0	4.1	60.7
Beef, round, tip round, lean & fat, 1/4" fat, prime, raw	1 lb	453.6	88.2	0	66.1	970.7
Beef, round, tip round, lean & fat, 1/4" fat, select, cooked, roasted	3 oz	85	23	0	10.3	191.3
Beef, round, tip round, lean & fat, 1/4" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	323	87.5	0	39.2	726.8
Beef, round, tip round, lean & fat, 1/4" fat, select, raw	1 oz	28.4	5.5	0	3.2	52.7
Beef, round, tip round, lean & fat, 1/4" fat, select, raw	1 lb	453.6	88.7	0	51.3	843.7
Beef, round, tip round, lean & fat, 1/8" fat, all grades, cooked, roasted	3 oz	85	23.3	0	9.6	186.2
Beef, round, tip round, lean & fat, 1/8" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	326	89.5	0	37	713.9
Beef, round, tip round, lean & fat, 1/8" fat, all grades, raw	1 oz	28.4	5.6	0	3.3	53.6
Beef, round, tip round, lean & fat, 1/8" fat, all grades, raw	1 lb	453.6	88.9	0	52.9	857.3
Beef, round, tip round, lean & fat, 1/8" fat, choice, cooked, roasted	3 oz	85	23.2	0	10.5	193.8
Beef, round, tip round, lean & fat, 1/8" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	325	88.6	0	40.1	741
Beef, round, tip round, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	5.5	0	3.6	56.4
Beef, round, tip round, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	88.4	0	58.2	902.7
Beef, round, tip round, lean & fat, 1/8" fat, select, cooked, roasted	3 oz	85	23.5	0	8.7	178.5
Beef, round, tip round, lean & fat, 1/8" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	327	90.4	0	33.5	686.7
Beef, round, tip round, lean & fat, 1/8" fat, select, raw	1 oz	28.4	5.6	0	2.9	50.5
Beef, round, tip round, lean & fat, 1/8" fat, select, raw	1 lb	453.6	89.5	0	47.1	807.4
Beef, round, tip round, lean only, 0" fat, all grades, cooked, roasted	3 oz	85	24.4	0	5	149.6
Beef, round, tip round, lean only, 0" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	320	91.9	0	18.9	563.2
Beef, round, tip round, lean only, 0" fat, choice, cooked, roasted	3 oz	85	24.4	0	5.4	153
Beef, round, tip round, lean only, 0" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	320	91.9	0	20.5	576
Beef, round, tip round, lean only, 0" fat, select, cooked, roasted	3 oz	85	24.4	0	4.5	144.5
Beef, round, tip round, lean only, 0" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	320	91.9	0	17	544
Beef, round, tip round, lean only, 1/2" fat, prime, cooked, roasted	3 oz	85	24.4	0	8.6	181.1
Beef, round, tip round, lean only, 1/2" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	278	79.8	0	28	592.1
Beef, round, tip round, lean only, 1/4" fat, all grades, cooked, roasted	3 oz	85	24.4	0	5.9	157.3
Beef, round, tip round, lean only, 1/4" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	290	83.3	0	20	536.5
Beef, round, tip round, lean only, 1/4" fat, all grades, raw	1 oz	28.4	6	0	1.1	35.2
Beef, round, tip round, lean only, 1/4" fat, all grades, raw	1 lb	453.6	95.8	0	17.2	562.5
Beef, round, tip round, lean only, 1/4" fat, choice, cooked, roasted	3 oz	85	24.4	0	6.2	159.8
Beef, round, tip round, lean only, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	282	81	0	20.6	530.2
Beef, round, tip round, lean only, 1/4" fat, choice, raw	1 oz	28.4	6	0	1.2	36.9
Beef, round, tip round, lean only, 1/4" fat, choice, raw	1 lb	453.6	95.8	0	20	589.7

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, round, tip round, lean only, 1/4" fat, prime, cooked, roasted	3 oz	85	24.4	0	8.6	181.1
Beef, round, tip round, lean only, 1/4" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	286	82.1	0	28.8	609.2
Beef, round, tip round, lean only, 1/4" fat, prime, raw	1 oz	28.4	6	0	1.7	41.4
Beef, round, tip round, lean only, 1/4" fat, prime, raw	1 lb	453.6	95.8	0	27.9	662.3
Beef, round, tip round, lean only, 1/4" fat, select, cooked, roasted	3 oz	85	24.4	0	5.4	153
Beef, round, tip round, lean only, 1/4" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	293	84.1	0	18.8	527.4
Beef, round, tip round, lean only, 1/4" fat, select, raw	1 oz	28.4	6	0	0.9	33.7
Beef, round, tip round, lean only, 1/4" fat, select, raw	1 lb	453.6	95.8	0	14.5	539.8
Beef, round, top round, lean & fat, 0" fat, all grades, cooked, braised	3 oz	85	30.3	0	5.4	177.7
Beef, round, top round, lean & fat, 0" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	267	95.1	0	16.8	558
Beef, round, top round, lean & fat, 0" fat, choice, cooked, braised	3 oz	85	30.3	0	6	183.6
Beef, round, top round, lean & fat, 0" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	267	95.1	0	18.9	576.7
Beef, round, top round, lean & fat, 0" fat, select, cooked, braised	3 oz	85	30.3	0	4.5	170
Beef, round, top round, lean & fat, 0" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	267	95.1	0	14.2	534
Beef, round, top round, lean & fat, 1/2" fat, prime, cooked, broiled	3 oz	85	26.1	0	9.9	201.5
Beef, round, top round, lean & fat, 1/2" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	331	101.7	0	38.7	784.5
Beef, round, top round, lean & fat, 1/2" fat, prime, raw	1 oz	28.4	6.2	0	3	53.3
Beef, round, top round, lean & fat, 1/2" fat, prime, raw	1 lb	453.6	98.9	0	47.9	852.8
Beef, round, top round, lean & fat, 1/4" fat, all grades, cooked, braised	3 oz	85	28.8	0	9.7	210.8
Beef, round, top round, lean & fat, 1/4" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	286	96.8	0	32.7	709.3
Beef, round, top round, lean & fat, 1/4" fat, all grades, cooked, broiled	3 oz	85	25.6	0	8.2	183.6
Beef, round, top round, lean & fat, 1/4" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	326	98.4	0	31.4	704.2
Beef, round, top round, lean & fat, 1/4" fat, all grades, raw	1 oz	28.4	6.1	0	2.7	49.9
Beef, round, top round, lean & fat, 1/4" fat, all grades, raw	1 lb	453.6	97.4	0	42.5	798.3
Beef, round, top round, lean & fat, 1/4" fat, choice, cooked, braised	3 oz	85	28.5	0	10.9	221
Beef, round, top round, lean & fat, 1/4" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	289	97	0	37.2	751.4
Beef, round, top round, lean & fat, 1/4" fat, choice, cooked, broiled	3 oz	85	25.6	0	9	190.4
Beef, round, top round, lean & fat, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	326	98.4	0	34.4	730.2
Beef, round, top round, lean & fat, 1/4" fat, choice, cooked, pan-fried	3 oz	85	27.5	0	13.1	235.5
Beef, round, top round, lean & fat, 1/4" fat, choice, cooked, pan-fried	1 piece, cooked, (yield from 1 lb raw meat)	283	91.6	0	43.5	783.9
Beef, round, top round, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	6.1	0	2.8	51.3
Beef, round, top round, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	97.4	0	45	821
Beef, round, top round, lean & fat, 1/4" fat, prime, cooked, broiled	3 oz	85	26.4	0	9.1	194.7
Beef, round, top round, lean & fat, 1/4" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	329	102.2	0	35.2	753.4
Beef, round, top round, lean & fat, 1/4" fat, prime, raw	1 oz	28.4	6.3	0	2.7	51
Beef, round, top round, lean & fat, 1/4" fat, prime, raw	1 lb	453.6	100.1	0	42.9	816.5
Beef, round, top round, lean & fat, 1/4" fat, select, cooked, braised	3 oz	85	29	0	8.4	198.9
Beef, round, top round, lean & fat, 1/4" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	286	97.5	0	28.2	669.2
Beef, round, top round, lean & fat, 1/4" fat, select, cooked, broiled	3 oz	85	25.6	0	7.2	175.1
Beef, round, top round, lean & fat, 1/4" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	329	99.3	0	28	677.7
Beef, round, top round, lean & fat, 1/4" fat, select, raw	1 oz	28.4	6.1	0	2.3	46.5
Beef, round, top round, lean & fat, 1/4" fat, select, raw	1 lb	453.6	98.1	0	36.2	743.9
Beef, round, top round, lean & fat, 1/8" fat, all grades, cooked, braised	3 oz	85	29.2	0	8.6	202.3
Beef, round, top round, lean & fat, 1/8" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	286	98.2	0	29	680.7
Beef, round, top round, lean & fat, 1/8" fat, all grades, cooked, broiled	3 oz	85	26	0	7.2	176
Beef, round, top round, lean & fat, 1/8" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	326	99.5	0	27.7	674.8
Beef, round, top round, lean & fat, 1/8" fat, all grades, raw	1 oz	28.4	6.2	0	2.2	46.2
Beef, round, top round, lean & fat, 1/8" fat, all grades, raw	1 lb	453.6	99	0	35.2	739.4
Beef, round, top round, lean & fat, 1/8" fat, choice, cooked, braised	3 oz	85	29	0	9.9	212.5
Beef, round, top round, lean & fat, 1/8" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	289	98.5	0	33.6	722.5
Beef, round, top round, lean & fat, 1/8" fat, choice, cooked, broiled	3 oz	85	26	0	8	183.6
Beef, round, top round, lean & fat, 1/8" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	326	99.5	0	30.8	704.2
Beef, round, top round, lean & fat, 1/8" fat, choice, cooked, pan-fried	3 oz	85	28	0	11.8	226.1
Beef, round, top round, lean & fat, 1/8" fat, choice, cooked, pan-fried	1 piece, cooked, (yield from 1 lb raw meat)	283	93.4	0	39.1	752.8
Beef, round, top round, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	6.2	0	2.4	47.9
Beef, round, top round, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	98.9	0	38.1	766.6
Beef, round, top round, lean & fat, 1/8" fat, prime, cooked, broiled	3 oz	85	26.6	0	8.6	191.3
Beef, round, top round, lean & fat, 1/8" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	332	103.8	0	33.5	747
Beef, round, top round, lean & fat, 1/8" fat, prime, raw	1 oz	28.4	6.3	0	2.5	49
Beef, round, top round, lean & fat, 1/8" fat, prime, raw	1 lb	453.6	100.9	0	39.3	784.7
Beef, round, top round, lean & fat, 1/8" fat, select, cooked, braised	3 oz	85	29.4	0	7.3	191.3
Beef, round, top round, lean & fat, 1/8" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	286	99	0	24.4	643.5
Beef, round, top round, lean & fat, 1/8" fat, select, cooked, broiled	3 oz	85	26	0	6.2	166.6
Beef, round, top round, lean & fat, 1/8" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	329	100.5	0	24	644.8



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, round, top round, lean & fat, 1/8" fat, select, raw	1 oz	28.4	6.2	0	2	44.2
Beef, round, top round, lean & fat, 1/8" fat, select, raw	1 lb	453.6	99.1	0	31.3	707.6
Beef, round, top round, lean only, 0" fat, all grades, cooked, braised	3 oz	85	30.7	0	4.3	169.2
Beef, round, top round, lean only, 0" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	261	94.3	0	13.1	519.4
Beef, round, top round, lean only, 0" fat, choice, cooked, braised	3 oz	85	30.7	0	4.9	176
Beef, round, top round, lean only, 0" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	261	94.3	0	15.1	540.3
Beef, round, top round, lean only, 0" fat, select, cooked, braised	3 oz	85	30.7	0	3.4	161.5
Beef, round, top round, lean only, 0" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	261	94.3	0	10.4	495.9
Beef, round, top round, lean only, 1/2" fat, prime, cooked, broiled	3 oz	85	26.9	0	7.5	182.8
Beef, round, top round, lean only, 1/2" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	315	99.8	0	27.9	677.3
Beef, round, top round, lean only, 1/4" fat, all grades, cooked, braised	3 oz	85	30.7	0	4.8	174.3
Beef, round, top round, lean only, 1/4" fat, all grades, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	259	93.6	0	14.5	531
Beef, round, top round, lean only, 1/4" fat, all grades, cooked, broiled	3 oz	85	26.9	0	4.2	153
Beef, round, top round, lean only, 1/4" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	257	81.4	0	12.6	462.6
Beef, round, top round, lean only, 1/4" fat, all grades, raw	1 oz	28.4	6.5	0	0.9	36
Beef, round, top round, lean only, 1/4" fat, all grades, raw	1 lb	453.6	103.4	0	15	576.1
Beef, round, top round, lean only, 1/4" fat, choice, cooked, braised	3 oz	85	30.7	0	5.5	181.1
Beef, round, top round, lean only, 1/4" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	260	93.9	0	16.9	553.8
Beef, round, top round, lean only, 1/4" fat, choice, cooked, broiled	3 oz	85	26.9	0	5	160.7
Beef, round, top round, lean only, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	257	81.4	0	15.2	485.7
Beef, round, top round, lean only, 1/4" fat, choice, cooked, pan-fried	3 oz	85	29.8	0	7.3	193
Beef, round, top round, lean only, 1/4" fat, choice, cooked, pan-fried	1 piece, cooked, (yield from 1 lb raw meat)	252	88.4	0	21.6	572
Beef, round, top round, lean only, 1/4" fat, choice, raw	1 oz	28.4	6.5	0	1.1	37.4
Beef, round, top round, lean only, 1/4" fat, choice, raw	1 lb	453.6	103.4	0	17.7	598.8
Beef, round, top round, lean only, 1/4" fat, prime, cooked, broiled	3 oz	85	26.9	0	7.5	182.8
Beef, round, top round, lean only, 1/4" fat, prime, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	319	101.1	0	28.3	685.9
Beef, round, top round, lean only, 1/4" fat, prime, raw	1 oz	28.4	6.5	0	1.8	43.4
Beef, round, top round, lean only, 1/4" fat, prime, raw	1 lb	453.6	103.4	0	28.3	694
Beef, round, top round, lean only, 1/4" fat, select, cooked, braised	3 oz	85	30.7	0	3.9	166.6
Beef, round, top round, lean only, 1/4" fat, select, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	262	94.6	0	12.1	513.5
Beef, round, top round, lean only, 1/4" fat, select, cooked, broiled	3 oz	85	26.9	0	3.1	143.7
Beef, round, top round, lean only, 1/4" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	260	82.4	0	9.6	439.4
Beef, round, top round, lean only, 1/4" fat, select, raw	1 oz	28.4	6.5	0	0.7	34
Beef, round, top round, lean only, 1/4" fat, select, raw	1 lb	453.6	103.4	0	11.3	544.3
Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	1 serving	56	9.2	0	15.1	173
Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	1 steak	56	9.2	0	15.1	173
Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	1 package	396	65.3	0	106.9	1223.6
Beef, shank crosscuts, lean & fat, 1/4" fat, choice, cooked, simmered	3 oz	85	26.1	0	12.5	223.6
Beef, shank crosscuts, lean & fat, 1/4" fat, choice, cooked, simmered	1 piece, cooked, (yield from 1 lb raw meat)	194	59.5	0	28.5	510.2
Beef, shank crosscuts, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	5.8	0	2.8	50.2
Beef, shank crosscuts, lean & fat, 1/4" fat, choice, raw	3 oz	85	17.5	0	8.4	150.5
Beef, shank crosscuts, lean only, 1/4" fat, choice, cooked, simmered	3 oz	85	28.6	0	5.4	170.9
Beef, shank crosscuts, lean only, 1/4" fat, choice, cooked, simmered	1 piece, cooked, (yield from 1 lb raw meat)	170	57.3	0	10.8	341.7
Beef, shank crosscuts, lean only, 1/4" fat, choice, raw	1 oz	28.4	6.2	0	1.1	36.3
Beef, shank crosscuts, lean only, 1/4" fat, choice, raw	1 lb	453.6	98.7	0	17.5	580.6
Beef, short loin, porterhouse steak, lean & fat, 0" fat, all grades, cooked, broiled	3 oz	85	20.3	0	16.7	237.2
Beef, short loin, porterhouse steak, lean & fat, 0" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	301	71.8	0	59	839.8
Beef, short loin, porterhouse steak, lean & fat, 0" fat, choice, cooked, broiled	3 oz	85	20	0	17.2	241.4
Beef, short loin, porterhouse steak, lean & fat, 0" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	305	71.9	0	61.9	866.2
Beef, short loin, porterhouse steak, lean & fat, 0" fat, select, cooked, broiled	3 oz	85	20.8	0	15.3	227
Beef, short loin, porterhouse steak, lean & fat, 0" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	301	73.6	0	54.3	803.7
Beef, short loin, porterhouse steak, lean & fat, 1/4" fat, all grades, cooked, broiled	3 oz	85	19.3	0	21.1	272.9
Beef, short loin, porterhouse steak, lean & fat, 1/4" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	293	66.5	0	72.8	940.5
Beef, short loin, porterhouse steak, lean & fat, 1/4" fat, all grades, raw	1 oz	28.4	5.3	0	5.6	72.6
Beef, short loin, porterhouse steak, lean & fat, 1/4" fat, all grades, raw	1 lb	453.6	84.3	0	89	1161.2
Beef, short loin, porterhouse steak, lean & fat, 1/4" fat, choice, cooked, broiled	3 oz	85	19	0	21.8	278
Beef, short loin, porterhouse steak, lean & fat, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	254	56.8	0	65.1	830.6
Beef, short loin, porterhouse steak, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	5.1	0	5.7	73.1
Beef, short loin, porterhouse steak, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	81.6	0	91.1	1170.3
Beef, short loin, porterhouse steak, lean & fat, 1/4" fat, select, cooked, broiled	3 oz	85	20	0	19.6	261.8
Beef, short loin, porterhouse steak, lean & fat, 1/4" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	283	66.7	0	65.1	871.6
Beef, short loin, porterhouse steak, lean & fat, 1/4" fat, select, raw	1 oz	28.4	5.9	0	4.2	62.9
Beef, short loin, porterhouse steak, lean & fat, 1/4" fat, select, raw	1 lb	453.6	94	0	67.2	1007
Beef, short loin, porterhouse steak, lean & fat, 1/8" fat, all grades, cooked, broiled	3 oz	85	20	0	18.6	252.5



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, short loin, porterhouse steak, lean & fat, 1/8" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	286	67.2	0	62.4	849.4
Beef, short loin, porterhouse steak, lean & fat, 1/8" fat, all grades, raw	1 oz	28.4	5.3	0	5.2	70
Beef, short loin, porterhouse steak, lean & fat, 1/8" fat, all grades, raw	1 lb	453.6	85.3	0	84	1120.4
Beef, short loin, porterhouse steak, lean & fat, 1/8" fat, choice, cooked, broiled	3 oz	85	19.8	0	18.8	254.2
Beef, short loin, porterhouse steak, lean & fat, 1/8" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	255	59.3	0	56.4	762.5
Beef, short loin, porterhouse steak, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	5.1	0	5.7	73.1
Beef, short loin, porterhouse steak, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	81.6	0	91.1	1170.3
Beef, short loin, porterhouse steak, lean & fat, 1/8" fat, select, cooked, broiled	3 oz	85	20.4	0	18	249.9
Beef, short loin, porterhouse steak, lean & fat, 1/8" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	288	69.3	0	61	846.7
Beef, short loin, porterhouse steak, lean & fat, 1/8" fat, select, raw	1 oz	28.4	5.9	0	4.2	62.9
Beef, short loin, porterhouse steak, lean & fat, 1/8" fat, select, raw	1 lb	453.6	94	0	67.2	1007
Beef, short loin, porterhouse steak, lean only, 0" fat, all grades, cooked, broiled	3 oz	85	22	0	9.9	182.8
Beef, short loin, porterhouse steak, lean only, 0" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	259	67.1	0	30.1	556.9
Beef, short loin, porterhouse steak, lean only, 0" fat, choice, cooked, broiled	3 oz	85	21.7	0	10.9	190.4
Beef, short loin, porterhouse steak, lean only, 0" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	266	67.9	0	34	595.8
Beef, short loin, porterhouse steak, lean only, 0" fat, select, cooked, broiled	3 oz	85	22.9	0	7.5	164.9
Beef, short loin, porterhouse steak, lean only, 0" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	256	68.8	0	22.6	496.6
Beef, short loin, porterhouse steak, lean only, 1/4" fat, all grades, cooked, broiled	3 oz	85	22.4	0	9.3	180.2
Beef, short loin, porterhouse steak, lean only, 1/4" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	223	58.8	0	24.5	472.8
Beef, short loin, porterhouse steak, lean only, 1/4" fat, all grades, raw	1 oz	28.4	6	0	2.1	44.5
Beef, short loin, porterhouse steak, lean only, 1/4" fat, all grades, raw	1 lb	453.6	95.3	0	33.7	712.2
Beef, short loin, porterhouse steak, lean only, 1/4" fat, choice, cooked, broiled	3 oz	85	22.1	0	9.8	182.8
Beef, short loin, porterhouse steak, lean only, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	206	53.6	0	23.8	442.9
Beef, short loin, porterhouse steak, lean only, 1/4" fat, choice, cooked, broiled	3 oz	85	23.1	0	8.2	172.6
Beef, short loin, porterhouse steak, lean only, 1/4" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	219	59.6	0	21.1	444.6
Beef, short loin, porterhouse steak, lean only, 1/4" fat, select, raw	1 oz	28.4	6.4	0	1.6	42.2
Beef, short loin, porterhouse steak, lean only, 1/4" fat, select, raw	1 lb	453.6	103.2	0	25.9	675.9
Beef, short loin, porterhouse steak, lean only, 1/4" fat, usda choice, raw	1 oz	28.4	5.7	0	2.3	45.6
Beef, short loin, porterhouse steak, lean only, 1/4" fat, usda choice, raw	1 lb	453.6	91.9	0	37.5	730.3
Beef, short loin, T-bone steak, lean & fat, 0" fat, all grades, cooked, broiled	3 oz	85	20.6	0	13.5	210
Beef, short loin, T-bone steak, lean & fat, 0" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	304	73.7	0	48.4	750.9
Beef, short loin, T-bone steak, lean & fat, 0" fat, choice, cooked, broiled	3 oz	85	20.5	0	14.4	216.8
Beef, short loin, T-bone steak, lean & fat, 0" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	311	75.1	0	52.5	793.1
Beef, short loin, T-bone steak, lean & fat, 0" fat, select, cooked, broiled	3 oz	85	20.8	0	11.6	193.8
Beef, short loin, T-bone steak, lean & fat, 0" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	294	71.9	0	40.2	670.3
Beef, short loin, T-bone steak, lean & fat, 1/4" fat, all grades, cooked, broiled	3 oz	85	20.1	0	18.8	255.9
Beef, short loin, T-bone steak, lean & fat, 1/4" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	287	67.8	0	63.5	863.9
Beef, short loin, T-bone steak, lean & fat, 1/4" fat, all grades, raw	1 oz	28.4	5.4	0	4.5	63.8
Beef, short loin, T-bone steak, lean & fat, 1/4" fat, all grades, raw	1 lb	453.6	86.5	0	72.4	1020.6
Beef, short loin, T-bone steak, lean & fat, 1/4" fat, choice, cooked, broiled	3 oz	85	19.7	0	19.8	262.7
Beef, short loin, T-bone steak, lean & fat, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	254	59	0	59.2	784.9
Beef, short loin, T-bone steak, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	5.3	0	4.9	67.5
Beef, short loin, T-bone steak, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	85.1	0	79.2	1079.6
Beef, short loin, T-bone steak, lean & fat, 1/4" fat, select, cooked, broiled	3 oz	85	20.8	0	16.5	238
Beef, short loin, T-bone steak, lean & fat, 1/4" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	294	72.1	0	57	823.2
Beef, short loin, T-bone steak, lean & fat, 1/4" fat, select, raw	1 oz	28.4	5.6	0	3.5	55.8
Beef, short loin, T-bone steak, lean & fat, 1/4" fat, select, raw	1 lb	453.6	89.6	0	56.7	893.6
Beef, short loin, T-bone steak, lean & fat, 1/8" fat, all grades, cooked, broiled	3 oz	85	20.7	0	16.5	238
Beef, short loin, T-bone steak, lean & fat, 1/8" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	287	69.8	0	55.9	803.6
Beef, short loin, T-bone steak, lean & fat, 1/8" fat, all grades, raw	1 oz	28.4	5.4	0	4.3	62.4
Beef, short loin, T-bone steak, lean & fat, 1/8" fat, all grades, raw	1 lb	453.6	87	0	69.5	997.9
Beef, short loin, T-bone steak, lean & fat, 1/8" fat, choice, cooked, broiled	3 oz	85	20.4	0	17.3	243.1
Beef, short loin, T-bone steak, lean & fat, 1/8" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	259	62.3	0	52.6	740.7
Beef, short loin, T-bone steak, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	5.4	0	4.8	65.8
Beef, short loin, T-bone steak, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	85.7	0	76.3	1052.4
Beef, short loin, T-bone steak, lean & fat, 1/8" fat, select, cooked, broiled	3 oz	85	21.3	0	14.9	225.3
Beef, short loin, T-bone steak, lean & fat, 1/8" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	364	91	0	63.8	964.6
Beef, short loin, T-bone steak, lean & fat, 1/8" fat, select, raw	1 oz	28.4	5.6	0	3.4	54.4
Beef, short loin, T-bone steak, lean & fat, 1/8" fat, select, raw	1 lb	453.6	90.2	0	53.7	870.9
Beef, short loin, T-bone steak, lean only, 0" fat, all grades, cooked, broiled	3 oz	85	22.1	0	7.6	163.2
Beef, short loin, T-bone steak, lean only, 0" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	269	69.9	0	24	516.5
Beef, short loin, T-bone steak, lean only, 0" fat, choice, cooked, broiled	3 oz	85	22.1	0	8.2	168.3
Beef, short loin, T-bone steak, lean only, 0" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	271	70.4	0	26	536.6
Beef, short loin, T-bone steak, lean only, 0" fat, select, cooked, broiled	3 oz	85	22.1	0	6.3	150.5

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, short loin, T-bone steak, lean only, 0" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	264	68.6	0	19.4	467.3
Beef, short loin, T-bone steak, lean only, 1/4" fat, all grades, cooked, broiled	3 oz	85	22.9	0	8.3	172.6
Beef, short loin, T-bone steak, lean only, 1/4" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	278	74.9	0	27	564.3
Beef, short loin, T-bone steak, lean only, 1/4" fat, all grades, raw	1 oz	28.4	5.9	0	1.8	42
Beef, short loin, T-bone steak, lean only, 1/4" fat, all grades, raw	1 lb	453.6	95	0	29.3	671.3
Beef, short loin, T-bone steak, lean only, 1/4" fat, choice, cooked, broiled	3 oz	85	22.8	0	8.5	174.3
Beef, short loin, T-bone steak, lean only, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	201	53.8	0	20.2	412.1
Beef, short loin, T-bone steak, lean only, 1/4" fat, choice, raw	1 oz	28.4	5.9	0	2.1	43.7
Beef, short loin, T-bone steak, lean only, 1/4" fat, choice, raw	1 lb	453.6	94.3	0	33	698.5
Beef, short loin, T-bone steak, lean only, 1/4" fat, select, cooked, broiled	3 oz	85	23.2	0	7.6	168.3
Beef, short loin, T-bone steak, lean only, 1/4" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	242	66.2	0	21.7	479.2
Beef, short loin, T-bone steak, lean only, 1/4" fat, select, raw	1 oz	28.4	6	0	1.3	37.4
Beef, short loin, T-bone steak, lean only, 1/4" fat, select, raw	1 lb	453.6	96.8	0	20.6	598.8
Beef, short loin, tenderloin, lean & fat, 1/2" fat, prime, cooked, broiled	3 oz	85	21.2	0	19.9	270.3
Beef, short loin, tenderloin, lean & fat, 1/2" fat, prime, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 162 g)	114	28.4	0	26.7	362.5
Beef, short loin, tenderloin, lean & fat, 1/2" fat, prime, cooked, roasted	3 oz	85	19.9	0	24.4	304.3
Beef, short loin, tenderloin, lean & fat, 1/2" fat, prime, cooked, roasted	1 steak, (yield from 1 raw steak., weighing 162 g)	116	27.2	0	33.2	415.3
Beef, short loin, tenderloin, lean & fat, 1/2" fat, prime, raw	1 steak	156	27.8	0	36.7	449.3
Beef, short loin, tenderloin, lean & fat, 1/2" fat, prime, raw	1 lb	453.6	80.7	0	106.8	1306.4
Beef, short loin, tenderloin, lean only, 1/2" fat, prime, cooked, broiled	3 oz	85	24	0	10.5	197.2
Beef, short loin, tenderloin, lean only, 1/2" fat, prime, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 162 g)	92	26	0	11.4	213.4
Beef, short loin, tenderloin, lean only, 1/2" fat, prime, cooked, roasted	3 oz	85	23.4	0	13	216.8
Beef, short loin, tenderloin, lean only, 1/2" fat, prime, cooked, roasted	1 steak, (yield from 1 raw steak., weighing 162 g)	88	24.2	0	13.4	224.4
Beef, short loin, top loin, lean & fat, 0" fat, all grades, cooked, broiled	3 oz	85	23.9	0	8.7	180.2
Beef, short loin, top loin, lean & fat, 0" fat, all grades, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 223 g)	155	43.5	0	15.9	328.6
Beef, short loin, top loin, lean & fat, 0" fat, choice, cooked, broiled	3 oz	85	23.7	0	10.2	193.8
Beef, short loin, top loin, lean & fat, 0" fat, choice, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 223 g)	155	43.2	0	18.6	353.4
Beef, short loin, top loin, lean & fat, 0" fat, select, cooked, broiled	3 oz	85	23.9	0	7.5	169.2
Beef, short loin, top loin, lean & fat, 0" fat, select, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 223 g)	155	43.5	0	13.6	308.5
Beef, short loin, top loin, lean & fat, 1/2" fat, prime, cooked, broiled	3 oz	85	21	0	22	288.2
Beef, short loin, top loin, lean & fat, 1/2" fat, prime, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 320 g)	228	56.4	0	59.1	772.9
Beef, short loin, top loin, lean & fat, 1/2" fat, prime, raw	1 steak, (yield from 1 raw steak., weighing 320 g)	304	54.3	0	82.9	978.9
Beef, short loin, top loin, lean & fat, 1/2" fat, prime, raw	1 lb	453.6	81.1	0	123.7	1460.6
Beef, short loin, top loin, lean & fat, 1/4" fat, all grades, cooked, broiled	3 oz	85	21.7	0	16.8	244
Beef, short loin, top loin, lean & fat, 1/4" fat, all grades, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 261 g)	178	45.5	0	35.2	510.9
Beef, short loin, top loin, lean & fat, 1/4" fat, choice, cooked, broiled	3 oz	85	21.6	0	17.8	253.3
Beef, short loin, top loin, lean & fat, 1/4" fat, choice, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 261 g)	180	45.7	0	37.8	536.4
Beef, short loin, top loin, lean & fat, 1/4" fat, choice, raw	1 steak, (yield from 1 raw steak., weighing 261 g)	235	44	0	46.9	611
Beef, short loin, top loin, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	85	0	90.4	1179.4
Beef, short loin, top loin, lean & fat, 1/4" fat, prime, cooked, broiled	3 oz	85	21.6	0	20.2	274.6
Beef, short loin, top loin, lean & fat, 1/4" fat, prime, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 261 g)	180	45.7	0	42.9	581.4
Beef, short loin, top loin, lean & fat, 1/4" fat, prime, raw	1 steak, (yield from 1 raw steak., weighing 261 g)	247	45.3	0	62.2	753.4
Beef, short loin, top loin, lean & fat, 1/4" fat, prime, raw	1 lb	453.6	83.1	0	114.2	1383.5
Beef, short loin, top loin, lean & fat, 1/4" fat, select, cooked, broiled	3 oz	85	22	0	14.6	226.1
Beef, short loin, top loin, lean & fat, 1/4" fat, select, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 261 g)	178	46.1	0	30.6	473.5
Beef, short loin, top loin, lean & fat, 1/4" fat, select, raw	1 steak, (yield from 1 raw steak., weighing 261 g)	240	45.9	0	39.5	552
Beef, short loin, top loin, lean & fat, 1/4" fat, select, raw	1 lb	453.6	86.8	0	74.6	1043.3
Beef, short loin, top loin, lean & fat, 1/8" fat, all grades, cooked, broiled	3 oz	85	22.3	0	14.7	227.8
Beef, short loin, top loin, lean & fat, 1/8" fat, all grades, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 242 g)	165	43.4	0	28.6	442.2
Beef, short loin, top loin, lean & fat, 1/8" fat, all grades, raw	1 steak, (yield from 1 raw steak., weighing 242 g)	220	42.8	0	34.5	492.8
Beef, short loin, top loin, lean & fat, 1/8" fat, all grades, raw	1 lb	453.6	88.3	0	71	1016.1
Beef, short loin, top loin, lean & fat, 1/8" fat, choice, cooked, broiled	3 oz	85	22	0	16.3	241.4
Beef, short loin, top loin, lean & fat, 1/8" fat, choice, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 242 g)	167	43.3	0	32	474.3
Beef, short loin, top loin, lean & fat, 1/8" fat, choice, raw	1 steak, (yield from 1 raw steak., weighing 242 g)	218	42.1	0	37.3	516.7
Beef, short loin, top loin, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	87.6	0	77.6	1075
Beef, short loin, top loin, lean & fat, 1/8" fat, prime, cooked, broiled	3 oz	85	22	0	18.8	263.5
Beef, short loin, top loin, lean & fat, 1/8" fat, prime, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 242 g)	167	43.3	0	36.9	517.7
Beef, short loin, top loin, lean & fat, 1/8" fat, prime, raw	1 steak, (yield from 1 raw steak., weighing 242 g)	227	43.1	0	50.3	637.9
Beef, short loin, top loin, lean & fat, 1/8" fat, prime, raw	1 lb	453.6	86.2	0	100.6	1274.6
Beef, short loin, top loin, lean & fat, 1/8" fat, select, cooked, broiled	3 oz	85	22.4	0	13.2	215.1
Beef, short loin, top loin, lean & fat, 1/8" fat, select, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 242 g)	165	43.5	0	25.7	417.5
Beef, short loin, top loin, lean & fat, 1/8" fat, select, raw	1 steak, (yield from 1 raw steak., weighing 242 g)	223	43.7	0	31.4	470.5
Beef, short loin, top loin, lean & fat, 1/8" fat, select, raw	1 lb	453.6	89	0	63.9	957.1
Beef, short loin, top loin, lean only, 0" fat, all grades, cooked, broiled	3 oz	85	24.3	0	7.1	168.3

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, short loin, top loin, lean only, 0" fat, all grades, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 223 g)	150	42.9	0	12.6	297
Beef, short loin, top loin, lean only, 0" fat, choice, cooked, broiled	3 oz	85	24.3	0	8.2	177.7
Beef, short loin, top loin, lean only, 0" fat, choice, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 223 g)	149	42.6	0	14.3	311.4
Beef, short loin, top loin, lean only, 0" fat, select, cooked, broiled	3 oz	85	24.3	0	5.9	156.4
Beef, short loin, top loin, lean only, 0" fat, select, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 223 g)	152	43.5	0	10.5	279.7
Beef, short loin, top loin, lean only, 1/2" fat, prime, cooked, broiled	3 oz	85	24.3	0	11.6	208.3
Beef, short loin, top loin, lean only, 1/2" fat, prime, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 320 g)	179	51.2	0	24.4	438.6
Beef, short loin, top loin, lean only, 1/4" fat, all grades, cooked, broiled	3 oz	85	24.3	0	8	176
Beef, short loin, top loin, lean only, 1/4" fat, all grades, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 261 g)	149	42.6	0	14	308.4
Beef, short loin, top loin, lean only, 1/4" fat, all grades, raw	1 oz	28.4	6.1	0	1.6	40.3
Beef, short loin, top loin, lean only, 1/4" fat, all grades, raw	1 lb	453.6	97.7	0	24.9	644.1
Beef, short loin, top loin, lean only, 1/4" fat, choice, cooked, broiled	3 oz	85	24.3	0	8.6	181.9
Beef, short loin, top loin, lean only, 1/4" fat, choice, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 261 g)	147	42.1	0	14.9	314.6
Beef, short loin, top loin, lean only, 1/4" fat, choice, raw	1 oz	28.4	6.1	0	1.8	42.5
Beef, short loin, top loin, lean only, 1/4" fat, choice, raw	1 lb	453.6	97.7	0	29	680.4
Beef, short loin, top loin, lean only, 1/4" fat, prime, cooked, broiled	3 oz	85	24.3	0	11.6	208.3
Beef, short loin, top loin, lean only, 1/4" fat, prime, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 261 g)	147	42.1	0	20	360.2
Beef, short loin, top loin, lean only, 1/4" fat, prime, raw	1 oz	28.4	6.1	0	3	53.6
Beef, short loin, top loin, lean only, 1/4" fat, prime, raw	1 lb	453.6	97.7	0	48.7	857.3
Beef, short loin, top loin, lean only, 1/4" fat, select, cooked, broiled	3 oz	85	24.3	0	6.6	164.1
Beef, short loin, top loin, lean only, 1/4" fat, select, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 261 g)	151	43.2	0	11.8	291.4
Beef, short loin, top loin, lean only, 1/4" fat, select, raw	1 oz	28.4	6.1	0	1.3	37.7
Beef, short loin, top loin, lean only, 1/4" fat, select, raw	1 lb	453.6	97.7	0	20.4	603.3
Beef, spleen, cooked, braised	3 oz	85	21.3	0	3.6	123.3
Beef, spleen, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	308	77.3	0	12.9	446.6
Beef, spleen, raw	1 oz	28.4	5.2	0	0.9	29.8
Beef, spleen, raw	4 oz	113	20.7	0	3.4	118.7
Beef, suet, raw	1 oz	28.4	0.4	0	26.6	242.1
Beef, suet, raw	4 oz	113	1.7	0	106.2	965
Beef, tenderloin, lean & fat, 0" fat, all grades, cooked, broiled	3 oz	85	23.1	0	11.2	199.8
Beef, tenderloin, lean & fat, 0" fat, all grades, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 135 g)	93	25.3	0	12.2	218.6
Beef, tenderloin, lean & fat, 0" fat, choice, cooked, broiled	3 oz	85	23	0	12.2	207.4
Beef, tenderloin, lean & fat, 0" fat, choice, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 135 g)	92	24.9	0	13.2	224.5
Beef, tenderloin, lean & fat, 0" fat, select, cooked, broiled	3 oz	85	23.1	0	10.6	194.7
Beef, tenderloin, lean & fat, 0" fat, select, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 135 g)	93	25.3	0	11.6	213
Beef, tenderloin, lean & fat, 1/4" fat, all grades, cooked, broiled	3 oz	85	21.5	0	17.2	247.4
Beef, tenderloin, lean & fat, 1/4" fat, all grades, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 135 g)	117	29.6	0	23.7	340.5
Beef, tenderloin, lean & fat, 1/4" fat, all grades, cooked, roasted	3 oz	85	20.1	0	21.8	282.2
Beef, tenderloin, lean & fat, 1/4" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	330	77.9	0	84.5	1095.6
Beef, tenderloin, lean & fat, 1/4" fat, all grades, raw	1 oz	28.4	5	0	6.5	80.2
Beef, tenderloin, lean & fat, 1/4" fat, all grades, raw	1 lb	453.6	80.6	0	104.4	1283.7
Beef, tenderloin, lean & fat, 1/4" fat, choice, cooked, broiled	3 oz	85	21.3	0	18.6	258.4
Beef, tenderloin, lean & fat, 1/4" fat, choice, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 174 g)	117	29.3	0	25.6	355.7
Beef, tenderloin, lean & fat, 1/4" fat, choice, cooked, roasted	3 oz	85	20.1	0	22.4	288.2
Beef, tenderloin, lean & fat, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	329	77.7	0	86.8	1115.3
Beef, tenderloin, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	5	0	6.7	81.6
Beef, tenderloin, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	80.6	0	106.8	1306.4
Beef, tenderloin, lean & fat, 1/4" fat, prime, cooked, broiled	3 oz	85	21.2	0	19.9	269.5
Beef, tenderloin, lean & fat, 1/4" fat, prime, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 174 g)	120	29.9	0	28	380.4
Beef, tenderloin, lean & fat, 1/4" fat, prime, cooked, roasted	3 oz	85	20.1	0	23.7	300.1
Beef, tenderloin, lean & fat, 1/4" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	326	77.2	0	90.9	1150.8
Beef, tenderloin, lean & fat, 1/4" fat, prime, raw	1 oz	28.4	5.1	0	6.5	80.5
Beef, tenderloin, lean & fat, 1/4" fat, prime, raw	1 lb	453.6	81.2	0	104.6	1288.2
Beef, tenderloin, lean & fat, 1/4" fat, select, cooked, broiled	3 oz	85	21.8	0	15.2	230.4
Beef, tenderloin, lean & fat, 1/4" fat, select, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 174 g)	117	30	0	21	317.1
Beef, tenderloin, lean & fat, 1/4" fat, select, cooked, roasted	3 oz	85	20.1	0	21	275.4
Beef, tenderloin, lean & fat, 1/4" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	331	78.1	0	81.8	1072.4
Beef, tenderloin, lean & fat, 1/4" fat, select, raw	1 oz	28.4	5	0	6.4	78.8
Beef, tenderloin, lean & fat, 1/4" fat, select, raw	1 lb	453.6	80.6	0	101.7	1261
Beef, tenderloin, lean & fat, 1/8" fat, all grades, cooked, broiled	3 oz	85	21.8	0	16.2	238.9
Beef, tenderloin, lean & fat, 1/8" fat, all grades, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 154 g)	104	26.6	0	19.8	292.2
Beef, tenderloin, lean & fat, 1/8" fat, all grades, cooked, roasted	3 oz	85	20.3	0	20.9	275.4
Beef, tenderloin, lean & fat, 1/8" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	330	78.9	0	81.2	1069.2
Beef, tenderloin, lean & fat, 1/8" fat, all grades, raw	1 oz	28.4	5.1	0	6.2	77.4

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, tenderloin, lean & fat, 1/8" fat, all grades, raw	1 lb	453.6	81.8	0	98.4	1238.3
Beef, tenderloin, lean & fat, 1/8" fat, choice, cooked, broiled	3 oz	85	21.6	0	17.6	250.8
Beef, tenderloin, lean & fat, 1/8" fat, choice, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 154 g)	104	26.4	0	21.5	306.8
Beef, tenderloin, lean & fat, 1/8" fat, choice, cooked, roasted	3 oz	85	20.3	0	21.6	281.4
Beef, tenderloin, lean & fat, 1/8" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	329	78.6	0	83.5	1089
Beef, tenderloin, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	5.1	0	6.3	78.5
Beef, tenderloin, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	81.8	0	100.8	1256.5
Beef, tenderloin, lean & fat, 1/8" fat, prime, cooked, broiled	3 oz	85	21.5	0	18.9	261.8
Beef, tenderloin, lean & fat, 1/8" fat, prime, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 154 g)	106	26.8	0	23.5	326.5
Beef, tenderloin, lean & fat, 1/8" fat, prime, cooked, roasted	3 oz	85	20.4	0	22.7	291.6
Beef, tenderloin, lean & fat, 1/8" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	326	78.4	0	86.9	1118.2
Beef, tenderloin, lean & fat, 1/8" fat, prime, raw	1 oz	28.4	5.1	0	6.2	77.7
Beef, tenderloin, lean & fat, 1/8" fat, prime, raw	1 lb	453.6	82.3	0	99	1242.9
Beef, tenderloin, lean & fat, 1/8" fat, select, cooked, broiled	3 oz	85	21.9	0	14.7	226.1
Beef, tenderloin, lean & fat, 1/8" fat, select, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 154 g)	104	26.8	0	18	276.6
Beef, tenderloin, lean & fat, 1/8" fat, select, cooked, roasted	3 oz	85	20.3	0	20.1	268.6
Beef, tenderloin, lean & fat, 1/8" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	329	78.6	0	78	1039.6
Beef, tenderloin, lean & fat, 1/8" fat, select, raw	1 oz	28.4	5.1	0	6	75.7
Beef, tenderloin, lean & fat, 1/8" fat, select, raw	1 lb	453.6	81.7	0	95.7	1211.1
Beef, tenderloin, lean only, 0" fat, all grades, cooked, broiled	3 oz	85	24	0	8.1	175.1
Beef, tenderloin, lean only, 0" fat, all grades, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 135 g)	87	24.6	0	8.3	179.2
Beef, tenderloin, lean only, 0" fat, choice, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 135 g)	85	24	0	8.6	180.2
Beef, tenderloin, lean only, 0" fat, choice, cooked, broiled	3 oz	85	24	0	8.6	180.2
Beef, tenderloin, lean only, 0" fat, select, cooked, broiled	3 oz	85	24	0	7.5	170
Beef, tenderloin, lean only, 0" fat, select, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 135 g)	87	24.6	0	7.7	174
Beef, tenderloin, lean only, 1/4" fat, all grades, cooked, broiled	3 oz	85	24	0	8.5	179.4
Beef, tenderloin, lean only, 1/4" fat, all grades, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 174 g)	98	27.7	0	9.8	206.8
Beef, tenderloin, lean only, 1/4" fat, all grades, cooked, roasted	3 oz	85	23.6	0	9.8	188.7
Beef, tenderloin, lean only, 1/4" fat, all grades, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	251	69.6	0	28.8	557.2
Beef, tenderloin, lean only, 1/4" fat, all grades, raw	1 oz	28.4	5.9	0	2.2	45.4
Beef, tenderloin, lean only, 1/4" fat, all grades, raw	1 lb	453.6	94.3	0	35.8	725.8
Beef, tenderloin, lean only, 1/4" fat, choice, cooked, broiled	3 oz	85	24	0	9.5	188.7
Beef, tenderloin, lean only, 1/4" fat, choice, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 174 g)	99	28	0	11.1	219.8
Beef, tenderloin, lean only, 1/4" fat, choice, cooked, roasted	3 oz	85	23.6	0	10.6	196.4
Beef, tenderloin, lean only, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	250	69.3	0	31.3	577.5
Beef, tenderloin, lean only, 1/4" fat, choice, raw	1 oz	28.4	5.9	0	2.4	47.1
Beef, tenderloin, lean only, 1/4" fat, choice, raw	1 lb	453.6	94.3	0	39	753
Beef, tenderloin, lean only, 1/4" fat, prime, cooked, broiled	3 oz	85	24	0	10.5	197.2
Beef, tenderloin, lean only, 1/4" fat, prime, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 174 g)	98	27.7	0	12.1	227.4
Beef, tenderloin, lean only, 1/4" fat, prime, cooked, roasted	3 oz	85	23.4	0	13	216.8
Beef, tenderloin, lean only, 1/4" fat, prime, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	250	68.9	0	38.2	637.5
Beef, tenderloin, lean only, 1/4" fat, prime, raw	1 oz	28.4	5.9	0	2.5	47.9
Beef, tenderloin, lean only, 1/4" fat, prime, raw	1 lb	453.6	94.3	0	40.1	766.6
Beef, tenderloin, lean only, 1/4" fat, select, cooked, broiled	3 oz	85	24	0	7.4	169.2
Beef, tenderloin, lean only, 1/4" fat, select, cooked, broiled	1 steak, (yield from 1 raw steak)	99	28	0	8.6	197
Beef, tenderloin, lean only, 1/4" fat, select, cooked, roasted	3 oz	85	23.6	0	8.8	179.4
Beef, tenderloin, lean only, 1/4" fat, select, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	251	69.6	0	25.9	529.6
Beef, tenderloin, lean only, 1/4" fat, select, raw	1 oz	28.4	5.9	0	2	43.4
Beef, tenderloin, lean only, 1/4" fat, select, raw	1 lb	453.6	94.3	0	32.2	694
Beef, thymus, cooked, braised	3 oz	85	18.6	0	21.2	271.2
Beef, thymus, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	381	83.2	0	95.2	1215.4
Beef, thymus, raw	1 oz	28.4	3.5	0	5.8	66.9
Beef, thymus, raw	4 oz	113	13.8	0	23	266.7
Beef, tongue, cooked, simmered	3 oz	85	18.8	0.3	17.6	240.6
Beef, tongue, cooked, simmered	1 piece, cooked, (yield from 1 lb raw meat)	259	57.3	0.9	53.7	733
Beef, tongue, raw	1 oz	28.4	4.2	1	4.6	63.5
Beef, tongue, raw	4 oz	113	16.8	4.2	18.2	253.1
Beef, top loin, lean & fat, 1/4" fat, all grades, raw	1 steak, (yield from 1 raw steak., weighing 261 g)	238	45.2	0	42.6	578.3
Beef, top loin, lean & fat, 1/4" fat, all grades, raw	1 lb	453.6	86.2	0	81.3	1102.2
Beef, top sirloin, lean & fat, 0" fat, all grades, cooked, broiled	3 oz	85	25	0	8.5	182.8
Beef, top sirloin, lean & fat, 0" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	305	89.6	0	30.4	655.8
Beef, top sirloin, lean & fat, 0" fat, choice, cooked, broiled	3 oz	85	24.8	0	9.8	194.7
Beef, top sirloin, lean & fat, 0" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	305	89	0	35.2	698.5
Beef, top sirloin, lean & fat, 0" fat, select, cooked, broiled	3 oz	85	25.2	0	6.4	165.8

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, top sirloin, lean & fat, 0" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	305	90.6	0	23.1	594.8
Beef, top sirloin, lean & fat, 1/4" fat, all grades, cooked, broiled	3 oz	85	23.6	0	13.1	219.3
Beef, top sirloin, lean & fat, 1/4" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	306	85.1	0	47.2	789.5
Beef, top sirloin, lean & fat, 1/4" fat, all grades, raw	1 oz	28.4	5.4	0	4.3	61.5
Beef, top sirloin, lean & fat, 1/4" fat, all grades, raw	1 lb	453.6	86.9	0	68.2	984.3
Beef, top sirloin, lean & fat, 1/4" fat, choice, cooked, broiled	3 oz	85	23.5	0	14.2	228.7
Beef, top sirloin, lean & fat, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	306	84.5	0	51.2	823.1
Beef, top sirloin, lean & fat, 1/4" fat, choice, cooked, pan-fried	3 oz	85	23.9	0	19.4	277.1
Beef, top sirloin, lean & fat, 1/4" fat, choice, cooked, pan-fried	1 piece, cooked, (yield from 1 lb raw meat)	307	86.3	0	70.1	1000.8
Beef, top sirloin, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	5.4	0	4.6	64.4
Beef, top sirloin, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	86.3	0	73.5	1029.7
Beef, top sirloin, lean & fat, 1/4" fat, select, cooked, broiled	3 oz	85	23.8	0	11.8	208.3
Beef, top sirloin, lean & fat, 1/4" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	306	85.7	0	42.5	749.7
Beef, top sirloin, lean & fat, 1/4" fat, select, raw	1 oz	28.4	5.5	0	3.9	58.7
Beef, top sirloin, lean & fat, 1/4" fat, select, raw	1 lb	453.6	87.5	0	62.5	939
Beef, top sirloin, lean & fat, 1/8" fat, all grades, cooked, broiled	3 oz	85	24	0	12	210.8
Beef, top sirloin, lean & fat, 1/8" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	306	86.3	0	43.3	758.9
Beef, top sirloin, lean & fat, 1/8" fat, all grades, raw	1 oz	28.4	5.5	0	3.8	57.8
Beef, top sirloin, lean & fat, 1/8" fat, all grades, raw	1 lb	453.6	88.3	0	60.8	925.3
Beef, top sirloin, lean & fat, 1/8" fat, choice, cooked, broiled	3 oz	85	23.8	0	13.2	220.2
Beef, top sirloin, lean & fat, 1/8" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	306	85.7	0	47.4	792.5
Beef, top sirloin, lean & fat, 1/8" fat, choice, cooked, pan-fried	3 oz	85	24.5	0	17.9	266.1
Beef, top sirloin, lean & fat, 1/8" fat, choice, cooked, pan-fried	1 piece, cooked, (yield from 1 lb raw meat)	307	88.3	0	64.7	960.9
Beef, top sirloin, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	5.5	0	4.1	60.4
Beef, top sirloin, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	87.9	0	65.6	966.2
Beef, top sirloin, lean & fat, 1/8" fat, select, cooked, broiled	3 oz	85	24	0	11.3	204
Beef, top sirloin, lean & fat, 1/8" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	306	86.3	0	40.5	734.4
Beef, top sirloin, lean & fat, 1/8" fat, select, raw	1 oz	28.4	5.6	0	3.5	54.7
Beef, top sirloin, lean & fat, 1/8" fat, select, raw	1 lb	453.6	88.9	0	55.2	875.4
Beef, top sirloin, lean only, 0" fat, all grades, cooked, broiled	3 oz	85	25.8	0	5.8	162.4
Beef, top sirloin, lean only, 0" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	292	88.7	0	19.9	557.7
Beef, top sirloin, lean only, 0" fat, choice, cooked, broiled	3 oz	85	25.8	0	6.6	170
Beef, top sirloin, lean only, 0" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	286	86.9	0	22.3	572
Beef, top sirloin, lean only, 0" fat, select, cooked, broiled	3 oz	85	25.8	0	4.8	153
Beef, top sirloin, lean only, 0" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	295	89.6	0	16.5	531
Beef, top sirloin, lean only, 1/4" fat, all grades, cooked, broiled	3 oz	85	25.8	0	6.1	165.8
Beef, top sirloin, lean only, 1/4" fat, all grades, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	267	81.1	0	19.2	520.7
Beef, top sirloin, lean only, 1/4" fat, all grades, raw	1 oz	28.4	6	0	1.2	36.9
Beef, top sirloin, lean only, 1/4" fat, all grades, raw	1 lb	453.6	96.3	0	20	589.7
Beef, top sirloin, lean only, 1/4" fat, choice, cooked, broiled	3 oz	85	25.8	0	6.8	171.7
Beef, top sirloin, lean only, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	264	80.2	0	21.1	533.3
Beef, top sirloin, lean only, 1/4" fat, choice, cooked, pan-fried	3 oz	85	27.6	0	9.3	202.3
Beef, top sirloin, lean only, 1/4" fat, choice, cooked, pan-fried	1 piece, cooked, (yield from 1 lb raw meat)	247	80.2	0	27.1	587.9
Beef, top sirloin, lean only, 1/4" fat, choice, raw	1 oz	28.4	6	0	1.4	38.6
Beef, top sirloin, lean only, 1/4" fat, choice, raw	1 lb	453.6	96.3	0	22.7	616.9
Beef, top sirloin, lean only, 1/4" fat, select, cooked, broiled	3 oz	85	25.8	0	5.3	158.1
Beef, top sirloin, lean only, 1/4" fat, select, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	267	81.1	0	16.6	496.6
Beef, top sirloin, lean only, 1/4" fat, select, raw	1 oz	28.4	6	0	1	35.2
Beef, top sirloin, lean only, 1/4" fat, select, raw	1 lb	453.6	96.3	0	16.8	562.5
Beef, trimmed retail cuts, lean & fat, 0" fat, all grades, cooked	3 oz	85	23.2	0	14.8	232.1
Beef, trimmed retail cuts, lean & fat, 0" fat, all grades, cooked	1 piece, cooked, (yield from 1 lb raw meat)	279	76.3	0	48.5	761.7
Beef, trimmed retail cuts, lean & fat, 0" fat, choice, cooked	3 oz	85	23.1	0	15.8	240.6
Beef, trimmed retail cuts, lean & fat, 0" fat, choice, cooked	1 piece, cooked, (yield from 1 lb raw meat)	279	75.9	0	51.7	789.6
Beef, trimmed retail cuts, lean & fat, 0" fat, select, cooked	3 oz	85	23.3	0	13.5	221.9
Beef, trimmed retail cuts, lean & fat, 0" fat, select, cooked	1 piece, cooked, (yield from 1 lb raw meat)	279	76.6	0	44.4	728.2
Beef, trimmed retail cuts, lean & fat, 1/2" fat, prime, cooked	3 oz	85	19.9	0	28.7	344.3
Beef, trimmed retail cuts, lean & fat, 1/2" fat, prime, cooked	1 piece, cooked, (yield from 1 lb raw meat)	279	65.3	0	94.4	1130
Beef, trimmed retail cuts, lean & fat, 1/2" fat, prime, raw	1 oz	28.4	4.7	0	8.6	97.5
Beef, trimmed retail cuts, lean & fat, 1/2" fat, prime, raw	1 lb	453.6	75.1	0	137.4	1560.4
Beef, trimmed retail cuts, lean & fat, 1/4" fat, all grades, cooked	3 oz	85	22	0	18.3	259.3
Beef, trimmed retail cuts, lean & fat, 1/4" fat, all grades, cooked	1 piece, cooked, (yield from 1 lb raw meat)	285	73.9	0	61.4	869.3
Beef, trimmed retail cuts, lean & fat, 1/4" fat, all grades, raw	1 oz	28.4	5.2	0	5.5	71.2
Beef, trimmed retail cuts, lean & fat, 1/4" fat, all grades, raw	1 lb	453.6	82.7	0	87.3	1138.5
Beef, trimmed retail cuts, lean & fat, 1/4" fat, choice, cooked	3 oz	85	21.7	0	20.1	273.7

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beef, trimmed retail cuts, lean & fat, 1/4" fat, choice, cooked	1 piece, cooked, (yield from 1 lb raw meat)	283	72.1	0	66.9	911.3
Beef, trimmed retail cuts, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	5.2	0	5.7	73.4
Beef, trimmed retail cuts, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	82.4	0	91.4	1174.8
Beef, trimmed retail cuts, lean & fat, 1/4" fat, prime, cooked	3 oz	85	21.8	0	20	273.7
Beef, trimmed retail cuts, lean & fat, 1/4" fat, prime, cooked	1 piece, cooked, (yield from 1 lb raw meat)	289	74	0	68	930.6
Beef, trimmed retail cuts, lean & fat, 1/4" fat, prime, raw	1 oz	28.4	5.2	0	6.6	81.6
Beef, trimmed retail cuts, lean & fat, 1/4" fat, prime, raw	1 lb	453.6	82.9	0	105.7	1306.4
Beef, trimmed retail cuts, lean & fat, 1/4" fat, select, cooked	3 oz	85	22.2	0	16.9	247.4
Beef, trimmed retail cuts, lean & fat, 1/4" fat, select, cooked	1 piece, cooked, (yield from 1 lb raw meat)	283	74.1	0	56.3	823.5
Beef, trimmed retail cuts, lean & fat, 1/4" fat, select, raw	1 oz	28.4	5.2	0	4.9	66.9
Beef, trimmed retail cuts, lean & fat, 1/4" fat, select, raw	1 lb	453.6	83.8	0	79	1070.5
Beef, trimmed retail cuts, lean & fat, 1/8" fat, all grades, cooked	3 oz	85	22.5	0	16.8	247.4
Beef, trimmed retail cuts, lean & fat, 1/8" fat, all grades, cooked	1 piece, cooked, (yield from 1 lb raw meat)	285	75.3	0	56.2	829.4
Beef, trimmed retail cuts, lean & fat, 1/8" fat, all grades, raw	1 oz	28.4	5.3	0	4.9	66.3
Beef, trimmed retail cuts, lean & fat, 1/8" fat, all grades, raw	1 lb	453.6	84.7	0	77.8	1061.4
Beef, trimmed retail cuts, lean & fat, 1/8" fat, choice, cooked	3 oz	85	22.3	0	17.8	255.9
Beef, trimmed retail cuts, lean & fat, 1/8" fat, choice, cooked	1 piece, cooked, (yield from 1 lb raw meat)	285	74.7	0	59.6	857.9
Beef, trimmed retail cuts, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	5.3	0	5.2	68.9
Beef, trimmed retail cuts, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	84.2	0	82.5	1102.2
Beef, trimmed retail cuts, lean & fat, 1/8" fat, prime, cooked	3 oz	85	22.3	0	17.6	254.2
Beef, trimmed retail cuts, lean & fat, 1/8" fat, prime, cooked	1 piece, cooked, (yield from 1 lb raw meat)	296	77.6	0	61.4	885
Beef, trimmed retail cuts, lean & fat, 1/8" fat, prime, raw	1 oz	28.4	5.3	0	5.8	75.1
Beef, trimmed retail cuts, lean & fat, 1/8" fat, prime, raw	1 lb	453.6	84.9	0	92.9	1202
Beef, trimmed retail cuts, lean & fat, 1/8" fat, select, cooked	3 oz	85	22.6	0	15.5	236.3
Beef, trimmed retail cuts, lean & fat, 1/8" fat, select, cooked	1 piece, cooked, (yield from 1 lb raw meat)	286	76.2	0	52.1	795.1
Beef, trimmed retail cuts, lean & fat, 1/8" fat, select, raw	1 oz	28.4	5.3	0	4.5	63.2
Beef, trimmed retail cuts, lean & fat, 1/8" fat, select, raw	1 lb	453.6	85.6	0	71.4	1011.5
Beef, trimmed retail cuts, lean only, 0" fat, all grades, cooked	3 oz	85	25.4	0	7.9	179.4
Beef, trimmed retail cuts, lean only, 0" fat, all grades, cooked	1 piece, cooked, (yield from 1 lb raw meat)	242	72.3	0	22.5	510.6
Beef, trimmed retail cuts, lean only, 0" fat, choice, cooked	3 oz	85	25.4	0	8.6	186.2
Beef, trimmed retail cuts, lean only, 0" fat, choice, cooked	1 piece, cooked, (yield from 1 lb raw meat)	240	71.7	0	24.4	525.6
Beef, trimmed retail cuts, lean only, 0" fat, select, cooked	3 oz	85	25.4	0	6.9	170.9
Beef, trimmed retail cuts, lean only, 0" fat, select, cooked	1 piece, cooked, (yield from 1 lb raw meat)	244	72.9	0	19.7	490.4
Beef, trimmed retail cuts, lean only, 1/2" fat, prime, cooked	3 oz	85	25.9	0	11.5	214.2
Beef, trimmed retail cuts, lean only, 1/2" fat, prime, cooked	1 piece, cooked, (yield from 1 lb raw meat)	179	54.6	0	24.2	451.1
Beef, trimmed retail cuts, lean only, 1/2" fat, prime, raw	1 oz	28.4	5.9	0	2.5	47.9
Beef, trimmed retail cuts, lean only, 1/2" fat, prime, raw	1 lb	453.6	95.1	0	39.9	766.6
Beef, trimmed retail cuts, lean only, 1/4" fat, all grades, cooked	3 oz	85	25.1	0	8.4	183.6
Beef, trimmed retail cuts, lean only, 1/4" fat, all grades, cooked	1 piece, cooked, (yield from 1 lb raw meat)	229	67.7	0	22.7	494.6
Beef, trimmed retail cuts, lean only, 1/4" fat, all grades, raw	1 oz	28.4	5.9	0	1.7	40.8
Beef, trimmed retail cuts, lean only, 1/4" fat, all grades, raw	1 lb	453.6	94.3	0	27.9	653.2
Beef, trimmed retail cuts, lean only, 1/4" fat, choice, cooked	3 oz	85	25.1	0	9.1	188.7
Beef, trimmed retail cuts, lean only, 1/4" fat, choice, cooked	1 piece, cooked, (yield from 1 lb raw meat)	226	66.9	0	24.1	501.7
Beef, trimmed retail cuts, lean only, 1/4" fat, choice, raw	1 oz	28.4	5.9	0	1.9	42.5
Beef, trimmed retail cuts, lean only, 1/4" fat, choice, raw	1 lb	453.6	94.3	0	30.9	680.4
Beef, trimmed retail cuts, lean only, 1/4" fat, prime, cooked	3 oz	85	24.7	0	11	204.9
Beef, trimmed retail cuts, lean only, 1/4" fat, prime, cooked	1 piece, cooked, (yield from 1 lb raw meat)	236	68.5	0	30.6	568.8
Beef, trimmed retail cuts, lean only, 1/4" fat, prime, raw	1 oz	28.4	6	0	2.7	50.5
Beef, trimmed retail cuts, lean only, 1/4" fat, prime, raw	1 lb	453.6	96	0	44	807.4
Beef, trimmed retail cuts, lean only, 1/4" fat, select, cooked	3 oz	85	25.2	0	7.4	174.3
Beef, trimmed retail cuts, lean only, 1/4" fat, select, cooked	1 piece, cooked, (yield from 1 lb raw meat)	232	68.6	0	20.3	475.6
Beef, trimmed retail cuts, lean only, 1/4" fat, select, raw	1 oz	28.4	5.9	0	1.7	40
Beef, trimmed retail cuts, lean only, 1/4" fat, select, raw	1 lb	453.6	93.8	0	26.5	639.6
Beef, tripe, raw	1 oz	28.4	4.1	0	1.1	27.8
Beef, tripe, raw	4 oz	113	16.5	0	4.5	110.7
Beefalo, composite of cuts, cooked, roasted	3 oz	85	26.1	0	5.4	159.8
Beefalo, composite of cuts, cooked, roasted	1 piece, cooked (yield from 1 lb raw meat, boneless)	340	104.2	0	21.5	639.2
Beefalo, composite of cuts, raw	1 oz	28.4	6.6	0	1.4	40.5
Beefalo, composite of cuts, raw	1 lb	453.6	105.7	0	21.8	648.6
Beer, light	1 fl oz	29.5	0.1	0.4	0	8.3
Beer, light	1 can or bottle (12 fl oz)	354	0.7	4.6	0	99.1
Beer, regular	1 fl oz	29.7	0.1	1.1	0	12.2
Beer, regular	1 can or bottle (12 fl oz)	356	1.1	13.2	0	146
Beerwurst, beer salami, beef	1 slice (2-3/4" dia x 1/16")	6	0.7	0.1	1.8	19.7

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Beerwurst, beer salami, beef	1 slice (4" dia x 1/8" thick)	23	2.9	0.4	6.9	75.7
Beerwurst, beer salami, pork	1 slice (2-3/4" dia x 1/16")	6	0.9	0.1	1.1	14.3
Beerwurst, beer salami, pork	1 slice (4" dia x 1/8" thick)	23	3.3	0.5	4.3	54.7
Beet greens, cooked, boiled, drained, with salt	1 cup (1" pieces)	144	3.7	7.9	0.3	38.9
Beet greens, cooked, boiled, drained, without salt	0.5 cup (1" pieces)	72	1.9	3.9	0.1	19.4
Beet greens, cooked, boiled, drained, without salt	1 cup (1" pieces)	144	3.7	7.9	0.3	38.9
Beet greens, raw	0.5 cup (1" pieces)	19	0.3	0.8	0	3.6
Beet greens, raw	1 leaf	32	0.6	1.3	0	6.1
Beet greens, raw	1 cup	38	0.7	1.5	0	7.2
Beets, canned, drained solids	1 slice	8	0.1	0.6	0	2.5
Beets, canned, drained solids	1 beet	24	0.2	1.7	0	7.4
Beets, canned, drained solids	1 cup, diced	157	1.4	11.3	0.2	48.7
Beets, canned, drained solids	1 cup, whole	163	1.5	11.7	0.2	50.5
Beets, canned, drained solids	1 cup slices	170	1.5	12.2	0.2	52.7
Beets, canned, drained solids	1 cup, shredded	195	1.8	14	0.3	60.5
Beets, canned, drained solids	1 can (303 x 406)	294	2.7	21.2	0.4	91.1
Beets, canned, no salt added	1 cup	246	2	16.2	0.2	68.9
Beets, canned, regular pack	1 cup	246	2	16.2	0.2	68.9
Beets, cooked, boiled, drained	0.5 cup slices	85	1.4	8.5	0.2	37.4
Beets, cooked, boiled, drained	2 beets (2" dia, sphere)	100	1.7	10	0.2	44
Beets, cooked, boiled, drained, with salt	0.5 cup slices	85	1.4	8.5	0.2	37.4
Beets, cooked, boiled, drained, with salt	2 beets (2" dia, sphere)	100	1.7	10	0.2	44
Beets, harvard, canned	1 cup slices	246	2.1	44.7	0.1	179.6
Beets, pickled, canned	1 cup slices	227	1.8	37	0.2	147.6
Beets, raw	1 beet (2" dia)	82	1.3	7.8	0.1	35.3
Beets, raw	1 cup	136	2.2	13	0.2	58.5
Berliner, pork, beef	1 slice (2-1/2" dia x 1/4" thick)	23	3.5	0.6	4	52.9
Berliner, pork, beef	1 oz	28.4	4.3	0.7	4.9	65.2
Berry Berry Kix	0.75 cup	30	1.3	26.1	1.2	120
Best foods, brownberry sage and onion stuffing mix, dry	1 serving	67	8.9	47.2	3.4	255.3
Betty Crocker Fruit Roll Ups, Berry Flavored, With Vitamin C	2 rolls	28	0	23.9	1	104.4
Betty Crocker Supermoist Party Cake, Swirl Cake Mix, Dry	1 serving	43	1.7	35.5	3.3	178
Betty Crocker Supermoist Yellow Cake Mix, Dry	1 serving	43	1.6	35	3.5	177.6
Betty Crocker Wild Blueberry Muffin Mix, Dry	1 serving	40	2.1	26	1.8	128.4
Betty Crocker, Hamburger Helper, Cheeseburger Macaroni, Dry Mix	1 serving	45	5	28.9	4.7	177.8
Betty Crocker, Hamburger Helper, Cheeseburger Macaroni, Dry Mix	1 package	225	24.8	144.7	23.4	888.8
Biscuits, mixed grain, refrigerated dough	1 oz	28.4	1.7	13.4	1.6	74.6
Biscuits, mixed grain, refrigerated dough	1 biscuit (2-1/2" dia)	44	2.7	20.9	2.5	115.7
Biscuits, plain or buttermilk, commercially baked	1 oz	28.4	1.8	13.7	4.7	103.2
Biscuits, plain or buttermilk, commercially baked	1 biscuit	35	2.2	17	5.8	127.4
Biscuits, plain or buttermilk, commercially baked	1 biscuit (2-1/2" dia)	35	2.2	17	5.8	127.4
Biscuits, plain or buttermilk, commercially baked	1 small	35	2.2	17	5.8	127.4
Biscuits, plain or buttermilk, commercially baked	1 medium	51	3.2	24.7	8.4	185.6
Biscuits, plain or buttermilk, commercially baked	1 large	77	4.8	37.3	12.7	280.3
Biscuits, plain or buttermilk, dry mix	1 oz	28.4	2.3	17.9	4.4	121.3
Biscuits, plain or buttermilk, dry mix	1 cup, homemade	114	9.1	72.2	17.6	487.9
Biscuits, plain or buttermilk, dry mix	1 cup, purchased	120	9.6	76	18.5	513.6
Biscuits, plain or buttermilk, dry mix	1 cup, spooned into cup	120	9.6	76	18.5	513.6
Biscuits, plain or buttermilk, dry mix	1 cup, poured from box	128	10.2	81	19.7	547.8
Biscuits, plain or buttermilk, dry mix, prepared	1 oz	28.4	2.1	13.7	3.4	95
Biscuits, plain or buttermilk, prepared from recipe	1 small (1-1/2" dia)	14	1	6.2	2.3	49.6
Biscuits, plain or buttermilk, prepared from recipe	1 oz	28.4	2	12.6	4.6	100.4
Biscuits, plain or buttermilk, prepared from recipe	1 biscuit (2-1/2" dia)	60	4.2	26.8	9.8	212.4
Biscuits, plain or buttermilk, prepared from recipe	1 biscuit (4" dia)	101	7.1	45	16.5	357.5
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1 oz	28.4	1.8	12.4	3.8	90.2
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1 biscuit (2-1/2" dia)	30	1.9	13.1	4.1	95.4
Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	1 biscuit (2-1/2" dia)	27	1.8	12.8	4	93.4
Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	1 oz	28.4	1.9	13.5	4.2	98.1
Biscuits, plain or buttermilk, refrigerated dough, lower fat	1 biscuit (2" dia)	23	1.5	10.9	1	59.1
Biscuits, plain or buttermilk, refrigerated dough, lower fat	1 oz	28.4	1.9	13.5	1.3	72.9
Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	1 biscuit (2-1/4" dia)	21	1.6	11.6	1.1	62.8
Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	1 oz	28.4	2.2	15.7	1.5	84.8
Bison, cooked, roasted	3 oz	85	24.2	0	2.1	121.6
Bison, cooked, roasted	1 piece, cooked (yield from 1 lb raw meat, boneless)	340	96.7	0	8.2	486.2

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Bison, raw	1 oz	28.4	6.1	0	0.5	30.9
Bison, raw	1 lb	453.6	98.1	0	8.3	494.4
Bison, ribeye, lean only, 0" fat, raw	1 oz	28.4	6.3	0	0.7	32.9
Bison, ribeye, lean only, 0" fat, raw	4 oz	113	25	0	2.7	131.1
Bison, ribeye, lean only, 0" fat, raw	1 lb	453.6	100.2	0	10.9	526.2
Bison, shoulder clod, lean only, 0" fat, raw	1 oz	28.4	6	0	0.6	30.9
Bison, shoulder clod, lean only, 0" fat, raw	4 oz	113	23.8	0	2.4	123.2
Bison, shoulder clod, lean only, 0" fat, raw	1 lb	453.6	95.7	0	9.5	494.4
Bison, top round, lean only, 0" fat, raw	1 oz	28.4	6.3	0	0.5	31.2
Bison, top round, lean only, 0" fat, raw	4 oz	113	25.2	0	1.8	124.3
Bison, top round, lean only, 0" fat, raw	1 lb	453.6	101.2	0	7.3	499
Bison, top sirloin, lean only, 0" fat, raw	1 oz	28.4	6.1	0	0.7	32
Bison, top sirloin, lean only, 0" fat, raw	4 oz	113	24.2	0	2.7	127.7
Bison, top sirloin, lean only, 0" fat, raw	1 lb	453.6	97.1	0	10.9	512.6
Blackberries, canned, heavy syrup	1 cup	256	3.4	59.1	0.4	235.5
Blackberries, frozen, unsweetened	1 cup, unthawed	151	1.8	23.7	0.6	96.6
Blackberries, frozen, unsweetened	1 package (18 oz)	510	6	79.9	2.2	326.4
Blackberries, raw	1 cup	144	1	18.4	0.6	74.9
Blimpie 6" Best Sub on Wheat	1 Sandwich		39	47	13	410
Blimpie 6" Best Sub on White	1 Sandwich		39	47	13	410
Blimpie 6" Cheese Trio Sub on Wheat	1 Sandwich		26	48	23	490
Blimpie 6" Cheese Trio Sub on White	1 Sandwich		25	48	23	490
Blimpie 6" Club Sub on Wheat	1 Sandwich		23	48	11	370
Blimpie 6" Club Sub on White	1 Sandwich		23	48	10	370
Blimpie 6" Ham & Swiss Sub on Wheat	1 Sandwich		26	46	14	400
Blimpie 6" Ham & Swiss Sub on White	1 Sandwich		25	48	14	410
Blimpie 6" Ham Salami & Provolone Sub on Wheat	1 Sandwich		24	47	20	450
Blimpie 6" Ham Salami & Provolone Sub on White	1 Sandwich		24	49	20	480
Blimpie 6" Roast Beef Sub on Wheat	1 Sandwich		37	45	8	390
Blimpie 6" Roast Beef Sub on White	1 Sandwich		37	47	7	390
Blimpie 6" Tuna Sub on Wheat	1 Sandwich		18	49	45	650
Blimpie 6" Tuna Sub on White	1 Sandwich		18	51	44	660
Blimpie 6" Turkey Sub on Wheat	1 Sandwich		19	48	7	330
Blimpie 6" Turkey Sub on White	1 Sandwich		19	48	6	330
Blimpie Antipasto Salad	1		19	9	11	200
Blimpie Banana Nut Muffin	1		8	55	23	472
Blimpie Blue Cheese Dressing (1 ounce)	1		2	2	24	220
Blimpie Blueberry Muffin	1		7	55	18	412
Blimpie Bran & Raisin Muffin	1		7	64	18	442
Blimpie Buttermilk Ranch Dressing (1 ounce)	1		0	1	29	270
Blimpie Cheddar & Sour Cream Potato Chips	1 bag		3	25	11	210
Blimpie Chef Salad	1		17	8	6	150
Blimpie Chicken Caesar Wrap	1 Sandwich		26	56	31	610
Blimpie Chicken Noodle Soup (cup)	1		8	20	3	140
Blimpie Chicken Soup with White & Wild Rice (cup)	1		10	21	12	230
Blimpie Chik Max on Wheat	1 Sandwich		25.8	69.3	12.8	495
Blimpie Chik Max on White	1 Sandwich		33.6	69.9	11.6	483
Blimpie Chocolate Chunk Cookie	1		2	26	10	201
Blimpie Cinnamon Roll	1		9	90	25	631
Blimpie Classic Chili with Beans & Beef (cup)	1		14	27	8	240
Blimpie Club Salad	1		14	7	6	130
Blimpie Cole Slaw (1/2 cup)	1		1	13	13	180
Blimpie Cream of Potato Soup (cup)	1		5	24	9	190
Blimpie Dressing (1 ounce)	1		1	16	8	120
Blimpie Fat Free Italian Dressing (1 ounce)	1		0	5	0	20
Blimpie Fudge Brownies	1		2.6	33.6	10.8	243.2
Blimpie Grille Max on Wheat	1 Sandwich		18.8	71.3	7.3	425
Blimpie Grille Max on White	1 Sandwich		18.1	71.9	6.1	413
Blimpie Grilled Chicken	1 Sandwich		28	52	9	400
Blimpie Guacamole (1 ounce)	1		1.8	7.4	17.5	194
Blimpie Ham & Swiss Cheese Salad	1		16	7	8	170
Blimpie Honey French Dressing (1 ounce)	1		0	16	20	240
Blimpie Italian Meatball	1 Sandwich		23	52	22	500
Blimpie Italian Pasta Supreme Salad	1		3	20	7	180

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Blimpie Jalapeno Potato Chips	1 bag		2	25	11	210
Blimpie Lea & Perrins Barbecue Potato Chips	1 bag		3	25	10	210
Blimpie Light Buttermilk Ranch Dressing (1.5 ounces)	1		1	10	5	90
Blimpie Light Italian Dressing (1.5 ounces)	1		0	3	1	20
Blimpie Macadamia White Chunk Cookie	1		2	26	10	210
Blimpie Macaroni Salad (2/3 cup)	1		4	25	25	360
Blimpie Mayonnaise (1 tbsp)	1		0	1	11	100
Blimpie Mexi Max on Wheat	1 Sandwich		25	65	5.8	405
Blimpie Mexi Max on White	1 Sandwich		25	66	4.6	393
Blimpie Mustard Potato Salad (2/3 cup)	1		2	21	5	160
Blimpie Oatmeal Raisin Cookie	1		3	27	8	191
Blimpie Peanut Butter Cookie	1		4	27	12	221
Blimpie Potato Salad (2/3 cup)	1		2	19	19	270
Blimpie Regular Flavored Potato Chips	1 bag		3	25	11	210
Blimpie Roast Beef Salad	1		19	8	2.5	120
Blimpie Roast Turkey Cordon Bleu	1 Sandwich		29	43	14	430
Blimpie Smokey Cheddar Beef Melt	1 Sandwich		23	42	12	380
Blimpie Sour Cream & Onion Potato Chips	1 bag		2	25	11	210
Blimpie South Western Wrap	1 Sandwich		28	56	28	590
Blimpie Special Sub Dressing (3/4 ounce)	1		0	0	7	70
Blimpie Steak & Cheese	1 Sandwich		27	51	26	550
Blimpie Sugar Cookie	1		3	24.2	17	330
Blimpie Thousand Island Dressing (1 ounce)	1		0	7	21	210
Blimpie Tossed Green Salad	1		2	7	0.5	35
Blimpie Tuna Salad	1		22	7	1.5	130
Blimpie Turkey Salad	1		15	8	0.5	90
Blimpie Vegi Max on Wheat	1 Sandwich		24	60	7.8	415
Blimpie Vegi Max on White	1 Sandwich		24	61	7	403
Blimpie Zesty Italian Wrap	1 Sandwich		24	59	22	530
Blimpie Zesty Potato Chips	1 bag		3	25	11	210
Blood sausage	1 slice (5" x 4-5/8" x 1/16")	25	3.7	0.3	8.6	94.5
Blood sausage	1 oz	28.4	4.1	0.4	9.8	107.2
Blueberries, canned, heavy syrup	1 cup	256	1.7	56.5	0.8	225.3
Blueberries, frozen, sweetened	1 cup, thawed	230	0.9	50.5	0.3	186.3
Blueberries, frozen, sweetened	1 package (10 oz)	284	1.1	62.3	0.4	230
Blueberries, frozen, unsweetened	1 cup, unthawed	155	0.7	18.9	1	79.1
Blueberries, frozen, unsweetened	1 package (20 oz)	567	2.4	69	3.6	289.2
Blueberries, raw	50 berries	68	0.5	9.6	0.3	38.1
Blueberries, raw	1 cup	145	1	20.5	0.6	81.2
Blueberries, raw	1 pint as purchased, yields	402	2.7	56.8	1.5	225.1
Bluefish, cooked, dry heat	3 oz	85	21.8	0	4.6	135.2
Bluefish, cooked, dry heat	1 fillet	117	30.1	0	6.4	186
Bluefish, raw	3 oz	85	17	0	3.6	105.4
Bluefish, raw	1 fillet	150	30.1	0	6.4	186
Boar, wild, cooked, roasted	3 oz	85	24.1	0	3.7	136
Boar, wild, cooked, roasted	1 piece, cooked (yield from 1 lb raw meat, boneless)	340	96.2	0	14.9	544
Boar, wild, raw	1 oz	28.4	6.1	0	0.9	34.6
Boar, wild, raw	1 lb	453.6	97.6	0	15.1	553.4
Bockwurst, raw, pork, veal, milk, eggs	1 oz	28.4	3.8	0.1	7.8	87
Bockwurst, raw, pork, veal, milk, eggs	1 link, 7/lb	65	8.7	0.3	17.9	199.6
Bologna, beef	1 slice (4" dia x 1/8" thick)	23	2.8	0.2	6.6	71.8
Bologna, beef	1 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	28.4	3.5	0.2	8.1	88.5
Bologna, beef and pork	1 slice (4" dia x 1/8" thick)	23	2.7	0.6	6.5	72.7
Bologna, beef and pork	1 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	28.4	3.3	0.8	8	89.6
Bologna, pork	1 slice (4" dia x 1/8" thick)	23	3.5	0.2	4.6	56.8
Bologna, pork	1 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	28.4	4.3	0.2	5.6	70
Bologna, turkey	1 oz	28.4	3.9	0.3	4.3	56.4
Bologna, turkey	2 slices	56.7	7.8	0.5	8.6	112.8
Boo Berry	1 cup	30	1	27.3	0.5	116.4
Borage, raw	1 cup (1" pieces)	89	1.6	2.7	0.6	18.7
Boston Market 1/2 Chicken with skin	1/2 chicken		70	4	33	590
Boston Market 1/4 Dark Meat Chicken with skin	1/4 chicken		30	2	21	320
Boston Market 1/4 Dark Meat Chicken, no skin	1/4 chicken		22	1	10	190
Boston Market 1/4 White Meat Chicken with skin and wing	1/4 chicken		40	2	12	280

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Boston Market 1/4 White Meat Chicken, no skin or wing (low fat)	1/4 chicken		33	2	4	170
Boston Market Apple Struesel Pie	1 slice		4	63	18	480
Boston Market BBQ Chicken Sandwich	1 sandwich		30	84	9	540
Boston Market Beans	3/4 cup		8	48	5	270
Boston Market Black Beans and Rice	1 cup		8	45	10	300
Boston Market Broccoli Rice Casserole	3/4 cup		5	26	12	240
Boston Market Butternut Squash (low fat)	3/4 cup		2	25	6	150
Boston Market Caesar Salad Entree	11 oz.		18	24	57	670
Boston Market Caesar Salad without dressing	8 oz.		16	14	12	230
Boston Market Caesar Side Salad	4 oz.		7	7	17	200
Boston Market Caesar Side Salad	5.5 oz.		11	20	39	470
Boston Market Cheesecake	1 slice		9	44	41	580
Boston Market Cherry Struesel Pie	1 slice		4	60	17	410
Boston Market Chicken Caesar Salad	15 oz.		43	25	60	810
Boston Market Chicken Caesar Salad without Dressing	1 Salad		40	22	16	390
Boston Market Chicken Gravy	1 oz.		0	2	0.5	15
Boston Market Chicken Noodle Soup	6 oz.		6	8	4.5	100
Boston Market Chicken Pot Pie	1 pie		26	57	46	750
Boston Market Chicken Salad Sandwich	1 sandwich		39	63	30	680
Boston Market Chicken Sandwich with cheese and sauce	1 sandwich		37	61	28	630
Boston Market Chicken Sandwich, no cheese or sauce (low fat)	1 sandwich		31	60	5	390
Boston Market Chocolate Brownie	1 brownie		3	51	10	310
Boston Market Chocolate Cake	1 slice		3	73	24	510
Boston Market Chunky Chicken Salad	6.43 oz		25	4	39	480
Boston Market Cole Slaw	3/4 cup		2	30	19	300
Boston Market Cornbread	1 loaf		3	33	6	200
Boston Market Cranberry Walnut Relish (low fat)	3/4 cup		3	75	4.5	350
Boston Market Creamed Spinach	3/4 cup		9	11	20	260
Boston Market Cucumber Salad	3/4 cup		2	9	10	120
Boston Market Fruit Salad (low fat)	3/4 cup		1	15	0.5	70
Boston Market Glazed Carrots	3/4 cup		1	35	1.5	280
Boston Market Green Bean Casserole	3/4 cup		1	9	4.5	80
Boston Market Green Beans	3/4 cup		1	5	6	80
Boston Market Ham Sandwich with cheese and sauce	1 sandwich		31	67	31	650
Boston Market Ham Sandwich, no cheese or sauce (low fat)	1 sandwich		25	65	8	410
Boston Market Homestyle Mashed Potatoes	3/4 cup		4	30	9	210
Boston Market Homestyle Mashed Potatoes and Gravy	3/4 cup potatoes, 2 oz. gravy		4	32	9	230
Boston Market Honey Glazed Ham (lean)	5 oz.		24	10	8	210
Boston Market Hot Cinnamon Apples	3/4 cup		0	56	4.5	250
Boston Market Hummingbird Cake	1 slice		6	92	36	710
Boston Market Jumpin Juice Squares	6.41 oz.		4	32	0	150
Boston Market Macaroni and Cheese	3/4 cup		13	33	11	280
Boston Market Meatloaf	5 oz.		20	15	17	290
Boston Market Meatloaf and Brown Gravy	7 oz.		21	18	21	340
Boston Market Meatloaf and Chunky Tomato Sauce	8 oz.		21	21	17	310
Boston Market Meatloaf Sandwich with cheese	1 sandwich		36	83	27	690
Boston Market Nestle® Toll House Chocolate Chip Cookie	1 cookie		4	51	19	390
Boston Market Nestle® Toll House Oatmeal Scotchie Cookie	1 cookie		5	47	20	390
Boston Market Nestle® Toll House Peanut Butter Chip Cookie	1 cookie		7	43	25	420
Boston Market New Potatoes (low fat)	3/4 cup		3	25	2.5	130
Boston Market Old-Fashioned Potato Salad	3/4 cup		3	22	12	200
Boston Market Open Faced Meatloaf Sandwich	1 meal		29	74	36	730
Boston Market Open Faced Turkey Sandwich	1 meal		41	93	20	720
Boston Market Oreo® Brwnie	1 brownie		4	90	20	560
Boston Market Pecan Pie	1 slice		5	71	27	550
Boston Market Pumpkin Pie	1 slice		5	50	17	370
Boston Market Red Beans and Rice (low fat)	1 cup		8	45	5	260
Boston Market Rice Krispie Treat	1 bar		5	83	8	420
Boston Market Rice Pilaf	2/3 cup		5	32	5	180
Boston Market Rotisserie Turkey Breast (low fat)	5 oz.		36	3	1	170
Boston Market Savory Stuffing	3/4 cup		6	44	12	310
Boston Market Squash Casserole	3/4 cup		7	20	24	330
Boston Market Steamed Vegetables (low fat)	2/3 cup		2	7	0.5	35
Boston Market Sweet Potato Casserole	3/4 cup		3	39	18	280

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Boston Market Tortellini Salad	3/4 cup		11	24	24	350
Boston Market Turkey Bacon Club Sandwich	1 sandwich		47	64	38	780
Boston Market Turkey Sandwich with cheese and sauce	1 sandwich		39	64	25	620
Boston Market Turkey Sandwich, no cheese or sauce (low fat)	1 sandwich		33	61	3.5	390
Boston Market Turkey Tortilla Soup	6 oz.		9	18	7	160
Boston Market Whole Kernel Corn	3/4 cup		5	30	4	180
Boysenberries, canned, heavy syrup	1 cup	256	2.5	57.1	0.3	225.3
Boysenberries, frozen, unsweetened	1 cup, unthawed	132	1.5	16.1	0.3	66
Boysenberries, frozen, unsweetened	1 package (10 oz)	284	3.1	34.6	0.7	142
Bran chex, (wheat bran, corn)	1 oz	28.4	2.9	22.6	0.8	90.4
Bran chex, (wheat bran, corn)	1 cup	49	5	39.1	1.4	156.3
Bratwurst, cooked, pork	1 oz	28.4	4	0.6	7.3	85.3
Bratwurst, cooked, pork	1 link (4 per 12 oz package)	85	12	1.8	22	255.9
Braunschweiger (a liver sausage), pork	1 slice (2-1/2" dia x 1/4" thick)	18	2.4	0.6	5.8	64.6
Braunschweiger (a liver sausage), pork	1 oz	28.4	3.8	0.9	9.1	101.8
Brazil nuts, dried, unblanched	1 oz (6-8 kernels)	28.4	4.1	3.6	18.8	186
Brazil nuts, dried, unblanched	1 cup shelled (32 kernels)	140	20.1	17.9	92.7	918.4
Bread crumbs, dry, grated, plain	1 oz	28.4	3.5	20.6	1.5	112
Bread crumbs, dry, grated, plain	1 cup	108	13.5	78.3	5.8	426.6
Bread crumbs, dry, grated, seasoned	1 oz	28.4	4	20	0.7	104
Bread crumbs, dry, grated, seasoned	1 cup	120	17	84.5	3.1	440.4
Bread sticks, plain	1 stick, small (approx 4-1/4" long)	5	0.6	3.4	0.5	20.6
Bread sticks, plain	1 stick (9-1/4" x 3/8")	6	0.7	4.1	0.6	24.7
Bread sticks, plain	1 stick (7-5/8" x 5/8")	10	1.2	6.8	1	41.2
Bread sticks, plain	1 cup, small pieces	46	5.5	31.5	4.4	189.5
Bread stuffing, bread, dry mix	1 oz	28.4	3.1	21.6	1	109.4
Bread stuffing, bread, dry mix	1 package (6 oz)	170	18.7	129.5	5.8	656.2
Bread stuffing, bread, dry mix, prepared	1 oz	28.4	0.9	6.2	2.4	50.5
Bread stuffing, bread, dry mix, prepared	0.5 cup	100	3.2	21.7	8.6	178
Bread stuffing, cornbread, dry mix	1 oz	28.4	2.8	21.7	1.2	110.3
Bread stuffing, cornbread, dry mix	1 package (6 oz)	170	17	130.4	7.1	661.3
Bread stuffing, cornbread, dry mix, prepared	1 oz	28.4	0.8	6.2	2.5	50.7
Bread stuffing, cornbread, dry mix, prepared	0.5 cup	100	2.9	21.9	8.8	179
Bread, banana, prepared from recipe, made with margarine	1 oz	28.4	1.2	15.5	3	92.4
Bread, banana, prepared from recipe, made with margarine	1 individual loaf (include keebler elfin loaves)	57	2.5	31.1	6	185.8
Bread, banana, prepared from recipe, made with margarine	1 slice	60	2.6	32.8	6.3	195.6
Bread, boston brown, canned	1 oz	28.4	1.5	12.3	0.4	55.3
Bread, boston brown, canned	1 slice	45	2.3	19.5	0.7	87.8
Bread, cornbread, dry mix, enriched (includes corn muffin mix)	1 oz	28.4	2	19.7	3.5	118.5
Bread, cornbread, dry mix, enriched (includes corn muffin mix)	1 package (8.5 oz)	241	16.9	167.5	29.4	1007.4
Bread, cornbread, dry mix, prepared	1 oz	28.4	2	13.6	2.8	89
Bread, cornbread, dry mix, prepared	1 piece	60	4.3	28.9	6	188.4
Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	1 oz	28.4	2	19.7	3.5	118.5
Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	1 package (8.5 oz)	241	16.9	167.5	29.4	1007.4
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1 oz	28.4	1.9	12.3	2	75.4
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1 piece	65	4.4	28.3	4.6	172.9
Bread, cracked-wheat	1 cubic inch	3.2	0.3	1.6	0.1	8.3
Bread, cracked-wheat	1 slice thin, crust not eaten	9.4	0.8	4.7	0.4	24.4
Bread, cracked-wheat	1 slice regular, crust not eaten	12.2	1.1	6	0.5	31.7
Bread, cracked-wheat	1 slice, thin	20	1.7	9.9	0.8	52
Bread, cracked-wheat	1 slice	25	2.2	12.4	1	65
Bread, cracked-wheat	1 slice, regular	25	2.2	12.4	1	65
Bread, cracked-wheat	1 oz	28.4	2.5	14	1.1	73.7
Bread, cracked-wheat	1 slice, large or thick	30	2.6	14.9	1.2	78
Bread, egg	1 oz	28.4	2.7	13.6	1.7	81.4
Bread, egg	1 slice (5" x 3" x 1/2")	40	3.8	19.1	2.4	114.8
Bread, egg, toasted	1 oz	28.4	3	14.9	1.9	89.3
Bread, egg, toasted	1 slice (5" x 3" x 1/2")	37	3.9	19.5	2.4	116.6
Bread, french or vienna (includes sourdough)	1 oz	28.4	2.5	14.7	0.9	77.7
Bread, french or vienna (includes sourdough)	1 slice, small (2" x 2-1/2" x 1-3/4")	32	2.8	16.6	1	87.7
Bread, french or vienna (includes sourdough)	1 slice, medium (4" x 2-1/2" x 1-3/4")	64	5.6	33.2	1.9	175.4
Bread, french or vienna (includes sourdough)	1 slice, large (6" x 2-1/2" x 1-3/4")	96	8.4	49.8	2.9	263
Bread, french or vienna, toasted (includes sourdough)	1 oz	28.4	2.7	16	0.9	84.5
Bread, french or vienna, toasted (includes sourdough)	1 slice, small	29	2.8	16.4	1	86.4

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Bread, french or vienna, toasted (includes sourdough)	1 slice, medium	59	5.7	33.3	1.9	175.8
Bread, french or vienna, toasted (includes sourdough)	1 slice, large	88	8.4	49.6	2.9	262.2
Bread, indian (navajo) fry	1 piece (5" dia)	90	6.4	48	8.6	296.1
Bread, indian (navajo) fry	1 piece (10-1/2" dia)	160	11.4	85.3	15.2	526.4
Bread, irish soda, prepared from recipe	1 oz	28.4	1.9	15.9	1.4	82.2
Bread, italian	1 slice, small (3-1/4" x 2-1/2" x 1/2")	10	0.9	5	0.4	27.1
Bread, italian	1 slice, medium	20	1.8	10	0.7	54.2
Bread, italian	1 oz	28.4	2.5	14.2	1	76.8
Bread, italian	1 slice, large (4-1/2" x 3-1/4" x 3/4")	30	2.6	15	1.1	81.3
Bread, mixed-grain (includes whole-grain, 7-grain)	1 slice	26	2.6	12.1	1	65
Bread, mixed-grain (includes whole-grain, 7-grain)	1 oz	28.4	2.8	13.2	1.1	70.9
Bread, mixed-grain (includes whole-grain, 7-grain)	1 slice, large	32	3.2	14.8	1.2	80
Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	1 slice	24	2.6	12.1	1	65.3
Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	1 oz	28.4	3.1	14.3	1.2	77.1
Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	1 slice, large	29	3.2	14.6	1.2	78.9
Bread, oat bran	1 oz	28.4	2.9	11.3	1.2	66.9
Bread, oat bran	1 slice	30	3.1	11.9	1.3	70.8
Bread, oat bran, toasted	1 slice	27	3.1	11.8	1.3	69.9
Bread, oat bran, toasted	1 oz	28.4	3.2	12.4	1.4	73.4
Bread, oatmeal	1 slice	27	2.3	13.1	1.2	72.6
Bread, oatmeal	1 oz	28.4	2.4	13.7	1.2	76.3
Bread, oatmeal, toasted	1 slice	25	2.3	13.2	1.2	73
Bread, oatmeal, toasted	1 oz	28.4	2.6	14.9	1.4	82.8
Bread, pita, white, enriched	1 pita, small (4" dia)	28	2.5	15.6	0.3	77
Bread, pita, white, enriched	1 pita, large (6-1/2" dia)	60	5.5	33.4	0.7	165
Bread, pita, white, unenriched	1 oz	28.4	2.6	15.8	0.3	78
Bread, pita, white, unenriched	1 pita, large (6-1/2" dia)	60	5.5	33.4	0.7	165
Bread, pita, whole-wheat	1 pita, small (4" dia)	28	2.7	15.4	0.7	74.5
Bread, pita, whole-wheat	1 pita, large (6-1/2" dia)	64	6.3	35.2	1.7	170.2
Bread, potato	1 slice	32	4	15	1	80
Bread, protein (includes gluten)	1 slice	19	2.3	8.3	0.4	46.6
Bread, protein (includes gluten)	1 oz	28.4	3.4	12.4	0.6	69.5
Bread, protein, toasted (includes gluten)	1 slice	17	2.2	8.2	0.4	45.9
Bread, protein, toasted (includes gluten)	1 oz	28.4	3.7	13.6	0.7	76.5
Bread, pumpernickel	1 slice, snack-size	7	0.6	3.3	0.2	17.5
Bread, pumpernickel	1 slice, thin	20	1.7	9.5	0.6	50
Bread, pumpernickel	1 slice, regular	26	2.3	12.4	0.8	65
Bread, pumpernickel	1 oz	28.4	2.5	13.5	0.9	70.9
Bread, pumpernickel	1 slice (5" x 4" x 3/8")	32	2.8	15.2	1	80
Bread, pumpernickel, toasted	1 oz	28.4	2.7	14.8	1	78
Bread, pumpernickel, toasted	1 slice (5" x 4" x 3/8")	29	2.8	15.1	1	79.8
Bread, raisin, enriched	1 slice, thin	23	1.8	12	1	63
Bread, raisin, enriched	1 slice	26	2.1	13.6	1.1	71.2
Bread, raisin, enriched	1 oz	28.4	2.2	14.8	1.2	77.7
Bread, raisin, enriched	1 slice, large	32	2.5	16.7	1.4	87.7
Bread, raisin, toasted, enriched	1 slice, thin	21	1.8	11.9	1	62.4
Bread, raisin, toasted, enriched	1 slice	24	2.1	13.7	1.2	71.3
Bread, raisin, toasted, enriched	1 oz	28.4	2.4	16.1	1.4	84.2
Bread, raisin, toasted, enriched	1 slice, large	29	2.5	16.5	1.4	86.1
Bread, raisin, unenriched	1 slice, thin	23	1.8	12	1	63
Bread, raisin, unenriched	1 slice	26	2.1	13.6	1.1	71.2
Bread, raisin, unenriched	1 oz	28.4	2.2	14.8	1.2	77.7
Bread, raisin, unenriched	1 slice, large	32	2.5	16.7	1.4	87.7
Bread, reduced-calorie, oat bran	1 slice	23	1.8	9.5	0.7	46.2
Bread, reduced-calorie, oat bran	1 oz	28.4	2.3	11.7	0.9	57
Bread, reduced-calorie, oat bran, toasted	1 slice	19	1.8	9.3	0.7	45.4
Bread, reduced-calorie, oat bran, toasted	1 oz	28.4	2.7	13.9	1.1	67.8
Bread, reduced-calorie, oatmeal	1 slice	23	1.7	10	0.8	48.3
Bread, reduced-calorie, oatmeal	1 oz	28.4	2.2	12.3	1	59.5
Bread, reduced-calorie, rye	1 slice, thin	20	1.8	8.1	0.6	40.6
Bread, reduced-calorie, rye	1 slice	23	2.1	9.3	0.7	46.7
Bread, reduced-calorie, rye	1 oz	28.4	2.6	11.5	0.8	57.6
Bread, reduced-calorie, rye	1 slice, thick	32	2.9	13	0.9	65
Bread, reduced-calorie, wheat	1 slice	23	2.1	10	0.5	45.5

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Bread, reduced-calorie, wheat	1 oz	28.4	2.6	12.4	0.7	56.1
Bread, reduced-calorie, white	1 slice	23	2	10.2	0.6	47.6
Bread, reduced-calorie, white	1 oz	28.4	2.5	12.6	0.7	58.7
Bread, rice bran	1 slice	27	2.4	11.7	1.2	65.6
Bread, rice bran	1 oz	28.4	2.5	12.3	1.3	68.9
Bread, rice bran, toasted	1 slice	25	2.4	11.8	1.3	66
Bread, rice bran, toasted	1 oz	28.4	2.7	13.4	1.4	74.8
Bread, rye	1 slice, snack-size	7	0.6	3.4	0.2	18.1
Bread, rye	1 slice, thin	20	1.7	9.7	0.7	51.8
Bread, rye	1 oz	28.4	2.4	13.7	0.9	73.4
Bread, rye	1 slice	32	2.7	15.5	1.1	82.9
Bread, rye, toasted	1 slice, thin	18	1.7	9.6	0.6	51.1
Bread, rye, toasted	1 slice, regular	24	2.3	12.7	0.9	68.2
Bread, rye, toasted	1 oz	28.4	2.7	15.1	1	80.5
Bread, rye, toasted	1 slice, large	29	2.7	15.4	1	82.4
Bread, wheat (includes wheat berry)	1 slice	25	2.3	11.8	1	65
Bread, wheat (includes wheat berry)	1 oz	28.4	2.6	13.4	1.2	73.7
Bread, wheat bran	1 oz	28.4	2.5	13.6	1	70.3
Bread, wheat bran	1 slice	36	3.2	17.2	1.2	89.3
Bread, wheat germ	1 slice	28	2.7	13.5	0.8	73.1
Bread, wheat germ	1 oz	28.4	2.7	13.7	0.8	74
Bread, wheat germ, toasted	1 slice	25	2.7	13.6	0.8	73.3
Bread, wheat germ, toasted	1 oz	28.4	3	15.4	0.9	83.1
Bread, wheat, toasted (includes wheat berry)	1 slice	23	2.3	11.8	1	64.9
Bread, wheat, toasted (includes wheat berry)	1 oz	28.4	2.8	14.5	1.2	79.9
Bread, white, commercially prepared (includes soft bread crumbs)	1 slice thin, crust not eaten	9	0.7	4.5	0.3	24
Bread, white, commercially prepared (includes soft bread crumbs)	1 slice crust not eaten	12	1	5.9	0.4	32
Bread, white, commercially prepared (includes soft bread crumbs)	1 slice, very thin	15	1.2	7.4	0.5	40.1
Bread, white, commercially prepared (includes soft bread crumbs)	1 slice, thin	20	1.6	9.9	0.7	53.4
Bread, white, commercially prepared (includes soft bread crumbs)	1 slice	25	2.1	12.4	0.9	66.8
Bread, white, commercially prepared (includes soft bread crumbs)	1 oz	28.4	2.3	14	1	75.7
Bread, white, commercially prepared (includes soft bread crumbs)	1 slice, large	30	2.5	14.9	1.1	80.1
Bread, white, commercially prepared (includes soft bread crumbs)	1 cup, cubes	35	2.9	17.3	1.3	93.5
Bread, white, commercially prepared (includes soft bread crumbs)	1 cup, crumbs	45	3.7	22.3	1.6	120.2
Bread, white, commercially prepared, low sodium no salt	1 slice, thin	20	1.6	9.9	0.7	53.4
Bread, white, commercially prepared, low sodium no salt	1 slice	25	2.1	12.4	0.9	66.8
Bread, white, commercially prepared, low sodium no salt	1 oz	28.4	2.3	14	1	75.7
Bread, white, commercially prepared, low sodium no salt	1 slice, large	30	2.5	14.9	1.1	80.1
Bread, white, commercially prepared, low sodium no salt	1 cup, cubes	35	2.9	17.3	1.3	93.5
Bread, white, commercially prepared, low sodium no salt	1 cup, crumbs	45	3.7	22.3	1.6	120.2
Bread, white, commercially prepared, low sodium no salt	1 slice thin, crust not eaten	8	0.7	4.4	0.3	23.4
Bread, white, commercially prepared, low sodium no salt	1 slice crust not eaten	11	1	6	0.4	32.2
Bread, white, commercially prepared, low sodium no salt	1 slice, very thin	13	1.2	7.1	0.5	38.1
Bread, white, commercially prepared, low sodium no salt	1 slice, thin	17	1.5	9.2	0.7	49.8
Bread, white, commercially prepared, low sodium no salt	1 slice	22	2	12	0.9	64.5
Bread, white, commercially prepared, low sodium no salt	1 slice, large	27	2.4	14.7	1.1	79.1
Bread, white, commercially prepared, low sodium no salt	1 oz	28.4	2.6	15.4	1.1	83.1
Bread, white, commercially prepared, low sodium no salt	1 cup, cubes	42	3.8	22.8	1.7	123.1
Bread, white, commercially prepared, low sodium no salt	1 cup, crumbs	45	4.1	24.5	1.8	131.9
Bread, white, commercially prepared, low sodium no salt	1 slice	23	2.1	12.5	0.9	67.4
Bread, white, commercially prepared, low sodium no salt	1 oz	28.4	2.6	15.4	1.1	83.1
Bread, white, prepared from recipe, made with low fat (2%) milk	1 oz	28.4	2.2	14.1	1.6	80.8
Bread, white, prepared from recipe, made with low fat (2%) milk	1 slice, thin (3-3/4" x 5" x 3/8")	33	2.6	16.4	1.9	94.1
Bread, white, prepared from recipe, made with low fat (2%) milk	1 slice	42	3.3	20.8	2.4	119.7
Bread, white, prepared from recipe, made with nonfat dry milk	1 oz	28.4	2.2	15.2	0.7	77.7
Bread, white, prepared from recipe, made with nonfat dry milk	1 slice	44	3.4	23.6	1.1	120.6
Bread, whole-wheat, commercially prepared	1 slice	28	2.7	12.9	1.2	68.9
Bread, whole-wheat, commercially prepared	1 oz	28.4	2.7	13.1	1.2	69.7
Bread, whole-wheat, commercially prepared, toasted	1 slice	25	2.7	12.9	1.2	69.3
Bread, whole-wheat, commercially prepared, toasted	1 oz	28.4	3.1	14.7	1.4	78.5
Bread, whole-wheat, prepared from recipe	1 oz	28.4	2.4	14.6	1.5	78.8
Bread, whole-wheat, prepared from recipe	1 slice, thin (3-3/4" x 5" x 3/8")	33	2.8	17	1.8	91.7
Bread, whole-wheat, prepared from recipe	1 slice	46	3.9	23.6	2.5	127.9
Bread, whole-wheat, prepared from recipe, toasted	1 oz	28.4	2.6	16	1.7	86.5

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Bread, whole-wheat, prepared from recipe, toasted	1 slice, thin (3-3/4" x 5" x 3/8")	30	2.8	16.9	1.8	91.5
Bread, whole-wheat, prepared from recipe, toasted	1 slice	42	3.9	23.7	2.5	128.1
Breadfruit seeds, boiled	1 oz	28.4	1.5	9.1	0.7	47.6
Breadfruit seeds, raw	1 oz	28.4	2.1	8.3	1.6	54.1
Breadfruit seeds, roasted	1 oz	28.4	1.8	11.4	0.8	58.7
Breadfruit, raw	0.25 fruit, small	96	1	26	0.2	98.9
Breadfruit, raw	1 cup, unthawed	220	2.4	59.7	0.5	226.6
Breadnuttree seeds, dried	1 oz	28.4	2.4	22.5	0.5	104
Breadnuttree seeds, dried	1 cup	160	13.8	127	2.7	587.2
Breadnuttree seeds, raw	1 oz (8-14 seeds)	28.4	1.7	13.1	0.3	61.5
Breakfast Burrito, Ham & Cheese Flavor, Frozen Entree	1 package yields	99	9.6	27.8	6.9	211.9
Breakfast Burrito, Ham & Cheese Flavor, Frozen Entree	1 serving	99	9.6	27.8	6.9	211.9
Broadbeans (fava beans), mature seeds, canned	1 cup	256	14	31.8	0.6	181.8
Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	1 cup	170	12.9	33.4	0.7	187
Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	1 cup	170	12.9	33.4	0.7	187
Broadbeans (fava beans), mature seeds, raw	1 tbs	9.4	2.5	5.5	0.1	32.1
Broadbeans (fava beans), mature seeds, raw	1 cup	150	39.2	87.5	2.3	511.5
Broadbeans, immature seeds, raw	1 broadbean	8	0.4	0.9	0	5.8
Broadbeans, immature seeds, raw	1 cup	109	6.1	12.8	0.7	78.5
Broccoli, chinese, cooked	1 cup	88	1	3.3	0.6	19.4
Broccoli, cooked, boiled, drained, with salt	1 spear (about 5" long)	37	1.1	1.9	0.1	10.4
Broccoli, cooked, boiled, drained, with salt	0.5 cup, chopped	78	2.3	3.9	0.3	21.8
Broccoli, cooked, boiled, drained, with salt	1 stalk, small (5" long)	140	4.2	7.1	0.5	39.2
Broccoli, cooked, boiled, drained, with salt	1 stalk, medium (7-1/2" - 8" long)	180	5.4	9.1	0.6	50.4
Broccoli, cooked, boiled, drained, with salt	1 stalk, large (11"-12" long)	280	8.3	14.2	1	78.4
Broccoli, cooked, boiled, drained, without salt	1 spear (about 5" long)	37	1.1	1.9	0.1	10.4
Broccoli, cooked, boiled, drained, without salt	0.5 cup, chopped	78	2.3	3.9	0.3	21.8
Broccoli, cooked, boiled, drained, without salt	1 stalk, small (5" long)	140	4.2	7.1	0.5	39.2
Broccoli, cooked, boiled, drained, without salt	1 stalk, medium (7-1/2" - 8" long)	180	5.4	9.1	0.6	50.4
Broccoli, cooked, boiled, drained, without salt	1 stalk, large (11"-12" long)	280	8.3	14.2	1	78.4
Broccoli, flower clusters, raw	1 floweret	11	0.3	0.6	0	3.1
Broccoli, flower clusters, raw	1 cup flowerets	71	2.1	3.7	0.2	19.9
Broccoli, frozen, chopped, cooked, boiled, drained, with salt	1 cup	184	5.7	9.8	0.2	51.5
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1 cup	184	5.7	9.8	0.2	51.5
Broccoli, frozen, chopped, unprepared	1 cup	156	4.4	7.5	0.5	40.6
Broccoli, frozen, chopped, unprepared	1 package (10 oz)	284	8	13.6	0.8	73.8
Broccoli, frozen, spears, cooked, boiled, drained, with salt	0.5 cup	92	2.9	4.9	0.1	25.8
Broccoli, frozen, spears, cooked, boiled, drained, with salt	1 package (10 oz) yields	250	7.8	13.4	0.3	70
Broccoli, frozen, spears, cooked, boiled, drained, without salt	0.5 cup	92	2.9	4.9	0.1	25.8
Broccoli, frozen, spears, cooked, boiled, drained, without salt	1 package (10 oz) yields	250	7.8	13.4	0.3	70
Broccoli, frozen, spears, unprepared	1 package (10 oz)	284	8.7	15.2	1	82.4
Broccoli, frozen, spears, unprepared	1 package (2 lb)	907	27.8	48.5	3.1	263
Broccoli, raw	1 spear (about 5" long)	31	0.9	1.6	0.1	8.7
Broccoli, raw	0.5 cup, chopped or diced	44	1.3	2.3	0.2	12.3
Broccoli, raw	1 cup, chopped	88	2.6	4.6	0.3	24.6
Broccoli, raw	1 stalk	151	4.5	7.9	0.5	42.3
Broccoli, raw	1 bunch	608	18.1	31.9	2.1	170.2
Broccoli, stalks, raw	1 stalk	114	3.4	6	0.4	31.9
Bratwurst, pork, beef, nonfat dry milk added	1 oz	28.4	4	0.8	7.9	91.6
Bratwurst, pork, beef, nonfat dry milk added	1 link, 7/lb	70	10	2.1	19.5	226.1
Brussels sprouts, cooked, boiled, drained, with salt	1 sprout	21	0.5	1.8	0.1	8.6
Brussels sprouts, cooked, boiled, drained, with salt	0.5 cup	78	2	6.8	0.4	32
Brussels sprouts, cooked, boiled, drained, without salt	1 sprout	21	0.5	1.8	0.1	8.2
Brussels sprouts, cooked, boiled, drained, without salt	0.5 cup	78	2	6.8	0.4	30.4
Brussels sprouts, frozen, cooked, boiled, drained, with salt	1 cup	155	5.6	12.9	0.6	65.1
Brussels sprouts, frozen, cooked, boiled, drained, without salt	1 cup	155	5.6	12.9	0.6	65.1
Brussels sprouts, frozen, unprepared	1 package (10 oz)	284	10.7	22.4	1.2	116.4
Brussels sprouts, frozen, unprepared	1 package (2 lb)	907	34.3	71.4	3.7	371.9
Brussels sprouts, raw	1 sprout	19	0.6	1.7	0.1	8.2
Brussels sprouts, raw	1 cup	88	3	7.9	0.3	37.8
Buckwheat	1 cup	170	22.5	121.6	5.8	583.1
Buckwheat flour, whole-groat	1 cup	120	15.1	84.7	3.7	402
Buckwheat groats, roasted, cooked	1 cup	168	5.7	33.5	1	154.6
Buckwheat groats, roasted, dry	1 cup	164	19.2	122.9	4.4	567.4

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Buffalo, water, cooked, roasted	3 oz	85	22.8	0	1.5	111.4
Buffalo, water, cooked, roasted	1 piece, cooked (yield from 1 lb raw meat, boneless)	340	91.2	0	6.1	445.4
Buffalo, water, raw	1 oz	28.4	5.8	0	0.4	28.1
Buffalo, water, raw	1 lb	453.6	92.5	0	6.2	449.1
Bulgur, cooked	1 tbsp	8.4	0.3	1.6	0	7
Bulgur, cooked	1 cup	182	5.6	33.8	0.4	151.1
Bulgur, dry	1 cup	140	17.2	106.2	1.9	478.8
Burbot, cooked, dry heat	3 oz	85	21	0	0.9	97.8
Burbot, cooked, dry heat	1 fillet	90	22.3	0	0.9	103.5
Burbot, raw	3 oz	85	16.4	0	0.7	76.5
Burbot, raw	1 fillet	116	22.4	0	0.9	104.4
Burdock root, cooked, boiled, drained, with salt	1 cup (1" pieces)	125	2.6	26.4	0.2	110
Burdock root, cooked, boiled, drained, with salt	1 root	166	3.5	35.1	0.2	146.1
Burdock root, cooked, boiled, drained, without salt	1 cup (1" pieces)	125	2.6	26.4	0.2	110
Burdock root, cooked, boiled, drained, without salt	1 root	166	3.5	35.1	0.2	146.1
Burdock root, raw	1 cup (1" pieces)	118	1.8	20.5	0.2	85
Burdock root, raw	1 root	156	2.4	27.1	0.2	112.3
Burger King Bacon Double Cheeseburger	1 Sandwich		38	32	37	610
Burger King Biscuit		1	6	35	15	300
Burger King Biscuit w/ Egg	1 Sandwich		11	37	22	390
Burger King Biscuit w/ Sausage	1 Sandwich		13	35	35	510
Burger King Biscuit w/ Sausage, Egg & Cheese	1 Sandwich		20	38	46	650
Burger King BK Big Fish Sandwich	1 Sandwich		15	45	38	710
Burger King BK Broiler Chicken Sandwich	1 Sandwich		30	52	25	550
Burger King Bull's-Eye BBQ Deluxe Sandwich	1 Sandwich		18	30	23	400
Burger King Cheeseburger	1 Sandwich		22	31	18	370
Burger King Chicken Club Sandwich	1 Sandwich		30	55	44	740
Burger King Chicken Sandwich	1 Sandwich		25	53	39	660
Burger King Chicken Tenders Sandwich	1 Sandwich		14	37	27	450
Burger King Chicker Tenders (4)	1 pkg		11	10	9	170
Burger King Chicker Tenders (5)	1 pkg		14	13	12	220
Burger King Chicker Tenders (6)	1 pkg		16	15	14	250
Burger King Chicker Tenders (8)	1 pkg		22	20	19	340
Burger King Chocolate Shake w/ Syrup (medium)		1	13	95	8	500
Burger King Chocolate Shake w/ Syrup (small)		1	10	77	6	400
Burger King Cini-minis (4)	1 pkg		6	51	23	440
Burger King Cini-minis w/ Vanilla Icing (4)	1 pkg		6	71	26	550
Burger King Coca Cola Classic (king)		1	0	108	0	430
Burger King Coca Cola Classic (large)		1	0	82	0	330
Burger King Coca Cola Classic (medium)		1	0	56	0	230
Burger King Coca Cola Classic (small)		1	0	41	0	160
Burger King Coffee (large)		1	0	0	0	10
Burger King Coffee (medium)		1	0	0	0	5
Burger King Coffee (small)		1	0	0	0	0
Burger King Croissan'wich w/ Sausage & Cheese	1 Sandwich		14	24	29	410
Burger King Croissan'wich w/ Sausage, Egg & Cheese	1 Sandwich		19	26	36	500
Burger King Diet Coke (king)		1	0	0	0	0
Burger King Diet Coke (large)		1	0	0	0	0
Burger King Diet Coke (medium)		1	0	0	0	0
Burger King Diet Coke (small)		1	0	0	0	0
Burger King Double Cheeseburger	1 Sandwich		35	32	34	570
Burger King Double Hamburger	1 Sandwich		31	30	26	480
Burger King Double Whopper	1 Sandwich		48	53	57	920
Burger King Double Whopper w/ Cheese	1 Sandwich		53	55	65	1020
Burger King Dr. Pepper (king)		1	0	104	0	410
Burger King Dr. Pepper (large)		1	0	79	0	320
Burger King Dr. Pepper (medium)		1	0	54	0	220
Burger King Dr. Pepper (small)		1	0	39	0	160
Burger King Dutch Apple Pie	1 slice		2	52	14	340
Burger King French Fries (king size)		1	7	76	30	600
Burger King French Fries (large)		1	6	63	25	500
Burger King French Fries (medium)		1	4	46	18	360
Burger King French Fries (small)		1	3	29	11	230
Burger King French Toast Sticks (5)	1 pkg		6	46	20	390

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion	
Burger King Frozen Coca Cola Classic (large)		1	0	116	0	460	
Burger King Frozen Coca Cola Classic (medium)		1	0	92	0	370	
Burger King Frozen Minute Maid Cherry (large)		1	0	116	0	460	
Burger King Frozen Minute Maid Cherry (medium)		1	0	92	0	370	
Burger King Hamburger	1 Sandwich		18	30	14	320	
Burger King Hash Brown Rounds (large)		1	3	38	25	390	
Burger King Hash Brown Rounds (small)		1	2	23	15	240	
Burger King Hershey's Sundae Pie	1 slice		3	35	18	310	
Burger King Jalapeno Poppers (4)	1 pkg		7	22	13	230	
Burger King Milk (2% fat)		1	8	12	5	130	
Burger King Mozzarella Sticks (4)	1 pkg		12	25	16	290	
Burger King Onion Rings (child's)		1	4	46	18	360	
Burger King Onion Rings (king size)		1	8	70	27	550	
Burger King Onion Rings (large)		1	7	60	23	480	
Burger King Onion Rings (medium)		1	4	40	16	320	
Burger King Sprite (king)		1	0	105	0	420	
Burger King Sprite (large)		1	0	80	0	320	
Burger King Sprite (medium)		1	0	55	0	220	
Burger King Sprite (small)		1	0	40	0	160	
Burger King Strawberry Shake w/ Syrup (medium)		1	12	95	8	500	
Burger King Strawberry Shake w/ Syrup (small)		1	9	76	6	390	
Burger King Tropicana Pure Orange Juice		1	2	33	0	140	
Burger King Vanilla Shake (medium)		1	12	79	8	430	
Burger King Vanilla Shake (small)		1	9	61	6	330	
Burger King Whopper	1 Sandwich		29	53	39	680	
Burger King Whopper Jr.	1 Sandwich		18	32	23	410	
Burger King Whopper Jr. w/ Cheese	1 Sandwich		21	33	27	460	
Burger King Whopper w/ Cheese	1 Sandwich		34	55	47	780	
Butcher boy meats, inc., turkey franks	1 serving		56	7.5	2.6	10.2	133.8
Butter oil, anhydrous	1 tbspc	12.8	0	0	12.7	112.1	
Butter oil, anhydrous	1 cup	205	0.6	0	203.9	1795.8	
Butter, whipped, with salt	1 pat (1" sq, 1/3" high)	3.8	0	0	3.1	27.2	
Butter, whipped, with salt	1 tbspc	9.4	0.1	0	7.6	67.4	
Butter, whipped, with salt	1 stick	75.6	0.6	0	61.3	542.1	
Butter, whipped, with salt	1 cup	151	1.3	0.1	122.5	1082.7	
Butter, with salt	1 pat (1" sq, 1/3" high)	5	0	0	4.1	35.9	
Butter, with salt	1 tbspc	14.2	0.1	0	11.5	101.8	
Butter, with salt	1 stick	113.4	1	0.1	92	813.1	
Butter, with salt	1 cup	227	1.9	0.1	184.1	1627.6	
Butter, without salt	1 pat (1" sq, 1/3" high)	5	0	0	4.1	35.9	
Butter, without salt	1 tbspc	14.2	0.1	0	11.5	101.8	
Butter, without salt	1 stick	113.4	1	0.1	92	813.1	
Butter, without salt	1 cup	227	1.9	0.1	184.1	1627.6	
Butterbur, (fuki), raw	1 petiole	5	0	0.2	0	0.7	
Butterbur, (fuki), raw	1 cup	94	0.4	3.4	0	13.2	
Butterbur, canned	3 stalks	45	0	0.2	0.1	1.4	
Butterbur, canned	1 cup, chopped	124	0.1	0.5	0.2	3.7	
Butterfish, cooked, dry heat	1 fillet	25	5.5	0	2.6	46.8	
Butterfish, cooked, dry heat	3 oz	85	18.8	0	8.7	159	
Butterfish, raw	1 fillet	32	5.5	0	2.6	46.7	
Butterfish, raw	3 oz	85	14.7	0	6.8	124.1	
Butternut, dried	1 nutmeat	3	0.7	0.4	1.7	18.4	
Butternut, dried	1 oz	28.4	7.1	3.4	16.2	173.5	
Butternut, dried	1 cup	120	29.9	14.5	68.4	734.4	
Butterscotch	1 piece	6	0	5.7	0.2	23.7	
Butterscotch	1 oz	28.4	0	27	1	112	
Butterscotch chips	1 oz	28.4	0.6	19	8.2	152.8	
Butterscotch chips	1 cup chips	170	3.7	114.1	49.4	916.3	
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1 cup, shredded	170	2.7	3	0.3	20.4	
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1 cup, shredded	170	2.7	3	0.3	20.4	
Cabbage, chinese (pak-choi), raw	1 leaf	14	0.2	0.3	0	1.8	
Cabbage, chinese (pak-choi), raw	1 cup, shredded	70	1.1	1.5	0.1	9.1	
Cabbage, chinese (pak-choi), raw	1 head	840	12.6	18.3	1.7	109.2	
Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	1 leaf	14	0.2	0.3	0	2	



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	1 cup, shredded	119	1.8	2.9	0.2	16.7
Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	1 leaf	14	0.2	0.3	0	2
Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	1 cup, shredded	119	1.8	2.9	0.2	16.7
Cabbage, chinese (pe-tsai), raw	1 cup, shredded	76	0.9	2.5	0.2	12.2
Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	0.5 cup, shredded	35	0.4	1.9	0.1	8.4
Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	1 head	908	11	48.8	1.6	217.9
Cabbage, common (danish, domestic, and pointed types), stored, raw	0.5 cup, shredded	35	0.4	1.9	0.1	8.4
Cabbage, common (danish, domestic, and pointed types), stored, raw	1 head	908	11	48.8	1.6	217.9
Cabbage, common, cooked, boiled, drained, with salt	0.5 cup, shredded	75	0.8	3.3	0.3	16.5
Cabbage, common, cooked, boiled, drained, with salt	1 head	1262	12.9	56.3	5.4	277.6
Cabbage, cooked, boiled, drained, without salt	0.5 cup, shredded	75	0.8	3.3	0.3	16.5
Cabbage, cooked, boiled, drained, without salt	1 head	1262	12.9	56.3	5.4	277.6
Cabbage, napa, cooked	1 cup	109	1.2	2.4	0.2	13.1
Cabbage, raw	1 leaf	15	0.2	0.8	0	3.8
Cabbage, raw	1 leaf, medium	23	0.3	1.2	0.1	5.8
Cabbage, raw	1 leaf, large	33	0.5	1.8	0.1	8.3
Cabbage, raw	1 cup, shredded	70	1	3.8	0.2	17.5
Cabbage, raw	1 cup, chopped	89	1.3	4.8	0.2	22.3
Cabbage, raw	1 head, small (about 4-1/2" dia)	714	10.3	38.8	1.9	178.5
Cabbage, raw	1 head, medium (about 5-3/4" dia)	908	13.1	49.3	2.5	227
Cabbage, raw	1 head, large (about 7" dia)	1248	18	67.8	3.4	312
Cabbage, red, cooked, boiled, drained, with salt	1 leaf	22	0.2	1	0	4.6
Cabbage, red, cooked, boiled, drained, with salt	0.5 cup, shredded	75	0.8	3.5	0.2	15.8
Cabbage, red, cooked, boiled, drained, without salt	1 leaf	22	0.2	1	0	4.6
Cabbage, red, cooked, boiled, drained, without salt	0.5 cup, shredded	75	0.8	3.5	0.2	15.8
Cabbage, red, raw	1 leaf	23	0.3	1.4	0.1	6.2
Cabbage, red, raw	1 cup, shredded	70	1	4.3	0.2	18.9
Cabbage, red, raw	1 cup, chopped	89	1.2	5.4	0.2	24
Cabbage, red, raw	1 head, small (4" dia)	567	7.9	34.7	1.5	153.1
Cabbage, red, raw	1 head, medium (about 5" dia)	839	11.7	51.3	2.2	226.5
Cabbage, red, raw	1 head, large (about 5-1/2" dia)	1134	15.8	69.4	2.9	306.2
Cabbage, savoy, cooked, boiled, drained, with salt	1 cup, shredded	145	2.6	7.8	0.1	34.8
Cabbage, savoy, cooked, boiled, drained, without salt	1 cup, shredded	145	2.6	7.8	0.1	34.8
Cabbage, savoy, raw	1 cup, shredded	70	1.4	4.3	0.1	18.9
Cake, angelfood, commercially prepared	1 piece (1/12 of 12 oz cake)	28.4	1.7	16.4	0.2	73.1
Cake, angelfood, commercially prepared	1 cake (9" dia x 4")	340	20.1	196.5	2.7	877.2
Cake, angelfood, dry mix	1 oz	28.4	2.5	24.1	0.1	105.7
Cake, angelfood, dry mix	1 package (14.5 oz)	411	36.6	349.8	1.6	1533
Cake, angelfood, dry mix, prepared	1 piece (1/12 of 10" dia)	50	3.1	29.4	0.2	128.5
Cake, angelfood, dry mix, prepared	1 tube cake (10" dia, 4-3/8" high)	596	36.4	349.9	1.8	1531.7
Cake, boston cream pie, commercially prepared	1 oz	28.4	0.7	12.2	2.4	71.4
Cake, boston cream pie, commercially prepared	1 piece (1/6 of pie)	92	2.2	39.5	7.8	231.8
Cake, carrot, dry mix, pudding-type	1 oz	28.4	1.4	22.5	2.8	117.7
Cake, carrot, dry mix, pudding-type	1 package (18 oz)	510	26	403.9	5.0	2116.5
Cake, cherry fudge with chocolate frosting	1 oz	28.4	0.7	10.8	3.5	74.8
Cake, cherry fudge with chocolate frosting	1 piece (1/8 cake)	71	1.7	27	8.9	187.4
Cake, chocolate, commercially prepared with chocolate frosting	1 oz	28.4	1.2	15.5	4.6	104
Cake, chocolate, commercially prepared with chocolate frosting	1 piece (1/8 of 18 oz cake)	64	2.6	34.9	10.5	234.9
Cake, chocolate, dry mix, pudding-type	1 oz	28.4	1.3	22.3	2.6	112.3
Cake, chocolate, dry mix, pudding-type	1 package (18.25 oz)	517	23.8	406.9	47.6	2047.3
Cake, chocolate, dry mix, regular	1 oz	28.4	1.7	20.7	4.4	121.3
Cake, chocolate, dry mix, regular	1 package (18.50 oz)	524	30.9	382.5	81.7	2242.7
Cake, chocolate, prepared from recipe without frosting	1 piece (1/12 of 9" dia)	95	5	50.7	14.3	340.1
Cake, chocolate, prepared from recipe without frosting	1 cake, 2-layer (8" or 9" dia)	1137	60.3	607.2	171.7	4070.5
Cake, fruitcake, commercially prepared	1 oz	28.4	0.8	17.5	2.6	91.9
Cake, fruitcake, commercially prepared	1 piece	43	1.2	26.5	3.9	139.3
Cake, german chocolate, dry mix, pudding-type	1 oz	28.4	1.1	22.7	2.7	113.7
Cake, german chocolate, dry mix, pudding-type	1 package (18.25 oz)	517	20.7	414.1	49.1	2073.2
Cake, gingerbread, dry mix	1 oz	28.4	1.2	21.1	3.9	123.9
Cake, gingerbread, dry mix	1 package (14.5 oz)	411	18.1	306.6	56.7	1796.1
Cake, gingerbread, prepared from recipe	1 oz	28.4	1.1	13.9	4.6	100.9
Cake, gingerbread, prepared from recipe	1 piece (1/9 of 8" square)	74	2.9	36.4	12.1	263.4
Cake, marble, dry mix, pudding-type	1 oz	28.4	1	22.5	3.3	117.9
Cake, marble, dry mix, pudding-type	1 package (18.25 oz)	517	17.6	410	60.5	2150.7

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Cake, pineapple upside-down, prepared from recipe	1 oz	28.4	1	14.3	3.4	90.4
Cake, pineapple upside-down, prepared from recipe	1 piece (1/9 of 8" square)	115	4	58.1	13.9	366.9
Cake, pound, commercially prepared, butter	1 piece (1/12 of 12 oz cake)	28.4	1.6	13.8	5.6	110
Cake, pound, commercially prepared, butter	1 piece (1/10 of cake)	30	1.7	14.6	6	116.4
Cake, pound, commercially prepared, fat-free	1 oz	28.4	1.5	17.3	0.3	80.2
Cake, pound, commercially prepared, fat-free	1 cake	340	18.4	207.4	4.1	962.2
Cake, pound, commercially prepared, other than all butter, enriched	1 piece (1/12 of 12 oz cake)	28.4	1.5	14.9	5.1	110.3
Cake, pound, commercially prepared, other than all butter, enriched	1 piece (1/10 of 10.6 oz cake)	30	1.6	15.8	5.4	116.7
Cake, pound, commercially prepared, other than all butter, enriched	1 snack cake (2.5 oz)	71	3.7	37.3	12.7	276.2
Cake, pound, commercially prepared, other than all butter, unenriched	1 piece (1/12 of 12 oz cake)	28.4	1.5	14.9	5.1	110.3
Cake, pound, commercially prepared, other than all butter, unenriched	1 piece (1/10 of 10.6 oz cake)	30	1.6	15.8	5.4	116.7
Cake, pound, commercially prepared, other than all butter, unenriched	1 snack cake (2.5 oz)	71	3.7	37.3	12.7	276.2
Cake, shortcake, biscuit-type, prepared from recipe	1 oz	28.4	1.7	13.7	4	98.1
Cake, snack cakes, creme-filled, chocolate with frosting	1 oz	28.4	1	17.1	4.1	106.6
Cake, snack cakes, creme-filled, chocolate with frosting	1 cupcake	50	1.7	30.2	7.3	188
Cake, snack cakes, creme-filled, sponge	1 oz	28.4	0.9	18.1	3.2	103.2
Cake, snack cakes, creme-filled, sponge	1 cake	42.5	1.3	27.2	4.8	154.7
Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	1 oz	28.4	1.2	19.1	1	86.5
Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	1 cupcake	43	1.8	28.9	1.6	131.2
Cake, sponge, commercially prepared	1 oz	28.4	1.5	17.3	0.8	81.9
Cake, sponge, commercially prepared	1 piece (1/12 of 16 oz cake)	38	2.1	23.2	1	109.8
Cake, sponge, prepared from recipe	1 oz	28.4	2.1	16.4	1.2	84.2
Cake, sponge, prepared from recipe	1 piece (1/12 of 16 oz cake)	63	4.6	36.4	2.7	187.1
Cake, white, dry mix, pudding-type, enriched	1 oz	28.4	1.1	23	2.7	119.9
Cake, white, dry mix, pudding-type, enriched	1 package (18.50 oz)	524	20.4	424.4	49.8	2216.5
Cake, white, dry mix, pudding-type, unenriched	1 oz	28.4	1.1	23	2.7	119.9
Cake, white, dry mix, pudding-type, unenriched	1 package (18.50 oz)	524	20.4	424.4	49.8	2216.5
Cake, white, dry mix, regular	1 oz	28.4	1.3	22.1	3.1	120.8
Cake, white, dry mix, regular	1 package (18.50 oz)	524	23.6	408.7	57.1	2232.2
Cake, white, dry mix, special dietary (includes lemon-flavored)	1 oz	28.4	0.9	22.6	2.4	112.5
Cake, white, dry mix, special dietary (includes lemon-flavored)	1 package (8 oz)	226.8	6.8	180.5	19.1	900.4
Cake, white, prepared from recipe with coconut frosting	1 oz	28.4	1.2	17.9	2.9	100.9
Cake, white, prepared from recipe with coconut frosting	1 piece (1/12 of 9" dia)	112	4.9	70.8	11.5	398.7
Cake, white, prepared from recipe without frosting	1 piece (1/12 of 9" dia)	74	4	42.3	9.2	264.2
Cake, white, prepared from recipe without frosting	1 cake, 2-layer (8" or 9" dia)	887	47.9	507.4	110	3166.6
Cake, yellow, commercially prepared, with chocolate frosting	1 oz	28.4	1.1	15.7	4.9	107.4
Cake, yellow, commercially prepared, with chocolate frosting	1 piece (1/8 of 18 oz cake)	64	2.4	35.5	11.1	242.6
Cake, yellow, commercially prepared, with vanilla frosting	1 oz	28.4	1	16.7	4.1	105.7
Cake, yellow, commercially prepared, with vanilla frosting	1 piece (1/8 of 18 oz cake)	64	2.2	37.6	9.3	238.7
Cake, yellow, dry mix, light	1 oz	28.4	1.3	23.8	1.6	114.5
Cake, yellow, dry mix, light	1 package (18.50 oz)	524	24.6	440.7	28.8	2117
Cake, yellow, dry mix, pudding-type	1 oz	28.4	1.1	22.7	2.8	119.9
Cake, yellow, dry mix, pudding-type	1 package (18.50 oz)	524	21	418.7	51.4	2216.5
Cake, yellow, dry mix, regular, enriched	1 oz	28.4	1.2	22.1	3.3	122.5
Cake, yellow, dry mix, regular, enriched	1 package (18.50 oz)	524	23.1	409.2	60.8	2263.7
Cake, yellow, dry mix, regular, unenriched	1 oz	28.4	1.2	22.1	3.3	122.5
Cake, yellow, dry mix, regular, unenriched	1 package (18.50 oz)	524	23.1	409.2	60.8	2263.7
Cake, yellow, prepared from recipe without frosting	1 piece (1/12 of 8" dia)	68	3.6	36	9.9	245.5
Cake, yellow, prepared from recipe without frosting	1 cake, 2-layer (8" dia)	817	43.3	433	119.3	2949.4
Campione d'italia foods, campione garlic bread, frozen	1 serving	28	2.4	12.4	4.7	101.4
Cantaloupe melons, raw	1 wedge, small (1/8 of small melon)	55	0.5	4.6	0.2	19.3
Cantaloupe melons, raw	1 wedge, medium (1/8 of medium melon)	69	0.6	5.8	0.2	24.2
Cantaloupe melons, raw	1 wedge, large (1/8 of large melon)	102	0.9	8.5	0.3	35.7
Cantaloupe melons, raw	10 cantaloupe balls	138	1.2	11.5	0.4	48.3
Cantaloupe melons, raw	1 cup, diced	156	1.4	13	0.4	54.6
Cantaloupe melons, raw	1 cup, cubes	160	1.4	13.4	0.4	56
Cantaloupe melons, raw	1 cup, balls	177	1.6	14.8	0.5	62
Cantaloupe melons, raw	1 melon, small (about 4-1/4" dia)	441	3.9	36.9	1.2	154.4
Cantaloupe melons, raw	1 melon, medium (about 5" dia)	552	4.9	46.1	1.5	193.2
Cantaloupe melons, raw	1 melon, large (about 6-1/2" dia)	814	7.2	68.1	2.3	284.9
Capers, canned	1 tbs, drained	8.6	0.2	0.4	0.1	2
Capri Sun All Natural Juice Drink Fruit Punch, Ready-to-drink	1 nlea serving	210	0	26.3	0	98.7
Carambola, (starfruit), raw	1 small (3" long)	70	0.4	5.5	0.2	23.1
Carambola, (starfruit), raw	1 medium (3-5/8" long)	91	0.5	7.1	0.3	30

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Carambola, (starfruit), raw	1 cup, sliced	108	0.6	8.5	0.4	35.6
Carambola, (starfruit), raw	1 large (4-1/2" long)	127	0.7	9.9	0.4	41.9
Carambola, (starfruit), raw	1 cup, cubes	137	0.7	10.7	0.5	45.2
Caramels	1 piece	10.1	0.5	7.8	0.8	38.6
Caramels	1 package (2.5 oz)	71	3.3	54.7	5.8	271.2
Caramels, chocolate-flavor roll	1 piece	7	0.1	6.1	0.2	25.2
Caramels, chocolate-flavor roll	1 bar (2.25 oz)	64	1.2	55.9	1.6	230.4
Caraway seed	1 tsp	2.1	0.4	1	0.3	7
Caraway seed	1 tbsp	6.7	1.3	3.3	1	22.3
Cardamom, ground	1 tsp	2	0.2	1.4	0.1	6.2
Cardamom, ground	1 tbsp	5.8	0.6	4	0.4	18
Cardoon, raw	1 cup, shredded	178	1.2	8.7	0.2	35.6
Caribou, cooked, roasted	3 oz	85	25.3	0	3.8	142
Caribou, cooked, roasted	1 piece, cooked (yield from 1 lb raw meat, boneless)	340	101.2	0	15	567.8
Caribou, raw	1 oz	28.4	6.4	0	1	36
Caribou, raw	1 lb	453.6	102.6	0	15.2	576.1
Carissa, (natal-plum), raw	1 fruit without skin and seeds	20	0.1	2.7	0.3	12.4
Carissa, (natal-plum), raw	1 cup slices	150	0.8	20.4	2	93
Carl Buddig, cooked corned beef, chopped, pressed	2 oz	56.7	10.9	0.6	3.9	80.5
Carl Buddig, cooked corned beef, chopped, pressed	1 package	71	13.7	0.7	4.8	100.8
Carl Buddig, smoked sliced beef	2 oz	56.7	10.9	0.3	3.7	78.8
Carl Buddig, smoked sliced beef	1 package	71	13.7	0.4	4.6	98.7
Carl Buddig, smoked sliced chicken, light and dark meat	2 oz	56.7	10.1	0.4	5.7	93.6
Carl Buddig, smoked sliced chicken, light and dark meat	1 package	71	12.7	0.5	7.2	117.2
Carl Buddig, smoked sliced ham	2 oz	56.7	10.5	0.6	5.3	92.4
Carl Buddig, smoked sliced ham	1 package	71	13.1	0.8	6.6	115.7
Carl Buddig, smoked sliced turkey, light and dark meat	2 oz	56.7	9.9	1	5.2	90.7
Carl Buddig, smoked sliced turkey, light and dark meat	1 package	71	12.4	1.3	6.5	113.6
Carl Buddig, cooked smoked beef pastrami, chopped, pressed	2 oz	56.7	11.1	0.6	3.7	79.9
Carl Buddig, cooked smoked beef pastrami, chopped, pressed	1 package	71	13.9	0.7	4.6	100.1
Carl's Jr. American Cheese (large)	1 Sandwich		3	1	5	60
Carl's Jr. American Cheese (small)	1 Sandwich		3	1	4	50
Carl's Jr. Bacon Swiss Crispy Chicken Sandwich	1 Sandwich		31	72	38	760
Carl's Jr. Carl's Catch Fish Sandwich	1 Sandwich		18	55	28	530
Carl's Jr. Carl's Famous Star	1 Sandwich		24	50	32	590
Carl's Jr. Charbroiled BBQ Chicken Sandwich	1 Sandwich		25	41	3.5	290
Carl's Jr. Charbroiled BBQ Club Sandwich	1 Sandwich		31	37	23	470
Carl's Jr. Charbroiled Santa Fe Chicken Sandwich	1 Sandwich		28	37	31	540
Carl's Jr. Charbroiled Sirloin Steak Sandwich	1 Sandwich		30	52	24	550
Carl's Jr. Chicken Stars (6 pieces)	1 pkg.		13	14	16	260
Carl's Jr. Crisscut Fries	1		5	43	24	410
Carl's Jr. Double Sourdough Bacon Cheeseburger	1 Sandwich		50	37	59	880
Carl's Jr. Double Western Bacon Cheeseburger	1 Sandwich		51	65	50	920
Carl's Jr. Famous Bacon Cheeseburger	1 Sandwich		31	51	41	700
Carl's Jr. French Fries (kids)	1		4	32	12	250
Carl's Jr. French Fries (large)	1		10	80	29	620
Carl's Jr. French Fries (medium)	1		7	59	22	460
Carl's Jr. French Fries (small)	1		5	37	14	290
Carl's Jr. Hamburger	1 Sandwich		14	36	9	280
Carl's Jr. Hash Brown Nuggets	1		3	32	21	330
Carl's Jr. Onion Rings	1		7	53	22	430
Carl's Jr. Ranch Crispy Chicken Sandwich	1 Sandwich		24	71	31	660
Carl's Jr. Sourdough Bacon Cheeseburger	1 Sandwich		30	37	41	640
Carl's Jr. Sourdough Ranch Bacon Cheeseburger	1 Sandwich		33	43	46	720
Carl's Jr. Southwest Spicy Chicken Sandwich	1 Sandwich		16	48	41	620
Carl's Jr. Spicy Chicken Sandwich	1 Sandwich		14	47	26	480
Carl's Jr. Super Star	1 Sandwich		41	51	47	790
Carl's Jr. Swiss-Style Cheese	1 Sandwich		4	0	4	50
Carl's Jr. Western Bacon Cheeseburger	1 Sandwich		31	64	30	660
Carl's Jr. Western Bacon Crispy Chicken Sandwich	1 Sandwich		31	91	28	750
Carl's Jr. Zucchini	1		6	31	19	320
Carob	1 oz	28.4	2.3	16	8.9	153.1
Carob	1 bar (3 oz)	87	7.1	49	27.3	469.8
Carob flour	1 tbsp	8	0.4	7.1	0.1	17.8

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Carob flour	1 cup	103	4.8	91.5	0.7	228.7
Carob-flavor beverage mix, powder	1 tbsp	12	0.2	11.2	0	44.6
Carob-flavor beverage mix, powder, prepared with milk	1 cup (8 fl oz)	256	8.2	22.5	8.2	194.6
Carp, cooked, dry heat	3 oz	85	19.4	0	6.1	137.7
Carp, cooked, dry heat	1 fillet	170	38.9	0	12.2	275.4
Carp, raw	3 oz	85	15.2	0	4.8	108
Carp, raw	1 fillet	218	38.9	0	12.2	276.9
Carrot juice, canned	1 fl oz	29.5	0.3	2.7	0	11.8
Carrot juice, canned	1 cup	236	2.2	21.9	0.4	94.4
Carrots, baby, raw	1 medium	10	0.1	0.8	0.1	3.8
Carrots, baby, raw	1 large	15	0.1	1.2	0.1	5.7
Carrots, canned, no salt added	0.5 cup slices	123	0.7	6.6	0.2	28.3
Carrots, canned, no salt added	1 can (303 x 406)	454	2.7	24.4	0.6	104.4
Carrots, canned, no salt added, drained solids	1 slice	2.8	0	0.2	0	0.7
Carrots, canned, no salt added, drained solids	1 cup, sliced	146	0.9	8.1	0.3	36.5
Carrots, canned, no salt added, drained solids	1 cup, mashed	228	1.5	12.6	0.4	57
Carrots, canned, no salt added, drained solids	1 can (303 x 406)	284	1.8	15.7	0.5	71
Carrots, canned, regular pack	0.5 cup slices	123	0.7	6.6	0.2	28.3
Carrots, canned, regular pack	1 can (303 x 406)	454	2.6	24.4	0.6	104.4
Carrots, canned, regular pack, drained solids	1 slice	2.8	0	0.2	0	0.7
Carrots, canned, regular pack, drained solids	1 cup, sliced	146	0.9	8.1	0.3	36.5
Carrots, canned, regular pack, drained solids	1 cup, mashed	228	1.5	12.6	0.4	57
Carrots, canned, regular pack, drained solids	1 can (303 x 406)	284	1.8	15.7	0.5	71
Carrots, cooked, boiled, drained, with salt	1 tbsp	9.7	0.1	1	0	4.4
Carrots, cooked, boiled, drained, with salt	1 carrot	46	0.5	4.8	0.1	20.7
Carrots, cooked, boiled, drained, with salt	0.5 cup slices	78	0.9	8.2	0.1	35.1
Carrots, cooked, boiled, drained, without salt	1 tbsp	9.7	0.1	1	0	4.4
Carrots, cooked, boiled, drained, without salt	1 carrot	46	0.5	4.8	0.1	20.7
Carrots, cooked, boiled, drained, without salt	0.5 cup slices	78	0.9	8.2	0.1	35.1
Carrots, frozen, cooked, boiled, drained, with salt	1 cup slices	146	1.7	12	0.2	52.6
Carrots, frozen, cooked, boiled, drained, without salt	1 cup, sliced	146	1.7	12	0.2	52.6
Carrots, frozen, unprepared	0.5 cup slices	64	0.7	5.8	0.1	25
Carrots, frozen, unprepared	1 package (10 oz)	284	3.1	25.5	0.6	110.8
Carrots, raw	1 strip, thin	2	0	0.2	0	0.9
Carrots, raw	1 slice	3	0	0.3	0	1.3
Carrots, raw	1 strip, medium	4	0	0.4	0	1.7
Carrots, raw	1 strip, large (3" long)	7	0.1	0.7	0	3
Carrots, raw	1 small (5-1/2" long)	50	0.5	5.1	0.1	21.5
Carrots, raw	1 medium	61	0.6	6.2	0.1	26.2
Carrots, raw	1 carrot (7-1/2")	72	0.7	7.3	0.1	31
Carrots, raw	1 large (7-1/4" to 8-1/2" long)	72	0.7	7.3	0.1	31
Carrots, raw	1 cup, grated	110	1.1	11.2	0.2	47.3
Carrots, raw	1 cup, strips or slices	122	1.3	12.4	0.2	52.5
Carrots, raw	1 cup, chopped	128	1.3	13	0.2	55
Casaba melons, raw	0.1 fruit	164	1.5	10.2	0.2	42.6
Casaba melons, raw	1 cup, cubes	170	1.5	10.5	0.2	44.2
Casaba melons, raw	1 melon	1640	14.8	101.7	1.6	426.4
Cashew butter, plain, with salt added	1 tbsp	16	2.8	4.4	7.9	93.9
Cashew butter, plain, with salt added	1 oz	28.4	5	7.8	14	166.4
Cashew butter, plain, without salt added	1 tbsp	16	2.8	4.4	7.9	93.9
Cashew butter, plain, without salt added	1 oz	28.4	5	7.8	14	166.4
Cashew dry roasted, with salt added	1 oz	28.4	4.3	9.3	13.1	162.7
Cashew dry roasted, with salt added	1 cup, halves and whole	137	21	44.8	63.5	786.4
Cashew dry roasted, without salt added	1 tbsp	8.6	1.3	2.8	4	49.4
Cashew dry roasted, without salt added	1 oz	28.4	4.3	9.3	13.1	162.7
Cashew dry roasted, without salt added	1 cup, halves and whole	137	21	44.8	63.5	786.4
Cashew oil roasted, with salt added	1 oz (18 kernels)	28.4	4.6	8.1	13.7	163.3
Cashew oil roasted, with salt added	1 cup, halves and whole	130	21	37.1	62.7	748.8
Cashew oil roasted, without salt added	1 oz (18 kernels)	28.4	4.6	8.1	13.7	163.3
Cashew oil roasted, without salt added	1 cup, halves and whole	130	21	37.1	62.7	748.8
Cassava, raw	1 cup	206	2.8	78.4	0.6	329.6
Cassava, raw	1 root	408	5.5	155.2	1.1	652.8
Castleberry Premium Beef Stew, Canned Entree	1 serving	245	15.2	20.3	21.1	330.8
Castleberry Premium Beef Stew, Canned Entree	1 package yields	680	42.2	56.4	58.5	918

mrFITNESSinc.com **MACRONUTRIENT FOOD DATABASE**



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Catfish, channel, cooked, breaded and fried	3 oz	85	15.4	6.8	11.3	194.7
Catfish, channel, cooked, breaded and fried	1 fillet	87	15.7	7	11.6	199.2
Catfish, channel, farmed, cooked, dry heat	3 oz	85	15.9	0	6.8	129.2
Catfish, channel, farmed, cooked, dry heat	1 fillet	143	26.8	0	11.5	217.4
Catfish, channel, farmed, raw	3 oz	85	13.2	0	6.5	114.8
Catfish, channel, farmed, raw	1 fillet	159	24.7	0	12.1	214.7
Catfish, channel, wild, cooked, dry heat	3 oz	85	15.7	0	2.4	89.3
Catfish, channel, wild, cooked, dry heat	1 fillet	143	26.4	0	4.1	150.2
Catfish, channel, wild, raw	3 oz	85	13.9	0	2.4	80.8
Catfish, channel, wild, raw	1 fillet	159	26	0	4.5	151.1
Catsup	1 packet	6	0.1	1.6	0	6.2
Catsup	1 tbsp	15	0.2	4.1	0.1	15.6
Catsup	1 cup	240	3.6	65.5	0.9	249.6
Catsup, low sodium	1 packet	6	0.1	1.6	0	6.2
Catsup, low sodium	1 tbsp	15	0.2	4.1	0.1	15.6
Catsup, low sodium	1 cup	240	3.6	65.5	0.9	249.6
Cauliflower, cooked, boiled, drained, with salt	3 flowerets	54	1	2.2	0.2	12.4
Cauliflower, cooked, boiled, drained, with salt	0.5 cup (1" pieces)	62	1.1	2.5	0.3	14.3
Cauliflower, cooked, boiled, drained, without salt	3 flowerets	54	1	2.2	0.2	12.4
Cauliflower, cooked, boiled, drained, without salt	0.5 cup (1" pieces)	62	1.1	2.5	0.3	14.3
Cauliflower, frozen, cooked, boiled, drained, with salt	1 cup (1" pieces)	180	2.9	6.8	0.4	34.2
Cauliflower, frozen, cooked, boiled, drained, without salt	1 cup (1" pieces)	180	2.9	6.8	0.4	34.2
Cauliflower, frozen, unprepared	0.5 cup (1" pieces)	66	1.3	3.1	0.2	15.8
Cauliflower, frozen, unprepared	1 package (10 oz)	284	5.7	13.3	0.8	68.2
Cauliflower, green, cooked, no salt	0.2 head	90	2.7	5.7	0.3	28.8
Cauliflower, green, cooked, salt	0.5 cup (1" pieces)	62	1.9	3.9	0.2	19.8
Cauliflower, green, raw	1 floweret	25	0.7	1.5	0.1	7.8
Cauliflower, green, raw	1 cup	64	1.9	3.9	0.2	19.8
Cauliflower, green, raw	1 head, small (4" dia)	325	9.6	19.8	1	100.8
Cauliflower, green, raw	1 head, medium (5-6" dia)	431	12.7	26.2	1.3	133.6
Cauliflower, green, raw	1 head, large (6-7" dia)	511	15.1	31.1	1.5	158.4
Cauliflower, raw	1 floweret	13	0.3	0.7	0	3.3
Cauliflower, raw	1 cup	100	2	5.2	0.2	25
Cauliflower, raw	1 head, small (4" dia)	265	5.2	13.8	0.6	66.3
Cauliflower, raw	1 head, medium (5-6" dia)	575	11.4	29.9	1.2	143.8
Cauliflower, raw	1 head, large (6-7" dia)	840	16.6	43.7	1.8	210
Caviar, black and red, granular	1 tbsp	16	3.9	0.6	2.9	40.3
Caviar, black and red, granular	1 oz	28.4	7	1.1	5.1	71.4
Celeriac, cooked, boiled, drained, with salt	1 cup pieces	155	1.5	9.1	0.3	41.9
Celeriac, cooked, boiled, drained, without salt	1 cup pieces	155	1.5	9.1	0.3	41.9
Celeriac, raw	1 cup	156	2.3	14.4	0.5	65.5
Celery seed	1 tsp	2	0.4	0.8	0.5	7.8
Celery seed	1 tbsp	6.5	1.2	2.7	1.6	25.5
Celery, cooked, boiled, drained, with salt	1 cup, diced	150	1.2	6	0.2	27
Celery, cooked, boiled, drained, without salt	2 stalks	75	0.6	3	0.1	13.5
Celery, cooked, boiled, drained, without salt	1 cup, diced	150	1.2	6	0.2	27
Celery, raw	1 strip (4" long)	4	0	0.1	0	0.6
Celery, raw	1 tbsp	7.5	0.1	0.3	0	1.2
Celery, raw	1 stalk, small (5" long)	17	0.1	0.6	0	2.7
Celery, raw	1 stalk, medium (7-1/2" - 8" long)	40	0.3	1.5	0.1	6.4
Celery, raw	1 stalk, large (11"-12" long)	64	0.5	2.3	0.1	10.2
Celery, raw	1 cup, diced	120	0.9	4.4	0.2	19.2
Celery, raw	1 cup, strips	124	0.9	4.5	0.2	19.8
Celtuce, raw	1 leaf	8	0.1	0.3	0	1.4
Cereals ready-to-eat, crispy rice, (rice)	1 cup	28	1.8	24.8	0.1	110.9
Cereals ready-to-eat, crispy rice, (rice)	1 oz	28.4	1.8	25.1	0.1	112.3
Chard, swiss, cooked, boiled, drained, with salt	1 cup, chopped	175	3.3	7.2	0.1	35
Chard, swiss, cooked, boiled, drained, without salt	1 cup, chopped	175	3.3	7.2	0.1	35
Chard, swiss, raw	1 cup	36	0.6	1.3	0.1	6.8
Chard, swiss, raw	1 leaf	48	0.9	1.8	0.1	9.1
Chayote, fruit, cooked, boiled, drained, with salt	1 cup (1" pieces)	160	1	8.1	0.8	38.4
Chayote, fruit, cooked, boiled, drained, without salt	1 cup (1" pieces)	160	1	8.1	0.8	38.4
Chayote, fruit, raw	1 cup (1" pieces)	132	1.1	5.9	0.2	25.1
Chayote, fruit, raw	1 chayote (5-3/4")	203	1.7	9.1	0.3	38.6

mrFITNESSinc.com **MACRONUTRIENT FOOD DATABASE**



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Cheerios	1 cup	30	3.1	22.9	1.8	109.5
Cheese fondue	0.5 cup	108	15.4	4.1	14.5	247.3
Cheese fondue	1 cup	215	30.6	8.1	29	492.4
Cheese food, cold pack, american	1 oz	28.4	5.6	2.4	6.9	93.8
Cheese food, cold pack, american	1 package (8 oz)	227	44.6	18.9	55.5	751.4
Cheese food, pasteurized process, american, with di sodium phosphate	1 oz	28.4	5.6	2.1	7	93
Cheese food, pasteurized process, american, with di sodium phosphate	1 package (8 oz)	227	44.5	16.5	55.8	744.6
Cheese food, pasteurized process, american, without di sodium phosphate	1 slice (3/4 oz)	21	4.1	1.5	5.2	68.9
Cheese food, pasteurized process, american, without di sodium phosphate	1 oz	28.4	5.6	2.1	7	93
Cheese food, pasteurized process, american, without di sodium phosphate	1 cup	113	22.2	8.2	27.8	370.6
Cheese food, pasteurized process, american, without di sodium phosphate	1 package (8 oz)	227	44.5	16.5	55.8	744.6
Cheese food, pasteurized process, swiss	1 oz	28.4	6.2	1.3	6.8	91.6
Cheese food, pasteurized process, swiss	1 package (8 oz)	227	49.8	10.2	54.8	733.2
Cheese sauce, prepared from recipe	2 tbsp	30	3.1	1.6	4.5	59.1
Cheese sauce, prepared from recipe	1 cup	243	25.1	13.3	36.3	478.7
Cheese spread, pasteurized process, american, with di sodium phosphate	1 oz	28.4	4.7	2.5	6	82.2
Cheese spread, pasteurized process, american, with di sodium phosphate	1 jar (5 oz)	142	23.3	12.4	30.1	411.8
Cheese spread, pasteurized process, american, without di sodium phosphate	1 slice, thin	14	2.3	1.2	3	40.6
Cheese spread, pasteurized process, american, without di sodium phosphate	1 cubic inch	17.5	2.9	1.5	3.7	50.8
Cheese spread, pasteurized process, american, without di sodium phosphate	1 oz	28.4	4.7	2.5	6	82.2
Cheese spread, pasteurized process, american, without di sodium phosphate	1 slice	34	5.6	3	7.2	98.6
Cheese spread, pasteurized process, american, without di sodium phosphate	1 cup, diced	140	23	12.2	29.7	406
Cheese spread, pasteurized process, american, without di sodium phosphate	1 jar (5 oz)	142	23.3	12.4	30.1	411.8
Cheese spread, pasteurized process, american, without di sodium phosphate	1 cup	244	40	21.3	51.8	707.6
Cheese substitute, mozzarella	1 cubic inch	17.6	2	4.2	2.2	43.6
Cheese substitute, mozzarella	1 slice	28	3.2	6.6	3.4	69.4
Cheese substitute, mozzarella	1 oz	28.4	3.3	6.7	3.5	70.3
Cheese substitute, mozzarella	3 oz	85	9.7	20.1	10.4	210.8
Cheese substitute, mozzarella	1 cup, shredded	113	13	26.7	13.8	280.2
Cheese, blue	1 cubic inch	17.3	3.7	0.4	5	61.1
Cheese, blue	1 oz	28.4	6.1	0.7	8.1	100.1
Cheese, blue	1 cup, crumbled, not packed	135	28.9	3.2	38.8	476.6
Cheese, brick	1 cubic inch	17.2	4	0.5	5.1	63.8
Cheese, brick	1 oz	28.4	6.6	0.8	8.4	105.2
Cheese, brick	1 slice (1 oz)	28.4	6.6	0.8	8.4	105.2
Cheese, brick	1 cup, shredded	113	26.3	3.2	33.5	419.2
Cheese, brick	1 cup, diced	132	30.7	3.7	39.2	489.7
Cheese, brie	1 cubic inch	17	3.5	0.1	4.7	56.8
Cheese, brie	1 oz	28.4	5.9	0.1	7.8	94.7
Cheese, brie	1 package (4.5 oz)	128	26.6	0.6	35.4	427.5
Cheese, brie	1 cup, sliced	144	29.9	0.6	39.9	481
Cheese, brie	1 cup, melted	240	49.8	1.1	66.4	801.6
Cheese, camembert	1 cubic inch	17	3.4	0.1	4.1	51
Cheese, camembert	1 oz	28.4	5.6	0.1	6.9	85.1
Cheese, camembert	1 wedge (1.33 oz)	38	7.5	0.2	9.2	114
Cheese, camembert	1 cup	246	48.7	1.1	59.7	738
Cheese, caraway	1 oz	28.4	7.1	0.9	8.3	106.6
Cheese, cheddar	1 cubic inch	17	4.2	0.2	5.6	68.5
Cheese, cheddar	1 oz	28.4	7.1	0.4	9.4	114.3
Cheese, cheddar	1 slice (1 oz)	28.4	7.1	0.4	9.4	114.3
Cheese, cheddar	1 cup, shredded	113	28.1	1.4	37.4	455.4
Cheese, cheddar	1 cup, diced	132	32.9	1.7	43.7	532
Cheese, cheddar	1 cup, melted	244	60.8	3.1	80.9	983.3
Cheese, cheshire	1 oz	28.4	6.6	1.4	8.7	109.7
Cheese, colby	1 cubic inch	17.2	4.1	0.4	5.5	67.8
Cheese, colby	1 oz	28.4	6.7	0.7	9.1	111.7
Cheese, colby	1 slice (1 oz)	28.4	6.7	0.7	9.1	111.7
Cheese, colby	1 cup, shredded	113	26.8	2.9	36.3	445.2
Cheese, colby	1 cup, diced	132	31.4	3.4	42.4	520.1
Cheese, cottage, creamed, large or small curd	4 oz	113	14.1	3	5.1	116.4
Cheese, cottage, creamed, large or small curd	1 cup, large curd (not packed)	210	26.2	5.6	9.5	216.3
Cheese, cottage, creamed, large or small curd	1 cup, small curd (not packed)	225	28.1	6	10.1	231.8
Cheese, cottage, creamed, with fruit	4 oz	113	11.2	15	3.8	140.1
Cheese, cottage, creamed, with fruit	1 cup (not packed)	226	22.4	30.1	7.7	280.2

mrFITNESSinc.com **MACRONUTRIENT FOOD DATABASE**



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Cheese, cottage, lowfat, 1% milkfat	4 oz	113	14	3.1	1.2	81.4
Cheese, cottage, lowfat, 1% milkfat	1 cup (not packed)	226	28	6.1	2.3	162.7
Cheese, cottage, lowfat, 2% milkfat	4 oz	113	15.5	4.1	2.2	101.7
Cheese, cottage, lowfat, 2% milkfat	1 cup (not packed)	226	31.1	8.2	4.4	203.4
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	4 oz	113	19.5	2.1	0.5	96.1
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1 cup (not packed)	145	25	2.7	0.6	123.3
Cheese, cream	1 tbsp, whipped	10	0.8	0.3	3.5	34.9
Cheese, cream	1 tbsp	14.5	1.1	0.4	5.1	50.6
Cheese, cream	1 cubic inch	16.1	1.2	0.4	5.6	56.2
Cheese, cream	1 oz	28.4	2.1	0.8	9.9	98.9
Cheese, cream	1 package, small (3 oz)	85	6.4	2.3	29.6	296.7
Cheese, cream	1 cup	232	17.5	6.2	80.9	809.7
Cheese, edam	1 oz	28.4	7.1	0.4	7.9	101.2
Cheese, edam	1 package (7 oz)	198	49.5	2.8	55	706.9
Cheese, feta	1 cubic inch	17	2.4	0.7	3.6	44.9
Cheese, feta	1 oz	28.4	4	1.2	6	74.8
Cheese, feta	1 wedge (1.33 oz)	38	5.4	1.6	8.1	100.3
Cheese, feta	1 cup, crumbled	150	21.3	6.1	31.9	396
Cheese, fontina	1 cubic inch	15	3.8	0.2	4.7	58.4
Cheese, fontina	1 oz	28.4	7.3	0.4	8.8	110.3
Cheese, fontina	1 slice (1 oz)	28.4	7.3	0.4	8.8	110.3
Cheese, fontina	1 cup, shredded	108	27.6	1.7	33.6	420.1
Cheese, fontina	1 cup, diced	132	33.8	2	41.1	513.5
Cheese, fontina	1 package (8 oz)	227	58.1	3.5	70.7	883
Cheese, gjetost	1 oz	28.4	2.7	12.1	8.4	132.1
Cheese, gjetost	1 package (8 oz)	227	21.9	96.8	67	1057.8
Cheese, goat, hard type	1 oz	28.4	8.7	0.6	10.1	128.1
Cheese, goat, semisoft type	1 oz	28.4	6.1	0.7	8.5	103.2
Cheese, goat, soft type	1 oz	28.4	5.3	0.3	6	76
Cheese, gouda	1 oz	28.4	7.1	0.6	7.8	100.9
Cheese, gouda	1 package (7 oz)	198	49.4	4.4	54.3	704.9
Cheese, gruyere	1 cubic inch	15	4.5	0.1	4.9	62
Cheese, gruyere	1 oz	28.4	8.5	0.1	9.2	117.1
Cheese, gruyere	1 slice (1 oz)	28.4	8.5	0.1	9.2	117.1
Cheese, gruyere	1 cup, shredded	108	32.2	0.4	34.9	446
Cheese, gruyere	1 cup, diced	132	39.3	0.5	42.7	545.2
Cheese, gruyere	1 package (6 oz)	170	50.7	0.6	55	702.1
Cheese, limburger	1 cubic inch	18	3.6	0.1	4.9	58.9
Cheese, limburger	1 oz	28.4	5.7	0.1	7.7	92.7
Cheese, limburger	1 box	113	22.7	0.6	30.8	369.5
Cheese, limburger	1 cup	134	26.9	0.7	36.5	438.2
Cheese, limburger	1 package (8 oz)	227	45.5	1.1	61.9	742.3
Cheese, low fat, cheddar or colby	1 cubic inch	17.3	4.2	0.3	1.2	29.9
Cheese, low fat, cheddar or colby	1 oz	28.4	6.9	0.5	2	49
Cheese, low fat, cheddar or colby	1 slice (1 oz)	28.4	6.9	0.5	2	49
Cheese, low fat, cheddar or colby	1 cup, shredded	113	27.5	2.2	7.9	195.5
Cheese, low fat, cheddar or colby	1 cup, diced	132	32.1	2.5	9.2	228.4
Cheese, low-sodium, cheddar or colby	1 cubic inch	17.3	4.2	0.3	5.6	68.9
Cheese, low-sodium, cheddar or colby	1 oz	28.4	6.9	0.5	9.2	112.8
Cheese, low-sodium, cheddar or colby	1 slice (1 oz)	28.4	6.9	0.5	9.2	112.8
Cheese, low-sodium, cheddar or colby	1 cup, shredded	113	27.5	2.2	36.9	449.7
Cheese, low-sodium, cheddar or colby	1 cup, diced	132	32.1	2.5	43.1	525.4
Cheese, mexican, queso anejo	1 oz	28.4	6.1	1.3	8.5	105.7
Cheese, mexican, queso anejo	1 cup, crumbled	132	28.3	6.1	39.6	492.4
Cheese, mexican, queso asadero	1 cubic inch	18	4.1	0.5	5.1	64.1
Cheese, mexican, queso asadero	1 oz	28.4	6.4	0.8	8	100.9
Cheese, mexican, queso asadero	1 slice (1 oz)	28.4	6.4	0.8	8	100.9
Cheese, mexican, queso asadero	1 cup, shredded	113	25.5	3.2	31.9	402.3
Cheese, mexican, queso asadero	1 cup, diced	132	29.8	3.8	37.3	469.9
Cheese, mexican, queso chihuahua	1 cubic inch	17	3.7	0.9	5	63.6
Cheese, mexican, queso chihuahua	1 oz	28.4	6.1	1.6	8.4	106
Cheese, mexican, queso chihuahua	1 slice (1 oz)	28.4	6.1	1.6	8.4	106
Cheese, mexican, queso chihuahua	1 cup, shredded	113	24.4	6.3	33.5	422.6
Cheese, mexican, queso chihuahua	1 cup, diced	132	28.5	7.3	39.2	493.7

mrFITNESSinc.com **MACRONUTRIENT FOOD DATABASE**



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Cheese, monterey	1 cubic inch	17.2	4.2	0.1	5.2	64.2
Cheese, monterey	1 oz	28.4	6.9	0.2	8.6	105.7
Cheese, monterey	1 slice (1 oz)	28.4	6.9	0.2	8.6	105.7
Cheese, monterey	1 cup, shredded	113	27.7	0.8	34.2	421.5
Cheese, monterey	1 cup, diced	132	32.3	0.9	40	492.4
Cheese, monterey	1 package (6 oz)	170	41.6	1.2	51.5	634.1
Cheese, mozzarella, part skim milk	1 oz	28.4	6.9	0.8	4.5	72
Cheese, mozzarella, part skim milk, low moisture	1 cubic inch	17.6	4.8	0.6	3	49.3
Cheese, mozzarella, part skim milk, low moisture	1 oz	28.4	7.8	0.9	4.9	79.4
Cheese, mozzarella, part skim milk, low moisture	1 slice (1 oz)	28.4	7.8	0.9	4.9	79.4
Cheese, mozzarella, part skim milk, low moisture	1 cup, shredded	113	31	3.5	19.3	316.4
Cheese, mozzarella, part skim milk, low moisture	1 cup, diced	132	36.3	4.1	22.6	369.6
Cheese, mozzarella, whole milk	1 oz	28.4	5.5	0.6	6.1	79.7
Cheese, mozzarella, whole milk	1 cup, shredded	112	21.8	2.5	24.2	314.7
Cheese, mozzarella, whole milk	6 slices	170	33	3.8	36.7	477.7
Cheese, mozzarella, whole milk, low moisture	1 cubic inch	17.5	3.8	0.4	4.3	55.7
Cheese, mozzarella, whole milk, low moisture	1 oz	28.4	6.1	0.7	7	90.2
Cheese, muenster	1 cubic inch	17.5	4.1	0.2	5.3	64.4
Cheese, muenster	1 oz	28.4	6.6	0.3	8.5	104.3
Cheese, muenster	1 slice (1 oz)	28.4	6.6	0.3	8.5	104.3
Cheese, muenster	1 cup, shredded	113	26.5	1.3	33.9	415.8
Cheese, muenster	1 cup, diced	132	30.9	1.5	39.7	485.8
Cheese, muenster	1 package (6 oz)	170	39.8	1.9	51.1	625.6
Cheese, neufchatel	1 oz	28.4	2.8	0.8	6.6	73.7
Cheese, neufchatel	1 package (3 oz)	85	8.5	2.5	19.9	221
Cheese, parmesan, grated	1 tbsp	5	2.1	0.2	1.5	22.8
Cheese, parmesan, grated	1 oz	28.4	11.8	1.1	8.5	129.3
Cheese, parmesan, grated	1 cup	100	41.6	3.7	30	456
Cheese, parmesan, hard	1 cubic inch	10.3	3.7	0.3	2.7	40.4
Cheese, parmesan, hard	1 oz	28.4	10.1	0.9	7.3	111.1
Cheese, parmesan, hard	5 package (5 oz)	142	50.8	4.6	36.7	556.6
Cheese, parmesan, shredded	1 tbsp	5	1.9	0.2	1.4	20.8
Cheese, pasteurized process, american, with di sodium phosphate	1 cubic inch	17.5	3.9	0.3	5.5	65.6
Cheese, pasteurized process, american, with di sodium phosphate	1 slice (3/4 oz)	21	4.7	0.3	6.6	78.8
Cheese, pasteurized process, american, with di sodium phosphate	1 oz	28.4	6.3	0.5	8.9	106.3
Cheese, pasteurized process, american, with di sodium phosphate	1 slice (1 oz)	28.4	6.3	0.5	8.9	106.3
Cheese, pasteurized process, american, with di sodium phosphate	1 cup, shredded	113	25	1.8	35.3	423.8
Cheese, pasteurized process, american, with di sodium phosphate	1 cup, diced	140	31	2.2	43.8	525
Cheese, pasteurized process, american, with di sodium phosphate	1 cup, melted	244	54	3.9	76.3	915
Cheese, pasteurized process, american, without di sodium phosphate	1 cubic inch	17.5	3.9	0.3	5.5	65.6
Cheese, pasteurized process, american, without di sodium phosphate	1 oz	28.4	6.3	0.5	8.9	106.3
Cheese, pasteurized process, pimento	1 cubic inch	17.5	3.9	0.3	5.5	65.6
Cheese, pasteurized process, pimento	1 slice (3/4 oz)	21	4.6	0.4	6.6	78.8
Cheese, pasteurized process, pimento	1 oz	28.4	6.3	0.5	8.8	106.3
Cheese, pasteurized process, pimento	1 cup, shredded	113	25	2	35.3	423.8
Cheese, pasteurized process, pimento	1 cup, diced	140	31	2.4	43.7	525
Cheese, pasteurized process, pimento	1 cup, melted	244	54	4.2	76.1	915
Cheese, pasteurized process, swiss, with di sodium phosphate	1 cubic inch	17.9	4.4	0.4	4.5	59.8
Cheese, pasteurized process, swiss, with di sodium phosphate	1 slice (3/4 oz)	21	5.2	0.4	5.3	70.1
Cheese, pasteurized process, swiss, with di sodium phosphate	1 oz	28.4	7	0.6	7.1	94.7
Cheese, pasteurized process, swiss, with di sodium phosphate	1 cup, shredded	113	27.9	2.4	28.3	377.4
Cheese, pasteurized process, swiss, with di sodium phosphate	1 cup, diced	140	34.6	2.9	35	467.6
Cheese, pasteurized process, swiss, without di sodium phosphate	1 cubic inch	17.9	4.4	0.4	4.5	59.8
Cheese, pasteurized process, swiss, without di sodium phosphate	1 oz	28.4	7	0.6	7.1	94.7
Cheese, port de salut	1 cubic inch	17.2	4.1	0.1	4.9	60.5
Cheese, port de salut	1 oz	28.4	6.7	0.2	8	99.8
Cheese, port de salut	1 slice (1 oz)	28.4	6.7	0.2	8	99.8
Cheese, port de salut	1 cup, shredded	113	26.9	0.6	31.9	397.8
Cheese, port de salut	1 cup, diced	132	31.4	0.8	37.2	464.6
Cheese, port de salut	1 package (6 oz)	170	40.4	1	47.9	598.4
Cheese, provolone	1 cubic inch	17	4.3	0.4	4.5	59.7
Cheese, provolone	1 oz	28.4	7.3	0.6	7.5	99.5
Cheese, provolone	1 slice (1 oz)	28.4	7.3	0.6	7.5	99.5
Cheese, provolone	1 cup, diced	132	33.8	2.8	35.1	463.3

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Cheese, provolone	1 package (6 oz)	170	43.5	3.6	45.3	596.7
Cheese, ricotta, part skim milk	1 oz	28.4	3.2	1.5	2.2	39.1
Cheese, ricotta, part skim milk	0.5 cup	124	14.1	6.4	9.8	171.1
Cheese, ricotta, part skim milk	1 cup	246	28	12.6	19.5	339.5
Cheese, ricotta, whole milk	0.5 cup	124	14	3.8	16.1	215.8
Cheese, ricotta, whole milk	1 cup	246	27.7	7.5	31.9	428
Cheese, romano	1 oz	28.4	9	1	7.6	109.7
Cheese, romano	5 package (5 oz)	142	45.2	5.2	38.3	549.5
Cheese, roquefort	1 oz	28.4	6.1	0.6	8.7	104.6
Cheese, roquefort	1 package (3 oz)	85	18.3	1.7	26	313.7
Cheese, swiss	1 cubic inch	15	4.3	0.5	4.1	56.4
Cheese, swiss	1 oz	28.4	8.1	1	7.8	106.6
Cheese, swiss	1 slice (1 oz)	28.4	8.1	1	7.8	106.6
Cheese, swiss	1 cup, shredded	108	30.7	3.7	29.6	406.1
Cheese, swiss	1 cup, diced	132	37.5	4.5	36.2	496.3
Cheese, swiss	1 cup, melted	244	69.4	8.2	67	917.4
Cheese, tilsit	1 oz	28.4	6.9	0.5	7.4	96.4
Cheese, tilsit	1 package (6 oz)	170	41.5	3.2	44.2	578
Cheesecake commercially prepared	1 oz	28.4	1.6	7.2	6.4	91
Cheesecake commercially prepared	1 piece (1/6 of 17 oz cake)	80	4.4	20.4	18	256.8
Cheesecake prepared from mix, no-bake type	1 oz	28.4	1.6	10.1	3.6	77.7
Cheesecake prepared from mix, no-bake type	1 piece (1/12 of 9" dia)	99	5.4	35.1	12.6	271.3
Cheesefurter, cheese smokie, pork, beef	1 oz	28.4	4	0.4	8.2	92.7
Cheesefurter, cheese smokie, pork, beef	1 cheesefurter (8 per 12 oz package)	43	6	0.6	12.4	140.6
Chef Boyardee Beef Ravioli In Tomato & Meat Sauce, Canned Entree	1 serving	244	8.4	36.9	5.4	229.4
Chef Boyardee Beef Ravioli In Tomato & Meat Sauce, Canned Entree	1 package yields	425	14.6	64.3	9.4	399.5
Chef Boyardee Beefaroni, Macaroni With Beef In Tomato Sauce, Canned Entree	1 package yields	212	8.2	31.1	2.9	184.4
Chef Boyardee Beefaroni, Macaroni With Beef In Tomato Sauce, Canned Entree	1 serving	212	8.2	31.1	2.9	184.4
Chef Boyardee Mini Ravioli, Beef Ravioli In Tomato & Meat Sauce, Canned Entree	1 serving	252	8.8	40.6	4.7	239.4
Chef Boyardee Mini Ravioli, Beef Ravioli In Tomato & Meat Sauce, Canned Entree	1 package yields	425	14.8	68.5	8	403.8
Chef Boyardee Spaghetti & Meatballs In Tomato Sauce, Canned Entree	1 serving	240	9.1	34.1	8.6	249.6
Chef Boyardee Spaghetti & Meatballs In Tomato Sauce, Canned Entree	1 package yields	425	16.1	60.3	15.3	442
Chef Boyardee Teenage Mutant Ninja Turtles Pasta Shapes With Mini Meatballs In Tomato Sauce, Canned Entree	1 package yields	212	8.2	33.6	6.8	226.8
Chef Boyardee Teenage Mutant Ninja Turtles Pasta Shapes With Mini Meatballs In Tomato Sauce, Canned Entree	1 serving	212	8.2	33.6	6.8	226.8
Chef-Mate Chili With Beans, Canned Entree	1 cup	253	17.7	29	25	412.4
Chef-Mate Chili With Beans, Canned Entree	1 package yields	3033	212.6	348.2	300	4943.8
Chef-Mate Chili Without Beans, Canned Entree	1 cup	250	18.6	17.6	31.6	430
Chef-Mate Chili Without Beans, Canned Entree	1 package yields	3005	223	211.6	379.8	5168.6
Chef-Mate Corned Beef Hash, Canned Entree	1 cup	253	24.2	29.1	30.3	485.8
Chef-Mate Corned Beef Hash, Canned Entree	1 package yields	3033	290.6	348.5	363.7	5823.4
Chef-Mate Macaroni And Cheese, Canned Entree	1 cup	253	10.8	35.4	11	283.4
Chef-Mate Macaroni And Cheese, Canned Entree	1 package yields	3033	129.5	424.6	131.9	3397
Chef-Mate Sausage N' Shells, Canned Entree	1 cup	253	15	18.7	27.6	382
Chef-Mate Sausage N' Shells, Canned Entree	1 package yields	3033	179.9	224.1	330.6	4579.8
Cherimoya, raw	1 fruit without skin and seeds	547	7.1	131.3	2.2	514.2
Cherries, sour, red, canned, extra heavy syrup pack	1 cup	261	1.9	76.3	0.2	297.5
Cherries, sour, red, canned, heavy syrup pack	1 cup	256	1.9	59.6	0.3	233
Cherries, sour, red, canned, light syrup pack	1 cup	252	1.9	48.6	0.3	189
Cherries, sour, red, canned, water pack	1 cup	244	1.9	21.8	0.2	87.8
Cherries, sour, red, frozen, unsweetened	1 cup, unthawed	155	1.4	17.1	0.7	71.3
Cherries, sour, red, frozen, unsweetened	1 package (18 oz)	510	4.7	56.2	2.2	234.6
Cherries, sour, red, raw	1 cup, with pits, yields	103	1	12.5	0.3	51.5
Cherries, sour, red, raw	1 cup, without pits	155	1.6	18.9	0.5	77.5
Cherries, sweet, canned, extra heavy syrup pack	1 cup, pitted	261	1.5	68.5	0.4	266.2
Cherries, sweet, canned, heavy syrup pack	1 cup, pitted	253	1.5	53.8	0.4	210
Cherries, sweet, canned, juice pack	1 cup, pitted	250	2.3	34.5	0.1	135
Cherries, sweet, canned, light syrup pack	1 cup, pitted	252	1.5	43.6	0.4	168.8
Cherries, sweet, canned, water pack	1 cup, pitted	248	1.9	29.2	0.3	114.1
Cherries, sweet, frozen, sweetened	1 cup, thawed	259	3	57.9	0.3	230.5
Cherries, sweet, frozen, sweetened	1 package (10 oz)	284	3.3	63.5	0.4	252.8
Cherries, sweet, raw	1 cherry	6.8	0.1	1.1	0.1	4.9
Cherries, sweet, raw	1 cup, with pits, yields	117	1.4	19.4	1.1	84.2
Cherries, sweet, raw	1 cup, without pits	145	1.7	24	1.4	104.4
Chervil, dried	1 tsp	0.6	0.1	0.3	0	1.4

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Chervil, dried	1 tbsp	1.9	0.4	0.9	0.1	4.5
Chestnut, chinese, boiled and steamed	1 oz	28.4	0.8	9.5	0.2	43.4
Chestnut, chinese, dried	1 oz	28.4	1.9	22.6	0.5	102.9
Chestnut, chinese, raw	1 oz	28.4	1.2	13.9	0.3	63.5
Chestnut, chinese, roasted	1 oz	28.4	1.3	14.8	0.3	67.8
Chestnut, european, boiled and steamed	1 oz	28.4	0.6	7.9	0.4	37.1
Chestnut, european, dried, peeled	1 oz	28.4	1.4	22.2	1.1	104.6
Chestnut, european, dried, unpeeled	1 oz	28.4	1.8	21.9	1.3	106
Chestnut, european, raw, peeled	1 oz	28.4	0.5	12.5	0.4	55.6
Chestnut, european, raw, unpeeled	1 oz	28.4	0.7	12.9	0.6	60.4
Chestnut, european, raw, unpeeled	1 cup	145	3.5	66	3.3	308.9
Chestnut, european, roasted	1 oz (3 kernels)	28.4	0.9	15	0.6	69.5
Chestnut, european, roasted	10 kernels	84	2.7	44.5	1.8	205.8
Chestnut, european, roasted	1 cup	143	4.5	75.7	3.1	350.4
Chestnut, japanese, boiled and steamed	1 oz	28.4	0.2	3.6	0.1	15.9
Chestnut, japanese, dried	1 oz	28.4	1.5	23.1	0.4	102.1
Chestnut, japanese, dried	1 cup	155	8.1	126.2	1.9	558
Chestnut, japanese, raw	1 oz	28.4	0.6	9.9	0.2	43.7
Chestnut, japanese, roasted	1 oz	28.4	0.8	12.8	0.2	57
Chewing gum	1 stick	3	0	2.9	0	10.2
Chewing gum	1 block	8	0	7.7	0	27.3
Chewing gum	10 chiclets	16	0	15.5	0	54.6
Chex mix	1 oz (approx 2/3 cup)	28.4	3.1	18.5	4.9	120.5
Chex mix	2 oz	56.7	6.2	36.9	9.8	241
Chia seeds, dried	1 oz	28.4	4.7	13.6	7.4	133.8
Chicken Pot Pie, Frozen Entree	1 serving	217	13	42.7	29.1	483.9
Chicken roll, light meat	2 slices	56.7	11.1	1.4	4.2	90.2
Chicken roll, light meat	1 package (6 oz)	170	33.2	4.2	12.5	270.3
Chicken spread, canned	1 tbsp	13	2	0.7	1.5	25
Chicken spread, canned	1 oz	28.4	4.4	1.5	3.3	54.4
Chicken Tortilla Soup	6 oz.		8	18	8	170
Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	1 unit (yield from 1 lb chicken)	72	15.8	7.4	15.8	238.3
Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	0.5 back, bone removed	120	26.4	12.3	26.3	397.2
Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	1 unit (yield from 1 lb chicken)	44	12.2	2.9	9.1	145.6
Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	0.5 back, bone removed	72	20	4.7	14.9	238.3
Chicken, broilers or fryers, back, meat and skin, cooked, roasted	1 unit (yield from 1 lb chicken)	32	8.3	0	6.7	96
Chicken, broilers or fryers, back, meat and skin, cooked, roasted	0.5 back, bone removed	53	13.8	0	11.1	159
Chicken, broilers or fryers, back, meat and skin, cooked, stewed	1 unit (yield from 1 lb chicken)	36	8	0	6.5	92.9
Chicken, broilers or fryers, back, meat and skin, cooked, stewed	1 cup, chopped or diced	160	35.5	0	29	412.8
Chicken, broilers or fryers, back, meat and skin, raw	1 unit (yield from 1 lb chicken)	59	8.3	0	17	188.2
Chicken, broilers or fryers, back, meat and skin, raw	0.5 back, bone removed	99	13.9	0	28.5	315.8
Chicken, broilers or fryers, back, meat only, cooked, fried	1 unit (yield from 1 lb chicken)	35	10.5	2	5.4	100.8
Chicken, broilers or fryers, back, meat only, cooked, fried	0.5 back, bone and skin removed	58	17.4	3.3	8.9	167
Chicken, broilers or fryers, back, meat only, cooked, roasted	1 unit (yield from 1 lb chicken)	24	6.8	0	3.2	57.4
Chicken, broilers or fryers, back, meat only, cooked, roasted	0.5 back, bone and skin removed	40	11.3	0	5.3	95.6
Chicken, broilers or fryers, back, meat only, cooked, stewed	1 unit (yield from 1 lb chicken)	26	6.6	0	2.9	54.3
Chicken, broilers or fryers, back, meat only, cooked, stewed	0.5 back, bone and skin removed	42	10.6	0	4.7	87.8
Chicken, broilers or fryers, back, meat only, raw	1 unit (yield from 1 lb chicken)	31	6.1	0	1.8	42.5
Chicken, broilers or fryers, back, meat only, raw	0.5 back, bone and skin removed	51	10	0	3	69.9
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	1 unit (yield from 1 lb chicken)	84	20.9	7.6	11.1	218.4
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	0.5 breast, bone removed	140	34.8	12.6	18.5	364
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	1 unit (yield from 1 lb chicken)	59	18.8	1	5.2	131
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	0.5 breast, bone removed	98	31.2	1.6	8.7	217.6
Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	1 unit (yield from 1 lb chicken)	58	17.3	0	4.5	114.3
Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	0.5 breast, bone removed	98	29.2	0	7.6	193.1
Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	1 cup, chopped or diced	140	41.7	0	10.9	275.8
Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	1 unit (yield from 1 lb chicken)	66	18.1	0	4.9	121.4
Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	0.5 breast, bone removed	110	30.1	0	8.2	202.4
Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	1 cup, chopped or diced	140	38.3	0	10.4	257.6
Chicken, broilers or fryers, breast, meat and skin, raw	1 unit (yield from 1 lb chicken)	87	18.1	0	8	149.6
Chicken, broilers or fryers, breast, meat and skin, raw	0.5 breast, bone removed	145	30.2	0	13.4	249.4
Chicken, broilers or fryers, breast, meat only, cooked, fried	1 unit (yield from 1 lb chicken)	52	17.4	0.3	2.4	97.2
Chicken, broilers or fryers, breast, meat only, cooked, fried	0.5 breast, bone and skin removed	86	28.8	0.4	4.1	160.8
Chicken, broilers or fryers, breast, meat only, cooked, roasted	1 unit (yield from 1 lb chicken)	52	16.1	0	1.9	85.8

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Chicken, broilers or fryers, breast, meat only, cooked, roasted	0.5 breast, bone and skin removed	86	28.7	0	3.1	141.9
Chicken, broilers or fryers, breast, meat only, cooked, roasted	1 cup, chopped or diced	140	43.4	0	5	231
Chicken, broilers or fryers, breast, meat only, cooked, stewed	1 unit (yield from 1 lb chicken)	57	16.5	0	1.7	86.1
Chicken, broilers or fryers, breast, meat only, cooked, stewed	0.5 breast, bone and skin removed	95	27.5	0	2.9	143.5
Chicken, broilers or fryers, breast, meat only, cooked, stewed	1 cup, chopped or diced	140	40.6	0	4.2	211.4
Chicken, broilers or fryers, breast, meat only, raw	1 unit (yield from 1 lb chicken)	71	16.4	0	0.9	78.1
Chicken, broilers or fryers, breast, meat only, raw	0.5 breast, bone and skin removed	118	27.2	0	1.5	129.8
Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	1 unit (yield from 1 lb chicken)	167	36.5	15.7	31.1	497.7
Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	0.5 chicken, bone removed	278	60.7	26.1	51.8	828.4
Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	1 unit (yield from 1 lb chicken)	110	29.9	4.5	18.6	313.5
Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	0.5 chicken, bone removed	184	50.1	7.5	31.1	524.4
Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	1 unit (yield from 1 lb chicken)	101	26.2	0	15.9	255.5
Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	0.5 chicken, bone removed	167	43.4	0	26.4	422.5
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1 unit (yield from 1 lb chicken)	110	25.9	0	16.1	256.3
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	0.5 chicken, bone removed	184	43.2	0	27	428.7
Chicken, broilers or fryers, dark meat, meat and skin, raw	1 unit (yield from 1 lb chicken)	160	26.7	0	29.3	379.2
Chicken, broilers or fryers, dark meat, meat and skin, raw	0.5 chicken, bone removed	266	44.4	0	48.8	630.4
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1 unit (yield from 1 lb chicken)	91	26.4	2.4	10.6	217.5
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1 cup	140	40.6	3.6	16.3	334.6
Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	1 unit (yield from 1 lb chicken)	81	22.2	0	7.9	166.1
Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	0.5 chicken, bone and skin removed	136	37.2	0	13.2	278.8
Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	1 cup, chopped or diced	140	38.3	0	13.6	287
Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	1 unit (yield from 1 lb chicken)	86	22.3	0	7.7	165.1
Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	1 cup, chopped or diced	140	36.4	0	12.6	268.8
Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	0.5 chicken, bone and skin removed	143	37.1	0	12.8	274.6
Chicken, broilers or fryers, dark meat, meat only, raw	1 unit (yield from 1 lb chicken)	109	21.9	0	4.7	136.3
Chicken, broilers or fryers, dark meat, meat only, raw	0.5 chicken, bone and skin removed	182	36.5	0	7.8	227.5
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	1 unit (yield from 1 lb chicken)	43	9.4	3.6	6.8	115.2
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	1 drumstick, bone removed	72	15.8	6	11.3	193
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	1 unit (yield from 1 lb chicken)	29	7.8	0.5	4	71.1
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	1 drumstick, bone removed	49	13.2	0.8	6.7	120.1
Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	1 unit (yield from 1 lb chicken)	31	8.4	0	3.5	67
Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	1 drumstick, bone removed	52	14.1	0	5.8	112.3
Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	1 cup, chopped or diced	140	37.8	0	15.6	302.4
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1 unit (yield from 1 lb chicken)	34	8.6	0	3.6	69.4
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1 drumstick, bone removed	57	14.4	0	6.1	116.3
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1 cup, chopped or diced	140	35.4	0	14.9	285.6
Chicken, broilers or fryers, drumstick, meat and skin, raw	1 unit (yield from 1 lb chicken)	44	8.5	0	3.8	70.8
Chicken, broilers or fryers, drumstick, meat and skin, raw	1 drumstick, bone removed	73	14.1	0	6.3	117.5
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1 unit (yield from 1 lb chicken)	25	7.2	0	2	48.8
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1 drumstick, bone and skin removed	42	12	0	3.4	81.9
Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	1 unit (yield from 1 lb chicken)	26	7.4	0	1.5	44.7
Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	1 drumstick, bone and skin removed	44	12.4	0	2.5	75.7
Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	1 cup, chopped or diced	140	39.6	0	7.9	240.8
Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	1 unit (yield from 1 lb chicken)	28	7.7	0	1.6	47.3
Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	1 drumstick, bone and skin removed	46	12.7	0	2.6	77.7
Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	1 cup, chopped or diced	160	44	0	9.1	270.4
Chicken, broilers or fryers, drumstick, meat only, raw	1 unit (yield from 1 lb chicken)	37	7.6	0	1.3	44
Chicken, broilers or fryers, drumstick, meat only, raw	1 drumstick, bone and skin removed	62	12.8	0	2.1	73.8
Chicken, broilers or fryers, giblets, cooked, fried	1 unit (yield from 1 lb chicken)	13	4.2	0.6	1.7	36
Chicken, broilers or fryers, giblets, cooked, fried	1 cup, chopped or diced	145	47.2	6.3	19.5	401.7
Chicken, broilers or fryers, giblets, cooked, simmered	1 unit (yield from 1 lb chicken)	14	3.6	0.1	0.7	22
Chicken, broilers or fryers, giblets, cooked, simmered	1 cup, chopped or diced	145	37.5	1.4	6.9	227.7
Chicken, broilers or fryers, giblets, raw	1 unit (yield from 1 lb chicken)	23	4.1	0.4	1	28.5
Chicken, broilers or fryers, giblets, raw	1 giblets	75	13.4	1.4	3.4	93
Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	1 unit (yield from 1 lb chicken)	95	20.7	8.3	15.4	259.4
Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	1 leg, bone removed	158	34.4	13.8	25.5	431.3
Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	1 unit (yield from 1 lb chicken)	67	18	1.7	9.7	170.2
Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	1 leg, bone removed	112	30.1	2.8	16.2	284.5
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	1 unit (yield from 1 lb chicken)	69	17.9	0	9.3	160.1
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	1 leg, bone removed	114	29.6	0	15.3	264.5
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	1 cup, chopped or diced	140	36.3	0	18.8	324.8
Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	1 unit (yield from 1 lb chicken)	75	18.1	0	9.7	165
Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	1 leg, bone removed	125	30.2	0	16.2	275



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	1 cup, chopped or diced	140	33.8	0	18.1	308
Chicken, broilers or fryers, leg, meat and skin, raw	1 unit (yield from 1 lb chicken)	101	18.3	0	12.2	188.9
Chicken, broilers or fryers, leg, meat and skin, raw	1 leg, bone removed	167	30.3	0	20.2	312.3
Chicken, broilers or fryers, leg, meat only, cooked, fried	1 unit (yield from 1 lb chicken)	56	15.9	0.4	5.2	116.5
Chicken, broilers or fryers, leg, meat only, cooked, fried	1 leg, bone and skin removed	94	26.7	0.6	8.8	195.5
Chicken, broilers or fryers, leg, meat only, cooked, roasted	1 unit (yield from 1 lb chicken)	57	15.4	0	4.8	108.9
Chicken, broilers or fryers, leg, meat only, cooked, roasted	1 leg, bone and skin removed	95	25.7	0	8	181.5
Chicken, broilers or fryers, leg, meat only, cooked, roasted	1 cup, chopped or diced	140	37.8	0	11.8	267.4
Chicken, broilers or fryers, leg, meat only, cooked, stewed	1 unit (yield from 1 lb chicken)	60	15.8	0	4.8	111
Chicken, broilers or fryers, leg, meat only, cooked, stewed	1 leg, bone and skin removed	101	26.5	0	8.1	186.9
Chicken, broilers or fryers, leg, meat only, cooked, stewed	1 cup, chopped or diced	160	42	0	12.9	296
Chicken, broilers or fryers, leg, meat only, raw	1 unit (yield from 1 lb chicken)	78	15.7	0	3	93.6
Chicken, broilers or fryers, leg, meat only, raw	1 leg, bone and skin removed	130	26.2	0	5	156
Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	1 unit (yield from 1 lb chicken)	113	26.6	10.7	17.4	313
Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	0.5 chicken, bone removed	188	44.3	17.9	29	520.8
Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	1 unit (yield from 1 lb chicken)	78	23.8	1.4	9.4	191.9
Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	0.5 chicken, bone removed	130	39.6	2.4	15.7	319.8
Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	1 unit (yield from 1 lb chicken)	79	22.9	0	8.6	175.4
Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	0.5 chicken, bone removed	132	38.3	0	14.3	293
Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	1 unit (yield from 1 lb chicken)	90	23.5	0	9	180.9
Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	0.5 chicken, bone removed	150	39.2	0	15	301.5
Chicken, broilers or fryers, light meat, meat and skin, raw	1 unit (yield from 1 lb chicken)	116	23.5	0	12.8	215.8
Chicken, broilers or fryers, light meat, meat and skin, raw	0.5 chicken, bone removed	194	39.3	0	21.5	360.8
Chicken, broilers or fryers, light meat, meat only, cooked, fried	1 unit (yield from 1 lb chicken)	64	21	0.3	3.5	122.9
Chicken, broilers or fryers, light meat, meat only, cooked, fried	1 cup	140	45.9	0.6	7.8	268.8
Chicken, broilers or fryers, light meat, meat only, cooked, roasted	1 unit (yield from 1 lb chicken)	64	19.8	0	2.9	110.7
Chicken, broilers or fryers, light meat, meat only, cooked, roasted	0.5 chicken, bone and skin removed	107	33.1	0	4.8	185.1
Chicken, broilers or fryers, light meat, meat only, cooked, roasted	1 cup, chopped or diced	140	43.3	0	6.3	242.2
Chicken, broilers or fryers, light meat, meat only, cooked, stewed	1 unit (yield from 1 lb chicken)	71	20.5	0	2.8	112.9
Chicken, broilers or fryers, light meat, meat only, cooked, stewed	0.5 chicken, bone and skin removed	119	34.4	0	4.7	189.2
Chicken, broilers or fryers, light meat, meat only, cooked, stewed	1 cup, chopped or diced	140	40.4	0	5.6	222.6
Chicken, broilers or fryers, light meat, meat only, raw	1 unit (yield from 1 lb chicken)	88	20.4	0	1.5	100.3
Chicken, broilers or fryers, light meat, meat only, raw	0.5 chicken, bone and skin removed	147	34.1	0	2.4	167.6
Chicken, broilers or fryers, meat and skin, cooked, fried, batter	1 unit (yield from 1 lb chicken)	280	63.1	26.4	48.6	809.2
Chicken, broilers or fryers, meat and skin, cooked, fried, batter	0.5 chicken, bone removed	466	105	43.9	80.9	1346.7
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	1 unit (yield from 1 lb chicken)	188	53.7	5.9	28	505.7
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	0.5 chicken, bone removed	314	89.7	9.9	46.8	844.7
Chicken, broilers or fryers, meat and skin, cooked, roasted	1 cup, chopped or diced	140	38.2	0	19	334.6
Chicken, broilers or fryers, meat and skin, cooked, roasted	1 unit (yield from 1 lb chicken)	178	48.6	0	24.2	425.4
Chicken, broilers or fryers, meat and skin, cooked, roasted	0.5 chicken, bone removed	299	81.6	0	40.7	714.6
Chicken, broilers or fryers, meat and skin, cooked, stewed	1 cup, chopped or diced	140	34.6	0	17.6	306.6
Chicken, broilers or fryers, meat and skin, cooked, stewed	1 unit (yield from 1 lb chicken)	200	49.4	0	25.1	438
Chicken, broilers or fryers, meat and skin, cooked, stewed	0.5 chicken, bone removed	334	82.4	0	42	731.5
Chicken, broilers or fryers, meat and skin, raw	1 unit (yield from 1 lb chicken)	276	51.3	0	41.6	593.4
Chicken, broilers or fryers, meat and skin, raw	0.5 chicken, bone removed	460	85.6	0	69.3	989
Chicken, broilers or fryers, meat only, cooked, fried	1 cup, chopped or diced	140	42.8	2.4	12.8	306.6
Chicken, broilers or fryers, meat only, cooked, fried	1 unit (yield from 1 lb chicken)	155	47.4	2.6	14.1	339.5
Chicken, broilers or fryers, meat only, cooked, fried	0.5 chicken, bone and skin removed	258	78.9	4.4	23.5	565
Chicken, broilers or fryers, meat only, raw	1 unit (yield from 1 lb chicken)	197	42.1	0	6.1	234.4
Chicken, broilers or fryers, meat only, raw	0.5 chicken, bone and skin removed	329	70.4	0	10.1	391.5
Chicken, broilers or fryers, meat only, roasted	1 tbsp	8.7	2.5	0	0.6	16.5
Chicken, broilers or fryers, meat only, roasted	1 cup, chopped or diced	140	40.5	0	10.4	266
Chicken, broilers or fryers, meat only, roasted	1 unit (yield from 1 lb chicken)	146	42.2	0	10.8	277.4
Chicken, broilers or fryers, meat only, stewed	1 tbsp	8.7	2.4	0	0.6	15.4
Chicken, broilers or fryers, meat only, stewed	1 cup, chopped or diced	140	38.2	0	9.4	247.8
Chicken, broilers or fryers, meat only, stewed	1 unit (yield from 1 lb chicken)	157	42.8	0	10.5	277.9
Chicken, broilers or fryers, meat, skin, giblets, & neck, cooked, fried, batter	1 unit (yield from 1 lb chicken)	308	70.3	27.8	54	896.3
Chicken, broilers or fryers, meat, skin, giblets, & neck, cooked, fried, batter	1 chicken	1028	234.8	92.8	180.2	2991.5
Chicken, broilers or fryers, meat, skin, giblets, & neck, cooked, fried, flour	1 unit (yield from 1 lb chicken)	212	60.6	6.9	32.4	576.6
Chicken, broilers or fryers, meat, skin, giblets, & neck, cooked, fried, flour	1 chicken	708	202.3	23.2	108.1	1925.8
Chicken, broilers or fryers, meat, skin, giblets, & neck, raw	1 chicken	1046	191.7	1.4	155.1	2228
Chicken, broilers or fryers, meat, skin, giblets, & neck, roasted	1 unit (yield from 1 lb chicken)	205	54.9	0.1	27.2	479.7
Chicken, broilers or fryers, meat, skin, giblets, & neck, roasted	1 chicken	682	182.6	0.4	90.5	1595.9
Chicken, broilers or fryers, meat, skin, giblets, & neck, stewed	1 unit (yield from 1 lb chicken)	225	55.1	0.1	27.8	486

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Chicken, broilers or fryers, meat, skin, giblets, & neck, stewed	1 chicken	751	183.9	0.5	92.9	1622.2
Chicken, broilers or fryers, neck, meat and skin, cooked simmered	1 unit (yield from 1 lb chicken)	11	2.2	0	2	27.2
Chicken, broilers or fryers, neck, meat and skin, cooked simmered	1 neck, bone removed	38	7.5	0	6.9	93.9
Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	1 unit (yield from 1 lb chicken)	16	3.2	1.4	3.8	52.8
Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	1 neck, bone removed	52	10.3	4.5	12.2	171.6
Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	1 unit (yield from 1 lb chicken)	11	2.6	0.5	2.6	36.5
Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	1 neck, bone removed	36	8.6	1.5	8.5	119.5
Chicken, broilers or fryers, neck, meat and skin, raw	1 unit (yield from 1 lb chicken)	15	2.1	0	3.9	44.6
Chicken, broilers or fryers, neck, meat and skin, raw	1 neck, bone removed	50	7	0	13.1	148.5
Chicken, broilers or fryers, neck, meat only, cooked, fried	1 unit (yield from 1 lb chicken)	7	1.9	0.1	0.8	16
Chicken, broilers or fryers, neck, meat only, cooked, fried	1 neck, bone and skin removed	22	5.9	0.4	2.6	50.4
Chicken, broilers or fryers, neck, meat only, cooked, simmered	1 unit (yield from 1 lb chicken)	5	1.2	0	0.4	9
Chicken, broilers or fryers, neck, meat only, cooked, simmered	1 neck, bone and skin removed	18	4.4	0	1.5	32.2
Chicken, broilers or fryers, neck, meat only, raw	1 unit (yield from 1 lb chicken)	6	1.1	0	0.5	9.2
Chicken, broilers or fryers, neck, meat only, raw	1 neck, bone and skin removed	20	3.5	0	1.8	30.8
Chicken, broilers or fryers, separable fat, raw	1 tbs	12.8	0.5	0	8.7	80.5
Chicken, broilers or fryers, separable fat, raw	1 unit (yield from 1 lb chicken)	32	1.2	0	21.7	201.3
Chicken, broilers or fryers, separable fat, raw	0.5 chicken, separable fat	52	1.9	0	35.3	327.1
Chicken, broilers or fryers, skin only, cooked, fried, batter	1 unit (yield from 1 lb chicken)	114	11.8	26.4	32.9	449.2
Chicken, broilers or fryers, skin only, cooked, fried, batter	0.5 chicken, skin only	190	19.6	44	54.8	748.6
Chicken, broilers or fryers, skin only, cooked, fried, flour	1 unit (yield from 1 lb chicken)	33	6.3	3.1	14.1	165.7
Chicken, broilers or fryers, skin only, cooked, fried, flour	0.5 chicken, skin only	56	10.7	5.2	23.8	281.1
Chicken, broilers or fryers, skin only, cooked, roasted	1 unit (yield from 1 lb chicken)	34	6.9	0	13.8	154.4
Chicken, broilers or fryers, skin only, cooked, roasted	0.5 chicken, skin only	56	11.4	0	22.8	254.2
Chicken, broilers or fryers, skin only, cooked, stewed	1 unit (yield from 1 lb chicken)	44	6.7	0	14.5	159.7
Chicken, broilers or fryers, skin only, cooked, stewed	0.5 chicken, skin only	72	11	0	23.8	261.4
Chicken, broilers or fryers, skin only, raw	1 unit (yield from 1 lb chicken)	47	6.3	0	15.2	164
Chicken, broilers or fryers, skin only, raw	0.5 chicken, skin only	79	10.5	0	25.6	275.7
Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	1 unit (yield from 1 lb chicken)	52	11.2	4.7	8.6	144
Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	1 thigh, bone removed	86	18.6	7.8	14.2	238.2
Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	1 unit (yield from 1 lb chicken)	38	10.2	1.2	5.7	99.6
Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	1 thigh, bone removed	62	16.6	2	9.3	162.4
Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	1 unit (yield from 1 lb chicken)	37	9.3	0	5.7	91.4
Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	1 thigh, bone removed	62	15.5	0	9.6	153.1
Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	1 cup, chopped or diced	140	35.1	0	21.7	345.8
Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	1 unit (yield from 1 lb chicken)	41	9.5	0	6	95.1
Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	1 thigh, bone removed	68	15.8	0	10	157.8
Chicken, broilers or fryers, thigh, meat and skin, raw	1 unit (yield from 1 lb chicken)	57	9.8	0	8.7	120.3
Chicken, broilers or fryers, thigh, meat and skin, raw	1 thigh, bone removed	94	16.2	0	14.3	198.3
Chicken, broilers or fryers, thigh, meat only, cooked, fried	1 unit (yield from 1 lb chicken)	31	8.7	0.4	3.2	67.6
Chicken, broilers or fryers, thigh, meat only, cooked, fried	1 thigh, bone and skin removed	52	14.7	0.6	5.4	113.4
Chicken, broilers or fryers, thigh, meat only, cooked, roasted	1 unit (yield from 1 lb chicken)	31	8	0	3.4	64.8
Chicken, broilers or fryers, thigh, meat only, cooked, roasted	1 thigh, bone and skin removed	52	13.5	0	5.7	108.7
Chicken, broilers or fryers, thigh, meat only, cooked, roasted	1 cup, chopped or diced	140	36.3	0	15.2	292.6
Chicken, broilers or fryers, thigh, meat only, cooked, stewed	1 unit (yield from 1 lb chicken)	33	8.3	0	3.2	64.4
Chicken, broilers or fryers, thigh, meat only, cooked, stewed	1 thigh, bone and skin removed	55	13.8	0	5.4	107.3
Chicken, broilers or fryers, thigh, meat only, cooked, stewed	1 cup, chopped or diced	140	35	0	13.7	273
Chicken, broilers or fryers, thigh, meat only, raw	1 unit (yield from 1 lb chicken)	41	8.1	0	1.6	48.8
Chicken, broilers or fryers, thigh, meat only, raw	1 thigh, bone and skin removed	69	13.6	0	2.7	82.1
Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	1 unit (yield from 1 lb chicken)	29	5.8	3.2	6.3	94
Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	1 wing, bone removed	49	9.7	5.4	10.7	158.8
Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	1 unit (yield from 1 lb chicken)	19	5	0.5	4.2	61
Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	1 wing, bone removed	32	8.4	0.8	7.1	102.7
Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	1 unit (yield from 1 lb chicken)	21	5.6	0	4.1	60.9
Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	1 wing, bone removed	34	9.1	0	6.6	98.6
Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	1 cup, chopped or diced	140	37.6	0	27.2	406
Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	1 unit (yield from 1 lb chicken)	24	5.5	0	4	59.8
Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	1 wing, bone removed	40	9.1	0	6.7	99.6
Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	1 cup, chopped or diced	140	31.9	0	23.5	348.6
Chicken, broilers or fryers, wing, meat and skin, raw	1 unit (yield from 1 lb chicken)	29	5.3	0	4.6	64.4
Chicken, broilers or fryers, wing, meat and skin, raw	1 wing, bone removed	49	9	0	7.8	108.8
Chicken, broilers or fryers, wing, meat only, cooked, fried	1 unit (yield from 1 lb chicken)	12	3.6	0	1.1	25.3
Chicken, broilers or fryers, wing, meat only, cooked, fried	1 wing, bone and skin removed	20	6	0	1.8	42.2
Chicken, broilers or fryers, wing, meat only, cooked, roasted	1 unit (yield from 1 lb chicken)	13	4	0	1.1	26.4

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Chicken, broilers or fryers, wing, meat only, cooked, roasted	1 wing, bone and skin removed	21	6.4	0	1.7	42.6
Chicken, broilers or fryers, wing, meat only, cooked, stewed	1 unit (yield from 1 lb chicken)	14	3.8	0	1	25.3
Chicken, broilers or fryers, wing, meat only, cooked, stewed	1 wing, bone and skin removed	24	6.5	0	1.7	43.4
Chicken, broilers or fryers, wing, meat only, cooked, stewed	1 cup, chopped or diced	140	38.1	0	10.1	253.4
Chicken, broilers or fryers, wing, meat only, raw	1 unit (yield from 1 lb chicken)	17	3.7	0	0.6	21.4
Chicken, broilers or fryers, wing, meat only, raw	1 wing, bone and skin removed	29	6.4	0	1	36.5
Chicken, canned, meat only, with broth	1 can (5 oz)	142	30.9	0	11.3	234.3
Chicken, capons, giblets, cooked, simmered	1 unit (yield from 1 lb capon)	11	2.9	0.1	0.6	18
Chicken, capons, giblets, cooked, simmered	1 cup, chopped or diced	145	38.3	1.1	7.8	237.8
Chicken, capons, giblets, raw	1 unit (yield from 1 lb capon)	18	3.3	0.3	0.9	23.4
Chicken, capons, giblets, raw	1 giblets	115	21	1.6	6	149.5
Chicken, capons, meat and skin, cooked, roasted	1 unit (yield from 1 lb capon)	196	56.8	0	22.8	448.8
Chicken, capons, meat and skin, cooked, roasted	0.5 capon, bone removed	637	184.5	0	74.2	1458.7
Chicken, capons, meat and skin, raw	1 unit (yield from 1 lb capon)	297	55.7	0	50.7	695
Chicken, capons, meat and skin, raw	0.5 capon, bone removed	964	180.9	0	164.6	2255.8
Chicken, capons, meat, skin, giblets, & neck, cooked, roasted	1 unit (yield from 1 lb capon)	218	61.8	0.1	25.4	492.7
Chicken, capons, meat, skin, giblets, & neck, cooked, roasted	1 capon	1418	402	0.6	165.5	3204.7
Chicken, capons, meat, skin, giblets, & neck, raw	1 capon	2152	398.3	1.7	363.7	4992.6
Chicken, cornish game hens, meat and skin, cooked, roasted	0.5 bird	129	28.7	0	23.5	335.4
Chicken, cornish game hens, meat and skin, cooked, roasted	1 bird whole	257	57.2	0	46.8	668.2
Chicken, cornish game hens, meat and skin, raw	0.5 bird	168	28.8	0	23.6	336
Chicken, cornish game hens, meat only, cooked, roasted	0.5 bird	110	25.6	0	4.3	147.4
Chicken, cornish game hens, meat only, cooked, roasted	1 bird whole	220	51.3	0	8.5	294.8
Chicken, cornish game hens, meat only, raw	0.5 bird	120	24	0	4	139.2
Chicken, cornish game hens, meat only, raw	1 bird whole	239	47.9	0	8	277.2
Chicken, gizzard, all classes, cooked, simmered	1 unit (yield from 1 lb chicken)	7	1.9	0.1	0.3	10.7
Chicken, gizzard, all classes, cooked, simmered	1 cup, chopped or diced	145	39.4	1.7	5.3	221.9
Chicken, gizzard, all classes, raw	1 unit (yield from 1 lb chicken)	11	2	0.1	0.5	13
Chicken, gizzard, all classes, raw	1 gizzard	37	6.7	0.2	1.6	43.7
Chicken, heart, all classes, cooked, simmered	1 unit (yield from 1 lb chicken)	1	0.3	0	0.1	1.9
Chicken, heart, all classes, cooked, simmered	1 cup, chopped or diced	145	38.3	0.1	11.5	268.3
Chicken, heart, all classes, raw	1 unit (yield from 1 lb chicken)	1.8	0.3	0	0.2	2.8
Chicken, heart, all classes, raw	1 heart	6.1	0.9	0	0.6	9.3
Chicken, liver, all classes, cooked, simmered	1 unit (yield from 1 lb chicken)	6	1.5	0.1	0.3	9.4
Chicken, liver, all classes, cooked, simmered	1 cup, chopped or diced	140	34.1	1.2	7.6	219.8
Chicken, liver, all classes, raw	1 unit (yield from 1 lb chicken)	10	1.8	0.3	0.4	12.5
Chicken, liver, all classes, raw	1 liver	32	5.8	1.1	1.2	40
Chicken, roasting, dark meat, meat only, cooked, roasted	1 unit (yield from 1 lb chicken)	94	21.9	0	8.2	167.3
Chicken, roasting, dark meat, meat only, cooked, roasted	1 cup, chopped or diced	140	32.6	0	12.3	249.2
Chicken, roasting, dark meat, meat only, raw	1 unit (yield from 1 lb chicken)	113	21.2	0	4.1	127.7
Chicken, roasting, dark meat, meat only, raw	0.5 chicken, bone and skin removed	258	48.3	0	9.3	291.5
Chicken, roasting, giblets, cooked, simmered	1 unit (yield from 1 lb chicken)	15	4	0.1	0.8	24.8
Chicken, roasting, giblets, cooked, simmered	1 cup, chopped or diced	145	38.8	1.2	7.6	239.3
Chicken, roasting, giblets, raw	1 unit (yield from 1 lb chicken)	25	4.5	0.3	1.3	31.8
Chicken, roasting, giblets, raw	1 giblets	113	20.5	1.3	5.7	143.5
Chicken, roasting, light meat, meat only, cooked, roasted	1 unit (yield from 1 lb chicken)	78	21.2	0	3.2	119.3
Chicken, roasting, light meat, meat only, cooked, roasted	1 cup, chopped or diced	140	38	0	5.7	214.2
Chicken, roasting, light meat, meat only, raw	1 unit (yield from 1 lb chicken)	99	22	0	1.6	107.9
Chicken, roasting, light meat, meat only, raw	0.5 chicken, bone and skin removed	220	48.8	0	3.6	239.8
Chicken, roasting, meat and skin, cooked, roasted	1 unit (yield from 1 lb chicken)	210	50.3	0	28.1	468.3
Chicken, roasting, meat and skin, cooked, roasted	0.5 chicken, bone removed	480	115.1	0	64.3	1070.4
Chicken, roasting, meat and skin, raw	1 unit (yield from 1 lb chicken)	293	50.2	0	46.4	632.9
Chicken, roasting, meat and skin, raw	0.5 chicken, bone removed	668	114.5	0	105.9	1442.9
Chicken, roasting, meat only, cooked, roasted	1 cup, chopped or diced	140	35	0	9.3	233.8
Chicken, roasting, meat only, cooked, roasted	1 unit (yield from 1 lb chicken)	171	42.8	0	11.3	285.6
Chicken, roasting, meat only, raw	1 unit (yield from 1 lb chicken)	209	42.5	0	5.6	232
Chicken, roasting, meat only, raw	0.5 chicken, bone and skin removed	477	97	0	12.9	529.5
Chicken, roasting, meat, skin, giblets, & neck, cooked, roasted	1 unit (yield from 1 lb chicken)	235	56.3	0.1	30.7	517
Chicken, roasting, meat, skin, giblets, & neck, cooked, roasted	1 chicken	1072	256.9	0.5	140.1	2358.4
Chicken, roasting, meat, skin, giblets, & neck, raw	1 chicken	1509	257.9	1.4	233.3	3214.2
Chicken, stewing, dark meat, meat only, cooked, stewed	1 unit (yield from 1 lb chicken)	73	20.5	0	11.2	188.3
Chicken, stewing, dark meat, meat only, cooked, stewed	1 cup, chopped or diced	140	39.4	0	21.4	361.2
Chicken, stewing, dark meat, meat only, raw	1 unit (yield from 1 lb chicken)	105	20.7	0	8.5	164.9
Chicken, stewing, dark meat, meat only, raw	0.5 chicken, bone and skin removed	154	30.3	0	12.5	241.8

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Chicken, stewing, giblets, cooked, simmered	1 unit (yield from 1 lb chicken)	17	4.4	0	1.6	33
Chicken, stewing, giblets, cooked, simmered	1 cup, chopped or diced	145	37.3	0.2	13.5	281.3
Chicken, stewing, giblets, raw	1 unit (yield from 1 lb chicken)	28	5	0.6	2.6	47
Chicken, stewing, giblets, raw	1 giblets	81	14.5	1.7	7.5	136.1
Chicken, stewing, light meat, meat only, cooked, stewed	1 unit (yield from 1 lb chicken)	64	21.1	0	5.1	136.3
Chicken, stewing, light meat, meat only, cooked, stewed	1 cup, chopped or diced	140	46.3	0	11.2	298.2
Chicken, stewing, light meat, meat only, raw	1 unit (yield from 1 lb chicken)	89	20.6	0	3.7	121.9
Chicken, stewing, light meat, meat only, raw	0.5 chicken, bone and skin removed	130	30	0	5.5	178.1
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	1 cup, chopped or diced	160	42.4	0	28.8	441.6
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	1 unit (yield from 1 lb chicken)	202	53.6	0	36.4	557.5
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	1 chicken, bone removed	593	157.3	0.1	106.9	1636.7
Chicken, stewing, meat and skin, and giblets and neck, raw	1 chicken	905	158.2	1.7	176.7	2271.6
Chicken, stewing, meat and skin, cooked, stewed	1 unit (yield from 1 lb chicken)	178	47.8	0	33.6	507.3
Chicken, stewing, meat and skin, cooked, stewed	0.5 chicken, bone removed	261	70.2	0	49.3	743.9
Chicken, stewing, meat and skin, raw	1 unit (yield from 1 lb chicken)	271	47.6	0	55.1	699.2
Chicken, stewing, meat and skin, raw	0.5 chicken, bone removed	398	69.8	0	80.9	1026.8
Chicken, stewing, meat only, cooked, stewed	1 unit (yield from 1 lb chicken)	137	41.7	0	16.3	324.7
Chicken, stewing, meat only, cooked, stewed	1 cup, chopped or diced	140	42.6	0	16.6	331.8
Chicken, stewing, meat only, raw	1 unit (yield from 1 lb chicken)	194	41.2	0	12.3	287.1
Chicken, stewing, meat only, raw	0.5 chicken, bone and skin removed	284	60.4	0	17.9	420.3
Chickpea flour (besan)	1 cup	92	20.6	53.2	6.2	339.5
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	1 cup	240	11.9	54.3	2.7	285.6
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	1 cup	164	14.5	45	4.2	269
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	1 cup	164	14.5	45	4.2	269
Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	1 tbsp	12.5	2.4	7.6	0.8	45.5
Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	1 cup	200	38.6	121.3	12.1	728
Chicory greens, raw	1 cup, chopped	180	3.1	8.5	0.5	41.4
Chicory roots, raw	0.5 cup (1" pieces)	45	0.6	7.9	0.1	32.9
Chicory roots, raw	1 root	60	0.8	10.5	0.1	43.8
Chicory, witloof, raw	0.5 cup	45	0.4	1.8	0	7.7
Chicory, witloof, raw	1 head	53	0.5	2.1	0.1	9
Chili Con Carne With Beans, Canned Entree	1 serving	222	20.2	24.5	8.1	255.3
Chili powder	1 tsp	2.6	0.3	1.4	0.4	8.2
Chili powder	1 tbsp	7.5	0.9	4.1	1.3	23.6
Chili with beans, canned	1 tbsp	16	0.9	1.9	0.9	17.9
Chili with beans, canned	1 cup	256	14.6	30.5	14.1	286.7
Chives, freeze-dried	1 tbsp	0.2	0	0.1	0	0.6
Chives, freeze-dried	0.25 cup	0.8	0.2	0.5	0	2.5
Chives, raw	1 tsp chopped	1	0	0	0	0.3
Chives, raw	1 tbsp chopped	3	0.1	0.1	0	0.9
Chocolate syrup, with added nutrients	1 tbsp	18.8	0.3	12.4	0.2	46.1
Chocolate syrup, with added nutrients	1 fl oz (2 tbsp)	37.5	0.7	24.7	0.5	91.9
Chocolate syrup, with added nutrients	1 cup (8 fl oz)	300	5.4	197.4	3.9	735
Chocolate syrup, with added nutrients, prepared with milk	1 cup (8 fl oz)	263	8.4	23.7	8.4	197.3
Chocolate syrup, without added nutrients	1 tbsp	18.8	0.4	12.2	0.2	52.5
Chocolate syrup, without added nutrients	1 fl oz (2 tbsp)	37.5	0.8	24.4	0.4	104.6
Chocolate syrup, without added nutrients	1 cup (8 fl oz)	300	6.3	195.3	3.4	837
Chocolate syrup, without added nutrients, prepared with milk	1 cup (8 fl oz)	282	8.7	33.6	8.5	231.2
Chocolate-flavor beverage mix, powder	1 portion (2-3 heaping tsp)	21.6	0.7	19.5	0.7	75.4
Chocolate-flavor beverage mix, powder, prepared with milk	1 cup (8 fl oz)	266	8.8	30.9	8.8	226.1
Chocolate-flavored soda	1 fl oz	31	0	3.3	0	13
Chocolate-flavored soda	1 can (12 fl oz)	369	0	39.5	0	155
Chocolate-flavored soda	1 can or bottle (16 fl oz)	492	0	52.6	0	206.6
Chorizo, pork and beef	1 oz	28.4	6.8	0.5	10.8	129
Chorizo, pork and beef	1 link (4" long)	60	14.5	1.1	23	273
Chrysanthemum leaves, raw	1 leaf	18	0.6	0.5	0.1	4.3
Chrysanthemum leaves, raw	1 cup, chopped	51	1.7	1.5	0.3	12.2
Chrysanthemum, garland, cooked, boiled, drained, with salt	1 cup (1" pieces)	100	1.6	4.3	0.1	20
Chrysanthemum, garland, cooked, boiled, drained, without salt	1 cup (1" pieces)	100	1.6	4.3	0.1	20
Chrysanthemum, garland, raw	1 stem (8-3/4" long)	14	0.2	0.6	0	2.9
Chrysanthemum, garland, raw	1 cup (1" pieces)	25	0.4	1.1	0	5.3
Chun King Sweet & Sour Vegetables Fruit & Sauce With Chicken, Canned Entree	1 serving	254	5.8	31.8	1.8	165.1
Chun King Sweet & Sour Vegetables Fruit & Sauce With Chicken, Canned Entree	1 package yields	1234	28.4	154.3	8.6	802.1
Church's Apple Pie (3.1 ounces)	1 slice		2.3	40.5	12.3	280



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Church's Cajun Rice (3.1 ounces)	1		1.3	15.6	7	130
Church's Chicken Breast	1 piece		19	19	12.4	200
Church's Chicken Leg	1 piece		12.7	2.4	9.1	250
Church's Chicken Tender Strip	1 piece		6	6	4	80
Church's Chicken Thigh	1 piece		16.2	16.2	16.2	230
Church's Chicken Wing	1 piece		18.5	7.7	16	250
Church's Cole Slaw (3 ounces)			4.2	8.4	5.5	92
Church's Corn On The Cob (5.7 ounces)	1		4.4	23.5	3.2	139
Church's French Fries (2.7 ounces)	1		3.3	28.5	10.5	210
Church's Honey Butter Biscuits (2.1 ounces)	1		2.2	25.6	16.4	250
Church's Jalapeño Bombers (5 ounces)	1		10	36	12	300
Church's Macaroni & Cheese (3.6 ounces)	1		5	15	7	140
Church's Mashed Potatoes & Gravy (3.7 ounces)	1		1.2	14	3.3	90
Church's Okra (2.8 ounces)	1		2.7	19.1	16.1	210
Cinnamon Swirl French Toast With Sausage, Frozen Breakfast	1 package yields	156	13.1	38.2	23.2	415
Cinnamon Swirl French Toast With Sausage, Frozen Breakfast	1 serving	156	13.1	38.2	23.2	415
Cinnamon Toast Crunch	0.75 cup	30	1.7	23.8	3	124.2
Cinnamon, ground	1 tsp	2.3	0.1	1.8	0.1	6
Cinnamon, ground	1 tbs	6.8	0.3	5.4	0.2	17.7
Cisco, raw	1 fillet	79	15	0	1.5	77.4
Cisco, raw	3 oz	85	16.1	0	1.6	83.3
Cisco, smoked	1 oz	28.4	4.6	0	3.4	50.2
Cisco, smoked	3 oz	85	13.9	0	10.1	150.5
Citrus fruit juice drink, frozen concentrate	1 fl oz	35.2	0.4	14.2	0	57
Citrus fruit juice drink, frozen concentrate	1 can (12 fl oz)	423	5.1	170.5	0.4	685.3
Citrus fruit juice drink, frozen concentrate, prepared with water	1 fl oz	31	0.1	3.6	0	14.3
Citrus fruit juice drink, frozen concentrate, prepared with water	1 cup (8 fl oz)	248	0.7	28.5	0	114.1
Clam and tomato juice, canned	1 fl oz	30.2	0.2	3.3	0.1	14.5
Clam and tomato juice, canned	1 can (5.5 oz)	166	1	18.2	0.3	79.7
Clam, mixed species, canned, drained solids	3 oz	85	21.7	4.4	1.7	125.8
Clam, mixed species, canned, drained solids	1 cup	160	40.9	8.2	3.1	236.8
Clam, mixed species, canned, liquid	3 oz	85	0.3	0.1	0	1.7
Clam, mixed species, canned, liquid	1 cup	240	1	0.2	0	4.8
Clam, mixed species, cooked, breaded and fried	3 oz	85	12.1	8.8	9.5	171.7
Clam, mixed species, cooked, breaded and fried	20 small	188	26.8	19.4	21	379.8
Clam, mixed species, cooked, moist heat	3 oz	85	21.7	4.4	1.7	125.8
Clam, mixed species, cooked, moist heat	20 small	190	48.5	9.7	3.7	281.2
Clam, mixed species, raw	1 small	9	1.1	0.2	0.1	6.7
Clam, mixed species, raw	1 medium	14.5	1.9	0.4	0.1	10.7
Clam, mixed species, raw	1 large	20	2.6	0.5	0.2	14.8
Clam, mixed species, raw	1 lb (with shell), yield after shell removed	68	8.7	1.7	0.7	50.3
Clam, mixed species, raw	3 oz	85	10.9	2.2	0.8	62.9
Clam, mixed species, raw	1 cup (with liquid and clams)	227	29	5.8	2.2	168
Cloves, ground	1 tsp	2.1	0.1	1.3	0.4	6.8
Cloves, ground	1 tbs	6.6	0.4	4	1.3	21.3
Club soda	1 fl oz	29.6	0	0	0	0
Club soda	1 can or bottle (12 fl oz)	355	0	0	0	0
Club soda	1 can or bottle (16 fl oz)	474	0	0	0	0
Cocoa mix, Carnation hot cocoa mix with marshmallows	1 envelope	28	1.3	24.3	1	111.7
Cocoa mix, Carnation hot cocoa mix with marshmallows	1 serving	28	1.3	24.3	1	111.7
Cocoa mix, Carnation no sugar added hot cocoa mix	1 envelope	15	4.3	8.4	0.4	54.8
Cocoa mix, Carnation no sugar added hot cocoa mix	1 serving	15	4.3	8.4	0.4	54.8
Cocoa mix, Carnation rich chocolate hot cocoa mix	1 envelope	28	1.3	24.2	1.1	112
Cocoa mix, Carnation rich chocolate hot cocoa mix	1 serving	28	1.3	24.2	1.1	112
Cocoa mix, with added nutrients, powder	1 packet (1.1 oz)	31.2	1.9	24	3	119.8
Cocoa mix, with added nutrients, powder, prepared with water	1 packet dry mix with 6 fl oz water	209	1.9	24	2.9	119.1
Cocoa mix, with aspartame	1 packet dry mix with 6 fl oz water	192	3.8	8.4	0.4	48
Cocoa mix, with aspartame	1 portion (6 fl oz + 0.53 oz packet)	192	3.8	8.4	0.4	48
Cocoa mix, with aspartame, powder, with added calcium phosphorus	1 envelope swiss miss (.53 oz)	15	3.8	8.5	0.5	47.9
Cocoa mix, with aspartame, powder, with added calcium phosphorus	1 packet (0.675 oz)	19.1	4.8	10.8	0.6	60.9
Cocoa mix, with aspartame, powder, without added calcium or phosphorus	1 envelope swiss miss (.53 oz)	15	3.8	8.5	0.5	47.9
Cocoa mix, with aspartame, powder, without added calcium or phosphorus	1 envelope alba (.675 oz)	19.1	4.8	10.8	0.6	60.9
Cocoa mix, without added nutrients, powder	1 serving (3 heaping tsp or 1 envelope)	28.4	3.1	22.4	1.1	102.3
Cocoa mix, without added nutrients, powder, prepared with water	1 oz packet with 6 fl oz water	206	3.1	22.5	1.2	103

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Cocoa Puffs	1 cup	30	1.1	26.7	0.9	118.8
Cocoa, dry powder, unsweetened	1 tbsps	5.4	1.1	2.9	0.7	12.4
Cocoa, dry powder, unsweetened	1 cup	86	16.9	46.7	11.8	196.9
Cocoa, dry powder, unsweetened, hershey, hershey's european style cocoa	1 tbsps	5	1.2	2.6	0.5	19.3
Cocoa, dry powder, unsweetened, hershey, hershey's european style cocoa	1 cup	86	20.5	44.5	8	332
Cocoa, dry powder, unsweetened, processed with alkali	1 tbsps	5.4	1	3	0.7	12
Cocoa, dry powder, unsweetened, processed with alkali	1 cup	86	15.6	47.1	11.3	190.9
Coconut cream, canned (liquid expressed from grated meat)	1 tbsps	19	0.5	1.6	3.4	36.5
Coconut cream, canned (liquid expressed from grated meat)	1 cup	296	8	24.7	52.5	568.3
Coconut cream, raw (liquid expressed from grated meat)	1 tbsps	15	0.5	1	5.2	49.5
Coconut cream, raw (liquid expressed from grated meat)	1 cup	240	8.7	16	83.2	792
Coconut meat, dried (desiccated), creamed	1 oz	28.4	1.5	6.1	19.6	193.9
Coconut meat, dried (desiccated), not sweetened	1 oz	28.4	2	6.9	18.3	187.1
Coconut meat, dried (desiccated), sweetened, flaked, canned	1 cup	77	2.6	31.5	24.4	341.1
Coconut meat, dried (desiccated), sweetened, flaked, canned	4 oz	114	3.8	46.6	36.1	505
Coconut meat, dried (desiccated), sweetened, flaked, packaged	1 oz	28.4	0.9	13.5	9.1	134.4
Coconut meat, dried (desiccated), sweetened, flaked, packaged	1 cup	74	2.4	35.2	23.8	350.8
Coconut meat, dried (desiccated), sweetened, shredded	1 cup, shredded	93	2.7	44.3	33	465.9
Coconut meat, dried (desiccated), sweetened, shredded	1 package (7 oz)	199	5.7	94.9	70.6	997
Coconut meat, dried (desiccated), toasted	1 oz	28.4	1.5	12.6	13.3	167.8
Coconut meat, raw	1 piece (2" x 2" x 1/2")	45	1.5	6.9	15.1	159.3
Coconut meat, raw	1 cup, shredded	80	2.7	12.2	26.8	283.2
Coconut meat, raw	1 medium	397	13.2	60.5	133	1405.4
Coconut milk, canned (liquid expressed from grated meat and water)	1 tbsps	15	0.3	0.4	3.2	29.6
Coconut milk, canned (liquid expressed from grated meat and water)	1 cup	226	4.6	6.4	48.2	445.2
Coconut milk, frozen (liquid expressed from grated meat and water)	1 tbsps	15	0.2	0.8	3.1	30.3
Coconut milk, frozen (liquid expressed from grated meat and water)	1 cup	240	3.9	13.4	49.9	484.8
Coconut milk, raw (liquid expressed from grated meat and water)	1 tbsps	15	0.3	0.8	3.6	34.5
Coconut milk, raw (liquid expressed from grated meat and water)	1 cup	240	5.5	13.3	57.2	552
Coconut water (liquid from coconuts)	1 tbsps	15	0.1	0.6	0	2.9
Coconut water (liquid from coconuts)	1 coconut yields	206	1.5	7.6	0.4	39.1
Coconut water (liquid from coconuts)	1 cup	240	1.7	8.9	0.5	45.6
Cod, atlantic, canned, solids and liquid	3 oz	85	19.3	0	0.7	89.3
Cod, atlantic, canned, solids and liquid	1 can	312	71	0	2.7	327.6
Cod, atlantic, cooked, dry heat	3 oz	85	19.4	0	0.7	89.3
Cod, atlantic, cooked, dry heat	1 fillet	180	41.1	0	1.5	189
Cod, atlantic, dried and salted	1 oz	28.4	17.8	0	0.7	82.2
Cod, atlantic, dried and salted	1 piece (5-1/2" x 1-1/2" x 1/2")	80	50.3	0	1.9	232
Cod, atlantic, dried and salted	3 oz	85	53.4	0	2	246.5
Cod, atlantic, raw	3 oz	85	15.1	0	0.6	69.7
Cod, atlantic, raw	1 fillet	231	41.1	0	1.5	189.4
Cod, pacific, cooked, dry heat	3 oz	85	19.5	0	0.7	89.3
Cod, pacific, cooked, dry heat	1 fillet	90	20.7	0	0.7	94.5
Cod, pacific, raw	3 oz	85	15.2	0	0.5	69.7
Cod, pacific, raw	1 fillet	116	20.8	0	0.7	95.1
Coffee substitute, cereal grain beverage, powder	1 tsp	2.3	0.1	1.9	0.1	7.5
Coffee substitute, cereal grain beverage, powder, prepared with milk	6 fl oz	185	6.1	10.4	6.1	120.3
Coffee substitute, cereal grain beverage, prepared with water	1 fl oz	30	0	0.3	0	1.5
Coffee substitute, cereal grain beverage, prepared with water	6 fl oz	180	0.2	1.8	0	9
Coffee substitute, cereal grain beverage, prepared with water	1 cup (8 fl oz)	240	0.2	2.4	0	12
Coffee, brewed, prepared with distilled water	1 fl oz	29.6	0	0.1	0	0.6
Coffee, brewed, prepared with distilled water	6 fl oz	178	0.2	0.7	0	3.6
Coffee, brewed, prepared with distilled water	1 cup (8 fl oz)	237	0.2	0.9	0	4.7
Coffee, brewed, prepared with tap water	1 fl oz	29.6	0	0.1	0	0.6
Coffee, brewed, prepared with tap water	6 fl oz	178	0.2	0.7	0	3.6
Coffee, brewed, prepared with tap water	1 cup (8 fl oz)	237	0.2	0.9	0	4.7
Coffee, brewed, prepared with tap water, decaffeinated	1 fl oz	29.6	0	0.1	0	0.6
Coffee, brewed, prepared with tap water, decaffeinated	6 fl oz	178	0.2	0.7	0	3.6
Coffee, brewed, prepared with tap water, decaffeinated	1 cup (8 fl oz)	237	0.2	0.9	0	4.7
Coffee, instant, decaffeinated, powder	1 tsp, rounded	1.8	0.2	0.8	0	4
Coffee, instant, decaffeinated, powder, prepared with water	6 fl oz	179	0.2	0.7	0	3.6
Coffee, instant, regular, powder	1 tsp dry	0.9	0.1	0.4	0	2.2
Coffee, instant, regular, powder	1 serving (1 round tsp)	1.5	0.2	0.6	0	3.6
Coffee, instant, regular, prepared with water	1 fl oz	29.8	0	0.1	0	0.6

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Coffee, instant, regular, prepared with water	6 fl oz	179	0.2	0.7	0	3.6
Coffee, instant, with chicory, powder	1 tsp, rounded	1.8	0.2	1.3	0	6.3
Coffee, instant, with chicory, prepared with water	6 fl oz	179	0.2	1.3	0	7.2
Coffeecake, cheese	1 oz	28.4	2	12.6	4.3	96.1
Coffeecake, cheese	1 piece (1/6 of 16 oz cake)	76	5.3	33.7	11.6	257.6
Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	1 oz	28.4	1.9	13.2	6.6	118.5
Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	1 individual cake	57	3.9	26.6	13.3	238.3
Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	1 piece (1/9 of 20 oz cake)	63	4.3	29.4	14.7	263.3
Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	1 oz	28.4	1.9	13.2	6.6	118.5
Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	1 individual cake	57	3.9	26.6	13.3	238.3
Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	1 piece (1/9 of 20 oz cake)	63	4.3	29.4	14.7	263.3
Coffeecake, cinnamon with crumb topping, dry mix	1 oz	28.4	1.4	22	3.4	123.6
Coffeecake, cinnamon with crumb topping, dry mix	1 package (10.5 oz)	298	14.3	231.5	35.8	1299.3
Coffeecake, cinnamon with crumb topping, dry mix, prepared	1 oz	28.4	1.6	15	2.7	90.2
Coffeecake, cinnamon with crumb topping, dry mix, prepared	1 piece (1/8 of 8" x 5-3/4" cake)	56	3.1	29.6	5.4	178.1
Coffeecake, creme-filled with chocolate frosting	1 oz	28.4	1.4	15.3	3.1	93.8
Coffeecake, creme-filled with chocolate frosting	1 piece (1/6 of 19 oz cake)	90	4.5	48.4	9.7	297.9
Coffeecake, fruit	1 oz	28.4	1.5	14.6	2.9	88.2
Coffeecake, fruit	1 piece (1/8 cake)	50	2.6	25.8	5.1	155.5
Cola, contains caffeine	1 fl oz	31	0	3.2	0	12.7
Cola, contains caffeine	1 can or bottle (12 fl oz)	370	0	38.5	0	151.7
Cola, contains caffeine	1 can or bottle (16 fl oz)	492	0	51.2	0	201.7
Cola, contains caffeine	1 drink, small (16 fl oz)	492	0	51.2	0	201.7
Cola, contains caffeine	1 drink, medium (22 fl oz)	676	0	70.3	0	277.2
Cola, contains caffeine	1 drink, large (32 fl oz)	984	0	102.3	0	403.4
Cola, contains caffeine	1 drink, extra large (44 fl oz)	1353	0	140.7	0	554.7
Cola, diet or pepper-types, with sodium saccharin, contains caffeine	1 fl oz	29.6	0	0	0	0
Cola, diet or pepper-types, with sodium saccharin, contains caffeine	1 can or bottle (12 fl oz)	355	0	0.4	0	0
Cola, diet or pepper-types, with sodium saccharin, contains caffeine	1 can or bottle (16 fl oz)	474	0	0.5	0	0
Cola, diet, with aspartame, contains caffeine	1 fl oz	29.6	0	0	0	0.3
Cola, diet, with aspartame, contains caffeine	1 can (12 fl oz)	355	0.4	0.4	0	3.6
Cola, diet, with aspartame, contains caffeine	1 can or bottle (16 fl oz)	474	0.5	0.5	0	4.7
Cola, diet, with aspartame, contains caffeine	1 drink, small (16 fl oz)	474	0.5	0.5	0	4.7
Cola, diet, with aspartame, contains caffeine	1 drink, medium (22 fl oz)	651	0.7	0.7	0	6.5
Cola, diet, with aspartame, contains caffeine	1 drink, large (32 fl oz)	947	0.9	0.9	0	9.5
Cola, diet, with aspartame, contains caffeine	1 drink, extra large (44 fl oz)	1302	1.3	1.3	0	13
Cola, diet, with aspartame, without caffeine	1 fl oz	29.6	0	0	0	0.3
Cola, diet, with aspartame, without caffeine	1 can (12 fl oz)	355	0.4	0.4	0	3.6
Cola, diet, with aspartame, without caffeine	1 can or bottle (16 fl oz)	474	0.5	0.5	0	4.7
Cola, Pepper-type, contains caffeine	1 fl oz	30.7	0	3.2	0	12.6
Cola, Pepper-type, contains caffeine	1 can or bottle (12 fl oz)	368	0	38.3	0.4	150.9
Cola, Pepper-type, contains caffeine	1 can or bottle (16 fl oz)	491	0	51.1	0.5	201.3
Cola, with higher caffeine	1 fl oz	31	0	3.2	0	12.7
Cola, with higher caffeine	1 can or bottle (12 fl oz)	370	0	38.5	0	151.7
Cola, with higher caffeine	1 can or bottle (16 fl oz)	492	0	51.2	0	201.7
Cola, with higher caffeine	1 drink, small (16 fl oz)	492	0	51.2	0	201.7
Cola, with higher caffeine	1 drink, medium (22 fl oz)	676	0	70.3	0	277.2
Cola, with higher caffeine	1 drink, large (32 fl oz)	984	0	102.3	0	403.4
Cola, with higher caffeine	1 drink, extra large (44 fl oz)	1353	0	140.7	0	554.7
Cola, without caffeine	1 fl oz	31	0	3.2	0	12.7
Cola, without caffeine	1 can or bottle (12 fl oz)	370	0	38.5	0	151.7
Cola, without caffeine	1 can or bottle (16 fl oz)	492	0	51.2	0	201.7
Coleslaw, home-prepared	1 tbsp	8	0.1	1	0.2	5.5
Coleslaw, home-prepared	0.5 cup	60	0.8	7.4	1.6	41.4
Collards, cooked, boiled, drained, with salt	1 cup, chopped	190	4	9.3	0.7	49.4
Collards, cooked, boiled, drained, without salt	1 cup, chopped	190	4	9.3	0.7	49.4
Collards, frozen, chopped, cooked, boiled, drained, with salt	1 cup, chopped	170	5	12.1	0.7	61.2
Collards, frozen, chopped, cooked, boiled, drained, without salt	1 cup, chopped	170	5	12.1	0.7	61.2
Collards, frozen, chopped, unprepared	1 package (10 oz)	284	7.6	18.3	1.1	93.7
Collards, frozen, chopped, unprepared	1 package (3 lb)	1361	36.6	87.8	5	449.1
Collards, raw	1 cup, chopped	36	0.9	2	0.2	10.8
Combos Snacks Cheddar Cheese Pretzel	1 oz	28.4	2.8	18.9	4.8	131.3
Combos Snacks Cheddar Cheese Pretzel	10 pieces	30	3	20	5.1	138.9
Conagra, banquet apple pie, frozen, ready to bake	1 serving	112	2.9	41.4	13.2	292.3

mrFITNESSinc.com **MACRONUTRIENT FOOD DATABASE**



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Confectioner's coating, white	1 bar (3 oz)	85	5	50.4	27.3	458.2
Confectioner's coating, white	1 cup chips	170	10	100.7	54.6	916.3
Continental mills, alpine spiced cider instant apple flavor drink mix, powder	1 pouch	21	0	20.7	0	83
Continental mills, krusteaz almond poppyseed muffin mix, artificially flavored, dry	1 serving	40	2.4	30.4	4	167.2
Continental mills, krusteaz buttermilk mini pancakes, frozen, ready to microwave	1 serving	54	3.6	21.7	1.6	116.1
Cookie-crisp, chocolate chip and vanilla, (corn with other grains)	1 oz	28.4	1.4	24.8	1	113.4
Cookie-crisp, chocolate chip and vanilla, (corn with other grains)	1 cup	30	1.5	26.3	1.1	120
Cookies, animal crackers (includes arrowroot, tea biscuits)	1 cracker	2.5	0.2	1.9	0.3	11.2
Cookies, animal crackers (includes arrowroot, tea biscuits)	1 arrowroot biscuit (include arrowroot cookie)	4.9	0.3	3.6	0.7	21.9
Cookies, animal crackers (includes arrowroot, tea biscuits)	1 oz	28.4	2	21	3.9	126.4
Cookies, animal crackers (includes arrowroot, tea biscuits)	1 individual box (2 oz)	57	3.9	42.2	7.9	254.2
Cookies, brownies, commercially prepared	1 oz	28.4	1.4	18.1	4.6	114.8
Cookies, brownies, commercially prepared	1 square, large (2-3/4" sq x 7/8")	56	2.7	35.8	9.1	226.8
Cookies, brownies, commercially prepared	1 package, little debbie (twin wrapped)	61	2.9	39	9.9	247.1
Cookies, brownies, dry mix, regular	1 oz	28.4	1.1	21.7	4.2	123
Cookies, brownies, dry mix, regular	1 package (21.5 oz)	610	24.4	467.3	90.9	2647.4
Cookies, brownies, dry mix, special dietary	1 oz	28.4	0.8	22.8	3.5	120.8
Cookies, brownies, dry mix, special dietary	1 package (8.5 oz)	241	7	193.8	30.1	1026.7
Cookies, brownies, dry mix, special dietary, prepared	1 brownie (2" square)	22	0.8	15.7	2.4	84.5
Cookies, brownies, dry mix, special dietary, prepared	1 oz	28.4	1.1	20.2	3.1	108.9
Cookies, brownies, prepared from recipe	1 brownie (2" square)	24	1.5	12	7	111.8
Cookies, brownies, prepared from recipe	1 oz	28.4	1.8	14.2	8.2	132.1
Cookies, butter, commercially prepared, enriched	1 cookie	5	0.3	3.4	0.9	23.4
Cookies, butter, commercially prepared, enriched	1 oz	28.4	1.7	19.5	5.3	132.4
Cookies, butter, commercially prepared, unenriched	1 cookie	5	0.3	3.4	0.9	23.4
Cookies, butter, commercially prepared, unenriched	1 oz	28.4	1.7	19.5	5.3	132.4
Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	1 cookie, bite size (include mini chips ahoy!)	2.2	0.1	1.5	0.5	10.6
Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	1 cookie, medium (2-1/4" dia)	10	0.5	6.7	2.3	48.1
Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	1 cookie peppercider farm chocolate chunk pecan	12	0.6	8	2.7	57.7
Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	1 cookie, large (include Keebler rich 'n chips, pecan chips delux)	14	0.8	9.4	3.2	67.3
Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	1 oz	28.4	1.5	18.9	6.4	136.4
Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	1 cookie, big (3-1/2" - 4" dia) (include grandma brand)	40	2.2	26.7	9	192.4
Cookies, chocolate chip, commercially prepared, reg, higher fat, unenriched	1 cookie, bite size (include mini chips ahoy!)	2.2	0.1	1.5	0.5	10.6
Cookies, chocolate chip, commercially prepared, reg, higher fat, unenriched	1 cookie, medium (2-1/4" dia)	10	0.5	6.7	2.3	48.1
Cookies, chocolate chip, commercially prepared, reg, higher fat, unenriched	1 oz	28.4	1.5	18.9	6.4	136.4
Cookies, chocolate chip, commercially prepared, regular, lower fat	1 cookie	10	0.6	7.3	1.5	45.3
Cookies, chocolate chip, commercially prepared, regular, lower fat	1 oz	28.4	1.6	20.8	4.4	128.4
Cookies, chocolate chip, commercially prepared, soft-type	1 cookie	15	0.5	8.9	3.6	68.7
Cookies, chocolate chip, commercially prepared, soft-type	1 oz	28.4	1	16.8	6.9	129.8
Cookies, chocolate chip, commercially prepared, special dietary	1 cookie, medium (1-5/8" dia)	7	0.3	5.1	1.2	31.5
Cookies, chocolate chip, commercially prepared, special dietary	1 oz	28.4	1.1	20.8	4.8	127.6
Cookies, chocolate chip, dry mix	1 oz	28.4	1.3	18.7	7.1	140.9
Cookies, chocolate chip, dry mix	1 package (17.5 oz)	496	22.8	327.9	125	2465.1
Cookies, chocolate chip, prepared from recipe, made with butter	1 cookie, medium (2-1/4" dia)	16	0.9	9.3	4.5	78.1
Cookies, chocolate chip, prepared from recipe, made with butter	1 oz	28.4	1.6	16.5	8.1	138.3
Cookies, chocolate chip, prepared from recipe, made with margarine	1 cookie, medium (2-1/4" dia)	16	0.9	9.3	4.5	78.1
Cookies, chocolate chip, prepared from recipe, made with margarine	1 oz	28.4	1.6	16.6	8	138.3
Cookies, chocolate chip, prepared from recipe, made with margarine	1 bar (2" square)	32	1.8	18.7	9.1	156.2
Cookies, chocolate chip, refrigerated dough	1 oz	28.4	1.2	17.4	5.8	125.6
Cookies, chocolate chip, refrigerated dough	1 portion, dough spoon from roll	29	1.3	17.8	5.9	128.5
Cookies, chocolate chip, refrigerated dough, baked	1 cookie, medium (2-1/4" dia)	12	0.6	8.2	2.7	59
Cookies, chocolate chip, refrigerated dough, baked	1 oz	28.4	1.4	19.3	6.4	139.5
Cookies, chocolate sandwich, with creme filling, regular	1 cookie	10	0.5	7	2.1	47.2
Cookies, chocolate sandwich, with creme filling, regular	1 oz	28.4	1.3	19.9	5.8	133.8
Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	1 cookie	17	0.6	11.2	4.5	81.8
Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	1 oz	28.4	1	18.7	7.5	136.4
Cookies, chocolate sandwich, with creme filling, special dietary	1 cookie	10	0.5	6.8	2.2	46.1
Cookies, chocolate sandwich, with creme filling, special dietary	1 oz	28.4	1.3	19.2	6.3	130.7
Cookies, chocolate sandwich, with extra creme filling	1 cookie	13	0.5	8.9	3.3	65
Cookies, chocolate sandwich, with extra creme filling	1 oz	28.4	1	19.3	7.1	141.8
Cookies, chocolate wafers	1 wafer	6	0.4	4.3	0.9	26
Cookies, chocolate wafers	1 oz	28.4	1.9	20.5	4	122.8
Cookies, chocolate wafers	1 cup, crumbs	112	7.4	81.1	15.9	485
Cookies, coconut macaroons, prepared from recipe	1 cookie, medium (2" dia)	24	0.9	17.3	3	97

mrFITNESSinc.com **MACRONUTRIENT FOOD DATABASE**



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Cookies, coconut macaroons, prepared from recipe	1 oz	28.4	1	20.5	3.6	114.5
Cookies, fig bars	1 cookie	16	0.6	11.3	1.2	55.7
Cookies, fig bars	1 oz	28.4	1	20.1	2.1	98.7
Cookies, fig bars	1 figaroo (2 square halves)	43	1.6	30.5	3.1	149.6
Cookies, fig bars	1 individual package (2 oz package containing 2 3" bars)	57	2.1	40.4	4.2	198.4
Cookies, fortune	1 cookie	8	0.3	6.7	0.2	30.2
Cookies, fortune	1 oz	28.4	1.2	23.8	0.8	107.2
Cookies, fudge, cake-type (includes trolley cakes)	1 cookie	21	1.1	16.4	0.8	73.3
Cookies, fudge, cake-type (includes trolley cakes)	1 oz	28.4	1.4	22.2	1	98.9
Cookies, gingersnaps	1 cookie	7	0.4	5.4	0.7	29.1
Cookies, gingersnaps	1 oz	28.4	1.6	21.8	2.8	117.9
Cookies, gingersnaps	1 large (approx 3-1/2" to 4" dia)	32	1.8	24.6	3.1	133.1
Cookies, graham crackers, chocolate-coated	1 cracker (2-1/2" square)	14	0.8	9.3	3.2	67.8
Cookies, graham crackers, chocolate-coated	1 oz	28.4	1.6	18.9	6.6	137.2
Cookies, graham crackers, plain or honey (includes cinnamon)	1 cracker (2-1/2" square)	7	0.5	5.4	0.7	29.6
Cookies, graham crackers, plain or honey (includes cinnamon)	1 large rectangular piece or 2 squares or 4 small rectangular pieces	14	1	10.8	1.4	59.2
Cookies, graham crackers, plain or honey (includes cinnamon)	1 oz	28.4	2	21.8	2.9	119.9
Cookies, graham crackers, plain or honey (includes cinnamon)	1 cup, crushed	84	5.8	64.5	8.5	355.3
Cookies, ladyfingers, with lemon juice and rind	1 ladyfinger	11	1.2	6.6	1	40.2
Cookies, ladyfingers, with lemon juice and rind	1 anisette sponge (4" x 1-1/8" x 7/8")	13	1.4	7.8	1.2	47.5
Cookies, ladyfingers, with lemon juice and rind	1 breakfast treat (approx 4" x 2" x 7/8")	24	2.5	14.3	2.2	87.6
Cookies, ladyfingers, with lemon juice and rind	1 oz	28.4	3	16.9	2.6	103.5
Cookies, ladyfingers, without lemon juice and rind	1 ladyfinger	11	1.2	6.6	1	40.2
Cookies, ladyfingers, without lemon juice and rind	1 anisette sponge (4" x 1-1/8" x 7/8")	13	1.4	7.8	1.2	47.5
Cookies, ladyfingers, without lemon juice and rind	1 breakfast treat (approx 4" x 2" x 7/8")	24	2.5	14.3	2.2	87.6
Cookies, ladyfingers, without lemon juice and rind	1 oz	28.4	3	16.9	2.6	103.5
Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	1 cookie, small (1-3/4" dia x 3/4")	13	0.5	8.8	2.2	54.7
Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	1 fudge marshmallow	28	1.1	19	4.7	117.9
Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	1 oz	28.4	1.1	19.2	4.8	119.4
Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	1 pie, marshmallow (3" dia x 3/4")	39	1.6	26.4	6.6	164.2
Cookies, molasses	1 medium	15	0.8	11.1	1.9	64.5
Cookies, molasses	1 cookie, little debbie	20	1.1	14.8	2.6	86
Cookies, molasses	1 oz	28.4	1.6	20.9	3.6	121.9
Cookies, molasses	1 large (3-1/2" to 4" dia) (include archway brand)	32	1.8	23.6	4.1	137.6
Cookies, oatmeal, commercially prepared, fat-free	1 oz	28.4	1.7	22.3	0.4	92.4
Cookies, oatmeal, commercially prepared, regular	1 large	18	1.1	12.4	3.3	81
Cookies, oatmeal, commercially prepared, regular	1 cookie, big (3-1/2" - 4" dia) (include archway brand, grandma brand)	25	1.6	17.2	4.5	112.5
Cookies, oatmeal, commercially prepared, regular	1 oz	28.4	1.8	19.5	5.1	127.6
Cookies, oatmeal, commercially prepared, soft-type	1 cookie	15	0.9	9.9	2.2	61.4
Cookies, oatmeal, commercially prepared, soft-type	1 oz	28.4	1.7	18.6	4.2	116
Cookies, oatmeal, commercially prepared, special dietary	1 cookie, medium (1-5/8" dia)	7	0.3	4.9	1.3	31.4
Cookies, oatmeal, commercially prepared, special dietary	1 oz	28.4	1.4	19.8	5.1	127.3
Cookies, oatmeal, dry mix	1 oz	28.4	1.8	19.1	5.4	131
Cookies, oatmeal, dry mix	1 package (17.5 oz)	496	32.2	333.8	95.2	2291.5
Cookies, oatmeal, prepared from recipe, with raisins	1 cookie (2-5/8" dia)	15	1	10.3	2.4	65.3
Cookies, oatmeal, prepared from recipe, with raisins	1 oz	28.4	1.8	19.4	4.6	123.3
Cookies, oatmeal, prepared from recipe, without raisins	1 cookie (2-5/8" dia)	15	1	10	2.7	67.1
Cookies, oatmeal, prepared from recipe, without raisins	1 oz	28.4	1.9	18.8	5.1	126.7
Cookies, oatmeal, refrigerated dough	1 portion, dough for 1 cookie	16	0.9	9.5	3	67.8
Cookies, oatmeal, refrigerated dough	1 oz	28.4	1.5	16.8	5.4	120.2
Cookies, oatmeal, refrigerated dough, baked	1 cookie	12	0.7	7.9	2.5	56.5
Cookies, oatmeal, refrigerated dough, baked	1 oz	28.4	1.7	18.6	6	133.5
Cookies, peanut butter sandwich, regular	1 cookie	14	1.2	9.2	3	66.9
Cookies, peanut butter sandwich, regular	1 oz	28.4	2.5	18.6	6	135.5
Cookies, peanut butter sandwich, special dietary	1 cookie	10	1	5.1	3.4	53.5
Cookies, peanut butter sandwich, special dietary	1 oz	28.4	2.8	14.4	9.6	151.7
Cookies, peanut butter, commercially prepared, regular	1 cookie	15	1.4	8.8	3.5	71.6
Cookies, peanut butter, commercially prepared, regular	1 oz	28.4	2.7	16.7	6.7	135.2
Cookies, peanut butter, commercially prepared, soft-type	1 cookie	15	0.8	8.7	3.7	68.6
Cookies, peanut butter, commercially prepared, soft-type	1 oz	28.4	1.5	16.4	6.9	129.6
Cookies, peanut butter, prepared from recipe	1 cookie (3" dia)	20	1.8	11.8	4.8	95
Cookies, peanut butter, prepared from recipe	1 oz	28.4	2.6	16.7	6.7	134.7
Cookies, peanut butter, refrigerated dough	1 portion, dough for 1 cookie	16	1.3	8.3	4	73.3
Cookies, peanut butter, refrigerated dough	1 oz	28.4	2.3	14.8	7.1	129.8

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Cookies, peanut butter, refrigerated dough, baked	1 cookie	12	1.1	6.9	3.3	60.4
Cookies, peanut butter, refrigerated dough, baked	1 oz	28.4	2.6	16.2	7.8	142.6
Cookies, raisin, soft-type	1 cookie	15	0.6	10.2	2	60.2
Cookies, raisin, soft-type	1 oz	28.4	1.2	19.3	3.9	113.7
Cookies, shortbread, commercially prepared, pecan	1 cookie (2" dia)	14	0.7	8.2	4.6	75.9
Cookies, shortbread, commercially prepared, pecan	1 oz	28.4	1.4	16.5	9.2	153.7
Cookies, shortbread, commercially prepared, plain	1 cookie (1-5/8" square)	8	0.5	5.2	1.9	40.2
Cookies, shortbread, commercially prepared, plain	1 oz	28.4	1.7	18.3	6.8	142.3
Cookies, sugar wafers with creme filling, regular	1 wafer, small (2-1/2" x 3/4" x 1/4")	3.5	0.1	2.5	0.9	17.9
Cookies, sugar wafers with creme filling, regular	1 wafer, large (3-1/2" x 1" x 1/2")	9	0.4	6.3	2.2	46
Cookies, sugar wafers with creme filling, regular	1 oz	28.4	1.2	19.9	6.9	144.9
Cookies, sugar wafers with creme filling, special dietary	1 wafer	4	0.1	2.6	1	20.1
Cookies, sugar wafers with creme filling, special dietary	1 oz	28.4	0.9	18.7	7.3	142.3
Cookies, sugar, commercially prepared, regular (includes vanilla)	1 cookie	15	0.8	10.2	3.2	71.7
Cookies, sugar, commercially prepared, regular (includes vanilla)	1 oz	28.4	1.4	19.2	6	135.5
Cookies, sugar, commercially prepared, special dietary	1 cookie, medium (1-5/8" dia)	7	0.3	5.4	0.9	30.2
Cookies, sugar, commercially prepared, special dietary	1 oz	28.4	1.2	21.8	3.7	122.2
Cookies, sugar, prepared from recipe, made with margarine	1 cookie (3" dia)	14	0.8	8.4	3.3	66.1
Cookies, sugar, prepared from recipe, made with margarine	1 oz	28.4	1.7	17	6.6	133.8
Cookies, sugar, refrigerated dough	1 cookie rolled cookie dough	17	0.7	10	3.5	74.1
Cookies, sugar, refrigerated dough	1 cookie pre-sliced cookie dough	26	1.1	15.3	5.4	113.4
Cookies, sugar, refrigerated dough	1 oz	28.4	1.2	16.7	5.9	123.6
Cookies, sugar, refrigerated dough, baked	1 cookie rolled cookie dough	15	0.7	9.8	3.5	72.6
Cookies, sugar, refrigerated dough, baked	1 cookie pre-sliced cookie dough	23	1.1	15.1	5.3	111.3
Cookies, sugar, refrigerated dough, baked	1 oz	28.4	1.3	18.6	6.5	137.2
Cookies, vanilla sandwich with creme filling	1 cookie, round (1-3/4" dia)	10	0.5	7.2	2	48.3
Cookies, vanilla sandwich with creme filling	1 cookie, oval (3-1/8" x 1-1/4" x 3/8")	15	0.7	10.8	3	72.5
Cookies, vanilla sandwich with creme filling	1 oz	28.4	1.3	20.4	5.7	136.9
Cookies, vanilla wafers, higher fat	1 wafer	6	0.3	4.3	1.2	28.4
Cookies, vanilla wafers, higher fat	1 oz	28.4	1.2	20.2	5.5	134.1
Cookies, vanilla wafers, lower fat	1 small	3	0.2	2.2	0.5	13.2
Cookies, vanilla wafers, lower fat	1 medium	4	0.2	2.9	0.6	17.6
Cookies, vanilla wafers, lower fat	1 large	6	0.3	4.4	0.9	26.5
Cookies, vanilla wafers, lower fat	1 oz	28.4	1.4	20.9	4.3	125
Cookies, vanilla wafers, lower fat	1 cup, crumbs	80	4	58.9	12.2	352.8
Coriander leaf, dried	1 tsp	0.6	0.1	0.3	0	1.7
Coriander leaf, dried	1 tbspc	1.8	0.4	0.9	0.1	5
Coriander leaves, raw	0.25 cup	4	0.1	0.1	0	0.9
Coriander leaves, raw	9 plants	20	0.4	0.7	0.1	4.6
Coriander seed	1 tsp	1.8	0.2	1	0.3	5.4
Coriander seed	1 tbspc	5	0.6	2.7	0.9	14.9
Corn bran, crude	1 cup	76	6.4	65.1	0.7	170.2
Corn cakes	1 cake	9	0.7	7.5	0.2	34.8
Corn cakes	2 cakes	18	1.5	15	0.4	69.7
Corn cakes, very low sodium	1 cake	9	0.7	7.5	0.2	34.8
Corn cakes, very low sodium	2 cakes	18	1.5	15	0.4	69.7
Corn Chex	1 cup	30	2.2	25.6	0.4	112.8
Corn chips, barbecue-flavor	1 oz	28.4	2	15.9	9.3	148.3
Corn chips, barbecue-flavor	1 bag (7 oz)	198	13.9	111.3	64.7	1035.5
Corn chips, barbecue-flavor, made with enriched masa flour	1 oz	28.4	2	15.9	9.3	148.3
Corn chips, plain	1 oz	28.4	1.9	16.1	9.5	152.8
Corn chips, plain	1 bag (7 oz)	198	13.1	112.7	66.1	1067.2
Corn cones, nacho-flavor	1 oz	28.4	1.8	16.2	9	152
Corn cones, onion-flavor	1 oz	28.4	2.2	18.5	6.4	141.8
Corn cones, onion-flavor	2 oz	56.7	4.4	36.9	12.8	283.5
Corn cones, plain	1 oz	28.4	1.6	17.8	7.6	144.6
Corn flour, degermed, unenriched, yellow	1 cup	126	7	104.3	1.8	472.5
Corn flour, masa, enriched	1 cup	114	10.6	86.9	4.3	416.1
Corn flour, masa, enriched, yellow	1 cup	114	10.6	86.9	4.3	416.1
Corn flour, whole-grain, white	1 cup	117	8.1	89.9	4.5	422.4
Corn flour, whole-grain, yellow	1 cup	117	8.1	89.9	4.5	422.4
Corn grits, white, regular, quick, enriched, cooked with water, with salt	0.75 cup	182	2.5	23.7	0.4	109.2
Corn grits, white, regular, quick, enriched, cooked with water, with salt	1 cup	242	3.4	31.5	0.5	145.2
Corn grits, white, regular, quick, enriched, cooked with water, without salt	1 tbspc	15.1	0.2	2	0	9.1

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Corn grits, white, regular, quick, enriched, cooked with water, without salt	0.75 cup	182	2.5	23.7	0.4	109.2
Corn grits, white, regular, quick, enriched, cooked with water, without salt	1 cup	242	3.4	31.5	0.5	145.2
Corn grits, white, regular, quick, enriched, dry	1 tbsp	9.7	0.9	7.7	0.1	36
Corn grits, white, regular, quick, enriched, dry	1 cup	156	13.7	124.2	1.9	578.8
Corn grits, white, regular, quick, unenriched, cooked with water, with salt	0.75 cup	182	2.5	23.7	0.4	109.2
Corn grits, white, regular, quick, unenriched, cooked with water, with salt	1 cup	242	3.4	31.5	0.5	145.2
Corn grits, white, regular, quick, unenriched, cooked with water, without salt	0.75 cup	182	2.5	23.7	0.4	109.2
Corn grits, white, regular, quick, unenriched, cooked with water, without salt	1 cup	242	3.4	31.5	0.5	145.2
Corn grits, white, regular, quick, unenriched, dry	1 tbsp	9.7	0.9	7.7	0.1	36
Corn grits, white, regular, quick, unenriched, dry	1 cup	156	13.7	124.2	1.9	578.8
Corn grits, yellow, regular, quick, enriched, cooked with water, with salt	0.75 cup	182	2.5	23.7	0.4	109.2
Corn grits, yellow, regular, quick, enriched, cooked with water, with salt	1 cup	242	3.4	31.5	0.5	145.2
Corn grits, yellow, regular, quick, enriched, cooked with water, without salt	0.75 cup	182	2.5	23.7	0.4	109.2
Corn grits, yellow, regular, quick, enriched, cooked with water, without salt	1 cup	242	3.4	31.5	0.5	145.2
Corn grits, yellow, regular, quick, enriched, dry	1 tbsp	9.7	0.9	7.7	0.1	36
Corn grits, yellow, regular, quick, enriched, dry	1 cup	156	13.7	124.2	1.9	578.8
Corn grits, yellow, regular, quick, unenriched, cooked with water, with salt	0.75 cup	182	2.5	23.7	0.4	109.2
Corn grits, yellow, regular, quick, unenriched, cooked with water, with salt	1 cup	242	3.4	31.5	0.5	145.2
Corn grits, yellow, regular, quick, unenriched, cooked with water, without salt	0.75 cup	182	2.5	23.7	0.4	109.2
Corn grits, yellow, regular, quick, unenriched, cooked with water, without salt	1 cup	242	3.4	31.5	0.5	145.2
Corn grits, yellow, regular, quick, unenriched, dry	1 tbsp	9.7	0.9	7.7	0.1	36
Corn grits, yellow, regular, quick, unenriched, dry	1 cup	156	13.7	124.2	1.9	578.8
Corn pudding, home-prepared	0.667 cup (#6 scoop)	167	7.3	21.3	8.9	182
Corn pudding, home-prepared	1 cup	250	11	31.9	13.3	272.5
Corn puffs or twists, cheese-flavor	1 oz	28.4	2.2	15.3	9.8	157.1
Corn puffs or twists, cheese-flavor	1 bag (8 oz)	227	17.3	122.1	78.1	1257.6
Corn puffs or twists, cheese-flavor, unenriched	1 oz	28.4	2.2	15.3	9.8	157.1
Corn puffs or twists, cheese-flavor, unenriched	1 bag (8 oz)	227	17.3	122.1	78.1	1257.6
Corn with red and green peppers, canned	1 cup	227	5.3	41.2	1.2	170.3
Corn, sweet, white, canned, cream style, no salt added	0.5 cup	128	2.2	23.2	0.5	92.2
Corn, sweet, white, canned, cream style, no salt added	1 can (303 x 406)	482	8.4	87.4	2	347
Corn, sweet, white, canned, cream style, regular pack	1 cup	256	4.5	46.4	1.1	184.3
Corn, sweet, white, canned, cream style, regular pack	1 can (303 x 406)	482	8.4	87.4	2	347
Corn, sweet, white, canned, vacuum pack, no salt added	0.5 cup	105	2.5	20.4	0.5	83
Corn, sweet, white, canned, vacuum pack, no salt added	1 can (303 x 406)	340	8.2	66.1	1.7	268.6
Corn, sweet, white, canned, vacuum pack, regular pack	0.5 cup	105	2.5	20.4	0.5	83
Corn, sweet, white, canned, vacuum pack, regular pack	1 can (303 x 406)	340	8.2	66.1	1.7	268.6
Corn, sweet, white, canned, whole kernel, drained solids	1 cup	164	4.3	30.5	1.6	132.8
Corn, sweet, white, canned, whole kernel, drained solids	1 can (303 x 406)	298	7.8	55.4	3	241.4
Corn, sweet, white, canned, whole kernel, no salt added	0.5 cup	128	2.5	19.7	0.6	81.9
Corn, sweet, white, canned, whole kernel, no salt added	1 can (303 x 406)	482	9.4	74.2	2.4	308.5
Corn, sweet, white, canned, whole kernel, regular pack	0.5 cup	128	2.5	19.7	0.6	81.9
Corn, sweet, white, canned, whole kernel, regular pack	1 can (303 x 406)	482	9.4	74.2	2.4	308.5
Corn, sweet, white, cooked, boiled, drained, with salt	1 ear, yields	77	2.6	19.3	1	83.2
Corn, sweet, white, cooked, boiled, drained, with salt	0.5 cup cut	82	2.7	20.6	1	88.6
Corn, sweet, white, cooked, boiled, drained, without salt	1 ear, yields	77	2.6	19.3	1	83.2
Corn, sweet, white, cooked, boiled, drained, without salt	0.5 cup cut	82	2.7	20.6	1	88.6
Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	0.5 cup	82	2.3	16	0.4	65.6
Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	1 package (10 oz) yields	284	7.8	55.6	1.2	227.2
Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	0.5 cup	82	2.3	16	0.4	65.6
Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	1 package (10 oz) yields	284	7.8	55.6	1.2	227.2
Corn, sweet, white, frozen, kernels cut off cob, unprepared	0.5 cup	82	2.5	17.1	0.6	72.2
Corn, sweet, white, frozen, kernels cut off cob, unprepared	1 package (10 oz)	284	8.6	59.1	2.2	249.9
Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	1 ear, yields	63	2	14.1	0.5	58.6
Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	0.5 cup kernels	82	2.6	18.3	0.6	76.3
Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	1 ear, yields	63	2	14.1	0.5	58.6
Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	0.5 cup kernels	82	2.6	18.3	0.6	76.3
Corn, sweet, white, frozen, kernels on cob, unprepared	0.5 cup kernels	82	2.7	19.3	0.6	80.4
Corn, sweet, white, frozen, kernels on cob, unprepared	1 ear, yields	125	4.1	29.4	1	122.5
Corn, sweet, white, raw	1 ear, small (5-1/2" to 6-1/2" long)	73	2.4	13.9	0.9	62.8
Corn, sweet, white, raw	1 package (approx 1-1/2 cup)	90	2.9	17.1	1.1	77.4
Corn, sweet, white, raw	1 ear, large (7-3/4" to 9" long) yields	143	4.6	27.2	1.7	123
Corn, sweet, white, raw	1 cup	154	5	29.3	1.8	132.4
Corn, sweet, yellow, canned, brine pack, regular pack	0.5 cup	128	2.5	19.7	0.6	81.9

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Corn, sweet, yellow, canned, brine pack, regular pack	1 can (303 x 406)	482	9.4	74.2	2.4	308.5
Corn, sweet, yellow, canned, cream style, no salt added	1 cup	256	4.5	46.4	1.1	184.3
Corn, sweet, yellow, canned, cream style, no salt added	1 can (303 x 406)	482	8.4	87.4	2	347
Corn, sweet, yellow, canned, cream style, regular pack	1 cup	256	4.5	46.4	1.1	184.3
Corn, sweet, yellow, canned, cream style, regular pack	1 can (303 x 406)	482	8.4	87.4	2	347
Corn, sweet, yellow, canned, no salt added	0.5 cup	128	2.5	19.7	0.6	81.9
Corn, sweet, yellow, canned, no salt added	1 can (303 x 406)	482	9.4	74.2	2.4	308.5
Corn, sweet, yellow, canned, vacuum pack, no salt added	0.5 cup	105	2.5	20.4	0.5	83
Corn, sweet, yellow, canned, vacuum pack, no salt added	1 can (303 x 406)	340	8.2	66.1	1.7	268.6
Corn, sweet, yellow, canned, vacuum pack, regular pack	0.5 cup	105	2.5	20.4	0.5	83
Corn, sweet, yellow, canned, vacuum pack, regular pack	1 can (303 x 406)	340	8.2	66.1	1.7	268.6
Corn, sweet, yellow, canned, vacuum pack, regular pack	1 can, 15 oz (303 x 406)	425	10.2	82.6	2.1	335.8
Corn, sweet, yellow, canned, whole kernel, drained solids	1 cup	164	4.3	30.5	1.6	132.8
Corn, sweet, yellow, canned, whole kernel, drained solids	1 can (12 oz) yields	211	5.5	39.2	2.1	170.9
Corn, sweet, yellow, canned, whole kernel, drained solids	1 can (303 x 406)	298	7.8	55.4	3	241.4
Corn, sweet, yellow, cooked, boiled, drained, with salt	1 ear, yields	77	2.6	19.3	1	83.2
Corn, sweet, yellow, cooked, boiled, drained, with salt	0.5 cup cut	82	2.7	20.6	1	88.6
Corn, sweet, yellow, cooked, boiled, drained, with salt	1 cup	164	5.4	41.2	2.1	177.1
Corn, sweet, yellow, cooked, boiled, drained, without salt	1 baby ear	7	0.3	2	0.1	8.6
Corn, sweet, yellow, cooked, boiled, drained, without salt	1 ear, yields	87	2.6	19.3	1	83.2
Corn, sweet, yellow, cooked, boiled, drained, without salt	0.5 cup cut	82	2.7	20.6	1	88.6
Corn, sweet, yellow, cooked, boiled, drained, without salt	1 cup	164	5.4	41.2	2.1	177.1
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0.5 cup	82	2.3	16	0.4	65.6
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1 package (10 oz) yields	284	7.8	55.6	1.2	227.2
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	0.5 cup	82	2.5	17.1	0.6	72.2
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	1 package (10 oz)	284	8.6	59.1	2.2	249.9
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	1 ear, yields	63	2	14.1	0.5	58.6
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	0.5 cup kernels	82	2.6	18.3	0.6	76.3
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	1 ear, yields	63	2	14.1	0.5	58.6
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	0.5 cup kernels	82	2.6	18.3	0.6	76.3
Corn, sweet, yellow, frozen, kernels on cob, unprepared	0.5 cup kernels	82	2.7	19.3	0.6	80.4
Corn, sweet, yellow, frozen, kernels on cob, unprepared	1 ear, yields	125	4.1	29.4	1	122.5
Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	0.5 cup	82	2.3	16	0.4	65.6
Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	1 package (10 oz) yields	284	7.8	55.6	1.2	227.2
Corn, sweet, yellow, raw	1 ear, small (5-1/2" to 6-1/2" long)	73	2.4	13.9	0.9	62.8
Corn, sweet, yellow, raw	1 ear, medium (6-3/4" to 7-1/2" long) yields	90	2.9	17.1	1.1	77.4
Corn, sweet, yellow, raw	1 ear, large (7-3/4" to 9" long) yields	143	4.6	27.2	1.7	123
Corn, sweet, yellow, raw	1 cup	154	5	29.3	1.8	132.4
Corn, white	1 cup	166	15.6	123.3	7.9	605.9
Corn, yellow	1 cup	166	15.6	123.3	7.9	605.9
Corned beef loaf, jellied	1 slice (1 oz) (4" x 4" x 3/32" thick)	28.4	6.5	0	1.7	43.4
Corned beef loaf, jellied	2 slices	56.7	13	0	3.5	86.8
Cornmeal, degermed, enriched, white	1 cup	138	11.7	107.2	2.3	505.1
Cornmeal, degermed, enriched, yellow	1 cup	138	11.7	107.2	2.3	505.1
Cornmeal, degermed, unenriched, white	1 cup	138	11.7	107.2	2.3	505.1
Cornmeal, degermed, unenriched, yellow	1 cup	138	11.7	107.2	2.3	505.1
Cornmeal, self-rising, bolted, plain, enriched, white	1 cup	122	10.1	85.7	4.1	407.5
Cornmeal, self-rising, bolted, plain, enriched, yellow	1 cup	122	10.1	85.7	4.1	407.5
Cornmeal, self-rising, bolted, with wheat flour added, enriched, white	1 cup	170	14.3	124.8	4.8	591.6
Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow	1 cup	170	14.3	124.8	4.8	591.6
Cornmeal, self-rising, degermed, enriched, white	1 cup	138	11.6	103.2	2.4	489.9
Cornmeal, self-rising, degermed, enriched, yellow	1 cup	138	11.6	103.2	2.4	489.9
Cornmeal, whole-grain, white	1 cup	122	9.9	93.8	4.4	441.6
Cornmeal, whole-grain, yellow	1 cup	122	9.9	93.8	4.4	441.6
Cornnuts, barbecue-flavor	1 oz	28.4	2.6	20.3	4.1	123.6
Cornnuts, barbecue-flavor	2 oz	56.7	5.1	40.7	8.1	247.2
Cornnuts, nacho-flavor	1 oz	28.4	2.7	20.3	4	124.2
Cornnuts, nacho-flavor	2 oz	56.7	5.3	40.6	8.1	248.3
Cornnuts, plain	1 oz	28.4	2.4	20.8	4	124.5
Cornnuts, plain	2 oz	56.7	4.8	41.6	8	248.9
Cornsalad, raw	1 cup	56	1.1	2	0.2	11.8
Cornstarch	1 cup	128	0.3	116.8	0.1	487.7
Cottonseed flour, low fat (glandless)	1 oz	28.4	14.1	10.2	0.4	94.1
Cottonseed flour, partially defatted (glandless)	1 tbsp	5	2	2	0.3	18

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Cottonseed flour, partially defatted (glandless)	1 cup	94	38.5	38.1	5.8	337.5
Cottonseed kernels, roasted (glandless)	1 tbsp	10	3.3	2.2	3.6	50.6
Cottonseed kernels, roasted (glandless)	1 cup	149	48.6	32.6	54.1	753.9
Cottonseed meal, partially defatted (glandless)	1 oz	28.4	13.9	10.9	1.4	104
Count Chocula	1 cup	30	1.4	26.4	0.9	117.3
Country Corn Flakes	1 cup	30	1.8	26	0.5	114
Country Time Lemonade Mix, With Vitamin C	1 portion (1/8 cap/tub)	18	0	17.7	0.2	63.7
Country Time Pink Lemonade Mix, Sugar Free, With Vitamin C	1 portion (1/8 cap/tub)	1.9	0.1	1.7	0	5.1
Couscous, cooked	1 oz, dry, yields	86	3.3	20	0.1	96.3
Couscous, cooked	1 cup, cooked	157	6	36.5	0.3	175.8
Couscous, cooked	1 cup, dry, yields	528	20	122.6	0.8	591.4
Couscous, dry	1 cup	173	22.1	134	1.1	650.5
Cousins Subs BLT Sub	1 Sandwich		19.7	34	39.8	593
Cousins Subs BLT Sub (no mayo)	1 Sandwich		19.7	34	13.5	337
Cousins Subs Cappelcolla & Cheese Italian Sub	1 Sandwich		35.4	30.3	33.9	567
Cousins Subs Cappelcolla & Genoa Italian Sub	1 Sandwich		31.6	30.3	35.5	567
Cousins Subs Cheese Broccoli Soup (large)	1		8.3	22	16.5	261
Cousins Subs Cheese Broccoli Soup (regular)	1		5.3	14	10.5	166
Cousins Subs Cheese Mini Sub	1 Sandwich		16.8	16.1	24.7	354
Cousins Subs Cheese Mini Sub without Mayo	1 Sandwich		16.8	16.1	10.7	228
Cousins Subs Cheese Soup (large)	1		11	23.4	22	330
Cousins Subs Cheese Soup (regular)	1		7	14.9	14	210
Cousins Subs Cheese Steak Sub	1 Sandwich		33	46	17	470
Cousins Subs Cheese Sub	1 Sandwich		31.4	30.3	46.3	664
Cousins Subs Cheese Sub (no mayo)	1 Sandwich		31.4	30.3	20.1	427
Cousins Subs Chef Salad	1		24.6	6.1	7.9	194
Cousins Subs Chicken Breast Sub	1 Sandwich		37.4	30.3	31.8	556
Cousins Subs Chicken Breast Sub (no mayo)	1 Sandwich		37.4	30.3	5.5	320
Cousins Subs Chicken Noodle (large)	1		9.6	20.6	4.1	165
Cousins Subs Chicken Noodle (regular)	1		6.1	13.1	2.6	105
Cousins Subs Chicken w/ Wild Rice Soup (large)	1		11	23.4	16.5	289
Cousins Subs Chicken w/ Wild Rice Soup (regular)	1		7	14.9	10.5	184
Cousins Subs Chili (large)	1		24.8	31.6	13.8	344
Cousins Subs Chili (regular)	1		15.8	20.1	8.8	219
Cousins Subs Chocolate Chip Cookie	1		2	25	11	210
Cousins Subs Clam Chowder (large)	1		12.4	30.3	8.3	248
Cousins Subs Clam Chowder (regular)	1		7.9	19.3	5.3	158
Cousins Subs Club Sub	1 Sandwich		50.1	30.3	45.4	730
Cousins Subs Club Sub (no mayo)	1 Sandwich		50.1	30.3	19.2	494
Cousins Subs Cold Veggie Sub	1 Sandwich		26.4	33	11	360
Cousins Subs Cousins Special Italian Sub	1 Sandwich		43.1	30.3	48.6	731
Cousins Subs Cousins Special Mini Sub	1 Sandwich		13	25	14	290
Cousins Subs Cranberry Walnut Cookie	1		2.4	24.1	8.4	187
Cousins Subs Cream of Potato (regular)	1		4.4	19.3	7.9	166
Cousins Subs Cream of Potato Soup (large)	1		6.9	30.3	12.4	261
Cousins Subs Double Cheese Steak Sub	1 Sandwich		44	35	26	550
Cousins Subs French Fries (large)	1		7	71.7	24.5	525
Cousins Subs French Fries (medium)	1		5.3	54.7	18.7	400
Cousins Subs French Fries (small)	1		3.7	37.6	12.8	275
Cousins Subs Garden Salad	1		14.6	6.1	5.9	136
Cousins Subs Genoa & Cheese Italian Sub	1 Sandwich		36.7	30.3	44.5	668
Cousins Subs Gyro Sub	1 Sandwich		28	57	23	550
Cousins Subs Ham & Cheese Mini Sub	1 Sandwich		18.8	16.1	21.4	332
Cousins Subs Ham & Cheese Mini Sub (no mayo)	1 Sandwich		18.8	16.1	7.4	206
Cousins Subs Ham & Cheese Sub	1 Sandwich		35.2	30.3	40.1	622
Cousins Subs Ham & Cheese Sub (no mayo)	1 Sandwich		35.2	30.3	13.8	386
Cousins Subs Ham (no mayo)	1 Sandwich		29.4	30.3	8	311
Cousins Subs Ham Mini Sub	1 Sandwich		15.7	16.1	18.3	292
Cousins Subs Ham Mini Sub (no mayo)	1 Sandwich		15.7	16.1	4.3	167
Cousins Subs Ham Sub	1 Sandwich		29.4	30.3	34.3	547
Cousins Subs Hot Veggie Sub	1 Sandwich		21	48	14.3	380
Cousins Subs Italian Salad	1		25.6	6.1	17.9	288
Cousins Subs Italian Sausage Sub	1 Sandwich		44.4	30.3	57.5	816
Cousins Subs Meatball & Cheese Mini Sub	1 Sandwich		23.2	16.1	23.1	365

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Cousins Subs Meatball & Cheese Sub	1 Sandwich		43.6	30.3	43.3	685
Cousins Subs Pepperoni Melt Sub	1 Sandwich		41.2	30.3	46.1	702
Cousins Subs Pepperoni Melt Sub without Mayo	1 Sandwich		41.2	30.3	19.8	466
Cousins Subs Philly Cheese Steak Sub	1 Sandwich		32	43	23	510
Cousins Subs Plain Chips	1 bag		3	22	15	230
Cousins Subs Red Beans & Rice (large)	1		6.9	35.8	2.1	179
Cousins Subs Red Beans & Rice (regular)	1		4.4	22.8	1.3	114
Cousins Subs Regular Italian Sub	1 Sandwich		35.1	30.3	40	622
Cousins Subs Roast Beef (no mayo)	1 Sandwich		40.9	30.3	8.5	361
Cousins Subs Roast Beef Sub	1 Sandwich		40.9	30.3	34.8	598
Cousins Subs Seafood Mini Sub with Crab	1 Sandwich		13.3	20.4	17.9	296
Cousins Subs Seafood Salad	1		20.6	12.1	5.9	176
Cousins Subs Seafood w/ Crab Sub	1 Sandwich		24.9	38.3	33.6	555
Cousins Subs Side Salad	1		8.4	0	4.2	71
Cousins Subs Sour Cream Chips	1 bag		3	22	14	230
Cousins Subs Steak Sub	1 Sandwich		28	51	12	425
Cousins Subs Tomato Basil (large)	1		4.1	20.6	4.1	138
Cousins Subs Tomato Basil (regular)	1		2.6	13.1	2.6	88
Cousins Subs Tuna Mini Sub	1 Sandwich		14	22	37	495
Cousins Subs Tuna Mini Sub (no mayo)	1 Sandwich		14	22	16	290
Cousins Subs Tuna Salad	1		25.6	6.1	19.9	306
Cousins Subs Tuna Sub	1 Sandwich		30	32	54.3	756
Cousins Subs Tuna Sub (no mayo)	1 Sandwich		30	32	28	500
Cousins Subs Turkey (no mayo)	1 Sandwich		31.9	30.3	8.5	325
Cousins Subs Turkey Mini Sub	1 Sandwich		17	16.1	18.5	299
Cousins Subs Turkey Mini Sub (no mayo)	1 Sandwich		17	16.1	4.4	172
Cousins Subs Turkey Sub	1 Sandwich		31.9	30.3	34.8	561
Cousins Subs Tzatziki Sauce	1 Sandwich		1	1	4	50
Cousins Subs Vegetable Beef (large)	1		6.9	19.3	2.1	110
Cousins Subs Vegetable Beef (regular)	1		4.4	12.3	1.3	70
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	1 cup	165	5.2	33.5	0.6	160.1
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1 cup	165	5.2	33.5	0.6	160.1
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	1 cup	170	14.4	40.4	1.1	224.4
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1 cup	170	14.4	40.4	1.1	224.4
Cowpeas (blackeyes), immature seeds, frozen, unprepared	1 cup	160	14.4	40.2	1.1	222.4
Cowpeas (blackeyes), immature seeds, frozen, unprepared	1 package (10 oz)	284	25.5	71.4	2	394.8
Cowpeas (blackeyes), immature seeds, raw	1 cup	145	4.3	27.4	0.5	130.5
Cowpeas, catjang, mature seeds, cooked, boiled, with salt	1 cup	171	13.9	34.7	1.2	200.1
Cowpeas, catjang, mature seeds, cooked, boiled, without salt	1 cup	171	13.9	34.7	1.2	200.1
Cowpeas, catjang, mature seeds, raw	1 cup	167	39.8	99.6	3.5	572.8
Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	1 cup	240	6.6	39.7	3.8	199.2
Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	1 cup	240	11.4	32.7	1.3	184.8
Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	1 cup	171	13.2	35.5	0.9	198.4
Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	1 cup	172	13.3	35.7	0.9	199.5
Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	1 tbsp	10.5	2.5	6.3	0.1	35.3
Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	1 cup	167	39.3	100.3	2.1	561.1
Cowpeas, leafy tips, cooked, boiled, drained, with salt	1 cup, chopped	53	2.5	1.5	0.1	11.7
Cowpeas, leafy tips, cooked, boiled, drained, without salt	1 cup, chopped	53	2.5	1.5	0.1	11.7
Cowpeas, leafy tips, raw	1 leaf	3	0.1	0.1	0	0.9
Cowpeas, leafy tips, raw	1 cup, chopped	36	1.5	1.7	0.1	10.4
Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	1 cup	95	2.5	6.7	0.3	32.3
Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	1 cup	95	2.5	6.7	0.3	32.3
Cowpeas, young pods with seeds, raw	1 pod	12	0.4	1.1	0	5.3
Cowpeas, young pods with seeds, raw	1 cup	94	3.1	8.9	0.3	41.4
Cpc food service, oroweat seasoned dressing mix, dry	1 serving	30	4	21.6	0.5	107.1
Crab, alaska king, cooked, moist heat	3 oz	85	16.4	0	1.3	82.5
Crab, alaska king, cooked, moist heat	1 leg	134	25.9	0	2.1	130
Crab, alaska king, imitation, made from surimi	3 oz	85	10.2	8.7	1.1	86.7
Crab, alaska king, raw	3 oz	85	15.5	0	0.5	71.4
Crab, alaska king, raw	1 leg	172	31.5	0	1	144.5
Crab, blue, canned	1 oz	28.4	5.8	0	0.3	28.1
Crab, blue, canned	3 oz	85	17.4	0	1	84.2
Crab, blue, canned	1 can (6.5 oz), drained	125	25.7	0	1.5	123.8
Crab, blue, canned	1 cup	135	27.7	0	1.7	133.7

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Crab, blue, cooked, moist heat	1 oz	28.4	5.7	0	0.5	28.9
Crab, blue, cooked, moist heat	3 oz	85	17.2	0	1.5	86.7
Crab, blue, cooked, moist heat	1 cup, flaked and pieces	118	23.8	0	2.1	120.4
Crab, blue, cooked, moist heat	1 cup (not packed)	135	27.3	0	2.4	137.7
Crab, blue, crab cakes	1 cake	60	12.1	0.3	4.5	93
Crab, blue, raw	1 crab	21	3.8	0	0.2	18.3
Crab, blue, raw	3 oz	85	15.4	0	0.9	74
Crab, dungeness, cooked, moist heat	3 oz	85	19	0.8	1.1	93.5
Crab, dungeness, cooked, moist heat	1 crab	127	28.3	1.2	1.6	139.7
Crab, dungeness, raw	3 oz	85	14.8	0.6	0.8	73.1
Crab, dungeness, raw	1 crab	163	28.4	1.2	1.6	140.2
Crab, queen, cooked, moist heat	3 oz	85	20.2	0	1.3	97.8
Crab, queen, raw	3 oz	85	15.7	0	1	76.5
Crabapples, raw	1 cup slices	110	0.4	21.9	0.3	83.6
Cracker meal	1 oz	28.4	2.6	22.9	0.5	108.6
Cracker meal	1 cup	115	10.7	93	2	440.5
Crackers, cheese, low sodium	1 gold fish	0.6	0.1	0.3	0.2	3
Crackers, cheese, low sodium	1 cracker (1" square)	1	0.1	0.6	0.3	5
Crackers, cheese, low sodium	0.5 oz	14.2	1.4	8.2	3.6	71.3
Crackers, cheese, low sodium	1 cup cheez-its	62	6.3	36.1	15.7	311.9
Crackers, cheese, low sodium	1 cup, crushed	72	7.3	41.9	18.2	362.2
Crackers, cheese, regular	1 gold fish	0.6	0.1	0.3	0.2	3
Crackers, cheese, regular	1 cracker (1" square)	1	0.1	0.6	0.3	5
Crackers, cheese, regular	1 cracker, small square	1	0.1	0.6	0.3	5
Crackers, cheese, regular	1 snack stick	2	0.2	1.2	0.5	10.1
Crackers, cheese, regular	0.5 oz	14.2	1.4	8.2	3.6	71.3
Crackers, cheese, regular	1 bag, single serving	28	2.8	16.3	7.1	140.8
Crackers, cheese, regular	1 cup, bite size	62	6.3	36.1	15.7	311.9
Crackers, cheese, regular	1 cup, crushed	72	7.3	41.9	18.2	362.2
Crackers, cheese, sandwich-type with peanut butter filling	1 sandwich	7	0.9	4	1.6	33.7
Crackers, cheese, sandwich-type with peanut butter filling	0.5 oz	14.2	1.8	8.1	3.3	68.3
Crackers, cheese, sandwich-type with peanut butter filling	1 cup, crushed	83	10.5	47.3	19.3	400.1
Crackers, crispbread, rye	1 wafer, thin	2	0.2	1.6	0	7.3
Crackers, crispbread, rye	1 cracker, norwegian flatbread (4-3/4" x 2-3/4" x 1/16")	5.8	0.5	4.8	0.1	21.2
Crackers, crispbread, rye	1 crispbread	10	0.8	8.2	0.1	36.6
Crackers, crispbread, rye	1 crispbread, wasa rye	10	0.8	8.2	0.1	36.6
Crackers, crispbread, rye	1 wafer	10	0.8	8.2	0.1	36.6
Crackers, crispbread, rye	0.5 oz	14.2	1.1	11.7	0.2	51.9
Crackers, crispbread, rye	1 wafer, rye krisp (triple cracker)	25	2	20.6	0.3	91.5
Crackers, crispbread, rye	1 cup, crushed	55	4.3	45.2	0.7	201.3
Crackers, matzo, egg	0.5 oz	14.2	1.7	11.1	0.3	55.4
Crackers, matzo, egg	1 matzo	28.4	3.5	22.3	0.6	110.8
Crackers, matzo, egg and onion	0.5 oz	14.2	1.4	10.9	0.6	55.4
Crackers, matzo, egg and onion	1 matzo	28.4	2.8	21.9	1.1	110.8
Crackers, matzo, plain	0.5 oz	14.2	1.4	11.9	0.2	56
Crackers, matzo, plain	1 matzo	28.4	2.8	23.7	0.4	112
Crackers, matzo, whole-wheat	0.5 oz	14.2	1.9	11.2	0.2	49.8
Crackers, matzo, whole-wheat	1 matzo	28.4	3.7	22.4	0.4	99.5
Crackers, melba toast, plain	1 melba round	3	0.4	2.3	0.1	11.7
Crackers, melba toast, plain	1 piece (3-3/4" x 1-3/4" x 1/8")	5	0.6	3.8	0.2	19.5
Crackers, melba toast, plain	0.5 oz	14.2	1.7	10.9	0.5	55.3
Crackers, melba toast, plain	1 cup pieces	30	3.6	23	1	117
Crackers, melba toast, plain	1 cup, rounds	33	4	25.3	1.1	128.7
Crackers, melba toast, plain, without salt	1 melba round	3	0.4	2.3	0.1	11.7
Crackers, melba toast, plain, without salt	1 piece (3-3/4" x 1-3/4" x 1/8")	5	0.6	3.8	0.2	19.5
Crackers, melba toast, plain, without salt	1 toast	5	0.6	3.8	0.2	19.5
Crackers, melba toast, plain, without salt	0.5 oz	14.2	1.7	10.9	0.5	55.3
Crackers, melba toast, plain, without salt	1 cup pieces	30	3.6	23	1	117
Crackers, melba toast, plain, without salt	1 cup, rounds	33	4	25.3	1.1	128.7
Crackers, melba toast, plain, without salt	1 cup, crushed	70	8.5	53.6	2.2	273
Crackers, melba toast, rye (includes pumpernickel)	1 toast	5	0.6	3.9	0.2	19.5
Crackers, melba toast, rye (includes pumpernickel)	0.5 oz	14.2	1.6	11	0.5	55.1
Crackers, melba toast, wheat	1 toast	5	0.6	3.8	0.1	18.7
Crackers, melba toast, wheat	0.5 oz	14.2	1.8	10.8	0.3	53

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Crackers, milk	1 cracker	11	0.8	7.7	1.7	50.1
Crackers, milk	0.5 oz	14.2	1.1	9.9	2.2	64.5
Crackers, rusk toast	1 rusk	10	1.4	7.2	0.7	40.7
Crackers, rusk toast	0.5 oz	14.2	1.9	10.2	1	57.7
Crackers, rye, sandwich-type with cheese filling	1 cracker, sandwich	7	0.6	4.3	1.6	33.7
Crackers, rye, sandwich-type with cheese filling	0.5 oz	14.2	1.3	8.6	3.2	68.2
Crackers, rye, wafers, plain	1 cracker (4-1/2" x 2-1/2" x 1/8")	11	1.1	8.8	0.1	36.7
Crackers, rye, wafers, plain	0.5 oz	14.2	1.4	11.4	0.1	47.3
Crackers, rye, wafers, plain	1 cracker, triple	25	2.4	20.1	0.2	83.5
Crackers, rye, wafers, plain	1 cup, crushed	61	5.9	49	0.5	203.7
Crackers, rye, wafers, seasoned	0.5 oz	14.2	1.3	10.5	1.3	54
Crackers, rye, wafers, seasoned	1 cracker, triple	22	2	16.2	2	83.8
Crackers, saltines (includes oyster, soda, soup)	1 cracker, oyster	1	0.1	0.7	0.1	4.3
Crackers, saltines (includes oyster, soda, soup)	1 cracker	3	0.3	2.1	0.4	13
Crackers, saltines (includes oyster, soda, soup)	1 cracker, rectangle	6	0.6	4.3	0.7	26
Crackers, saltines (includes oyster, soda, soup)	1 cracker, round large	10	0.9	7.2	1.2	43.4
Crackers, saltines (includes oyster, soda, soup)	0.5 oz	14.2	1.3	10.1	1.7	61.5
Crackers, saltines (includes oyster, soda, soup)	1 cup oyster crackers	45	4.1	32.2	5.3	195.3
Crackers, saltines (includes oyster, soda, soup)	1 cup, crushed	70	6.4	50.1	8.3	303.8
Crackers, saltines, fat-free, low-sodium	3 saltines	15	1.6	12.3	0.2	59
Crackers, saltines, fat-free, low-sodium	6 saltines	30	3.2	24.7	0.5	117.9
Crackers, saltines, low salt (includes oyster, soda, soup)	1 cracker, oyster	1	0.1	0.7	0.1	4.3
Crackers, saltines, low salt (includes oyster, soda, soup)	1 cracker	3	0.3	2.1	0.4	13
Crackers, saltines, low salt (includes oyster, soda, soup)	1 cracker, rectangle	6	0.6	4.3	0.7	26
Crackers, saltines, low salt (includes oyster, soda, soup)	1 cracker, round large	10	0.9	7.2	1.2	43.4
Crackers, saltines, low salt (includes oyster, soda, soup)	0.5 oz	14.2	1.3	10.1	1.7	61.5
Crackers, saltines, low salt (includes oyster, soda, soup)	1 cup oyster crackers	45	4.1	32.2	5.3	195.3
Crackers, saltines, unsalted tops (includes oyster, soda, soup)	1 cracker	3	0.3	2.1	0.4	13
Crackers, saltines, unsalted tops (includes oyster, soda, soup)	0.5 oz	14.2	1.3	10.1	1.7	61.5
Crackers, standard snack-type, regular	1 cracker, bite size	0.6	0	0.4	0.2	3
Crackers, standard snack-type, regular	1 cracker, round	3	0.2	1.8	0.8	15.1
Crackers, standard snack-type, regular	1 cracker, rectangular	4	0.3	2.4	1	20.1
Crackers, standard snack-type, regular	0.5 oz	14.2	1	8.6	3.6	71.2
Crackers, standard snack-type, regular	1 cup, bite size	62	4.6	37.8	15.7	311.2
Crackers, standard snack-type, regular	1 cup, crushed	72	5.3	43.9	18.2	361.4
Crackers, standard snack-type, regular, low salt	1 cracker, bite size	0.6	0	0.4	0.2	3
Crackers, standard snack-type, regular, low salt	1 cracker, oval	3	0.2	1.8	0.8	15.1
Crackers, standard snack-type, regular, low salt	1 cracker, round	3	0.2	1.8	0.8	15.1
Crackers, standard snack-type, regular, low salt	1 cracker, rectangular	4	0.3	2.4	1	20.1
Crackers, standard snack-type, regular, low salt	0.5 oz	14.2	1	8.6	3.6	71.2
Crackers, standard snack-type, regular, low salt	1 cup, bite size	62	4.6	37.8	15.7	311.2
Crackers, standard snack-type, regular, low salt	1 cup, crushed	72	5.3	43.9	18.2	361.4
Crackers, standard snack-type, sandwich, with cheese filling	1 cracker, sandwich	7	0.7	4.3	1.5	33.4
Crackers, standard snack-type, sandwich, with cheese filling	0.5 oz	14.2	1.3	8.7	3	67.6
Crackers, standard snack-type, sandwich, with peanut butter filling	1 cracker, sandwich	7	0.8	4.1	1.7	34.2
Crackers, standard snack-type, sandwich, with peanut butter filling	0.5 oz	14.2	1.6	8.3	3.4	69.2
Crackers, wheat, low salt	1 cracker	2	0.2	1.3	0.4	9.5
Crackers, wheat, low salt	1 cracker, thin square	2	0.2	1.3	0.4	9.5
Crackers, wheat, low salt	1 cup, crushed	3	0.3	1.9	0.6	14.2
Crackers, wheat, low salt	0.5 oz	14.2	1.2	9.2	2.9	67
Crackers, wheat, regular	1 cracker	2	0.2	1.3	0.4	9.5
Crackers, wheat, regular	1 cracker, thin square	2	0.2	1.3	0.4	9.5
Crackers, wheat, regular	0.5 oz	14.2	1.2	9.2	2.9	67
Crackers, wheat, regular	1 cup, crushed	83	7.1	53.9	17.1	392.6
Crackers, wheat, sandwich, with cheese filling	1 cracker, sandwich	7	0.7	4.1	1.8	34.8
Crackers, wheat, sandwich, with cheese filling	0.5 oz	14.2	1.4	8.2	3.5	70.4
Crackers, wheat, sandwich, with peanut butter filling	1 cracker, sandwich	7	0.9	3.8	1.9	34.7
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	14.2	1.9	7.6	3.8	70.2
Crackers, whole-wheat	1 cracker	4	0.4	2.7	0.7	17.7
Crackers, whole-wheat	10 triscuit bits	10	0.9	6.9	1.7	44.3
Crackers, whole-wheat	0.5 oz	14.2	1.2	9.7	2.4	62.8
Crackers, whole-wheat	1 cup, crushed	94	8.3	64.5	16.2	416.4
Crackers, whole-wheat, low salt	1 cracker	4	0.4	2.7	0.7	17.7
Crackers, whole-wheat, low salt	1 cracker, square	4	0.4	2.7	0.7	17.7

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Crackers, whole-wheat, low salt	0.5 oz	14.2	1.2	9.7	2.4	62.8
Crackers, whole-wheat, low salt	1 cup, crushed	94	8.3	64.5	16.2	416.4
Cranberries, raw	1 cup, whole	95	0.4	12	0.2	46.6
Cranberries, raw	1 cup, chopped	110	0.4	13.9	0.2	53.9
Cranberry juice cocktail, bottled	1 fl oz	31.6	0	4.6	0	18
Cranberry juice cocktail, bottled	1 cup (8 fl oz)	253	0	36.4	0.3	144.2
Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	1 fl oz	29.6	0	1.4	0	5.6
Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	1 cup (8 fl oz)	237	0	11.1	0	45
Cranberry juice cocktail, frozen concentrate	1 fl oz	36.2	0	18.6	0	72.8
Cranberry juice cocktail, frozen concentrate	1 can (12 fl oz)	435	0.2	223.8	0	874.4
Cranberry juice cocktail, frozen concentrate, prepared with water	1 fl oz	31.2	0	4.4	0	17.2
Cranberry juice cocktail, frozen concentrate, prepared with water	1 cup (8 fl oz)	250	0	35	0	137.5
Cranberry sauce, canned, sweetened	1 slice (1/2" thick)	57	0.1	22.2	0.1	86.1
Cranberry sauce, canned, sweetened	1 cup	277	0.6	107.8	0.4	418.3
Cranberry-apple juice drink, bottled	1 fl oz	30.6	0	5.2	0	20.5
Cranberry-apple juice drink, bottled	1 cup (8 fl oz)	245	0.2	41.9	0	164.2
Cranberry-apricot juice drink, bottled	1 fl oz	30.6	0.1	5	0	19.6
Cranberry-apricot juice drink, bottled	1 cup (8 fl oz)	245	0.5	39.7	0	156.8
Cranberry-grape juice drink, bottled	1 fl oz	30.6	0.1	4.3	0	17.1
Cranberry-grape juice drink, bottled	1 cup (8 fl oz)	245	0.5	34.3	0.2	137.2
Cranberry-orange relish, canned	1 cup	275	0.8	127.1	0.3	489.5
Crayfish, mixed species, farmed, cooked, moist heat	3 oz	85	14.9	0	1.1	74
Crayfish, mixed species, farmed, raw	8 crayfish	27	4	0	0.3	19.4
Crayfish, mixed species, farmed, raw	3 oz	85	12.6	0	0.8	61.2
Crayfish, mixed species, wild, cooked, moist heat	3 oz	85	14.3	0	1	69.7
Crayfish, mixed species, wild, raw	8 crayfish	27	4.3	0	0.3	20.8
Crayfish, mixed species, wild, raw	3 oz	85	13.6	0	0.8	65.5
Cream of rice, cooked with water, with salt	0.75 cup	183	1.6	21	0.2	95.2
Cream of rice, cooked with water, with salt	1 cup	244	2.2	28.1	0.2	126.9
Cream of rice, cooked with water, without salt	1 tbsp	15.2	0.1	1.7	0	7.9
Cream of rice, cooked with water, without salt	0.75 cup	183	1.6	20.9	0.2	95.2
Cream of rice, cooked with water, without salt	1 cup	244	2.2	27.8	0.2	126.9
Cream of rice, dry	1 tbsp	10.2	0.6	8.4	0.1	37.7
Cream of rice, dry	1 cup	173	10.9	142.6	0.9	640.1
Cream of wheat, instant, dry	1 tbsp	11.5	1.2	8.7	0.2	42.1
Cream of wheat, instant, dry	1 cup	178	18.9	134.4	2.5	651.5
Cream of wheat, instant, prepared with water, with salt	0.75 cup	181	3.3	23.7	0.4	115.8
Cream of wheat, instant, prepared with water, with salt	1 cup	241	4.3	31.6	0.5	154.2
Cream of wheat, instant, prepared with water, without salt	1 tbsp	15.1	0.3	2	0	9.7
Cream of wheat, instant, prepared with water, without salt	0.75 cup	181	3.3	23.7	0.4	115.8
Cream of wheat, instant, prepared with water, without salt	1 cup	241	4.3	31.6	0.5	154.2
Cream of wheat, mix'n eat, apple, banana and maple flavored, dry	1 packet	35.4	2.4	28.9	0.4	132
Cream of wheat, mix'n eat, apple, banana and maple flavored, prepared	1 packet, prepared	150	2.4	29	0.5	132
Cream of wheat, mix'n eat, plain, dry	1 packet	28.4	2.7	21.4	0.3	102.3
Cream of wheat, mix'n eat, plain, prepared with water	1 packet, prepared	142	2.7	21.4	0.3	102.2
Cream of wheat, quick, cooked with water, with salt	0.75 cup	179	2.7	20	0.4	96.7
Cream of wheat, quick, cooked with water, with salt	1 cup	239	3.6	26.8	0.5	129.1
Cream of wheat, quick, cooked with water, without salt	1 tbsp	14.9	0.2	1.7	0	8
Cream of wheat, quick, cooked with water, without salt	0.75 cup	179	2.7	20	0.4	96.7
Cream of wheat, quick, cooked with water, without salt	1 cup	239	3.6	26.8	0.5	129.1
Cream of wheat, quick, dry	1 tbsp	11	1.1	8.3	0.1	39.7
Cream of wheat, quick, dry	1 cup	176	18	132	2.3	635.4
Cream of wheat, regular, cooked with water, with salt	0.75 cup	188	2.8	20.7	0.4	99.6
Cream of wheat, regular, cooked with water, with salt	1 cup	251	3.8	27.6	0.5	133
Cream of wheat, regular, cooked with water, without salt	1 tbsp	15.7	0.2	1.7	0	8.3
Cream of wheat, regular, cooked with water, without salt	0.75 cup	188	2.8	20.7	0.4	99.6
Cream of wheat, regular, cooked with water, without salt	1 cup	251	3.8	27.6	0.5	133
Cream of wheat, regular, dry	1 tbsp	10.6	1.1	8.1	0.2	39.2
Cream of wheat, regular, dry	1 cup	173	18.2	132.3	2.6	640.1
Cream puffs, prepared from recipe, shell (includes eclair)	1 oz	28.4	2.6	6.5	7.3	102.6
Cream puffs, prepared from recipe, shell (includes eclair)	1 eclair (5" x 2" x 1-3/4")	48	4.3	10.9	12.4	173.8
Cream puffs, prepared from recipe, shell (includes eclair)	1 cream puff shell	66	5.9	15	17.1	238.9
Cream puffs, prepared from recipe, shell, with custard filling	1 cream puff, miniature	23	1.5	5.3	3.6	59.3
Cream puffs, prepared from recipe, shell, with custard filling	1 oz	28.4	1.9	6.5	4.4	73.1

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Description	Portion	Grams	Protein (g/portion)	Carb (g/portion)	Fat (g/portion)	Kcal/portion
Cream puffs, prepared from recipe, shell, with custard filling	1 eclair (5" x 2" x 1-3/4")	90	6	20.6	14	232.2
Cream puffs, prepared from recipe, shell, with custard filling	1 cream puff	130	8.7	29.8	20.2	335.4
Cream soda	1 fl oz	30.9	0	4.1	0	15.8
Cream soda	1 can or bottle (12 fl oz)	371	0	49.3	0	189.2
Cream soda	1 can or bottle (16 fl oz)	494	0	65.7	0	251.9
Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	1 container, individual	15	0.2	1.7	1.5	20.4
Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	1 fl oz	30	0.3	3.4	3	40.8
Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	0.5 cup	120	1.2	13.7	12	163.2
Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	1 cup	240	2.4	27.3	23.9	326.4
Cream substitute, liquid, with lauric acid oil and sodium caseinate	1 container, individual	15	0.2	1.7	1.5	20.4
Cream substitute, liquid, with lauric acid oil and sodium caseinate	0.5 cup	120	1.2	13.7	12	163.2
Cream substitute, powdered	1 tsp	2	0.1	1.1	0.7	10.9
Cream substitute, powdered	1 packet	3	0.1	1.6	1.1	16.4
Cream substitute, powdered	1 cup	94	4.5	51.6	33.4	513.2
Cream, half and half	1 container, individual (.5 fl oz)	15	0.4	0.6	1.7	19.5
Cream, half and half	1 tbspc	15	0.4	0.6	1.7	19.5
Cream, half and half	1 fl oz	30.2	0.9	1.3	3.5	39.3
Cream, half and half	1 cup	242	7.2	10.4	27.8	314.6
Cream, heavy whipping	1 tbspc	15	0.3	0.4	5.6	51.8
Cream, heavy whipping	1 fl oz	29.8	0.6	0.8	11	102.8
Cream, heavy whipping	1 cup, whipped	119.5	2.4	3.3	44.2	412.3
Cream, heavy whipping	1 cup (yields 2 cups whipped)	238	4.9	6.6	88.1	821.1
Cream, light (coffee cream or table cream)	1 container, individual	11.1	0.3	0.4	2.1	21.6
Cream, light (coffee cream or table cream)	1 tbspc	15	0.4	0.5	2.9	29.3
Cream, light (coffee cream or table cream)	1 fl oz	30	0.8	1.1	5.8	58.5
Cream, light (coffee cream or table cream)	1 cup	240	6.5	8.8	46.3	468
Cream, light whipping	1 tbspc	15	0.3	0.4	4.6	43.8
Cream, light whipping	1 cup, whipped	120	2.6	3.6	37.1	350.4
Cream, light whipping	1 cup (yields 2 cups whipped)	239	5.2	7.1	73.9	697.9
Cream, sour, cultured	1 tbspc	12	0.4	0.5	2.5	25.7
Cream, sour, cultured	1 cup	230	7.3	9.8	48.2	492.2
Cream, sour, reduced fat, cultured	1 tbspc	15	0.4	0.6	1.8	20.3
Cream, sour, reduced fat, cultured	1 cup	242	7.1	10.3	29	326.7
Cream, whipped, cream topping, pressurized	1 tbspc	3	0.1	0.4	0.7	7.7
Cream, whipped, cream topping, pressurized	1 cup	60	1.9	7.5	13.3	154.2
Creme de menthe, 72 proof	1 fl oz	33.6	0	14	0.1	124.7
Creme de menthe, 72 proof	1 jigger 1.5 fl oz	50	0	20.8	0.2	185.5
Cress, garden, cooked, boiled, drained, with salt	1 cup	135	2.6	5.1	0.8	31.1
Cress, garden, cooked, boiled, drained, without salt	0.5 cup	68	1.3	2.6	0.4	15.6
Cress, garden, cooked, boiled, drained, without salt	1 cup	135	2.6	5.1	0.8	31.1
Cress, garden, raw	1 sprig	1	0	0.1	0	0.3
Cress, garden, raw	1 cup	50	1.3	2.8	0.4	16
Crisped rice bar, chocolate chip	1 bar (1 oz)	28.4	1.4	20.7	3.8	114.5
Crispy Wheaties 'n Raisins	1 cup	55	4.5	44.3	0.8	191.4
Croaker, atlantic, cooked, breaded and fried	3 oz	85	15.5	6.4	10.8	187.9
Croaker, atlantic, cooked, breaded and fried	1 fillet	87	15.8	6.6	11	192.3
Croaker, atlantic, raw	1 fillet	79	14	0	2.5	82.2
Croaker, atlantic, raw	3 oz	85	15.1	0	2.7	88.4
Croissants, apple	1 oz	28.4	2.1	10.5	2.5	72
Croissants, apple	1 croissant, medium	57	4.2	21.1	5	144.8
Croissants, butter	1 croissant, mini	28.4	2.3	13	6	115.1
Croissants, butter	1 oz	28.4	2.3	13	6	115.1
Croissants, butter	1 croissant, small	42	3.4	19.2	8.8	170.5
Croissants, butter	1 croissant, medium	57	4.7	26.1	12	231.4
Croissants, butter	1 croissant, large	67	5.5	30.7	14.1	272
Croissants, cheese	1 oz	28.4	2.6	13.3	5.9	117.4
Croissants, cheese	1 croissant, small	42	3.9	19.7	8.8	173.9
Croissants, cheese	1 croissant, medium	57	5.2	26.8	11.9	236
Croissants, cheese	1 croissant, large	67	6.2	31.5	14	277.4
Croutons, plain	0.5 oz	14.2	1.7	10.4	0.9	57.7
Croutons, plain	1 cup	30	3.6	22.1	2	122.1
Croutons, seasoned	4 cubes	1	0.1	0.6	0.2	4.7
Croutons, seasoned	1 package, fast food	10	1.1	6.4	1.8	46.5
Croutons, seasoned	0.5 oz	14.2	1.5	9	2.6	65.9

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Croutons, seasoned	1 cup	40	4.3	25.4	7.3	186
Crystal Light Sugar Free Low Calorie Iced Tea Mix, With Aspartame, Powder	1 nea serving	1	0.1	0.4	0	2.8
Crystal Light Sugar Free Low Calorie Soft Drink Mix Lemonade, With Aspartame And Acesulfame Potassium Sweetener, Powder	1 nea serving	2	0.1	0.2	0	4.6
Cucumber, peeled, raw	1 slice	7	0	0.2	0	0.8
Cucumber, peeled, raw	1 stick (4" long)	9	0.1	0.2	0	1.1
Cucumber, peeled, raw	1 cup, sliced	119	0.7	3	0.2	14.3
Cucumber, peeled, raw	1 cup, pared, chopped	133	0.8	3.3	0.2	16
Cucumber, peeled, raw	1 small (6-3/8" long)	158	0.9	4	0.3	19
Cucumber, peeled, raw	1 medium	201	1.1	5	0.3	24.1
Cucumber, peeled, raw	1 large (8-1/4" long)	280	1.6	7	0.4	33.6
Cucumber, with peel, raw	0.5 cup slices	52	0.4	1.4	0.1	6.8
Cucumber, with peel, raw	1 cucumber (8-1/4")	301	2.1	8.3	0.4	39.1
Cumin seed	1 tsp	2.1	0.4	0.9	0.5	7.9
Cumin seed	1 tbsp	6	1.1	2.7	1.3	22.5
Currants, european black, raw	1 cup	112	1.6	17.2	0.5	70.6
Currants, red and white, raw	1 cup	112	1.6	15.5	0.2	62.7
Currants, zante, dried	1 cup	144	5.9	106.7	0.4	407.5
Curry powder	1 tsp	2.2	0.3	1.2	0.3	6.5
Curry powder	1 tbsp	6.3	0.8	3.7	0.9	20.5
Cusk, cooked, dry heat	3 oz	85	20.7	0	0.7	95.2
Cusk, cooked, dry heat	1 fillet	95	23.1	0	0.8	106.4
Cusk, raw	3 oz	85	16.1	0	0.6	74
Cusk, raw	1 fillet	122	23.2	0	0.8	106.1
Cuttlefish, mixed species, cooked, moist heat	3 oz	85	27.6	1.4	1.2	134.3
Cuttlefish, mixed species, raw	3 oz	85	13.8	0.7	0.6	67.2
Daiquiri, canned	1 fl oz	30.5	0	4.8	0	38.1
Daiquiri, canned	1 can (6.8 fl oz, 200 ml)	207	0	32.5	0	258.8
Daiquiri, prepared-from-recipe	1 fl oz	30.2	0	2.1	0	56.2
Daiquiri, prepared-from-recipe	1 cocktail (2 fl oz)	60	0.1	4.1	0.1	111.6
Dairy drink mix, chocolate, reduced calorie, with aspartame, powder	1 packet (.75 oz)	21.3	5.3	10.7	0.6	63.5
Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water	6 fl oz	204	5.3	10.6	0.6	63.2
Dairy Queen Chicken Breast Fillet Sandwich	1 Sandwich		24	37	20	430
Dairy Queen Chicken Strip Basket	1		35	102	50	1000
Dairy Queen Chili 'n' Cheese Dog	1 Sandwich		14	22	21	330
Dairy Queen DQ Homestyle Bacon Double Cheeseburger	1 Sandwich		41	31	36	610
Dairy Queen DQ Homestyle Cheeseburger	1 Sandwich		20	29	17	340
Dairy Queen DQ Homestyle Double Cheeseburger	1 Sandwich		35	30	31	540
Dairy Queen DQ Homestyle Hamburger	1 Sandwich		17	29	12	290
Dairy Queen DQ Ultimate Burger	1 Sandwich		40	29	43	670
Dairy Queen French Fries (medium)	1		5	53	23	440
Dairy Queen French Fries (small)	1		4	42	18	350
Dairy Queen Grilled Chicken Sandwich	1 Sandwich		24	30	10	310
Dairy Queen Hot Dog	1 Sandwich		9	19	14	240
Dairy Queen Onion Rings	1		5	39	16	320
Dairy Queen The Great Steakmelt Basket	1		32	72	38	770
Dandelion greens, cooked, boiled, drained, with salt	1 cup, chopped	105	2.1	6.7	0.6	34.7
Dandelion greens, cooked, boiled, drained, without salt	1 cup, chopped	105	2.1	6.7	0.6	34.7
Dandelion greens, raw	1 cup, chopped	55	1.5	5.1	0.4	24.8
Danish pastry, cheese	1 oz	28.4	2.3	10.5	6.2	106
Danish pastry, cheese	1 pastry	71	5.7	26.4	15.5	265.5
Danish pastry, cinnamon, enriched	1 oz	28.4	2	12.6	6.4	114.3
Danish pastry, cinnamon, enriched	1 small or frozen (approx 3" dia)	35	2.5	15.6	7.8	141.1
Danish pastry, cinnamon, enriched	1 piece (1/8 of 15 oz ring)	53	3.7	23.6	11.9	213.6
Danish pastry, cinnamon, enriched	1 toaster strudel	53	3.7	23.6	11.9	213.6
Danish pastry, cinnamon, enriched	1 pastry (4-1/4" dia)	65	4.6	29	14.6	262
Danish pastry, cinnamon, enriched	1 large (approx 7" dia)	142	9.9	63.3	31.8	572.3
Danish pastry, cinnamon, unenriched	1 oz	28.4	2	12.6	6.4	114.3
Danish pastry, cinnamon, unenriched	1 small or frozen (approx 3" dia)	35	2.5	15.6	7.8	141.1
Danish pastry, cinnamon, unenriched	1 piece (1/8 of 15 oz ring)	53	3.7	23.6	11.9	213.6
Danish pastry, cinnamon, unenriched	1 toaster strudel	53	3.7	23.6	11.9	213.6
Danish pastry, cinnamon, unenriched	1 pastry (4-1/4" dia)	65	4.6	29	14.6	262
Danish pastry, cinnamon, unenriched	1 large (approx 7" dia)	142	9.9	63.3	31.8	572.3
Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	1 oz	28.4	1.5	13.6	5.2	105.2
Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	1 small or frozen (approx 3" dia)	35	1.9	16.7	6.5	129.9

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	1 piece (1/8 of 15 oz ring)	53	2.9	25.3	9.8	196.6
Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	1 toaster strudel	53	2.9	25.3	9.8	196.6
Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	1 pastry (4-1/4" dia)	71	3.8	33.9	13.1	263.4
Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	1 large (approx 7" dia)	142	7.7	67.9	26.3	526.8
Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	1 oz	28.4	1.5	13.6	5.2	105.2
Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	1 small or frozen (approx 3" dia)	35	1.9	16.7	6.5	129.9
Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	1 piece (1/8 of 15 oz ring)	53	2.9	25.3	9.8	196.6
Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	1 toaster strudel	53	2.9	25.3	9.8	196.6
Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	1 pastry (4-1/4" dia)	71	3.8	33.9	13.1	263.4
Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	1 container (3 oz)	142	7.7	67.9	26.3	526.8
Danish pastry, lemon, unenriched	1 oz	28.4	1.5	13.6	5.2	105.2
Danish pastry, lemon, unenriched	1 pastry	71	3.8	33.9	13.1	263.4
Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	1 oz	28.4	2	13	7.1	121.9
Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	1 piece (1/8 of 15 oz ring)	53	3.8	24.2	13.4	227.9
Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	1 pastry (4-1/4" dia)	65	4.6	29.7	16.4	279.5
Danish pastry, raspberry, unenriched	1 oz	28.4	1.5	13.6	5.2	105.2
Danish pastry, raspberry, unenriched	1 pastry (4-1/4" dia)	71	3.8	33.9	13.1	263.4
Dates, domestic, natural and dry	1 date	8.3	0.2	6.1	0	22.8
Dates, domestic, natural and dry	1 cup, pitted, chopped	178	3.5	130.8	0.8	489.5
Deer, cooked, roasted	3 oz	85	25.7	0	2.7	134.3
Deer, cooked, roasted	1 piece, cooked (yield from 1 lb raw meat, boneless)	340	102.7	0	10.8	537.2
Deer, raw	1 oz	28.4	6.5	0	0.7	34
Deer, raw	1 lb	453.6	104.1	0	11	544.3
Dessert topping, powdered	1 portion, amount to make 1 tbsp	1.3	0.1	0.7	0.5	7.5
Dessert topping, powdered	1.5 oz	42.5	2.1	22.3	17	245.2
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	1 tbsp	4	0.1	0.7	0.5	7.6
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	1 cup	80	2.9	13.2	9.9	151.2
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	1 package yields	160	5.8	26.4	19.9	302.4
Dessert topping, pressurized	1 tbsp	4	0	0.6	0.9	10.6
Dessert topping, pressurized	1 cup	70	0.7	11.2	15.6	184.8
Dessert topping, semi solid, frozen	1 tbsp	4	0.1	0.9	1	12.7
Dessert topping, semi solid, frozen	1 cup	75	0.9	17.3	19	238.5
Dill seed	1 tsp	2.1	0.3	1.2	0.3	6.4
Dill seed	1 tbsp	6.6	1.1	3.6	1	20.1
Dill weed, dried	1	1	0.2	0.6	0	2.5
Dill weed, dried	1 tbsp	3.1	0.6	1.7	0.1	7.8
Dill weed, fresh	5 sprigs	1	0	0.1	0	0.4
Dill weed, fresh	1 cup sprigs	8.9	0.3	0.6	0.1	3.8
Dock, raw	1 cup, chopped	133	2.7	4.3	0.9	29.3
Dolphinfish, cooked, dry heat	3 oz	85	20.2	0	0.8	92.7
Dolphinfish, cooked, dry heat	1 fillet	159	37.7	0	1.4	173.3
Dolphinfish, raw	3 oz	85	15.7	0	0.6	72.3
Dolphinfish, raw	1 fillet	204	37.7	0	1.4	173.4
Domino's Pizza Classic Hand Tossed 12" Cheese*	2 slices		21	55	11	375
Domino's Pizza Classic Hand Tossed 14" Cheese*	2 slices		21	75	15	516
Domino's Pizza Crunchy Thin Crust 12" Cheese*	2 slices		12	31	12	273
Domino's Pizza Crunchy Thin Crust 14" Cheese*	2 slices		17	43	17	382
Domino's Pizza Ultimate Deep Dish 12" Cheese*	2 slices		19	56	22	482
Domino's Pizza Ultimate Deep Dish 14" Cheese*	2 slices		26	80	30	677
Domino's Pizza Ultimate Deep Dish 6" Cheese	2 slices		23	68	28	598
Doo Dads Snack Mix, Original Flavor	0.5 cup	28.4	2.9	18.2	5.2	129.3
Doo Dads Snack Mix, Original Flavor	1 cup	56.7	5.8	36.5	10.5	258.6
Doughnuts, cake-type, chocolate, sugared or glazed	1 oz	28.4	1.3	16.3	5.6	118.2
Doughnuts, cake-type, chocolate, sugared or glazed	1 doughnut, medium (approx 3" dia)	42	1.9	24.1	8.4	175.1
Doughnuts, cake-type, chocolate, sugared or glazed	1 doughnut (3-3/4" dia)	60	2.7	34.4	11.9	250.2
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	1 doughnut, mini (1-1/2" dia) or doughnut hole	14	0.7	7	3.2	58.9
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	1 oz	28.4	1.4	14.1	6.5	119.4
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	1 doughnut, medium (3-1/4" dia)	47	2.4	23.4	10.8	197.9
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	1 doughnut stick	52	2.6	25.8	11.9	218.9
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	1 doughnut, long type (twist) (4-1/2" long)	52	2.6	25.8	11.9	218.9
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	1 doughnut, large (4" dia)	71	3.6	35.3	16.3	298.9
Doughnuts, cake-type, plain, chocolate-coated or frosted	1 doughnut (2" dia)	28	1.4	13.4	8.7	132.7
Doughnuts, cake-type, plain, chocolate-coated or frosted	1 oz	28.4	1.4	13.6	8.8	134.4
Doughnuts, cake-type, plain, chocolate-coated or frosted	1 doughnut, medium (approx 3" dia)	43	2.2	20.6	13.3	203.8

mrFITNESSinc.com **MACRONUTRIENT FOOD DATABASE**



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Doughnuts, cake-type, plain, chocolate-coated or frosted	1 doughnut, large (approx 3-1/2" dia)	57	2.9	27.4	17.7	270.2
Doughnuts, cake-type, plain, sugared or glazed	1 oz	28.4	1.5	14.4	6.5	120.8
Doughnuts, cake-type, plain, sugared or glazed	1 doughnut, medium (approx 3" dia)	45	2.3	22.9	10.3	191.7
Doughnuts, cake-type, wheat, sugared or glazed	1 doughnut (2" dia)	28	1.8	11.9	5.4	100.8
Doughnuts, cake-type, wheat, sugared or glazed	1 oz	28.4	1.8	12.1	5.5	102.1
Doughnuts, cake-type, wheat, sugared or glazed	1 doughnut, medium (approx 3" dia)	45	2.8	19.2	8.7	162
Doughnuts, french crullers, glazed	1 oz	28.4	0.9	16.9	5.2	116.8
Doughnuts, french crullers, glazed	1 cruller (3" dia)	41	1.3	24.4	7.5	168.9
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 doughnut hole	13	0.8	5.8	3	52.4
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 oz	28.4	1.8	12.6	6.5	114.3
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 doughnut, small (approx 3" dia)	31	2	13.7	7.1	124.9
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 doughnut (approx 1-1/2 oz)	42	2.7	18.6	9.6	169.3
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 doughnut stick	56	3.6	24.8	12.8	225.7
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 doughnut (3-3/4" dia)	60	3.8	26.6	13.7	241.8
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 doughnut, medium (approx 3-3/4" dia)	60	3.8	26.6	13.7	241.8
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 honeybun (4" x 3")	65	4.2	28.8	14.8	262
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 doughnut, large (approx 4-1/4" dia)	75	4.8	33.2	17.1	302.3
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 honeybun (4-1/2" x 3-1/2")	78	5	34.6	17.8	314.3
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 honeybun (5" x 3-1/2")	85	5.4	37.7	19.4	342.6
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 doughnut, long type (twist) approx 5-1/4" x 2-1/2" x 1-1/2" high)	90	5.8	39.9	20.5	362.7
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 extra large (approx 5" dia)	122	7.8	54	27.8	491.7
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 jumbo (approx 6" dia)	157	10	69.6	35.8	632.7
Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	1 oz	28.4	1.8	12.6	6.5	114.3
Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	1 doughnut, medium (3-1/4" dia)	60	3.8	26.6	13.7	241.8
Doughnuts, yeast-leavened, with creme filling	1 oz	28.4	1.8	8.5	6.9	102.3
Doughnuts, yeast-leavened, with creme filling	1 doughnut oval (3-1/2" x 2-1/2")	85	5.4	25.5	20.8	306.9
Doughnuts, yeast-leavened, with jelly filling	1 oz	28.4	1.7	11.1	5.3	96.4
Doughnuts, yeast-leavened, with jelly filling	1 doughnut oval (3-1/2" x 2-1/2")	85	5	33.2	15.9	289
Drum, freshwater, cooked, dry heat	3 oz	85	19.1	0	5.4	130.1
Drum, freshwater, cooked, dry heat	1 fillet	154	34.6	0	9.7	235.6
Drum, freshwater, raw	3 oz	85	14.9	0	4.2	101.2
Drum, freshwater, raw	1 fillet	198	34.7	0	9.8	235.6
Duck, duckling, white pekin, breast, meat and skin, boneless, cooked, roasted	1 unit (yield from 1 lb duck)	56	13.7	0	6.1	113.1
Duck, duckling, white pekin, breast, meat and skin, boneless, cooked, roasted	3 oz	85	20.8	0	9.2	171.7
Duck, duckling, white pekin, breast, meat and skin, boneless, cooked, roasted	0.5 breast, bone removed	120	29.4	0	13	242.4
Duck, duckling, white pekin, breast, meat only, boneless, cooked without skin, broiled	1 unit (yield from 1 lb duck)	44	12.1	0	1.1	61.6
Duck, duckling, white pekin, breast, meat only, boneless, cooked without skin, broiled	3 oz	85	23.5	0	2.1	119
Duck, duckling, white pekin, breast, meat only, boneless, cooked without skin, broiled	0.5 breast, bone and skin removed	95	26.2	0	2.4	133
Duck, duckling, white pekin, breast, meat only, boneless, cooked without skin, broiled	1 cup, chopped or diced	174	48	0	4.4	243.6
Duck, duckling, white pekin, leg, meat and skin, bone in, cooked, roasted	1 unit (yield from 1 lb duck)	43	11.5	0	4.9	93.3
Duck, duckling, white pekin, leg, meat and skin, bone in, cooked, roasted	3 oz	85	22.7	0	9.7	184.5
Duck, duckling, white pekin, leg, meat and skin, bone in, cooked, roasted	1 leg, bone removed (yield after cooking)	92	24.6	0	10.5	199.6
Duck, duckling, white pekin, leg, meat only, bone in, cooked without skin, braised	1 unit (yield from 1 lb duck)	35	10.2	0	2.1	62.3
Duck, duckling, white pekin, leg, meat only, bone in, cooked without skin, braised	1 leg, bone and skin removed	75	21.8	0	4.5	133.5
Duck, duckling, white pekin, leg, meat only, bone in, cooked without skin, braised	3 oz	85	24.7	0	5.1	151.3
Duck, duckling, white pekin, leg, meat only, bone in, cooked without skin, braised	1 cup chopped or diced, cooked	174	50.6	0	10.4	309.7
Duck, liver, raw	1 unit (yield from 1 lb duck)	10	1.9	0.4	0.5	13.6
Duck, liver, raw	1 liver	44	8.2	1.6	2	59.8
Duck, meat and skin, cooked, roasted	1 cup, chopped or diced	140	26.6	0	39.7	471.8
Duck, meat and skin, cooked, roasted	1 unit (yield from 1 lb duck)	173	32.9	0	49	583
Duck, meat and skin, cooked, roasted	0.5 duck	382	72.5	0	108.3	1287.3
Duck, meat and skin, raw	1 unit (yield from 1 lb duck)	287	33	0	112.9	1159.5
Duck, meat and skin, raw	0.5 duck	634	72.8	0	249.4	2561.4
Duck, meat only, cooked, roasted	1 unit (yield from 1 lb duck)	100	23.5	0	11.2	201
Duck, meat only, cooked, roasted	1 cup, chopped or diced	140	32.9	0	15.7	281.4
Duck, meat only, cooked, roasted	0.5 duck	221	51.9	0	24.8	444.2
Duck, meat only, raw	1 unit (yield from 1 lb duck)	137	25	0	8.2	180.8
Duck, meat only, raw	0.5 duck	303	55.4	0	18	400
Duck, wild, breast, meat only, raw	1 unit (yield from 1 lb duck)	73	14.5	0	3.1	89.8
Duck, wild, breast, meat only, raw	0.5 breast, bone and skin removed	83	16.5	0	3.5	102.1
Duck, wild, meat and skin, raw	1 unit (yield from 1 lb duck)	239	41.6	0	36.3	504.3
Duck, wild, meat and skin, raw	0.5 duck	270	47	0	41	569.7
Dunkin' Donuts Apple Cinnamon Pecan Muffin	1		8	74	21	510
Dunkin' Donuts Apple Crumb Donut	1		3	34	10	230

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Dunkin' Donuts Apple Fritter	1		4	41	14	300
Dunkin' Donuts Apple N' Spice Donut	1		3	29	8	200
Dunkin' Donuts Bagel Bacon Cheddar Omwich	1		26	79	21	600
Dunkin' Donuts Bagel Pizza Omwich	1		25	74	19	560
Dunkin' Donuts Bagel Spanish Omwich	1		24	79	18	570
Dunkin' Donuts Banana Nut Muffin	1		10	72	23	530
Dunkin' Donuts Bavarian Kreme Donut	1		3	30	9	210
Dunkin' Donuts Berry Berry Bagel	1		11	69	3	340
Dunkin' Donuts Biscuit	1		6	32	14	280
Dunkin' Donuts Biscuit Bacon Cheddar Omwich	1		21	33	32	500
Dunkin' Donuts Biscuit Egg & Cheese Sandwich	1		17	30	22	380
Dunkin' Donuts Biscuit Pizza Omwich	1		19	39	30	500
Dunkin' Donuts Biscuit Sausage, Egg & Cheese Sand	1		25	31	42	590
Dunkin' Donuts Biscuit Spanish Omwich	1		19	34	29	470
Dunkin' Donuts Black Raspberry Donut	1		3	32	8	210
Dunkin' Donuts Blueberry Bagel	1		11	69	3	340
Dunkin' Donuts Blueberry Cake Donut	1		3	35	16	290
Dunkin' Donuts Blueberry Crumb Donut	1		3	36	10	240
Dunkin' Donuts Blueberry Muffin	1		8	76	17	490
Dunkin' Donuts Boston Kreme Donut	1		3	36	9	240
Dunkin' Donuts Bow Tie Donut	1		4	34	17	300
Dunkin' Donuts Butternut Cake Donut Ring	1		3	36	16	300
Dunkin' Donuts Butternut Cake Munchkins (3)	1		2	25	11	200
Dunkin' Donuts Caramel Apple Krunch Donut	1		4	41	14	300
Dunkin' Donuts Chive Cream Cheese*	1 tsb		3	3	19	190
Dunkin' Donuts Chocolate Chip Muffin	1		9	88	24	590
Dunkin' Donuts Chocolate Chocolate Chunk Cookie	1		3	26	11	210
Dunkin' Donuts Chocolate Chunk Cookie	1		3	28	11	220
Dunkin' Donuts Chocolate Chunk Cookie w/ Nuts	1		3	27	12	230
Dunkin' Donuts Chocolate Coconut Cake Donut	1		4	31	19	300
Dunkin' Donuts Chocolate Frosted Cake Donut	1		3	38	16	300
Dunkin' Donuts Chocolate Frosted Coffee Roll	1		4	36	15	290
Dunkin' Donuts Chocolate Frosted Donut	1		3	29	9	200
Dunkin' Donuts Chocolate Glazed Cake Donut	1		3	33	16	290
Dunkin' Donuts Chocolate Iced Donut	1		3	50	15	340
Dunkin' Donuts Chocolate Kreme Filled Donut	1		3	35	13	270
Dunkin' Donuts Chocolate-White Choc Chunk Cookie	1		3	28	12	230
Dunkin' Donuts Cinnamon Bun	1		8	85	15	510
Dunkin' Donuts Cinnamon Cake Donut	1		3	31	15	270
Dunkin' Donuts Cinnamon Cake Munchkins (3)	1		3	30	14	250
Dunkin' Donuts Cinnamon Raisin Bagel	1		11	69	3.5	340
Dunkin' Donuts Coconut Cake Donut	1		3	33	17	290
Dunkin' Donuts Coconut Cake Munchkins (3)	1		2	23	12	200
Dunkin' Donuts Coffee Coolatta, 2% Milk	1		4	52	2	240
Dunkin' Donuts Coffee Coolatta, Cream	1		3	51	22	410
Dunkin' Donuts Coffee Coolatta, Cream, Choc Mint Whirl-Ins	1		4	58	24	460
Dunkin' Donuts Coffee Coolatta, Cream, Oreo Whirl-Ins	1		4	58	24	460
Dunkin' Donuts Coffee Coolatta, Milk	1		4	52	4	260
Dunkin' Donuts Coffee Coolatta, Milk, Oreo Whirl-Ins	1		4	60	5	300
Dunkin' Donuts Coffee Coolatta, Milk, Choc Mint Whirl-Ins	1		4	59	6	310
Dunkin' Donuts Coffee Coolatta, Skim Milk	1		4	52	0	230
Dunkin' Donuts Coffee Coolatta, Skim Milk, Choc Mint Whirl-Ins	1		4	59	2.5	280
Dunkin' Donuts Coffee Coolatta, Skim Milk, Oreo Whirl-Ins	1		5	60	2	270
Dunkin' Donuts Coffee Roll	1		4	33	14	270
Dunkin' Donuts Corn Muffin	1		10	78	16	500
Dunkin' Donuts Cranberry Orange Muffin	1		8	76	15	470
Dunkin' Donuts Croissant Bacon Cheddar Omwich	1		21	33	38	560
Dunkin' Donuts Croissant Pizza Omwich	1		18	33	34	510
Dunkin' Donuts Croissant Spanish Cheese Omwich	1		19	33	36	530
Dunkin' Donuts Double Chocolate Cake Donut	1		3	37	17	310
Dunkin' Donuts Dunkaccino	1		2	34	11	250
Dunkin' Donuts Dunkin' Donut	1		3	25	15	240
Dunkin' Donuts Eclair Donut	1		3	39	11	270
Dunkin' Donuts English Muffin Bacon Cheddar Omwich	1		21	33	21	400

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Dunkin' Donuts English Muffin Ham, Egg & Cheese		1	22	31	12	320
Dunkin' Donuts English Muffin Pizza Omwich		1	17	33	17	350
Dunkin' Donuts English Muffin Spanish Omwich		1	18	34	18	370
Dunkin' Donuts Everything Bagel		1	12	67	2.5	360
Dunkin' Donuts Garden Vegetable Cream Cheese*	1 tsb		3	3	17	180
Dunkin' Donuts Garlic Bagel		1	12	68	2.5	360
Dunkin' Donuts Glazed Cake Donut		1	3	33	15	270
Dunkin' Donuts Glazed Cake Munchkins (3)		1	2	27	10	200
Dunkin' Donuts Glazed Chocolate Cake Munchkins (3)		1	2	26	10	200
Dunkin' Donuts Glazed Chocolate Cruller		1	3	35	15	280
Dunkin' Donuts Glazed Cruller		1	3	37	15	290
Dunkin' Donuts Glazed Donut		1	3	25	8	180
Dunkin' Donuts Glazed Fritter		1	4	31	14	260
Dunkin' Donuts Glazed Yeast Munchkins (3)		1	3	27	9	200
Dunkin' Donuts Honey Bran Raisin Muffin		1	7	84	16	490
Dunkin' Donuts Hot Chocolate		1	2	38	8	230
Dunkin' Donuts Jelly Filled Donut		1	3	32	8	210
Dunkin' Donuts Jelly Filled Yeast Munchkins (3)		1	3	30	9	210
Dunkin' Donuts Jelly Stick		1	3	44	12	290
Dunkin' Donuts Lemon Donut		1	3	28	9	200
Dunkin' Donuts Lemon Filled Yeast Munchkins (3)		1	2	23	8	170
Dunkin' Donuts Lemon Poppyseed Muffin		1	10	94	19	580
Dunkin' Donuts Lite Cream Cheese*	1 tsb		5	3	11	130
Dunkin' Donuts Maple Frosted Coffee Roll		1	4	36	14	290
Dunkin' Donuts Maple Frosted Donut		1	3	30	9	210
Dunkin' Donuts Marble Frosted Donut		1	3	29	9	200
Dunkin' Donuts Oatmeal Raisin Pecan Cookie		1	3	29	10	220
Dunkin' Donuts Old Fashioned Cake Donut		1	3	26	15	250
Dunkin' Donuts Onion Bagel		1	12	66	4	350
Dunkin' Donuts Orange Mango Fruit Coolatta		1	1	71	0	290
Dunkin' Donuts Peanut Butter Cookie w/ Nuts		1	5	24	14	240
Dunkin' Donuts Pina Coolatta		1	1	57	3.5	270
Dunkin' Donuts Plain Bagel		1	12	67	2.5	340
Dunkin' Donuts Plain Cake Munchkins (3)		1	2	22	14	220
Dunkin' Donuts Plain Cream Cheese*	1 tsb		4	3	19	200
Dunkin' Donuts Plain Croissant		1	5	26	18	290
Dunkin' Donuts Plain Cruller		1	3	25	15	240
Dunkin' Donuts Poppyseed Bagel		1	12	68	4	360
Dunkin' Donuts Powdered Cake Donut		1	3	32	15	270
Dunkin' Donuts Powdered Cake Munchkins (3)		1	2	29	14	250
Dunkin' Donuts Powdered Cruller		1	3	30	15	270
Dunkin' Donuts Reduced Fat Blueberry Muffin		1	8	77	12	450
Dunkin' Donuts Salmon Cream Cheese*	1 tsb		5	2	17	180
Dunkin' Donuts Salt Bagel		1	12	67	2.5	340
Dunkin' Donuts Sesame Bagel		1	12	74	4.5	380
Dunkin' Donuts Strawberry Cream Cheese*	1 tsb		2	9	16	180
Dunkin' Donuts Strawberry Donut		1	3	32	8	210
Dunkin' Donuts Strawberry Frosted Donut		1	3	30	9	210
Dunkin' Donuts Strawberry Fruit Coolatta		1	0	70	0	280
Dunkin' Donuts Sugar Cruller		1	3	27	15	250
Dunkin' Donuts Sugar Raised Donut		1	3	22	8	170
Dunkin' Donuts Sugar Raised Yeast Munchkins (3)		1	4	26	12	220
Dunkin' Donuts Sugared Cake Donut		1	3	27	15	250
Dunkin' Donuts Sugared Cake Munchkins (3)		1	2	28	14	240
Dunkin' Donuts Sundried Tomato Bagel		1	13	66	2.5	330
Dunkin' Donuts Toasted Coconut Cake Donut		1	3	35	17	300
Dunkin' Donuts Toasted Coconut Cake Munchkins (3)		1	2	24	11	200
Dunkin' Donuts Vanilla Bean Coolatta		1	1	94	7	450
Dunkin' Donuts Vanilla Bean Coolatta, Choc Mint Whirl-Ins		1	2	82	19	500
Dunkin' Donuts Vanilla Bean Coolatta, Oreo Whirl-Ins		1	2	83	18	500
Dunkin' Donuts Vanilla Frosted Coffee Roll		1	4	36	14	290
Dunkin' Donuts Vanilla Frosted Donut		1	3	30	9	210
Dunkin' Donuts Vanilla Kreme Filled Donut		1	3	36	13	270
Dunkin' Donuts Wheat Bagel		1	13	67	4.5	350

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Dunkin' Donuts Whole Wheat Glazed Cake Donut	1		4	32	19	310
Durian, raw or frozen	1 cup, chopped or diced	243	3.6	65.8	13	357.2
Durian, raw or frozen	1 fruit	602	8.8	163.1	32.1	884.9
Dutch brand loaf, pork, beef	1 slice (1 oz) (4" x 4" x 3/32" thick)	28.4	3.8	1.6	5.1	68
Dutch brand loaf, pork, beef	2 slices	56.7	7.6	3.2	10.1	136.1
E.j. brach's, brach's star brites peppermint mints	3 pieces	15	0	14.7	0	59
Eclairs, custard-filled with chocolate glaze, prepared from recipe	1 oz	28.4	1.8	6.9	4.5	74.3
Eclairs, custard-filled with chocolate glaze, prepared from recipe	1 ?clair, frozen	78	5	18.9	12.2	204.4
Eclairs, custard-filled with chocolate glaze, prepared from recipe	1 éclair (5" x 2" x 1-3/4")	100	6.4	24.2	15.7	262
Eclairs, custard-filled with chocolate glaze, prepared from recipe	1 cream puff (3-1/2" x 2")	112	7.2	27.1	17.6	293.4
Eel, mixed species, cooked, dry heat	1 cubic inch, boneless	17	4	0	2.5	40.1
Eel, mixed species, cooked, dry heat	1 oz with bone (yield after bone removed)	22	5.2	0	3.3	51.9
Eel, mixed species, cooked, dry heat	1 oz, boneless	28.4	6.7	0	4.2	66.9
Eel, mixed species, cooked, dry heat	3 oz	85	20.1	0	12.7	200.6
Eel, mixed species, cooked, dry heat	1 fillet	159	37.6	0	23.8	375.2
Eel, mixed species, raw	3 oz	85	15.7	0	9.9	156.4
Eel, mixed species, raw	1 fillet	204	37.6	0	23.8	375.4
Egg custards, dry mix	1 portion, amount to make 1/2 cup	21	1.4	17.4	1.3	86.1
Egg custards, dry mix	1 package (3 oz)	85	5.9	70.4	5.4	348.5
Egg custards, dry mix, prepared with 2% milk	0.5 cup	133	5.6	23.5	3.7	149
Egg custards, dry mix, prepared with 2% milk	1 package yield (2 cups)	533	22.4	94.3	14.9	597
Egg custards, dry mix, prepared with whole milk	0.5 cup	133	5.5	23.4	5.5	162.3
Egg custards, dry mix, prepared with whole milk	1 package yield (2 cups)	533	21.9	93.8	21.9	650.3
Egg substitute, frozen	0.25 cup	60	6.8	1.9	6.7	96
Egg substitute, frozen	1 cup	240	27.1	7.7	26.7	384
Egg substitute, liquid	1 tbsp	15.7	1.9	0.1	0.5	13.2
Egg substitute, liquid	1.5 fl oz	47	5.6	0.3	1.6	39.5
Egg substitute, liquid	1 cup	251	30.1	1.6	8.3	210.8
Egg substitute, powder	0.35 oz	9.9	5.5	2.2	1.3	44
Egg substitute, powder	0.7 oz	19.8	11	4.3	2.6	87.9
Egg, duck, whole, raw	1 egg	70	9	1	9.6	129.5
Egg, goose, whole, raw	1 egg	144	20	1.9	19.1	266.4
Egg, quail, whole, raw	1 egg	9	1.2	0	1	14.2
Egg, turkey, whole, raw	1 egg	79	10.8	0.9	9.4	135.1
Egg, white, dried, flakes, glucose reduced	0.5 lb	227	174.6	9.5	0.1	796.8
Egg, white, dried, powder, glucose reduced	1 tbsp	14	11.5	0.6	0	52.6
Egg, white, dried, powder, glucose reduced	1 cup, sifted	107	88.2	4.8	0	402.3
Egg, white, raw, fresh	1 large	33.4	3.5	0.3	0	16.7
Egg, white, raw, fresh	1 cup	243	25.6	2.5	0	121.5
Egg, whole, cooked, fried	1 large	46	6.2	0.6	6.9	91.5
Egg, whole, cooked, hard-boiled	1 tbsp	8.5	1.1	0.1	0.9	13.2
Egg, whole, cooked, hard-boiled	1 large	50	6.3	0.6	5.3	77.5
Egg, whole, cooked, hard-boiled	1 cup, chopped	136	17.1	1.5	14.4	210.8
Egg, whole, cooked, omelet	1 tbsp	15.2	1.6	0.2	1.7	23.1
Egg, whole, cooked, omelet	1 large	61	6.3	0.6	7	92.7
Egg, whole, cooked, poached	1 large	50	6.2	0.6	5	74.5
Egg, whole, cooked, scrambled	1 tbsp	13.7	1.5	0.3	1.7	22.7
Egg, whole, cooked, scrambled	1 large	61	6.8	1.3	7.4	101.3
Egg, whole, cooked, scrambled	1 cup	220	24.4	4.8	26.9	365.2
Egg, whole, dried	1 tbsp	5	2.4	0.2	2	29.7
Egg, whole, dried	1 cup, sifted	85	40.2	4.2	34.8	504.9
Egg, whole, dried, stabilized, glucose reduced	1 tbsp	5	2.4	0.1	2.2	30.8
Egg, whole, dried, stabilized, glucose reduced	1 cup, sifted	85	40.9	2	37.4	522.8
Egg, whole, raw, fresh	1 small	37	4.6	0.5	3.7	55.1
Egg, whole, raw, fresh	1 medium	44	5.5	0.5	4.4	65.6
Egg, whole, raw, fresh	1 large	50	6.2	0.6	5	74.5
Egg, whole, raw, fresh	1 extra large	58	7.2	0.7	5.8	86.4
Egg, whole, raw, fresh	1 jumbo	65	8.1	0.8	6.5	96.9
Egg, whole, raw, fresh	1 cup (4.86 large eggs)	243	30.4	3	24.3	362.1
Egg, yolk, dried	1 tbsp	4	1.4	0.1	2.2	26.6
Egg, yolk, dried	1 cup, sifted	67	22.9	2.4	37.4	446.2
Egg, yolk, raw, fresh	1 large	16.6	2.8	0.3	5.1	59.4
Egg, yolk, raw, fresh	1 cup	243	40.7	4.3	75	869.9
Egg, yolk, raw, frozen	0.5 lb	227	35.2	2.6	58.1	687.8

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Egg, yolk, raw, frozen, salted	0.5 lb	227	31.8	3.6	52.2	622
Egg, yolk, raw, frozen, sugared	0.5 lb	227	31.3	24.5	51.6	696.9
Eggnog	1 fl oz	31.8	1.2	4.3	2.4	42.9
Eggnog	1 cup	254	9.7	34.4	19	342.9
Eggnog	1 quart	1016	38.7	137.6	76	1371.6
Eggnog-flavor mix, powder	2 tsp, rounded	28.4	0.1	27.6	0.3	110.6
Eggnog-flavor mix, powder, prepared with milk	1 cup (8 fl oz)	272	8.2	38.9	8.4	261.1
Eggplant, cooked, boiled, drained, with salt	1 cup (1" cubes)	99	0.8	6.6	0.2	27.7
Eggplant, cooked, boiled, drained, without salt	1 cup (1" cubes)	99	0.8	6.6	0.2	27.7
Eggplant, raw	1 cup, cubes	82	0.8	5	0.1	21.3
Eggplant, raw	1 eggplant, peeled (yield from 1-1/4 lb)	458	4.7	27.8	0.8	119.1
Eggplant, raw	1 eggplant, unpeeled (approx 1-1/4 lb)	548	5.6	33.3	1	142.5
El Rio Chili Con Carne, No Beans, Canned Entree	1 serving	261	15.1	16.2	20.1	305.4
El Rio Chili Con Carne, No Beans, Canned Entree	1 package yields	425	24.7	26.4	32.7	497.3
Elderberries, raw	1 cup	145	1	26.7	0.7	105.9
Elk, cooked, roasted	3 oz	85	25.7	0	1.6	124.1
Elk, cooked, roasted	1 piece, cooked (yield from 1 lb raw meat, boneless)	340	102.6	0	6.5	496.4
Elk, raw	1 oz	28.4	6.5	0	0.4	31.5
Elk, raw	1 lb	453.6	104.1	0	6.6	503.5
Endive, raw	0.5 cup, chopped	25	0.3	0.8	0.1	4.3
Endive, raw	1 head	513	6.4	17.2	1	87.2
English muffins, mixed-grain (includes granola)	1 oz	28.4	2.6	13.1	0.5	66.6
English muffins, mixed-grain (includes granola)	1 muffin	66	6	30.6	1.2	155.1
English muffins, mixed-grain, toasted (includes granola)	1 oz	28.4	2.8	14.3	0.5	72.3
English muffins, mixed-grain, toasted (includes granola)	1 muffin	61	6	30.7	1.2	155.6
English muffins, plain, enriched, with ca prop (includes sourdough)	1 oz	28.4	2.2	13	0.5	66.6
English muffins, plain, enriched, with ca prop (includes sourdough)	1 muffin	57	4.4	26.2	1	134
English muffins, plain, enriched, without calcium propionate(includes sourdough)	1 oz	28.4	2.2	13	0.5	66.6
English muffins, plain, enriched, without calcium propionate(includes sourdough)	1 muffin	57	4.4	26.2	1	134
English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	1 oz	28.4	2.4	14.2	0.6	72.3
English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	1 muffin	52	4.4	26	1	132.6
English muffins, plain, unenriched, with calcium propionate (includes sourdough)	1 oz	28.4	2.2	13	0.5	66.6
English muffins, plain, unenriched, with calcium propionate (includes sourdough)	1 muffin	57	4.4	26.2	1	134
English muffins, plain, unenriched, without calcium propionate (includes sourdough)	1 oz	28.4	2.2	13	0.5	66.6
English muffins, plain, unenriched, without calcium propionate (includes sourdough)	1 muffin	57	4.4	26.2	1	134
English muffins, raisin-cinnamon (includes apple-cinnamon)	1 oz	28.4	2.1	13.8	0.8	68.9
English muffins, raisin-cinnamon (includes apple-cinnamon)	1 muffin	57	4.3	27.8	1.5	138.5
English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	1 oz	28.4	2.3	15	0.8	74.8
English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	1 muffin	52	4.3	27.6	1.5	137.3
English muffins, Thomas', plain	1 serving	57	5	26	0.9	131.7
English muffins, wheat	1 oz	28.4	2.5	12.7	0.6	63.2
English muffins, wheat	1 muffin	57	5	25.5	1.1	127.1
English muffins, wheat, toasted	1 oz	28.4	2.7	13.8	0.6	68.9
English muffins, wheat, toasted	1 muffin	52	4.9	25.3	1.1	126.4
English muffins, whole-wheat	1 oz	28.4	2.5	11.5	0.6	57.6
English muffins, whole-wheat	1 muffin	66	5.8	26.7	1.4	134
English muffins, whole-wheat, toasted	1 oz	28.4	2.7	12.5	0.7	62.7
English muffins, whole-wheat, toasted	1 muffin	61	5.9	26.9	1.4	134.8
Epazote, raw	1 tbsp	0.8	0	0.1	0	0.3
Epazote, raw	1 sprig	2	0	0.1	0	0.6
Eppaw, raw	1 cup	100	4.6	31.7	1.8	150
Falafel, home-prepared	1 patty (approx 2-1/4" dia)	17	2.3	5.4	3	56.6
Farina, enriched, cooked with water, with salt	0.75 cup	175	2.5	18.6	0.2	87.5
Farina, enriched, cooked with water, with salt	1 cup	233	3.3	24.7	0.2	116.5
Farina, enriched, cooked with water, without salt, (wheat)	1 tbsp	14.6	0.2	1.5	0	7.3
Farina, enriched, cooked with water, without salt, (wheat)	0.75 cup	175	2.5	18.6	0.2	87.5
Farina, enriched, cooked with water, without salt, (wheat)	1 cup	233	3.3	24.7	0.2	116.5
Farina, enriched, dry	1 tbsp	10.9	1.2	8.5	0.1	40.2
Farina, enriched, dry	1 cup	176	18.7	137.3	0.9	649.4
Farina, unenriched, cooked with water, with salt	0.75 cup	175	2.5	18.6	0.2	87.5
Farina, unenriched, cooked with water, with salt	1 cup	233	3.3	24.7	0.2	116.5
Farina, unenriched, cooked with water, without salt	0.75 cup	175	2.5	18.6	0.2	87.5
Farina, unenriched, cooked with water, without salt	1 cup	233	3.3	24.7	0.2	116.5
Farina, unenriched, dry	1 tbsp	10.9	1.2	8.5	0.1	40.2

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Farina, unenriched, dry	1 cup	176	18.7	137.3	0.9	649.4
Farley Fruit With Vitamins A, C, And E	1 pouch	26	1.1	21	0	88.7
Fat, beef tallow	1 tbsp	12.8	0	0	12.8	115.5
Fat, beef tallow	1 cup	205	0	0	205	1849.1
Fat, chicken	1 tbsp	12.8	0	0	12.8	115.2
Fat, chicken	1 cup	205	0	0	204.6	1845
Fat, duck	1 tbsp	12.8	0	0	12.8	115.2
Fat, duck	1 cup	205	0	0	204.6	1845
Fat, goose	1 tbsp	12.8	0	0	12.8	115.2
Fat, goose	1 cup	205	0	0	204.6	1845
Fat, mutton tallow	1 tbsp	12.8	0	0	12.8	115.5
Fat, mutton tallow	1 cup	205	0	0	205	1849.1
Fat, turkey	1 tsp	4.3	0	0	4.3	38.7
Fat, turkey	1 tbsp	12.8	0	0	12.8	115.2
Fat, turkey	1 cup	205	0	0	204.6	1845
Feijoa, raw	1 fruit without refuse	50	0.6	5.3	0.4	24.5
Feijoa, raw	1 cup, pureed	243	3	25.8	1.9	119.1
Fennel seed	1 tsp	2	0.3	1	0.3	6.9
Fennel seed	1 tbsp	5.8	0.9	3	0.9	20
Fennel, bulb, raw	1 cup, sliced	87	1.1	6.3	0.2	27
Fennel, bulb, raw	1 bulb	234	2.9	17.1	0.5	72.5
Fenugreek seed	1 tsp	3.7	0.9	2.2	0.2	12
Fenugreek seed	1 tbsp	11.1	2.6	6.5	0.7	35.9
Fiber One	0.5 cup	30	2.8	24	0.8	61.5
Fiesta Cafe Beef & Bean Chimichanga, Frozen	1 package yields	227	24.1	55.6	11.6	422.2
Fiesta Cafe Beef & Bean Chimichanga, Frozen	1 serving	227	24.1	55.6	11.6	422.2
Figs, canned, extra heavy syrup pack	1 cup	261	1	72.7	0.3	279.3
Figs, canned, heavy syrup pack	1 fig with liquid	28	0.1	6.4	0	24.6
Figs, canned, heavy syrup pack	1 cup	259	1	59.3	0.3	227.9
Figs, canned, light syrup pack	1 fig with liquid	28	0.1	5	0	19.3
Figs, canned, light syrup pack	1 cup	252	1	45.2	0.3	173.9
Figs, canned, water pack	1 fig with liquid	27	0.1	3.8	0	14.3
Figs, canned, water pack	1 cup	248	1	34.7	0.2	131.4
Figs, dried, stewed	1 cup	259	3.3	71.4	1.3	279.7
Figs, dried, uncooked	1 fig	19	0.6	12.4	0.2	48.5
Figs, dried, uncooked	1 cup	199	6.1	130	2.3	507.5
Figs, raw	1 small (1-1/2" dia)	40	0.3	7.7	0.1	29.6
Figs, raw	1 medium (2-1/4" dia)	50	0.4	9.6	0.2	37
Figs, raw	1 large (2-1/2" dia)	64	0.5	12.3	0.2	47.4
Fireweed, leaves, raw	1 plant	22	1	4.2	0.6	22.7
Fireweed, leaves, raw	1 cup, chopped	23	1.1	4.4	0.6	23.7
Fish oil, cod liver	1 1tsp	4.5	0	0	4.5	40.6
Fish oil, cod liver	1 tbsp	13.6	0	0	13.6	122.7
Fish oil, cod liver	1 cup	218	0	0	218	1966.4
Fish oil, herring	1 1tsp	4.5	0	0	4.5	40.6
Fish oil, herring	1 tbsp	13.6	0	0	13.6	122.7
Fish oil, herring	1 cup	218	0	0	218	1966.4
Fish oil, menhaden	1 1tsp	4.5	0	0	4.5	40.6
Fish oil, menhaden	1 tbsp	13.6	0	0	13.6	122.7
Fish oil, menhaden	1 cup	218	0	0	218	1966.4
Fish oil, menhaden, fully hydrogenated	1 1tsp	4.5	0	0	4.5	40.6
Fish oil, menhaden, fully hydrogenated	1 tbsp	12.5	0	0	12.5	112.8
Fish oil, menhaden, fully hydrogenated	1 cup	205	0	0	205	1849.1
Fish oil, salmon	1 1tsp	4.5	0	0	4.5	40.6
Fish oil, salmon	1 tbsp	13.6	0	0	13.6	122.7
Fish oil, salmon	1 cup	218	0	0	218	1966.4
Fish oil, sardine	1 1tsp	4.5	0	0	4.5	40.6
Fish oil, sardine	1 tbsp	13.6	0	0	13.6	122.7
Fish oil, sardine	1 cup	218	0	0	218	1966.4
Fish portions and sticks, frozen, preheated	1 stick (4" x 1" x 1/2")	28	4.4	6.7	3.4	76.2
Fish portions and sticks, frozen, preheated	1 piece (4" x 2" x 1/2")	57	8.9	13.5	7	155
Flan, caramel custard, dry mix	1 portion, amount to make 1/2 cup	21	0	19.2	0	73.1
Flan, caramel custard, dry mix	1 package (3 oz)	85	0	77.9	0	295.8
Flan, caramel custard, dry mix, prepared with 2% milk	0.5 cup	133	4	25.5	2.4	135.7

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Flan, caramel custard, dry mix, prepared with 2% milk	1 package yields	533	16	102.3	9.6	543.7
Flan, caramel custard, dry mix, prepared with whole milk	0.5 cup	133	4	25.4	4.1	150.3
Flan, caramel custard, dry mix, prepared with whole milk	1 package yields	533	16	101.8	16.5	602.3
Flatfish (flounder and sole species), cooked, dry heat	3 oz	85	20.5	0	1.3	99.5
Flatfish (flounder and sole species), cooked, dry heat	1 fillet	127	30.7	0	1.9	148.6
Flatfish (flounder and sole species), raw	1 oz, boneless	28.4	5.3	0	0.3	25.8
Flatfish (flounder and sole species), raw	3 oz	85	16	0	1	77.4
Flatfish (flounder and sole species), raw	1 fillet	163	30.7	0	1.9	148.3
Flaxseed	1 tbs	12	2.3	4.1	4.1	59
Flaxseed	1 cup	155	30.2	53.1	52.7	762.6
Fondant, prepared-from-recipe	1 piece	16	0	14.8	0	57.3
Fondant, prepared-from-recipe	1 recipe yield (60 pieces)	930	0	863	0	3329.4
Formulated, wheat-based, all flavors except macadamia, without salt	1 oz	28.4	3.7	5.9	17.7	183.4
Formulated, wheat-based, flavored, macadamia flavored, without salt	1 oz	28.4	3.2	7.9	16	175.5
Formulated, wheat-based, unflavored, with salt added	1 oz	28.4	3.9	6.7	16.4	176.3
Franchise associates, howard johnson's toastees, blueberry toaster muffins, frozen, ready to eat	1 serving	71	5	32	9.7	235
Frankenberry	1 cup	30	1	27.3	0.5	117
Frankfurter, beef	1 frankfurter (5 in long x 3/4 in dia, 10 per lb)	45	5.4	0.8	12.8	141.8
Frankfurter, beef	1 frankfurter (5 in long x 7/8 in dia, 8 per lb)	57	6.8	1	16.2	179.6
Frankfurter, beef and pork	1 frankfurter (5 in long x 3/4 in dia, 10 per lb)	45	5.1	1.1	13.1	144
Frankfurter, chicken	1 oz	28.4	3.7	1.9	5.5	72.9
Frankfurter, chicken	1 frankfurter	45	5.8	3.1	8.8	115.7
Frankfurter, turkey	1 oz	28.4	4	0.4	5	64.1
Frankfurter, turkey	1 frankfurter	45	6.4	0.7	8	101.7
Freezer Queen Gravy & Sliced Beef Meal, Mashed Potatoes And Carrots, Frozen Meal	1 package yields	255	15.3	25.5	4.8	206.6
Freezer Queen Gravy & Sliced Beef Meal, Mashed Potatoes And Carrots, Frozen Meal	1 serving	255	15.3	25.5	4.8	206.6
French toast, frozen, ready-to-heat	1 oz	28.4	2.1	9.1	1.7	60.4
French toast, frozen, ready-to-heat	1 piece	59	4.4	18.9	3.6	125.7
French toast, prepared from recipe, made with low fat (2%) milk	1 oz	28.4	2.2	7.1	3.1	64.9
French toast, prepared from recipe, made with low fat (2%) milk	1 slice	65	5	16.3	7	148.9
Frosted Rice Krinkles, (rice)	1 box, single serving (.75 oz)	21.3	1	19.4	0	82
Frosted Rice Krinkles, (rice)	1 oz	28.4	1.4	25.8	0.1	109.1
Frosted Rice Krinkles, (rice)	1 cup	45	2.2	41	0.1	173.3
Frostings, chocolate, creamy, dry mix	1 package	388	5	357	20.2	1509.3
Frostings, chocolate, creamy, dry mix, prepared with butter	0.083 package	42	0.5	30.1	5.5	160.4
Frostings, chocolate, creamy, dry mix, prepared with butter	1 package yields	499	5.5	357.3	65.4	1906.2
Frostings, chocolate, creamy, dry mix, prepared with margarine	0.083 package	42	0.5	30.1	5.5	160.9
Frostings, chocolate, creamy, dry mix, prepared with margarine	1 package yields	499	5.5	357.8	64.9	1911.2
Frostings, chocolate, creamy, ready-to-eat	0.083 package	38	0.4	24	6.7	150.9
Frostings, chocolate, creamy, ready-to-eat	1 package (16 oz)	462	5.1	292	81.3	1834.1
Frostings, chocolate, creamy, ready-to-eat, without added phosphorus, vitamin a	0.083 package	38	0.4	24	6.7	150.9
Frostings, chocolate, creamy, ready-to-eat, without added phosphorus, vitamin a	1 package (16 oz)	462	5.1	292	81.3	1834.1
Frostings, coconut-nut, ready-to-eat	0.083 package	38	0.6	20.1	9.1	156.6
Frostings, coconut-nut, ready-to-eat	1 package (16 oz)	462	6.9	243.9	110.9	1903.4
Frostings, coconut-nut, ready-to-eat, without added phosphorus	0.083 package	38	0.6	20.1	9.1	156.6
Frostings, coconut-nut, ready-to-eat, without added phosphorus	1 package (16 oz)	462	6.9	243.9	110.9	1903.4
Frostings, cream cheese-flavor, ready-to-eat	0.083 package	38	0	25.3	6.6	156.9
Frostings, cream cheese-flavor, ready-to-eat	1 package (16 oz)	462	0.5	308.2	79.9	1908.1
Frostings, cream cheese-flavor, ready-to-eat, without added sodium, vitamin a	0.083 package	38	0	25.3	6.6	156.9
Frostings, cream cheese-flavor, ready-to-eat, without added sodium, vitamin a	1 package (16 oz)	462	0.5	308.2	79.9	1908.1
Frostings, glaze, prepared-from-recipe	1 recipe yield	327	2	240.3	25.8	1173.9
Frostings, sour cream-flavor, ready-to-eat	0.083 package	38	0	25.7	6.5	156.6
Frostings, sour cream-flavor, ready-to-eat	1 package (16 oz)	462	0.5	312.3	79.5	1903.4
Frostings, sour cream-flavor, ready-to-eat, without added phosphorus, potassium	0.083 package	38	0	25.7	6.5	156.6
Frostings, sour cream-flavor, ready-to-eat, without added phosphorus, potassium	1 package (16 oz)	462	0.5	312.3	79.5	1903.4
Frostings, vanilla, creamy, dry mix	0.083 package	34	0.1	31.9	1.7	139.4
Frostings, vanilla, creamy, dry mix	1 package	411	1.2	385.5	20.1	1685.1
Frostings, vanilla, creamy, dry mix, prepared with butter	0.083 package	43	0.1	30.4	7.2	181.9
Frostings, vanilla, creamy, dry mix, prepared with butter	1 package yields	517	1	365.5	86.3	2186.9
Frostings, vanilla, creamy, dry mix, prepared with margarine	0.083 package	43	0.1	30.4	7.1	182.3
Frostings, vanilla, creamy, dry mix, prepared with margarine	1 package yields	517	1	366	85.8	2192.1
Frostings, vanilla, creamy, ready-to-eat	0.083 package	38	0	26.4	6.4	159.2
Frostings, vanilla, creamy, ready-to-eat	1 package (16 oz)	462	0.5	320.6	77.6	1935.8
Frostings, vanilla, creamy, ready-to-eat, without added phosphorus, vitamin a	0.083 package	38	0	26.4	6.4	159.2

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Frostings, vanilla, creamy, ready-to-eat, without added phosphorus, vitamin a	1 package (16 oz)	462	0.5	320.6	77.6	1935.8
Frostings, white, fluffy, dry mix	0.083 package	17	0.4	16.1	0	63.1
Frostings, white, fluffy, dry mix	1 package	207	4.8	196.4	0	768
Frostings, white, fluffy, dry mix, prepared with water	0.083 package	26	0.4	16.3	0	63.4
Frostings, white, fluffy, dry mix, prepared with water	1 package yields	315	4.7	197.2	0	768.6
Frozen conagra, healthy choice low fat dessert praline caramel	0.5 cup (4 fl oz)	71	2.7	25	2	128.5
Frozen eskimo pie, eskimo pie bar, vanilla ice cream, with dark chocolate coating	1 bar	50	2.1	12.3	12.1	165.5
Frozen fruit and juice bars	1 bar (2.5 fl oz)	77	0.9	15.6	0.1	63.1
Frozen fruit and juice bars	1 bar (3 fl oz)	92	1.1	18.6	0.1	75.4
Frozen islay klondike, klondike bar vanilla ice cream, with chocolate coating	1 bar (5 fl oz)	148	6.2	35.7	35.7	488.4
Frozen yogurt, chocolate, soft-serve	0.5 cup (4 fl oz)	72	2.9	17.9	4.3	115.2
Frozen yogurt, vanilla, soft-serve	0.5 cup	72	2.9	17.4	4	114.5
Fruit butters, apple	1 tbsp	17	0.1	7.3	0	29.4
Fruit butters, apple	1 cup	282	1.1	120.6	0	487.9
Fruit cocktail, (peach, pineapple, pear, grape, and cherry), canned, extra heavy syrup	0.5 cup	130	0.5	29.8	0.1	114.4
Fruit cocktail, (peach, pineapple, pear, grape, and cherry), canned, extra heavy syrup	1 cup	260	1	59.5	0.2	228.8
Fruit cocktail, (peach, pineapple, pear, grape, and cherry), canned, extra light syrup	0.5 cup	123	0.5	14.3	0.1	55.4
Fruit cocktail, (peach, pineapple, pear, grape, and cherry), canned, heavy syrup	1 cup	248	1	46.9	0.2	181
Fruit cocktail, (peach, pineapple, pear, grape, and cherry), canned, juice pack	1 cup	237	1.1	28.1	0	109
Fruit cocktail, (peach, pineapple, pear, grape, and cherry), canned, light syrup	1 cup	242	1	36.1	0.2	137.9
Fruit cocktail, (peach, pineapple, pear, grape, and cherry), canned, water pack	1 cup	237	1	20.2	0.1	75.8
Fruit punch drink, canned	1 fl oz	31	0	3.7	0	14.6
Fruit punch drink, canned	1 cup (8 fl oz)	248	0	29.5	0	116.6
Fruit punch drink, frozen concentrate	1 fl oz	34.8	0.1	14.4	0	56.4
Fruit punch drink, frozen concentrate	1 can (12 fl oz)	418	0.8	173.1	0	677.2
Fruit punch drink, frozen concentrate, prepared with water	1 fl oz	30.9	0	3.6	0	14.2
Fruit punch drink, frozen concentrate, prepared with water	1 cup (8 fl oz)	247	0	28.9	0	113.6
Fruit punch juice drink, frozen concentrate	1 fl oz	35.2	0.1	15.2	0.2	61.6
Fruit punch juice drink, frozen concentrate	1 can (12 fl oz)	423	1.3	182.3	3	740.3
Fruit punch juice drink, frozen concentrate, prepared with water	1 fl oz	31	0	3.8	0.1	15.5
Fruit punch juice drink, frozen concentrate, prepared with water	1 cup (8 fl oz)	248	0.2	30.3	0.5	124
Fruit punch-flavor drink, powder, with added sodium	2 tbsp, rounded	25.4	0	24.8	0	97
Fruit punch-flavor drink, powder, with added sodium, prepared with water	1 cup (8 fl oz)	262	0	24.9	0	96.9
Fruit punch-flavor drink, powder, without added sodium	2 tbsp, rounded	25.4	0	24.8	0	97
Fruit punch-flavor drink, powder, without added sodium	1 packet (7.25 oz)	206	0	201.3	0.2	786.9
Fruit punch-flavor drink, powder, without added sodium, prepared with water	1 cup (8 fl oz)	262	0	24.9	0	96.9
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup	1 cup	259	0.9	59	0.2	227.9
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup	1 cup	255	0.9	48.7	0.2	186.2
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack	1 cup	249	1.3	32.5	0.1	124.5
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup	1 cup	252	0.9	38.2	0.2	146.2
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack	1 cup	245	0.9	19.3	0.2	73.5
Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup	1 cup	257	1.1	57.5	0.3	221
Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	1 cup, thawed	250	3.6	60.6	0.5	245
Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	1 package (10 oz)	284	4	68.8	0.5	278.3
Fruit, mixed, (peach and pear and pineapple), canned, heavy syrup	1 cup	255	0.9	47.8	0.3	183.6
Fruit, mixed, (prune and apricot and pear), dried	1 package (11 oz)	293	7.2	187.7	1.4	712
Fruit-flavored thirst quencher beverage, low calorie	1 fl oz	30	0	0.9	0	3.3
Fruit-flavored thirst quencher beverage, low calorie	1 cup (8 fl oz)	240	0	7.2	0	26.4
Fudge, chocolate marshmallow, with nuts, prepared-from-recipe	1 piece	22	0.7	15.1	4.3	96.1
Fudge, chocolate marshmallow, with nuts, prepared-from-recipe	1 recipe yield (60 pieces)	1314	42	902.7	257.5	5742.2
Fudge, chocolate, prepared-from-recipe	1 piece	17	0.3	13.5	1.4	64.8
Fudge, chocolate, with nuts, prepared-from-recipe	1 piece	19	0.6	13.8	3.1	80.9
Fudge, vanilla, prepared-from-recipe	1 piece	16	0.2	13.2	0.9	59
Fudge, vanilla, with nuts, prepared-from-recipe	1 piece	15	0.4	11.3	2	62.3
Fungi, cloud ears, dried	1 piece	4.5	0.4	3.3	0	12.8
Fungi, cloud ears, dried	1 cup	28	2.6	20.4	0.2	79.5
Garlic powder	1 tsp	2.8	0.5	2	0	9.3
Garlic powder	1 tbsp	8.4	1.4	6.1	0.1	27.9
Garlic, raw	1 tsp	2.8	0.2	0.9	0	4.2
Garlic, raw	1 clove	3	0.2	1	0	4.5
Garlic, raw	3 cloves	9	0.6	3	0	13.4
Garlic, raw	1 cup	136	8.6	45	0.7	202.6
Geffilfish, commercial, sweet recipe	1 piece	42	3.8	3.1	0.7	35.3
Gelatin, drinking, orange-flavor, powder	1 packet	17.4	6.1	10.5	0.2	66.5

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Gelatin, drinking, orange-flavor, powder, prepared with water	1 packet, prepared	136	6.1	10.5	0.3	66.6
Gelatins, dry mix	1 portion, amount to make 1/2 cup	21.3	1.7	19.3	0	81.2
Gelatins, dry mix	1 package (3 oz)	85	6.6	76.9	0	323.9
Gelatins, dry mix, prepared with water	0.5 cup	135	1.6	18.9	0	79.7
Gelatins, dry mix, prepared with water	1 package (3 oz) yields	540	6.5	75.6	0	318.6
Gelatins, dry mix, prepared with water	1 package yield (2 cups)	540	6.5	75.6	0	318.6
Gelatins, dry mix, reduced calorie, with aspartame	1 portion, amount to make 1/2 cup	2.5	1.4	0.8	0	8.6
Gelatins, dry mix, reduced calorie, with aspartame	1 tbsp	9	5	3	0	31.1
Gelatins, dry mix, reduced calorie, with aspartame	1 package (0.35 oz)	10	5.5	3.3	0	34.5
Gelatins, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin c	1 portion, amount to make 1/2 cup	2.5	1.4	0.8	0	8.6
Gelatins, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin c	1 tbsp	9	5	3	0	31.1
Gelatins, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin c	1 package (0.35 oz)	10	5.5	3.3	0	34.5
Gelatins, dry mix, reduced calorie, with aspartame, no added sodium	1 portion, amount to make 1/2 cup	2.5	1.4	0.8	0	8.6
Gelatins, dry mix, reduced calorie, with aspartame, no added sodium	1 tbsp	9	5	3	0	31.1
Gelatins, dry mix, reduced calorie, with aspartame, no added sodium	1 package (0.35 oz)	10	5.5	3.3	0	34.5
Gelatins, dry mix, reduced calorie, with aspartame, prepared with water	0.5 cup	117	1.3	0.8	0	8.2
Gelatins, dry mix, reduced calorie, with aspartame, prepared with water	1 package yield (2 cups)	469	5.2	3.3	0	32.8
Gelatins, dry mix, sodium-citrate and salt	1 portion, amount to make 1/2 cup	21.3	1.7	19.3	0	81.2
Gelatins, dry mix, sodium-citrate and salt	1 package (3 oz)	85	6.6	76.9	0	323.9
Gelatins, dry powder, unsweetened	1 envelope (1 tbsp)	7	6	0	0	23.5
Gelatins, dry powder, unsweetened	1 package (1 oz)	28	24	0	0	93.8
Gelatins, Kraft, jell-o brand sugar free low calorie gelatin dessert strawberry, with aspartame and acesulfame potassium sweetener, powder	1 nlea serving	2.5	1.4	0.1	0	8.3
Gelatins, Kraft, jell-o brand sugar free low calorie gelatin snacks strawberry, with aspartame and acesulfame potassium sweetener, ready-to-eat	1 nlea serving	92	1.3	0	0	7.4
General Foods International Coffees Cafe Francais Flavored Instant Coffee, Powder	1 nlea serving	13	0.5	7.2	3.5	62.4
General Foods International Coffees French Vanilla Cafe Flavored Instant Coffee, Powder	1 nlea serving	14	0.4	10	2.7	64.8
General Foods International Coffees Sugar Free Fat Free Low Calorie French Vanilla Cafe Flavored Instant Coffee, With Aspartame And Acesulfame Potassium Sweetener, Powder	1 nlea serving	7	0.2	5.3	0.3	25.4
General Foods International Coffees Sugar Free Fat Free Low Calorie Suisse Mocha Flavored Instant Coffee, With Aspartame And Acesulfame Potassium Sweetener, Powder	1 nlea serving	7	0.4	5.1	0.4	23.6
General Foods International Coffees Suisse Mocha Flavored Instant Coffee, Powder	1 nlea serving	13	0.5	9.4	2.2	57.2
Ginger ale	1 fl oz	30.5	0	2.7	0	10.4
Ginger ale	1 can or bottle (12 fl oz)	366	0	31.8	0	124.4
Ginger ale	1 can or bottle (16 fl oz)	488	0	42.5	0	165.9
Ginger root, raw	1 tsp	2	0	0.3	0	1.4
Ginger root, raw	5 slices (1" dia)	11	0.2	1.7	0.1	7.6
Ginger root, raw	0.25 cup slices (1" dia)	24	0.4	3.6	0.2	16.6
Ginger, ground	1 tsp	1.8	0.2	1.3	0.1	6.2
Ginger, ground	1 tbsp	5.4	0.5	3.8	0.3	18.7
Ginkgo canned	1 oz (14 kernels)	28.4	0.6	6.3	0.5	31.5
Ginkgo canned	1 cup (78 kernels)	155	3.5	34.3	2.5	172.1
Ginkgo dried	1 oz	28.4	2.9	20.5	0.6	98.7
Ginkgo raw	1 oz	28.4	1.2	10.7	0.5	51.6
Goat, cooked, roasted	3 oz	85	23	0	2.6	121.6
Goat, cooked, roasted	1 piece, cooked (yield from 1 lb raw meat, boneless)	340	92.1	0	10.3	486.2
Goat, raw	1 oz	28.4	5.8	0	0.7	30.9
Goat, raw	1 lb	453.6	93.4	0	10.5	494.4
Gold Medal Imitation Blueberry Muffin Mix, Dry	1 serving	31	1.3	24.4	2.7	127.1
Golden Grahams	0.75 cup	30	1.6	25.7	1.1	115.5
Goose, liver, raw	1 unit (yield from 1 lb goose)	11	1.8	0.7	0.5	14.6
Goose, liver, raw	1 liver	94	15.4	5.9	4	125
Goose, meat and skin, cooked, roasted	1 cup, chopped or diced	140	35.2	0	30.7	427
Goose, meat and skin, cooked, roasted	1 unit (yield from 1 lb goose)	188	47.3	0	41.2	573.4
Goose, meat and skin, cooked, roasted	0.5 goose	774	194.7	0	169.7	2360.7
Goose, meat and skin, raw	1 unit (yield from 1 lb goose)	320	50.8	0	107.6	1187.2
Goose, meat and skin, raw	0.5 goose	1319	209.2	0	443.4	4893.5
Goose, meat only, cooked, roasted	1 unit (yield from 1 lb goose)	143	41.4	0	18.1	340.3
Goose, meat only, cooked, roasted	0.5 goose	591	171.2	0	74.9	1406.6
Goose, meat only, raw	1 unit (yield from 1 lb goose)	185	42.1	0	13.2	297.9
Goose, meat only, raw	0.5 goose	766	174.3	0	54.6	1233.3
Gooseberries, canned, light syrup pack	1 cup	252	1.6	47.3	0.5	184
Gooseberries, raw	1 cup	150	1.3	15.3	0.9	66
Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	0.5 cup (1" slices)	89	0.6	12.8	0.3	49.8
Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	1 cup (1" pieces)	178	1.2	25.5	0.6	99.7
Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	0.5 cup (1" slices)	89	0.6	12.8	0.3	49.8
Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	1 cup (1" pieces)	178	1.2	25.5	0.6	99.7
Gourd, dishcloth (towelgourd), raw	1 cup (1" pieces)	95	1.1	4.1	0.2	19

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Gourd, dishcloth (towलगourd), raw	1 gourd	178	2.1	7.8	0.4	35.6
Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	1 cup (1" cubes)	146	0.9	5.4	0	21.9
Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	1 cup (1" cubes)	146	0.9	5.4	0	21.9
Gourd, white-flowered (calabash), raw	0.5 cup (1" pieces)	58	0.4	2	0	8.1
Gourd, white-flowered (calabash), raw	1 gourd	771	4.8	26.1	0.2	107.9
Granola bars, hard, almond	1 bar	23.6	1.8	14.6	6	116.8
Granola bars, hard, almond	1 oz	28.4	2.2	17.6	7.2	140.3
Granola bars, hard, chocolate chip	1 bar	23.6	1.7	17	3.8	103.4
Granola bars, hard, chocolate chip	1 oz	28.4	2.1	20.4	4.6	124.2
Granola bars, hard, peanut	1 oz	28.4	3.1	18.1	6.1	135.8
Granola bars, hard, peanut butter	1 bar	23.6	2.3	14.7	5.6	114
Granola bars, hard, peanut butter	1 oz	28.4	2.8	17.7	6.7	136.9
Granola bars, hard, plain	1 bar	24.5	2.5	15.8	4.9	115.4
Granola bars, hard, plain	1 bar (1 oz)	28.4	2.9	18.3	5.6	133.5
Granola bars, soft, coated, milk chocolate coating, chocolate chip	1 bar (1 oz)	28.4	1.6	18.1	7.1	132.1
Granola bars, soft, coated, milk chocolate coating, chocolate chip	1 bar (1.25 oz)	35.4	2.1	22.6	8.8	165
Granola bars, soft, coated, milk chocolate coating, peanut butter	1 oz	28.4	2.9	15.1	8.8	144.3
Granola bars, soft, coated, milk chocolate coating, peanut butter	1 bar	36.7	3.7	19.6	11.4	186.8
Granola bars, soft, uncoated, chocolate chip	1 bar (1 oz)	28.4	2.1	19.6	4.7	119.1
Granola bars, soft, uncoated, chocolate chip	1 bar (1.5 oz)	42.5	3.1	29.4	7.1	178.5
Granola bars, soft, uncoated, chocolate chip, graham and marshmallow	1 bar (1 oz)	28.4	1.7	20.1	4.4	121.1
Granola bars, soft, uncoated, nut and raisin	1 bar (1 oz)	28.4	2.3	18	5.8	128.7
Granola bars, soft, uncoated, peanut butter	1 bar (1 oz)	28.4	3	18.3	4.5	120.8
Granola bars, soft, uncoated, peanut butter and chocolate chip	1 bar (1 oz)	28.4	2.8	17.6	5.7	122.5
Granola bars, soft, uncoated, plain	1 bar (1 oz)	28.4	2.1	19.1	4.9	125.6
Granola bars, soft, uncoated, raisin	1 bar (1 oz)	28.4	2.2	18.8	5	127
Granola bars, soft, uncoated, raisin	1 bar (1.5 oz)	42.5	3.2	28.2	7.6	190.4
Granola, homemade, (oats, wheat germ)	1 oz	28.4	4.2	15	7	132.4
Granola, homemade, (oats, wheat germ)	1 cup	122	17.9	64.7	30	569.7
Grape drink, canned	1 fl oz	31.3	0	3.6	0	14.1
Grape drink, canned	1 cup (8 fl oz)	250	0	28.8	0	112.5
Grape juice drink, canned	1 fl oz	31.3	0	4	0	15.7
Grape juice drink, canned	1 glass (6 fl oz)	188	0.2	24.3	0	94
Grape juice drink, canned	1 cup (8 fl oz)	250	0.3	32.3	0	125
Grape juice, canned or bottled, unsweetened, without added vitamin c	1 fl oz	31.6	0.2	4.7	0	19.3
Grape juice, canned or bottled, unsweetened, without added vitamin c	1 cup	253	1.4	37.8	0.2	154.3
Grape juice, frozen concentrate, sweetened, diluted with water, with added vitamin c	1 fl oz	31.2	0.1	4	0	15.9
Grape juice, frozen concentrate, sweetened, diluted with water, with added vitamin c	1 cup	250	0.5	31.9	0.2	127.5
Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin c	1 can (6 fl oz)	216	1.4	95.8	0.7	386.6
Grape leaves, canned	1 leaf	4	0.2	0.5	0.1	2.8
Grape leaves, raw	1 leaf	3	0.2	0.5	0.1	2.8
Grape leaves, raw	1 cup	14	0.8	2.4	0.3	13
Grape soda	1 fl oz	31	0	3.5	0	13.3
Grape soda	1 can or bottle (12 fl oz)	372	0	41.7	0	160
Grapefruit juice, canned, sweetened	1 fl oz	31.2	0.2	3.5	0	14.4
Grapefruit juice, canned, sweetened	1 cup	250	1.5	27.8	0.2	115
Grapefruit juice, canned, unsweetened	1 fl oz	30.9	0.2	2.8	0	11.7
Grapefruit juice, canned, unsweetened	1 cup	247	1.3	22.1	0.2	93.9
Grapefruit juice, frozen concentrate, unsweetened, diluted with water	1 fl oz	30.9	0.2	3	0	12.7
Grapefruit juice, frozen concentrate, unsweetened, diluted with water	1 cup	247	1.4	24	0.3	101.3
Grapefruit juice, frozen concentrate, unsweetened, undiluted	1 can (6 fl oz)	207	4.1	71.5	1	302.2
Grapefruit juice, pink, raw	1 fruit yields	196	1	18	0.2	76.4
Grapefruit juice, pink, raw	1 cup	247	1.2	22.7	0.2	96.3
Grapefruit juice, white, raw	1 fl oz	30.9	0.2	2.8	0	12.1
Grapefruit juice, white, raw	1 fruit yields	196	1	18	0.2	76.4
Grapefruit juice, white, raw	1 cup	247	1.2	22.7	0.2	96.3
Grapefruit, raw, pink and red and white, all areas	0.5 small (approx 3-1/2" dia)	100	0.6	8.1	0.1	32
Grapefruit, raw, pink and red and white, all areas	0.5 medium (approx 4" dia)	128	0.8	10.3	0.1	41
Grapefruit, raw, pink and red and white, all areas	0.5 large (approx 4-1/2" dia)	166	1	13.4	0.2	53.1
Grapefruit, raw, pink and red and white, all areas	1 cup sections, with juice	230	1.4	18.6	0.2	73.6
Grapefruit, raw, pink and red, all areas	0.5 fruit (3-3/4" dia)	123	0.7	9.4	0.1	36.9
Grapefruit, raw, pink and red, all areas	1 cup sections, with juice	230	1.3	17.7	0.2	69
Grapefruit, raw, pink and red, california and arizona	0.5 fruit (3-3/4" dia)	123	0.6	11.9	0.1	45.5
Grapefruit, raw, pink and red, california and arizona	1 cup sections, with juice	230	1.2	22.3	0.2	85.1

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Grapefruit, raw, pink and red, florida	0.5 fruit (3-3/4" dia)	123	0.7	9.2	0.1	36.9
Grapefruit, raw, pink and red, florida	1 cup sections, with juice	230	1.3	17.3	0.2	69
Grapefruit, raw, white, all areas	0.5 fruit (3-3/4" dia)	118	0.8	9.9	0.1	38.9
Grapefruit, raw, white, all areas	1 cup sections, with juice	230	1.6	19.3	0.2	75.9
Grapefruit, raw, white, california	0.5 fruit (3-3/4" dia)	118	1	10.7	0.1	43.7
Grapefruit, raw, white, california	1 cup sections, with juice	230	2	20.9	0.2	85.1
Grapefruit, raw, white, florida	0.5 fruit (3-3/4" dia)	118	0.7	9.7	0.1	37.8
Grapefruit, raw, white, florida	1 cup sections, with juice	230	1.4	18.8	0.2	73.6
Grapefruit, sections, canned, juice pack	1 cup	249	1.7	22.9	0.2	92.1
Grapefruit, sections, canned, light syrup pack	1 cup	254	1.4	39.2	0.3	152.4
Grapefruit, sections, canned, water pack	1 cup	244	1.4	22.3	0.2	87.8
Grapes, american type (slip skin), raw	1 grape	2.4	0	0.4	0	1.6
Grapes, american type (slip skin), raw	1 cup	92	0.6	15.8	0.3	61.6
Grapes, canned, thompson seedless, heavy syrup pack	1 cup	256	1.2	50.3	0.3	186.9
Grapes, canned, thompson seedless, water pack	1 cup	245	1.2	25.2	0.3	98
Grapes, red or green (european type varieties, such as, thompson seedless), raw	1 grape, seedless	5	0	0.9	0	3.6
Grapes, red or green (european type varieties, such as, thompson seedless), raw	1 grape, with seeds, yields	5.8	0	1	0	4.1
Grapes, red or green (european type varieties, such as, thompson seedless), raw	1 cup, with seeds, yields	154	1	27.4	0.9	109.3
Grapes, red or green (european type varieties, such as, thompson seedless), raw	1 cup, seedless	160	1.1	28.4	0.9	113.6
Gravy, au jus, canned	1 cup	238.4	2.9	6	0.5	38.1
Gravy, au jus, canned	1 can	298	3.6	7.5	0.6	47.7
Gravy, au jus, dry	1 tsp	3	0.3	1.4	0.3	9.4
Gravy, beef, canned	1 cup	233	8.7	11.2	5.5	123.5
Gravy, beef, canned	1 can	291	10.9	14	6.9	154.2
Gravy, brown, dry	1 tbsp	6	0.6	3.6	0.6	22
Gravy, Chef-Mate country sausage gravy, ready-to-serve	0.25 cup	62	2.9	3.9	7.7	96.1
Gravy, Chef-Mate country sausage gravy, ready-to-serve	1 serving	62	2.9	3.9	7.7	96.1
Gravy, Chef-Mate country sausage gravy, ready-to-serve	1 package	2977	136.9	187	369.1	4614.4
Gravy, chicken, canned	1 cup	238	4.6	12.9	13.6	188
Gravy, chicken, canned	1 can	298	5.8	16.2	17	235.4
Gravy, chicken, dry	1 serving	8	0.9	5	0.8	30.5
Gravy, chicken, dry	1 tbsp	8	0.9	5	0.8	30.5
Gravy, Heinz home style savory brown gravy, canned	0.25 cup	60	0.9	3.4	0.8	24.6
Gravy, mushroom, canned	1 cup	238.4	3	13	6.5	119.2
Gravy, mushroom, canned	1 can	298	3.8	16.3	8.1	149
Gravy, mushroom, dehydrated, dry	1 cup (8 fl oz)	21.3	2.1	13.8	0.9	69.9
Gravy, onion, dehydrated, dry	1 cup (8 fl oz)	24	2.2	16.2	0.7	77.3
Gravy, Pepperidge Farm Hearty Beef Gravy, Glass Jar	1 serving	60	1.8	3.7	0.4	25.8
Gravy, Pepperidge Farm Hearty Beef Gravy, Glass Jar	1 package yields	340	10.2	21.1	2.4	146.2
Gravy, pork, dry	1 serving	6.7	0.6	4.3	0.6	24.6
Gravy, Red Label au jus base, dry	1 serving	10	1.6	2.3	0.4	19.1
Gravy, Red Label au jus base, dry	1 package (16 oz)	454	71.2	104.3	18.2	867.1
Gravy, Superb country gravy mix, dry	1 serving	9.7	0.8	5.2	2.5	46.7
Gravy, Superb country gravy mix, dry	1 package	680	55.1	364.3	177.3	3270.8
Gravy, Superb instant au jus mix, dry	1 serving	6.7	1.4	2.6	0.4	19.8
Gravy, Superb instant au jus mix, dry	1 package (4 oz)	113	23.9	44.6	6.8	334.5
Gravy, Superb instant beef gravy mix, dry	1 serving	6.7	0.7	4.1	0.6	24.7
Gravy, Superb instant beef gravy mix, dry	1 package (16 oz)	454	44.5	277.4	43	1675.3
Gravy, Superb instant brown gravy mix, dry	1 serving	6.7	0.6	4	0.8	25.5
Gravy, Superb instant brown gravy mix, dry	1 package	454	38.7	271.4	53.8	1725.2
Gravy, Superb instant chicken gravy mix, dry	1 serving	6.7	0.7	3.8	1	26.5
Gravy, Superb instant chicken gravy mix, dry	1 package (16 oz)	454	46.3	256.7	64.6	1793.3
Gravy, Superb instant pork gravy mix, dry	1 serving	6.7	0.6	4.3	0.5	24.3
Gravy, Superb instant pork gravy mix, dry	1 package (16 oz)	454	37.8	293.8	35.8	1648
Gravy, Superb instant turkey gravy mix, dry	1 serving	6.7	0.8	3.9	1	27.4
Gravy, Superb instant turkey gravy mix, dry	1 package (16 oz)	454	53.2	261.3	66.6	1856.9
Gravy, Superb old-fashioned biscuit gravy mix, dry	1 serving	9.7	0.6	5.3	2.7	48
Gravy, Superb old-fashioned biscuit gravy mix, dry	1 package	680	44.6	368.8	190.6	3366
Gravy, Superb peppered old-fashioned biscuit gravy mix, dry	1 serving	9.7	0.6	5	2.9	48.5
Gravy, Superb peppered old-fashioned biscuit gravy mix, dry	1 package	680	44.7	352.7	201.6	3400
Gravy, Trio au jus gravy mix, dry	1 serving	3	0	1.7	0.2	8.4
Gravy, Trio au jus gravy mix, dry	1 tsp	3	0	1.7	0.2	8.4
Gravy, Trio au jus gravy mix, dry	1 package (7 oz)	198	1.8	114.5	9.9	554.4
Gravy, Trio brown gravy mix, dry	1 serving	6	0.6	3.5	0.9	24.4

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Gravy, Trio brown gravy mix, dry	1 tbsp	6	0.6	3.5	0.9	24.4
Gravy, Trio brown gravy mix, dry	1 package (16 oz)	453	47.2	262.1	67	1839.2
Gravy, Trio chicken gravy mix, dry	1 serving	8	0.9	5.1	0.9	32.4
Gravy, Trio chicken gravy mix, dry	1 tbsp	8	0.9	5.1	0.9	32.4
Gravy, Trio chicken gravy mix, dry	1 package	641	73.1	405.2	75.6	2596.1
Gravy, Trio country gravy mix, dry	1 serving	8	0.7	5.2	1.2	34.6
Gravy, Trio country gravy mix, dry	1 tbsp	8	0.7	5.2	1.2	34.6
Gravy, Trio country gravy mix, dry	1 package	624	56.7	404.8	95.3	2701.9
Gravy, Trio southern gravy mix, dry	1 serving	10	0.2	6.1	2.5	48.1
Gravy, Trio southern gravy mix, dry	1 package	368	9.1	222.7	93.7	1770.1
Gravy, Trio turkey gravy mix, dry	1 serving	8	0.7	5.8	0.3	29
Gravy, Trio turkey gravy mix, dry	1 package	567	48.6	408.5	24.6	2052.5
Gravy, turkey, canned	1 tsp	5	0.1	0.3	0.1	2.6
Gravy, turkey, canned	1 tbsp	14.9	0.4	0.8	0.3	7.6
Gravy, turkey, canned	1 cup	238.4	6.2	12.2	5	121.6
Gravy, turkey, canned	1 can	298	7.7	15.2	6.3	152
Gravy, turkey, dry	1 serving	7	0.7	4.6	0.5	25.7
Gravy, unspecified type, dry	1 cup (8 fl oz)	24.8	3.2	14.4	2	85.3
Green Giant, Broccoli In Cheese Flavored Sauce, Frozen	1 serving	112	2.6	10	2.8	75
Green Giant, Broccoli In Cheese Flavored Sauce, Frozen	1 cup	168	3.9	15	4.2	112.6
Green Giant, Broccoli In Cheese Flavored Sauce, Frozen	1 package	280	6.4	24.9	7	187.6
Green Giant, Harvest Burger, Original Flavor, All Vegetable Protein Patties, Frozen	1 patty	90	18	7	4.1	137.7
Green Giant, Harvest Burger, Original Flavor, All Vegetable Protein Patties, Frozen	1 serving	90	18	7	4.1	137.7
Green Giant, Harvest Burger, Original Flavor, All Vegetable Protein Patties, Frozen	1 package	362	72.4	28.2	16.7	553.9
Groundcherries, (cape-gooseberries or poha), raw	1 cup	140	2.7	15.7	1	74.2
Grouper, mixed species, cooked, dry heat	3 oz	85	21.1	0	1.1	100.3
Grouper, mixed species, cooked, dry heat	1 fillet	202	50.2	0	2.6	238.4
Grouper, mixed species, raw	3 oz	85	16.5	0	0.9	78.2
Grouper, mixed species, raw	1 fillet	259	50.2	0	2.6	238.3
Guava sauce, cooked	1 cup	238	0.8	22.6	0.3	85.7
Guavas, common, raw	1 fruit without refuse	90	0.7	10.7	0.5	45.9
Guavas, common, raw	1 cup	165	1.4	19.6	1	84.2
Guavas, strawberry, raw	1 fruit without refuse	6	0	1	0	4.1
Guavas, strawberry, raw	1 cup	244	1.4	42.4	1.5	168.4
Guinea hen, meat and skin, raw	0.5 guinea	345	80.7	0	22.3	545.1
Guinea hen, meat and skin, raw	1 unit (yield from 1 lb guinea)	359	84	0	23.2	567.2
Guinea hen, meat only, raw	0.5 guinea	264	54.5	0	6.5	290.4
Guinea hen, meat only, raw	1 unit (yield from 1 lb guinea)	275	56.8	0	6.8	302.5
Gumdrops, starch jelly pieces	1 gumdrop, small (1/2" dia)	3.2	0	3.2	0	12.4
Gumdrops, starch jelly pieces	1 gumdrop, medium (3/4" dia)	4.2	0	4.2	0	16.2
Gumdrops, starch jelly pieces	1 spice stick	9.5	0	9.4	0	36.7
Gumdrops, starch jelly pieces	1 jelly ring (1-1/4" dia)	10	0	9.9	0	38.6
Gumdrops, starch jelly pieces	1 gumdrop, large (1" dia)	11.6	0	11.5	0	44.8
Gumdrops, starch jelly pieces	10 gummy bears	22	0	21.8	0	84.9
Gumdrops, starch jelly pieces	1 spice drop	24	0	23.7	0	92.6
Gumdrops, starch jelly pieces	10 gumdrops	36	0	35.6	0	139
Gumdrops, starch jelly pieces	10 gummy fish	50	0	49.5	0	193
Gumdrops, starch jelly pieces	10 gummy dinosaurs	63	0	62.3	0	243.2
Gumdrops, starch jelly pieces	10 gummy worms	74	0	73.2	0	285.6
Gumdrops, starch jelly pieces	1 cup gumdrops	182	0	180	0	702.5
Haddock, cooked, dry heat	3 oz	85	20.6	0	0.8	95.2
Haddock, cooked, dry heat	1 fillet	150	36.4	0	1.4	168
Haddock, raw	3 oz	85	16.1	0	0.6	74
Haddock, raw	1 fillet	193	36.5	0	1.4	167.9
Haddock, smoked	1 cubic inch, boneless	17	4.3	0	0.2	19.7
Haddock, smoked	1 oz, boneless	28.4	7.2	0	0.3	32.9
Haddock, smoked	3 oz	85	21.4	0	0.8	98.6
Halibut, atlantic and pacific, cooked, dry heat	3 oz	85	22.7	0	2.5	119
Halibut, atlantic and pacific, cooked, dry heat	0.5 fillet	159	42.4	0	4.7	222.6
Halibut, atlantic and pacific, raw	3 oz	85	17.7	0	1.9	93.5
Halibut, atlantic and pacific, raw	0.5 fillet	204	42.5	0	4.7	224.4
Halibut, greenland, cooked, dry heat	3 oz	85	15.7	0	15.1	203.2
Halibut, greenland, cooked, dry heat	0.5 fillet	159	29.3	0	28.2	380
Halibut, greenland, raw	3 oz	85	12.2	0	11.8	158.1



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Halibut, greenland, raw	0.5 fillet	204	29.3	0	28.2	379.4
Ham and cheese loaf or roll	1 slice (1 oz) (4" x 4" x 3/32" thick)	28.4	4.7	0.4	5.7	73.4
Ham and cheese loaf or roll	2 slices	56.7	9.4	0.8	11.5	146.9
Ham and cheese spread	1 tbsp	15	2.4	0.3	2.8	36.8
Ham and cheese spread	1 oz	28.4	4.6	0.6	5.3	69.5
Ham salad spread	1 tbsp	15	1.3	1.6	2.3	32.4
Ham salad spread	1 oz	28.4	2.5	3	4.4	61.2
Ham, chopped, canned	1 slice (4-1/4" x 4-1/4" x 1/16")	21	3.4	0.1	4	50.2
Ham, chopped, canned	1 oz	28.4	4.6	0.1	5.3	67.8
Ham, chopped, not canned	1 slice (4-1/4" x 4-1/4" x 1/16")	21	3.6	0	3.6	48.1
Ham, chopped, not canned	1 slice (1 oz) (4" x 4" x 3/32" thick)	28.4	4.9	0	4.9	64.9
Ham, minced	1 slice (4-1/4" x 4-1/4" x 1/16")	21	3.4	0.4	4.3	55.2
Ham, minced	1 oz	28.4	4.6	0.5	5.9	74.6
Ham, sliced, extra lean, (approximately 5% fat)	1 slice (6-1/4" x 4" x 1/16")	28.4	5.5	0.3	1.4	37.1
Ham, sliced, extra lean, (approximately 5% fat)	1 cup, diced	135	26.1	1.3	6.7	176.9
Ham, sliced, regular (approximately 11% fat)	1 slice (6-1/4" x 4" x 1/16")	28.4	5	0.9	3	51.6
Ham, sliced, regular (approximately 11% fat)	1 cup, diced	135	23.7	4.2	14.3	245.7
Hanover, Stir Fry 2, White Rice And Vegetables With Oriental Soy Sauce, Frozen	1 cup	137	4.5	27	0.4	130.2
Hanover, Stir Fry 2, White Rice And Vegetables With Oriental Soy Sauce, Frozen	1 serving	137	4.5	27	0.4	130.2
Hanover, Stir Fry 2, White Rice And Vegetables With Oriental Soy Sauce, Frozen	1 package	493	16.3	97.1	1.5	468.4
Hard candy	1 piece, small	3	0	2.9	0	11.8
Hard candy	1 piece	6	0	5.9	0	23.6
Hard candy	1 oz	28.4	0	27.8	0.1	111.7
Hazelnuts or filberts	10 nuts	14	2.1	2.3	8.5	87.9
Hazelnuts or filberts	1 oz	28.4	4.2	4.7	17.2	178
Hazelnuts or filberts	1 cup, ground	75	11.2	12.5	45.6	471
Hazelnuts or filberts	1 cup, chopped	115	17.2	19.2	69.9	722.2
Hazelnuts or filberts	1 cup, whole	135	20.2	22.5	82	847.8
Hazelnuts or filberts, blanched	1 oz	28.4	3.9	4.8	17.3	178.3
Hazelnuts or filberts, dry roasted, without salt added	1 oz	28.4	4.3	5	17.7	183.1
Headcheese, pork	1 slice (1 oz) (4" x 4" x 3/32" thick)	28.4	4.5	0.1	4.5	60.1
Headcheese, pork	2 slices	56.7	9.1	0.2	9	120.2
Healthy Choice Beef Macaroni, Frozen Entree	1 serving	240	14.1	33.5	2.2	211.2
Healthy Choice Cacciatore Chicken, Pasta With Chicken Breast Pieces And Vegetables In Cacciatore Sauce, Frozen Entree	1 package yields	354	22	35.9	4	265.5
Healthy Choice Cacciatore Chicken, Pasta With Chicken Breast Pieces And Vegetables In Cacciatore Sauce, Frozen Entree	1 serving	354	22	35.9	4	265.5
Healthy Choice Chicken Enchilada Suprema In Green Chili Sauce, Mexican Style Rice, Corn Medley, And Apple Raspberry Compote, Frozen Meal	1 package yields	320	13	46	6.7	297.6
Healthy Choice Chicken Enchilada Suprema In Green Chili Sauce, Mexican Style Rice, Corn Medley, And Apple Raspberry Compote, Frozen Meal	1 serving	320	13	46	6.7	297.6
Healthy Choice Chicken Teriyaki With Rice Medley, Mixed Vegetables In Butter Sauce And Apple Cherry Compote, Frozen Meal	1 package yields	312	17.1	37.1	5.6	268.3
Healthy Choice Chicken Teriyaki With Rice Medley, Mixed Vegetables In Butter Sauce And Apple Cherry Compote, Frozen Meal	1 serving	312	17.1	37.1	5.6	268.3
Healthy Choice Country Roast Turkey With Mushrooms In Brown Gravy With Rice Pilaf, Frozen Entree	1 package yields	240	19	27.8	3.9	223.2
Healthy Choice Country Roast Turkey With Mushrooms In Brown Gravy With Rice Pilaf, Frozen Entree	1 serving	240	19	27.8	3.9	223.2
Healthy choice from kellogg's multi-grain flakes	1 cup	30	2.6	25.2	0.4	103.8
Healthy Choice Mesquite Beef With Barbecue Sauce, Mashed Potatoes, And Sweetened Corn, Frozen Meal	1 package yields	311	21.4	38.3	9	320.3
Healthy Choice Mesquite Beef With Barbecue Sauce, Mashed Potatoes, And Sweetened Corn, Frozen Meal	1 serving	311	21.4	38.3	9	320.3
Healthy Choice Mesquite Chicken Bbq, White Rice, Mixed Vegetables In Sauce, And Apple Raisin Cobbler, Frozen Meal	1 package yields	298	18.1	48.1	5	309.9
Healthy Choice Mesquite Chicken Bbq, White Rice, Mixed Vegetables In Sauce, And Apple Raisin Cobbler, Frozen Meal	1 serving	298	18.1	48.1	5	309.9
Healthy Choice Salisbury Steak With Mushroom Gravy, Mashed Potatoes, And Sweetened Corn Medley, Frozen Meal	1 package yields	326	18	48	6.9	326
Healthy Choice Salisbury Steak With Mushroom Gravy, Mashed Potatoes, And Sweetened Corn Medley, Frozen Meal	1 serving	326	18	48	6.9	326
Healthy Choice Spaghetti Bolognese, Frozen Entree	1 serving	283	14.3	43.1	2.9	254.7
Healthy Choice Traditional Meat Loaf With Tomato Sauce, Parsleyed Potatoes, Vegetable Blend In Butter Sauce, And Apple Praline Crisp, Frozen Meal	1 package yields	340	15.3	52.4	5	316.2
Healthy Choice Traditional Meat Loaf With Tomato Sauce, Parsleyed Potatoes, Vegetable Blend In Butter Sauce, And Apple Praline Crisp, Frozen Meal	1 serving	340	15.3	52.4	5	316.2
Healthy Choice, Cheddar Broccoli Potatoes With Cheese Sauce, Frozen	1 serving	297	12.9	52.9	6.9	326.7
Healthy Choice, Cheddar Broccoli Potatoes With Cheese Sauce, Frozen	1 package	298	13	53	7	327.8
Healthy choice, kellogg's almond crunch with raisins	1 cup	55	4.8	43.2	2.6	198
Healthy choice, kellogg's toasted brown sugar squares	1.25 cup	55	5.2	45	1	189.2
Heartland natural cereal, plain	1 oz	28.4	2.9	19.4	4.4	123
Heartland natural cereal, plain	1 cup	115	11.6	78.5	17.7	499.1
Heartland natural cereal, with coconut	1 oz	28.4	2.9	19.2	4.6	125
Heartland natural cereal, with coconut	1 cup	105	10.9	71.3	17.1	463.1
Heartland natural cereal, with raisins	1 cup	110	10.7	75.9	15.6	467.5
Hearts of palm, canned	1 piece	33	0.8	1.5	0.2	9.2
Hearts of palm, canned	1 cup	146	3.7	6.7	0.9	40.9
Herring, atlantic, cooked, dry heat	3 oz	85	19.6	0	9.9	172.6
Herring, atlantic, cooked, dry heat	1 fillet	143	32.9	0	16.6	290.3

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Herring, atlantic, kippered	1 cubic inch, boneless	17	4.2	0	2.1	36.9
Herring, atlantic, kippered	1 fillet, small (2-3/8" x 1-3/8" x 1/4")	20	4.9	0	2.5	43.4
Herring, atlantic, kippered	1 oz, boneless	28.4	7	0	3.5	61.5
Herring, atlantic, kippered	1 fillet, medium (5" x 1-3/4" x 1/4")	40	9.8	0	4.9	86.8
Herring, atlantic, kippered	1 fillet, large (7" x 2-1/4" x 1/4")	65	16	0	8	141.1
Herring, atlantic, pickled	1 piece (1-3/4" x 7/8" x 1/2")	15	2.1	1.4	2.7	39.3
Herring, atlantic, pickled	1 cubic inch	20	2.8	1.9	3.6	52.4
Herring, atlantic, pickled	1 oz, boneless	28.4	4	2.7	5.1	74.3
Herring, atlantic, pickled	1 cup	140	19.9	13.5	25.2	366.8
Herring, atlantic, raw	1 oz, boneless	28.4	5.1	0	2.6	44.8
Herring, atlantic, raw	3 oz	85	15.3	0	7.7	134.3
Herring, atlantic, raw	1 fillet	184	33	0	16.6	290.7
Herring, pacific, cooked, dry heat	3 oz	85	17.9	0	15.1	212.5
Herring, pacific, cooked, dry heat	1 fillet	144	30.3	0	25.6	360
Herring, pacific, raw	3 oz	85	13.9	0	11.8	165.8
Herring, pacific, raw	1 fillet	184	30.2	0	25.5	358.8
Hershey, 5th Avenue Candy Bar	1 bar, snack size (0.6 oz)	16	1.4	10.6	3.4	78.7
Hershey, 5th Avenue Candy Bar	1 bar (2 oz)	57	5.1	37.7	12.1	280.4
Hershey, Almond Joy Candy Bar	1 bar, snack size (0.7 oz)	20	0.8	11.7	5.4	93.4
Hershey, Almond Joy Candy Bar	1 bar (1.7 oz)	49	2.1	28.6	13.1	228.8
Hershey, Caramello Candy Bar	1 bar (1.6 oz)	45	2.7	28.5	9.8	213.3
Hershey, Caramello Candy Bar	1 bar (5 oz)	142	8.7	90	30.8	673.1
Hershey, Hershey's Golden Collection Almond Chocolate Bar	1 package (2.8 oz)	78	9.6	35.6	29.7	447.7
Hershey, Hershey's Golden Collection Chocolate Covered Almond Solitaires	1 package (2.8 oz)	78	9.4	36.6	28.9	443.8
Hershey, Kit Kat Wafer Bar	1 bar, miniature (.35 oz)	10	0.7	6.4	2.6	51.4
Hershey, Kit Kat Wafer Bar	1 bar (1.5 oz)	42	3	26.9	10.7	215.9
Hershey, Kit Kat Wafer Bar	1 bar (1.625 oz)	46	3.3	29.4	11.7	236.4
Hershey, Kit Kat Wafer Bar	1 bar (2.8 oz)	78	5.5	49.9	19.9	400.9
Hershey, Kit Kat Wafer Bar	1 bar (3.375 oz)	96	6.8	61.4	24.5	493.4
Hershey, Krackel Chocolate Bar	1 bar (1.5 oz)	41	2.7	25.3	11.8	217.7
Hershey, Krackel Chocolate Bar	1 bar (2.2 oz)	62	4.1	38.2	17.8	329.2
Hershey, Krackel Chocolate Bar	1 package (7 oz)	185	12.2	114	53.1	982.4
Hershey, Mounds Candy Bar	1 bar, snack size (0.7 oz)	19	0.7	11.2	4.8	90.6
Hershey, Mounds Candy Bar	1 package (1.9 oz)	53	2	31.2	13.3	252.8
Hershey, Mr. Goodbar Chocolate Bar	1 bar (1.75 oz)	49	5.2	25.3	17.1	267.1
Hershey, Mr. Goodbar Chocolate Bar	1 bar (2.6 oz)	73	7.8	37.7	25.5	397.9
Hershey, Reese's Peanut Butter Cups	1 miniature	7	0.7	3.8	2.2	37.9
Hershey, Reese's Peanut Butter Cups	1 individual (.6 oz)	17	1.8	9.3	5.3	92
Hershey, Reese's Peanut Butter Cups	5 miniature	39	4	21.3	12.2	211
Hershey, Reese's Peanut Butter Cups	1 package (2 peanut butter cups, 1.6 oz)	45	4.6	24.6	14.1	243.5
Hershey, Reese's Pieces Candy	10 pieces	8	1.1	4.9	1.7	39.3
Hershey, Reese's Pieces Candy	50 pieces (1.4 oz)	39	5.4	23.9	8.2	191.5
Hershey, Reese's Pieces Candy	1 package (1.6 oz)	46	6.3	28.2	9.7	225.9
Hershey, Reese's Pieces Candy	0.25 cup	47	6.5	28.9	9.9	230.8
Hershey, Rolo Caramels In Milk Chocolate	1 piece (0.2 oz)	3	0.1	1.6	0.6	12.4
Hershey, Rolo Caramels In Milk Chocolate	1 roll (1.74 oz)	49	2.4	26.2	9.8	201.9
Hershey, Rolo Caramels In Milk Chocolate	1 package (1.91 oz)	53	2.6	28.4	10.6	218.4
Hershey, Skor Toffee Bar	1 bar (1.4 oz)	39	1.8	22.5	13.3	216.8
Hershey, Special Dark Sweet Chocolate Bar	1 bar (1.45 oz)	41	2	24.8	13.3	226.3
Hershey, Special Dark Sweet Chocolate Bar	1 bar (2.2 oz)	62	3	37.6	20.1	342.2
Hershey, Special Dark Sweet Chocolate Bar	1 bar (2.8 oz)	79	3.9	47.9	25.6	436.1
Hershey, Special Dark Sweet Chocolate Bar	1 bar, large (21 squares, 4 oz)	113	5.5	68.5	36.6	623.8
Hershey, Special Dark Sweet Chocolate Bar	1 bar, extra large (32 squares, 8 oz)	227	11.1	137.6	73.5	1253
Hershey, Symphony Milk Chocolate Bar	1 bar (1.5 oz)	42	3	24.3	13.8	232.3
Hershey, Symphony Milk Chocolate Bar	1 bar (2.4 oz)	67	4.8	38.8	22	370.5
Hershey, Twizzlers Cherry Bits Candy	22 pieces (4 oz bag)	40	1.1	31.4	1	138.8
Hershey, Twizzlers Strawberry Twists Candy	1 package (2.5 oz)	71	2.4	55	1.1	237.1
Hershey, Twizzlers Strawberry Twists Candy	5 package (5 oz)	142	4.8	109.9	2.3	474.3
Hershey, Whatchamacallit Candy Bar	1 bar (1.7 oz)	48	4.3	28.9	9.3	214.1
Hershey, York Peppermint Pattie	1 patty, small (0.5 oz)	14	0.3	11.2	1	55
Hershey, York Peppermint Pattie	1 patty, small (0.6 oz)	17	0.4	13.6	1.2	66.8
Hershey, York Peppermint Pattie	1 patty, large (1.5 oz)	42	0.9	33.6	3	165.1
Hickory nuts, dried	1 nut	3	0.4	0.5	1.9	19.7
Hickory nuts, dried	1 oz	28.4	3.6	5.2	18.2	186.3

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Hickory nuts, dried	1 cup	120	15.3	21.9	77.2	788.4
Hidden Valley Ranch, Salad Crispins Italian Style, Parmesan Croutons	1 serving	7	0.8	4.7	0.9	30.4
Hodgson Mill, Whole Wheat Macaroni And Cheese Dinner, Dry Mix	1 serving	70	9.9	48.4	3.3	263.2
Hodgson Mill, Whole Wheat Macaroni And Cheese Dinner, Dry Mix	2.5 oz	70	9.9	48.4	3.3	263.2
Hodgson Mill, Whole Wheat Macaroni And Cheese Dinner, Dry Mix	1 package	206	29	142.6	9.7	774.6
Hominy, canned, white	1 cup	165	2.4	23.5	1.5	118.8
Hominy, canned, yellow	1 cup	160	2.4	22.8	1.4	115.2
Honey Frosted Wheaties	0.75 cup	30	1.7	26.4	0.3	109.5
Honey loaf, pork, beef	1 slice (1 oz) (4" x 4" x 3/32" thick)	28.4	4.5	1.5	1.3	36.3
Honey loaf, pork, beef	2 slices	56.7	8.9	3	2.5	72.6
Honey Nut Cheerios	1 cup	30	2.8	24.3	1.2	114.9
Honey Nut Chex	0.75 cup	30	1.6	26.4	0.7	116.4
Honey Nut Clusters	1 cup	55	5.4	43.4	3.5	212.9
Honey roll sausage, beef	1 slice (4" dia x 1/8" thick)	23	4.3	0.5	2.4	41.9
Honey roll sausage, beef	1 oz	28.4	5.3	0.6	3	51.6
Honey, strained or extracted	1 packet (0.5 oz)	14	0	11.5	0	42.6
Honey, strained or extracted	1 tbs	21	0.1	17.3	0	63.8
Honey, strained or extracted	1 cup	339	1	279.3	0	1030.6
Honeybran	1 oz	28.4	2.5	23.2	0.6	96.7
Honeybran	1 cup	35	3.1	28.6	0.7	119.4
Honeydew melons, raw	1 wedge (1/8 of 5-1/4" dia melon)	125	0.6	11.5	0.1	43.8
Honeydew melons, raw	10 honeydew balls	138	0.6	12.7	0.1	48.3
Honeydew melons, raw	1 wedge (1/8 of 6" to 7" dia melon)	160	0.7	14.7	0.2	56
Honeydew melons, raw	1 cup, diced (approx 20 pieces per cup)	170	0.8	15.6	0.2	59.5
Honeydew melons, raw	1 cup, balls	177	0.8	16.2	0.2	62
Honeydew melons, raw	1 melon (5-1/4" dia)	1000	4.6	91.8	1	350
Honeydew melons, raw	1 melon (6" - 7" dia)	1280	5.9	117.5	1.3	448
Hormel Always Tender, Boneless Pork Loin, Fresh Pork	1 oz	28	5.3	0.2	2	40.6
Hormel Always Tender, Boneless Pork Loin, Fresh Pork	1 serving	112	21.3	0.9	8	162.4
Hormel Always Tender, Boneless Pork Loin, Fresh Pork	4 oz	112	21.3	0.9	8	162.4
Hormel Always Tender, Center Cut Chops, Fresh Pork	1 oz	28.4	5.3	0.2	2.7	47.3
Hormel Always Tender, Center Cut Chops, Fresh Pork	1 serving	112	21	0.9	10.8	187
Hormel Always Tender, Center Cut Chops, Fresh Pork	4 oz	112	21	0.9	10.8	187
Hormel Always Tender, Pork Loin Filets, Lemon Garlic-flavored	1 oz	28	5	0.5	1.2	33
Hormel Always Tender, Pork Loin Filets, Lemon Garlic-flavored	1 serving	112	20	2	4.7	132.2
Hormel Always Tender, Pork Loin Filets, Lemon Garlic-flavored	4 oz	112	20	2	4.7	132.2
Hormel Always Tender, Pork Tenderloin, Peppercorn-flavored	4 oz	112	19.3	2	4.3	123.2
Hormel Always Tender, Pork Tenderloin, Teriyaki-flavored	4 oz	112	20.4	5.2	3.4	133.3
Hormel Canadian Style Bacon	1 serving	56	9.5	1	2.8	68.3
Hormel Chili With Beans, Canned Entree	1 cup	247	16.6	33.7	4.4	239.6
Hormel Chili With Beans, Canned Entree	1 serving	247	16.6	33.7	4.4	239.6
Hormel Chili, No Beans, Canned Entree	1 package yields	213	15.3	16.2	5.9	174.7
Hormel Chili, No Beans, Canned Entree	1 cup	236	17	17.9	6.6	193.5
Hormel Chili, No Beans, Canned Entree	1 serving	236	17	17.9	6.6	193.5
Hormel Corned Beef Hash, Canned Entree	1 package yields	213	18.6	19.7	21.8	349.3
Hormel Corned Beef Hash, Canned Entree	1 cup	236	20.6	21.9	24.2	387
Hormel Corned Beef Hash, Canned Entree	1 serving	236	20.6	21.9	24.2	387
Hormel pillow pak sliced turkey pepperoni	1 serving	30	9.3	1.1	3.5	74.4
Hormel Roast Beef Hash, Canned Entree	1 cup	236	21.3	22.9	23.6	384.7
Hormel Roast Beef Hash, Canned Entree	1 serving	236	21.3	22.9	23.6	384.7
Hormel spam, lite luncheon meat, pork and chicken, minced, canned, ascorbic acid added	1 oz	28	4.3	0.4	3.9	53.8
Hormel spam, lite luncheon meat, pork and chicken, minced, canned, ascorbic acid added	1 serving	56	8.5	0.8	7.8	107.5
Hormel spam, lite luncheon meat, pork and chicken, minced, canned, ascorbic acid added	2 oz	56	8.5	0.8	7.8	107.5
Hormel spam, luncheon meat, pork with ham, minced, canned	1 oz	28	3.7	0.4	7.8	86.2
Hormel spam, luncheon meat, pork with ham, minced, canned	1 serving	56	7.3	0.8	15.6	172.5
Hormel spam, luncheon meat, pork with ham, minced, canned	2 oz	56	7.3	0.8	15.6	172.5
Hormel Turkey Chili With Beans, Canned Entree	1 package yields	213	16.1	22	2.4	174.7
Hormel Turkey Chili With Beans, Canned Entree	1 cup	247	18.7	25.6	2.8	202.5
Hormel Turkey Chili With Beans, Canned Entree	1 serving	247	18.7	25.6	2.8	202.5
Hormel Vegetarian Chili With Beans, Canned Entree	1 cup	247	11.9	38	0.7	205
Hormel Vegetarian Chili With Beans, Canned Entree	1 serving	247	11.9	38	0.7	205
Hormel wrangler beef franks	1 frankfurter	56	7	1.2	14.4	162.4
Hormel wrangler beef franks	4 oz	112	14.1	2.4	28.8	324.8
Hormel, Cure 81 Ham	1 serving	84	15.5	0.2	3	89

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Hormel, Dinty Moore Beef Stew, Canned Entree	1 cup	236	11.3	16.1	13.1	221.8
Hormel, Dinty Moore Beef Stew, Canned Entree	1 serving	236	11.3	16.1	13.1	221.8
Hormel, Dinty Moore Beef Stew, Canned Entree	1 package yields	425	20.4	28.9	23.5	399.5
Horse, cooked, roasted	3 oz	85	23.9	0	5.1	148.8
Horse, cooked, roasted	1 piece, cooked (yield from 1 lb raw meat, boneless)	340	95.7	0	20.6	595
Horse, raw	1 oz	28.4	6.1	0	1.3	37.7
Horse, raw	1 lb	453.6	97	0	20.9	603.3
Horseradish, prepared	1 tsp	5	0.1	0.6	0	2.4
Horseradish, prepared	1 tbspc	15	0.2	1.7	0.1	7.2
Horseradish-tree leafy tips, raw	1 cup, chopped	21	2	1.7	0.3	13.4
Horseradish-tree, leafy tips, cooked, boiled, drained, with salt	1 cup, chopped	42	2.2	4.7	0.4	25.2
Horseradish-tree, leafy tips, cooked, boiled, drained, without salt	1 cup, chopped	42	2.2	4.7	0.4	25.2
Horseradish-tree, pods, cooked, boiled, drained, with salt	1 cup slices	118	2.5	9.7	0.2	42.5
Horseradish-tree, pods, cooked, boiled, drained, without salt	1 cup, sliced	118	2.5	9.7	0.2	42.5
Horseradish-tree, pods, raw	1 pod (15-1/3" long)	11	0.2	0.9	0	4.1
Horseradish-tree, pods, raw	1 cup slices	100	2.1	8.5	0.2	37
Hot Pockets Ham 'n Cheese Stuffed Sandwich, Frozen	1 serving	128	14.8	38.4	14.2	340.5
Hot Pockets Ham 'n Cheese Stuffed Sandwich, Frozen	1 package yields	256	29.7	76.8	28.4	681
Hot Pockets, Beef & Cheddar Stuffed Sandwich, Frozen	1 package yields	142	16.3	39.2	20.2	403.3
Hot Pockets, Beef & Cheddar Stuffed Sandwich, Frozen	1 serving	142	16.3	39.2	20.2	403.3
Hot Pockets, Croissant Pockets Chicken, Broccoli, And Cheddar Stuffed Sandwich, Frozen	1 serving	128	11.4	38.9	11	300.8
Hot Pockets, Croissant Pockets Chicken, Broccoli, And Cheddar Stuffed Sandwich, Frozen	1 package yields	256	22.8	77.8	22	601.6
Hummus, commercial	1 tbspc	14	1.1	2	1.3	23.2
Hummus, commercial	1 cup	250	19.8	35.7	24	415
Hummus, home-prepared	1 tbspc	15	0.7	3	1.3	25.7
Hummus, home-prepared	1 cup	246	12.1	49.6	20.8	420.7
Hush puppies, prepared from recipe	1 hush puppy	22	1.7	10.1	3	74.1
Hush puppies, prepared from recipe	1 oz	28.4	2.2	13	3.8	95.5
Hush puppies, prepared from recipe	1 cup	152	11.7	69.9	20.5	512.2
Hyacinth beans, mature seeds, cooked, boiled, with salt	1 cup	194	15.8	40.2	1.1	227
Hyacinth beans, mature seeds, cooked, boiled, without salt	1 cup	194	15.8	40.2	1.1	227
Hyacinth beans, mature seeds, raw	1 cup	210	50.2	127.6	3.5	722.4
Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	1 cup	87	2.6	8	0.2	43.5
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1 cup	87	2.6	8	0.2	43.5
Hyacinth-beans, immature seeds, raw	1 cup	80	1.7	7.4	0.2	36.8
Ice cream cones, cake or wafer-type	1 cone	4	0.3	3.2	0.3	16.7
Ice cream cones, cake or wafer-type	1 oz	28.4	2.3	22.4	2	118.2
Ice cream cones, cake or wafer-type	1 large waffle cone	29	2.3	22.9	2	120.9
Ice cream cones, sugar, rolled-type	1 cone	10	0.8	8.4	0.4	40.2
Ice cream cones, sugar, rolled-type	1 oz	28.4	2.2	23.8	1.1	114
Ice cream, chocolate	1 individual (3.5 fl oz)	58	2.2	16.4	6.4	125.3
Ice cream, chocolate	0.5 cup (4 fl oz)	66	2.5	18.6	7.3	142.6
Ice cream, french vanilla, soft-serve	0.5 cup (4 fl oz)	86	3.5	19.1	11.2	184.9
Ice cream, light (50% of the fat), vanilla	1 individual (3.5 fl oz)	65	2.5	14.8	2.8	90.4
Ice cream, light (50% of the fat), vanilla	0.5 cup (4 fl oz)	66	2.5	15	2.8	91.7
Ice cream, light (50% of the fat), vanilla, soft serve	0.5 cup (4 fl oz)	88	4.3	19.2	2.3	110.9
Ice cream, light (no sugar added), with aspartame, vanilla	0.5 cup (4 fl oz)	65	2.9	12.3	4.2	98.8
Ice cream, strawberry	1 individual (3.5 fl oz)	58	1.9	16	4.9	111.4
Ice cream, strawberry	0.5 cup (4 fl oz)	66	2.1	18.2	5.5	126.7
Ice cream, vanilla	1 individual (3.5 fl oz)	58	2	13.7	6.4	116.6
Ice cream, vanilla	0.5 cup (4 fl oz)	66	2.3	15.6	7.3	132.7
Ice cream, vanilla, rich	0.5 cup (4 fl oz)	74	2.6	16.6	12	178.3
Ice pops	1 bar (1.75 fl oz)	52	0	9.8	0	37.4
Ice pops	1 bar (2 fl oz)	59	0	11.2	0	42.5
Ice pops	1 single stick	88	0	16.6	0	63.4
Ice pops	1 double stick	128	0	24.2	0	92.2
Ice pops, with added ascorbic acid	1 bar (1.75 fl oz)	52	0	9.8	0	37.4
Ice pops, with added ascorbic acid	1 bar (2 fl oz)	59	0	11.2	0	42.5
Ice pops, with added ascorbic acid	0.5 cup	72	0	13.6	0	51.8
Ice pops, with added ascorbic acid	1 single stick	88	0	16.6	0	63.4
Ice pops, with added ascorbic acid	1 double stick	128	0	24.2	0	92.2
Ice, italian, restaurant-prepared	1 fl oz	29	0	3.9	0	15.4
Ice, italian, restaurant-prepared	0.5 cup	116	0	15.7	0	61.5
Ices, water, fruit, reduced calorie, with aspartame	1 bar	51	0.3	3.2	0.1	12.2

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Ices, water, lime	0.5 cup (4 fl oz)	99	0.4	32.3	0	126.7
Ices, water, pineapple-coconut	0.5 cup (4 fl oz)	99	0	23.7	2.6	111.9
In-N-Out Burger Cheeseburger	1 Sandwich		22	39	27	480
In-N-Out Burger Chocolate Shake	1		9	83	36	690
In-N-Out Burger Coca-Cola Classic	1		0	54	0	198
In-N-Out Burger Coffee	1		0	1	0	5
In-N-Out Burger Diet Coca-Cola	1		0	0	0	0
In-N-Out Burger Double-Double	1 Sandwich		37	40	41	670
In-N-Out Burger Dr. Pepper	1		0	52	0	200
In-N-Out Burger French Fries	1		7	54	18	400
In-N-Out Burger Hamburger	1 Sandwich		16	39	19	390
In-N-Out Burger Iced Tea	1		0	0	0	0
In-N-Out Burger Lemonade	1		0	40	0	180
In-N-Out Burger Milk	1		12	18	6	180
In-N-Out Burger Root Beer	1		0	60	0	222
In-N-Out Burger Seven-Up	1		0	52	0	220
In-N-Out Burger Strawberry Shake	1		8	91	33	690
In-N-Out Burger Vanilla Shake	1		9	78	37	680
Interstate brands corp, hostess ding dongs chocolate snack cake, creme filling	1 serving	80	3.1	45.4	19.4	368
Interstate brands corp, wonder hamburger rolls	1 serving	43	3.5	21.9	1.8	117.4
Italian sausage, cooked, pork	1 link, 5/lb	67	13.4	1	17.2	216.4
Italian sausage, cooked, pork	1 link, 4/lb	83	16.6	1.2	21.3	268.1
Italian sausage, raw, pork	1 link, 5/lb	91	13	0.6	28.5	314.9
Italian sausage, raw, pork	1 link, 4/lb	113	16.1	0.7	35.4	391
Jack In The Box Bacon	1		2	0	1.5	20
Jack In The Box Bacon Bacon Cheeseburger	1 Sandwich		39	39	50	760
Jack In The Box Bacon Cheddar Potato Wedges	1		20	55	50	750
Jack In The Box Bacon Ultimate Cheeseburger	1 Sandwich		58	37	71	1020
Jack In The Box Barq's Root Beer (regular)	1		0	50	0	180
Jack In The Box Biscuit	1		3	24	9	190
Jack In The Box Cappuccino Shake (regular)	1		11	80	29	630
Jack In The Box Cheesecake	1 slice		7	32	18	320
Jack In The Box Chicken Breast Pieces (5)	1 pkg.		27	24	17	360
Jack In The Box Chicken Fajita Pita	1 Sandwich		24	34	10	320
Jack In The Box Chicken Sandwich	1 Sandwich		15	38	21	400
Jack In The Box Chicken Supreme	1 Sandwich		33	66	49	830
Jack In The Box Chicken Teriyaki Bowl	1 Sandwich		26	128	4	670
Jack In The Box Chili Cheese Curly Fries	1		14	60	41	650
Jack In The Box Chocolate Shake (regular)	1		11	85	27	630
Jack In The Box Coca Cola Classic (regular)	1		0	46	0	170
Jack In The Box Coffee (regular)	1		0	1	0	5
Jack In The Box Diet Coke (regular)	1		0	0	0	0
Jack In The Box Double Cheeseburger	1 Sandwich		24	31	24	440
Jack In The Box Double Fudge Cake	1 slice		3	50	10	300
Jack In The Box Dr. Pepper (regular)	1		0	49	0	190
Jack In The Box Egg Roll	1		5	13	8	150
Jack In The Box Egg Rolls (3)	1 pkg.		15	40	24	440
Jack In The Box Fish & Chips	1 Sandwich		19	86	39	780
Jack In The Box French Fries (jumbo)	1		4	58	20	430
Jack In The Box French Fries (regular)	1		4	46	16	350
Jack In The Box French Fries (super scoop)	1		6	82	28	610
Jack In The Box French Toast Sticks	1 pkg.		7	53	20	420
Jack In The Box Garden Chicken Salad	1		23	8	9	200
Jack In The Box Grilled Chicken Fillet	1 Sandwich		27	39	24	480
Jack In The Box Hamburger	1 Sandwich		12	30	9	250
Jack In The Box Hamburger w/ Cheese	1 Sandwich		14	31	13	300
Jack In The Box Hash Browns	1		1	14	12	170
Jack In The Box Hot Apple Turnover	1		4	85	18	340
Jack In The Box Jack's Spicy Chicken	1 Sandwich		24	52	29	570
Jack In The Box Jumbo Jack	1 Sandwich		27	43	30	550
Jack In The Box Jumbo Jack w/ Cheese	1 Sandwich		31	44	38	640
Jack In The Box Milk (2% fat)	1		9	14	5	130
Jack In The Box Minute Maid Lemonade (regular)	1		0	65	0	190
Jack In The Box Monster Taco	1 Sandwich		12	19	17	270

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Jack In The Box Onion Rings		1	7	50	25	450
Jack In The Box Orange Juice		1	2	34	0	150
Jack In The Box Oreo Cookie Shake (regular)		1	13	91	36	740
Jack In The Box Seasoned Curly Fries		1	6	45	23	410
Jack In The Box Side Salad		1	2	3	3	50
Jack In The Box Sourdough Grilled Chicken Club	1 Sandwich		31	39	27	520
Jack In The Box Sourdough Jack	1 Sandwich		34	37	45	690
Jack In The Box Sprite (regular)		1	0	41	0	160
Jack In The Box Strawberry Shake (regular)		1	10	85	28	640
Jack In The Box Stuffed Jalapeños (3)	1 pkg.		7	20	13	230
Jack In The Box Stuffed Jalapeños (7)	1 pkg.		16	46	31	530
Jack In The Box Taco	1 Sandwich		7	12	10	170
Jack In The Box Ultimate Cheeseburger	1 Sandwich		52	37	66	950
Jack In The Box Vanilla Shake (regular)		1	12	73	31	610
Jackfruit, canned, syrup pack	1 cup, drained	178	0.6	42.6	0.2	163.8
Jackfruit, raw	1 cup, sliced	165	2.4	39.6	0.5	155.1
Jams and preserves	1 packet (0.5 oz)	14	0.1	9.6	0	38.9
Jams and preserves	1 tbsp	20	0.1	13.8	0	55.6
Jams and preserves, apricot	1 packet (0.5 oz)	14	0.1	9	0	33.9
Jams and preserves, apricot	1 tbsp	20	0.1	12.9	0	48.4
Java-plum, (jambolan), raw	3 fruit	9	0.1	1.4	0	5.4
Java-plum, (jambolan), raw	1 cup	135	1	21	0.3	81
Jellies	1 packet (0.5 oz)	14	0	9.9	0	39.6
Jellies	1 tbsp	19	0	13.4	0	53.8
Jellies	1 cup	300	0.6	211.4	0.1	849
Jellybeans	10 small	11	0	10.2	0.1	40.4
Jellybeans	10 large (1 oz)	28.4	0	26.4	0.1	104
Jerusalem-artichokes, raw	1 cup slices	150	3	26.2	0	114
Jew's ear, (pepeao), dried	1 cup	24	1.2	19.4	0.1	71.5
Jew's ear, (pepeao), raw	1 piece	6	0	0.4	0	1.5
Jew's ear, (pepeao), raw	1 cup slices	99	0.5	6.7	0	24.8
Jimmy Dean, Sausage Biscuits, Breakfast Sandwich, Frozen	1 sandwich	48	4.8	11.6	14.1	192.5
Jimmy Dean, Sausage Biscuits, Breakfast Sandwich, Frozen	1 package	96	9.5	23.1	28.2	385
Jimmy Dean, Sausage Biscuits, Breakfast Sandwich, Frozen	1 serving	96	9.5	23.1	28.2	385
Jute, potherb, cooked, boiled, drained, with salt	1 cup	87	3.2	6.4	0.2	32.2
Jute, potherb, cooked, boiled, drained, without salt	1 cup	87	3.2	6.4	0.2	32.2
Jute, potherb, raw	1 cup	28	1.3	1.6	0.1	9.5
Kaboom	1.25 cup	30	2.6	24.2	1.1	117.6
Kale, cooked, boiled, drained, with salt	1 cup, chopped	130	2.5	7.3	0.5	36.4
Kale, cooked, boiled, drained, without salt	1 cup, chopped	130	2.5	7.3	0.5	36.4
Kale, frozen, cooked, boiled, drained, with salt	1 cup, chopped	130	3.7	6.8	0.6	39
Kale, frozen, cooked, boiled, drained, without salt	0.5 cup, chopped or diced	65	1.8	3.4	0.3	19.5
Kale, frozen, cooked, boiled, drained, without salt	1 cup, chopped	130	3.7	6.8	0.6	39
Kale, frozen, unprepared	0.333 package (10 oz)	94	2.5	4.6	0.4	26.3
Kale, frozen, unprepared	1 package (10 oz)	284	7.6	13.9	1.3	79.5
Kale, raw	1 cup, chopped	67	2.2	6.7	0.5	33.5
Kale, scotch, cooked, boiled, drained, with salt	1 cup, chopped	130	2.5	7.3	0.5	36.4
Kale, scotch, cooked, boiled, drained, without salt	1 cup, chopped	130	2.5	7.3	0.5	36.4
Kale, scotch, raw	1 cup, chopped	67	1.9	5.6	0.4	28.1
Kanpyo, (dried gourd strips)	1 strip	6.3	0.5	4.1	0	16.3
Kanpyo, (dried gourd strips)	0.5 cup	27	2.3	17.6	0.2	69.7
Keebler, chocolate graham selects	1 serving	31	2.2	22.3	5.1	144.2
Keebler, golden vanilla wafers, artificially flavored	1 serving	31	1.6	21.6	6	147.3
Kellogg Razzle Dazzle Rice Krispies	0.75 cup	28	1.4	25.2	0.3	108.4
Kellogg, Just Right Fruit & Nut	1 cup	55	4.1	44.3	1.6	192.5
Kellogg's All-bran	0.5 cup	30	3.7	22.8	0.9	79.2
Kellogg's All-bran Bran Buds	0.333 cup	30	2.8	24	0.7	82.8
Kellogg's All-bran With Extra Fiber	0.5 cup	30	3.7	22.7	0.9	52.8
Kellogg's Apple Cinnamon Squares Mini-wheats	0.75 cup	55	4	44.1	1	182.1
Kellogg's Apple Jacks	1 cup	30	1.4	26.8	0.4	115.5
Kellogg's Apple Raisin Crisp	1 cup	55	3.5	46.7	0.5	184.8
Kellogg's Apple-cinnamon Rice Krispies	0.75 cup	30	1.5	26.7	0.2	111.9
Kellogg's Blueberry Squares Mini-wheats	0.75 cup	55	4.2	43.8	1	181.5
Kellogg's Cinnamon Mini Buns	0.75 cup	30	1.5	26.6	0.6	115.2

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Kellogg's Cocoa Frosted Flakes	0.75 cup	31	1.2	27.9	0.5	120
Kellogg's Cocoa Krispies	0.75 cup	31	1.6	27.2	0.8	120.3
Kellogg's Common Sense Oat Bran Flakes	0.75 cup	30	3.9	23.2	1.2	108.9
Kellogg's Complete Wheat Bran Flakes	0.75 cup	29	3	23.2	0.6	94.8
Kellogg's Corn Flakes	1 cup	28	1.8	24.2	0.2	102.2
Kellogg's Corn Pops	1 cup	31	1.1	28.4	0.2	118.1
Kellogg's Cracklin' Oat Bran	0.75 cup	55	4.6	40.1	7	225
Kellogg's Crispix	1 cup	29	2.1	25	0.3	108.5
Kellogg's Double Dip Crunch	0.75 cup	30	1	27.3	0.1	114.6
Kellogg's Eggo Golden Oat Waffles	1 waffle, round (4" dia) (include frozen)	35	2.4	13.1	1.1	69.3
Kellogg's Eggo Golden Oat Waffles	1 serving	70	4.8	26.3	2.3	138.6
Kellogg's Eggo Lowfat Blueberry Nutri-grain Waffles	1 waffle, round (4" dia) (include frozen)	35	2.1	14.9	1	72.8
Kellogg's Eggo Lowfat Blueberry Nutri-grain Waffles	1 serving	70	4.2	29.9	2	145.6
Kellogg's Eggo Lowfat Homestyle Waffles	1 round waffle (4" dia) (include frozen)	35	2.5	15.5	1.2	82.6
Kellogg's Eggo Lowfat Homestyle Waffles	1 serving	70	4.9	30.9	2.5	165.2
Kellogg's Eggo Lowfat Nutri-grain Waffles	1 waffle, round (4" dia) (include frozen)	35	2.2	14.1	1.1	71.1
Kellogg's Eggo Lowfat Nutri-grain Waffles	1 serving	70	4.4	28.2	2.2	142.1
Kellogg's Eggo, Banana Bread Waffles	1 serving	78	5.3	32.4	7.4	212.2
Kellogg's Froot Loops	1 cup	30	1.5	26.5	0.9	117.3
Kellogg's Frosted Bran	0.75 cup	30	2.4	25.4	0.3	101.4
Kellogg's Frosted Flakes	0.75 cup	31	1.2	28.3	0.2	119.4
Kellogg's Frosted Krispies	0.75 cup	30	1.4	27.1	0.2	113.4
Kellogg's Frosted Mini-wheats, Bite Size	1 cup, bite size	55	5.2	44.8	0.9	187
Kellogg's Frosted Mini-wheats, Regular	1 cup	51	4.8	42.1	0.8	172.9
Kellogg's Fruity Marshmallow Krispies	0.75 cup	30	1.4	27.1	0.1	113.4
Kellogg's Honey Crunch Corn Flakes	0.75 cup	30	1.9	25.6	0.9	114.9
Kellogg's Just Right With Crunchy Nuggets	1 cup	55	4.2	46	1.5	204.1
Kellogg's Low Fat Granola With Raisins	0.667 cup	55	4.5	43.7	2.8	201.9
Kellogg's Low Fat Granola Without Raisins	0.5 cup	55	4.6	44.2	3.2	213.4
Kellogg's Low Fat Pop Tarts, Blueberry	1 pastry	52	2.3	39.8	2.9	191.9
Kellogg's Low Fat Pop Tarts, Cherry	1 pastry	52	2.3	39.8	2.9	191.9
Kellogg's Low Fat Pop Tarts, Frosted Apple Cinnamon	1 pastry	52	2.2	40	2.9	191.4
Kellogg's Low Fat Pop Tarts, Frosted Brown Sugar Cinnamon	1 pastry	50	2.4	39.2	2.8	188
Kellogg's Low Fat Pop Tarts, Frosted Chocolate Fudge	1 pastry	52	2.7	39.5	3	190.3
Kellogg's Low Fat Pop Tarts, Frosted Strawberry	1 pastry	52	2.1	40.3	3	190.8
Kellogg's Low Fat Pop Tarts, Strawberry	1 pastry	52	2.3	39.8	2.9	191.9
Kellogg's Mueslix Apple & Almond Crunch	0.75 cup	55	5.4	40.9	5	210.7
Kellogg's Mueslix Raisin & Almond Crunch With Dates	0.667 cup	55	4.5	40.5	3.2	200.2
Kellogg's Nut & Honey Crunch	1.25 cup	55	4	46	2.5	222.8
Kellogg's Nutri-grain Wheat	0.75 cup	30	3	24	1	100.5
Kellogg's Pop-tarts Pastry Swirls, Apple Cinnamon Danish	1 pastry	62	3	37	11	256.1
Kellogg's Pop-tarts Pastry Swirls, Cheese Danish	1 pastry	62	3	36.6	11	252.3
Kellogg's Pop-tarts Pastry Swirls, Strawberry Danish	1 pastry	62	3	37.2	11	254.2
Kellogg's Product 19	1 cup	30	2.7	25	0.4	109.8
Kellogg's Raisin Bran	1 cup	61	5.6	47.1	1.5	186.1
Kellogg's Raisin Squares Mini-wheats	0.75 cup	55	4.4	42.9	1.5	187
Kellogg's Rice Krispies	1.25 cup	33	2.1	28.5	0.4	124.4
Kellogg's Rice Krispies Treats Cereal	0.75 cup	30	1.1	25.7	1.6	120.3
Kellogg's Smacks	0.75 cup	27	1.8	23.7	0.5	102.6
Kellogg's Smart Start Cereal	1 cup	50	3.4	42.7	0.7	182.5
Kellogg's Special K	1 cup	31	6.4	22.4	0.3	114.7
Kellogg's Strawberry Squares Mini-wheats	1 cup	55	4.4	43.5	1.3	187
KFC Apple Pie*	1 slice		2	44	14	310
KFC BBQ Baked Beans (5.5 ounces)	1		6	33	3	190
KFC Biscuit	1		4	20	10	180
KFC Chocolate Creme Parfait	1		3	37	15	290
KFC Chunky Chicken Pot Pie	1		29	69	42	770
KFC Cole Slaw (5 ounces)	1		2	26	13.5	232
KFC Cole Slaw (5.6 ounces)	1		4	23	14	230
KFC Colonel's Crispy Strips (3)	1 pkg.		26	18	16	300
KFC Corn On The Cob	1		5	35	1.5	150
KFC Double Chocolate Chip Cake	1 slice		4	41	16	320
KFC Extra Crispy Chicken Breast	1 piece		39	17	28	470
KFC Extra Crispy Chicken Drumstick	1 piece		15	7	12	195

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
KFC Extra Crispy Chicken Thigh	1 piece		21	14	27	380
KFC Extra Crispy Chicken Wing	1 piece		10	10	15	220
KFC Fudge Brownie Parfait		1	3	44	10	280
KFC Honey BBQ Crunch Melt		1	33	48	26	556
KFC Honey BBQ Flavored Sandwich w/ Sauce	1 Sandwich		28	37	6	310
KFC Honey BBQ Pieces (6)	1 pkg.		33	33	38	607
KFC Hot & Spicy Chicken Breast	1 piece		38	23	29	505
KFC Hot & Spicy Chicken Drumstick	1 piece		13	9	10	175
KFC Hot & Spicy Chicken Thigh	1 piece		19	13	26	355
KFC Hot & Spicy Chicken Wing	1 piece		10	9	25	210
KFC Hot Wings Pieces (6)	1 pkg.		27	18	33	471
KFC Lemon Creme Parfait		1	7	62	14	410
KFC Macaroni & Cheese (5.4 ounces)		1	7	21	8	180
KFC Mashed Potatoes w/ Gravy (4.8 ounces)		1	1	17	6	120
KFC Original Recipe Chicken Breast	1 piece		29	16	24	400
KFC Original Recipe Chicken Drumstick	1 piece		13	4	9	140
KFC Original Recipe Chicken Thigh	1 piece		16	6	18	250
KFC Original Recipe Chicken Wing	1 piece		9	5	10	140
KFC Original Recipe Sandwich (no sauce)	1 Sandwich		29	21	13	360
KFC Original Recipe Sandwich w/ Sauce	1 Sandwich		29	33	22	450
KFC Pecan Pie*	1 slice		5	66	23	490
KFC Popcorn Chicken (large)	1 pkg.		30	36	40	620
KFC Popcorn Chicken (small)	1 pkg.		17	21	23	362
KFC Potato Wedges	1 pkg.		5	28	13	280
KFC Spicy Crispy Strips (3)	1 pkg.		25	23	15	335
KFC Strawberry Creme Pie*	1 slice		4	32	15	280
KFC Strawberry Shortcake Parfait		1	1	33	7	200
KFC Tender Roast Sandwich (no sauce)	1 Sandwich		31	23	5	270
KFC Tender Roast Sandwich w/ Sauce	1 Sandwich		32	26	15	350
KFC Triple Crunch Sandwich (no sauce)	1 Sandwich		25	29	15	390
KFC Triple Crunch Sandwich w/ Sauce	1 Sandwich		28	39	29	490
KFC Triple Crunch Zinger Sandwich (no sauce)	1 Sandwich		25	36	15	390
KFC Triple Crunch Zinger Sandwich w/ Sauce	1 Sandwich		28	39	32	550
KFC Twister		1	22	52	34	600
Kid Cuisine Cosmic Chicken Nuggets, With Macaroni In Cheese Sauce, Corn In A Seasoned Sauce, And Chocolate Pudding With Rainbow Sprinkles, Frozen Meal	1 package yields	257	17.7	52.9	26.7	524.3
Kid Cuisine Cosmic Chicken Nuggets, With Macaroni In Cheese Sauce, Corn In A Seasoned Sauce, And Chocolate Pudding With Rainbow Sprinkles, Frozen Meal	1 serving	257	17.7	52.9	26.7	524.3
Kielbasa, kolbassy, pork, beef, nonfat dry milk added	1 slice (6" x 3-3/4" x 1/16")	26	3.4	0.6	7.1	80.6
Kielbasa, kolbassy, pork, beef, nonfat dry milk added	1 oz	28.4	3.8	0.6	7.7	87.9
Kiwi fruit, (chinese gooseberries), raw	1 fruit without skin, medium	76	0.8	11.3	0.3	46.4
Kiwi fruit, (chinese gooseberries), raw	1 fruit without skin, large	91	0.9	13.5	0.4	55.5
Kiwi fruit, (chinese gooseberries), raw	1 cup	177	1.8	26.3	0.8	108
Kiwifruit, (chinese gooseberries), held in storage, raw	1 fruit without skin, medium	76	0.8	11.3	0.3	46.4
Kiwifruit, (chinese gooseberries), held in storage, raw	1 fruit without skin, large	91	0.9	13.5	0.4	55.5
Kix	1.333 cup	30	2	25.9	0.6	114.3
Knackwurst, knockwurst, pork, beef	1 oz	28.4	3.4	0.5	7.9	87.3
Knackwurst, knockwurst, pork, beef	1 link (4" long x 1-1/8" dia)	68	8.1	1.2	18.9	209.4
Knox drinking gelatin, orange flavor, with aspartame, low calorie, powder	1 envelope	11	7.4	2.7	0.1	41.3
Kohlrabi, cooked, boiled, drained, with salt	1 cup slices	165	3	11	0.2	47.9
Kohlrabi, cooked, boiled, drained, without salt	1 cup, sliced	165	3	11	0.2	47.9
Kohlrabi, raw	1 slice	16	0.3	1	0	4.3
Kohlrabi, raw	1 cup	135	2.3	8.4	0.1	36.5
Kool-aid Bursts Soft Drink Tropical Punch, Ready-to-drink	1 nea serving	210	0	24.4	0	90.3
Kool-aid Mix, Sugar Free, With Aspartame And Vitamin C, Cherry Flavor	0.125 envelope	1.2	0.1	1	0	3.5
Kool-aid Splash Soft Drink Grape Berry Punch, Ready-to-drink	1 nea serving	252	0	30.7	0	115.9
Kool-aid Sugar Sweetened Soft Drink Mix Tropical Punch, Powder	1 nea serving	17	0	16.3	0	63.8
Kool-aid Unsweetened Soft Drink Mix Tropical Punch, Powder	1 nea serving	0.6	0	0.1	0	1.2
Kraft breakstone's free fat free sour cream	2 tbsp	32	1.5	4.8	0.4	29.1
Kraft breakstone's reduced fat sour cream	2 tbsp	31	1.4	2	3.7	47.1
Kraft breyers light n' lively lowfat strawberry yogurt (1% milkfat)	1 container (4.4 oz)	125	4	27.4	1	135
Kraft breyers light nonfat strawberry yogurt (with aspartame and fructose sweeteners)	1 container (8 oz)	227	7.7	22.5	0.5	124.9
Kraft breyers lowfat strawberry yogurt (1% milkfat)	1 container (8 oz)	227	8.6	41.3	1.8	217.9
Kraft breyers smooth & creamy lowfat strawberry yogurt (1% milkfat)	1 container (8 oz)	227	8.6	45.2	2	231.5
Kraft cheez whiz light pasteurized process cheese product	2 tbsp	35	5.7	5.7	3.3	75.3
Kraft cheez whiz pasteurized process cheese sauce	2 tbsp	33	4	3	6.9	91.1

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Kraft free singles american nonfat pasteurized process cheese product	1 slice	21	4.8	2.5	0.2	31.1
Kraft Macaroni And Cheese Dinner Original Flavor, Unprepared	1 nea serving (makes about 1 cup prepared)	70	11.3	47.5	2.6	259
Kraft velveeta light reduced fat pasteurized process cheese product	1 oz	28	5.5	3.3	3	62.2
Kraft velveeta pasteurized process cheese spread	1 oz	28	4.6	2.7	6.2	84.8
Krispy Kreme Cinnamon Apple Filled	1	5	35	13	280	
Krispy Kreme Cinnamon Bun	1	5	26	11	220	
Krispy Kreme Cinnamon Twist	1	4	27	11	220	
Krispy Kreme Fudge Iced Cake	1	3	28	12	230	
Krispy Kreme Fudge Iced Creme Filled	1	5	39	18	340	
Krispy Kreme Fudge Iced Custard Filled	1	4	39	16	310	
Krispy Kreme Fudge Iced Glazed	1	3	36	14	280	
Krispy Kreme Fudge Iced Glazed Cruller	1	2	31	12	240	
Krispy Kreme Fudge Iced Sprinkles	1	2	31	10	220	
Krispy Kreme Glazed Blueberry	1	2	37	15	300	
Krispy Kreme Glazed Creme Filled	1	4	39	20	350	
Krispy Kreme Glazed Cruller	1	2	24	16	250	
Krispy Kreme Glazed Devil's Food	1	2	41	24	390	
Krispy Kreme Glazed Lemon Filled	1	5	33	14	280	
Krispy Kreme Glazed Raspberry Filled	1	4	37	12	270	
Krispy Kreme Maple Iced Glazed	1	3	28	9	200	
Krispy Kreme Original Glazed	1	2	22	12	210	
Krispy Kreme Powdered Blueberry Filled	1	5	33	13	270	
Krispy Kreme Traditional Cake	1	3	22	11	200	
Kumquats, raw	1 fruit without refuse	19	0.2	3.1	0	12
Lamb, australian, foreshank, lean & fat, 1/8" fat, cooked, braised	3 oz	85	21.1	0	12.3	200.6
Lamb, australian, foreshank, lean & fat, 1/8" fat, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	211	52.3	0	30.5	498
Lamb, australian, foreshank, lean & fat, 1/8" fat, raw	1 oz	28.4	5.3	0	3.6	55.3
Lamb, australian, foreshank, lean & fat, 1/8" fat, raw	3 oz	85	16	0	10.8	165.8
Lamb, australian, foreshank, lean & fat, 1/8" fat, raw	1 lb	453.6	85.5	0	57.5	884.5
Lamb, australian, foreshank, lean only, 1/8" fat, cooked, braised	3 oz	85	23.4	0	4.4	140.3
Lamb, australian, foreshank, lean only, 1/8" fat, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	180	49.5	0	9.4	297
Lamb, australian, foreshank, lean only, 1/8" fat, raw	1 oz	28.4	5.9	0	1.1	34.9
Lamb, australian, foreshank, lean only, 1/8" fat, raw	3 oz	85	17.7	0	3.2	104.6
Lamb, australian, foreshank, lean only, 1/8" fat, raw	1 lb	453.6	94.5	0	17.3	557.9
Lamb, australian, leg, center slice, bone-in, lean & fat, 1/8" fat, cooked, broiled	3 oz	85	21.7	0	10	182.8
Lamb, australian, leg, center slice, bone-in, lean & fat, 1/8" fat, raw	1 oz	28.4	5.4	0	3.6	55.3
Lamb, australian, leg, center slice, bone-in, lean only, 1/8" fat, cooked, broiled	3 oz	85	22.7	0	6.5	155.6
Lamb, australian, leg, center slice, bone-in, lean only, 1/8" fat, raw	1 oz	28.4	5.9	0	1.7	40.5
Lamb, australian, leg, shank half, lean & fat, 1/8" fat, cooked, roasted	3 oz	85	21.5	0	11.6	196.4
Lamb, australian, leg, shank half, lean & fat, 1/8" fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	277	69.9	0	37.9	639.9
Lamb, australian, leg, shank half, lean & fat, 1/8" fat, raw	1 oz	28.4	5.3	0	3.8	57
Lamb, australian, leg, shank half, lean & fat, 1/8" fat, raw	3 oz	85	15.8	0	11.5	170.9
Lamb, australian, leg, shank half, lean & fat, 1/8" fat, raw	1 lb	453.6	84.3	0	61.1	911.7
Lamb, australian, leg, shank half, lean only, 1/8" fat, cooked, roasted	3 oz	85	23.1	0	6.2	154.7
Lamb, australian, leg, shank half, lean only, 1/8" fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	246	66.9	0	17.9	447.7
Lamb, australian, leg, shank half, lean only, 1/8" fat, raw	1 oz	28.4	5.8	0	1.4	37.7
Lamb, australian, leg, shank half, lean only, 1/8" fat, raw	3 oz	85	17.4	0	4.3	113.1
Lamb, australian, leg, shank half, lean only, 1/8" fat, raw	1 lb	453.6	92.8	0	23.1	603.3
Lamb, australian, leg, sirloin chops, boneless, lean & fat, 1/8" fat, cooked, broiled	3 oz	85	21.9	0	11.8	199.8
Lamb, australian, leg, sirloin chops, boneless, lean & fat, 1/8" fat, raw	1 oz	28.4	5.2	0	4.1	59
Lamb, australian, leg, sirloin chops, boneless, lean only, 1/8" fat, cooked, broiled	3 oz	85	23.5	0	6.6	159.8
Lamb, australian, leg, sirloin chops, boneless, lean only, 1/8" fat, raw	1 oz	28.4	5.8	0	1.4	37.4
Lamb, australian, leg, sirloin half, boneless, lean & fat, 1/8" fat, cooked, roasted	3 oz	85	21.1	0	16.5	238.9
Lamb, australian, leg, sirloin half, boneless, lean & fat, 1/8" fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	306	76.1	0	59.3	859.9
Lamb, australian, leg, sirloin half, boneless, lean & fat, 1/8" fat, raw	1 oz	28.4	4.9	0	5.7	72
Lamb, australian, leg, sirloin half, boneless, lean & fat, 1/8" fat, raw	3 oz	85	14.7	0	17	215.9
Lamb, australian, leg, sirloin half, boneless, lean & fat, 1/8" fat, raw	1 lb	453.6	78.2	0	90.7	1152.1
Lamb, australian, leg, sirloin half, boneless, lean only, 1/8" fat, cooked, roasted	3 oz	85	23.6	0	9.1	182.8
Lamb, australian, leg, sirloin half, boneless, lean only, 1/8" fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	259	71.9	0	27.6	556.9
Lamb, australian, leg, sirloin half, boneless, lean only, 1/8" fat, raw	1 oz	28.4	5.8	0	1.6	39.1
Lamb, australian, leg, sirloin half, boneless, lean only, 1/8" fat, raw	3 oz	85	17.4	0	4.8	117.3
Lamb, australian, leg, sirloin half, boneless, lean only, 1/8" fat, raw	1 lb	453.6	92.9	0	25.6	626
Lamb, australian, leg, whole (shank and sirloin), lean & fat, 1/8" fat, cooked, roasted	3 oz	85	21.4	0	12.9	207.4
Lamb, australian, leg, whole (shank and sirloin), lean & fat, 1/8" fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	284	71.5	0	43	693



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Lamb, australian, leg, whole (shank and sirloin), lean & fat, 1/8" fat, raw	1 oz	28.4	5.2	0	4.3	61
Lamb, australian, leg, whole (shank and sirloin), lean & fat, 1/8" fat, raw	3 oz	85	15.5	0	12.9	182.8
Lamb, australian, leg, whole (shank and sirloin), lean & fat, 1/8" fat, raw	1 lb	453.6	82.7	0	68.9	975.2
Lamb, australian, leg, whole (shank and sirloin), lean only, 1/8" fat, cooked, roasted	3 oz	85	23.2	0	6.9	161.5
Lamb, australian, leg, whole (shank and sirloin), lean only, 1/8" fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	251	68.5	0	20.3	476.9
Lamb, australian, leg, whole (shank and sirloin), lean only, 1/8" fat, raw	1 oz	28.4	5.8	0	1.5	38.3
Lamb, australian, leg, whole (shank and sirloin), lean only, 1/8" fat, raw	3 oz	85	17.4	0	4.4	114.8
Lamb, australian, leg, whole (shank and sirloin), lean only, 1/8" fat, raw	1 lb	453.6	92.8	0	23.7	612.4
Lamb, australian, loin, lean & fat, 1/8" fat, cooked, broiled	3 oz	85	21.7	0	10.4	186.2
Lamb, australian, loin, lean & fat, 1/8" fat, raw	1 oz	28.4	5.5	0	3.8	57.6
Lamb, australian, loin, lean & fat, 1/8" fat, raw	3 oz	85	16.4	0	11.4	172.6
Lamb, australian, loin, lean only, 1/8" fat, cooked, broiled	3 oz	85	22.6	0	7.4	163.2
Lamb, australian, loin, lean only, 1/8" fat, raw	1 oz	28.4	6	0	1.8	41.4
Lamb, australian, loin, lean only, 1/8" fat, raw	3 oz	85	17.9	0	5.3	124.1
Lamb, australian, rib, lean & fat, 1/8" fat, cooked, roasted	3 oz	85	18.9	0	17.2	235.5
Lamb, australian, rib, lean & fat, 1/8" fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	286	63.6	0	57.8	792.2
Lamb, australian, rib, lean & fat, 1/8" fat, raw	1 oz	28.4	4.7	0	6.9	81.9
Lamb, australian, rib, lean & fat, 1/8" fat, raw	3 oz	85	14	0	20.6	245.7
Lamb, australian, rib, lean & fat, 1/8" fat, raw	1 lb	453.6	74.7	0	109.8	1310.9
Lamb, australian, rib, lean only, 1/8" fat, cooked, roasted	3 oz	85	20.9	0	9.9	178.5
Lamb, australian, rib, lean only, 1/8" fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	241	59.4	0	28	506.1
Lamb, australian, rib, lean only, 1/8" fat, raw	1 oz	28.4	5.7	0	2.3	45.4
Lamb, australian, rib, lean only, 1/8" fat, raw	3 oz	85	17.1	0	7	136
Lamb, australian, rib, lean only, 1/8" fat, raw	1 lb	453.6	91.3	0	37.2	725.8
Lamb, australian, separable fat, cooked	3 oz	85	8	0	56.4	543.2
Lamb, australian, separable fat, cooked	1 piece, cooked, (yield from 1 lb raw meat)	248	23.4	0	164.7	1584.7
Lamb, australian, separable fat, raw	1 oz	28.4	1.8	0	19.5	183.7
Lamb, australian, separable fat, raw	3 oz	85	5.3	0	58.5	550.8
Lamb, australian, separable fat, raw	1 lb	453.6	28.4	0	312.4	2939.3
Lamb, australian, shoulder, blade, lean only, 1/8" fat, cooked, broiled	3 oz	85	20.3	0	12.2	196.4
Lamb, australian, shoulder, blade, lean only, 1/8" fat, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	233	55.5	0	33.5	538.2
Lamb, australian, shoulder, arm, lean & fat, 1/8" fat, cooked, braised	3 oz	85	25.2	0	17.3	264.4
Lamb, australian, shoulder, arm, lean & fat, 1/8" fat, raw	1 oz	28.4	4.8	0	5.4	68.9
Lamb, australian, shoulder, arm, lean & fat, 1/8" fat, raw	3 oz	85	14.5	0	16.1	206.6
Lamb, australian, shoulder, arm, lean only, 1/8" fat, cooked, braised	3 oz	85	29	0	8.7	202.3
Lamb, australian, shoulder, arm, lean only, 1/8" fat, raw	1 oz	28.4	5.6	0	1.6	38.8
Lamb, australian, shoulder, arm, lean only, 1/8" fat, raw	3 oz	85	16.9	0	4.9	116.5
Lamb, australian, shoulder, blade, lean & fat, 1/8" fat, cooked, broiled	3 oz	85	18.5	0	18.7	247.4
Lamb, australian, shoulder, blade, lean & fat, 1/8" fat, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	273	59.3	0	60.1	794.4
Lamb, australian, shoulder, blade, lean & fat, 1/8" fat, raw	1 oz	28.4	4.7	0	6	74.3
Lamb, australian, shoulder, blade, lean & fat, 1/8" fat, raw	3 oz	85	14	0	18.1	222.7
Lamb, australian, shoulder, blade, lean & fat, 1/8" fat, raw	1 lb	453.6	74.8	0	96.5	1188.4
Lamb, australian, shoulder, blade, lean only, 1/8" fat, raw	1 oz	28.4	5.4	0	2.6	46.5
Lamb, australian, shoulder, blade, lean only, 1/8" fat, raw	3 oz	85	16.2	0	7.7	139.4
Lamb, australian, shoulder, blade, lean only, 1/8" fat, raw	1 lb	453.6	86.6	0	41.2	743.9
Lamb, australian, shoulder, whole (arm and blade), lean & fat, 1/8" fat, cooked	3 oz	85	20	0	18.4	251.6
Lamb, australian, shoulder, whole (arm and blade), lean & fat, 1/8" fat, cooked	1 piece, cooked, (yield from 1 lb raw meat)	262	61.8	0	56.7	775.5
Lamb, australian, shoulder, whole (arm and blade), lean & fat, 1/8" fat, raw	1 oz	28.4	4.7	0	5.8	72.6
Lamb, australian, shoulder, whole (arm and blade), lean & fat, 1/8" fat, raw	3 oz	85	14.2	0	17.4	217.6
Lamb, australian, shoulder, whole (arm and blade), lean & fat, 1/8" fat, raw	1 lb	453.6	75.7	0	92.9	1161.2
Lamb, australian, shoulder, whole (arm and blade), lean only, 1/8" fat, raw	1 oz	28.4	5.5	0	2.3	43.9
Lamb, australian, shoulder, whole (arm and blade), lean only, 1/8" fat, raw	3 oz	85	16.5	0	6.8	131.8
Lamb, australian, shoulder, whole (arm and blade), lean only, 1/8" fat, raw	1 lb	453.6	87.8	0	36.3	703.1
Lamb, australian, shoulder, whole (arm and blade), lean only, 1/8" fat, cooked	3 oz	85	22.3	0	11.4	198.1
Lamb, australian, shoulder, whole (arm and blade), lean only, 1/8" fat, cooked	1 piece, cooked, (yield from 1 lb raw meat)	222	58.1	0	29.8	517.3
Lamb, australian, trimmed retail cuts, lean & fat, 1/8" fat, cooked	3 oz	85	20.8	0	14.3	217.6
Lamb, australian, trimmed retail cuts, lean & fat, 1/8" fat, cooked	1 piece, cooked, (yield from 1 lb raw meat)	270	66.2	0	45.4	691.2
Lamb, australian, trimmed retail cuts, lean & fat, 1/8" fat, raw	1 oz	28.4	5.1	0	4.8	64.9
Lamb, australian, trimmed retail cuts, lean & fat, 1/8" fat, raw	3 oz	85	15.2	0	14.4	194.7
Lamb, australian, trimmed retail cuts, lean & fat, 1/8" fat, raw	1 lb	453.6	80.9	0	77	1038.7
Lamb, australian, trimmed retail cuts, lean only, 1/8" fat, cooked	3 oz	85	22.7	0	8.2	170.9
Lamb, australian, trimmed retail cuts, lean only, 1/8" fat, cooked	1 piece, cooked, (yield from 1 lb raw meat)	236	63	0	22.7	474.4
Lamb, australian, trimmed retail cuts, lean only, 1/8" fat, raw	1 oz	28.4	5.7	0	1.8	40.3
Lamb, australian, trimmed retail cuts, lean only, 1/8" fat, raw	3 oz	85	17.2	0	5.3	120.7

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Lamb, australian, trimmed retail cuts, lean only, 1/8" fat, raw	1 lb	453.6	91.9	0	28	644.1
Lamb, brain, cooked, braised	3 oz	85	10.7	0	8.6	123.3
Lamb, brain, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	347	43.5	0	35.3	503.2
Lamb, brain, cooked, pan-fried	3 oz	85	14.4	0	18.9	232.1
Lamb, brain, cooked, pan-fried	1 unit, cooked (yield from 1 lb raw meat)	240	40.7	0	53.3	655.2
Lamb, brain, raw	1 oz	28.4	2.9	0	2.4	34.6
Lamb, brain, raw	4 oz	113.4	11.8	0	9.7	138.3
Lamb, domestic, cubed for stew or kabob (leg and shoulder), lean only, 1/4" fat, cooked, braised	3 oz	85	28.6	0	7.5	189.6
Lamb, domestic, cubed for stew or kabob (leg and shoulder), lean only, 1/4" fat, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	272	91.6	0	23.9	606.6
Lamb, domestic, cubed for stew or kabob (leg and shoulder), lean only, 1/4" fat, cooked, broiled	3 oz	85	23.9	0	6.2	158.1
Lamb, domestic, cubed for stew or kabob (leg and shoulder), lean only, 1/4" fat, cooked, broiled	1 unit, cooked (yield from 1 lb raw meat)	327	91.8	0	24	608.2
Lamb, domestic, cubed for stew or kabob (leg and shoulder), lean only, 1/4" fat, raw	1 oz	28.4	5.7	0	1.5	38
Lamb, domestic, cubed for stew or kabob (leg and shoulder), lean only, 1/4" fat, raw	1 lb	453.6	91.7	0	24	607.8
Lamb, domestic, foreshank, lean & fat, 1/4" fat, choice, cooked, braised	3 oz	85	24.1	0	11.4	206.6
Lamb, domestic, foreshank, lean & fat, 1/4" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	148	42	0	19.9	359.6
Lamb, domestic, foreshank, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	5.4	0	3.8	57
Lamb, domestic, foreshank, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	85.8	0	60.7	911.7
Lamb, domestic, foreshank, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	5.4	0	3.8	57
Lamb, domestic, foreshank, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	85.8	0	60.7	911.7
Lamb, domestic, foreshank, lean & fat, 1/8" fat, choice, cooked, braised	3 oz	85	24.1	0	11.4	206.6
Lamb, domestic, foreshank, lean & fat, 1/8" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	148	42	0	19.9	359.6
Lamb, domestic, foreshank, lean only, 1/4" fat, choice, cooked, braised	3 oz	85	26.4	0	5.1	159
Lamb, domestic, foreshank, lean only, 1/4" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	128	39.7	0	7.7	239.4
Lamb, domestic, foreshank, lean only, 1/4" fat, choice, raw	1 oz	28.4	6	0	0.9	34
Lamb, domestic, foreshank, lean only, 1/4" fat, choice, raw	1 lb	453.6	95.6	0	14.9	544.3
Lamb, domestic, leg, shank half, lean & fat, 1/4" fat, choice, cooked, roasted	3 oz	85	22.4	0	10.6	191.3
Lamb, domestic, leg, shank half, lean & fat, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	269	71	0	33.5	605.3
Lamb, domestic, leg, shank half, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	5.3	0	3.8	57
Lamb, domestic, leg, shank half, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	84.3	0	61.2	911.7
Lamb, domestic, leg, shank half, lean & fat, 1/8" fat, choice, cooked, roasted	3 oz	85	22.7	0	9.7	184.5
Lamb, domestic, leg, shank half, lean & fat, 1/8" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	267	71.4	0	30.4	579.4
Lamb, domestic, leg, shank half, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	5.4	0	3.3	52.4
Lamb, domestic, leg, shank half, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	86.1	0	52.2	839.2
Lamb, domestic, leg, shank half, lean only, 1/4" fat, choice, cooked, roasted	3 oz	85	23.9	0	5.7	153
Lamb, domestic, leg, shank half, lean only, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	238	67	0	15.9	428.4
Lamb, domestic, leg, shank half, lean only, 1/4" fat, choice, raw	1 oz	28.4	5.8	0	1.2	35.4
Lamb, domestic, leg, shank half, lean only, 1/4" fat, choice, raw	1 lb	453.6	93.1	0	19	567
Lamb, domestic, leg, sirloin half, lean & fat, 1/4" fat, choice, cooked, roasted	3 oz	85	20.9	0	17.6	248.2
Lamb, domestic, leg, sirloin half, lean & fat, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	262	64.5	0	54.2	765
Lamb, domestic, leg, sirloin half, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	4.8	0	6.3	77.1
Lamb, domestic, leg, sirloin half, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	76.8	0	100.3	1233.8
Lamb, domestic, leg, sirloin half, lean & fat, 1/8" fat, choice, cooked, roasted	3 oz	85	21.2	0	16.7	241.4
Lamb, domestic, leg, sirloin half, lean & fat, 1/8" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	260	64.9	0	51.1	738.4
Lamb, domestic, leg, sirloin half, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	4.9	0	5.9	74
Lamb, domestic, leg, sirloin half, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	78.1	0	94.3	1183.9
Lamb, domestic, leg, sirloin half, lean only, 1/4" fat, choice, cooked, roasted	3 oz	85	24.1	0	7.8	173.4
Lamb, domestic, leg, sirloin half, lean only, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	201	57	0	18.4	410
Lamb, domestic, leg, sirloin half, lean only, 1/4" fat, choice, raw	1 oz	28.4	5.8	0	1.4	38
Lamb, domestic, leg, sirloin half, lean only, 1/4" fat, choice, raw	1 lb	453.6	93.2	0	23	607.8
Lamb, domestic, leg, whole (shank and sirloin), lean & fat, 1/4" fat, choice, cooked, roasted	3 oz	85	21.7	0	14.7	219.3
Lamb, domestic, leg, whole (shank and sirloin), lean & fat, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	265	67.7	0	43.7	683.7
Lamb, domestic, leg, whole (shank and sirloin), lean & fat, 1/4" fat, choice, raw	1 oz	28.4	5.1	0	4.8	65.2
Lamb, domestic, leg, whole (shank and sirloin), lean & fat, 1/4" fat, choice, raw	1 lb	453.6	81.2	0	77.4	1043.3
Lamb, domestic, leg, whole (shank and sirloin), lean & fat, 1/8" fat, choice, cooked, roasted	3 oz	85	22.3	0	12.3	205.7
Lamb, domestic, leg, whole (shank and sirloin), lean & fat, 1/8" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	260	68.1	0	37.5	629.2
Lamb, domestic, leg, whole (shank and sirloin), lean & fat, 1/8" fat, choice, raw	1 oz	28.4	5.2	0	4.1	59.3
Lamb, domestic, leg, whole (shank and sirloin), lean & fat, 1/8" fat, choice, raw	1 lb	453.6	83.8	0	65.4	948
Lamb, domestic, leg, whole (shank and sirloin), lean only, 1/4" fat, choice, cooked, roasted	3 oz	85	24.1	0	6.6	162.4
Lamb, domestic, leg, whole (shank and sirloin), lean only, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	218	61.7	0	16.9	416.4
Lamb, domestic, leg, whole (shank and sirloin), lean only, 1/4" fat, choice, raw	1 oz	28.4	5.8	0	1.3	36.3
Lamb, domestic, leg, whole (shank and sirloin), lean only, 1/4" fat, choice, raw	1 lb	453.6	93.3	0	20.5	580.6
Lamb, domestic, loin, lean & fat, 1/4" fat, choice, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 120 g)	64	16.1	0	14.8	202.2
Lamb, domestic, loin, lean & fat, 1/4" fat, choice, cooked, broiled	3 oz	85	21.4	0	19.6	268.6
Lamb, domestic, loin, lean & fat, 1/4" fat, choice, cooked, roasted	3 oz	85	19.2	0	20.1	262.7

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Lamb, domestic, loin, lean & fat, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	269	60.7	0	63.5	831.2
Lamb, domestic, loin, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	4.6	0	7.5	87.9
Lamb, domestic, loin, lean & fat, 1/4" fat, choice, raw	1 chop, (yield from 1 raw chop., weighing 120 g)	95	15.5	0	25.3	294.5
Lamb, domestic, loin, lean & fat, 1/8" fat, choice, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 102 g)	53	13.8	0	10.9	157.4
Lamb, domestic, loin, lean & fat, 1/8" fat, choice, cooked, broiled	3 oz	85	22.2	0	17.5	252.5
Lamb, domestic, loin, lean & fat, 1/8" fat, choice, cooked, roasted	3 oz	85	19.8	0	18	246.5
Lamb, domestic, loin, lean & fat, 1/8" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	265	61.7	0	56	768.5
Lamb, domestic, loin, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	4.9	0	6.4	79.1
Lamb, domestic, loin, lean & fat, 1/8" fat, choice, raw	1 steak, (yield from 1 raw steak., weighing 102 g)	79	13.6	0	18	220.4
Lamb, domestic, loin, lean only, 1/4" fat, choice, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 120 g)	46	13.8	0	4.5	99.4
Lamb, domestic, loin, lean only, 1/4" fat, choice, cooked, broiled	3 oz	85	25.5	0	8.3	183.6
Lamb, domestic, loin, lean only, 1/4" fat, choice, cooked, roasted	3 oz	85	22.6	0	8.3	171.7
Lamb, domestic, loin, lean only, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	193	51.3	0	18.8	389.9
Lamb, domestic, loin, lean only, 1/4" fat, choice, raw	1 oz	28.4	5.9	0	1.7	40.5
Lamb, domestic, loin, lean only, 1/4" fat, choice, raw	1 chop, (yield from 1 raw chop., weighing 120 g)	65	13.6	0	3.9	93
Lamb, domestic, rib, lean & fat, 1/4" fat, choice, cooked, broiled	3 oz	85	18.8	0	25.2	306.9
Lamb, domestic, rib, lean & fat, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	229	50.7	0	67.8	826.7
Lamb, domestic, rib, lean & fat, 1/4" fat, choice, cooked, roasted	3 oz	85	18	0	25.3	305.2
Lamb, domestic, rib, lean & fat, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	255	53.9	0	76	915.5
Lamb, domestic, rib, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	4.1	0	9.7	105.5
Lamb, domestic, rib, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	65.9	0	156	1687.4
Lamb, domestic, rib, lean & fat, 1/8" fat, choice, cooked, broiled	3 oz	85	19.6	0	22.8	289
Lamb, domestic, rib, lean & fat, 1/8" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	222	51.2	0	59.5	754.8
Lamb, domestic, rib, lean & fat, 1/8" fat, choice, cooked, roasted	3 oz	85	18.5	0	23.4	289.9
Lamb, domestic, rib, lean & fat, 1/8" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	248	54.1	0	68.3	845.7
Lamb, domestic, rib, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	4.3	0	8.7	97
Lamb, domestic, rib, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	69.5	0	139.3	1551.3
Lamb, domestic, rib, lean only, 1/4" fat, choice, cooked, broiled	3 oz	85	23.6	0	11	199.8
Lamb, domestic, rib, lean only, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	147	40.8	0	19	345.5
Lamb, domestic, rib, lean only, 1/4" fat, choice, cooked, roasted	3 oz	85	22.2	0	11.3	197.2
Lamb, domestic, rib, lean only, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	159	41.6	0	21.2	368.9
Lamb, domestic, rib, lean only, 1/4" fat, choice, raw	1 oz	28.4	5.7	0	2.6	47.9
Lamb, domestic, rib, lean only, 1/4" fat, choice, raw	1 lb	453.6	90.6	0	41.9	766.6
Lamb, domestic, shoulder, arm, lean & fat, 1/4" fat, choice, cooked, braised	1 chop, (yield from 1 raw chop., weighing 160 g)	70	21.3	0	16.8	242.2
Lamb, domestic, shoulder, arm, lean & fat, 1/4" fat, choice, cooked, braised	3 oz	85	25.8	0	20.4	294.1
Lamb, domestic, shoulder, arm, lean & fat, 1/4" fat, choice, cooked, broiled	3 oz	85	20.8	0	16.6	238.9
Lamb, domestic, shoulder, arm, lean & fat, 1/4" fat, choice, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 160 g)	93	22.7	0	18.2	261.3
Lamb, domestic, shoulder, arm, lean & fat, 1/4" fat, choice, cooked, roasted	3 oz	85	19.2	0	17.2	237.2
Lamb, domestic, shoulder, arm, lean & fat, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	286	64.4	0	57.9	797.9
Lamb, domestic, shoulder, arm, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	4.8	0	5.9	73.7
Lamb, domestic, shoulder, arm, lean & fat, 1/4" fat, choice, raw	1 chop, (yield from 1 raw chop., weighing 160 g)	133	22.3	0	27.8	345.8
Lamb, domestic, shoulder, arm, lean & fat, 1/8" fat, choice, cooked, braised	1 steak, (yield from 1 raw steak., weighing 102 g)	45	14	0	10.2	151.7
Lamb, domestic, shoulder, arm, lean & fat, 1/8" fat, choice, cooked, braised	3 oz	85	26.4	0	19.3	286.5
Lamb, domestic, shoulder, arm, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	4.9	0	5.4	69.2
Lamb, domestic, shoulder, arm, lean & fat, 1/8" fat, choice, raw	1 steak, (yield from 1 raw steak., weighing 102 g)	84	14.4	0	15.9	205
Lamb, domestic, shoulder, arm, lean & fat, 1/8" fat, choice, roasted	3 oz	85	19.5	0	15.9	227
Lamb, domestic, shoulder, arm, lean & fat, 1/8" fat, choice, roasted	1 piece, cooked, (yield from 1 lb raw meat)	284	65.1	0	53.3	758.3
Lamb, domestic, shoulder, arm, lean & fat, 1/8" fat, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 102 g)	59	14.7	0	10.6	158.7
Lamb, domestic, shoulder, arm, lean & fat, 1/8" fat, cooked, broiled	3 oz	85	21.2	0	15.3	228.7
Lamb, domestic, shoulder, arm, lean only, 1/4" fat, choice, cooked, braised	1 chop, (yield from 1 raw chop., weighing 160 g)	55	19.5	0	7.7	153.5
Lamb, domestic, shoulder, arm, lean only, 1/4" fat, choice, cooked, braised	3 oz	85	30.2	0	12	237.2
Lamb, domestic, shoulder, arm, lean only, 1/4" fat, choice, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 160 g)	74	20.5	0	6.7	148
Lamb, domestic, shoulder, arm, lean only, 1/4" fat, choice, cooked, broiled	3 oz	85	23.6	0	7.7	170
Lamb, domestic, shoulder, arm, lean only, 1/4" fat, choice, cooked, roasted	3 oz	85	21.6	0	7.9	163.2
Lamb, domestic, shoulder, arm, lean only, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	224	57	0	20.7	430.1
Lamb, domestic, shoulder, arm, lean only, 1/4" fat, choice, raw	1 oz	28.4	5.7	0	1.5	37.4
Lamb, domestic, shoulder, arm, lean only, 1/4" fat, choice, raw	1 chop, (yield from 1 raw chop., weighing 160 g)	101	20.2	0	5.3	133.3
Lamb, domestic, shoulder, blade, lean & fat, 1/4" fat, choice, cooked, braised	3 oz	85	24.2	0	21	293.3
Lamb, domestic, shoulder, blade, lean & fat, 1/4" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	209	59.6	0	51.7	721.1
Lamb, domestic, shoulder, blade, lean & fat, 1/4" fat, choice, cooked, broiled	3 oz	85	19.6	0	16.9	236.3
Lamb, domestic, shoulder, blade, lean & fat, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	252	58.2	0	50.2	700.6
Lamb, domestic, shoulder, blade, lean & fat, 1/4" fat, choice, cooked, roasted	3 oz	85	18.9	0	17.5	238.9
Lamb, domestic, shoulder, blade, lean & fat, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	258	57.4	0	53.2	725
Lamb, domestic, shoulder, blade, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	4.7	0	5.9	73.4

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Lamb, domestic, shoulder, blade, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	75.4	0	94.6	1174.8
Lamb, domestic, shoulder, blade, lean & fat, 1/8" fat, choice, cooked, braised	3 oz	85	24.6	0	20.3	288.2
Lamb, domestic, shoulder, blade, lean & fat, 1/8" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	207	59.9	0	49.4	701.7
Lamb, domestic, shoulder, blade, lean & fat, 1/8" fat, choice, cooked, broiled	3 oz	85	20	0	15.7	227
Lamb, domestic, shoulder, blade, lean & fat, 1/8" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	250	58.7	0	46.3	667.5
Lamb, domestic, shoulder, blade, lean & fat, 1/8" fat, choice, cooked, roasted	3 oz	85	19.2	0	16.3	229.5
Lamb, domestic, shoulder, blade, lean & fat, 1/8" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	256	57.9	0	49.1	691.2
Lamb, domestic, shoulder, blade, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	4.8	0	5.4	69.2
Lamb, domestic, shoulder, blade, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	77.2	0	86	1106.8
Lamb, domestic, shoulder, blade, lean only, 1/4" fat, choice, cooked, braised	3 oz	85	27.5	0	14.1	244.8
Lamb, domestic, shoulder, blade, lean only, 1/4" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	168	54.3	0	28	483.8
Lamb, domestic, shoulder, blade, lean only, 1/4" fat, choice, cooked, broiled	3 oz	85	21.7	0	9.6	179.4
Lamb, domestic, shoulder, blade, lean only, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	207	52.7	0	23.4	436.8
Lamb, domestic, shoulder, blade, lean only, 1/4" fat, choice, cooked, roasted	3 oz	85	20.9	0	9.8	177.7
Lamb, domestic, shoulder, blade, lean only, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	210	51.7	0	24.3	438.9
Lamb, domestic, shoulder, blade, lean only, 1/4" fat, choice, raw	1 oz	28.4	5.5	0	2.2	42.8
Lamb, domestic, shoulder, blade, lean only, 1/4" fat, choice, raw	1 lb	453.6	87.5	0	34.6	684.9
Lamb, domestic, shoulder, whole (arm and blade), lean & fat, 1/4" fat, choice, cooked, braised	3 oz	85	24.4	0	20.9	292.4
Lamb, domestic, shoulder, whole (arm and blade), lean & fat, 1/4" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	218	62.5	0	53.5	749.9
Lamb, domestic, shoulder, whole (arm and blade), lean & fat, 1/4" fat, choice, cooked, broiled	3 oz	85	20.8	0	16.4	236.3
Lamb, domestic, shoulder, whole (arm and blade), lean & fat, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	248	60.6	0	47.8	689.4
Lamb, domestic, shoulder, whole (arm and blade), lean & fat, 1/4" fat, choice, cooked, roasted	3 oz	85	19.1	0	17	234.6
Lamb, domestic, shoulder, whole (arm and blade), lean & fat, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	269	60.6	0	53.7	742.4
Lamb, domestic, shoulder, whole (arm and blade), lean & fat, 1/4" fat, choice, raw	1 oz	28.4	4.7	0	6.1	74.8
Lamb, domestic, shoulder, whole (arm and blade), lean & fat, 1/4" fat, choice, raw	1 lb	453.6	75.2	0	97.3	1197.5
Lamb, domestic, shoulder, whole (arm and blade), lean & fat, 1/8" fat, choice, cooked, braised	3 oz	85	25	0	20	287.3
Lamb, domestic, shoulder, whole (arm and blade), lean & fat, 1/8" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	213	62.7	0	50.2	719.9
Lamb, domestic, shoulder, whole (arm and blade), lean & fat, 1/8" fat, choice, cooked, broiled	3 oz	85	20.3	0	15.6	227.8
Lamb, domestic, shoulder, whole (arm and blade), lean & fat, 1/8" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	242	57.7	0	44.5	648.6
Lamb, domestic, shoulder, whole (arm and blade), lean & fat, 1/8" fat, choice, cooked, roasted	3 oz	85	19.3	0	16.2	228.7
Lamb, domestic, shoulder, whole (arm and blade), lean & fat, 1/8" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	263	59.7	0	50.2	707.5
Lamb, domestic, shoulder, whole (arm and blade), lean & fat, 1/8" fat, choice, raw	1 oz	28.4	4.8	0	5.4	69.2
Lamb, domestic, shoulder, whole (arm and blade), lean & fat, 1/8" fat, choice, raw	1 lb	453.6	77.4	0	86	1106.8
Lamb, domestic, shoulder, whole (arm and blade), lean only, 1/4" fat, choice, cooked, braised	3 oz	85	27.9	0	13.5	240.6
Lamb, domestic, shoulder, whole (arm and blade), lean only, 1/4" fat, choice, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	174	57.1	0	27.6	492.4
Lamb, domestic, shoulder, whole (arm and blade), lean only, 1/4" fat, choice, cooked, broiled	3 oz	85	23.1	0	8.9	178.5
Lamb, domestic, shoulder, whole (arm and blade), lean only, 1/4" fat, choice, cooked, broiled	1 piece, cooked, (yield from 1 lb raw meat)	202	54.8	0	21.2	424.2
Lamb, domestic, shoulder, whole (arm and blade), lean only, 1/4" fat, choice, cooked, roasted	3 oz	85	21.2	0	9.2	173.4
Lamb, domestic, shoulder, whole (arm and blade), lean only, 1/4" fat, choice, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	217	54.1	0	23.4	442.7
Lamb, domestic, shoulder, whole (arm and blade), lean only, 1/4" fat, choice, raw	1 oz	28.4	5.5	0	1.9	40.8
Lamb, domestic, shoulder, whole (arm and blade), lean only, 1/4" fat, choice, raw	1 lb	453.6	88.7	0	30.7	653.2
Lamb, domestic, trimmed retail cuts, lean & fat, 1/4" fat, choice, cooked	3 oz	85	20.8	0	17.8	249.9
Lamb, domestic, trimmed retail cuts, lean & fat, 1/4" fat, choice, cooked	1 piece, cooked, (yield from 1 lb raw meat)	242	59.3	0	50.7	711.5
Lamb, domestic, trimmed retail cuts, lean & fat, 1/4" fat, choice, raw	1 oz	28.4	4.8	0	6.1	75.7
Lamb, domestic, trimmed retail cuts, lean & fat, 1/4" fat, choice, raw	1 lb	453.6	76.6	0	97.9	1211.1
Lamb, domestic, trimmed retail cuts, lean & fat, 1/8" fat, choice, cooked	3 oz	85	21.7	0	15.3	230.4
Lamb, domestic, trimmed retail cuts, lean & fat, 1/8" fat, choice, cooked	1 piece, cooked, (yield from 1 lb raw meat)	250	63.8	0	45	677.5
Lamb, domestic, trimmed retail cuts, lean & fat, 1/8" fat, choice, raw	1 oz	28.4	5	0	5.3	68.9
Lamb, domestic, trimmed retail cuts, lean & fat, 1/8" fat, choice, raw	1 lb	453.6	79.6	0	84.6	1102.2
Lamb, domestic, trimmed retail cuts, lean only, 1/4" fat, choice, cooked	3 oz	85	24	0	8.1	175.1
Lamb, domestic, trimmed retail cuts, lean only, 1/4" fat, choice, cooked	1 piece, cooked, (yield from 1 lb raw meat)	187	52.8	0	17.8	385.2
Lamb, domestic, trimmed retail cuts, lean only, 1/4" fat, choice, raw	1 oz	28.4	5.8	0	1.5	38
Lamb, domestic, trimmed retail cuts, lean only, 1/4" fat, choice, raw	1 lb	453.6	92	0	23.8	607.8
Lamb, domestic, trimmed retail cuts, separable fat, 1/4" fat, choice, cooked	3 oz	85	10.3	0	50.3	498.1
Lamb, domestic, trimmed retail cuts, separable fat, 1/4" fat, choice, cooked	1 unit, cooked (yield from 1 lb raw meat)	286	34.8	0	169.3	1676
Lamb, domestic, trimmed retail cuts, separable fat, 1/4" fat, choice, raw	1 oz	28.4	1.9	0	20	188.5
Lamb, domestic, trimmed retail cuts, separable fat, 1/4" fat, choice, raw	1 lb	453.6	30.2	0	320.3	3016.4
Lamb, ground, cooked, broiled	3 oz	85	21	0	16.7	240.6
Lamb, ground, cooked, broiled	1 unit, cooked (yield from 1 lb raw meat)	313	77.5	0	61.5	885.8
Lamb, ground, raw	1 oz	28.4	4.7	0	6.6	79.9
Lamb, ground, raw	4 oz	113	18.7	0	26.5	318.7
Lamb, heart, cooked, braised	3 oz	85	21.2	1.6	6.7	157.3
Lamb, heart, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	191	47.7	3.7	15.1	353.4
Lamb, heart, raw	1 oz	28.4	4.7	0.1	1.6	34.6

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Lamb, heart, raw	4 oz	113.4	18.7	0.2	6.4	138.3
Lamb, kidneys, cooked, braised	3 oz	85	20.1	0.8	3.1	116.5
Lamb, kidneys, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	255	60.3	2.5	9.2	349.4
Lamb, kidneys, raw	1 oz	28.4	4.5	0.2	0.8	27.5
Lamb, kidneys, raw	4 oz	113.4	17.8	0.9	3.3	110
Lamb, liver, cooked, braised	3 oz	85	26	2.2	7.5	187
Lamb, liver, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	336	102.7	8.5	29.6	739.2
Lamb, liver, cooked, pan-fried	3 oz	85	21.7	3.2	10.8	202.3
Lamb, liver, cooked, pan-fried	1 unit, cooked (yield from 1 lb raw meat)	322	82.2	12.2	40.7	766.4
Lamb, liver, raw	1 oz	28.4	5.8	0.5	1.4	39.4
Lamb, liver, raw	4 oz	113.4	23.1	2	5.7	157.6
Lamb, lungs, cooked, braised	3 oz	85	16.9	0	2.6	96.1
Lamb, lungs, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	381	75.7	0	11.8	430.5
Lamb, lungs, raw	1 oz	28.4	4.7	0	0.7	26.9
Lamb, lungs, raw	4 oz	113.4	18.9	0	2.9	107.7
Lamb, mechanically separated, raw	1 oz	28.4	4.2	0	6.7	78.2
Lamb, mechanically separated, raw	8 oz	226.8	34	0	53.4	626
Lamb, new zealand, frozen, foreshank, lean & fat, 1/8" fat, cooked, braised	3 oz	85	22.9	0	13.5	219.3
Lamb, new zealand, frozen, foreshank, lean & fat, 1/8" fat, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	168	45.3	0	26.6	433.4
Lamb, new zealand, frozen, foreshank, lean & fat, 1/8" fat, raw	1 oz	28.4	5.1	0	4.6	63.2
Lamb, new zealand, frozen, foreshank, lean & fat, 1/8" fat, raw	1 lb	453.6	81.8	0	73.3	1011.5
Lamb, new zealand, frozen, foreshank, lean & fat, cooked, braised	3 oz	85	22.9	0	13.5	219.3
Lamb, new zealand, frozen, foreshank, lean & fat, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	168	45.3	0	26.6	433.4
Lamb, new zealand, frozen, foreshank, lean & fat, raw	1 oz	28.4	5.1	0	4.6	63.2
Lamb, new zealand, frozen, foreshank, lean & fat, raw	1 lb	453.6	81.8	0	73.3	1011.5
Lamb, new zealand, frozen, foreshank, lean only, cooked, braised	3 oz	85	26.1	0	5.1	158.1
Lamb, new zealand, frozen, foreshank, lean only, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	138	42.4	0	8.3	256.7
Lamb, new zealand, frozen, foreshank, lean only, raw	1 oz	28.4	5.9	0	0.9	33.5
Lamb, new zealand, frozen, foreshank, lean only, raw	1 lb	453.6	94.4	0	14.9	535.2
Lamb, new zealand, frozen, leg, whole (shank and sirloin), lean & fat, 1/8" fat, cooked, roasted	3 oz	85	21.5	0	11.9	198.9
Lamb, new zealand, frozen, leg, whole (shank and sirloin), lean & fat, 1/8" fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	253	64.1	0	35.3	592
Lamb, new zealand, frozen, leg, whole (shank and sirloin), lean & fat, 1/8" fat, raw	1 oz	28.4	5.3	0	3.8	57
Lamb, new zealand, frozen, leg, whole (shank and sirloin), lean & fat, 1/8" fat, raw	1 lb	453.6	85.1	0	60.6	911.7
Lamb, new zealand, frozen, leg, whole (shank and sirloin), lean & fat, cooked, roasted	3 oz	85	21.1	0	13.2	209.1
Lamb, new zealand, frozen, leg, whole (shank and sirloin), lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	258	64	0	40.1	634.7
Lamb, new zealand, frozen, leg, whole (shank and sirloin), lean & fat, raw	1 oz	28.4	5.2	0	4.3	61.2
Lamb, new zealand, frozen, leg, whole (shank and sirloin), lean & fat, raw	1 lb	453.6	83.2	0	69.4	979.8
Lamb, new zealand, frozen, leg, whole (shank and sirloin), lean only, cooked, roasted	3 oz	85	23.5	0	6	153.9
Lamb, new zealand, frozen, leg, whole (shank and sirloin), lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	218	60.3	0	15.3	394.6
Lamb, new zealand, frozen, leg, whole (shank and sirloin), lean only, raw	1 oz	28.4	5.9	0	1.1	34.9
Lamb, new zealand, frozen, leg, whole (shank and sirloin), lean only, raw	1 lb	453.6	94.6	0	17.2	557.9
Lamb, new zealand, frozen, loin, lean & fat, 1/8" fat, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 85 g)	42	10.3	0	8.9	124.3
Lamb, new zealand, frozen, loin, lean & fat, 1/8" fat, cooked, broiled	3 oz	85	20.7	0	18.1	251.6
Lamb, new zealand, frozen, loin, lean & fat, 1/8" fat, raw	1 oz	28.4	4.9	0	6.3	77.4
Lamb, new zealand, frozen, loin, lean & fat, 1/8" fat, raw	1 chop, (yield from 1 raw chop., weighing 85 g)	63	10.8	0	13.9	172
Lamb, new zealand, frozen, loin, lean & fat, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 85 g)	43	10.1	0	10.3	135.5
Lamb, new zealand, frozen, loin, lean & fat, cooked, broiled	3 oz	85	19.9	0	20.3	267.8
Lamb, new zealand, frozen, loin, lean & fat, raw	1 oz	28.4	4.6	0	7.3	85.9
Lamb, new zealand, frozen, loin, lean & fat, raw	1 chop, (yield from 1 raw chop., weighing 85 g)	65	10.6	0	16.8	197
Lamb, new zealand, frozen, loin, lean only, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 85 g)	30	8.8	0	2.5	59.7
Lamb, new zealand, frozen, loin, lean only, cooked, broiled	3 oz	85	24.9	0	7	169.2
Lamb, new zealand, frozen, loin, lean only, raw	1 oz	28.4	6	0	1.2	36.9
Lamb, new zealand, frozen, loin, lean only, raw	1 chop, (yield from 1 raw chop., weighing 85 g)	42	8.9	0	1.8	54.6
Lamb, new zealand, frozen, rib, lean & fat, 1/8" fat, cooked, roasted	3 oz	85	16.9	0	21.9	269.5
Lamb, new zealand, frozen, rib, lean & fat, 1/8" fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	233	46.3	0	60	738.6
Lamb, new zealand, frozen, rib, lean & fat, 1/8" fat, raw	1 oz	28.4	4.5	0	7.7	88.2
Lamb, new zealand, frozen, rib, lean & fat, 1/8" fat, raw	1 lb	453.6	72	0	122.5	1410.7
Lamb, new zealand, frozen, rib, lean & fat, cooked, roasted	3 oz	85	16.1	0	24.4	289
Lamb, new zealand, frozen, rib, lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	241	45.7	0	69.3	819.4
Lamb, new zealand, frozen, rib, lean & fat, raw	1 oz	28.4	4.2	0	8.9	98.1
Lamb, new zealand, frozen, rib, lean & fat, raw	1 lb	453.6	67.7	0	142	1569.5
Lamb, new zealand, frozen, rib, lean only, cooked, roasted	3 oz	85	20.8	0	8.6	166.6
Lamb, new zealand, frozen, rib, lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	152	37.1	0	15.4	297.9
Lamb, new zealand, frozen, rib, lean only, raw	1 oz	28.4	5.8	0	1.7	40.3

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Lamb, new zealand, frozen, rib, lean only, raw	1 lb	453.6	92.9	0	27.5	644.1
Lamb, new zealand, frozen, shoulder, whole (arm and blade), lean & fat, 1/8" fat, cooked, braised	3 oz	85	25	0	20.4	290.7
Lamb, new zealand, frozen, shoulder, whole (arm and blade), lean & fat, 1/8" fat, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	233	68.6	0	56	796.9
Lamb, new zealand, frozen, shoulder, whole (arm and blade), lean & fat, 1/8" fat, raw	1 oz	28.4	4.9	0	5.6	71.2
Lamb, new zealand, frozen, shoulder, whole (arm and blade), lean & fat, 1/8" fat, raw	1 lb	453.6	78	0	89.5	1138.5
Lamb, new zealand, frozen, shoulder, whole (arm and blade), lean & fat, cooked, braised	3 oz	85	24	0	22.3	303.5
Lamb, new zealand, frozen, shoulder, whole (arm and blade), lean & fat, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	206	58.1	0	54.1	735.4
Lamb, new zealand, frozen, shoulder, whole (arm and blade), lean & fat, raw	1 oz	28.4	4.7	0	6.3	77.1
Lamb, new zealand, frozen, shoulder, whole (arm and blade), lean & fat, raw	1 lb	453.6	75.5	0	100.8	1233.8
Lamb, new zealand, frozen, shoulder, whole (arm and blade), lean only, cooked, braised	3 oz	85	29	0	13.2	242.3
Lamb, new zealand, frozen, shoulder, whole (arm and blade), lean only, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	157	53.5	0	24.3	447.5
Lamb, new zealand, frozen, shoulder, whole (arm and blade), lean only, raw	1 oz	28.4	5.7	0	1.5	38.3
Lamb, new zealand, frozen, shoulder, whole (arm and blade), lean only, raw	1 lb	453.6	91.9	0	24.6	612.4
Lamb, new zealand, frozen, trimmed retail cuts, lean & fat, 1/8" fat, cooked	3 oz	85	21.5	0	15.3	229.5
Lamb, new zealand, frozen, trimmed retail cuts, lean & fat, 1/8" fat, cooked	1 piece, cooked, (yield from 1 lb raw meat)	242	61.1	0	43.5	653.4
Lamb, new zealand, frozen, trimmed retail cuts, lean & fat, 1/8" fat, raw	1 oz	28.4	5.1	0	4.9	65.8
Lamb, new zealand, frozen, trimmed retail cuts, lean & fat, 1/8" fat, raw	1 lb	453.6	81.4	0	78	1052.4
Lamb, new zealand, frozen, trimmed retail cuts, lean & fat, cooked	3 oz	85	20.8	0	18.9	259.3
Lamb, new zealand, frozen, trimmed retail cuts, lean & fat, cooked	1 piece, cooked, (yield from 1 lb raw meat)	222	54.2	0	49.4	677.1
Lamb, new zealand, frozen, trimmed retail cuts, lean & fat, raw	1 oz	28.4	4.7	0	6.4	78.5
Lamb, new zealand, frozen, trimmed retail cuts, lean & fat, raw	1 lb	453.6	75.9	0	103.1	1256.5
Lamb, new zealand, frozen, trimmed retail cuts, lean only, cooked	3 oz	85	25.2	0	7.5	175.1
Lamb, new zealand, frozen, trimmed retail cuts, lean only, cooked	1 piece, cooked, (yield from 1 lb raw meat)	164	48.5	0	14.5	337.8
Lamb, new zealand, frozen, trimmed retail cuts, lean only, raw	1 oz	28.4	5.9	0	1.3	36.3
Lamb, new zealand, frozen, trimmed retail cuts, lean only, raw	1 lb	453.6	94.1	0	20	580.6
Lamb, new zealand, frozen, trimmed retail cuts, separable fat, cooked	3 oz	85	8.3	0	51.3	498.1
Lamb, new zealand, frozen, trimmed retail cuts, separable fat, cooked	1 unit, cooked (yield from 1 lb raw meat)	286	27.8	0	172.7	1676
Lamb, new zealand, frozen, trimmed retail cuts, separable fat, raw	1 oz	28.4	2	0	19.2	181.4
Lamb, new zealand, frozen, trimmed retail cuts, separable fat, raw	1 lb	453.6	31.4	0	306.8	2903
Lamb, pancreas, cooked, braised	3 oz	85	19.4	0	12.9	198.9
Lamb, pancreas, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	231	52.7	0	34.9	540.5
Lamb, pancreas, raw	1 oz	28.4	4.2	0	2.8	43.1
Lamb, pancreas, raw	4 oz	113.4	16.8	0	11.1	172.4
Lamb, spleen, cooked, braised	3 oz	85	22.5	0	4.1	132.6
Lamb, spleen, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	295	78.1	0	14.1	460.2
Lamb, spleen, raw	1 oz	28.4	4.9	0	0.9	28.6
Lamb, spleen, raw	4 oz	113.4	19.5	0	3.5	114.5
Lamb, tongue, cooked, braised	3 oz	85	18.3	0	17.2	233.8
Lamb, tongue, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	255	55	0	51.7	701.3
Lamb, tongue, raw	1 oz	28.4	4.5	0	4.9	62.9
Lamb, tongue, raw	4 oz	113.4	17.8	0	19.5	251.7
Lambs quarters, cooked, boiled, drained, with salt	1 cup, chopped	180	5.8	9	1.3	57.6
Lambsquarters, cooked, boiled, drained, without salt	1 cup, chopped	180	5.8	9	1.3	57.6
Lard	1 tbsp	12.8	0	0	12.8	115.5
Lard	1 cup	205	0	0	205	1849.1
Las Campanas Beef & Bean Burrito, Frozen	1 serving	114	8.7	38.2	12.1	296.4
Las Campanas Beef & Bean Burrito, Frozen	1 package yields	1140	86.6	381.9	120.8	2964
Lean Pockets Glazed Chicken Supreme Stuffed Sandwiches, Frozen	1 serving	128	9.9	34.2	6.3	233
Lean Pockets Glazed Chicken Supreme Stuffed Sandwiches, Frozen	1 package yields	255	19.6	68.1	12.5	464.1
Leavening agents, baking powder, double-acting, sodium aluminum sulfate	0.5 tsp	2.3	0	0.6	0	1.2
Leavening agents, baking powder, double-acting, sodium aluminum sulfate	1 tsp	4.6	0	1.3	0	2.4
Leavening agents, baking powder, double-acting, straight phosphate	0.5 tsp	2.3	0	0.6	0	1.2
Leavening agents, baking powder, double-acting, straight phosphate	1 tsp	4.6	0	1.1	0	2.3
Leavening agents, baking powder, low-sodium	0.5 tsp	2.5	0	1.2	0	2.4
Leavening agents, baking powder, low-sodium	1 tsp	5	0	2.3	0	4.9
Leavening agents, baking soda	0.5 tsp	2.3	0	0	0	0
Leavening agents, baking soda	1 tsp	4.6	0	0	0	0
Leavening agents, cream of tartar	0.5 tsp	1.5	0	0.9	0	3.9
Leavening agents, cream of tartar	1 tsp	3	0	1.8	0	7.7
Leavening agents, yeast, baker's, active dry	1 tsp	4	1.5	1.5	0.2	11.8
Leavening agents, yeast, baker's, active dry	1 package	7	2.7	2.7	0.3	20.7
Leavening agents, yeast, baker's, active dry	1 tbsp	12	4.6	4.6	0.6	35.4
Leavening agents, yeast, baker's, compressed	1 cake (0.6 oz)	17	1.4	3.1	0.3	17.9
Lebanon bologna, beef	1 slice (4" dia x 1/8" thick) (10 per 8 oz package)	23	4.4	0.6	3	48.8

mrFITNESSinc.com **MACRONUTRIENT FOOD DATABASE**



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Lebanon bologna, beef	1 oz	28.4	5.5	0.8	3.7	60.1
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	0.25 cup, chopped	26	0.2	2	0.1	8.1
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	1 leek	124	1	9.4	0.2	38.4
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	0.25 cup, chopped or diced	26	0.2	2	0.1	8.1
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1 leek	124	1	9.4	0.2	38.4
Leeks, (bulb and lower leaf-portion), raw	1 slice	6	0.1	0.8	0	3.7
Leeks, (bulb and lower leaf-portion), raw	1 cup	89	1.3	12.6	0.3	54.3
Leeks, (bulb and lower leaf-portion), raw	1 leek	89	1.3	12.6	0.3	54.3
Leeks, (bulb and lower leaf-portion), freeze-dried	1 tbsp	0.2	0	0.1	0	0.6
Leeks, (bulb and lower leaf-portion), freeze-dried	0.25 cup	0.8	0.1	0.6	0	2.6
Lemon grass (citronella), raw	1 tbsp	4.8	0.1	1.2	0	4.8
Lemon grass (citronella), raw	1 cup	67	1.2	16.9	0.3	66.3
Lemon juice, canned or bottled	1 individual packet	5	0	0.3	0	1.1
Lemon juice, canned or bottled	1 tbsp	15.2	0.1	1	0	3.2
Lemon juice, canned or bottled	1 fl oz	30.5	0.1	2	0.1	6.4
Lemon juice, canned or bottled	1 cup	244	1	15.8	0.7	51.2
Lemon juice, frozen, unsweetened, single strength	1 fl oz	30.5	0.1	2	0.1	6.7
Lemon juice, frozen, unsweetened, single strength	1 cup	244	1.1	15.9	0.8	53.7
Lemon juice, raw	1 wedge yields	5.9	0	0.5	0	1.5
Lemon juice, raw	1 fl oz	30.5	0.1	2.6	0	7.6
Lemon juice, raw	1 lemon yields	47	0.2	4.1	0	11.8
Lemon juice, raw	1 cup	244	0.9	21.1	0	61
Lemon peel, raw	1 tsp	2	0	0.3	0	0.9
Lemon peel, raw	1 tbsp	6	0.1	1	0	2.8
Lemonade, frozen concentrate, pink	1 fl oz	36.4	0.1	17.1	0.1	65.9
Lemonade, frozen concentrate, pink	1 can (6 fl oz)	218	0.7	102.7	0.4	394.6
Lemonade, frozen concentrate, pink	1 can (12 fl oz)	437	1.3	205.8	0.9	791
Lemonade, frozen concentrate, pink, prepared with water	1 fl oz	30.9	0	3.2	0	12.4
Lemonade, frozen concentrate, pink, prepared with water	1 cup (8 fl oz)	247	0.2	25.9	0	98.8
Lemonade, frozen concentrate, white	1 fl oz	36.5	0.1	17.2	0.1	66.1
Lemonade, frozen concentrate, white	1 can (6 fl oz)	219	0.7	103.1	0.4	396.4
Lemonade, frozen concentrate, white	1 can (12 fl oz)	438	1.3	206.3	0.9	792.8
Lemonade, frozen concentrate, white, prepared with water	1 fl oz	31	0	3.3	0	12.4
Lemonade, frozen concentrate, white, prepared with water	1 cup (8 fl oz)	248	0.2	26	0	99.2
Lemonade, low calorie, with aspartame, powder	1 packet (0.42 oz)	11.9	0.4	10	0	39.5
Lemonade, low calorie, with aspartame, powder	1 packet (0.67 oz)	19	0.7	15.9	0.1	63.1
Lemonade, low calorie, with aspartame, powder, prepared with water	1 fl oz	29.6	0	0.1	0	0.6
Lemonade, low calorie, with aspartame, powder, prepared with water	1 cup (8 fl oz)	237	0	1.2	0	4.7
Lemonade, powder	1 scoop	27.2	0	26.9	0	102.3
Lemonade, powder	2 tbsp	27.2	0	26.9	0	102.3
Lemonade, powder	1 cup	218	0	215.4	0	819.7
Lemonade, powder, prepared with water	1 cup (8 fl oz)	264	0	26.9	0	103
Lemonade-flavor drink, powder	0.5 scoop (2 tbsp)	29.1	0	28.8	0.1	112.6
Lemonade-flavor drink, powder	1 cup (8 fl oz)	233	0.2	230.2	0.5	901.7
Lemonade-flavor drink, powder, prepared with water	1 cup (8 fl oz)	266	0	28.7	0	111.7
Lemon-lime soda	1 fl oz	30.7	0	3.2	0	12.3
Lemon-lime soda	1 can or bottle (12 fl oz)	368	0	38.3	0	147.2
Lemon-lime soda	1 can or bottle (16 fl oz)	491	0	51.1	0	196.4
Lemon-lime soda, contains caffeine	1 fl oz	30.7	0	3.2	0	12.3
Lemon-lime soda, contains caffeine	1 can or bottle (12 fl oz)	368	0	38.3	0	147.2
Lemon-lime soda, contains caffeine	1 can or bottle (16 fl oz)	491	0	51.1	0	196.4
Lemons, raw, with peel	1 fruit without seeds	108	1.3	11.6	0.3	21.6
Lemons, raw, without peel	1 wedge or slice (1/8 of one 2-1/8" dia lemon)	7	0.1	0.7	0	2
Lemons, raw, without peel	1 fruit (2-1/8" dia)	58	0.6	5.4	0.2	16.8
Lemons, raw, without peel	1 fruit (2-3/8" dia)	84	0.9	7.8	0.3	24.4
Lemons, raw, without peel	1 cup, sections	212	2.3	19.8	0.6	61.5
Lender's Bagel Shop Blueberry Bagels	1 bagel (4" dia)	102	10.7	53.4	1.5	264.2
Lender's Big'n Crusty Blueberry Bagel	1 serving	85	7.9	45.9	0.8	214.2
Lender's Premium Refrigerated Blueberry Bagels	1 bagel (3" dia)	81	8.4	42.5	1.3	209
Lentils, mature seeds, cooked, boiled, with salt	1 cup	198	17.9	39.9	0.8	229.7
Lentils, mature seeds, cooked, boiled, without salt	1 tbsp	12.3	1.1	2.5	0	14.3
Lentils, mature seeds, cooked, boiled, without salt	1 cup	198	17.9	39.9	0.8	229.7
Lentils, mature seeds, raw	1 tbsp	12	3.4	6.9	0.1	40.6
Lentils, mature seeds, raw	1 cup	192	53.9	109.6	1.8	649



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Lentils, pink, raw	1 cup	192	47.9	113.6	4.2	664.3
Lentils, sprouted, raw	1 cup	77	6.9	17	0.4	81.6
Lettuce, butterhead (includes boston and bibb types), raw	1 leaf	5	0.1	0.1	0	0.7
Lettuce, butterhead (includes boston and bibb types), raw	1 leaf, medium	7.5	0.1	0.2	0	1
Lettuce, butterhead (includes boston and bibb types), raw	1 leaf, large	15	0.2	0.3	0	2
Lettuce, butterhead (includes boston and bibb types), raw	1 cup, shredded or chopped	55	0.7	1.3	0.1	7.2
Lettuce, butterhead (includes boston and bibb types), raw	1 head (5" dia)	163	2.1	3.8	0.4	21.2
Lettuce, cos or romaine, raw	1 inner leaf	10	0.2	0.2	0	1.4
Lettuce, cos or romaine, raw	0.5 cup, shredded	28	0.5	0.7	0.1	3.9
Lettuce, iceberg (includes crisphead types), raw	1 leaf	5	0.1	0.1	0	0.6
Lettuce, iceberg (includes crisphead types), raw	1 leaf, medium	8	0.1	0.2	0	1
Lettuce, iceberg (includes crisphead types), raw	1 leaf, large	15	0.2	0.3	0	1.8
Lettuce, iceberg (includes crisphead types), raw	1 cup, shredded or chopped	55	0.6	1.1	0.1	6.6
Lettuce, iceberg (includes crisphead types), raw	1 head, small	324	3.3	6.8	0.6	38.9
Lettuce, iceberg (includes crisphead types), raw	1 head, medium (6" dia)	539	5.4	11.3	1	64.7
Lettuce, iceberg (includes crisphead types), raw	1 head, large	755	7.6	15.8	1.4	90.6
Lettuce, looseleaf, raw	1 leaf	10	0.1	0.4	0	1.8
Lettuce, looseleaf, raw	0.5 cup, shredded	28	0.4	1	0.1	5
Libby's Spreadables Ready To Serve Sandwich Salads, Chicken Salad, Shelf Stable	1 serving	118	5.8	11.9	11.1	171.1
Libby's Spreadables Ready To Serve Sandwich Salads, Chicken Salad, Shelf Stable	1 package yields	227	11.1	22.9	21.3	329.2
Lima beans, immature seeds, canned, no salt added	0.5 cup	124	5	16.5	0.4	88
Lima beans, immature seeds, canned, no salt added	1 can (303 x 406)	454	18.5	60.5	1.3	322.3
Lima beans, immature seeds, cooked, boiled, drained, with salt	1 cup	170	11.6	40.2	0.5	209.1
Lima beans, immature seeds, cooked, boiled, drained, without salt	1 cup	170	11.6	40.2	0.5	209.1
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	0.5 cup	90	6	17.5	0.3	94.5
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	1 package (10 oz) yields	311	20.7	60.5	0.9	326.6
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	0.5 cup	90	6	17.5	0.3	94.5
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1 package (10 oz) yields	311	20.7	60.5	0.9	326.6
Lima beans, immature seeds, frozen, baby, unprepared	0.5 cup	82	6.2	20.6	0.4	108.2
Lima beans, immature seeds, frozen, baby, unprepared	1 package (10 oz)	284	21.6	71.4	1.2	374.9
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	0.5 cup	85	5.2	16	0.3	85
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	1 package (10 oz) yields	311	18.9	58.5	1.1	311
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	0.5 cup	85	5.2	16	0.3	85
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	1 package (10 oz) yields	311	18.9	58.5	1.1	311
Lima beans, immature seeds, frozen, fordhook, unprepared	0.5 cup	80	5.1	15.9	0.3	84.8
Lima beans, immature seeds, frozen, fordhook, unprepared	1 package (10 oz)	284	18.2	56.3	1	301
Lima beans, immature seeds, raw	1 cup	156	10.7	31.4	1.3	176.3
Lima beans, large, mature seeds, canned	1 cup	241	11.9	35.9	0.4	190.4
Lima beans, large, mature seeds, cooked, boiled, with salt	1 cup	188	14.7	39.3	0.7	216.2
Lima beans, large, mature seeds, cooked, boiled, without salt	1 tbsp	11.7	0.9	2.4	0	13.5
Lima beans, large, mature seeds, cooked, boiled, without salt	1 cup	188	14.7	39.3	0.7	216.2
Lima beans, large, mature seeds, raw	1 tbsp	11.1	2.4	7	0.1	37.5
Lima beans, large, mature seeds, raw	1 cup	178	38.2	112.8	1.2	601.6
Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	1 cup	182	14.6	42.4	0.7	229.3
Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	1 cup	182	14.6	42.4	0.7	229.3
Lima beans, thin seeded (baby), mature seeds, raw	1 cup	202	41.7	126.9	1.9	676.7
Lime juice, canned or bottled, unsweetened	1 fl oz	30.8	0.1	2.1	0.1	6.5
Lime juice, canned or bottled, unsweetened	1 cup	246	0.6	16.5	0.6	51.7
Lime juice, raw	1 wedge yields	5	0	0.5	0	1.4
Lime juice, raw	1 fl oz	30.8	0.1	2.8	0	8.3
Lime juice, raw	1 lime yields	38	0.2	3.4	0	10.3
Lime juice, raw	1 cup	246	1.1	22.2	0.2	66.4
Limeade, frozen concentrate	1 fl oz	36.4	0.1	18	0	68.1
Limeade, frozen concentrate	1 can (6 fl oz)	218	0.4	107.9	0.2	407.7
Limeade, frozen concentrate	1 can (12 fl oz)	437	0.9	216.3	0.4	817.2
Limeade, frozen concentrate, prepared with water	1 can (1 oz)	30.9	0	3.4	0	12.7
Limeade, frozen concentrate, prepared with water	1 cup (8 fl oz)	247	0	27.2	0	101.3
Limes, raw	1 fruit (2" dia)	67	0.5	7.1	0.1	20.1
Ling, cooked, dry heat	3 oz	85	20.7	0	0.7	94.4
Ling, cooked, dry heat	1 fillet	151	36.8	0	1.2	167.6
Ling, raw	3 oz	85	16.1	0	0.5	74
Ling, raw	1 fillet	193	36.7	0	1.2	167.9
Lingcod, cooked, dry heat	3 oz	85	19.2	0	1.2	92.7
Lingcod, cooked, dry heat	0.5 fillet	151	34.2	0	2.1	164.6

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Lingcod, raw	3 oz	85	15	0	0.9	72.3
Lingcod, raw	0.5 fillet	193	34.1	0	2	164.1
Lipton, Alfredo Egg Noodles In A Creamy Sauce, Dry Mix	1 serving	62	9.6	38.7	7.3	259.2
Lipton, Alfredo Egg Noodles In A Creamy Sauce, Dry Mix	1 cup	93	14.4	58	11	388.7
Lipton, Alfredo Egg Noodles In A Creamy Sauce, Dry Mix	1 package	124	19.2	77.4	14.6	518.3
Liqueur, coffee with cream, 34 proof	1 fl oz	31.1	0.9	6.5	4.9	101.7
Liqueur, coffee with cream, 34 proof	1 jigger 1.5 fl oz	47	1.3	9.8	7.4	153.7
Liqueur, coffee, 53 proof	1 fl oz	34.8	0	16.3	0.1	116.9
Liqueur, coffee, 53 proof	1 jigger 1.5 fl oz	52	0.1	24.3	0.2	174.7
Liqueur, coffee, 63 proof	1 fl oz	34.8	0	11.2	0.1	107.2
Liqueur, coffee, 63 proof	1 jigger 1.5 fl oz	52	0.1	16.7	0.2	160.2
Litchis, dried	1 fruit	2.5	0.1	1.8	0	6.9
Litchis, raw	1 fruit without refuse	9.6	0.1	1.6	0	6.3
Litchis, raw	1 cup	190	1.6	31.4	0.8	125.4
Little Caesar's 12" Deep Dish Cheese Pizza*	1 slice	7	7	19	5	140
Little Caesar's 12" Deep Dish Pepperoni Pizza*	1 slice		8	19	6	160
Little Caesar's 12" Round Cheese Pizza*	1 slice		8	22	6	160
Little Caesar's 12" Round Pepperoni Pizza*	1 slice		9	21	8	180
Little Caesar's 12" Thin Crust Cheese Pizza*	1 slice		6	12	6	120
Little Caesar's 12" Thin Crust Pepperoni Pizza*	1 slice		7	12	8	150
Little Caesar's 14" Deep Dish Cheese Pizza*	1 slice		7	19	5	140
Little Caesar's 14" Deep Dish Pepperoni Pizza*	1 slice		8	19	7	160
Little Caesar's 14" Round Cheese Pizza*	1 slice		8	23	6	170
Little Caesar's 14" Round Meatsa Pizza*	1 slice		11	24	10	220
Little Caesar's 14" Round Pepperoni Pizza*	1 slice		9	23	8	200
Little Caesar's 14" Round Supreme Pizza*	1 slice		11	25	10	230
Little Caesar's 14" Round Veggie Pizza*	1 slice		9	25	7	190
Little Caesar's 14" Thin Crust Cheese Pizza*	1 slice		6	13	6	130
Little Caesar's 14" Thin Crust Pepperoni Pizza*	1 slice		7	13	9	160
Little Caesar's 16" Round Cheese Pizza*	1 slice		11	30	8	230
Little Caesar's 16" Round Pepperoni Pizza*	1 slice		12	31	11	260
Little Caesar's 18" Round Cheese Pizza*	1 slice		12	32	8	240
Little Caesar's 18" Round Pepperoni Pizza*	1 slice		13	32	11	270
Little Caesar's Antipasto Salad	1		7	10	7	130
Little Caesar's Baby Pan! Pan!	1 slice		14	32	15	310
Little Caesar's Cheese Pizza By The Slice	1 slice		14	39	10	290
Little Caesar's Chicken Wings (1 wing)	1		4	0	4	50
Little Caesar's Cinnamon Caesar Stick	1		8	57	9	340
Little Caesar's Crazy Bread (1 slice)	1 slice		3	14	2.5	90
Little Caesar's Crazy Sauce			1	9	0	45
Little Caesar's Deli Ham and Cheese Sandwich	1 Sandwich		33	68	22	600
Little Caesar's Deli Italian Sandwich	1 Sandwich		34	68	32	690
Little Caesar's Deli Veggie Sandwich	1 Sandwich		26	71	38	720
Little Caesar's Fat Free Italian Dressing	1 pkg.		0	5	0	25
Little Caesar's Italian Cheese Bread (1 piece)	1		5	12	6	120
Little Caesar's Italian Dressing	1 pkg.		0	2	22	210
Little Caesar's Pepperoni Pizza By The Slice	1 slice		16	39	14	340
Little Caesar's Ranch Dressing	1 pkg.		0	1	29	270
Little Caesar's Tossed Side Salad	1		2	9	0.5	50
Little Debbie Nutty Bars, Wafers With Peanut Butter, Chocolate Covered	1 serving	57	4.6	31.5	18.7	312.4
Liver cheese, pork	1 oz	28.4	4.3	0.6	7.3	86.2
Liver cheese, pork	1 slice	38	5.8	0.8	9.7	115.5
Liver sausage, liverwurst, pork	1 slice (2-1/2" dia x 1/4" thick)	18	2.5	0.4	5.1	58.7
Liver sausage, liverwurst, pork	1 oz	28.4	4	0.6	8.1	92.4
Lobster, northern, cooked, moist heat	3 oz	85	17.4	1.1	0.5	83.3
Lobster, northern, cooked, moist heat	1 cup	145	29.7	1.9	0.9	142.1
Lobster, northern, raw	3 oz	85	16	0.4	0.8	76.5
Lobster, northern, raw	1 lobster	150	28.2	0.8	1.4	135
Loganberries, frozen	1 cup, unthawed	147	2.2	19.1	0.5	80.9
Loma Linda, Big Franks, Meatless Franks, Canned	1 link	51	12.1	1.5	7.1	118.3
Loma Linda, Big Franks, Meatless Franks, Canned	1 serving	51	12.1	1.5	7.1	118.3
Loma Linda, Big Franks, Meatless Franks, Canned	1 package	567	134.8	16.8	78.7	1315.4
Long John Silver's Banana Split Sundae*	1 slice		4	34	17	300
Long John Silver's Battered Chicken Plank	1 Sandwich		8	9	8	140

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Long John Silver's Battered Shrimp	1		2	3	2.5	45
Long John Silver's Breaded Clams	1		9	26	14	250
Long John Silver's Broccoli Cheese Soup	1		5	13	12	180
Long John Silver's Cheesesticks	1		6	12	9	160
Long John Silver's Chicken Sandwich	1 Sandwich		13	40	14	340
Long John Silver's Chicken Sandwich w/ Cheese	1 Sandwich		16	40	19	390
Long John Silver's Chocolate Creme*	1 slice		4	29	17	280
Long John Silver's Clam Chowder Bowl	1		24	52	24	520
Long John Silver's Clam Chowder Cup	1		12	26	12	260
Long John Silver's Coke (medium)	1		0	62	0	270
Long John Silver's Cole Slaw (4 ounces)	1		2	23	7	170
Long John Silver's Corn Cobbette	1		3	19	0.5	80
Long John Silver's Corn Cobbette w/ Butter	1		3	19	8	140
Long John Silver's Country Style Breaded Fish	1		10	17	10	200
Long John Silver's Crabcake	1		4	12	9	150
Long John Silver's Diet Coke (medium)	1		0	0	0	0
Long John Silver's Double Lemon*	1 slice		6	41	18	350
Long John Silver's Dr. Pepper (medium)	1		0	69	0	250
Long John Silver's Dutch Apple*	1 slice		2	44	13	290
Long John Silver's Fish Sandwich	1 Sandwich		16	46	20	430
Long John Silver's Fish Sandwich w/ Cheese	1 Sandwich		16	46	25	480
Long John Silver's French Fries (large)	1		5	46	24	420
Long John Silver's French Fries (regular)	1		3	28	15	250
Long John Silver's Garden Salad	1		3	9	0	45
Long John Silver's Grilled Chicken Salad	1		20	10	2.5	140
Long John Silver's Hi-C Pink Lemonade (medium)	1		0	62	0	260
Long John Silver's Hushpuppie	1		1	9	2.5	60
Long John Silver's Lemon Crumb Fish (2)	1		27	52	12	240
Long John Silver's Minute Maid Lemonade (medium)	1		0	69	0	260
Long John Silver's Ocean Chef Salad	1		14	15	2	130
Long John Silver's Pecan*	1 slice		3	53	19	390
Long John Silver's Pineapple Creme Cheesecake*	1 slice		4	36	17	310
Long John Silver's Popcorn Shrimp	1		15	33	15	320
Long John Silver's Regular Battered Fish	1		12	16	13	230
Long John Silver's Rice	1		3	34	4	180
Long John Silver's Side Salad	1		1	3	0	20
Long John Silver's Sprite (medium)	1		0	62	0	260
Long John Silver's Strawberries N' Creme*	1 slice		4	32	15	280
Long John Silver's Ultimate Fish Sandwich	1 Sandwich		19	46	25	480
Longans, raw	1 fruit without refuse	3.2	0	0.5	0	1.9
Loquats, raw	1 small	13.6	0.1	1.7	0	6.4
Loquats, raw	1 medium	16	0.1	1.9	0	7.5
Loquats, raw	1 large	20	0.1	2.4	0	9.4
Loquats, raw	1 cup, cubed	149	0.6	18.1	0.3	70
Lotus root, cooked, boiled, drained, with salt	0.5 cup	60	0.9	9.6	0	39.6
Lotus root, cooked, boiled, drained, with salt	10 slices (2-1/2" dia)	89	1.4	14.3	0.1	58.7
Lotus root, cooked, boiled, drained, without salt	0.5 cup	60	0.9	9.6	0	39.6
Lotus root, cooked, boiled, drained, without salt	10 slices (2-1/2" dia)	89	1.4	14.3	0.1	58.7
Lotus root, raw	10 slices (2-1/2" dia)	81	2.1	14	0.1	59.9
Lotus root, raw	1 root (9-1/2" long)	115	3	19.8	0.1	85.1
Lotus seeds, dried	1 oz (42 medium seeds)	28.4	4.4	18.3	0.6	94.1
Lotus seeds, dried	1 cup	32	4.9	20.6	0.6	106.2
Lotus seeds, raw	1 oz	28.4	1.2	4.9	0.2	25.2
Louis Rich, chicken (white, oven roasted)	1 serving	28	4.8	0.6	1.6	35.8
Louis Rich, chicken breast (oven roasted deluxe)	1 serving	28	5.1	0.7	0.6	28.3
Louis Rich, chicken breast classic baked /grill (carving board)	1 slice	22	4.3	0.8	0.1	21.6
Louis Rich, chicken breast classic baked /grill (carving board)	1 serving	45	8.9	1.7	0.2	44.1
Louis Rich, franks (turkey and chicken cheese)	1 serving	45	5.7	2.3	6.5	90.5
Louis Rich, franks (turkey and chicken)	1 serving	45	5	2.4	6.1	84.6
Louis Rich, turkey (honey roasted, fat free)	1 serving	56	10.8	2.5	0.4	57.1
Louis Rich, turkey bacon	1 serving	14	2.2	0.3	2.7	34.2
Louis Rich, turkey bologna	1 serving	28	3.2	1.3	3.7	51.5
Louis Rich, turkey breast (oven roasted, fat free)	1 serving	28	4.2	1.3	0.2	23.5
Louis Rich, turkey breast (oven roasted, portion fat free)	1 serving	56	10.7	1.1	0.4	50.4

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Louis Rich, turkey breast (smoked, carving board)	1 slice	22	4.3	0.4	0.2	20.7
Louis Rich, turkey breast (smoked, carving board)	1 serving	45	8.9	0.7	0.5	42.3
Louis Rich, turkey breast (smoked, portion fat free)	1 serving	56	10.8	1.2	0.4	52.1
Louis Rich, turkey breast and white turkey (oven roasted)	1 serving	28	4.6	1	0.5	27.4
Louis Rich, turkey breast and white turkey (smoked sliced)	1 serving	28	4.9	0.7	0.6	28
Louis Rich, turkey ham (10% water added)	1 serving	28	5.1	0.3	1.1	31.6
Louis Rich, turkey nuggets/sticks (breaded)	1 piece	28	4	4.3	4.9	77.3
Louis Rich, turkey nuggets/sticks (breaded)	1 serving	85	12.2	13.1	14.9	234.6
Louis Rich, turkey salami	1 serving	28	4.3	0.1	2.6	41.2
Louis Rich, turkey salami cotto	1 serving	28	4.2	0.3	2.7	41.7
Louis Rich, turkey smoked sausage	1 serving	56	8.1	2.2	5.4	89.6
Lucky Charms	1 cup	30	2.2	25.2	1.1	116.1
Luncheon meat, beef, loaved	1 slice (1 oz) (4" x 4" x 3/32" thick)	28.4	4.1	0.8	7.4	87.3
Luncheon meat, beef, loaved	2 slices	56.7	8.2	1.6	14.9	174.6
Luncheon meat, beef, thin sliced	5 slices	21	5.9	1.2	0.8	37.2
Luncheon meat, beef, thin sliced	1 oz	28.4	8	1.6	1.1	50.2
Luncheon meat, pork, beef	1 slice (1 oz)	28.4	3.6	0.7	9.1	100.1
Luncheon meat, pork, beef	1 slice (4" x 4" x 3/32" thick)	56.7	7.1	1.3	18.2	200.2
Luncheon meat, pork, canned	1 slice (4-1/4" x 4-1/4" x 1/16")	21	2.6	0.4	6.4	70.1
Luncheon meat, pork, canned	1 oz	28.4	3.5	0.6	8.6	94.7
Luncheon sausage, pork and beef	1 slice (4" dia x 1/8" thick)	23	3.5	0.4	4.8	59.8
Luncheon sausage, pork and beef	1 oz	28.4	4.4	0.4	5.9	73.7
Lupins, mature seeds, cooked, boiled, with salt	1 cup	166	25.8	16.4	4.8	197.5
Lupins, mature seeds, cooked, boiled, without salt	1 cup	166	25.8	16.4	4.8	197.5
Lupins, mature seeds, raw	1 cup	180	65.1	72.7	17.5	667.8
Luxury loaf, pork	1 slice (1 oz) (4" x 4" x 3/32" thick)	28.4	5.2	1.4	1.4	40
Luxury loaf, pork	2 slices	56.7	10.4	2.8	2.7	79.9
M&m Mars, "m&m's" Mini Milk Chocolate Candies	1 serving	42	2	28.2	9.8	209.2
M&m Mars, "m&m's" Mini Milk Chocolate Candies	1 package (net weight, 5 oz)	142	6.8	95.3	33.1	707.2
M&m Mars, "m&m's" Peanut Chocolate Candies	10 pieces	20	1.9	12.1	5.2	103.2
M&m Mars, "m&m's" Peanut Chocolate Candies	1 package, fun size	21	2	12.7	5.5	108.4
M&m Mars, "m&m's" Peanut Chocolate Candies	1 package (1.67 oz)	47	4.5	28.4	12.3	242.5
M&m Mars, "m&m's" Peanut Chocolate Candies	1 package (1.74 oz)	49	4.6	29.6	12.9	252.8
M&m Mars, "m&m's" Peanut Chocolate Candies	1 cup	170	16.1	102.8	44.6	877.2
M&m Mars, "m&m's" Plain Chocolate Candies	10 pieces	7	0.3	5	1.5	34.4
M&m Mars, "m&m's" Plain Chocolate Candies	1 serving	21	0.9	15	4.4	103.3
M&m Mars, "m&m's" Plain Chocolate Candies	1 box (1.48 oz)	42	1.8	29.9	8.9	206.6
M&m Mars, "m&m's" Plain Chocolate Candies	1 package (1.69 oz)	48	2.1	34.2	10.1	236.2
M&m Mars, "m&m's" Plain Chocolate Candies	1 cup	208	9	148.1	44	1023.4
M&m Mars, "m&m's" Plain Chocolate Candies	1 package	10433	451.7	7429.3	2204.5	51330.4
M&m Mars, 3 Musketeers Bar	1 bar, fun size	16.5	0.5	12.7	2.1	68.6
M&m Mars, 3 Musketeers Bar	1 bar (.8 oz)	23	0.7	17.7	3	95.7
M&m Mars, 3 Musketeers Bar	1 bar (1.813 oz)	51	1.6	39.2	6.6	212.2
M&m Mars, 3 Musketeers Bar	1 bar (2.13 oz)	60	1.9	46.1	7.7	249.6
M&m Mars, Mars Almond Bar	1 bar (1.76 oz)	50	4.1	31.4	11.5	233.5
M&m Mars, Mars Milky Way Bar	1 bar, fun size	18	0.8	12.9	2.9	76.1
M&m Mars, Mars Milky Way Bar	1 bar (.8 oz)	23	1	16.5	3.7	97.3
M&m Mars, Mars Milky Way Bar	1 bar (1.9 oz)	54	2.4	38.7	8.7	228.4
M&m Mars, Mars Milky Way Bar	1 bar (2.05 oz)	58	2.6	41.6	9.3	245.3
M&m Mars, Mars Milky Way Bar	1 bar (2.1 oz)	60	2.7	43	9.7	253.8
M&m Mars, Skittles Original Bite Size Candies	10 pieces	10.7	0	9.7	0.5	43.3
M&m Mars, Skittles Original Bite Size Candies	1 package (2 oz, 54 pieces)	57	0.1	51.7	2.5	230.9
M&m Mars, Skittles Original Bite Size Candies	1 package (2.17 oz)	62	0.1	56.2	2.7	251.1
M&m Mars, Skittles Original Bite Size Candies	1 package (2.3 oz)	65	0.1	58.9	2.8	263.3
M&m Mars, Skittles Original Bite Size Candies	1 package (4 oz)	113	0.2	102.4	4.9	457.7
M&m Mars, Skittles Original Bite Size Candies	1 cup	205	0.4	185.8	9	830.3
M&m Mars, Skittles Original Bite Size Candies	1 package	9979	19	9045	436.1	40415
M&m Mars, Snickers Bar	1 bar, fun size	15	1.2	8.9	3.7	71.9
M&m Mars, Snickers Bar	1 bar (2 oz)	57	4.6	33.7	14	273
M&m Mars, Snickers Bar	1 bar, king size (4 oz)	113	9	66.9	27.8	541.3
M&m Mars, Snickers Bar	1 package	9072	725.8	5371.5	2229.9	43454.9
M&m Mars, Starburst Fruit Chews	1 piece	5	0	4.2	0.4	19.8
M&m Mars, Starburst Fruit Chews	1 serving	40	0.2	33.8	3.3	158.4
M&m Mars, Starburst Fruit Chews	1 package, fun size	42	0.2	35.5	3.5	166.3

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
M&m Mars, Starburst Fruit Chews	1 package (2.07 oz)	59	0.2	49.9	4.9	233.6
M&m Mars, Starburst Fruit Chews	1 package (16 oz)	454	1.8	383.6	37.7	1797.8
M&m Mars, Twix Caramel Cookie Bars	1 package (2 oz)	57	2.6	37.4	13.9	284.4
M&m Mars, Twix Caramel Cookie Bars	1 package (2.06 oz, 2 bars)	58	2.7	38	14.1	289.4
M&m Mars, Twix Caramel Cookie Bars	1 package, king size (3.35 oz, 4 bars)	95	4.4	62.3	23.2	474.1
M&m Mars, Twix Caramel Cookie Bars	1 package (11 oz)	312	14.4	204.6	76.1	1556.9
M&m Mars, Twix Peanut Butter Cookie Bars	1 package (1.77 oz)	50	5.1	26.3	16.1	265
M&m Mars, Twix Peanut Butter Cookie Bars	1 package (1.89 oz, 2 bars)	54	5.5	28.4	17.4	286.2
M&m Mars, Twix Peanut Butter Cookie Bars	1 package (2.06 oz, 2 bars)	58	5.9	30.5	18.7	307.4
M&m Mars, Twix Peanut Butter Cookie Bars	1 package (9.43 oz)	267	27	140.6	85.9	1415.1
Macadamia dry roasted, with salt added	1 oz (10-12 kernels)	28.4	2.2	3.6	21.6	203
Macadamia dry roasted, with salt added	1 cup, whole or halves	134	10.4	17.2	101.9	959.4
Macadamia dry roasted, without salt added	1 oz (10-12 kernels)	28.4	2.2	3.8	21.6	203.6
Macadamia dry roasted, without salt added	1 cup, whole or halves	134	10.4	17.9	101.9	962.1
Macadamia raw	1 oz (10-12 kernels)	28.4	2.2	3.9	21.5	203.6
Macadamia raw	1 cup, whole or halves	134	10.6	18.5	101.5	962.1
Macaroni And Cheese, Canned Entree	1 serving	252	7.6	29	5.8	199.1
Macaroni And Cheese, Canned Entree	1 can	418	12.5	48.1	9.6	330.2
Macaroni, cooked, enriched	1 cup small shells	115	5.5	32.6	0.8	162.2
Macaroni, cooked, enriched	1 cup spiral shaped	134	6.4	38	0.9	188.9
Macaroni, cooked, enriched	1 cup elbow shaped	140	6.7	39.7	0.9	197.4
Macaroni, cooked, unenriched	1 cup elbow shaped	140	6.7	39.7	0.9	197.4
Macaroni, dry, enriched	2 oz	57	7.3	42.6	0.9	211.5
Macaroni, dry, enriched	1 cup spiral shaped	84	10.7	62.7	1.3	311.6
Macaroni, dry, enriched	1 cup small shells	93	11.9	69.5	1.5	345
Macaroni, dry, enriched	1 cup elbow shaped	105	13.4	78.4	1.7	389.6
Macaroni, dry, unenriched	2 oz	57	7.3	42.6	0.9	211.5
Macaroni, dry, unenriched	1 cup elbow shaped	105	13.4	78.4	1.7	389.6
Macaroni, protein-fortified, cooked, enriched, (n x 5.70)	1 cup small shells	115	9.3	36.4	0.2	188.6
Macaroni, protein-fortified, cooked, enriched, (n x 6.25)	1 cup small shells	115	10.2	35.5	0.2	188.6
Macaroni, protein-fortified, dry, enriched, (n x 5.70)	2 oz	57	11.3	38.5	1.3	213.8
Macaroni, protein-fortified, dry, enriched, (n x 5.70)	1 cup small shells	93	18.5	62.8	2.1	348.8
Macaroni, protein-fortified, dry, enriched, (n x 6.25)	2 oz	57	12.4	37.4	1.3	213.2
Macaroni, protein-fortified, dry, enriched, (n x 6.25)	1 cup small shells	93	20.3	61.1	2.1	347.8
Macaroni, vegetable, cooked, enriched	1 cup spiral shaped	134	6.1	35.7	0.1	171.5
Macaroni, vegetable, dry, enriched	2 oz	57	7.5	42.7	0.6	209.2
Macaroni, vegetable, dry, enriched	1 cup spiral shaped	84	11	62.9	0.9	308.3
Macaroni, whole-wheat, cooked	1 cup elbow shaped	140	7.5	37.2	0.8	173.6
Macaroni, whole-wheat, dry	2 oz	57	8.3	42.8	0.8	198.4
Macaroni, whole-wheat, dry	1 cup elbow shaped	105	15.4	78.8	1.5	365.4
Mace, ground	1 tsp	1.7	0.1	0.9	0.6	8.1
Mace, ground	1 tbs	5.3	0.4	2.7	1.7	25.2
Mackerel, atlantic, cooked, dry heat	3 oz	85	20.3	0	15.1	222.7
Mackerel, atlantic, cooked, dry heat	1 fillet	88	21	0	15.7	230.6
Mackerel, atlantic, raw	3 oz	85	15.8	0	11.8	174.3
Mackerel, atlantic, raw	1 fillet	112	20.8	0	15.6	229.6
Mackerel, jack, canned, drained solids	1 cubic inch	16	3.7	0	1	25
Mackerel, jack, canned, drained solids	1 oz, boneless	28.4	6.6	0	1.8	44.2
Mackerel, jack, canned, drained solids	1 cup	190	44.1	0	12	296.4
Mackerel, jack, canned, drained solids	1 can (15 oz)	361	83.7	0	22.7	563.2
Mackerel, king, cooked, dry heat	3 oz	85	22.1	0	2.2	113.9
Mackerel, king, cooked, dry heat	0.5 fillet	154	40	0	3.9	206.4
Mackerel, king, raw	3 oz	85	17.2	0	1.7	89.3
Mackerel, king, raw	0.5 fillet	198	40.2	0	4	207.9
Mackerel, pacific and jack, mixed species, cooked, dry heat	1 cubic inch, boneless	17	4.4	0	1.7	34.2
Mackerel, pacific and jack, mixed species, cooked, dry heat	1 oz, boneless	28.4	7.3	0	2.9	57
Mackerel, pacific and jack, mixed species, cooked, dry heat	3 oz	85	21.9	0	8.6	170.9
Mackerel, pacific and jack, mixed species, cooked, dry heat	1 fillet	176	45.3	0	17.8	353.8
Mackerel, pacific and jack, mixed species, raw	3 oz	85	17.1	0	6.7	134.3
Mackerel, pacific and jack, mixed species, raw	1 fillet	225	45.2	0	17.8	355.5
Mackerel, spanish, cooked, dry heat	3 oz	85	20.1	0	5.4	134.3
Mackerel, spanish, cooked, dry heat	1 fillet	146	34.4	0	9.2	230.7
Mackerel, spanish, raw	3 oz	85	16.4	0	5.4	118.2
Mackerel, spanish, raw	1 fillet	187	36.1	0	11.8	259.9

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Malabar spinach, cooked	1 bunch	17	0.5	0.5	0.1	3.9
Malabar spinach, cooked	1 cup	44	1.3	1.2	0.3	10.1
Malt beverage	1 fl oz	29.6	0.1	4	0	17.8
Malt beverage	1 cup	237	0.7	31.9	0.3	142.2
Malted milk-flavor mix, chocolate, added nutrients, powder	1 serving (3 heaping tsp or 1 envelope)	21	1	17.7	0.7	75.2
Malted milk-flavor mix, chocolate, added nutrients, powder	1 cup	78	3.8	65.8	2.7	279.2
Malted milk-flavor mix, chocolate, added nutrients, powder, prepared with milk	1 cup (8 fl oz)	265	9	29.2	8.7	225.3
Malted milk-flavor mix, chocolate, no added nutrients, powder	1 serving (3 heaping tsp or 1 envelope)	21	1.1	18.4	0.8	78.8
Malted milk-flavor mix, chocolate, no added nutrients, powder, prepared with milk	1 cup (8 fl oz)	265	9	29.9	9	227.9
Malted milk-flavor mix, natural, added nutrients, powder	1 individual serving (4-5 heaping tsp or 1 envelope)	21	1.8	17.1	0.6	80.4
Malted milk-flavor mix, natural, added nutrients, powder, prepared with milk	1 cup (8 fl oz)	265	9.8	28.4	8.7	230.6
Malted milk-flavor mix, natural, no added nutrients, powder	1 serving (3 heaping tsp or 1 envelope)	21	2.4	15.9	1.7	86.9
Malted milk-flavor mix, natural, no added nutrients, powder, prepared with milk	1 cup (8 fl oz)	265	10.3	27.3	9.8	235.9
Maltex, cooked with water, with salt	0.75 cup	187	4.3	29.7	0.7	134.6
Maltex, cooked with water, with salt	1 cup	249	5.7	39.6	1	179.3
Maltex, cooked with water, without salt	1 tbsp	15.5	0.4	2.5	0.1	11.2
Maltex, cooked with water, without salt	0.75 cup	187	4.3	29.7	0.7	134.6
Maltex, cooked with water, without salt	1 cup	249	5.7	39.6	1	179.3
Maltex, dry	0.25 cup	38	4.3	29.4	0.8	133.8
Maltex, dry	1 cup	151	16.9	116.7	3.2	531.5
Malt-o-meal, berry colossal crunch	0.75 cup	30	1.2	25.7	1.7	120.3
Malt-o-meal, chocolate, dry	1 tbsp	10.3	1.1	8	0.1	37.9
Malt-o-meal, chocolate, dry	1 cup	165	17.3	128.2	1.5	607.2
Malt-o-meal, colossal crunch	0.75 cup	30	1.1	25.7	1.7	120.3
Malt-o-meal, corn bursts	1 cup	31	1	28.7	0.1	118.4
Malt-o-meal, crispy rice	1 cup	33	2	28.7	0.4	125.1
Malt-o-meal, marshmallow mateys	1 cup	30	2.3	25.1	1	115.2
Malt-o-meal, plain and chocolate, cooked with water, with salt	0.75 cup	180	2.7	19.4	0.2	91.8
Malt-o-meal, plain and chocolate, cooked with water, with salt	1 cup	240	3.6	25.9	0.2	122.4
Malt-o-meal, plain and chocolate, cooked with water, without salt	1 tbsp	15	0.2	1.6	0	7.7
Malt-o-meal, plain and chocolate, cooked with water, without salt	0.75 cup	180	2.7	19.3	0.2	91.8
Malt-o-meal, plain and chocolate, cooked with water, without salt	1 cup	240	3.6	25.7	0.2	122.4
Malt-o-meal, plain, dry	1 tbsp	10.3	1.1	8	0.1	37.9
Malt-o-meal, plain, dry	1 cup	165	17.3	128.2	1.5	607.2
Malt-o-meal, toasty o's	1 cup	30	3.3	22.4	1.8	111.6
Malt-o-meal, tootie fruities	1 cup	32	1.6	28.1	1	125.4
Mammy-apple, (mamey), raw	1 fruit without refuse	846	4.2	105.8	4.2	431.5
Mangos, raw	1 cup, sliced	165	0.8	28.1	0.4	107.3
Mangos, raw	1 fruit without refuse	207	1.1	35.2	0.6	134.6
Mangosteen, canned, syrup pack	1 cup, drained	196	0.8	35.1	1.1	143.1
Mangosteen, canned, syrup pack	1 cup	216	0.9	38.7	1.3	157.7
Margarine, 70% vegetable oil spread, soybean and soybean(hydrogenated)	1 tbsp	14	0	0.2	9.7	86.7
Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	1 tbsp	14	0	0.3	11	98.7
Margarine, regular, hard, coconut and safflower and palm	1 tsp	4.7	0	0	3.8	33.8
Margarine, regular, hard, coconut and safflower and palm	1 stick	113.4	1	1	91.3	815.3
Margarine, regular, hard, corn	1 tsp	4.7	0	0	3.8	33.8
Margarine, regular, hard, corn	1 tsp	4.7	0	0	3.8	33.8
Margarine, regular, hard, corn	1 stick	113.4	1	1	91.3	815.3
Margarine, regular, hard, corn	1 stick	113.4	1	1	91.3	815.3
Margarine, regular, hard, corn and soybean and cottonseed, with salt	1 tsp	4.7	0	0	3.8	33.8
Margarine, regular, hard, corn and soybean and cottonseed, with salt	1 stick	113.4	1	1	91.3	815.3
Margarine, regular, hard, corn and soybean and cottonseed, without salt	1 tsp	4.7	0	0	3.8	33.6
Margarine, regular, hard, corn and soybean and cottonseed, without salt	1 stick	113.4	0.6	0.6	91.1	809.7
Margarine, regular, hard, lard	1 tsp	4.7	0	0	3.8	34.5
Margarine, regular, hard, lard	1 stick	113.4	1	1	91.3	831.2
Margarine, regular, hard, safflower and soybean	1 tsp	4.7	0	0	3.8	33.8
Margarine, regular, hard, safflower and soybean	1 stick	113.4	1	1	91.3	815.3
Margarine, regular, hard, safflower and soybean and cottonseed	1 tsp	4.7	0	0	3.8	33.8
Margarine, regular, hard, safflower and soybean and cottonseed	1 tsp	4.7	0	0	3.8	33.8
Margarine, regular, hard, safflower and soybean and cottonseed	1 stick	113.4	1	1	91.3	815.3
Margarine, regular, hard, safflower and soybean and cottonseed	1 stick	113.4	1	1	91.3	815.3
Margarine, regular, hard, soybean	1 tsp	4.7	0	0	3.8	33.8
Margarine, regular, hard, soybean	1 tsp	4.7	0	0	3.8	33.8
Margarine, regular, hard, soybean	1 stick	113	1	1	91	812.5

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Margarine, regular, hard, soybean	1 stick	113.4	1	1	91.3	815.3
Margarine, regular, hard, soybean and corn and cottonseed	1 tsp	4.7	0	0	3.8	33.8
Margarine, regular, hard, soybean and corn and cottonseed	1 stick	113.4	1	1	91.3	815.3
Margarine, regular, hard, soybean and cottonseed	1 tsp	4.7	0	0	3.8	33.8
Margarine, regular, hard, soybean and cottonseed	1 tsp	4.7	0	0	3.8	33.8
Margarine, regular, hard, soybean and cottonseed	1 stick	113.4	1	1	91.3	815.3
Margarine, regular, hard, soybean and cottonseed	1 stick	113.4	1	1	91.3	815.3
Margarine, regular, hard, soybean and palm	1 tsp	4.7	0	0	3.8	33.8
Margarine, regular, hard, soybean and palm	1 tsp	4.7	0	0	3.8	33.8
Margarine, regular, hard, soybean and palm	1 stick	113.4	1	1	91.3	815.3
Margarine, regular, hard, soybean and palm	1 stick	113.4	1	1	91.3	815.3
Margarine, regular, hard, soybean, cottonseed, and soybean	1 tsp	4.7	0	0	3.8	33.8
Margarine, regular, hard, soybean, cottonseed, and soybean	1 stick	113.4	1	1	91.3	815.3
Margarine, regular, hard, soybean, soybean, and cottonseed	1 tsp	4.7	0	0	3.8	33.8
Margarine, regular, hard, soybean, soybean, and cottonseed	1 stick	113.4	1	1	91.3	815.3
Margarine, regular, hard, sunflower and soybean and cottonseed	1 tsp	4.7	0	0	3.8	33.8
Margarine, regular, hard, sunflower and soybean and cottonseed	1 stick	113.4	1	1	91.3	815.3
Margarine, regular, liquid, soybean and cottonseed	1 tsp	4.7	0.1	0	3.8	33.9
Margarine, regular, liquid, soybean and cottonseed	1 packet	5	0.1	0	4	36.1
Margarine, regular, liquid, soybean and cottonseed	1 tbsp	14.2	0.3	0	11.4	102.4
Margarine, regular, liquid, soybean and cottonseed	1 cup	227	4.3	0	183	1636.7
Margarine, regular, unspecified oils, with salt added	1 tsp	4.7	0	0	3.8	33.8
Margarine, regular, unspecified oils, with salt added	1 stick	113.4	1	1	91.3	815.3
Margarine, regular, unspecified oils, without added salt	1 tsp	4.7	0	0	3.8	33.6
Margarine, regular, unspecified oils, without added salt	1 stick	113.4	0.6	0.6	91.1	809.7
Margarine, soft, corn	1 tsp	4.7	0	0	3.8	33.7
Margarine, soft, corn	1 cup	227	1.8	1.1	182.5	1625.3
Margarine, soft, safflower	1 tsp	4.7	0	0	3.8	33.7
Margarine, soft, safflower	1 cup	227	1.8	1.1	182.5	1625.3
Margarine, soft, safflower and cottonseed and peanut	1 tsp	4.7	0	0	3.8	33.7
Margarine, soft, safflower and cottonseed and peanut	1 cup	227	1.8	1.1	182.5	1625.3
Margarine, soft, soybean and cottonseed	1 tsp	4.7	0	0	3.8	33.7
Margarine, soft, soybean and cottonseed	1 cup	227	1.8	1.1	182.5	1625.3
Margarine, soft, soybean and cottonseed, with salt	1 tsp	4.7	0	0	3.8	33.7
Margarine, soft, soybean and cottonseed, with salt	1 cup	227	1.8	1.1	182.5	1625.3
Margarine, soft, soybean and cottonseed, without salt	1 tsp	4.7	0	0	3.8	33.7
Margarine, soft, soybean and cottonseed, without salt	1 cup	227	1.8	2	182.3	1625.3
Margarine, soft, soybean and palm	1 tsp	4.7	0	0	3.8	33.7
Margarine, soft, soybean and palm	1 cup	227	1.8	1.1	182.5	1625.3
Margarine, soft, soybean and safflower	1 tsp	4.7	0	0	3.8	33.7
Margarine, soft, soybean and safflower	1 cup	227	1.8	1.1	182.5	1625.3
Margarine, soft, soybean, cottonseed, and soybean	1 tsp	4.7	0	0	3.8	33.7
Margarine, soft, soybean, cottonseed, and soybean	1 cup	227	1.8	1.1	182.5	1625.3
Margarine, soft, soybean, soybean, and cottonseed	1 tsp	4.7	0	0	3.8	33.7
Margarine, soft, soybean, soybean, and cottonseed	1 cup	227	1.8	1.1	182.5	1625.3
Margarine, soft, soybean, with salt	1 tsp	4.7	0	0	3.8	33.7
Margarine, soft, soybean, with salt	1 cup	227	1.8	1.1	182.5	1625.3
Margarine, soft, soybean, without salt	1 tsp	4.7	0	0	3.8	33.7
Margarine, soft, soybean, without salt	1 cup	227	1.8	2	182.3	1625.3
Margarine, soft, sunflower and cottonseed and peanut	1 tsp	4.7	0	0	3.8	33.7
Margarine, soft, sunflower and cottonseed and peanut	1 cup	227	1.8	1.1	182.5	1625.3
Margarine, soft, unspecified oils, with salt added	1 cup	227	1.8	1.1	182.5	1625.3
Margarine, soft, unspecified oils, without added salt	1 tsp	4.7	0	0	3.8	33.7
Margarine, soft, unspecified oils, without added salt	1 cup	227	1.8	2	182.3	1625.3
Margarine-butter blend, 60% corn oil margarine and 40% butter	1 tsp	5	0	0	4	35.9
Margarine-butter blend, 60% corn oil margarine and 40% butter	1 tbsp	14.2	0.1	0.1	11.5	102
Margarine-butter blend, 60% corn oil margarine and 40% butter	1 stick	113	1	0.7	91.2	811.3
Margarine-butter blend, 60% corn oil margarine and 40% butter	1 cup	227	2	1.5	183.2	1629.9
Margarine-like spread, (approximately 40% fat), corn	1 tsp	4.8	0	0	1.9	16.6
Margarine-like spread, (approximately 40% fat), corn	1 cup	232	1.2	0.9	90	800.4
Margarine-like spread, (approximately 40% fat), soybean	1 tsp	4.8	0	0	1.9	16.6
Margarine-like spread, (approximately 40% fat), soybean	1 cup	232	1.2	0.9	90	800.4
Margarine-like spread, (approximately 40% fat), soybean and cottonseed	1 tsp	4.8	0	0	1.9	16.6
Margarine-like spread, (approximately 40% fat), soybean and cottonseed	1 tsp	4.8	0	0	1.9	16.6

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Margarine-like spread, (approximately 40% fat), soybean and cottonseed	1 cup	232	1.2	0.9	90	800.4
Margarine-like spread, (approximately 40% fat), soybean and cottonseed	1 cup	232	1.2	0.9	90	800.4
Margarine-like spread, (approximately 40% fat), soybean and palm	1 tsp	4.8	0	0	1.9	16.6
Margarine-like spread, (approximately 40% fat), soybean and palm	1 cup	232	1.2	0.9	90	800.4
Margarine-like spread, (approximately 40% fat), unspecified oils	1 tsp	4.8	0	0	1.9	16.6
Margarine-like spread, (approximately 40% fat), unspecified oils	1 cup	232	1.2	0.9	90	800.4
Margarine-like spread, approximately 60% fat, stick, soybean and palm	1 tsp	4.8	0	0	2.9	25.9
Margarine-like spread, approximately 60% fat, stick, soybean and palm	1 cup	229	1.4	0	139.2	1236.6
Margarine-like spread, approximately 60% fat, tub, soybean and cottonseed	1 tsp	4.8	0	0	2.9	25.9
Margarine-like spread, approximately 60% fat, tub, soybean and cottonseed	1 cup	229	1.4	0	139.2	1236.6
Margarine-like spread, approximately 60% fat, tub, soybean and palm	1 tsp	4.8	0	0	2.9	25.9
Margarine-like spread, approximately 60% fat, tub, soybean and palm	1 cup	229	1.4	0	139.2	1236.6
Margarine-like spread, approximately 60% fat, tub, unspecified oils	1 tsp	4.8	0	0	2.9	25.9
Margarine-like spread, approximately 60% fat, tub, unspecified oils	1 cup	229	1.4	0	139.2	1236.6
Marie Callender's Beef Stroganoff And Noodles With Carrots & Peas, Frozen	1 package yields	368	30.4	58.7	27	599.8
Marie Callender's Beef Stroganoff And Noodles With Carrots & Peas, Frozen	1 serving	368	30.4	58.7	27	599.8
Marie Callender's Chicken Pot Pie, Frozen Entree	1 cup	234	12.4	44.2	30.6	500.8
Marie Callender's Chicken Pot Pie, Frozen Entree	1 serving	234	12.4	44.2	30.6	500.8
Marie Callender's Chicken Pot Pie, Frozen Entree	1 package yields	467	24.7	88.1	61.1	999.4
Marie Callender's Escalloped Noodles & Chicken, Frozen Entree	1 serving	171	9.6	28.3	15.6	292.4
Marie Callender's Escalloped Noodles & Chicken, Frozen Entree	1 cup	232	13	38.3	21.2	396.7
Marie Callender's Escalloped Noodles & Chicken, Frozen Entree	1 package yields	368	20.6	60.8	33.6	629.3
Marie Callender's Turkey With Gravy & Dressing With Broccoli, Frozen Meal	1 package yields	397	31	51.8	19	504.2
Marie Callender's Turkey With Gravy & Dressing With Broccoli, Frozen Meal	1 serving	397	31	51.8	19	504.2
Marjoram, dried	1 tsp	0.6	0.1	0.4	0	1.6
Marjoram, dried	1 tbsps	1.7	0.2	1	0.1	4.6
Marmalade, orange	1 package (0.5 oz)	14	0	9.3	0	34.4
Marmalade, orange	1 tbsps	20	0.1	13.3	0	49.2
Marmalade, orange	1 cup	320	1	212.2	0	787.2
Marquez Primera Shredded Beef, Green Chili & Monterey Jack Cheese Burrito, Frozen	1 package yields	142	14.9	39.9	11.6	323.8
Marquez Primera Shredded Beef, Green Chili & Monterey Jack Cheese Burrito, Frozen	1 serving	142	14.9	39.9	11.6	323.8
Marshmallows	10 miniatures	7	0.1	5.7	0	22.3
Marshmallows	1 regular	7.2	0.1	5.9	0	22.9
Marshmallows	1 cup of miniature	50	0.9	40.7	0.1	159
Martha White's Artificial Blueberry Muffin Mix	1 serving	40	2	30.4	3.5	161.6
Martha White's Buttermilk Biscuit Mix, Dry	1 serving	41	3	26.4	5.9	171.4
Martha White's Chewy Fudge Brownie Mix, Dry	1 serving	28	1.3	23.2	1.8	114.2
Maypo, cooked with water, with salt	0.75 cup	180	4.3	23.9	1.8	127.8
Maypo, cooked with water, with salt	1 cup	240	5.8	31.9	2.4	170.4
Maypo, cooked with water, without salt	1 tbsps	15	0.4	2	0.2	10.7
Maypo, cooked with water, without salt	0.75 cup	180	4.3	23.9	1.8	127.8
Maypo, cooked with water, without salt	1 cup	240	5.8	31.9	2.4	170.4
Maypo, dry	0.5 cup	47	6.2	33.8	2.5	181
Maypo, dry	1 cup	94	12.4	67.7	5	361.9
McDonald's Apple Danish	1		5	47	15	340
McDonald's Bacon, Egg & Cheese Biscuit	1 Sandwich		20	31	31	480
McDonald's Baked Apple Pie	1		3	34	13	260
McDonald's Big Mac	1 Sandwich		24	47	34	590
McDonald's Big N' Tasty	1 Sandwich		24	39	32	540
McDonald's Big N' Tasty w/ Cheese	1 Sandwich		27	40	37	590
McDonald's Biscuit	1		4	30	11	240
McDonald's Breakfast Burrito	1		13	24	16	290
McDonald's Butterfinger® McFlurry	1		16	90	22	620
McDonald's Cheese Danish	1		7	45	21	400
McDonald's Cheeseburger	1 Sandwich		15	36	14	330
McDonald's Chef Salad	1		17	5	8	150
McDonald's Chicken McGrill	1 Sandwich		26	46	18	450
McDonald's Chicken McNuggets (4)	1 pkg.		10	13	11	190
McDonald's Chicken McNuggets (6)	1 pkg.		15	20	17	290
McDonald's Chicken McNuggets (9)	1 pkg.		23	29	25	430
McDonald's Chocolate Chip Cookie	1 pkg.		3	37	14	280
McDonald's Chocolate Shake (small)	1		11	60	9	360
McDonald's Cinnamon Roll	1		6	50	18	390
McDonald's Coca Cola Classic (small)	1		0	40	0	150

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
McDonald's Crispy Chicken	1 Sandwich		23	54	27	550
McDonald's Diet Coke (small)		1	0	0	0	0
McDonald's Egg McMuffin	1 Sandwich		17	27	12	290
McDonald's English Muffin		1	4	25	2	140
McDonald's Filet-O-Fish	1 Sandwich		24	67	26	470
McDonald's French Fries (large)		1	8	68	26	540
McDonald's French Fries (medium)		1	6	57	22	450
McDonald's French Fries (small)		1	3	26	10	210
McDonald's French Fries (super size)		1	9	77	29	610
McDonald's Fruit 'n Yogurt Parfait		1	10	76	5	380
McDonald's Fruit 'n Yogurt Parfait (no granola)		1	8	53	4	280
McDonald's Garden Salad		1	7	4	6	100
McDonald's Grilled Chicken Caesar Salad		1	17	3	2.5	100
McDonald's Ham & Egg Cheese Bagel	1 Sandwich		26	58	23	550
McDonald's Hash Browns		1	1	14	8	130
McDonald's Hi-C Orange Drink (small)		1	0	44	0	160
McDonald's Hot Caramel Sundae		1	7	61	10	360
McDonald's Hot Fudge Sundae		1	8	52	12	340
McDonald's Hotcakes (margarine 2 pats & syrup)	3 cakes		9	104	17	600
McDonald's Hotcakes (plain)	3 cakes		9	58	8	340
McDonald's Lowfat Apple Bran Muffin		1	6	61	3	300
McDonald's M&M® McFlurry		1	16	90	23	630
McDonald's McDonaldland Cookies	1 pkg.		3	38	8	230
McDonald's Milk (1% fat)		1	8	13	2.5	100
McDonald's Nestle Crunch® McFlurry		1	16	89	24	630
McDonald's Nuts (Sundaes)		1	2	2	3.5	40
McDonald's Orange Juice		1	0	20	0	80
McDonald's Oreo® McFlurry		1	15	82	20	570
McDonald's Quarter Pounder	1 Sandwich		23	37	21	430
McDonald's Quarter Pounder w/ Cheese	1 Sandwich		28	38	30	530
McDonald's Sausage	1 patty		6	0	16	170
McDonald's Sausage Biscuit	1 Sandwich		10	30	28	410
McDonald's Sausage Biscuit w/ Egg	1 Sandwich		16	31	33	490
McDonald's Sausage McMuffin	1 Sandwich		13	26	23	360
McDonald's Sausage McMuffin w/ Egg	1 Sandwich		19	27	28	440
McDonald's Scrambled Eggs (2)		1	13	1	11	160
McDonald's Spanish Omelet Bagel	1 Sandwich		27	60	38	690
McDonald's Sprite (small)		1	0	39	0	150
McDonald's Steak & Egg Cheese Bagel	1 Sandwich		38	57	35	700
McDonald's Strawberry Shake (small)		1	11	60	9	360
McDonald's Strawberry Sundae		1	7	50	7	290
McDonald's Vanilla Reduced Fat Ice Cream Cone		1	4	23	4.5	150
McDonald's Vanilla Shake (small)		1	11	59	9	360
Meat extender	1 oz	28.4	10.8	10.9	0.8	88.7
Meat extender	1 cup	88	33.5	33.7	2.6	275.4
Melon balls, frozen	1 cup, unthawed	173	1.5	13.7	0.4	57.1
Michelina's Spaghetti With Meatballs & Pomodoro Sauce, Low Fat Frozen Entree	1 package yields	284	13.6	48.6	7.1	312.4
Michelina's Spaghetti With Meatballs & Pomodoro Sauce, Low Fat Frozen Entree	1 serving	284	13.6	48.6	7.1	312.4
Milk chocolate	1 bar, miniature	7	0.5	4.1	2.1	35.9
Milk chocolate	1 bar (1.55 oz)	44	3	26	13.5	225.7
Milk chocolate chips	1 cup chips	168	11.6	99.5	51.6	861.8
Milk chocolate coated peanuts	10 pieces	40	5.2	19.8	13.4	207.6
Milk chocolate coated peanuts	1 cup	149	19.5	73.6	49.9	773.3
Milk chocolate coated raisins	10 pieces	10	0.4	6.8	1.5	39
Milk chocolate coated raisins	1 cup	180	7.4	122.9	26.6	702
Milk chocolate, with almonds	1 bar (1.45 oz)	41	3.7	21.8	14.1	215.7
Milk chocolate, with almonds	1 bar (1.55 oz)	44	4	23.4	15.1	231.4
Milk chocolate, with rice cereal	1 bar, miniature	10	0.6	6.3	2.7	49.6
Milk chocolate, with rice cereal	1 bar (1.4 oz)	40	2.5	25.4	10.6	198.4
Milk chocolate, with rice cereal	1 bar (1.55 oz)	44	2.8	27.9	11.7	218.2
Milk chocolate, with rice cereal	1 bar (1.45 oz)	45	2.8	28.5	11.9	223.2
Milk chocolate, with rice cereal	1 bar (1.65 oz)	47	3	29.8	12.5	233.1
Milk shakes, thick chocolate	1 fl oz	28.4	0.9	6	0.8	33.7
Milk shakes, thick chocolate	1 container (10.6 oz)	300	9.2	63.5	8.1	357

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Milk shakes, thick vanilla	1 fl oz	28.4	1.1	5	0.9	31.8
Milk shakes, thick vanilla	1 container (11 oz)	313	12.1	55.6	9.5	350.6
Milk substitutes with hydrogenated vegetable oils	1 fl oz	30.5	0.5	1.9	1	18.6
Milk substitutes with hydrogenated vegetable oils	1 cup	244	4.3	15	8.3	148.8
Milk substitutes with hydrogenated vegetable oils	1 quart	976	17.1	60.1	33.3	595.4
Milk substitutes, with lauric acid oil	1 cup	244	4.3	15	8.3	148.8
Milk substitutes, with lauric acid oil	1 quart	976	17.1	60.1	33.3	595.4
Milk, 3.25% milkfat	1 tbsp	15.2	0.5	0.7	0.5	9.3
Milk, 3.25% milkfat	1 fl oz	30.5	1	1.4	1	18.6
Milk, 3.25% milkfat	1 cup	244	8	11.4	8.1	148.8
Milk, 3.25% milkfat	1 quart	976	32.1	45.5	32.6	595.4
Milk, buttermilk, cultured, lowfat	1 fl oz	30.6	1	1.5	0.3	12.2
Milk, buttermilk, cultured, lowfat	1 cup	245	8.1	11.7	2.2	98
Milk, buttermilk, cultured, lowfat	1 quart	980	32.4	46.9	8.6	392
Milk, buttermilk, dried	1 tbsp	6.5	2.2	3.2	0.4	25.2
Milk, buttermilk, dried	1 cup	120	41.2	58.8	6.9	464.4
Milk, canned, condensed, sweetened	1 fl oz	38.2	3	20.8	3.3	122.6
Milk, canned, condensed, sweetened	1 cup	306	24.2	166.5	26.6	982.3
Milk, canned, evaporated, nonfat	1 fl oz	31.9	2.4	3.6	0.1	24.9
Milk, canned, evaporated, nonfat	0.5 cup	128	9.7	14.5	0.3	99.8
Milk, canned, evaporated, nonfat	1 cup	256	19.3	29.1	0.5	199.7
Milk, canned, evaporated, with added vitamin a	1 fl oz	31.5	2.1	3.2	2.4	42.2
Milk, canned, evaporated, with added vitamin a	0.5 cup	126	8.6	12.7	9.5	168.8
Milk, canned, evaporated, without added vitamin a	1 fl oz	31.5	2.1	3.2	2.4	42.2
Milk, canned, evaporated, without added vitamin a	0.5 cup	126	8.6	12.7	9.5	168.8
Milk, canned, evaporated, without added vitamin a	1 cup	252	17.2	25.3	19.1	337.7
Milk, canned, evaporated, without added vitamin a	1 can (13 oz)	369	25.1	37	27.9	494.5
Milk, chocolate beverage, hot cocoa, homemade	1 fl oz	31.2	1.2	3.7	0.7	24
Milk, chocolate beverage, hot cocoa, homemade	1 cup	250	9.8	29.5	5.8	192.5
Milk, chocolate, commercial,	1 fl oz	31.2	1	3.2	1.1	25.9
Milk, chocolate, commercial,	1 cup	250	7.9	25.9	8.5	207.5
Milk, chocolate, commercial,	1 quart	1000	31.7	103.4	33.9	830
Milk, chocolate, commercial, lowfat	1 cup	250	8.1	26.1	2.5	157.5
Milk, chocolate, commercial, lowfat	1 quart	1000	32.4	104.4	10	630
Milk, chocolate, commercial, reduced fat	1 fl oz	31.2	1	3.2	0.6	22.5
Milk, chocolate, commercial, reduced fat	1 cup	250	8	26	5	180
Milk, chocolate, commercial, reduced fat	1 quart	1000	32.1	104	20	720
Milk, dry, nonfat, calcium reduced	1 oz	28.4	10.1	14.7	0.1	100.4
Milk, dry, nonfat, calcium reduced	0.25 lb	113	40.1	58.5	0.2	400
Milk, dry, nonfat, instant, with added vitamin a	0.333 cup (makes 1 cup reconstituted milk)	23	8.1	12	0.2	82.3
Milk, dry, nonfat, instant, with added vitamin a	1 cup	68	23.9	35.5	0.5	243.4
Milk, dry, nonfat, instant, with added vitamin a	1 envelope (1-1/3 cup)	91	31.9	47.5	0.7	325.8
Milk, dry, nonfat, instant, without added vitamin a	1 cup	68	23.9	35.5	0.5	243.4
Milk, dry, nonfat, instant, without added vitamin a	1 envelope (1-1/3 cup)	91	31.9	47.5	0.7	325.8
Milk, dry, nonfat, regular, with added vitamin a	0.25 cup	30	10.8	15.6	0.2	108.6
Milk, dry, nonfat, regular, with added vitamin a	1 cup	120	43.4	62.4	0.9	434.4
Milk, dry, nonfat, regular, without added vitamin a	0.25 cup	30	10.8	15.6	0.2	108.6
Milk, dry, nonfat, regular, without added vitamin a	1 cup	120	43.4	62.4	0.9	434.4
Milk, dry, whole	0.25 cup	32	8.4	12.3	8.5	158.7
Milk, dry, whole	1 cup	128	33.7	49.2	34.2	634.9
Milk, filled, with blend of hydrogenated vegetable oils	1 cup	244	8.1	11.6	8.4	153.7
Milk, filled, with blend of hydrogenated vegetable oils	1 quart	976	32.5	46.3	33.8	614.9
Milk, filled, with lauric acid oil	1 fl oz	30.5	1	1.4	1	19.2
Milk, filled, with lauric acid oil	1 cup	244	8.1	11.6	8.3	153.7
Milk, filled, with lauric acid oil	1 quart	976	32.5	46.3	33.2	614.9
Milk, goat	1 fl oz	30.5	1.1	1.4	1.3	21
Milk, goat	1 cup	244	8.7	10.9	10.1	168.4
Milk, goat	1 quart	976	34.7	43.4	40.4	673.4
Milk, human, mature	1 fl oz	30.8	0.3	2.1	1.3	21.6
Milk, human, mature	1 cup	246	2.5	16.9	10.8	172.2
Milk, indian buffalo	1 cup	244	9.2	12.6	16.8	236.7
Milk, indian buffalo	1 quart	976	36.6	50.6	67.2	946.7
Milk, low sodium	1 fl oz	30.5	0.9	1.4	1.1	18.6
Milk, low sodium	1 cup	244	7.6	10.9	8.4	148.8



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Milk, low sodium	1 quart	976	30.3	43.5	33.8	595.4
Milk, lowfat, 1% milkfat, protein fortified, with added vitamin a	1 cup	246	9.7	13.6	2.9	118.1
Milk, lowfat, 1% milkfat, protein fortified, with added vitamin a	1 quart	984	38.7	54.3	11.5	472.3
Milk, lowfat, 1% milkfat, with added nonfat milk solids and vitamin a	1 cup	245	8.5	12.2	2.4	105.4
Milk, lowfat, 1% milkfat, with added nonfat milk solids and vitamin a	1 quart	980	34.1	48.7	9.5	421.4
Milk, lowfat, 1% milkfat, with added vitamin a	1 fl oz	30.5	1	1.5	0.3	12.8
Milk, lowfat, 1% milkfat, with added vitamin a	1 cup	244	8	11.7	2.6	102.5
Milk, lowfat, 1% milkfat, with added vitamin a	1 quart	976	32.1	46.7	10.3	409.9
Milk, nonfat, protein fortified, with added vitamin a (fat free and skim)	1 cup	246	9.7	13.7	0.6	100.9
Milk, nonfat, protein fortified, with added vitamin a (fat free and skim)	1 quart	984	39	54.7	2.5	403.4
Milk, nonfat, with added nonfat milk solids and vitamin a (fat free or skim)	1 fl oz	30.6	1.1	1.5	0.1	11.3
Milk, nonfat, with added nonfat milk solids and vitamin a (fat free or skim)	1 cup	245	8.7	12.3	0.6	90.7
Milk, nonfat, with added nonfat milk solids and vitamin a (fat free or skim)	1 quart	980	35	49.2	2.5	362.6
Milk, nonfat, with added vitamin a (fat free or skim)	1 fl oz	30.6	1	1.5	0.1	10.7
Milk, nonfat, with added vitamin a (fat free or skim)	1 cup	245	8.4	11.9	0.4	85.8
Milk, nonfat, with added vitamin a (fat free or skim)	1 quart	980	33.4	47.5	1.8	343
Milk, nonfat, without added vitamin a (fat free or skim)	1 cup	245	8.4	11.9	0.4	85.8
Milk, nonfat, without added vitamin a (fat free or skim)	1 quart	980	33.4	47.5	1.8	343
Milk, producer, 3.7% milkfat	1 cup	244	8	11.3	8.9	156.2
Milk, producer, 3.7% milkfat	1 quart	976	32	45.4	35.7	624.6
Milk, reduced fat, 2% milkfat, protein fortified, with added vitamin a	1 cup	246	9.7	13.5	4.9	137.8
Milk, reduced fat, 2% milkfat, protein fortified, with added vitamin a	1 quart	984	38.9	54	19.5	551
Milk, reduced fat, 2% milkfat, with added nonfat milk solids and vitamin a	1 cup	245	8.5	12.2	4.7	125
Milk, reduced fat, 2% milkfat, with added nonfat milk solids and vitamin a	1 quart	980	34.1	48.7	18.8	499.8
Milk, reduced fat, 2% milkfat, with added nonfat milk solids, without added vitamin a	1 cup	245	9.7	13.5	4.9	137.2
Milk, reduced fat, 2% milkfat, with added nonfat milk solids, without added vitamin a	1 quart	980	38.7	53.8	19.4	548.8
Milk, reduced fat, 2% milkfat, with added vitamin a	1 fl oz	30.5	1	1.5	0.6	15.3
Milk, reduced fat, 2% milkfat, with added vitamin a	1 cup	244	8.1	11.7	4.7	122
Milk, reduced fat, 2% milkfat, with added vitamin a	1 quart	976	32.5	46.8	18.7	488
Milk, sheep	1 cup	245	14.7	13.1	17.2	264.6
Milk, sheep	1 quart	980	58.6	52.5	68.6	1058.4
Milkfish, cooked, dry heat	3 oz	85	22.4	0	7.3	161.5
Milkfish, raw	3 oz	85	17.5	0	5.7	125.8
Millet, cooked	1 cup	174	6.1	41.2	1.7	207.1
Millet, raw	1 cup	200	22	145.7	8.4	756
Miso	1 cup	275	32.5	76.9	16.7	566.5
Mission Flour Tortillas, Soft Taco, 8 Inch	1 serving	51	4.4	25.3	3.1	146.4
Mixed nuts, dry roasted, with peanuts, salt added	1 oz	28.4	4.9	7.2	14.6	168.4
Mixed nuts, dry roasted, with peanuts, salt added	1 cup	137	23.7	34.7	70.5	813.8
Mixed nuts, dry roasted, with peanuts, out salt added	1 oz	28.4	4.9	7.2	14.6	168.4
Mixed nuts, dry roasted, with peanuts, out salt added	1 cup	137	23.7	34.7	70.5	813.8
Mixed nuts, oil roasted, with peanuts, salt added	10 assorted	14	2.3	3	7.9	86.4
Mixed nuts, oil roasted, with peanuts, salt added	1 oz	28.4	4.8	6.1	16	174.9
Mixed nuts, oil roasted, with peanuts, salt added	1 cup	142	23.8	30.4	80	876.1
Mixed nuts, oil roasted, with peanuts, out salt added	1 tbs	8.9	1.5	1.9	5	54.9
Mixed nuts, oil roasted, with peanuts, out salt added	1 oz	28.4	4.8	6.1	16	174.9
Mixed nuts, oil roasted, with peanuts, out salt added	1 cup	142	23.8	30.4	80	876.1
Mixed nuts, oil roasted, without peanuts, out salt added	1 oz	28.4	4.4	6.3	15.9	174.4
Mixed nuts, oil roasted, without peanuts, out salt added	1 cup	144	22.3	32.1	80.9	885.6
Mixed nuts, without peaoil roasted, with salt added	1 oz	28.4	4.4	6.3	15.9	174.4
Mixed nuts, without peaoil roasted, with salt added	1 cup	144	22.3	32.1	80.9	885.6
Molasses	1 tbs	20	0	13.8	0	53.2
Molasses	1 cup	328	0	225.7	0.3	872.5
Molasses, blackstrap	1 tbs	20	0	12.2	0	47
Molasses, blackstrap	1 cup	328	0	199.4	0	770.8
Monkfish, cooked, dry heat	3 oz	85	15.8	0	1.7	82.5
Monkfish, raw	3 oz	85	12.3	0	1.3	64.6
Moose, cooked, roasted	3 oz	85	24.9	0	0.8	113.9
Moose, cooked, roasted	1 piece, cooked (yield from 1 lb raw meat, boneless)	340	99.5	0	3.3	455.6
Moose, raw	1 oz	28.4	6.3	0	0.2	28.9
Moose, raw	1 lb	453.6	100.9	0	3.4	462.7
Mori-nu, tofu, silken, extra firm	1 slice	84	6.2	1.7	1.6	46.2
Mori-nu, tofu, silken, firm	1 slice	84	5.8	2	2.3	52.1
Mori-nu, tofu, silken, lite extra firm	1 slice	84	5.9	0.8	0.6	31.9

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Mori-nu, tofu, silken, soft	1 slice	84	4	2.4	2.3	46.2
Morningstar Farms "burger" Crumbles	1 serving	55	11.1	3.3	6.5	115.5
Morningstar Farms "burger" Crumbles	1 cup	110	22.2	6.6	12.9	231
Morningstar Farms "burger" Crumbles	1 package yields	1814	365.3	109.2	213.1	3809.4
Morningstar Farms Better'n Burgers, Frozen	1 patty	85	13.9	7.5	0.5	91
Morningstar Farms Better'n Burgers, Frozen	1 package yields	4082	667.8	361.7	25.7	4367.7
Morningstar Farms Breakfast Patties	1 patty	38	9.9	3.7	2.8	79.4
Morningstar Farms Breakfast Patties	1 package yields	4082	1065.4	399.2	297.6	8531.4
Morningstar Farms Deli Franks	1 serving	45	10.4	3.7	6.2	111.6
Morningstar Farms Deli Franks	1 package yields	4536	1046.9	372.9	621	11249.3
Morningstar Farms Garden Vege Patties, Frozen	1 patty	67	11.2	10.2	3.8	119.3
Morningstar Farms Garden Vege Patties, Frozen	1 cup	252	42.2	38.4	14.2	448.6
Morningstar Farms Garden Vege Patties, Frozen	1 package yields	3175	531.2	483.6	178.4	5651.5
Morningstar Farms, Spicy Black Bean Burger	1 serving	43	6.5	8.4	0.4	63.2
Morningstar Farms, Spicy Black Bean Burger	1 patty	78	11.8	15.2	0.8	114.7
Morningstar Farms, Spicy Black Bean Burger	1 package without refuse (11 oz)	312	47.1	60.8	3.1	458.6
Morningstar Farms, Spicy Black Bean Burger	1 package yields	4464	674.5	870	44.6	6562.1
Mori-nu, tofu, silken, lite firm	1 slice	84	5.3	0.9	0.7	31.1
Mortadella, beef, pork	1 slice (15 per 8 oz package)	15	2.5	0.5	3.8	46.7
Mortadella, beef, pork	1 oz	28.4	4.6	0.9	7.2	88.2
Mothbeans, mature seeds, cooked, boiled, with salt	1 cup	177	13.8	37.1	1	207.1
Mothbeans, mature seeds, cooked, boiled, without salt	1 cup	177	13.8	37.1	1	207.1
Mothbeans, mature seeds, raw	1 cup	196	45	120.6	3.2	672.3
Mother's loaf, pork	1 slice (4-1/4" x 4-1/4" x 1/16")	21	2.5	1.6	4.7	59.2
Mother's loaf, pork	1 oz	28.4	3.4	2.1	6.3	79.9
Mountain yam, hawaii, cooked, steamed, with salt	1 cup, cubes	145	2.5	29	0.1	118.9
Mountain yam, hawaii, cooked, steamed, without salt	1 cup, cubes	145	2.5	29	0.1	118.9
Mountain yam, hawaii, raw	0.5 cup, cubes	68	0.9	11.1	0.1	45.6
Mountain yam, hawaii, raw	1 yam	420	5.6	68.5	0.4	281.4
Mrs Paterson's Aussie Pie, Hand Held Chicken Pie, Frozen	1 package yields	156	14.7	39.8	24	433.7
Mrs Paterson's Aussie Pie, Hand Held Chicken Pie, Frozen	1 serving	156	14.7	39.8	24	433.7
Muffins, blueberry, commercially prepared	1 muffin, miniature (1-1/4" dia)	11	0.6	5.3	0.7	30.5
Muffins, blueberry, commercially prepared	1 oz	28.4	1.6	13.6	1.8	78.5
Muffins, blueberry, commercially prepared	1 muffin (2-3/4" dia x 2")	57	3.1	27.4	3.7	157.9
Muffins, blueberry, commercially prepared	1 muffin, large (3-1/4" dia x 2-3/4")	71	3.9	34.1	4.6	196.7
Muffins, blueberry, dry mix	1 oz	28.4	1.4	17.9	2.8	103.8
Muffins, blueberry, dry mix	1 package, mix + drained berries	356	17.4	225	35.6	1303
Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	1 oz	28.4	1.8	11.5	3.1	80.8
Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	1 muffin	57	3.7	23.2	6.2	162.5
Muffins, blueberry, toaster-type	1 oz	28.4	1.3	15.1	2.7	88.7
Muffins, blueberry, toaster-type	1 muffin, toaster	33	1.5	17.6	3.1	103.3
Muffins, blueberry, toaster-type, toasted	1 oz	28.4	1.4	16.1	2.9	94.4
Muffins, blueberry, toaster-type, toasted	1 muffin, toaster	31	1.5	17.6	3.1	103.2
Muffins, corn, commercially prepared	1 oz	28.4	1.7	14.4	2.4	86.5
Muffins, corn, commercially prepared	1 muffin (2-1/2" dia x 2-1/4")	57	3.4	29	4.8	173.9
Muffins, corn, dry mix, prepared	1 oz	28.4	2.1	13.9	2.9	91
Muffins, corn, prepared from recipe, made with low fat (2%) milk	1 oz	28.4	2	12.5	3.5	89.6
Muffins, corn, prepared from recipe, made with low fat (2%) milk	1 muffin (2-3/4" dia x 2")	57	4	25.2	7	180.1
Muffins, corn, toaster-type	1 oz	28.4	1.5	16.4	3.2	98.1
Muffins, corn, toaster-type	1 muffin, toaster	33	1.7	19.1	3.7	114.2
Muffins, oat bran	1 oz	28.4	2	13.7	2.1	76.5
Muffins, oat bran	1 muffin (2-1/2" dia x 2-1/4")	57	4	27.5	4.2	153.9
Muffins, plain, prepared from recipe, made with low fat (2%) milk	1 oz	28.4	2	11.7	3.2	83.9
Muffins, plain, prepared from recipe, made with low fat (2%) milk	1 muffin	57	3.9	23.6	6.5	168.7
Muffins, wheat bran, dry mix	1 oz	28.4	2	20.7	3.4	112.3
Muffins, wheat bran, dry mix	1 package (7 oz)	198	14.1	144.5	23.8	784.1
Muffins, wheat bran, toaster-type with raisins	1 oz	28.4	1.5	14.8	2.5	83.6
Muffins, wheat bran, toaster-type with raisins	1 muffin, toaster	36	1.9	18.8	3.2	106.2
Muffins, wheat bran, toaster-type with raisins, toasted	1 oz	28.4	1.6	15.7	2.7	88.7
Muffins, wheat bran, toaster-type with raisins, toasted	1 muffin, toaster	34	1.9	18.9	3.2	106.4
Mulberries, raw	10 fruit	15	0.2	1.5	0.1	6.5
Mulberries, raw	1 cup	140	2	13.7	0.5	60.2
Mullet, striped, cooked, dry heat	3 oz	85	21.1	0	4.1	127.5
Mullet, striped, cooked, dry heat	1 fillet	93	23.1	0	4.5	139.5

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Mullet, striped, raw	1 oz	28.4	5.5	0	1.1	33.2
Mullet, striped, raw	3 oz	85	16.4	0	3.2	99.5
Mullet, striped, raw	1 fillet	119	23	0	4.5	139.2
Multi-grain Cheerios	1 cup	30	2.5	24.4	1.1	108.3
Mung beans, mature seeds, cooked, boiled, with salt	1 cup	202	14.2	38.7	0.8	212.1
Mung beans, mature seeds, cooked, boiled, without salt	1 cup	202	14.2	38.7	0.8	212.1
Mung beans, mature seeds, raw	1 tbsp	13	3.1	8.1	0.1	45.1
Mung beans, mature seeds, raw	1 cup	207	49.4	129.6	2.4	718.3
Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	1 cup	124	2.5	5.2	0.1	26
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1 cup	124	2.5	5.2	0.1	26
Mung beans, mature seeds, sprouted, cooked, stir-fried	1 cup	124	5.3	13.1	0.3	62
Mung beans, mature seeds, sprouted, raw	1 cup	104	3.2	6.2	0.2	31.2
Mung beans, mature seeds, sprouted, raw	1 package (12 oz)	340	10.3	20.2	0.6	102
Mungo beans, mature seeds, cooked, boiled, with salt	1 cup	180	13.6	33	1	189
Mungo beans, mature seeds, cooked, boiled, without salt	1 oz dry, yield after cooking	69	5.2	12.7	0.4	72.5
Mungo beans, mature seeds, cooked, boiled, without salt	1 cup	180	13.6	33	1	189
Mungo beans, mature seeds, raw	1 cup	207	52.2	122.1	3.4	705.9
Mushroom, oyster, raw	1 small	15	0.6	0.9	0.1	5.6
Mushroom, oyster, raw	1 large	148	6.1	9.2	0.8	54.8
Mushrooms, brown, italian, or crimini, raw	1 piece	14	0.4	0.6	0	3.1
Mushrooms, canned, drained solids	1 small	7	0.1	0.3	0	1.7
Mushrooms, canned, drained solids	1 medium	12	0.2	0.6	0	2.9
Mushrooms, canned, drained solids	1 large	16	0.3	0.8	0	3.8
Mushrooms, canned, drained solids	10 slices	40	0.7	2	0.1	9.6
Mushrooms, canned, drained solids	8 caps	47	0.9	2.3	0.1	11.3
Mushrooms, canned, drained solids	0.5 cup pieces	78	1.5	3.9	0.2	18.7
Mushrooms, canned, drained solids	1 can	131.5	2.5	6.5	0.4	31.6
Mushrooms, canned, drained solids	1 cup	156	2.9	7.7	0.5	37.4
Mushrooms, cooked, boiled, drained, with salt	1 tbsp	9.8	0.2	0.5	0	2.6
Mushrooms, cooked, boiled, drained, with salt	1 mushroom	12	0.3	0.6	0.1	3.2
Mushrooms, cooked, boiled, drained, with salt	0.5 cup pieces	78	1.7	4	0.4	21.1
Mushrooms, cooked, boiled, drained, with salt	1 cup pieces	156	3.4	8	0.7	42.1
Mushrooms, cooked, boiled, drained, without salt	1 tbsp	9.8	0.2	0.5	0	2.6
Mushrooms, cooked, boiled, drained, without salt	1 mushroom	12	0.3	0.6	0.1	3.2
Mushrooms, cooked, boiled, drained, without salt	0.5 cup pieces	78	1.7	4	0.4	21.1
Mushrooms, cooked, boiled, drained, without salt	1 cup pieces	156	3.4	8	0.7	42.1
Mushrooms, enoki, raw	1 medium	3	0.1	0.2	0	1
Mushrooms, enoki, raw	1 large	5	0.1	0.4	0	1.7
Mushrooms, raw	1 slice	6	0.2	0.2	0	1.5
Mushrooms, raw	1 small	10	0.3	0.4	0	2.5
Mushrooms, raw	1 medium	18	0.5	0.7	0.1	4.5
Mushrooms, raw	1 large	23	0.7	0.9	0.1	5.8
Mushrooms, raw	0.5 cup pieces	35	1	1.4	0.1	8.8
Mushrooms, raw	1 cup, pieces or slices	70	2	2.9	0.2	17.5
Mushrooms, raw	1 cup, whole	96	2.8	3.9	0.3	24
Mushrooms, shiitake, cooked, with salt	4 mushrooms	72	1.1	10.3	0.2	39.6
Mushrooms, shiitake, cooked, with salt	1 cup pieces	145	2.3	20.7	0.3	79.8
Mushrooms, shiitake, cooked, without salt	4 mushrooms	72	1.1	10.3	0.2	39.6
Mushrooms, shiitake, cooked, without salt	1 cup pieces	145	2.3	20.7	0.3	79.8
Mushrooms, shiitake, dried	1 mushroom	3.6	0.3	2.7	0	10.7
Mushrooms, shiitake, dried	4 mushrooms	15	1.4	11.3	0.1	44.4
Mushrooms, straw, canned, drained solids	1 piece	5.5	0.2	0.3	0	1.8
Mushrooms, straw, canned, drained solids	1 cup	182	7	8.5	1.2	58.2
Muskrat, cooked, roasted	3 oz	85	25.6	0	10	198.9
Muskrat, cooked, roasted	1 piece, cooked (yield from 1 lb raw meat, boneless)	313	94.2	0	36.7	732.4
Muskrat, raw	1 oz	28.4	5.9	0	2.3	45.9
Muskrat, raw	1 lb	453.6	94.2	0	36.7	734.8
Mussel, blue, cooked, moist heat	3 oz	85	20.2	6.3	3.8	146.2
Mussel, blue, raw	1 small	10	1.2	0.4	0.2	8.6
Mussel, blue, raw	1 medium	16	1.9	0.6	0.4	13.8
Mussel, blue, raw	1 large	20	2.4	0.7	0.4	17.2
Mussel, blue, raw	1 oz	28.4	3.4	1	0.6	24.4
Mussel, blue, raw	3 oz	85	10.1	3.1	1.9	73.1
Mussel, blue, raw	1 cup	150	17.9	5.5	3.4	129

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Mustard greens, cooked, boiled, drained, with salt	1 cup, chopped	140	3.2	2.9	0.3	21
Mustard greens, cooked, boiled, drained, without salt	1 cup, chopped	140	3.2	2.9	0.3	21
Mustard greens, frozen, cooked, boiled, drained, with salt	0.5 cup, chopped or diced	75	1.7	2.3	0.2	14.3
Mustard greens, frozen, cooked, boiled, drained, without salt	1 package (10 oz) yields	212	4.8	6.6	0.5	40.3
Mustard greens, frozen, cooked, boiled, drained, without salt	1 cup, chopped	150	3.4	4.7	0.4	28.5
Mustard greens, frozen, cooked, boiled, drained, without salt	1 package (10 oz) yields	212	4.8	6.6	0.5	40.3
Mustard greens, frozen, unprepared	1 cup, chopped	146	3.6	5	0.4	29.2
Mustard greens, frozen, unprepared	1 package (10 oz)	284	7.1	9.7	0.8	56.8
Mustard greens, raw	1 cup, chopped	56	1.5	2.7	0.1	14.6
Mustard seed, yellow	1 tsp	3.3	0.8	1.2	0.9	15.5
Mustard seed, yellow	1 tbsp	11.2	2.8	3.9	3.2	52.5
Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	1 cup, chopped	180	3.1	5	0.4	28.8
Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	1 cup, chopped	180	3.1	5	0.4	28.8
Mustard spinach, (tendergreen), raw	1 cup, chopped	150	3.3	5.9	0.5	33
Mustard, prepared, yellow	1 tsp or 1 packet	5	0.2	0.4	0.2	3.3
Mustard, prepared, yellow	1 cup	250	9.9	19.5	7.8	165
Nabisco Grahams Crackers	1 serving	28	2	21.3	2.8	118.7
Nabisco Nilla Pie Crust, Ready To Use	1 serving	28	1	17.7	7.6	143.6
Nabisco Oreo Crunchies, Cookie Crumb Topping	1 serving	11	0.5	7.7	2.4	52.4
Nabisco Original Premium Saline Crackers	1 serving	14	1.5	10	1.4	58.8
Nabisco Ritz Crackers	1 serving	16	1.2	10.3	3.7	78.7
Nabisco Snackwell's Caramel Delights Cookies	1 serving	18	0.8	12.6	2	68.9
Nabisco Snackwell's Cracked Pepper Cracker	1 serving	14	1.3	10.5	1.5	61.5
Nabisco Snackwell's Fat Free Devil's Food Cookie Cakes	1 serving	16	0.8	11.9	0.2	48.8
Nabisco Snackwell's French Onion Snack Crackers	1 serving	30	2.1	23.1	3	128.4
Nabisco Snackwell's Italian Ranch Snack Crackers	1 serving	30	2.1	23.3	3	128.4
Nabisco Snackwell's Mint Creme Cookies	1 serving	25	1	19	3.6	108
Nabisco Snackwell's Salsa Snack Crackers	1 serving	30	2.1	23.4	3	128.1
Nabisco Snackwell's Wheat Cracker	1 serving	15	1.2	11.6	1.5	62.3
Nabisco Snackwell's Zesty Cheese Crackers	1 serving	30	2.2	23.1	3	129.3
Nabisco Wheat Thins Crackers, Baked	1 serving	29	2.4	20	5.8	136.3
Nalley Chili Con Carne With Beans, Canned Entree	1 serving	258	40.2	11.9	8	281.2
Nalley Chili Con Carne With Beans, Canned Entree	1 package yields	425	66.3	19.6	13.2	463.3
Natto	1 cup	175	31	25.1	19.3	371
Natural Touch Vegan Burgers, Frozen	1 patty	85	13.9	7.5	0.5	91
Natural Touch Vegan Burgers, Frozen	1 package yields	4082	667.8	361.7	25.7	4367.7
Natural Touch, Garden Vege Patties, Frozen	1 patty	67	11.2	10.2	3.8	119.3
Natural Touch, Garden Vege Patties, Frozen	1 cup	252	42.2	38.4	14.2	448.6
Natural Touch, Garden Vege Patties, Frozen	1 package yields	3175	531.2	483.6	178.4	5651.5
Nature Valley Low Fat Fruit Granola	0.667 cup	55	4.6	43.8	3	212.3
Nectarines, raw	1 fruit (2-1/2" dia)	136	1.3	16	0.6	66.6
Nectarines, raw	1 cup slices	138	1.3	16.3	0.6	67.6
Nestea ice tea, lemon flavor, ready-to-drink	1 cup (8 fl oz)	240	0	20.4	0.7	88.8
Nestle, 100 Grand Bar	1 bar, miniature	21	1	14.8	3.8	97.9
Nestle, 100 Grand Bar	1 bar (1.5 oz)	43	2.1	30.4	7.8	200.4
Nestle, 100 Grand Bar	1 package	11340	554.5	8018.5	2062.7	52844.4
Nestle, After Eight Mints	1 piece	8.2	0.2	6.3	1.1	29.4
Nestle, After Eight Mints	1 serving	41	0.9	31.5	5.6	146.8
Nestle, After Eight Mints	5 pieces	41	0.9	31.5	5.6	146.8
Nestle, Baby Ruth Bar	1 bar, fun size	14	1	9.1	3	67.3
Nestle, Baby Ruth Bar	1 bar, miniature	21	1.6	13.7	4.4	101
Nestle, Baby Ruth Bar	1 bar (1.2 oz)	34	2.5	22.2	7.2	163.5
Nestle, Baby Ruth Bar	1 bar (2.1 oz)	60	4.5	39.1	12.7	288.6
Nestle, Baby Ruth Bar	1 bar (2.28 oz)	65	4.9	42.4	13.8	312.7
Nestle, Baby Ruth Bar	1 package	11340	849.4	7397.1	2400.7	54545.4
Nestle, Butterfinger Bar And Dessert Topping	1 bar (bite size)	7	0.9	4.6	1.3	33.6
Nestle, Butterfinger Bar And Dessert Topping	1 bar, fun size	21	2.6	13.8	3.9	100.8
Nestle, Butterfinger Bar And Dessert Topping	2 tbsp	25	3.1	16.4	4.7	120
Nestle, Butterfinger Bar And Dessert Topping	10 butterfinger bb's	26	3.2	17	4.9	124.8
Nestle, Butterfinger Bar And Dessert Topping	1 bar (1.6 oz)	45	5.6	29.5	8.4	216
Nestle, Butterfinger Bar And Dessert Topping	1 bar (2.16 oz)	61	7.6	40	11.4	292.8
Nestle, Butterfinger Bar And Dessert Topping	1 bar, king size	108	13.4	70.8	20.2	518.4
Nestle, Butterfinger Bar And Dessert Topping	1 cup butterfinger bb's	174	21.7	114.1	32.5	835.2
Nestle, Butterfinger Bar And Dessert Topping	1 package (3 lb)	1361	169.4	892.3	254	6532.8



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Nestle, Chunky Bar	1 bar (1.25 oz)	35	3.2	20	10.2	173.3
Nestle, Chunky Bar	1 bar (1.4 oz)	40	3.6	22.8	11.7	198
Nestle, Crunch Bar And Dessert Topping	1 bar, miniature	10	0.6	6.5	2.6	52.2
Nestle, Crunch Bar And Dessert Topping	2 tbsp	24	1.4	15.7	6.3	125.3
Nestle, Crunch Bar And Dessert Topping	1 bar (1.4 oz)	40	2.4	26.1	10.5	208.8
Nestle, Crunch Bar And Dessert Topping	1 serving	40	2.4	26.1	10.5	208.8
Nestle, Crunch Bar And Dessert Topping	1 bar (1.55 oz)	44	2.6	28.7	11.6	229.7
Nestle, Crunch Bar And Dessert Topping	1 package (3 lb)	1361	81.7	887.5	357.9	7104.4
Nestle, Crunch Bar And Dessert Topping	1 package	11340	680.4	7394.8	2982.4	59194.8
Nestle, Demet's Turtles Candy	1 piece	17	1.1	9.9	4.7	82.5
Nestle, Demet's Turtles Candy	1 package (6 oz)	170	10.9	98.6	47.3	824.5
Nestle, Goobers Chocolate Covered Peanuts	10 pieces	10	1.4	4.9	3.4	51.3
Nestle, Goobers Chocolate Covered Peanuts	1 package (1.375 oz)	39	5.3	19	13.1	200.1
Nestle, Goobers Chocolate Covered Peanuts	0.25 cup	41	5.6	20	13.7	210.3
Nestle, Goobers Chocolate Covered Peanuts	1 serving	41	5.6	20	13.7	210.3
Nestle, Goobers Chocolate Covered Peanuts	1 package (7 oz)	198	27.1	96.4	66.3	1015.7
Nestle, Oh Henry! Bar	1 bar (2 oz)	57	6.2	36.9	9.6	245.7
Nestle, Raisinets Chocolate Covered Raisins	10 pieces	10	0.5	7.1	1.6	41.2
Nestle, Raisinets Chocolate Covered Raisins	1 package	45	2.1	32	7.2	185.4
Nestle, Raisinets Chocolate Covered Raisins	1 package (1.58 oz)	45	2.1	32	7.2	185.4
New england brand sausage, pork, beef	1 slice (4" dia x 1/8" thick)	23	4	1.1	1.7	37
New england brand sausage, pork, beef	1 oz	28.4	4.9	1.4	2.1	45.6
New zealand spinach, cooked, boiled, drained, with salt	1 cup, chopped	180	2.3	4	0.3	21.6
New zealand spinach, cooked, boiled, drained, without salt	1 cup, chopped	180	2.3	4	0.3	21.6
New zealand spinach, raw	1 cup, chopped	56	0.8	1.4	0.1	7.8
Noodles, chinese, cellophane or long rice (mung beans), dehydrated	1 cup	140	0.2	120.5	0.1	491.4
Noodles, chinese, chow mein	1.5 oz	43	3.6	24.7	13.2	226.6
Noodles, chinese, chow mein	1 cup	45	3.8	25.9	13.8	237.2
Noodles, egg, cooked, enriched	1 cup	160	7.6	39.7	2.4	212.8
Noodles, egg, cooked, enriched, with added salt	1 cup	160	7.6	39.7	2.4	212.8
Noodles, egg, cooked, unenriched, with added salt	1 cup	160	7.6	39.7	2.4	212.8
Noodles, egg, cooked, unenriched, without added salt	1 cup	160	7.6	39.7	2.4	212.8
Noodles, egg, dry, enriched	1 cup	38	5.3	27	1.6	144.8
Noodles, egg, dry, enriched	2 oz	57	8	40.5	2.4	217.2
Noodles, egg, dry, unenriched	1 cup	38	5.3	27	1.6	144.8
Noodles, egg, spinach, cooked, enriched	1 cup	160	8.1	38.8	2.5	211.2
Noodles, egg, spinach, dry, enriched	1 cup	38	5.6	26.7	1.7	145.2
Noodles, egg, spinach, dry, enriched	2 oz	57	8.3	40.1	2.6	217.7
Noodles, japanese, soba, cooked	1 cup	114	5.8	24.4	0.1	112.9
Noodles, japanese, soba, dry	2 oz	57	8.2	42.5	0.4	191.5
Noodles, japanese, somen, cooked	1 cup	176	7	48.5	0.3	230.6
Noodles, japanese, somen, dry	2 oz	57	6.5	42.2	0.5	202.9
Nopales, cooked, without salt	1 pad	29	0.4	0.9	0	4.4
Nopales, cooked, without salt	1 cup	149	2	4.9	0.1	22.4
Nopales, raw	1 cup, sliced	86	1.1	2.9	0.1	13.8
Nutmeg, ground	1 tsp	2.2	0.1	1.1	0.8	11.6
Nutmeg, ground	1 tbsp	7	0.4	3.5	2.5	36.8
Nutrasweet, Equal, Packet	1 packet	1	0	0.9	0	3.5
Nutrasweet, Equal, Packet	1 tsp	3.5	0.1	3	0	12.5
Oat bran, cooked	1 cup	219	7	25.1	1.9	87.6
Oat bran, raw	1 cup	94	16.3	62.2	6.6	231.2
Oatmeal Crisp With Almonds	1 cup	55	5.8	42	4.6	218.9
Oatmeal Crisp With Apples	1 cup	55	4.3	46.2	1.8	205.2
Oatmeal Raisin Crisp	1 cup	55	4.4	43.7	2.4	204.1
Oats	1 cup	156	26.3	103.4	10.8	606.8
Oats, instant, fortified, plain, dry	1 packet	28	4.3	17.9	1.7	103.3
Oats, instant, fortified, plain, prepared with water	1 oz, dry, yields	177	4.4	18.1	1.8	104.4
Oats, instant, fortified, plain, prepared with water	1 packet, yields	177	4.4	18.1	1.8	104.4
Oats, instant, fortified, plain, prepared with water	1 cup, cooked	234	5.9	23.9	2.3	138.1
Oats, instant, fortified, plain, prepared with water	1 cup, dry, yields	501	12.5	51.1	5	295.6
Oats, instant, fortified, with bran and raisins, dry	1 packet	42.5	4.8	30.4	1.9	157.7
Oats, instant, fortified, with bran and raisins, prepared with water	1 packet, prepared	195	4.9	30.4	2	158
Oats, instant, fortified, with cinnamon and spice, dry	1 packet	46.1	3.9	35.9	2.1	172
Oats, instant, fortified, with cinnamon and spice, prepared with water	1 tbsp	15	0.5	3.3	0.2	16.5

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Oats, instant, fortified, with cinnamon and spice, prepared with water	1 packet, prepared	161	4.8	35.1	1.9	177.1
Oats, instant, fortified, with cinnamon and spice, prepared with water	1 cup	240	7.2	52.3	2.9	264
Oats, instant, fortified, with raisins and spice, dry	1 packet	42.5	4.5	31.7	1.8	154.3
Oats, instant, fortified, with raisins and spice, prepared with water	1 tbsp	15	0.4	3	0.2	15.3
Oats, instant, fortified, with raisins and spice, prepared with water	1 packet, prepared	158	4.3	31.9	1.7	161.2
Oats, instant, fortified, with raisins and spice, prepared with water	1 cup	240	6.5	48.5	2.6	244.8
Oats, regular and quick and instant, without fortified, cooked with water, with salt	0.75 cup	175	4.6	18.9	1.8	108.5
Oats, regular and quick and instant, without fortified, cooked with water, with salt	1 cup	234	6.1	25.3	2.3	145.1
Oats, regular and quick and instant, without fortified, cooked with water, without salt	1 tbsp	14.6	0.4	1.6	0.1	9.1
Oats, regular and quick and instant, without fortified, cooked with water, without salt	0.75 cup	175	4.6	18.9	1.8	108.5
Oats, regular and quick and instant, without fortified, cooked with water, without salt	1 cup	234	6.1	25.3	2.3	145.1
Oats, regular and quick and instant, without fortified, dry	0.333 cup	27	4.3	18.1	1.7	103.7
Oats, regular and quick and instant, without fortified, dry	1 cup	81	13	54.3	5.1	311
Ocean perch, atlantic, cooked, dry heat	1 fillet	50	11.9	0	1	60.5
Ocean perch, atlantic, cooked, dry heat	3 oz	85	20.3	0	1.8	102.9
Ocean perch, atlantic, raw	1 oz, boneless	28.4	5.3	0	0.5	26.6
Ocean perch, atlantic, raw	1 fillet	64	11.9	0	1	60.2
Ocean perch, atlantic, raw	3 oz	85	15.8	0	1.4	79.9
Octopus, common, cooked, moist heat	3 oz	85	25.3	3.7	1.8	139.4
Octopus, common, raw	3 oz	85	12.7	1.9	0.9	69.7
Oheloberries, raw	10 fruit	11	0	0.8	0	3.1
Oheloberries, raw	1 cup	140	0.5	9.6	0.3	39.2
Oil, olive, salad or cooking	1 1tsp	4.5	0	0	4.5	39.8
Oil, olive, salad or cooking	1 tbsp	13.5	0	0	13.5	119.3
Oil, olive, salad or cooking	1 cup	216	0	0	216	1909.4
Oil, peanut, salad or cooking	1 1tsp	4.5	0	0	4.5	39.8
Oil, peanut, salad or cooking	1 tbsp	13.5	0	0	13.5	119.3
Oil, peanut, salad or cooking	1 cup	216	0	0	216	1909.4
Oil, sesame, salad or cooking	1 1tsp	4.5	0	0	4.5	39.8
Oil, sesame, salad or cooking	1 tbsp	13.6	0	0	13.6	120.2
Oil, sesame, salad or cooking	1 cup	218	0	0	218	1927.1
Oil, soybean, salad or cooking	1 1tsp	4.5	0	0	4.5	39.8
Oil, soybean, salad or cooking	1 tbsp	13.6	0	0	13.6	120.2
Oil, soybean, salad or cooking	1 cup	218	0	0	218	1927.1
Oil, soybean, salad or cooking,	1 1tsp	4.5	0	0	4.5	39.8
Oil, soybean, salad or cooking,	1 tbsp	13.6	0	0	13.6	120.2
Oil, soybean, salad or cooking,	1 cup	218	0	0	218	1927.1
Oil, soybean, salad or cooking, and cottonseed	1 1tsp	4.5	0	0	4.5	39.8
Oil, soybean, salad or cooking, and cottonseed	1 tbsp	13.6	0	0	13.6	120.2
Oil, soybean, salad or cooking, and cottonseed	1 cup	218	0	0	218	1927.1
Oil, vegetable corn, salad or cooking	1 1tsp	4.5	0	0	4.5	39.8
Oil, vegetable corn, salad or cooking	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable corn, salad or cooking	1 cup	218	0	0	218	1927.1
Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)	1 1tsp	4.5	0	0	4.5	39.8
Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)	1 cup	218	0	0	218	1927.1
Oil, vegetable safflower, salad or cooking, oleic, (over 70%)	1 1tsp	4.5	0	0	4.5	39.8
Oil, vegetable safflower, salad or cooking, oleic, (over 70%)	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable safflower, salad or cooking, oleic, (over 70%)	1 cup	218	0	0	218	1927.1
Oil, vegetable, almond	1 1tsp	4.5	0	0	4.5	39.8
Oil, vegetable, almond	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, almond	1 cup	218	0	0	218	1927.1
Oil, vegetable, apricot kernel	1 1tsp	4.5	0	0	4.5	39.8
Oil, vegetable, apricot kernel	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, apricot kernel	1 cup	218	0	0	218	1927.1
Oil, vegetable, babassu	1 1tsp	4.5	0	0	4.5	39.8
Oil, vegetable, babassu	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, babassu	1 cup	218	0	0	218	1927.1
Oil, vegetable, cocoa butter	1 1tsp	4.5	0	0	4.5	39.8
Oil, vegetable, cocoa butter	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, cocoa butter	1 cup	218	0	0	218	1927.1
Oil, vegetable, cottonseed, salad or cooking	1 1tsp	4.5	0	0	4.5	39.8
Oil, vegetable, cottonseed, salad or cooking	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, cottonseed, salad or cooking	1 cup	218	0	0	218	1927.1

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Oil, vegetable, cupu assu	1 1 tsp	4.5	0	0	4.5	39.8
Oil, vegetable, cupu assu	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, cupu assu	1 cup	218	0	0	218	1927.1
Oil, vegetable, grapeseed	1 1 tsp	4.5	0	0	4.5	39.8
Oil, vegetable, grapeseed	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, grapeseed	1 cup	218	0	0	218	1927.1
Oil, vegetable, hazelnut	1 1 tsp	4.5	0	0	4.5	39.8
Oil, vegetable, hazelnut	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, hazelnut	1 cup	218	0	0	218	1927.1
Oil, vegetable, nutmeg butter	1 1 tsp	4.5	0	0	4.5	39.8
Oil, vegetable, nutmeg butter	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, nutmeg butter	1 cup	218	0	0	218	1927.1
Oil, vegetable, palm	1 1 tsp	4.5	0	0	4.5	39.8
Oil, vegetable, palm	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, palm	1 cup	216	0	0	216	1909.4
Oil, vegetable, poppyseed	1 1 tsp	4.5	0	0	4.5	39.8
Oil, vegetable, poppyseed	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, poppyseed	1 cup	218	0	0	218	1927.1
Oil, vegetable, rice bran	1 1 tsp	4.5	0	0	4.5	39.8
Oil, vegetable, rice bran	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, rice bran	1 cup	218	0	0	218	1927.1
Oil, vegetable, sheanut	1 1 tsp	4.5	0	0	4.5	39.8
Oil, vegetable, sheanut	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, sheanut	1 cup	218	0	0	218	1927.1
Oil, vegetable, sunflower, linoleic (less than 60%)	1 1 tsp	4.5	0	0	4.5	39.8
Oil, vegetable, sunflower, linoleic (less than 60%)	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, sunflower, linoleic (less than 60%)	1 cup	218	0	0	218	1927.1
Oil, vegetable, sunflower, linoleic,	1 1 tsp	4.5	0	0	4.5	39.8
Oil, vegetable, sunflower, linoleic,	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, sunflower, linoleic,	1 cup	218	0	0	218	1927.1
Oil, vegetable, sunflower, linoleic, (60% and over)	1 1 tsp	4.5	0	0	4.5	39.8
Oil, vegetable, sunflower, linoleic, (60% and over)	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, sunflower, linoleic, (60% and over)	1 cup	218	0	0	218	1927.1
Oil, vegetable, teaseed	1 1 tsp	4.5	0	0	4.5	39.8
Oil, vegetable, teaseed	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, teaseed	1 cup	218	0	0	218	1927.1
Oil, vegetable, tomatoseed	1 1 tsp	4.5	0	0	4.5	39.8
Oil, vegetable, tomatoseed	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, tomatoseed	1 cup	218	0	0	218	1927.1
Oil, vegetable, ucuhuba butter	1 1 tsp	4.5	0	0	4.5	39.8
Oil, vegetable, ucuhuba butter	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, ucuhuba butter	1 cup	218	0	0	218	1927.1
Oil, vegetable, walnut	1 1 tsp	4.5	0	0	4.5	39.8
Oil, vegetable, walnut	1 tbsp	13.6	0	0	13.6	120.2
Oil, vegetable, walnut	1 cup	218	0	0	218	1927.1
Oil, wheat germ	1 1 tsp	4.5	0	0	4.5	39.8
Oil, wheat germ	1 tbsp	13.6	0	0	13.6	120.2
Oil, wheat germ	1 cup	218	0	0	218	1927.1
Okra, cooked, boiled, drained, with salt	0.5 cup slices	80	1.5	5.8	0.1	25.6
Okra, cooked, boiled, drained, with salt	8 pods (3" long)	85	1.6	6.1	0.1	27.2
Okra, cooked, boiled, drained, without salt	0.5 cup slices	80	1.5	5.8	0.1	25.6
Okra, cooked, boiled, drained, without salt	8 pods (3" long)	85	1.6	6.1	0.1	27.2
Okra, frozen, cooked, boiled, drained, with salt	0.5 cup slices	92	1.9	5.3	0.3	25.8
Okra, frozen, cooked, boiled, drained, with salt	1 package (10 oz) yields	255	5.3	14.7	0.8	71.4
Okra, frozen, cooked, boiled, drained, without salt	0.5 cup slices	92	1.9	5.3	0.3	25.8
Okra, frozen, cooked, boiled, drained, without salt	1 package (10 oz) yields	255	5.3	14.7	0.8	71.4
Okra, frozen, unprepared	1 package (10 oz)	284	4.8	18.9	0.7	85.2
Okra, frozen, unprepared	1 package (3 lb)	1361	23	90.4	3.4	408.3
Okra, raw	8 pods (3" long)	95	1.9	7.2	0.1	31.4
Okra, raw	1 cup	100	2	7.6	0.1	33
Old El Paso Chili With Beans, Canned Entree	1 serving	228	17.6	21.7	10.3	248.5
Old El Paso Chili With Beans, Canned Entree	1 package yields	425	32.7	40.4	19.1	463.3
Olive loaf, pork	1 slice (1 oz) (4" x 4" x 3/32" thick)	28.4	3.3	2.6	4.7	66.6
Olive loaf, pork	2 slices	56.7	6.7	5.2	9.4	133.2

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Olives, ripe, canned (jumbo-super colossal)	1 jumbo	8.3	0.1	0.5	0.6	6.7
Olives, ripe, canned (jumbo-super colossal)	1 super colossal	15.2	0.1	0.9	1	12.3
Olives, ripe, canned (small-extra large)	1 small	3.2	0	0.2	0.3	3.7
Olives, ripe, canned (small-extra large)	1 large	4.4	0	0.3	0.5	5.1
Olives, ripe, canned (small-extra large)	1 tbsp	8.4	0.1	0.5	0.9	9.7
Onion powder	1 tsp	2.1	0.2	1.7	0	7.3
Onion powder	1 tbsp	6.5	0.7	5.2	0.1	22.6
Onion rings, breaded, par fried, frozen, prepared, heated in oven	1 cup	48	2.6	18.3	12.8	195.4
Onion rings, breaded, par fried, frozen, prepared, heated in oven	10 rings, small (1-2" dia)	48	2.6	18.3	12.8	195.4
Onion rings, breaded, par fried, frozen, prepared, heated in oven	10 rings, medium (2-3" dia)	60	3.2	22.9	16	244.2
Onion rings, breaded, par fried, frozen, prepared, heated in oven	10 rings, large (3-4" dia)	71	3.8	27.1	19	289
Onion rings, breaded, par fried, frozen, unprepared	1 package (9 oz)	255	8	77.9	36	657.9
Onion rings, breaded, par fried, frozen, unprepared	1 package (16 oz)	454	14.3	138.6	64	1171.3
Onions, canned	1 onion	63	0.5	2.5	0.1	12
Onions, canned	0.5 cup, chopped or diced	112	1	4.5	0.1	21.3
Onions, cooked, boiled, drained, with salt	1 tbsp chopped	15	0.2	1.5	0	6.6
Onions, cooked, boiled, drained, with salt	1 small	60	0.8	6.1	0.1	26.4
Onions, cooked, boiled, drained, with salt	1 medium	125	1.7	12.7	0.2	55
Onions, cooked, boiled, drained, with salt	1 large	170	2.3	17.3	0.3	74.8
Onions, cooked, boiled, drained, with salt	1 cup	210	2.9	21.3	0.4	92.4
Onions, cooked, boiled, drained, without salt	1 slice, thin	8	0.1	0.8	0	3.5
Onions, cooked, boiled, drained, without salt	1 slice, medium (1/8" thick)	12	0.2	1.2	0	5.3
Onions, cooked, boiled, drained, without salt	1 tbsp chopped	15	0.2	1.5	0	6.6
Onions, cooked, boiled, drained, without salt	1 slice, large (1/4" thick)	32	0.4	3.2	0.1	14.1
Onions, cooked, boiled, drained, without salt	1 small	60	0.8	6.1	0.1	26.4
Onions, cooked, boiled, drained, without salt	1 medium	94	1.3	9.5	0.2	41.4
Onions, cooked, boiled, drained, without salt	1 large	128	1.7	13	0.2	56.3
Onions, cooked, boiled, drained, without salt	1 cup	210	2.9	21.3	0.4	92.4
Onions, dehydrated flakes	1 tbsp	5	0.4	4.2	0	17.5
Onions, dehydrated flakes	0.25 cup	14	1.3	11.7	0.1	48.9
Onions, frozen, chopped, cooked, boiled, drained, with salt	1 tbsp chopped	15	0.1	1	0	4.2
Onions, frozen, chopped, cooked, boiled, drained, with salt	0.5 cup, chopped or diced	105	0.8	6.9	0.1	29.4
Onions, frozen, chopped, cooked, boiled, drained, without salt	1 tbsp chopped	15	0.1	1	0	4.2
Onions, frozen, chopped, cooked, boiled, drained, without salt	0.5 cup, chopped or diced	105	0.8	6.9	0.1	29.4
Onions, frozen, chopped, unprepared	1 package (10 oz)	284	2.2	19.3	0.3	82.4
Onions, frozen, whole, cooked, boiled, drained, with salt	1 cup	210	1.5	14.1	0.1	58.8
Onions, frozen, whole, cooked, boiled, drained, without salt	1 cup	210	1.5	14.1	0.1	58.8
Onions, frozen, whole, unprepared	1 package (10 oz)	284	2.5	24	0.2	99.4
Onions, raw	1 slice, thin	9	0.1	0.8	0	3.4
Onions, raw	1 tbsp chopped	10	0.1	0.9	0	3.8
Onions, raw	1 slice, medium (1/8" thick)	14	0.2	1.2	0	5.3
Onions, raw	1 slice, large (1/4" thick)	38	0.4	3.3	0.1	14.4
Onions, raw	10 rings	60	0.7	5.2	0.1	22.8
Onions, raw	1 small	70	0.8	6	0.1	26.6
Onions, raw	1 medium (2-1/2" dia)	110	1.3	9.5	0.2	41.8
Onions, raw	1 cup, sliced	115	1.3	9.9	0.2	43.7
Onions, raw	1 large	150	1.7	12.9	0.2	57
Onions, raw	1 cup, chopped	160	1.9	13.8	0.3	60.8
Onions, raw	1 small (3" long)	5	0.1	0.4	0	1.6
Onions, spring or scallions (includes tops and bulb), raw	1 tbsp chopped	6	0.1	0.4	0	1.9
Onions, spring or scallions (includes tops and bulb), raw	1 medium (4-1/8" long)	15	0.3	1.1	0	4.8
Onions, spring or scallions (includes tops and bulb), raw	1 large	25	0.5	1.8	0	8
Onions, spring or scallions (includes tops and bulb), raw	1 cup, chopped	100	1.8	7.3	0.2	32
Opossum, cooked, roasted	3 oz	85	25.7	0	8.7	187.9
Opossum, cooked, roasted	1 piece, cooked (yield from 1 lb raw meat, boneless)	399	120.5	0	40.7	881.8
Orange and apricot juice drink, canned	1 fl oz	31.2	0.1	4	0	15.9
Orange and apricot juice drink, canned	1 cup (8 fl oz)	250	0.8	31.8	0.3	127.5
Orange drink, breakfast type, with juice and pulp, frozen concentrate	1 fl oz	36.3	0.1	14.2	0	55.5
Orange drink, breakfast type, with juice and pulp, frozen concentrate	1 can (12 fl oz)	436	1.7	170	0	667.1
Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	1 fl oz	31.3	0	3.5	0	14.1
Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	1 cup (8 fl oz)	250	0.3	28.3	0	112.5
Orange drink, canned	1 fl oz	31	0	4	0	15.8
Orange drink, canned	1 cup (8 fl oz)	248	0	32	0	126.5
Orange juice, california, chilled, includes from concentrate	1 fl oz	31.1	0.2	3.1	0.1	13.7

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Orange juice, california, chilled, includes from concentrate	1 cup	249	2	25	0.7	109.6
Orange juice, canned, unsweetened	1 fl oz	31.1	0.2	3.1	0	13.1
Orange juice, canned, unsweetened	1 cup	249	1.5	24.5	0.3	104.6
Orange juice, canned, unsweetened	1 drink box (8.45 fl oz)	263	1.6	25.9	0.4	110.5
Orange juice, chilled, includes from concentrate	1 fl oz	31.1	0.2	3.1	0.1	13.7
Orange juice, chilled, includes from concentrate	1 cup	249	2	25	0.7	109.6
Orange juice, frozen concentrate, unsweetened, diluted with water	1 fl oz	31.1	0.2	3.4	0	14
Orange juice, frozen concentrate, unsweetened, diluted with water	1 cup	249	1.7	26.8	0.1	112.1
Orange juice, frozen concentrate, unsweetened, undiluted	1 fl oz	35.5	0.8	13.6	0.1	56.4
Orange juice, frozen concentrate, unsweetened, undiluted	1 can (6 fl oz)	213	5.1	81.3	0.4	338.7
Orange juice, frozen concentrate, unsweetened, undiluted	1 cup	284	6.8	108.4	0.6	451.6
Orange juice, raw	1 fl oz	31	0.2	3.2	0.1	14
Orange juice, raw	1 fruit yields	86	0.6	8.9	0.2	38.7
Orange juice, raw	1 cup	248	1.7	25.8	0.5	111.6
Orange peel, raw	1 tsp	2	0	0.5	0	1.9
Orange peel, raw	1 tbsps	6	0.1	1.5	0	5.8
Orange soda	1 fl oz	31	0	3.8	0	14.9
Orange soda	1 can or bottle (12 fl oz)	372	0	45.8	0	178.6
Orange soda	1 can or bottle (16 fl oz)	496	0	61	0	238.1
Orange-flavor drink, breakfast type, powder	1 serving (3 heaping tsp or 1 envelope)	24	0	22	0	87.8
Orange-flavor drink, breakfast type, powder, prepared with water	1 fl oz	31	0	3.7	0	14.3
Orange-flavor drink, breakfast type, powder, prepared with water	1 cup (8 fl oz)	248	0	29.3	0	114.1
Orange-flavor drink, breakfast type, with pulp, frozen concentrate	1 fl oz	35.3	0	15.1	0.2	60.7
Orange-flavor drink, breakfast type, with pulp, frozen concentrate	1 can (12 fl oz)	424	0.4	181.9	2.1	729.3
Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	1 fl oz	31	0	3.8	0.1	15.2
Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	1 cup (8 fl oz)	248	0	30.3	0.5	121.5
Orange-flavor drink, Kraft, tang drink mix	1 portion, amount of dry mix to make 8 fl oz prepared	25	0	24.6	0	91.5
Orange-flavor drink, Kraft, tang drink mix	2 tbsps	25	0	24.6	0	91.5
Orange-flavor drink, Kraft, tang sugar free low calorie drink mix	1 portion, amount of dry mix to make 8 fl oz prepared	2.5	0.1	2.1	0	5.4
Orange-grapefruit juice, canned, unsweetened	1 fl oz	30.9	0.2	3.2	0	13.3
Orange-grapefruit juice, canned, unsweetened	1 cup	247	1.5	25.4	0.2	106.2
Oranges, raw, all commercial varieties	1 small (2-3/8" dia)	96	0.9	11.3	0.1	45.1
Oranges, raw, all commercial varieties	1 fruit (2-5/8" dia)	131	1.2	15.4	0.2	61.6
Oranges, raw, all commercial varieties	1 cup, sections	180	1.7	21.2	0.2	84.6
Oranges, raw, all commercial varieties	1 large (3-1/16" dia)	184	1.7	21.6	0.2	86.5
Oranges, raw, california, navels	1 fruit (2-7/8" dia)	140	1.4	16.3	0.1	64.4
Oranges, raw, california, navels	1 cup sections, without membranes	165	1.7	19.2	0.1	75.9
Oranges, raw, california, valencias	1 fruit (2-5/8" dia)	121	1.3	14.4	0.4	59.3
Oranges, raw, california, valencias	1 cup sections, without membranes	180	1.9	21.4	0.5	88.2
Oranges, raw, florida	1 fruit (2-5/8" dia)	141	1	16.3	0.3	64.9
Oranges, raw, florida	1 fruit (2-11/16" diam)	151	1.1	17.4	0.3	69.5
Oranges, raw, florida	1 cup sections, without membranes	185	1.3	21.3	0.4	85.1
Oranges, raw, with peel	1 fruit without seeds	159	2.1	24.6	0.5	63.6
Oranges, raw, with peel	1 cup	170	2.2	26.4	0.5	68
Oregano, ground	1 tsp	1.5	0.2	1	0.2	4.6
Oregano, ground	1 tbsps	4.5	0.5	2.9	0.5	13.8
Oriental mix, rice-based	1 oz	28.4	4.9	14.6	7.3	155.6
Oriental mix, rice-based	2 oz	56.7	9.8	29.3	14.5	311.3
Oscar Mayer, bologna (beef light)	1 serving	28	3.3	1.7	4	55.4
Oscar Mayer, bologna (beef)	1 serving	28	3.1	0.7	8.2	88.8
Oscar Mayer, bologna (chicken, pork, beef)	1 serving	28	3.1	0.7	8.2	89
Oscar Mayer, bologna (fat free)	1 serving	28	3.5	1.7	0.2	22.1
Oscar Mayer, bologna light (pork, chicken, beef)	1 serving	28	3.2	1.6	4.1	55.7
Oscar Mayer, braunschweiger liver sausage (saren tube)	1 serving	56	8	1.3	17.1	191
Oscar Mayer, braunschweiger liver sausage (sliced)	1 serving	28	3.9	0.6	8.5	94.1
Oscar Mayer, chicken breast (honey glazed)	1 slice	13	2.6	0.6	0.2	14.2
Oscar Mayer, chicken breast (honey glazed)	1 serving	52	10.3	2.2	0.7	56.7
Oscar Mayer, chicken breast (oven roasted, fat free)	1 slice	13	2.4	0.2	0.1	11.1
Oscar Mayer, chicken breast (oven roasted, fat free)	1 serving	52	9.5	0.9	0.3	44.2
Oscar Mayer, ham (40% ham/water product, smoked, fat free)	1 slice	16	2.3	0.3	0.1	11.5
Oscar Mayer, ham (40% ham/water product, smoked, fat free)	1 serving	47	6.9	0.9	0.3	33.8
Oscar Mayer, ham (chopped with natural juice)	1 serving	28	4.5	0.9	3.4	51.8
Oscar Mayer, ham (water added, baked cooked 96% fat free)	1 slice	21	3.5	0.2	0.8	21.6
Oscar Mayer, ham (water added, baked cooked 96% fat free)	1 serving	63	10.4	0.6	2.3	64.9

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Oscar Mayer, ham (water added, boiled)	1 slice	21	3.5	0.3	0.8	21.8
Oscar Mayer, ham (water added, boiled)	1 serving	63	10.5	0.8	2.3	65.5
Oscar Mayer, ham (water added, honey)	1 slice	21	3.5	0.7	0.7	23.3
Oscar Mayer, ham (water added, honey)	1 serving	63	10.5	2	2.2	69.9
Oscar Mayer, ham (water added, smoked, cooked)	1 slice	21	3.5	0	0.8	20.8
Oscar Mayer, ham (water added, smoked, cooked)	1 serving	63	10.5	0.1	2.3	62.4
Oscar Mayer, ham and cheese loaf	1 serving	28	3.9	1	5	64.4
Oscar Mayer, head cheese	1 serving	28	4.4	0	3.8	51.8
Oscar Mayer, honey loaf	1 serving	28	5.2	1.1	1	33.3
Oscar Mayer, liver cheese (pork fat wrapped)	1 serving	38	5.7	0.6	9.9	114.4
Oscar Mayer, luncheon loaf (spiced)	1 serving	28	3.8	2	4.7	65.5
Oscar Mayer, old fashioned loaf	1 serving	28	3.7	2.2	4.6	64.7
Oscar Mayer, olive loaf (chicken, pork, turkey)	1 serving	28	2.8	1.9	6.1	73.6
Oscar Mayer, pickle pimiento loaf (with chicken)	1 serving	28	2.7	2.5	6	75.3
Oscar Mayer, pork sausage links (cooked)	1 link	24	3.9	0.2	7.3	82.3
Oscar Mayer, pork sausage links (cooked)	1 serving	48	7.8	0.5	14.6	164.6
Oscar Mayer, salami (for beer)	1 slice	23	3.1	0.4	4.2	51.8
Oscar Mayer, salami (for beer)	1 serving	46	6.2	0.9	8.4	103.5
Oscar Mayer, salami (genoa)	1 slice	9	1.9	0.1	3	34.9
Oscar Mayer, salami (genoa)	1 serving	27	5.6	0.3	9	104.8
Oscar Mayer, salami (hard)	1 slice	9	2.5	0.3	2.8	35.8
Oscar Mayer, salami (hard)	1 serving	27	7.4	0.8	8.3	107.5
Oscar Mayer, salami beef cotto	1 slice	23	3.3	0.4	3.6	47.4
Oscar Mayer, salami beef cotto	1 serving	46	6.5	0.9	7.2	94.8
Oscar Mayer, salami cotto (beef, pork, chicken)	1 slice	23	3.1	0.5	4.7	56.4
Oscar Mayer, salami cotto (beef, pork, chicken)	1 serving	46	6.2	1	9.3	112.7
Oscar Mayer, sandwich spread (pork, chicken, beef)	1 serving	30	2	4.6	5	71.1
Oscar Mayer, smokie links sausage	1 serving	43	5.3	0.7	11.7	129.9
Oscar Mayer, smokies (beef)	1 serving	43	5.3	0.7	11.5	127.7
Oscar Mayer, smokies (cheese)	1 serving	43	5.5	0.8	11.7	130.3
Oscar Mayer, smokies sausage little (pork, turkey)	1 link	9	1.1	0.2	2.4	27.1
Oscar Mayer, smokies sausage little (pork, turkey)	1 serving	57	7.1	1	15.4	171.6
Oscar Mayer, smokies sausage little cheese (pork, turkey)	1 link	9	1.2	0.2	2.5	28.4
Oscar Mayer, smokies sausage little cheese (pork, turkey)	1 serving	57	7.7	1	16.1	179.6
Oscar Mayer, summer sausage beef thuringer cervelat	1 slice	23	3.4	0.4	6.2	71.1
Oscar Mayer, summer sausage beef thuringer cervelat	1 serving	46	6.7	0.9	12.4	142.1
Oscar Mayer, summer sausage thuringer cervelat	1 slice	23	3.4	0.2	6.1	69.9
Oscar Mayer, summer sausage thuringer cervelat	1 serving	46	6.9	0.4	12.3	139.8
Oscar Mayer, turkey breast (smoked, fat free)	1 slice	13	1.9	0.5	0.1	10.4
Oscar Mayer, turkey breast (smoked, fat free)	1 serving	52	7.7	1.9	0.3	41.6
Oscar Mayer, wieners (beef franks)	1 serving	45	5	1.2	13.1	143.1
Oscar Mayer, wieners (beef franks, bun length)	1 serving	57	6.4	1.6	16.9	183.5
Oscar Mayer, wieners (beef franks, fat free)	1 serving	50	6.6	2.6	0.3	39
Oscar Mayer, wieners (beef franks, light)	1 serving	57	6.1	2.3	8.5	110
Oscar Mayer, wieners (cheese hot dogs with turkey)	1 serving	45	5.4	1.3	12.9	143.1
Oscar Mayer, wieners (fat free hot dogs)	1 serving	50	6.3	2.2	0.3	36.5
Oscar Mayer, wieners (light pork, turkey, beef)	1 serving	57	6.9	1.6	8.5	110.6
Oscar Mayer, wieners (pork, turkey)	1 serving	45	5	1.3	13.3	144.9
Oscar Mayer, wieners little (pork, turkey)	1 piece	9	1	0.2	2.6	28
Oscar Mayer, wieners little (pork, turkey)	1 serving	57	6.2	1.3	16.4	177.3
Oscar Mayer, bologna (wisconsin made ring)	1 serving	56	6.6	1.5	15.9	175.3
Oyster, eastern, canned	1 oyster	8	0.6	0.3	0.2	5.5
Oyster, eastern, canned	1 oz, drained	23	1.6	0.9	0.6	15.9
Oyster, eastern, canned	3 oz	85	6	3.3	2.1	58.7
Oyster, eastern, canned	1 cup, drained	162	11.4	6.3	4	111.8
Oyster, eastern, canned	1 cup, undrained	248	17.5	9.7	6.1	171.1
Oyster, eastern, canned	1 can (12 oz), oysters and liquid	272	19.2	10.6	6.7	187.7
Oyster, eastern, cooked, breaded and fried	3 oz	85	7.5	9.9	10.7	167.5
Oyster, eastern, cooked, breaded and fried	6 medium	88	7.7	10.2	11.1	173.4
Oyster, eastern, farmed, cooked, dry heat	6 medium	59	4.1	4.3	1.3	46.6
Oyster, eastern, farmed, cooked, dry heat	3 oz	85	6	6.2	1.8	67.2
Oyster, eastern, farmed, raw	6 medium	84	4.4	4.6	1.3	49.6
Oyster, eastern, farmed, raw	3 oz	85	4.4	4.7	1.3	50.2
Oyster, eastern, wild, cooked, dry heat	6 medium	59	4.9	2.8	1.1	42.5

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Oyster, eastern, wild, cooked, dry heat	3 oz	85	7	4.1	1.6	61.2
Oyster, eastern, wild, cooked, moist heat	6 medium	42	5.9	3.3	2.1	57.5
Oyster, eastern, wild, cooked, moist heat	3 oz	85	12	6.6	4.2	116.5
Oyster, eastern, wild, raw	6 medium	84	5.9	3.3	2.1	57.1
Oyster, eastern, wild, raw	1 cup	248	17.5	9.7	6.1	168.6
Oyster, pacific, cooked, moist heat	1 medium	25	4.7	2.5	1.2	40.8
Oyster, pacific, cooked, moist heat	3 oz	85	16.1	8.4	3.9	138.6
Oyster, pacific, raw	1 medium	50	4.7	2.5	1.2	40.5
Oyster, pacific, raw	3 oz	85	8	4.2	2	68.9
Pancakes plain, frozen, ready-to-heat (includes buttermilk)	1 oz	28.4	1.5	12.4	0.9	64.9
Pancakes plain, frozen, ready-to-heat (includes buttermilk)	1 pancake (4" dia)	36	1.9	15.7	1.2	82.4
Pancakes plain, frozen, ready-to-heat (includes buttermilk)	1 pancake (6" dia)	73	3.8	31.8	2.4	167.2
Pancakes, blueberry, prepared from recipe	1 oz	28.4	1.7	8.2	2.6	62.9
Pancakes, blueberry, prepared from recipe	1 pancake (4" dia)	38	2.3	11	3.5	84.4
Pancakes, blueberry, prepared from recipe	1 pancake (6" dia)	77	4.7	22.3	7.1	170.9
Pancakes, buckwheat, dry mix, incomplete	1 oz	28.4	3.1	20.2	0.8	96.4
Pancakes, buckwheat, dry mix, incomplete	1 cup, poured from box	122	13.3	87	3.3	414.8
Pancakes, buttermilk, prepared from recipe	1 oz	28.4	1.9	8.1	2.6	64.4
Pancakes, buttermilk, prepared from recipe	1 pancake (4" dia)	38	2.6	10.9	3.5	86.3
Pancakes, buttermilk, prepared from recipe	1 pancake (6" dia)	77	5.2	22.1	7.2	174.8
Pancakes, plain, dry mix, complete (includes buttermilk)	1 oz	28.4	2.9	20.2	1.4	106.6
Pancakes, plain, dry mix, complete (includes buttermilk)	1 cup, poured from box	130	13.1	92.7	6.4	488.8
Pancakes, plain, dry mix, complete, prepared	1 oz	28.4	1.5	10.4	0.7	55
Pancakes, plain, dry mix, complete, prepared	1 pancake (4" dia)	38	2	13.9	1	73.7
Pancakes, plain, dry mix, complete, prepared	1 pancake (6" dia)	77	4	28.3	1.9	149.4
Pancakes, plain, dry mix, incomplete (includes buttermilk)	1 oz	28.4	2.8	20.9	0.5	100.6
Pancakes, plain, dry mix, incomplete (includes buttermilk)	1 cup, poured from box	112	11.2	82.4	1.9	397.6
Pancakes, plain, dry mix, incomplete, prepared	1 oz	28.4	2.2	8.2	2.2	61.8
Pancakes, plain, dry mix, incomplete, prepared	1 pancake (4" dia)	38	3	11	2.9	82.8
Pancakes, plain, dry mix, incomplete, prepared	1 pancake (6" dia)	77	6	22.3	5.9	167.9
Pancakes, plain, prepared from recipe	1 oz	28.4	1.8	8	2.7	64.4
Pancakes, plain, prepared from recipe	1 pancake (4" dia)	38	2.4	10.8	3.7	86.3
Pancakes, plain, prepared from recipe	1 pancake (6" dia)	77	4.9	21.8	7.5	174.8
Pancakes, special dietary, dry mix	1 oz	28.4	2.5	21	0.4	98.9
Pancakes, special dietary, dry mix	1 package (8 oz)	226.8	20.2	167.6	3.2	791.5
Pancakes, whole-wheat, dry mix, incomplete	1 oz	28.4	3.6	20.1	0.4	97.5
Pancakes, whole-wheat, dry mix, incomplete	1 cup, poured from box	140	17.9	99.4	2.1	481.6
Pancakes, whole-wheat, dry mix, incomplete, prepared	1 oz	28.4	2.4	8.3	1.8	59
Pancakes, whole-wheat, dry mix, incomplete, prepared	1 pancake (4" dia)	44	3.7	12.9	2.9	91.5
Pancakes, whole-wheat, dry mix, incomplete, prepared	1 pancake (6" dia)	129	11	37.9	8.4	268.3
Papaya nectar, canned	1 fl oz	31.2	0.1	4.5	0	17.8
Papaya nectar, canned	1 cup	250	0.4	36.3	0.4	142.5
Papayas, raw	1 cup, cubes	140	0.9	13.7	0.2	54.6
Papayas, raw	1 small (4-1/2" long x 2-3/4" dia)	152	0.9	14.9	0.2	59.3
Papayas, raw	1 cup, mashed	230	1.4	22.6	0.3	89.7
Papayas, raw	1 medium (5-1/8" long x 3" dia)	304	1.9	29.8	0.4	118.6
Papayas, raw	1 large (5-3/4" long x 3-1/4" dia)	380	2.3	37.3	0.5	148.2
Paprika	1 tsp	2.1	0.3	1.2	0.3	6.1
Paprika	1 tbsp	6.9	1	3.8	0.9	19.9
Parsley, dried	1 tsp	0.3	0.1	0.2	0	0.8
Parsley, dried	1 tbsp	1.3	0.3	0.7	0.1	3.6
Parsley, freeze-dried	1 tbsp	0.4	0.1	0.2	0	1.1
Parsley, freeze-dried	0.25 cup	1.4	0.4	0.6	0.1	3.8
Parsley, raw	1 tbsp	3.8	0.1	0.2	0	1.4
Parsley, raw	10 sprigs	10	0.3	0.6	0.1	3.6
Parsley, raw	1 cup	60	1.8	3.8	0.5	21.6
Parsnips, cooked, boiled, drained, with salt	0.5 cup slices	78	1	15.2	0.2	63.2
Parsnips, cooked, boiled, drained, with salt	1 parsnip (9" long)	160	2.1	31.2	0.5	129.6
Parsnips, cooked, boiled, drained, without salt	0.5 cup slices	78	1	15.2	0.2	63.2
Parsnips, cooked, boiled, drained, without salt	1 parsnip (9" long)	160	2.1	31.2	0.5	129.6
Parsnips, raw	1 cup slices	133	1.6	23.9	0.4	99.8
Passion-fruit juice, purple, raw	1 fl oz	30.9	0.1	4.2	0	15.8
Passion-fruit juice, purple, raw	1 cup	247	1	33.6	0.1	126
Passion-fruit juice, yellow, raw	1 fl oz	30.9	0.2	4.5	0.1	18.5

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Passion-fruit juice, yellow, raw	1 cup	247	1.7	35.7	0.4	148.2
Passion-fruit, (granadilla), purple, raw	1 fruit without refuse	18	0.4	4.2	0.1	17.5
Passion-fruit, (granadilla), purple, raw	1 cup	236	5.2	55.2	1.7	228.9
Pasta With Sliced Franks In Tomato Sauce, Canned Entree	1 serving	252	9.3	30	11.6	262.1
Pasta With Sliced Franks In Tomato Sauce, Canned Entree	1 package yields	418	15.5	49.7	19.2	434.7
Pasta, corn, cooked	1 cup	140	3.7	39.1	1	176.4
Pasta, corn, dry	2 oz	57	4.3	45.2	1.2	203.5
Pasta, corn, dry	1 cup	105	7.8	83.2	2.2	374.9
Pasta, fresh-refrigerated, plain, as purchased	4.5 oz	128	14.5	70.1	2.9	368.6
Pasta, fresh-refrigerated, plain, cooked	2 oz	57	2.9	14.2	0.6	74.7
Pasta, fresh-refrigerated, spinach, as purchased	4.5 oz	128	14.4	71.3	2.7	369.9
Pasta, fresh-refrigerated, spinach, cooked	2 oz	57	2.9	14.3	0.5	74.1
Pasta, homemade, made with egg, cooked	2 oz	57	3	13.4	1	74.1
Pasta, homemade, made without egg, cooked	2 oz	57	2.5	14.3	0.6	70.7
Pastrami, turkey	2 slices	56.7	10.4	0.9	3.5	79.9
Pastrami, turkey	1 package (8 oz)	227	41.7	3.8	14.1	320.1
Pate de foie gras, canned (goose liver pate), smoked	1 tbsp	13	1.5	0.6	5.7	60.1
Pate de foie gras, canned (goose liver pate), smoked	1 oz	28.4	3.2	1.3	12.4	131
Pate, chicken liver, canned	1 tbsp	13	1.7	0.9	1.7	26.1
Pate, chicken liver, canned	1 oz	28.4	3.8	1.9	3.7	57
Pate, goose liver, smoked, canned	1 tbsp	13	1.5	0.6	5.7	60.1
Pate, goose liver, smoked, canned	1 oz	28.4	3.2	1.3	12.4	131
Pate, liver, not specified, canned	1 tbsp	13	1.8	0.2	3.6	41.5
Pate, liver, not specified, canned	1 oz	28.4	4	0.4	7.9	90.4
Patio Beef & Bean Burrito With Green Chili, Mild, Frozen	1 package yields	140	9.9	44.4	11.9	324.8
Patio Beef & Bean Burrito With Green Chili, Mild, Frozen	1 serving	140	9.9	44.4	11.9	324.8
Patio Mexican Style Dinner With Tamales, Beef Enchiladas And Chili Sauce, Beans And Rice, Frozen Meal	1 package yields	376	13.9	68.4	19.9	507.6
Patio Mexican Style Dinner With Tamales, Beef Enchiladas And Chili Sauce, Beans And Rice, Frozen Meal	1 serving	376	13.9	68.4	19.9	507.6
Peach nectar, canned	1 fl oz	31.1	0.1	4.3	0	16.8
Peach nectar, canned	1 fl oz	31.1	0.1	4.3	0	16.8
Peach nectar, canned	1 cup	249	0.7	34.7	0	134.5
Peach nectar, canned	1 cup	249	0.7	34.7	0	134.5
Peaches, canned, extra heavy syrup pack	1 cup, halves or slices	262	1.2	68.3	0.1	251.5
Peaches, canned, extra light syrup	1 cup, halves or slices	247	1	27.4	0.2	103.7
Peaches, canned, heavy syrup pack	1 half, with liquid	98	0.4	19.5	0.1	72.5
Peaches, canned, heavy syrup pack	1 cup	262	1.2	52.2	0.3	193.9
Peaches, canned, juice pack	1 half, with liquid	98	0.6	11.3	0	43.1
Peaches, canned, juice pack	1 cup, halves or slices	248	1.6	28.7	0.1	109.1
Peaches, canned, juice pack	1 cup	250	1.6	28.9	0.1	110
Peaches, canned, light syrup pack	1 half, with liquid	98	0.4	14.3	0	52.9
Peaches, canned, light syrup pack	1 cup, halves or slices	251	1.1	36.5	0.1	135.5
Peaches, canned, water pack	1 half, with liquid	98	0.4	6	0.1	23.5
Peaches, canned, water pack	1 cup, halves or slices	244	1.1	14.9	0.1	58.6
Peaches, dehydrated (low-moisture), sulfured, stewed	1 cup	242	4.9	82.6	1	321.9
Peaches, dehydrated (low-moisture), sulfured, uncooked	1 cup	116	5.7	96.5	1.2	377
Peaches, dried, sulfured, stewed, with added sugar	1 cup	270	2.9	71.8	0.6	278.1
Peaches, dried, sulfured, stewed, without added sugar	1 cup	258	3	50.8	0.6	198.7
Peaches, dried, sulfured, uncooked	1 half	13	0.5	8	0.1	31.1
Peaches, dried, sulfured, uncooked	1 cup, halves	160	5.8	98.1	1.2	382.4
Peaches, frozen, sliced, sweetened	10 slices	155	1	37.2	0.2	145.7
Peaches, frozen, sliced, sweetened	1 cup, thawed	250	1.6	60	0.3	235
Peaches, frozen, sliced, sweetened	1 package (10 oz)	284	1.8	68.1	0.4	267
Peaches, raw	1 small (2" dia) (approx 5 per lb)	79	0.6	8.8	0.1	34
Peaches, raw	1 medium (2-1/2" dia) (approx 4 per lb)	98	0.7	10.9	0.1	42.1
Peaches, raw	1 large (2-3/4" dia) (approx 2-1/2 per lb)	157	1.1	17.4	0.1	67.5
Peaches, raw	1 cup slices	170	1.2	18.9	0.2	73.1
Peaches, spiced, canned, heavy syrup pack	1 cup, whole	242	1	48.6	0.2	181.5
Peanut bar	1 oz	28.4	4.4	13.4	9.6	148
Peanut bar	1 bar (1.4 oz)	40	6.2	19	13.5	208.8
Peanut bar	1 bar (1.6 oz)	45	7	21.3	15.2	234.9
Peanut bar	1 bar (1.75 fl oz)	50	7.8	23.7	16.9	261
Peanut brittle, prepared-from-recipe	1 oz	28.4	2.1	19.6	5.4	128.4
Peanut brittle, prepared-from-recipe	1 recipe yield	501	37.6	347.2	95.7	2269.5
Peanut butter candies	1 oz	28.4	5.2	12.7	8.4	140.9

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Peanut butter chips	1 cup chips	168	30.7	75.4	50.1	835
Peanut butter, chunk style, with salt	2 tbsps	32	7.7	6.9	16	188.5
Peanut butter, chunk style, with salt	1 cup	258	62	55.7	128.8	1519.6
Peanut butter, chunk style, without salt	2 tbsps	32	7.7	6.9	16	188.5
Peanut butter, chunk style, without salt	1 cup	258	62	55.7	128.8	1519.6
Peanut butter, smooth style, with salt	2 tbsps	32	8.1	6.2	16.3	189.8
Peanut butter, smooth style, with salt	1 cup	258	65	49.7	131.7	1529.9
Peanut butter, smooth style, without salt	2 tbsps	32	8.1	6.2	16.3	189.8
Peanut butter, smooth style, without salt	1 cup	258	65	49.7	131.7	1529.9
Peanut flour, defatted	1 oz	28.4	14.8	9.8	0.2	92.7
Peanut flour, defatted	1 cup	60	31.3	20.8	0.3	196.2
Peanut flour, low fat	1 oz	28.4	9.6	8.9	6.2	121.3
Peanut flour, low fat	1 cup	60	20.3	18.8	13.1	256.8
Peanuts, all types, cooked, boiled, with salt	33 nuts	28	3.8	6	6.2	89
Peanuts, all types, cooked, boiled, with salt	1 oz shelled	28.4	3.8	6	6.2	90.2
Peanuts, all types, cooked, boiled, with salt	1 cup in shell, edible yield	63	8.5	13.4	13.9	200.3
Peanuts, all types, cooked, boiled, with salt	1 cup, shelled	180	24.3	38.3	39.6	572.4
Peanuts, all types, dry-roasted, with salt	1 peanut	1	0.2	0.2	0.5	5.9
Peanuts, all types, dry-roasted, with salt	1 oz	28.4	6.7	6.1	14.1	165.8
Peanuts, all types, dry-roasted, without salt	1 peanut	1	0.2	0.2	0.5	5.9
Peanuts, all types, dry-roasted, without salt	1 oz	28.4	6.7	6.1	14.1	165.8
Peanuts, all types, dry-roasted, without salt	1 cup	146	34.6	31.4	72.5	854.1
Peanuts, all types, oil-roasted, with salt	1 peanut	0.9	0.2	0.2	0.4	5.2
Peanuts, all types, oil-roasted, with salt	1 cup, chopped	144	37.9	27.3	71	836.6
Peanuts, all types, oil-roasted, with salt	1 cup, halves and whole	144	37.9	27.3	71	836.6
Peanuts, all types, oil-roasted, without salt	32 nuts	28	7.4	5.3	13.8	162.7
Peanuts, all types, oil-roasted, without salt	1 oz shelled	28.4	7.5	5.4	14	164.7
Peanuts, all types, oil-roasted, without salt	1 cup, chopped	133	35	25.2	65.6	772.7
Peanuts, all types, raw	1 oz	28.4	7.3	4.6	14	160.7
Peanuts, all types, raw	1 cup	146	37.7	23.6	71.9	827.8
Peanuts, spanish, oil-roasted, with salt	1 oz	28.4	7.9	4.9	13.9	164.1
Peanuts, spanish, oil-roasted, with salt	1 cup	147	41.2	25.7	72.1	851.1
Peanuts, spanish, oil-roasted, without salt	1 oz	28.4	7.9	4.9	13.9	164.1
Peanuts, spanish, oil-roasted, without salt	1 cup	147	41.2	25.7	72.1	851.1
Peanuts, spanish, raw	1 oz	28.4	7.4	4.5	14.1	161.6
Peanuts, spanish, raw	1 cup	146	38.2	23.1	72.4	832.2
Peanuts, valencia, oil-roasted, with salt	1 oz	28.4	7.7	4.6	14.5	167
Peanuts, valencia, oil-roasted, with salt	1 cup	144	38.9	23.5	73.8	848.2
Peanuts, valencia, oil-roasted, without salt	1 oz	28.4	7.7	4.6	14.5	167
Peanuts, valencia, oil-roasted, without salt	1 cup	144	38.9	23.5	73.8	848.2
Peanuts, valencia, raw	1 oz	28.4	7.1	5.9	13.5	161.6
Peanuts, valencia, raw	1 cup	146	36.6	30.5	69.5	832.2
Peanuts, virginia, oil-roasted, with salt	1 oz	28.4	7.3	5.6	13.8	163.9
Peanuts, virginia, oil-roasted, with salt	1 cup	143	37	28.4	69.5	826.5
Peanuts, virginia, oil-roasted, without salt	1 oz	28.4	7.3	5.6	13.8	163.9
Peanuts, virginia, oil-roasted, without salt	1 cup	143	37	28.4	69.5	826.5
Peanuts, virginia, raw	1 oz	28.4	7.1	4.7	13.8	159.6
Peanuts, virginia, raw	1 cup	146	36.8	24.1	71.2	822
Pear nectar, canned	1 fl oz	31.2	0	4.9	0	18.7
Pear nectar, canned	1 fl oz	31.2	0	4.9	0	18.7
Pear nectar, canned	1 cup	250	0.3	39.4	0	150
Pear nectar, canned	1 cup	250	0.3	39.4	0	150
Pears, asian, raw	1 fruit 2-1/4" high x 2-1/2" dia	122	0.6	13	0.3	51.2
Pears, asian, raw	1 fruit 3-3/8" high x 3" diameter	275	1.4	29.3	0.6	115.5
Pears, canned, extra heavy syrup pack	1 half, with liquid	79	0.2	19.9	0.1	76.6
Pears, canned, extra heavy syrup pack	1 cup, halves	266	0.5	67.2	0.3	258
Pears, canned, extra light syrup pack	1 half, with liquid	76	0.2	9.3	0.1	35.7
Pears, canned, extra light syrup pack	1 cup, halves	247	0.7	30.1	0.2	116.1
Pears, canned, heavy syrup pack	1 half, with liquid	76	0.2	14.6	0.1	56.2
Pears, canned, heavy syrup pack	1 cup	266	0.5	51	0.3	196.8
Pears, canned, juice pack	1 half, with liquid	76	0.3	9.8	0.1	38
Pears, canned, juice pack	1 cup, halves	248	0.8	32.1	0.2	124
Pears, canned, light syrup pack	1 half, with liquid	76	0.1	11.5	0	43.3
Pears, canned, light syrup pack	1 cup, halves	251	0.5	38.1	0.1	143.1

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Pears, canned, water pack	1 half, with liquid	76	0.1	5.9	0	22
Pears, canned, water pack	1 cup, halves	244	0.5	19.1	0.1	70.8
Pears, dried, sulfured, stewed, with added sugar	1 cup, halves	280	2.4	104	0.8	392
Pears, dried, sulfured, stewed, without added sugar	1 cup, halves	255	2.3	86.2	0.8	323.9
Pears, dried, sulfured, uncooked	1 half	18	0.3	12.5	0.1	47.2
Pears, dried, sulfured, uncooked	10 halves	175	3.3	122	1.1	458.5
Pears, dried, sulfured, uncooked	1 cup, halves	180	3.4	125.5	1.1	471.6
Pears, raw	1 pear, small (approx 3 per lb)	139	0.5	21	0.6	82
Pears, raw	1 cup slices	165	0.6	24.9	0.7	97.4
Pears, raw	1 pear, medium (approx 2-1/2 per lb)	166	0.6	25.1	0.7	97.9
Pears, raw	1 pear, large (approx 2 per lb)	209	0.8	31.6	0.8	123.3
Peas and carrots, canned, no salt added	1 cup	255	5.5	21.6	0.7	96.9
Peas and carrots, canned, regular pack	1 cup	255	5.5	21.6	0.7	96.9
Peas and carrots, frozen, cooked, boiled, drained, with salt	0.5 cup	80	2.5	8.1	0.3	38.4
Peas and carrots, frozen, cooked, boiled, drained, with salt	1 package (10 oz) yields	278	8.6	28.1	1.2	133.4
Peas and carrots, frozen, cooked, boiled, drained, without salt	0.5 cup	80	2.5	8.1	0.3	38.4
Peas and carrots, frozen, cooked, boiled, drained, without salt	1 package (10 oz) yields	278	8.6	28.1	1.2	133.4
Peas and carrots, frozen, unprepared	0.5 cup	70	2.4	7.8	0.3	37.1
Peas and carrots, frozen, unprepared	1 package (10 oz)	284	9.7	31.7	1.3	150.5
Peas and onions, canned	1 cup	120	3.9	10.3	0.5	61.2
Peas and onions, frozen, cooked, boiled, drained, with salt	1 cup	180	4.6	15.5	0.4	81
Peas and onions, frozen, cooked, boiled, drained, without salt	1 cup	180	4.6	15.5	0.4	81
Peas and onions, frozen, unprepared	0.5 cup	69	2.7	9.3	0.2	48.3
Peas and onions, frozen, unprepared	1 package (10 oz)	284	11.3	38.4	0.9	198.8
Peas, edible-podded, cooked, boiled, drained, with salt	1 cup	160	5.2	11.3	0.4	67.2
Peas, edible-podded, cooked, boiled, drained, without salt	1 cup	160	5.2	11.3	0.4	67.2
Peas, edible-podded, frozen, cooked, boiled, drained, with salt	1 cup	160	5.6	14.4	0.6	83.2
Peas, edible-podded, frozen, cooked, boiled, drained, with salt	1 package (10 oz) yields	253	8.9	22.8	1	131.6
Peas, edible-podded, frozen, cooked, boiled, drained, without salt	0.5 cup	80	2.8	7.2	0.3	41.6
Peas, edible-podded, frozen, cooked, boiled, drained, without salt	1 cup	160	5.6	14.4	0.6	83.2
Peas, edible-podded, frozen, cooked, boiled, drained, without salt	1 package (10 oz) yields	253	8.9	22.8	1	131.6
Peas, edible-podded, frozen, unprepared	0.5 cup	72	2	5.2	0.2	30.2
Peas, edible-podded, frozen, unprepared	1 package (10 oz)	284	8	20.4	0.9	119.3
Peas, edible-podded, raw	10 pea pods	34	1	2.6	0.1	14.3
Peas, edible-podded, raw	1 cup, whole	63	1.8	4.8	0.1	26.5
Peas, edible-podded, raw	1 cup, chopped	98	2.7	7.4	0.2	41.2
Peas, green, canned, no salt added	0.5 cup	124	4	12.1	0.4	65.7
Peas, green, canned, no salt added	1 can (303 x 406)	482	15.4	47	1.4	255.5
Peas, green, canned, no salt added, drained solids	0.5 cup	85	3.8	10.7	0.3	58.7
Peas, green, canned, no salt added, drained solids	1 can (303 x 406)	313	13.8	39.4	1.1	216
Peas, green, canned, regular pack	0.5 cup	124	4	12.1	0.4	65.7
Peas, green, canned, regular pack	1 can (303 x 406)	482	15.4	47	1.4	255.5
Peas, green, canned, regular pack, drained solids	1 cup	170	7.5	21.4	0.6	117.3
Peas, green, canned, regular pack, drained solids	1 can (303 x 406)	313	13.8	39.4	1.1	216
Peas, green, canned, seasoned	0.5 cup	114	3.5	10.5	0.3	57
Peas, green, canned, seasoned	1 cup	227	7	21	0.6	113.5
Peas, green, cooked, boiled, drained, with salt	1 cup	160	8.6	25	0.4	134.4
Peas, green, cooked, boiled, drained, without salt	1 cup	160	8.6	25	0.4	134.4
Peas, green, frozen, cooked, boiled, drained, with salt	0.5 cup	80	4.1	11.4	0.2	62.4
Peas, green, frozen, cooked, boiled, drained, with salt	1 package (10 oz) yields	253	13	36.1	0.7	197.3
Peas, green, frozen, cooked, boiled, drained, without salt	0.5 cup	80	4.1	11.4	0.2	62.4
Peas, green, frozen, cooked, boiled, drained, without salt	1 package (10 oz) yields	253	13	36.1	0.7	197.3
Peas, green, frozen, unprepared	0.5 cup	72	3.8	9.9	0.3	55.4
Peas, green, frozen, unprepared	1 package (10 oz)	284	14.8	38.9	1.1	218.7
Peas, green, raw	1 cup	145	7.9	21	0.6	117.5
Peas, mature seeds, sprouted, raw	1 cup	120	10.6	33.9	0.8	153.6
Peas, split, mature seeds, cooked, boiled, with salt	1 cup	196	16.3	41.4	0.8	231.3
Peas, split, mature seeds, cooked, boiled, without salt	1 tbsps	12.2	1	2.6	0	14.4
Peas, split, mature seeds, cooked, boiled, without salt	1 cup	196	16.3	41.4	0.8	231.3
Peas, split, mature seeds, raw	1 cup	197	48.4	118.9	2.3	671.8
Peas, split, mature seeds, raw	1 lb	453.6	111.4	273.9	5.3	1546.8
Pecans	1 oz (20 halves)	28.4	2.6	3.9	20.4	195.9
Pecans	1 cup, halves	108	9.9	15	77.7	746.3
Pecans	1 cup, chopped	119	10.9	16.5	85.6	822.3

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Pecans, dry roasted, with salt added	1 oz	28.4	2.7	3.8	21.1	201.3
Pecans, dry roasted, without salt added	1 oz	28.4	2.7	3.8	21.1	201.3
Pecans, oil roasted, with salt added	1 oz (15 halves)	28.4	2.6	3.7	21.3	202.7
Pecans, oil roasted, without salt added	1 cup	110	10.1	14.3	82.8	786.5
Pecans, oil roasted, without salt added	1 oz (15 halves)	28.4	2.6	3.7	21.3	202.7
Pecans, oil roasted, without salt added	1 cup	110	10.1	14.3	82.8	786.5
Pectin, unsweetened, dry mix	1 package (1.75 oz)	50	0.2	45.2	0.2	162.5
Pepper, ancho, dried	1 pepper	17	2	8.7	1.4	47.8
Pepper, banana, raw	1 small (4" long)	33	0.5	1.8	0.1	8.9
Pepper, banana, raw	1 medium (4-1/2" long)	46	0.8	2.5	0.2	12.4
Pepper, banana, raw	1 large (5" long)	75	1.2	4	0.3	20.3
Pepper, banana, raw	1 cup	124	2.1	6.6	0.6	33.5
Pepper, black	1 dash	0.1	0	0.1	0	0.3
Pepper, black	1 tsp	2.1	0.2	1.4	0.1	5.4
Pepper, black	1 tbsp	6.4	0.7	4.1	0.2	16.3
Pepper, red or cayenne	1 tsp	1.8	0.2	1	0.3	5.7
Pepper, red or cayenne	1 tbsp	5.3	0.6	3	0.9	16.9
Pepper, serrano, raw	1 pepper	6.1	0.1	0.4	0	2
Pepper, serrano, raw	1 cup, chopped	105	1.8	7	0.5	33.6
Pepper, white	1 tsp	2.4	0.2	1.6	0.1	7.1
Pepper, white	1 tbsp	7.1	0.7	4.9	0.2	21
Peppered loaf, pork, beef	1 slice (1 oz) (4" x 4" x 3/32" thick)	28.4	4.9	1.3	1.8	42
Peppered loaf, pork, beef	2 slices	56.7	9.8	2.6	3.6	83.9
Pepperidge Farm Apple Turnovers, Frozen, Ready To Bake	1 serving	89	3.7	31.2	16	283.9
Pepperidge Farm Classic Style Croutons, Seasoned	1 serving	7	1	4.3	1.3	32.6
Pepperidge Farm Crusty Italian Bread, Garlic	1 serving	50	4.2	20.8	9.6	186
Peppermint, fresh	2 leaves	0.1	0	0	0	0.1
Peppermint, fresh	2 tbsp	3.2	0.1	0.5	0	2.2
Pepperoni, pork, beef	1 slice (1-3/8" dia x 1/8" thick)	5.5	1.2	0.2	2.4	27.3
Pepperoni, pork, beef	1 sausage (10-1/4" long x 1-3/8" dia)	251	52.6	7.1	110.4	1247.5
Peppers, chili, green, canned	1 cup	139	1	6.4	0.4	29.2
Peppers, hot chile, sun-dried	1 pepper	0.5	0.1	0.4	0	1.7
Peppers, hot chile, sun-dried	1 cup	37	3.9	25.8	2.1	119.9
Peppers, hot chili, green, canned, pods, excluding seeds	0.5 cup, chopped or diced	68	0.6	3.5	0.1	14.3
Peppers, hot chili, green, canned, pods, excluding seeds	1 pepper	73	0.7	3.7	0.1	15.3
Peppers, hot chili, green, raw	1 pepper	45	0.9	4.3	0.1	18
Peppers, hot chili, green, raw	0.5 cup, chopped or diced	75	1.5	7.1	0.2	30
Peppers, hot chili, red, canned, excluding seeds	0.5 cup, chopped or diced	68	0.6	3.5	0.1	14.3
Peppers, hot chili, red, canned, excluding seeds	1 pepper	73	0.7	3.7	0.1	15.3
Peppers, hot chili, red, raw	1 pepper	45	0.9	4.3	0.1	18
Peppers, hot chili, red, raw	0.5 cup, chopped or diced	75	1.5	7.1	0.2	30
Peppers, hungarian, raw	1 pepper	27	0.2	1.8	0.1	7.8
Peppers, jalapeno, canned	1 pepper	22	0.2	1	0.2	5.9
Peppers, jalapeno, canned	1 cup, sliced	104	1	4.9	1	28.1
Peppers, jalapeno, canned	1 cup, chopped	136	1.3	6.4	1.3	36.7
Peppers, jalapeno, raw	1 pepper	14	0.2	0.8	0.1	4.2
Peppers, jalapeno, raw	1 cup, sliced	90	1.2	5.3	0.6	27
Peppers, pasilla, dried	1 pepper	7	0.9	3.6	1.1	24.2
Peppers, sweet, green, canned	1 cup, halves	140	1.1	5.5	0.4	25.2
Peppers, sweet, green, cooked, boiled, drained, with salt	1 tbsp	11.6	0.1	0.8	0	3.2
Peppers, sweet, green, cooked, boiled, drained, with salt	1 pepper	73	0.7	4.9	0.1	20.4
Peppers, sweet, green, cooked, boiled, drained, with salt	0.5 cup, chopped	92	0.8	6.2	0.2	25.8
Peppers, sweet, green, cooked, boiled, drained, without salt	1 tbsp	11.6	0.1	0.8	0	3.2
Peppers, sweet, green, cooked, boiled, drained, without salt	0.5 cup, chopped	68	0.6	4.6	0.1	19
Peppers, sweet, green, cooked, boiled, drained, without salt	1 cup, strips	135	1.2	9	0.3	37.8
Peppers, sweet, green, freeze-dried	1 tbsp	0.4	0.1	0.3	0	1.3
Peppers, sweet, green, freeze-dried	0.25 cup	1.6	0.3	1.1	0	5
Peppers, sweet, green, frozen, chopped, unprepared	1 package (10 oz)	284	3.1	12.6	0.6	56.8
Peppers, sweet, green, raw	1 tbsp	9.3	0.1	0.6	0	2.5
Peppers, sweet, green, raw	1 ring (3" dia, 1/4" thick)	10	0.1	0.6	0	2.7
Peppers, sweet, green, raw	10 strips	27	0.2	1.7	0.1	7.3
Peppers, sweet, green, raw	1 small	74	0.7	4.8	0.1	20
Peppers, sweet, green, raw	1 cup, sliced	92	0.8	5.9	0.2	24.8
Peppers, sweet, green, raw	1 medium (approx 2-3/4" long, 2-1/2" dia)	119	1.1	7.7	0.2	32.1

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Peppers, sweet, green, raw	1 cup, chopped	149	1.3	9.6	0.3	40.2
Peppers, sweet, green, raw	1 large (2-1/4 per lb, approx 3-3/4" long, 3" dia)	164	1.5	10.5	0.3	44.3
Peppers, sweet, red, canned	0.5 cup, halves	70	0.6	2.7	0.2	12.6
Peppers, sweet, red, canned	1 cup, halves	140	1.1	5.5	0.4	25.2
Peppers, sweet, red, cooked, boiled, drained, with salt	1 tbsp	12	0.1	0.8	0	3.4
Peppers, sweet, red, cooked, boiled, drained, with salt	1 pepper	73	0.7	4.9	0.1	20.4
Peppers, sweet, red, cooked, boiled, drained, with salt	0.5 cup, chopped	92	0.8	6.2	0.2	25.8
Peppers, sweet, red, cooked, boiled, drained, without salt	1 tbsp	11.6	0.1	0.8	0	3.2
Peppers, sweet, red, cooked, boiled, drained, without salt	0.5 cup, chopped	68	0.6	4.6	0.1	19
Peppers, sweet, red, cooked, boiled, drained, without salt	1 cup, strips	135	1.2	9	0.3	37.8
Peppers, sweet, red, freeze-dried	1 tbsp	0.4	0.1	0.3	0	1.3
Peppers, sweet, red, freeze-dried	0.25 cup	1.6	0.3	1.1	0	5
Peppers, sweet, red, frozen, chopped, unprepared	0.1 package (10 oz)	28	0.3	1.2	0.1	5.6
Peppers, sweet, red, frozen, chopped, unprepared	1 package (10 oz)	284	3.1	12.6	0.6	56.8
Peppers, sweet, red, raw	1 tbsp	9.3	0.1	0.6	0	2.5
Peppers, sweet, red, raw	1 ring (3" dia, 1/4" thick)	10	0.1	0.6	0	2.7
Peppers, sweet, red, raw	1 small	74	0.7	4.8	0.1	20
Peppers, sweet, red, raw	1 cup, sliced	92	0.8	5.9	0.2	24.8
Peppers, sweet, red, raw	1 medium (approx 2-3/4" long, 2-1/2" dia)	119	1.1	7.7	0.2	32.1
Peppers, sweet, red, raw	1 cup, chopped	149	1.3	9.6	0.3	40.2
Peppers, sweet, red, raw	1 large (2-1/4 per lb, approx 3-3/4" long, 3" dia)	164	1.5	10.5	0.3	44.3
Peppers, sweet, yellow, raw	10 strips	52	0.5	3.3	0.1	14
Peppers, sweet, yellow, raw	1 pepper, large (3-3/4" long, 3" dia)	186	1.9	11.8	0.4	50.2
Perch, mixed species, cooked, dry heat	1 fillet	46	11.4	0	0.5	53.8
Perch, mixed species, cooked, dry heat	3 oz	85	21.1	0	1	99.5
Perch, mixed species, raw	1 fillet	60	11.6	0	0.6	54.6
Perch, mixed species, raw	3 oz	85	16.5	0	0.8	77.4
Persimmons, japanese, dried	1 fruit without refuse	34	0.5	25	0.2	93.2
Persimmons, japanese, raw	1 fruit (2-1/2" dia)	168	1	31.2	0.3	117.6
Persimmons, native, raw	1 fruit without refuse	25	0.2	8.4	0.1	31.8
Pheasant, breast, meat only, raw	1 unit (yield from 1 lb pheasant)	169	41.2	0	5.5	224.8
Pheasant, breast, meat only, raw	0.5 breast, bone and skin removed	182	44.4	0	5.9	242.1
Pheasant, leg, meat only, raw	1 unit (yield from 1 lb pheasant)	99	22	0	4.3	132.7
Pheasant, leg, meat only, raw	1 leg, bone and skin removed	107	23.8	0	4.6	143.4
Pheasant, raw, meat and skin	1 unit (yield from 1 lb pheasant)	371	84.2	0	34.5	671.5
Pheasant, raw, meat and skin	0.5 pheasant	400	90.8	0	37.2	724
Pheasant, raw, meat only	1 unit (yield from 1 lb pheasant)	326	76.8	0	11.9	433.6
Pheasant, raw, meat only	0.5 pheasant	352	83	0	12.8	468.2
Phyllo dough	1 sheet dough	19	1.3	10	1.1	56.8
Phyllo dough	1 oz	28.4	2	14.9	1.7	84.8
Pickle and pimiento loaf, pork	1 slice (1 oz) (4" x 4" x 3/32" thick)	28.4	3.3	1.7	6	74.3
Pickle and pimiento loaf, pork	2 slices	56.7	6.5	3.3	12	148.6
Pickle relish, hamburger	1 tbsp	15	0.1	5.2	0.1	19.4
Pickle relish, hamburger	0.5 cup	122	0.8	42.1	0.7	157.4
Pickle relish, hot dog	1 tbsp	15	0.2	3.5	0.1	13.7
Pickle relish, hot dog	0.5 cup	122	1.8	28.5	0.6	111
Pickle relish, sweet	1 packet (2/3 tbsp)	10	0	3.5	0	13
Pickle relish, sweet	1 tbsp	15	0.1	5.3	0.1	19.5
Pickle relish, sweet	1 cup	245	0.9	85.9	1.2	318.5
Pickle, cucumber, sour	1 slice	7	0	0.2	0	0.8
Pickle, cucumber, sour	1 spear	30	0.1	0.7	0.1	3.3
Pickle, cucumber, sour	1 small	37	0.1	0.8	0.1	4.1
Pickle, cucumber, sour	1 medium (3-3/4" long)	65	0.2	1.5	0.1	7.2
Pickle, cucumber, sour	1 large (4" long)	135	0.4	3	0.3	14.9
Pickle, cucumber, sour	1 cup	155	0.5	3.5	0.3	17.1
Pickle, cucumber, sour, low sodium	1 slice	6	0	0.1	0	0.7
Pickle, cucumber, sour, low sodium	1 spear	30	0.1	0.7	0.1	3.3
Pickle, cucumber, sour, low sodium	1 small	37	0.1	0.8	0.1	4.1
Pickle, cucumber, sour, low sodium	1 medium (3-3/4" long)	65	0.2	1.5	0.1	7.2
Pickle, cucumber, sour, low sodium	1 large (4" long)	135	0.4	3	0.3	14.9
Pickle, cucumber, sour, low sodium	1 cup, chopped or diced	143	0.5	3.2	0.3	15.7
Pickle, cucumber, sour, low sodium	1 cup (about 23 slices)	155	0.5	3.5	0.3	17.1
Pickle, cucumber, sweet	1 midget gherkin (2-1/8" long)	6	0	1.9	0	7
Pickle, cucumber, sweet	1 slice	7	0	2.2	0	8.2



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Pickle, cucumber, sweet	1 small gherkin (2-1/2" long)	15	0.1	4.8	0	17.6
Pickle, cucumber, sweet	1 spear gherkin	20	0.1	6.4	0.1	23.4
Pickle, cucumber, sweet	1 gherkin (2-3/4" long)	25	0.1	8	0.1	29.3
Pickle, cucumber, sweet	1 large gherkin (3" long)	35	0.1	11.1	0.1	41
Pickle, cucumber, sweet	1 cup, chopped	160	0.6	50.9	0.4	187.2
Pickle, cucumber, sweet	1 cup, sliced	170	0.6	54.1	0.4	198.9
Pickle, cucumber, sweet, low sodium	1 slice	6	0	1.9	0	7
Pickle, cucumber, sweet, low sodium	1 small	15	0.1	4.8	0	17.6
Pickle, cucumber, sweet, low sodium	1 large	35	0.1	11.1	0.1	41
Pickle, cucumber, sweet, low sodium	1 medium	35	0.1	11.1	0.1	41
Pickle, cucumber, sweet, low sodium	1 cup, chopped or diced	160	0.6	50.9	0.4	187.2
Pickle, cucumber, sweet, low sodium	1 cup, sliced	170	0.6	54.1	0.4	198.9
Pickles, cucumber, dill	1 slice	7	0	0.3	0	1.3
Pickles, cucumber, dill	1 spear	30	0.2	1.2	0.1	5.4
Pickles, cucumber, dill	1 small	37	0.2	1.5	0.1	6.7
Pickles, cucumber, dill	1 medium (3-3/4" long)	65	0.4	2.7	0.1	11.7
Pickles, cucumber, dill	1 large (4" long)	135	0.8	5.6	0.3	24.3
Pickles, cucumber, dill	1 cup, chopped or diced	143	0.9	5.9	0.3	25.7
Pickles, cucumber, dill	1 cup (about 23 slices)	155	1	6.4	0.3	27.9
Pickles, cucumber, dill, low sodium	1 slice	6	0	0.2	0	1.1
Pickles, cucumber, dill, low sodium	1 medium	65	0.4	2.7	0.1	11.7
Picnic loaf, pork, beef	1 slice (1 oz) (4" x 4" x 3/32" thick)	28.4	4.2	1.3	4.7	65.8
Picnic loaf, pork, beef	2 slices	56.7	8.5	2.7	9.4	131.5
Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled	1 piece (1/8 of 9" crust)	28	1.4	15.2	8.7	141.7
Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled	1 crust, single 9"	223	11.4	121.3	69.4	1128.4
Pie crust, cookie-type, prepared from recipe, graham cracker, baked	1 tart shell	22	0.9	14.3	5.5	108.7
Pie crust, cookie-type, prepared from recipe, graham cracker, baked	1 piece (1/8 of 9" crust)	30	1.3	19.6	7.5	148.2
Pie crust, cookie-type, prepared from recipe, graham cracker, baked	1 pie shell (9" dia)	210	8.8	136.9	52.3	1037.4
Pie crust, cookie-type, prepared from recipe, graham cracker, baked	1 crust, single 9"	239	10	155.8	59.5	1180.7
Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	1 piece (1/8 of 9" crust)	30	1.2	19.2	7.3	145.2
Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	1 crust, single 9"	244	10	155.9	59.5	1181
Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	1 piece (1/8 of 9" crust)	22	0.8	11	8	116.8
Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	1 cup	129	4.8	64.8	46.7	685
Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	1 crust, single 9"	176	6.5	88.4	63.7	934.6
Pie crust, standard-type, dry mix	1 oz	28.4	2	14.8	8.9	146.9
Pie crust, standard-type, dry mix	1 package (10 oz)	284	19.6	148	89.2	1471.1
Pie crust, standard-type, dry mix, prepared, baked	1 piece (1/8 of 9" crust)	20	1.3	10.1	6.1	100.2
Pie crust, standard-type, dry mix, prepared, baked	1 crust, single 9"	160	10.7	80.6	48.6	801.6
Pie crust, standard-type, frozen, ready-to-bake, baked	1 piece (1/8 of 9" crust)	16	0.7	7.9	5.2	82.2
Pie crust, standard-type, frozen, ready-to-bake, baked	1 crust, single 9"	126	5.5	62.5	41.3	647.6
Pie crust, standard-type, frozen, ready-to-bake, enriched	1 piece (1/8 of 9" crust)	18	0.7	7.9	5.3	82.3
Pie crust, standard-type, frozen, ready-to-bake, enriched	1 crust, single 9"	142	5.5	62.6	41.5	648.9
Pie crust, standard-type, frozen, ready-to-bake, unenriched	1 piece (1/8 of 9" crust)	16	0.6	7.1	4.7	73.1
Pie crust, standard-type, frozen, ready-to-bake, unenriched	1 crust, single 9"	142	5.5	62.6	41.5	648.9
Pie crust, standard-type, prepared from recipe, baked	1 piece (1/8 of 9" crust)	23	1.5	10.9	8	121.2
Pie crust, standard-type, prepared from recipe, baked	1 crust, single 9"	180	11.5	85.5	62.3	948.6
Pie crust, standard-type, prepared from recipe, unbaked	1 piece (1/8 of 9" crust)	24	1.4	10.2	7.4	112.6
Pie crust, standard-type, prepared from recipe, unbaked	1 crust, single 9"	194	11.1	82.1	59.8	909.9
Pie fillings, canned, apple	0.125 can	74	0.1	19.4	0.1	74.7
Pie fillings, canned, apple	1 can (21 oz)	595	0.6	155.9	0.6	601
Pie fillings, canned, cherry	0.125 can	74	0.3	20.7	0.1	85.1
Pie fillings, canned, cherry	1 can (21 oz)	595	2.2	166.6	0.4	684.3
Pie, apple, commercially prepared, enriched flour	1 oz	28.4	0.5	9.6	3.1	67.2
Pie, apple, commercially prepared, enriched flour	1 piece (1/6 of 8" pie)	117	2.2	39.8	12.9	277.3
Pie, apple, commercially prepared, enriched flour	1 piece (1/8 of 9" dia)	125	2.4	42.5	13.8	296.3
Pie, apple, commercially prepared, unenriched flour	1 oz	28.4	0.5	9.6	3.1	67.2
Pie, apple, commercially prepared, unenriched flour	1 piece (1/6 of 8" pie)	117	2.2	39.8	12.9	277.3
Pie, apple, commercially prepared, unenriched flour	1 piece (1/8 of 9" dia)	125	2.4	42.5	13.8	296.3
Pie, apple, prepared from recipe	1 oz	28.4	0.7	10.5	3.5	75.1
Pie, apple, prepared from recipe	1 piece (1/8 of 9" dia)	155	3.7	57.5	19.4	410.8
Pie, banana cream, prepared from mix, no-bake type	1 oz	28.4	1	9	3.7	71.2
Pie, banana cream, prepared from mix, no-bake type	1 piece (1/8 of 9" dia)	92	3.1	29.1	11.9	230.9
Pie, banana cream, prepared from mix, no-bake type	1 piece (1/6 of 8" pie)	123	4.2	38.9	15.9	308.7
Pie, banana cream, prepared from recipe	1 oz	28.4	1.2	9.3	3.9	76.3



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Pie, banana cream, prepared from recipe	1 piece (1/8 of 9" dia)	144	6.3	47.4	19.6	387.4
Pie, banana cream, prepared from recipe	1 pie (9" dia)	1186	52.2	390.2	161.3	3190.3
Pie, blueberry, commercially prepared	1 oz	28.4	0.5	9.9	2.8	65.8
Pie, blueberry, commercially prepared	1 piece (1/6 of 8" pie)	117	2.1	40.8	11.7	271.4
Pie, blueberry, commercially prepared	1 piece (1/8 of 9" dia)	125	2.3	43.6	12.5	290
Pie, blueberry, prepared from recipe	1 oz	28.4	0.8	9.5	3.4	69.5
Pie, blueberry, prepared from recipe	1 piece (1/8 of 9" dia)	147	4	49.2	17.5	360.2
Pie, cherry, commercially prepared	1 oz	28.4	0.6	11.3	3.1	73.7
Pie, cherry, commercially prepared	1 piece (1/6 of 8" pie)	117	2.3	46.6	12.9	304.2
Pie, cherry, commercially prepared	1 piece (1/8 of 9" dia)	125	2.5	49.8	13.8	325
Pie, cherry, prepared from recipe	1 oz	28.4	0.8	10.9	3.5	76.5
Pie, cherry, prepared from recipe	1 piece (1/8 of 9" dia)	180	5	69.3	22	486
Pie, chocolate creme, commercially prepared	1 oz	28.4	0.7	9.5	5.5	86.2
Pie, chocolate creme, commercially prepared	1 piece (1/4 of 6" pie)	99	2.6	33.3	19.2	301
Pie, chocolate creme, commercially prepared	1 piece (1/6 of 8" pie)	113	2.9	38	21.9	343.5
Pie, chocolate mousse, prepared from mix, no-bake type	1 oz	28.4	1	8.4	4.4	73.7
Pie, chocolate mousse, prepared from mix, no-bake type	1 piece (1/8 of 9" dia)	95	3.3	28.1	14.6	247
Pie, coconut cream, prepared from mix, no-bake type	1 oz	28.4	0.8	8.1	5	78.2
Pie, coconut cream, prepared from mix, no-bake type	1 piece (1/8 of 9" dia)	94	2.6	26.8	16.5	259.4
Pie, coconut creme, commercially prepared	1 oz	28.4	0.6	10.5	4.7	84.5
Pie, coconut creme, commercially prepared	1 piece (1/8 of 7" pie)	48	1	17.9	8	143
Pie, coconut creme, commercially prepared	1 piece (1/6 of 7" pie)	64	1.3	23.8	10.6	190.7
Pie, coconut custard, commercially prepared	1 oz	28.4	1.7	8.6	3.7	73.7
Pie, coconut custard, commercially prepared	1 piece (1/6 of 8" pie)	104	6.1	31.4	13.7	270.4
Pie, egg custard, commercially prepared	1 oz	28.4	1.6	5.9	3.3	59.5
Pie, egg custard, commercially prepared	1 piece (1/6 of 8" pie)	105	5.8	21.8	12.2	220.5
Pie, fried pies, cherry	1 oz	28.4	0.9	12.1	4.6	89.6
Pie, fried pies, cherry	1 pie (5" x 3-3/4")	128	3.8	54.5	20.6	404.5
Pie, fried pies, fruit	1 oz	28.4	0.9	12.1	4.6	89.6
Pie, fried pies, fruit	1 pie (5" x 3-3/4")	128	3.8	54.5	20.6	404.5
Pie, fried pies, lemon	1 oz	28.4	0.9	12.1	4.6	89.6
Pie, fried pies, lemon	1 pie (5" x 3-3/4")	128	3.8	54.5	20.6	404.5
Pie, lemon meringue, commercially prepared	1 oz	28.4	0.4	13.4	2.5	76
Pie, lemon meringue, commercially prepared	1 piece (1/6 of 8" pie)	113	1.7	53.3	9.8	302.8
Pie, lemon meringue, prepared from recipe	1 oz	28.4	1.1	11.1	3.7	80.8
Pie, lemon meringue, prepared from recipe	1 piece (1/8 of 9" dia)	127	4.8	49.7	16.4	362
Pie, mince, prepared from recipe	1 oz	28.4	0.7	13.6	3.1	81.9
Pie, mince, prepared from recipe	1 piece (1/8 of 9" dia)	165	4.3	79.2	17.8	476.9
Pie, peach	1 oz	28.4	0.5	9.3	2.8	63.2
Pie, peach	1 piece (1/6 of 8" pie)	117	2.2	38.5	11.7	260.9
Pie, pecan, commercially prepared	1 oz	28.4	1.1	16.2	5.2	113.4
Pie, pecan, commercially prepared	1 piece (1/6 of 8" pie)	113	4.5	64.6	20.9	452
Pie, pecan, prepared from recipe	1 oz	28.4	1.4	14.8	6.3	116.8
Pie, pecan, prepared from recipe	1 piece (1/8 of 9" dia)	122	6	63.7	27.1	502.6
Pie, pumpkin, commercially prepared	1 oz	28.4	1.1	7.7	2.7	59.5
Pie, pumpkin, commercially prepared	1 piece (1/6 of 8" pie)	109	4.3	29.8	10.4	228.9
Pie, pumpkin, prepared from recipe	1 oz	28.4	1.3	7.5	2.6	57.8
Pie, pumpkin, prepared from recipe	1 piece (1/8 of 9" dia)	155	7	40.9	14.4	316.2
Pie, vanilla cream, prepared from recipe	1 oz	28.4	1.4	9.2	4.1	78.8
Pie, vanilla cream, prepared from recipe	1 piece (1/8 of 9" dia)	126	6	41.1	18.1	350.3
Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	1 cup	168	11.4	39.1	0.6	203.3
Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	1 cup	168	11.4	39.1	0.6	203.3
Pigeon peas (red gram), mature seeds, raw	1 cup	205	44.5	128.7	3.1	703.2
Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	1 cup	153	9.1	29.8	2.1	169.8
Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	1 cup	153	9.1	29.8	2.1	169.8
Pigeonpeas, immature seeds, raw	10 seeds	4	0.3	1	0.1	5.4
Pigeonpeas, immature seeds, raw	1 cup	154	11.1	36.8	2.5	209.4
Pike, northern, cooked, dry heat	3 oz	85	21	0	0.7	96.1
Pike, northern, cooked, dry heat	0.5 fillet	155	38.3	0	1.4	175.2
Pike, northern, raw	3 oz	85	16.4	0	0.6	74.8
Pike, northern, raw	0.5 fillet	198	38.1	0	1.4	174.2
Pike, walleye, cooked, dry heat	3 oz	85	20.9	0	1.3	101.2
Pike, walleye, cooked, dry heat	1 fillet	124	30.4	0	1.9	147.6
Pike, walleye, raw	3 oz	85	16.3	0	1	79.1

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Pike, walleye, raw	1 fillet	159	30.4	0	1.9	147.9
Pilnuts-canarytree, dried	1 oz (15 kernels)	28.4	3.1	1.1	22.6	203.8
Pilnuts-canarytree, dried	1 cup	120	13	4.8	95.5	862.8
Pillsbury buttermilk biscuits, artificial flavor, refrigerated dough	1 serving	64	5	30.4	1.4	154.2
Pillsbury cinnamon rolls with icing, refrigerated dough	1 serving	44	2.4	23.9	5	150
Pillsbury grands buttermilk biscuits, refrigerated dough	1 serving	61	4.1	25.1	8.7	194.6
Pillsbury hungry jack buttermilk biscuits, artificial flavor, refrigerated dough	1 serving	34	2.4	14.5	4.6	108.5
Pillsbury, chocolate chip cookies, refrigerated dough	1 serving	28	1.2	17.9	5.7	127.4
Pillsbury, crusty french loaf, refrigerated dough	1 serving	62	5.8	28.9	1.7	154.4
Pillsbury, traditional fudge brownie mix, dry	1 serving	30	1.4	23.5	3.6	132.3
Pimento, canned	1 slice	1	0	0.1	0	0.2
Pimento, canned	1 tbs	12	0.1	0.6	0	2.8
Pimento, canned	1 pimiento, whole	66	0.7	3.4	0.2	15.2
Pimento, canned	1 cup	192	2.1	9.8	0.6	44.2
Pina colada, canned	1 fl oz	32.6	0.2	9	2.5	77.3
Pina colada, canned	1 can (6.8 fl oz, 200 ml)	222	1.3	61.3	16.9	526.1
Pina colada, prepared-from-recipe	1 fl oz	31.4	0.1	7.1	0.6	56.2
Pina colada, prepared-from-recipe	1 cocktail (4.5 fl oz)	141	0.6	31.9	2.7	252.4
Pine pignolia, dried	10 nuts	1.8	0.4	0.3	0.9	10.2
Pine pignolia, dried	1 tbs	8.6	2.1	1.2	4.4	48.7
Pine pignolia, dried	1 oz	28.4	6.8	4	14.4	160.5
Pine pignolia, dried	1 cup	136	32.6	19.3	69	769.8
Pine pinyon, dried	10 nuts	1	0.1	0.2	0.6	6.3
Pine pinyon, dried	1 oz	28.4	3.3	5.5	17.3	178.3
Pineapple and grapefruit juice drink, canned	1 fl oz	31.3	0.1	3.6	0	14.7
Pineapple and grapefruit juice drink, canned	1 cup (8 fl oz)	250	0.5	29	0.3	117.5
Pineapple and orange juice drink, canned	1 fl oz	31.3	0.4	3.7	0	15.7
Pineapple and orange juice drink, canned	1 cup (8 fl oz)	250	3.3	29.5	0	125
Pineapple juice, canned, unsweetened	1 fl oz	31.3	0.1	4.3	0	17.5
Pineapple juice, canned, unsweetened	1 fl oz	31.3	0.1	4.3	0	17.5
Pineapple juice, canned, unsweetened	1 cup	250	0.8	34.5	0.2	140
Pineapple juice, canned, unsweetened	1 cup	250	0.8	34.5	0.2	140
Pineapple juice, frozen concentrate, unsweetened, diluted with water	1 fl oz	31.2	0.1	4	0	16.2
Pineapple juice, frozen concentrate, unsweetened, diluted with water	1 cup	250	1	31.9	0.1	130
Pineapple juice, frozen concentrate, unsweetened, undiluted	1 can (6 fl oz)	216	2.8	95.7	0.2	386.6
Pineapple, canned, extra heavy syrup pack	1 cup, crushed, sliced, or chunks	260	0.9	55.9	0.3	215.8
Pineapple, canned, heavy syrup pack	1 slice or ring (3" dia) with liquid	49	0.2	9.9	0.1	38.2
Pineapple, canned, heavy syrup pack	1 cup, crushed, sliced, or chunks	254	0.9	51.3	0.3	198.1
Pineapple, canned, juice pack	1 slice or ring (3" dia) with liquid	47	0.2	7.4	0	28.2
Pineapple, canned, juice pack	1 cup, crushed, sliced, or chunks	249	1	39.1	0.2	149.4
Pineapple, canned, light syrup pack	1 slice or ring (3" dia) with liquid	48	0.2	6.5	0.1	25
Pineapple, canned, light syrup pack	1 cup, crushed, sliced, or chunks	252	0.9	33.9	0.3	131
Pineapple, canned, water pack	1 slice or ring (3" dia) with liquid	47	0.2	3.9	0	15
Pineapple, canned, water pack	1 cup, crushed, sliced, or chunks	246	1.1	20.4	0.2	78.7
Pineapple, frozen, chunks, sweetened	1 cup, chunks	245	1	54.4	0.2	208.3
Pineapple, raw	1 slice, thin (3-1/2" dia x 1/2" thick)	56	0.2	6.9	0.2	27.4
Pineapple, raw	1 slice (3-1/2" dia x 3/4" thick)	84	0.3	10.4	0.4	41.2
Pineapple, raw	1 cup, diced	155	0.6	19.2	0.7	76
Pineapple, raw	1 fruit	472	1.8	58.5	2	231.3
Pistachio dry roasted, with salt added	1 oz (47 kernels)	28.4	6.1	7.6	13	161
Pistachio dry roasted, with salt added	1 cup	128	27.3	34.3	58.8	727
Pistachio dry roasted, without salt added	1 oz (47 kernels)	28.4	6.1	7.8	13	161.9
Pistachio dry roasted, without salt added	1 cup	128	27.3	35.4	58.8	730.9
Pistachio raw	1 oz (47 kernels)	28.4	5.8	7.9	12.6	157.9
Pistachio raw	1 cup	128	26.4	35.8	56.9	713
Pitanga, (surinam-cherry), raw	1 fruit without refuse	7	0.1	0.5	0	2.3
Pitanga, (surinam-cherry), raw	1 cup	173	1.4	13	0.7	57.1
Pizza Hut Apple Dessert Pizza (1 Slice)	1		3	48	4.5	250
Pizza Hut Big New Yorker Beef Topping	1 Slice		24	42	26	480
Pizza Hut Big New Yorker Cheese	1 Slice		19	41	17	380
Pizza Hut Big New Yorker Ham	1 Slice		18	41	13	340
Pizza Hut Big New Yorker Pepperoni	1 Slice		17	41	16	370
Pizza Hut Big New Yorker Pork Topping	1 Slice		23	42	25	470
Pizza Hut Big New Yorker Sausage	1 Slice		27	42	33	570

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Pizza Hut Big New Yorker Supreme	1 Slice		22	43	23	450
Pizza Hut Big New Yorker Veggie Lover's Pizza	1 Slice		18	52	22	450
Pizza Hut Bread Stick (1 Serving)		1	3	20	4	130
Pizza Hut Bread Stick Dipping Sauce (1 Serving)		1	0	5	0.5	30
Pizza Hut Cavatini Pasta		1	21	66	14	480
Pizza Hut Cavatini Supreme Pasta		1	24	73	19	560
Pizza Hut Cherry Dessert Pizza (1 Slice)		1	3	47	4.5	250
Pizza Hut Garlic Bread (1 Slice)			3	16	8	150
Pizza Hut Ham & Cheese Sandwich		1	33	57	21	550
Pizza Hut Hand Tossed Pizza Beef Topping	1 Slice		16	29	17	330
Pizza Hut Hand Tossed Pizza Cheese	1 Slice		12	28	10	240
Pizza Hut Hand Tossed Pizza Chicken Supreme	1 Slice		13	29	7	230
Pizza Hut Hand Tossed Pizza Ham	1 Slice		14	28	10	260
Pizza Hut Hand Tossed Pizza Italian Sausage	1 Slice		16	28	18	340
Pizza Hut Hand Tossed Pizza Meat Lover's	1 Slice		14	28	17	320
Pizza Hut Hand Tossed Pizza Pepperoni	1 Slice		13	28	13	280
Pizza Hut Hand Tossed Pizza Pepperoni Lover's	1 Slice		11	27	11	250
Pizza Hut Hand Tossed Pizza Pork Topping	1 Slice		16	29	16	320
Pizza Hut Hand Tossed Pizza Super Supreme	1 Slice		13	29	14	290
Pizza Hut Hand Tossed Pizza Supreme	1 Slice		13	29	12	270
Pizza Hut Hand Tossed Pizza Veggie Lover's	1 Slice		9	29	8	220
Pizza Hut Hot Buffalo Wings (4)	1 pkg.		22	4	12	210
Pizza Hut Mild Buffalo Wings (5)	1 pkg.		23	<1	12	200
Pizza Hut Pan Pizza Beef Topping	1 Slice		14	29	18	330
Pizza Hut Pan Pizza Cheese	1 Slice		12	28	14	290
Pizza Hut Pan Pizza Chicken Supreme	1 Slice		13	29	12	270
Pizza Hut Pan Pizza Ham	1 Slice		11	28	12	260
Pizza Hut Pan Pizza Italian Sausage	1 Slice		13	29	20	340
Pizza Hut Pan Pizza Meat Lover's	1 Slice		14	29	21	360
Pizza Hut Pan Pizza Pepperoni	1 Slice		11	28	14	280
Pizza Hut Pan Pizza Pepperoni Lover's	1 Slice		14	29	18	330
Pizza Hut Pan Pizza Pork Topping	1 Slice		13	29	17	320
Pizza Hut Pan Pizza Super Supreme	1 Slice		14	30	18	340
Pizza Hut Pan Pizza Supreme	1 Slice		13	29	17	320
Pizza Hut Pan Pizza Veggie Lover's	1 Slice		10	30	12	270
Pizza Hut Personal Pan Pizza Beef Topping		1	31	71	35	710
Pizza Hut Personal Pan Pizza Cheese		1	28	71	28	630
Pizza Hut Personal Pan Pizza Ham		1	27	70	23	580
Pizza Hut Personal Pan Pizza Italian Sausage		1	31	71	39	740
Pizza Hut Personal Pan Pizza Pepperoni		1	26	70	28	620
Pizza Hut Personal Pan Pizza Pork Topping		1	31	71	34	700
Pizza Hut Sicilian Beef Topping	1 Slice		11	31	11	260
Pizza Hut Sicilian Cheese	1 Slice		12	31	13	290
Pizza Hut Sicilian Chicken Supreme	1 Slice		12	32	11	270
Pizza Hut Sicilian Ham	1 Slice		11	30	10	257
Pizza Hut Sicilian Italian Sausage	1 Slice		13	31	18	333
Pizza Hut Sicilian Meat Lover's	1 Slice		14	31	19	350
Pizza Hut Sicilian Pepperoni	1 Slice		10	31	13	280
Pizza Hut Sicilian Pepperoni Lover's	1 Slice		13	31	16	320
Pizza Hut Sicilian Pork Topping	1 Slice		13	31	16	320
Pizza Hut Sicilian Super Supreme	1 Slice		13	32	18	340
Pizza Hut Sicilian Supreme	1 Slice		12	32	15	310
Pizza Hut Sicilian Veggies Lover's	1 Slice		12	32	11	270
Pizza Hut Spaghetti w/ Meatballs		1	37	120	24	850
Pizza Hut Spaghetti w/ Marinara		1	18	91	6	490
Pizza Hut Spaghetti w/ Meat Sauce		1	23	98	13	600
Pizza Hut Stuffed Crust Beef Topping	1 Slice		23	46	22	466
Pizza Hut Stuffed Crust Cheese	1 Slice		22	46	19	445
Pizza Hut Stuffed Crust Chicken Supreme	1 Slice		24	47	17	432
Pizza Hut Stuffed Crust Ham	1 Slice		24	45	22	404
Pizza Hut Stuffed Crust Italian Sausage	1 Slice		22	46	23	478
Pizza Hut Stuffed Crust Meat Lover's	1 Slice		26	46	29	543
Pizza Hut Stuffed Crust Pepperoni	1 Slice		21	45	19	438
Pizza Hut Stuffed Crust Pepperoni Lover's	1 Slice		26	46	26	525

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Pizza Hut Stuffed Crust Pork Topping	1 Slice		22	46	21	461
Pizza Hut Stuffed Crust Super Supreme	1 Slice		25	46	25	505
Pizza Hut Stuffed Crust Supreme	1 Slice		24	47	23	487
Pizza Hut Stuffed Crust Veggie Lover's	1 Slice		20	48	17	421
Pizza Hut Supreme Sandwich		1	34	62	28	640
Pizza Hut The Edge Chicken Supreme	1 Slice		7	9	3.5	90
Pizza Hut The Edge Meat Lover's	1 Slice		7	8	11	160
Pizza Hut The Edge The Works	1 Slice		5	9	6	110
Pizza Hut The Edge Veggie Lover's	1 Slice		4	9	3	70
Pizza Hut Thin 'n Crispy Beef Topping	1 Slice		13	22	15	270
Pizza Hut Thin 'n Crispy Cheese	1 Slice		10	22	9	200
Pizza Hut Thin 'n Crispy Chicken Supreme	1 Slice		12	23	7	200
Pizza Hut Thin 'n Crispy Ham	1 Slice		9	21	7	170
Pizza Hut Thin 'n Crispy Italian Sausage	1 Slice		12	22	17	290
Pizza Hut Thin 'n Crispy Meat Lover's	1 Slice		14	22	19	310
Pizza Hut Thin 'n Crispy Pepperoni	1 Slice		9	21	9	190
Pizza Hut Thin 'n Crispy Pepperoni Lover's	1 Slice		12	22	13	250
Pizza Hut Thin 'n Crispy Pork Topping	1 Slice		13	22	14	270
Pizza Hut Thin 'n Crispy Super Supreme	1 Slice		13	23	15	280
Pizza Hut Thin 'n Crispy Supreme	1 Slice		12	23	13	250
Pizza Hut Thin 'n Crispy Veggie Lover's	1 Slice		8	24	7	190
Plantains, cooked	1 cup slices	154	1.2	48	0.3	178.6
Plantains, cooked	1 cup, mashed	200	1.6	62.3	0.4	232
Plantains, raw	1 cup, sliced	148	1.9	47.2	0.5	180.6
Plantains, raw	1 medium	179	2.3	57.1	0.7	218.4
Plums, canned, purple, extra heavy syrup pack	1 cup, pitted	261	0.9	68.7	0.3	263.6
Plums, canned, purple, heavy syrup pack	1 plum with liquid	46	0.2	10.7	0	40.9
Plums, canned, purple, heavy syrup pack	1 cup, pitted	258	0.9	60	0.3	229.6
Plums, canned, purple, juice pack	1 plum with liquid	46	0.2	7	0	26.7
Plums, canned, purple, juice pack	1 cup, pitted	252	1.3	38.2	0.1	146.2
Plums, canned, purple, light syrup pack	1 plum with liquid	46	0.2	7.5	0	29
Plums, canned, purple, light syrup pack	1 cup, pitted	252	0.9	41	0.3	158.8
Plums, canned, purple, water pack	1 plum with liquid	46	0.2	5.1	0	18.9
Plums, canned, purple, water pack	1 cup, pitted	249	1	27.5	0	102.1
Plums, raw	1 fruit (2-1/8" dia)	66	0.5	8.6	0.4	36.3
Plums, raw	1 cup, sliced	165	1.3	21.5	1	90.8
Poi	1 cup	240	0.9	65.4	0.3	268.8
Pokeberry shoots, (poke), cooked, boiled, drained, with salt	1 cup	165	3.8	5.1	0.7	33
Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1 tbsp	10	0.2	0.3	0	2
Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1 cup	165	3.8	5.1	0.7	33
Pokeberry shoots, (poke), raw	1 cup	160	4.2	5.9	0.6	36.8
Polaner, polaner all-fruit strawberry spread	1 tbsp	18	0.1	10.3	0	41.6
Polish sausage, pork	1 oz	28.4	4	0.5	8.1	92.4
Polish sausage, pork	1 sausage (10" long x 1-1/4" dia)	227	32	3.7	65.2	740
Pollock, atlantic, cooked, dry heat	3 oz	85	21.2	0	1.1	100.3
Pollock, atlantic, cooked, dry heat	0.5 fillet	151	37.6	0	1.9	178.2
Pollock, atlantic, raw	3 oz	85	16.5	0	0.8	78.2
Pollock, atlantic, raw	0.5 fillet	193	37.5	0	1.9	177.6
Pollock, walleye, cooked, dry heat	1 fillet	60	14.1	0	0.7	67.8
Pollock, walleye, cooked, dry heat	3 oz	85	20	0	1	96.1
Pollock, walleye, raw	1 fillet	77	13.2	0	0.6	62.4
Pollock, walleye, raw	3 oz	85	14.6	0	0.7	68.9
Pomegranates, raw	1 pomegranate (3-3/8" dia)	154	1.5	26.4	0.5	104.7
Pompano, florida, cooked, dry heat	3 oz	85	20.1	0	10.3	179.4
Pompano, florida, cooked, dry heat	1 fillet	88	20.8	0	10.7	185.7
Pompano, florida, raw	1 oz, boneless	28.4	5.2	0	2.7	46.5
Pompano, florida, raw	3 oz	85	15.7	0	8	139.4
Pompano, florida, raw	1 fillet	112	20.7	0	10.6	183.7
Popcorn, air-popped	1 cup	8	1	6.2	0.3	30.6
Popcorn, air-popped	1 oz	28.4	3.4	22.1	1.2	108.3
Popcorn, air-popped, white popcorn	1 cup	8	1	6.2	0.3	30.6
Popcorn, air-popped, white popcorn	1 oz	28.4	3.4	22.1	1.2	108.3
Popcorn, cakes	1 cake	10	1	8	0.3	38.4
Popcorn, cakes	2 cakes	20	1.9	16	0.6	76.8

mrFITNESSinc.com **MACRONUTRIENT FOOD DATABASE**



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Popcorn, caramel-coated, with peanuts	1 oz (approx 2/3 cup)	28.4	1.8	22.9	2.2	113.4
Popcorn, caramel-coated, with peanuts	2 oz	56.7	3.6	45.8	4.4	226.8
Popcorn, caramel-coated, without peanuts	1 oz	28.4	1.1	22.4	3.6	122.2
Popcorn, cheese-flavor	1 cup	11	1	5.7	3.7	57.9
Popcorn, cheese-flavor	1 oz	28.4	2.6	14.6	9.4	149.1
Popcorn, oil-popped	1 cup	11	1	6.3	3.1	55
Popcorn, oil-popped	1 oz	28.4	2.6	16.2	8	141.8
Popcorn, oil-popped, white popcorn	1 cup	11	1	6.3	3.1	55
Popcorn, oil-popped, white popcorn	1 oz	28.4	2.6	16.2	8	141.8
Popovers, dry mix, enriched	1 oz	28.4	2.9	20.1	1.2	105.2
Popovers, dry mix, enriched	1 package (6 oz)	170	17.7	120.7	7.3	630.7
Popovers, dry mix, unenriched	1 oz	28.4	2.9	20.1	1.2	105.2
Popovers, dry mix, unenriched	1 package (6 oz)	170	17.7	120.7	7.3	630.7
Poppy seed	1 tsp	2.8	0.5	0.7	1.3	14.9
Poppy seed	1 tbsp	8.8	1.6	2.1	3.9	46.9
Pop-tarts Crunch Frosted Strawberry	0.75 cup	30	1.4	26.8	0.8	117.9
Pork and beef sausage, cooked	1 link (raw dimensions: 4" long x 7/8" dia), cooked	13	1.8	0.4	4.7	51.5
Pork and beef sausage, cooked	1 patty, cooked (raw dimensions: 3-7/8" dia x 1/4" thick)	27	3.7	0.7	9.8	106.9
Pork sausage, cooked	1 link (raw dimensions: 4" long x 7/8" dia), cooked	13	2.6	0.1	4.1	48
Pork sausage, cooked	1 patty, cooked (raw dimensions: 3-7/8" dia x 1/4" thick)	27	5.3	0.3	8.4	99.6
Pork sausage, raw	1 link (7/8" dia x 4" long)	28	3.3	0.3	11.3	116.8
Pork sausage, raw	1 patty (3-7/8" dia x 1/4" thick)	57	6.7	0.6	23	237.7
Pork skins, barbecue-flavor	0.5 oz	14.2	8.2	0.2	4.5	76.3
Pork skins, barbecue-flavor	1 oz	28.4	16.4	0.5	9	152.5
Pork skins, plain	0.5 oz	14.2	8.7	0	4.4	77.3
Pork skins, plain	1 oz	28.4	17.4	0	8.9	154.5
Pork, backfat, raw	1 oz	28.4	0.8	0	25.1	230.2
Pork, backfat, raw	1 lb	453.6	13.2	0	402.3	3683.2
Pork, backribs, lean & fat, cooked, roasted	3 oz	85	20.6	0	25.1	314.5
Pork, backribs, lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	219	53.1	0	64.8	810.3
Pork, backribs, lean & fat, raw	1 oz	28.4	4.6	0	6.7	79.9
Pork, backribs, lean & fat, raw	1 lb	453.6	73.1	0	107	1279.2
Pork, bacon, cooked, broiled, pan-fried or roasted	3 medium slices, cooked (raw product packed 20/lb)	19	5.8	0.1	9.4	109.4
Pork, bacon, cooked, broiled, pan-fried or roasted	1 unit, cooked (yield from 1 lb raw meat)	127	38.7	0.7	62.5	731.5
Pork, bacon, raw	1 thick slice, packed 12/lb	38	3.3	0	21.9	211.3
Pork, bacon, raw	3 medium slices (packed 20/lb)	68	5.9	0.1	39.1	378.1
Pork, belly, raw	1 oz	28.4	2.6	0	15	146.9
Pork, belly, raw	1 lb	453.6	42.4	0	240.5	2349.6
Pork, brain, cooked, braised	3 oz	85	10.3	0	8.1	117.3
Pork, brain, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	382	46.4	0	36.3	527.2
Pork, brain, raw	1 oz	28.4	2.9	0	2.6	36
Pork, brain, raw	4 oz	113	11.6	0	10.4	143.5
Pork, breakfast strips, cooked	3 slices, cooked (raw product packed 15 per 12-oz bag)	34	9.8	0.4	12.5	156.1
Pork, breakfast strips, cooked	1 package (12 oz)	170	49.2	1.8	62.4	780.3
Pork, breakfast strips, raw or unheated	3 slices	68	8	0.5	25.3	263.8
Pork, breakfast strips, raw or unheated	1 package (12 oz)	340	39.9	2.4	126.3	1319.2
Pork, carcass, lean & fat, raw	1 oz	28.4	3.9	0	9.9	106.6
Pork, carcass, lean & fat, raw	1 lb	453.6	63.1	0	159.1	1705.5
Pork, chitterlings, cooked, simmered	3 oz	85	8.7	0	24.4	257.6
Pork, chitterlings, cooked, simmered	1 unit, cooked (yield from 1 lb raw meat)	171	17.5	0	49.2	518.1
Pork, chitterlings, raw	1 oz	28.4	2.8	0.1	6.5	71.4
Pork, chitterlings, raw	1 piece, cooked, (yield from 1 lb raw meat)	362	36.4	1.2	83.4	912.2
Pork, cured, (from ham and arm picnic), roasted	1 oz	28.4	2.2	0	17.5	167.5
Pork, cured, (from ham and arm picnic), roasted	3 oz	85	6.5	0	52.6	502.4
Pork, cured, (from ham and arm picnic), unheated	1 oz	28.4	1.6	0	17.4	164.1
Pork, cured, (from ham and arm picnic), unheated	3 oz	85	4.8	0.1	52.2	492.2
Pork, cured, canadian-style bacon, grilled	2 slices (6 per 6-oz pkg.)	46.5	11.3	0.6	3.9	86
Pork, cured, canadian-style bacon, grilled	1 package (6 oz) yields	139	33.7	1.9	11.7	257.2
Pork, cured, canadian-style bacon, unheated	2 slices (6 per 6-oz pkg.)	56.7	11.7	1	4	89
Pork, cured, canadian-style bacon, unheated	1 package (6 oz)	170	35.1	2.9	11.8	266.9
Pork, cured, feet, pickled	1 oz	28.4	3.8	0	4.6	57.6
Pork, cured, feet, pickled	1 lb	453.6	61.3	0.1	73.2	920.8
Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	3 oz	85	17.8	1.3	4.7	123.3
Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	1 cup	140	29.3	2.1	7.7	203

mrFITNESSinc.com **MACRONUTRIENT FOOD DATABASE**



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Pork, cured, ham, boneless, extra lean and regular, roasted	3 oz	85	18.7	0.4	6.5	140.3
Pork, cured, ham, boneless, extra lean and regular, roasted	1 cup	140	30.8	0.7	10.7	231
Pork, cured, ham, boneless, extra lean and regular, unheated	1 slice (6-1/4" x 4" x 1/16") (1 oz)	28.4	5.2	0.6	2.4	45.9
Pork, cured, ham, boneless, extra lean and regular, unheated	1 cup	140	25.6	3.2	11.7	226.8
Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	3 oz	85	19.2	0	7.7	151.3
Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	1 cup	140	31.7	0	12.6	249.2
Pork, cured, ham, center slice, country-style, lean only, raw	1 oz	28.4	7.9	0.1	2.4	55.3
Pork, cured, ham, center slice, country-style, lean only, raw	4 oz	113	31.4	0.3	9.4	220.4
Pork, cured, ham, center slice, lean & fat, unheated	1 oz	28.4	5.7	0	3.7	57.6
Pork, cured, ham, center slice, lean & fat, unheated	4 oz	113	22.8	0.1	14.6	229.4
Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	3 oz	85	18	0.4	4.1	115.6
Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	1 cup	140	29.6	0.7	6.8	190.4
Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	1 oz	28.4	5.2	0	1.3	34
Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	1 cup	140	25.9	0	6.4	168
Pork, cured, ham, extra lean and regular, canned, roasted	3 oz	85	17.8	0.4	7.2	142
Pork, cured, ham, extra lean and regular, canned, roasted	1 cup	140	29.3	0.7	11.8	233.8
Pork, cured, ham, extra lean and regular, canned, unheated	1 oz	28.4	5.1	0	2.1	40.8
Pork, cured, ham, extra lean and regular, canned, unheated	1 cup	140	25.2	0	10.4	201.6
Pork, cured, ham, patties, grilled	1 patty, cooked	59.5	7.9	1	18.4	203.5
Pork, cured, ham, patties, grilled	1 unit, cooked (yield from 1 lb raw meat)	413	54.9	7	127.4	1412.5
Pork, cured, ham, patties, unheated	1 oz	28.4	3.6	0.5	8	89.3
Pork, cured, ham, patties, unheated	1 patty	65.2	8.3	1.1	18.4	205.4
Pork, cured, ham, regular (approximately 13% fat), canned, roasted	3 oz	85	17.5	0.4	12.9	192.1
Pork, cured, ham, regular (approximately 13% fat), canned, roasted	1 cup	140	28.7	0.6	21.3	316.4
Pork, cured, ham, regular (approximately 13% fat), canned, unheated	1 oz	28.4	4.8	0	3.7	53.9
Pork, cured, ham, regular (approximately 13% fat), canned, unheated	1 cup	140	23.8	0	18.2	266
Pork, cured, ham, steak, boneless, extra lean, unheated	1 oz	28.4	5.5	0	1.2	34.6
Pork, cured, ham, steak, boneless, extra lean, unheated	1 slice	56.7	11.1	0	2.4	69.2
Pork, cured, ham, whole, lean & fat, roasted	3 oz	85	18.3	0	14.3	206.6
Pork, cured, ham, whole, lean & fat, roasted	1 cup	140	30.2	0	23.5	340.2
Pork, cured, ham, whole, lean & fat, unheated	1 oz	28.4	5.2	0	5.3	69.7
Pork, cured, ham, whole, lean & fat, unheated	1 cup	140	25.9	0.1	25.9	344.4
Pork, cured, ham, whole, lean only, roasted	3 oz	85	21.3	0	4.7	133.5
Pork, cured, ham, whole, lean only, roasted	1 cup	140	35.1	0	7.7	219.8
Pork, cured, ham, whole, lean only, unheated	1 oz	28.4	6.3	0	1.6	41.7
Pork, cured, ham, whole, lean only, unheated	1 cup	140	31.2	0.1	8	205.8
Pork, cured, salt pork, raw	1 oz	28.4	1.4	0	22.8	212.1
Pork, cured, salt pork, raw	8 oz	227	11.5	0	182.7	1698
Pork, cured, shoulder, arm picnic, lean & fat, roasted	3 oz	85	17.4	0	18.1	238
Pork, cured, shoulder, arm picnic, lean & fat, roasted	1 cup	140	28.6	0	29.9	392
Pork, cured, shoulder, arm picnic, lean only, roasted	3 oz	85	21.2	0	6	144.5
Pork, cured, shoulder, arm picnic, lean only, roasted	1 cup	140	34.9	0	9.9	238
Pork, cured, shoulder, blade roll, lean & fat, roasted	3 oz	85	14.7	0.3	20	244
Pork, cured, shoulder, blade roll, lean & fat, roasted	1 piece, cooked (yield from 1 lb unheated product)	376	65	1.4	88.3	1079.1
Pork, cured, shoulder, blade roll, lean & fat, unheated	1 oz	28.4	4.7	0	6.2	76.3
Pork, cured, shoulder, blade roll, lean & fat, unheated	4 oz	113	18.6	0	24.8	304
Pork, ears, frozen, cooked, simmered	1 ear (yield after cooking)	111	17.7	0.2	12	184.3
Pork, ears, frozen, cooked, simmered	1 unit, cooked (yield from 1 lb raw meat)	422	67.3	0.8	45.6	700.5
Pork, ears, frozen, raw	1 oz	28.4	6.4	0.2	4.3	66.3
Pork, ears, frozen, raw	1 ear	113	25.4	0.7	17.1	264.4
Pork, feet, cooked, simmered	3 oz	85	16.3	0	10.5	164.9
Pork, feet, cooked, simmered	1 piece, cooked, (yield from 1 lb raw meat)	142	27.3	0	17.6	275.5
Pork, feet, raw	1 oz	28.4	6.3	0	5.3	74.8
Pork, feet, raw	0.5 foot	95	21	0	17.9	250.8
Pork, ground, cooked	3 oz	85	21.8	0	17.7	252.5
Pork, ground, cooked	1 unit, cooked (yield from 1 lb raw meat)	313	80.4	0	65	929.6
Pork, ground, raw	1 oz	28.4	4.8	0	6	74.6
Pork, ground, raw	4 oz	113	19.1	0	23.9	297.2
Pork, heart, cooked, braised	1 heart	129	30.4	0.5	6.5	190.9
Pork, heart, cooked, braised	1 cup	145	34.2	0.6	7.3	214.6
Pork, heart, raw	1 oz	28.4	4.9	0.4	1.2	33.5
Pork, heart, raw	1 heart	226	39	3	9.9	266.7
Pork, jowl, raw	1 oz	28.4	1.8	0	19.7	185.7
Pork, jowl, raw	4 oz	113	7.2	0	78.7	740.2

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Pork, kidneys, cooked, braised	3 oz	85	21.6	0	4	128.4
Pork, kidneys, cooked, braised	1 cup	140	35.6	0	6.6	211.4
Pork, kidneys, raw	1 oz	28.4	4.7	0	0.9	28.4
Pork, kidneys, raw	1 kidney	233	38.4	0	7.6	233
Pork, leaf fat, raw	1 oz	28.4	0.5	0	26.7	243
Pork, leaf fat, raw	4 oz	113	2	0	106.4	968.4
Pork, leg (ham), rump half, lean & fat, cooked, roasted	3 oz	85	24.5	0	12.1	214.2
Pork, leg (ham), rump half, lean & fat, cooked, roasted	1 cup, diced	135	39	0	19.3	340.2
Pork, leg (ham), rump half, lean & fat, raw	1 oz	28.4	5.3	0	4.4	62.9
Pork, leg (ham), rump half, lean & fat, raw	1 lb	453.6	85	0	71.2	1007
Pork, leg (ham), rump half, lean only, cooked, roasted	3 oz	85	26.3	0	6.9	175.1
Pork, leg (ham), rump half, lean only, cooked, roasted	1 cup, diced	135	41.8	0	11	278.1
Pork, leg (ham), rump half, lean only, raw	1 oz	28.4	6	0	1.5	38.8
Pork, leg (ham), rump half, lean only, raw	1 lb	453.6	96.3	0	23.5	621.4
Pork, leg (ham), shank half, lean & fat, cooked, roasted	3 oz	85	21.5	0	17.1	245.7
Pork, leg (ham), shank half, lean & fat, cooked, roasted	1 cup, diced	135	34.2	0	27.1	390.2
Pork, leg (ham), shank half, lean & fat, raw	1 oz	28.4	4.8	0	6	74.6
Pork, leg (ham), shank half, lean & fat, raw	1 lb	453.6	77.5	0	95.3	1193
Pork, leg (ham), shank half, lean only, cooked, roasted	3 oz	85	24	0	8.9	182.8
Pork, leg (ham), shank half, lean only, cooked, roasted	1 cup, diced	135	38.1	0	14.2	290.3
Pork, leg (ham), shank half, lean only, raw	1 oz	28.4	5.8	0	1.6	39.4
Pork, leg (ham), shank half, lean only, raw	1 lb	453.6	93.5	0	25.5	630.5
Pork, leg (ham), whole, lean & fat, cooked, roasted	3 oz	85	22.8	0	15	232.1
Pork, leg (ham), whole, lean & fat, cooked, roasted	1 cup, diced	135	36.2	0	23.8	368.6
Pork, leg (ham), whole, lean & fat, raw	1 oz	28.4	4.9	0	5.3	69.5
Pork, leg (ham), whole, lean & fat, raw	1 lb	453.6	79.1	0	85.6	1111.3
Pork, leg (ham), whole, lean only, cooked, roasted	3 oz	85	25	0	8	179.4
Pork, leg (ham), whole, lean only, cooked, roasted	1 cup, diced	135	39.7	0	12.7	284.9
Pork, leg (ham), whole, lean only, raw	1 oz	28.4	5.8	0	1.5	38.6
Pork, leg (ham), whole, lean only, raw	1 lb	453.6	92.9	0	24.5	616.9
Pork, liver, cooked, braised	3 oz	85	22.1	3.2	3.7	140.3
Pork, liver, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	354	92.1	13.3	15.6	584.1
Pork, liver, raw	1 oz	28.4	6.1	0.7	1	38
Pork, liver, raw	4 oz	113	24.2	2.8	4.1	151.4
Pork, loin, blade (chops or roasts), bone-in, lean & fat, raw	1 chop, (yield from 1 raw chop., weighing 151 g)	110	17.4	0	26.5	313.5
Pork, loin, blade (chops or roasts), bone-in, lean & fat, raw	1 lb	453.6	71.8	0	109.4	1292.8
Pork, loin, blade (chops or roasts), bone-in, lean only, raw	1 chop, (yield from 1 raw chop., weighing 151 g)	82	15.8	0	6.8	128.7
Pork, loin, blade (chops or roasts), bone-in, lean only, raw	1 lb	453.6	87.4	0	37.4	712.2
Pork, loin, blade (chops), bone-in, lean & fat, cooked, braised	1 chop, (yield from 1 raw chop., weighing 151 g)	83	18.2	0	21.1	268.1
Pork, loin, blade (chops), bone-in, lean & fat, cooked, braised	3 oz	85	18.6	0	21.6	274.6
Pork, loin, blade (chops), bone-in, lean & fat, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 151 g)	80	18	0	19.9	256
Pork, loin, blade (chops), bone-in, lean & fat, cooked, broiled	3 oz	85	19.1	0	21.1	272
Pork, loin, blade (chops), bone-in, lean & fat, cooked, pan-fried	1 chop, (yield from 1 raw chop., weighing 151 g)	83	17.8	0	23	283.9
Pork, loin, blade (chops), bone-in, lean & fat, cooked, pan-fried	3 oz	85	18.3	0	23.6	290.7
Pork, loin, blade (chops), bone-in, lean only, cooked, braised	1 chop, (yield from 1 raw chop., weighing 151 g)	63	15.8	0	8.2	141.8
Pork, loin, blade (chops), bone-in, lean only, cooked, braised	3 oz	85	21.3	0	11.1	191.3
Pork, loin, blade (chops), bone-in, lean only, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 151 g)	63	16	0	8.8	147.4
Pork, loin, blade (chops), bone-in, lean only, cooked, broiled	3 oz	85	21.6	0	11.8	198.9
Pork, loin, blade (chops), bone-in, lean only, cooked, pan-fried	1 chop, (yield from 1 raw chop., weighing 151 g)	63	15.6	0	9.5	151.8
Pork, loin, blade (chops), bone-in, lean only, cooked, pan-fried	3 oz	85	21	0	12.8	204.9
Pork, loin, blade (roasts), bone-in, lean & fat, cooked, roasted	3 oz	85	20.2	0	20.9	274.6
Pork, loin, blade (roasts), bone-in, lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	265	62.9	0	65.3	856
Pork, loin, blade (roasts), bone-in, lean only, cooked, roasted	3 oz	85	22.6	0	12.6	210
Pork, loin, blade (roasts), bone-in, lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	213	56.7	0	31.5	526.1
Pork, loin, center loin (chops or roasts), bone-in, lean & fat, raw	1 chop, (yield from 1 raw chop., weighing 151 g)	112	22.5	0	14.2	224
Pork, loin, center loin (chops or roasts), bone-in, lean & fat, raw	1 lb	453.6	91.3	0	57.6	907.2
Pork, loin, center loin (chops or roasts), bone-in, lean only, raw	1 chop, (yield from 1 raw chop., weighing 151 g)	98	21.6	0	4.9	137.2
Pork, loin, center loin (chops or roasts), bone-in, lean only, raw	1 lb	453.6	100	0	22.9	635
Pork, loin, center loin (chops), bone-in, lean & fat, cooked, braised	1 chop, (yield from 1 raw chop., weighing 151 g)	83	23.2	0	11.7	205
Pork, loin, center loin (chops), bone-in, lean & fat, cooked, braised	3 oz	85	23.7	0	12	210
Pork, loin, center loin (chops), bone-in, lean & fat, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 151 g)	82	23.5	0	10.7	196.8
Pork, loin, center loin (chops), bone-in, lean & fat, cooked, broiled	3 oz	85	24.4	0	11.1	204
Pork, loin, center loin (chops), bone-in, lean & fat, cooked, pan-fried	1 chop, (yield from 1 raw chop., weighing 151 g)	78	23.3	0	12.9	216.1
Pork, loin, center loin (chops), bone-in, lean & fat, cooked, pan-fried	3 oz	85	25.4	0	14.1	235.5



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Pork, loin, center loin (chops), bone-in, lean only, cooked, braised	1 chop, (yield from 1 raw chop., weighing 151 g)	74	22	0	6.1	149.5
Pork, loin, center loin (chops), bone-in, lean only, cooked, braised	3 oz	85	25.3	0	7.1	171.7
Pork, loin, center loin (chops), bone-in, lean only, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 151 g)	74	22.3	0	6	149.5
Pork, loin, center loin (chops), bone-in, lean only, cooked, broiled	3 oz	85	25.7	0	6.9	171.7
Pork, loin, center loin (chops), bone-in, lean only, cooked, pan-fried	1 chop, (yield from 1 raw chop., weighing 151 g)	69	22.2	0	7.2	160.1
Pork, loin, center loin (chops), bone-in, lean only, cooked, pan-fried	3 oz	85	27.4	0	8.9	197.2
Pork, loin, center loin (roasts), bone-in, lean & fat, cooked, roasted	3 oz	85	22.4	0	11.4	198.9
Pork, loin, center loin (roasts), bone-in, lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	252	66.3	0	33.9	589.7
Pork, loin, center loin (roasts), bone-in, lean only, cooked, roasted	3 oz	85	23.4	0	7.7	169.2
Pork, loin, center loin (roasts), bone-in, lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	231	63.6	0	20.8	459.7
Pork, loin, center rib (chops or roasts), bone-in, lean & fat, raw	1 chop, (yield from 1 raw chop., weighing 151 g)	98	19.8	0	13.3	204.8
Pork, loin, center rib (chops or roasts), bone-in, lean & fat, raw	1 lb	453.6	91.5	0	61.7	948
Pork, loin, center rib (chops or roasts), bone-in, lean only, raw	1 chop, (yield from 1 raw chop., weighing 151 g)	86	19	0	5.2	128.1
Pork, loin, center rib (chops or roasts), bone-in, lean only, raw	1 lb	453.6	100.3	0	27.3	675.9
Pork, loin, center rib (chops or roasts), boneless, lean & fat, raw	1 chop, (yield from 1 raw chop., weighing 113 g)	101	20.1	0	14.2	213.1
Pork, loin, center rib (chops or roasts), boneless, lean & fat, raw	1 lb	453.6	90.3	0	63.5	957.1
Pork, loin, center rib (chops or roasts), boneless, lean only, raw	1 chop, (yield from 1 raw chop., weighing 113 g)	88	19.2	0	5.7	133.8
Pork, loin, center rib (chops or roasts), boneless, lean only, raw	1 lb	453.6	98.9	0	29.4	689.5
Pork, loin, center rib (chops), bone-in, lean & fat, cooked, braised	1 chop, (yield from 1 raw chop., weighing 151 g)	75	20	0	11.3	187.5
Pork, loin, center rib (chops), bone-in, lean & fat, cooked, braised	3 oz	85	22.7	0	12.8	212.5
Pork, loin, center rib (chops), bone-in, lean & fat, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 151 g)	74	21.3	0	11.5	194.6
Pork, loin, center rib (chops), bone-in, lean & fat, cooked, broiled	3 oz	85	24.5	0	13.2	223.6
Pork, loin, center rib (chops), bone-in, lean & fat, cooked, pan-fried	1 chop, (yield from 1 raw chop., weighing 151 g)	73	19.2	0	12.4	193.5
Pork, loin, center rib (chops), bone-in, lean & fat, cooked, pan-fried	3 oz	85	22.3	0	14.4	225.3
Pork, loin, center rib (chops), bone-in, lean only, cooked, braised	1 chop, (yield from 1 raw chop., weighing 151 g)	67	19	0	6.3	138
Pork, loin, center rib (chops), bone-in, lean only, cooked, braised	3 oz	85	24.1	0	8	175.1
Pork, loin, center rib (chops), bone-in, lean only, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 151 g)	67	20.6	0	6.5	146.7
Pork, loin, center rib (chops), bone-in, lean only, cooked, broiled	3 oz	85	26.1	0	8.3	186.2
Pork, loin, center rib (chops), bone-in, lean only, cooked, pan-fried	1 chop, (yield from 1 raw chop., weighing 151 g)	64	18	0	7	139.5
Pork, loin, center rib (chops), bone-in, lean only, cooked, pan-fried	3 oz	85	23.9	0	9.2	185.3
Pork, loin, center rib (chops), boneless, lean & fat, cooked, braised	1 chop, (yield from 1 raw chop., weighing 113 g)	81	21.3	0	12.8	206.6
Pork, loin, center rib (chops), boneless, lean & fat, cooked, braised	3 oz	85	22.3	0	13.4	216.8
Pork, loin, center rib (chops), boneless, lean & fat, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 113 g)	80	22.1	0	12.6	208
Pork, loin, center rib (chops), boneless, lean & fat, cooked, broiled	3 oz	85	23.5	0	13.4	221
Pork, loin, center rib (chops), boneless, lean & fat, cooked, pan-fried	1 chop, (yield from 1 raw chop., weighing 113 g)	75	20.8	0	8.9	168
Pork, loin, center rib (chops), boneless, lean & fat, cooked, pan-fried	3 oz	85	23.5	0	10	190.4
Pork, loin, center rib (chops), boneless, lean only, cooked, braised	1 chop, (yield from 1 raw chop., weighing 113 g)	72	20.1	0	7.3	151.9
Pork, loin, center rib (chops), boneless, lean only, cooked, braised	3 oz	85	23.8	0	8.6	179.4
Pork, loin, center rib (chops), boneless, lean only, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 113 g)	71	20.9	0	7.1	153.4
Pork, loin, center rib (chops), boneless, lean only, cooked, broiled	3 oz	85	25	0	8.5	183.6
Pork, loin, center rib (chops), boneless, lean only, cooked, pan-fried	1 chop, (yield from 1 raw chop., weighing 113 g)	66	18.3	0	7.8	147.8
Pork, loin, center rib (chops), boneless, lean only, cooked, pan-fried	3 oz	85	23.5	0	10	190.4
Pork, loin, center rib (roasts), bone-in, lean & fat, cooked, roasted	3 oz	85	23.3	0	13	216.8
Pork, loin, center rib (roasts), bone-in, lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	224	61.4	0	34.2	571.2
Pork, loin, center rib (roasts), bone-in, lean only, cooked, roasted	3 oz	85	24.4	0	9.5	189.6
Pork, loin, center rib (roasts), bone-in, lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	206	59.2	0	23	459.4
Pork, loin, center rib (roasts), boneless, lean & fat, cooked, roasted	3 oz	85	22.9	0	12.9	214.2
Pork, loin, center rib (roasts), boneless, lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	317	85.6	0	48	798.8
Pork, loin, center rib (roasts), boneless, lean only, cooked, roasted	3 oz	85	24.5	0	8.6	181.9
Pork, loin, center rib (roasts), boneless, lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	283	81.5	0	28.7	605.6
Pork, loin, country-style ribs, lean & fat, cooked, braised	3 oz	85	20.3	0	18.3	251.6
Pork, loin, country-style ribs, lean & fat, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	235	56.1	0	50.5	695.6
Pork, loin, country-style ribs, lean & fat, cooked, roasted	3 oz	85	19.9	0	21.5	278.8
Pork, loin, country-style ribs, lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	241	56.4	0	61.1	790.5
Pork, loin, country-style ribs, lean & fat, raw	1 oz	28.4	4.8	0	5.3	68.3
Pork, loin, country-style ribs, lean & fat, raw	1 lb	453.6	77.1	0	84.9	1093.2
Pork, loin, country-style ribs, lean only, cooked, braised	3 oz	85	22.1	0	11.6	198.9
Pork, loin, country-style ribs, lean only, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	198	51.6	0	26.9	463.3
Pork, loin, country-style ribs, lean only, cooked, roasted	3 oz	85	22.6	0	12.6	210
Pork, loin, country-style ribs, lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	193	51.3	0	28.6	476.7
Pork, loin, country-style ribs, lean only, raw	1 oz	28.4	5.5	0	2.3	44.5
Pork, loin, country-style ribs, lean only, raw	1 lb	453.6	87.4	0	37.4	712.2
Pork, loin, sirloin (chops or roasts), bone-in, lean & fat, raw	1 chop, (yield from 1 raw chop., weighing 151 g)	107	20.5	0	14.6	219.4
Pork, loin, sirloin (chops or roasts), bone-in, lean & fat, raw	1 lb	453.6	87	0	61.8	929.9

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Pork loin, sirloin (chops or roasts), bone-in, lean only, raw	1 chop, (yield from 1 raw chop., weighing 151 g)	94	19.8	0	5.4	133.5
Pork loin, sirloin (chops or roasts), bone-in, lean only, raw	1 lb	453.6	95.5	0	26.1	644.1
Pork loin, sirloin (chops or roasts), boneless, lean & fat, raw	1 chop, (yield from 1 raw chop., weighing 113 g)	104	21.4	0	6.6	150.8
Pork loin, sirloin (chops or roasts), boneless, lean & fat, raw	1 lb	453.6	93.3	0	28.6	657.7
Pork loin, sirloin (chops or roasts), boneless, lean only, raw	1 chop, (yield from 1 raw chop., weighing 113 g)	101	21.3	0	4.3	129.3
Pork loin, sirloin (chops or roasts), boneless, lean only, raw	1 lb	453.6	95.5	0	19.1	580.6
Pork loin, sirloin (chops), bone-in, lean & fat, cooked, braised	1 chop, (yield from 1 raw chop., weighing 151 g)	80	20.3	0	12.1	196
Pork loin, sirloin (chops), bone-in, lean & fat, cooked, braised	3 oz	85	21.6	0	12.8	208.3
Pork loin, sirloin (chops), bone-in, lean & fat, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 151 g)	75	20	0	12.1	194.3
Pork loin, sirloin (chops), bone-in, lean & fat, cooked, broiled	3 oz	85	22.7	0	13.7	220.2
Pork loin, sirloin (chops), bone-in, lean only, cooked, braised	1 chop, (yield from 1 raw chop., weighing 151 g)	72	19.4	0	6.5	141.8
Pork loin, sirloin (chops), bone-in, lean only, cooked, braised	3 oz	85	23	0	7.7	167.5
Pork loin, sirloin (chops), bone-in, lean only, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 151 g)	67	19.1	0	6.8	142.7
Pork loin, sirloin (chops), bone-in, lean only, cooked, broiled	3 oz	85	24.2	0	8.6	181.1
Pork loin, sirloin (chops), boneless, lean & fat, cooked, braised	1 chop, (yield from 1 raw chop., weighing 113 g)	82	21.8	0	6.9	155
Pork loin, sirloin (chops), boneless, lean & fat, cooked, braised	3 oz	85	22.6	0	7.1	160.7
Pork loin, sirloin (chops), boneless, lean & fat, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 113 g)	74	22.6	0	6.4	153.9
Pork loin, sirloin (chops), boneless, lean & fat, cooked, broiled	3 oz	85	25.9	0	7.3	176.8
Pork loin, sirloin (chops), boneless, lean only, cooked, braised	1 chop, (yield from 1 raw chop., weighing 113 g)	80	21.6	0	5.3	140
Pork loin, sirloin (chops), boneless, lean only, cooked, braised	3 oz	85	23	0	5.6	148.8
Pork loin, sirloin (chops), boneless, lean only, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 113 g)	71	22.1	0	4.7	137
Pork loin, sirloin (chops), boneless, lean only, cooked, broiled	3 oz	85	26.5	0	5.7	164.1
Pork loin, sirloin (roasts), bone-in, lean & fat, cooked, roasted	3 oz	85	23.2	0	13.6	221.9
Pork loin, sirloin (roasts), bone-in, lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	231	62.9	0	37	602.9
Pork loin, sirloin (roasts), bone-in, lean only, cooked, roasted	3 oz	85	24.5	0	8.7	183.6
Pork loin, sirloin (roasts), bone-in, lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	208	59.9	0	21.4	449.3
Pork loin, sirloin (roasts), boneless, lean & fat, cooked, roasted	3 oz	85	24.2	0	8	176
Pork loin, sirloin (roasts), boneless, lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	315	89.8	0	29.7	652.1
Pork loin, sirloin (roasts), boneless, lean only, cooked, roasted	3 oz	85	24.5	0	7	168.3
Pork loin, sirloin (roasts), boneless, lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	308	88.9	0	25.5	609.8
Pork loin, tenderloin, lean & fat, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 113 g)	76	22.7	0	6.2	152.8
Pork loin, tenderloin, lean & fat, cooked, broiled	3 oz	85	25.4	0	6.9	170.9
Pork loin, tenderloin, lean & fat, cooked, roasted	3 oz	85	23.6	0	5.1	147.1
Pork loin, tenderloin, lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	340	94.6	0	20.6	588.2
Pork loin, tenderloin, lean & fat, raw	1 oz	28.4	5.8	0	1.5	38.6
Pork loin, tenderloin, lean & fat, raw	1 lb	453.6	93.2	0	24.5	616.9
Pork loin, tenderloin, lean only, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 113 g)	73	22.2	0	4.6	136.5
Pork loin, tenderloin, lean only, cooked, broiled	3 oz	85	25.9	0	5.4	159
Pork loin, tenderloin, lean only, cooked, roasted	3 oz	85	23.9	0	4.1	139.4
Pork loin, tenderloin, lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	333	93.7	0	16	546.1
Pork loin, tenderloin, lean only, raw	1 oz	28.4	6	0	1	34
Pork loin, tenderloin, lean only, raw	1 lb	453.6	95.2	0	15.5	544.3
Pork loin, top loin (chops), boneless, lean & fat, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	79	22	0	10	184.1
Pork loin, top loin (chops), boneless, lean & fat, cooked, braised	3 oz	85	23.6	0	10.8	198.1
Pork loin, top loin (chops), boneless, lean & fat, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 113 g)	71	21.3	0	8	162.6
Pork loin, top loin (chops), boneless, lean & fat, cooked, broiled	3 oz	85	25.5	0	9.5	194.7
Pork loin, top loin (chops), boneless, lean & fat, cooked, pan-fried	1 chop, (yield from 1 raw chop., weighing 113 g)	69	20	0	10.2	177.3
Pork loin, top loin (chops), boneless, lean & fat, cooked, pan-fried	3 oz	85	24.7	0	12.6	218.5
Pork loin, top loin (chops), boneless, lean & fat, raw	1 chop, (yield from 1 raw chop., weighing 113 g)	102	20.8	0	11.1	188.7
Pork loin, top loin (chops), boneless, lean & fat, raw	1 lb	453.6	92.6	0	49.2	839.2
Pork loin, top loin (chops), boneless, lean only, cooked, braised	1 chop, (yield from 1 raw chop., weighing 113 g)	74	21.5	0	6.4	149.5
Pork loin, top loin (chops), boneless, lean only, cooked, braised	3 oz	85	24.7	0	7.3	171.7
Pork loin, top loin (chops), boneless, lean only, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 113 g)	66	20.6	0	5.1	134
Pork loin, top loin (chops), boneless, lean only, cooked, broiled	3 oz	85	26.5	0	6.6	172.6
Pork loin, top loin (chops), boneless, lean only, cooked, pan-fried	1 chop, (yield from 1 raw chop., weighing 113 g)	63	19.2	0	6.6	141.8
Pork loin, top loin (chops), boneless, lean only, cooked, pan-fried	3 oz	85	25.9	0	8.9	191.3
Pork loin, top loin (chops), boneless, lean only, raw	1 chop, (yield from 1 raw chop., weighing 113 g)	93	20.3	0	4.9	131.1
Pork loin, top loin (chops), boneless, lean only, raw	1 lb	453.6	98.9	0	24.1	639.6
Pork loin, top loin (roasts), boneless, lean & fat, cooked, roasted	3 oz	85	24.5	0	9.7	192.1
Pork loin, top loin (roasts), boneless, lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	305	87.9	0	34.9	689.3
Pork loin, top loin (roasts), boneless, lean & fat, raw	1 oz	28.4	5.7	0	3.3	54.1
Pork loin, top loin (roasts), boneless, lean & fat, raw	1 lb	453.6	91.8	0	52.7	866.4
Pork loin, top loin (roasts), boneless, lean only, cooked, roasted	3 oz	85	25.7	0	6.1	164.9
Pork loin, top loin (roasts), boneless, lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	281	85	0	20.3	545.1

mrFITNESSinc.com **MACRONUTRIENT FOOD DATABASE**



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Pork, loin, top loin (roasts), boneless, lean only, raw	1 oz	28.4	6.2	0	1.5	40
Pork, loin, top loin (roasts), boneless, lean only, raw	1 lb	453.6	98.9	0	24	639.6
Pork, loin, whole, lean & fat, cooked, braised	3 oz	85	23.1	0	11.6	203.2
Pork, loin, whole, lean & fat, cooked, braised	1 chop, (yield from 1 raw chop., weighing 151 g)	89	24.2	0	12.1	212.7
Pork, loin, whole, lean & fat, cooked, broiled	3 oz	85	23.2	0	11.8	205.7
Pork, loin, whole, lean & fat, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 151 g)	87	23.8	0	12.1	210.5
Pork, loin, whole, lean & fat, cooked, roasted	3 oz	85	23	0	12.5	210.8
Pork, loin, whole, lean & fat, cooked, roasted	1 chop, (yield from 1 raw chop., weighing 151 g)	89	24.1	0	13	220.7
Pork, loin, whole, lean & fat, raw	1 chop, (yield from 1 raw chop., weighing 151 g)	117	23.1	0	14.7	231.7
Pork, loin, whole, lean & fat, raw	1 lb	453.6	89.5	0	57.1	898.1
Pork, loin, whole, lean only, cooked, braised	1 chop, (yield from 1 raw chop., weighing 151 g)	80	22.9	0	7.3	163.2
Pork, loin, whole, lean only, cooked, braised	3 oz	85	24.3	0	7.8	173.4
Pork, loin, whole, lean only, cooked, broiled	1 chop, (yield from 1 raw chop., weighing 151 g)	79	22.6	0	7.7	165.9
Pork, loin, whole, lean only, cooked, broiled	3 oz	85	24.3	0	8.3	178.5
Pork, loin, whole, lean only, cooked, roasted	1 chop, (yield from 1 raw chop., weighing 151 g)	81	23.2	0	7.8	169.3
Pork, loin, whole, lean only, cooked, roasted	3 oz	85	24.3	0	8.2	177.7
Pork, loin, whole, lean only, raw	1 chop, (yield from 1 raw chop., weighing 151 g)	106	22.7	0	6	151.6
Pork, loin, whole, lean only, raw	1 lb	453.6	97.2	0	25.7	648.6
Pork, lungs, cooked, braised	3 oz	85	14.1	0	2.6	84.2
Pork, lungs, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	300	49.8	0	9.3	297
Pork, lungs, raw	1 oz	28.4	4	0	0.8	24.1
Pork, lungs, raw	1 lb	453.6	63.9	0	12.3	385.6
Pork, mechanically separated, raw	1 oz	28.4	4.3	0	7.5	86.2
Pork, mechanically separated, raw	1 lb	453.6	68.2	0	120.4	1378.9
Pork, pancreas, cooked, braised	3 oz	85	24.2	0	9.2	186.2
Pork, pancreas, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	245	69.8	0	26.5	536.6
Pork, pancreas, raw	1 oz	28.4	5.3	0	3.8	56.4
Pork, pancreas, raw	4 oz	113	21	0	15	224.9
Pork, separable fat, cooked	1 oz	28.4	3.5	0	18.1	178.3
Pork, separable fat, cooked	4 oz	113	13.8	0	72.2	710.8
Pork, separable fat, raw	1 oz	28.4	1.8	0	19.2	180.9
Pork, separable fat, raw	4 oz	113	7.2	0	76.5	720.9
Pork, shoulder, arm picnic, lean & fat, cooked, braised	3 oz	85	23.8	0	19.7	279.7
Pork, shoulder, arm picnic, lean & fat, cooked, braised	1 cup, diced	135	37.8	0	31.3	444.2
Pork, shoulder, arm picnic, lean & fat, cooked, roasted	3 oz	85	19.9	0	20.4	269.5
Pork, shoulder, arm picnic, lean & fat, cooked, roasted	1 cup, diced	135	31.7	0	32.4	428
Pork, shoulder, arm picnic, lean & fat, raw	1 oz	28.4	4.7	0	5.7	71.7
Pork, shoulder, arm picnic, lean & fat, raw	1 lb	453.6	75.7	0	91.6	1147.6
Pork, shoulder, arm picnic, lean only, cooked, braised	3 oz	85	27.4	0	10.4	210.8
Pork, shoulder, arm picnic, lean only, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	198	63.9	0	24.2	491
Pork, shoulder, arm picnic, lean only, cooked, roasted	3 oz	85	22.7	0	10.7	193.8
Pork, shoulder, arm picnic, lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	191	51	0	24.1	435.5
Pork, shoulder, arm picnic, lean only, raw	1 oz	28.4	5.6	0	1.7	39.7
Pork, shoulder, arm picnic, lean only, raw	1 lb	453.6	89.6	0	27.9	635
Pork, shoulder, blade, boston (roasts or steaks), lean & fat, raw	1 steak, (yield from 1 raw steak., weighing 300 g)	228	40.3	0	36.1	497
Pork, shoulder, blade, boston (roasts or steaks), lean & fat, raw	1 lb	453.6	80.1	0	71.8	988.8
Pork, shoulder, blade, boston (roasts or steaks), lean only, raw	1 steak, (yield from 1 raw steak., weighing 300 g)	198	38.4	0	15.8	306.9
Pork, shoulder, blade, boston (roasts or steaks), lean only, raw	1 lb	453.6	87.9	0	36.3	703.1
Pork, shoulder, blade, boston (roasts), lean & fat, cooked, roasted	3 oz	85	19.6	0	16	228.7
Pork, shoulder, blade, boston (roasts), lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	262	60.5	0	49.4	704.8
Pork, shoulder, blade, boston (roasts), lean only, cooked, roasted	3 oz	85	20.6	0	12.2	197.2
Pork, shoulder, blade, boston (roasts), lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	238	57.6	0	34	552.2
Pork, shoulder, blade, boston (steaks), lean & fat, cooked, braised	3 oz	85	24.4	0	18.5	271.2
Pork, shoulder, blade, boston (steaks), lean & fat, cooked, braised	1 steak, (yield from 1 raw steak., weighing 300 g)	140	40.1	0	30.4	446.6
Pork, shoulder, blade, boston (steaks), lean & fat, cooked, broiled	3 oz	85	21.7	0	14.1	220.2
Pork, shoulder, blade, boston (steaks), lean & fat, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 300 g)	169	43.2	0	28.1	437.7
Pork, shoulder, blade, boston (steaks), lean only, cooked, braised	3 oz	85	26.4	0	13.2	232.1
Pork, shoulder, blade, boston (steaks), lean only, cooked, braised	1 steak, (yield from 1 raw steak., weighing 300 g)	122	37.9	0	19	333.1
Pork, shoulder, blade, boston (steaks), lean only, cooked, broiled	3 oz	85	22.7	0	10.7	193
Pork, shoulder, blade, boston (steaks), lean only, cooked, broiled	1 steak, (yield from 1 raw steak., weighing 300 g)	147	39.3	0	18.4	333.7
Pork, shoulder, whole, lean & fat, cooked, roasted	3 oz	85	19.8	0	18.2	248.2
Pork, shoulder, whole, lean & fat, cooked, roasted	1 cup, diced	135	31.4	0	28.9	394.2
Pork, shoulder, whole, lean & fat, raw	1 oz	28.4	4.9	0	5.1	66.9
Pork, shoulder, whole, lean & fat, raw	1 lb	453.6	77.9	0	81.6	1070.5

mrFITNESSinc.com **MACRONUTRIENT FOOD DATABASE**



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Pork, shoulder, whole, lean only, cooked, roasted	3 oz	85	21.5	0	11.5	195.5
Pork, shoulder, whole, lean only, cooked, roasted	1 cup, diced	135	34.2	0	18.3	310.5
Pork, shoulder, whole, lean only, raw	1 oz	28.4	5.5	0	2	42
Pork, shoulder, whole, lean only, raw	1 lb	453.6	88.7	0	32.4	671.3
Pork, spareribs, lean & fat, cooked, braised	3 oz	85	24.7	0	25.8	337.5
Pork, spareribs, lean & fat, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	177	51.4	0	53.6	702.7
Pork, spareribs, lean & fat, raw	1 oz	28.4	4.8	0	6.7	81.1
Pork, spareribs, lean & fat, raw	1 lb	453.6	77.5	0	107	1297.3
Pork, spleen, cooked, braised	3 oz	85	24	0	2.7	126.7
Pork, spleen, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	299	84.3	0	9.6	445.5
Pork, spleen, raw	1 oz	28.4	5.1	0	0.7	28.4
Pork, spleen, raw	4 oz	113	20.2	0	2.9	113
Pork, stomach, raw	1 oz	28.4	4.7	0	2.7	44.5
Pork, stomach, raw	4 oz	113	18.6	0	10.8	177.4
Pork, tail, cooked, simmered	3 oz	85	14.5	0	30.4	336.6
Pork, tail, cooked, simmered	1 piece, cooked, (yield from 1 lb raw meat)	275	46.8	0	98.5	1089
Pork, tail, raw	1 oz	28.4	5	0	9.5	107.2
Pork, tail, raw	4 oz	113	20.1	0	37.9	427.1
Pork, tongue, cooked, braised	3 oz	85	20.5	0	15.8	230.4
Pork, tongue, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	231	55.7	0	43	626
Pork, tongue, raw	1 oz	28.4	4.6	0	4.9	63.8
Pork, tongue, raw	4 oz	113	18.4	0	19.4	254.3
Pork, trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), lean & fat, raw	1 oz	28.4	5.2	0	4.7	64.4
Pork, trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), lean & fat, raw	1 lb	453.6	82.8	0	74.8	1029.7
Pork, trimmed retail cuts (leg, loin, and shoulder), lean only, cooked	3 oz	85	24.9	0	8.2	180.2
Pork, trimmed retail cuts (leg, loin, and shoulder), lean only, cooked	1 piece, cooked, (yield from 1 lb raw meat)	231	67.6	0	22.3	489.7
Pork, trimmed retail cuts (leg, loin, shoulder), lean only, raw	1 oz	28.4	6	0	1.7	40.5
Pork, trimmed retail cuts (leg, loin, shoulder), lean only, raw	1 lb	453.6	95.6	0	26.7	648.6
Pork, trimmed retail cuts (leg, loin, shoulder, and spareribs), lean & fat, cooked	3 oz	85	23.4	0	14.6	232.1
Pork, trimmed retail cuts (leg, loin, shoulder, and spareribs), lean & fat, cooked	1 piece, cooked, (yield from 1 lb raw meat)	247	68.1	0	42.4	674.3
Pork, trimmed retail cuts (leg, loin, shoulder, and spareribs), lean & fat, raw	1 oz	28.4	5.4	0	4.2	61.2
Pork, trimmed retail cuts (leg, loin, shoulder, and spareribs), lean & fat, raw	1 lb	453.6	86	0	67.8	979.8
Pork, trimmed retail cuts (loin and shoulder blade), lean & fat, cooked	3 oz	85	23.6	0	12.5	214.2
Pork, trimmed retail cuts (loin and shoulder blade), lean & fat, cooked	1 piece, cooked, (yield from 1 lb raw meat)	261	72.5	0	38.5	657.7
Pork, trimmed retail cuts (loin and shoulder blade), lean & fat, raw	1 oz	28.4	5.5	0	3.7	56.7
Pork, trimmed retail cuts (loin and shoulder blade), lean & fat, raw	1 lb	453.6	88.6	0	58.5	907.2
Pork, trimmed retail cuts (loin and shoulder blade), lean only, cooked	3 oz	85	25	0	8	179.4
Pork, trimmed retail cuts (loin and shoulder blade), lean only, cooked	1 piece, cooked, (yield from 1 lb raw meat)	236	69.5	0	22.3	498
Pork, trimmed retail cuts (loin and shoulder blade), lean only, raw	1 oz	28.4	6	0	1.7	40.8
Pork, trimmed retail cuts (loin and shoulder blade), lean only, raw	1 lb	453.6	96.3	0	26.7	653.2
Post 100% Bran Cereal	0.333 cup	29	3.7	22.7	0.6	83.2
Post Banana Nut Crunch Cereal	1 cup	59	5	43.7	6.1	249
Post Blueberry Morning Cereal	1.25 cup	55	3.6	43.4	2.5	210.7
Post Bran Flakes	0.75 cup	30	2.8	24.1	0.7	96
Post Cocoa Pebbles Cereal	0.75 cup	29	1	25.5	1.2	115.4
Post Frosted Alpha-bits Cereal	1 cup	32	2.7	26.7	1.3	129.6
Post Frosted Shredded Wheat Bite Size Cereal	1 cup	52	4.1	43.6	1	183
Post Fruit & Fibre Dates, Raisins & Walnuts Cereal	1 cup	55	3.9	41.9	3.1	211.8
Post Fruity Pebbles Cereal	0.75 cup	27	1	23.7	1.1	108.3
Post Golden Crisp Cereal	0.75 cup	27	1.5	24.5	0.4	107.5
Post Grape-nuts Cereal	0.5 cup	58	6.3	47.2	1.1	208.2
Post Grape-nuts Flakes	0.75 cup	29	2.9	23.6	0.8	105.9
Post Great Grains Crunchy Pecan Cereal	0.667 cup	53	4.9	37.8	6.3	216.2
Post Great Grains Raisin, Date & Pecan Cereal	0.667 cup	54	4.3	39.5	4.5	203.6
Post Honey Bunches Of Oats Honey Roasted Cereal	0.75 cup	30	2.1	24.6	1.7	118.2
Post Honey Bunches Of Oats With Almonds Cereal	0.75 cup	31	2.4	24.2	2.6	126.2
Post Honeycomb Cereal	1.333 cup	29	1.5	25.8	0.6	114.6
Post Marshmallow Alpha-bits Cereal	1 cup	29	1.7	25.1	1	115.4
Post Oreo O's Cereal	0.75 cup	27	1.3	21.5	2.4	112.1
Post Raisin Bran Cereal	1 cup	59	4.7	46.1	1.1	187
Post The Original Shredded Wheat Cereal	2 biscuits	46	4.8	38.1	0.6	156.4
Post The Original Shredded Wheat 'n Bran Cereal	1.25 cup	59	7.4	47.1	0.8	197.1
Post The Original Shredded Wheat Spoon Size Cereal	1 cup	49	5	40.7	0.5	166.6
Post Toasties Corn Flakes	1 cup	28	1.9	24.3	0	100.8

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Post Waffle Crisp Cereal	1 cup	30	1.8	23.7	2.9	129
Potato chips, barbecue-flavor	1 oz	28.4	2.2	15	9.2	139.2
Potato chips, barbecue-flavor	1 bag (7 oz)	198	15.2	104.5	64.2	972.2
Potato chips, cheese-flavor	1 oz	28.4	2.4	16.4	7.7	140.6
Potato chips, cheese-flavor	1 bag (6 oz)	170	14.5	98.1	46.2	843.2
Potato chips, made from dried potatoes, cheese-flavor	1 oz	28.4	2	14.3	10.5	156.2
Potato chips, made from dried potatoes, cheese-flavor	1 can (6.25 oz)	191	13.4	96.6	70.7	1052.4
Potato chips, made from dried potatoes, light	1 oz	28.4	1.6	18.4	7.3	142
Potato chips, made from dried potatoes, light	1 can (6 oz)	170	9.5	110.3	43.7	851.7
Potato chips, made from dried potatoes, plain	1 oz	28.4	1.7	14.5	10.9	158.2
Potato chips, made from dried potatoes, plain	1 can (7 oz)	198	11.7	101	76	1104.8
Potato chips, made from dried potatoes, sour-cream and onion-flavor	1 oz	28.4	1.9	14.5	10.5	155.1
Potato chips, made from dried potatoes, sour-cream and onion-flavor	1 can (6.75 oz)	198	13.1	101.6	73.3	1083.1
Potato chips, plain, made with partially hydrogenated soybean oil, salted	1 oz	28.4	2	15	9.8	152
Potato chips, plain, made with partially hydrogenated soybean oil, salted	1 bag (8 oz)	227	15.9	120.1	78.5	1216.7
Potato chips, plain, made with partially hydrogenated soybean oil, unsalted	1 oz	28.4	2	15	9.8	152
Potato chips, plain, made with partially hydrogenated soybean oil, unsalted	1 bag (8 oz)	227	15.9	120.1	78.5	1216.7
Potato chips, plain, salted	1 oz	28.4	2	15	9.8	152
Potato chips, plain, salted	1 bag (8 oz)	227	15.9	120.1	78.5	1216.7
Potato chips, plain, unsalted	1 oz	28.4	2	15	9.8	152
Potato chips, plain, unsalted	1 bag (8 oz)	227	15.9	120.1	78.5	1216.7
Potato chips, reduced fat	1 oz	28.4	2	19	5.9	133.5
Potato chips, reduced fat	1 bag (6 oz)	170	12.1	113.7	35.4	800.7
Potato chips, sour-cream-and-onion-flavor	1 oz	28.4	2.3	14.6	9.6	150.5
Potato chips, sour-cream-and-onion-flavor	1 bag (7 oz)	198	16	102	67.1	1051.4
Potato flour	1 cup	160	11	132.9	0.5	571.2
Potato pancakes, home-prepared	1 pancake	76	4.7	21.8	11.6	206.7
Potato puffs, frozen, prepared	1 puff	7	0.2	2.1	0.8	15.5
Potato puffs, frozen, prepared	10 crispy crowns	60	2	18.3	6.4	133.2
Potato puffs, frozen, prepared	10 puffs	79	2.6	24.1	8.5	175.4
Potato puffs, frozen, prepared	1 cup	128	4.3	39	13.7	284.2
Potato puffs, frozen, unprepared	1 cup	128	3.4	31.1	10.9	226.6
Potato salad, home-prepared	1 cup	250	6.7	27.9	20.5	357.5
Potato sticks	0.5 cup	18	1.2	9.6	6.2	94
Potato sticks	1 oz	28.4	1.9	15.1	9.8	148
Potato, flesh and skin, raw	1 cup diced	150	3	7.7	0	39
Potato, flesh and skin, raw	1 small (1-3/4" to 2-1/2" dia.)	170	3.4	8.8	0	44.2
Potato, flesh and skin, raw	1 medium (2-1/4" to 3-1/4" dia.)	213	4.3	11	0	55.4
Potato, flesh and skin, raw	1 large (3" to 4-1/4" dia.)	369	7.4	19	0	95.9
Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	0.167 package (5.5 oz) yields	137	3.2	17.6	5.6	127.4
Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	1 package yield, 5.5 oz	822	18.9	105.5	33.9	764.5
Potatoes, au gratin, dry mix, unprepared	0.167 package (5.5 oz)	26	2.3	19.3	1	81.6
Potatoes, au gratin, dry mix, unprepared	1 package (5.5 oz)	156	13.9	115.9	5.8	489.8
Potatoes, au gratin, home-prepared from recipe using butter	1 cup	245	12.4	27.6	18.6	323.4
Potatoes, au gratin, home-prepared from recipe using margarine	1 cup	245	12.4	27.6	18.6	323.4
Potatoes, baked, flesh and skin, with salt	0.5 cup	61	1.4	15.4	0.1	66.5
Potatoes, baked, flesh and skin, with salt	1 potato (2-1/3" x 4-3/4")	202	4.6	51	0.2	220.2
Potatoes, baked, flesh and skin, without salt	1 small (1-3/4" to 2-1/2" dia.)	137.7	3.2	34.7	0.1	150.1
Potatoes, baked, flesh and skin, without salt	1 medium (2-1/4" to 3-1/4" dia.)	172.5	4	43.5	0.2	188
Potatoes, baked, flesh and skin, without salt	1 large (3" to 4-1/4" dia.)	298.9	6.9	75.4	0.3	325.8
Potatoes, baked, flesh, with salt	0.5 cup	61	1.2	13.2	0.1	56.7
Potatoes, baked, flesh, with salt	1 potato (2-1/3" x 4-3/4")	156	3.1	33.6	0.2	145.1
Potatoes, baked, flesh, without salt	0.5 cup	61	1.2	13.2	0.1	56.7
Potatoes, baked, flesh, without salt	1 potato (2-1/3" x 4-3/4")	156	3.1	33.6	0.2	145.1
Potatoes, baked, skin, with salt	1 skin	58	2.5	26.7	0.1	114.8
Potatoes, baked, skin, without salt	1 skin	58	2.5	26.7	0.1	114.8
Potatoes, boiled, cooked in skin, flesh, with salt	0.5 cup	78	1.5	15.7	0.1	67.9
Potatoes, boiled, cooked in skin, flesh, with salt	1 potato (2-1/2" dia, sphere)	136	2.5	27.4	0.1	118.3
Potatoes, boiled, cooked in skin, flesh, without salt	0.5 cup	78	1.5	15.7	0.1	67.9
Potatoes, boiled, cooked in skin, flesh, without salt	1 potato (2-1/2" dia, sphere)	136	2.5	27.4	0.1	118.3
Potatoes, boiled, cooked in skin, skin, with salt	1 skin	34	1	5.9	0	26.5
Potatoes, boiled, cooked in skin, skin, without salt	1 skin	34	1	5.9	0	26.5
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cup	78	1.3	15.6	0.1	67.1
Potatoes, boiled, cooked without skin, flesh, with salt	1 small (1-3/4" to 2-1/2" dia.)	124.5	2.1	24.9	0.1	107.1



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Potatoes, boiled, cooked without skin, flesh, with salt	1 medium (2-1/4" to 2-1/4" dia.)	166.6	2.8	33.3	0.2	143.3
Potatoes, boiled, cooked without skin, flesh, with salt	1 large (3" to 4-1/4" dia.)	299.6	5.1	59.9	0.3	257.7
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cup	78	1.3	15.6	0.1	67.1
Potatoes, boiled, cooked without skin, flesh, without salt	1 small (1-3/4" to 2-1/2" dia.)	124.5	2.1	24.9	0.1	107.1
Potatoes, boiled, cooked without skin, flesh, without salt	1 medium (2-1/4" to 3-1/4" dia.)	166.6	2.8	33.3	0.2	143.3
Potatoes, boiled, cooked without skin, flesh, without salt	1 large (3" to 4-1/4" dia.)	299.6	5.1	59.9	0.3	257.7
Potatoes, canned	1 cup, whole	300	3.6	29.7	0.3	132
Potatoes, canned	1 can (303 x 406)	454	5.4	44.9	0.5	199.8
Potatoes, canned, drained solids	1 potato	35	0.5	4.8	0.1	21
Potatoes, canned, drained solids	1 cup	180	2.5	24.5	0.4	108
Potatoes, french fried, frozen, home-prepared, heated in oven, with salt	10 strips	50	1.6	15.6	3.8	100
Potatoes, french fried, frozen, home-prepared, heated in oven, with salt	1 package (9 oz) yields	198	6.3	61.8	15	396
Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	10 strips	50	1.6	15.6	3.8	100
Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	1 package (9 oz), yields	198	6.3	61.8	15	396
Potatoes, french fried, frozen, unprepared	10 strips	65	1.6	15.8	3.8	101.4
Potatoes, french fried, frozen, unprepared	1 package (9 oz)	255	6.3	62	15	397.8
Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	10 strips	50	1.7	17	4.1	109
Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	1 package (9 oz) yields	198	6.8	67.4	16.2	431.6
Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, without salt	10 strips	50	1.7	17	4.1	109
Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, without salt	1 package (9 oz), yields	198	6.8	67.4	16.2	431.6
Potatoes, frozen, french fried, par fried, cottage-cut, unprepared	10 strips	65	1.6	15.6	3.8	99.5
Potatoes, frozen, french fried, par fried, cottage-cut, unprepared	1 package (9 oz)	255	6.2	61.1	14.7	390.2
Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	10 strips	50	1.8	19.8	9.4	166.5
Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	1 package (9 oz), yields	198	7	78.6	37	659.3
Potatoes, frozen, french fried, par fried, extruded, unprepared	10 strips	65	1.8	19.6	9.7	169
Potatoes, frozen, french fried, par fried, extruded, unprepared	1 package (9 oz)	255	7.2	76.9	38.1	663
Potatoes, frozen, whole, unprepared	1 cup	182	4.3	31.8	0.3	142
Potatoes, hashed brown, frozen, plain, prepared	1 patty, oval (approx 3" x 1-1/2" x 1/2")	29	0.9	8.1	3.3	63.2
Potatoes, hashed brown, frozen, plain, prepared	0.5 cup	78	2.5	21.9	9	170
Potatoes, hashed brown, frozen, plain, prepared	1 package yield, 12 oz	205	6.5	57.6	23.6	446.9
Potatoes, hashed brown, frozen, plain, unprepared	0.5 cup	105	2.2	18.6	0.7	86.1
Potatoes, hashed brown, frozen, plain, unprepared	1 package (12 oz)	340	7	60.2	2.1	278.8
Potatoes, hashed brown, frozen, with butter sauce, unprepared	1 package (6 oz)	170	3.2	31.1	11.3	229.5
Potatoes, hashed brown, home-prepared	1 cup	156	3.8	33.3	21.7	326
Potatoes, mashed, dehydrated, flakes without milk, dry form	1 cup	48	4	39	0.2	169.9
Potatoes, mashed, dehydrated, granules with milk, dry form	1 cup	200	21.8	155.4	2.2	716
Potatoes, mashed, dehydrated, granules without milk, dry form	1 cup	200	16.4	171	1.1	744
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add	1 cup	210	4	31.5	11.8	237.3
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1 cup	210	4.2	27.5	4.6	165.9
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1 cup	210	4.3	30.2	10.4	226.8
Potatoes, mashed, home-prepared, whole milk added	1 cup	210	4.1	36.9	1.2	161.7
Potatoes, mashed, home-prepared, whole milk and butter added	1 cup	210	3.9	35.1	8.9	222.6
Potatoes, mashed, home-prepared, whole milk and margarine added	1 cup	210	3.9	35.1	8.9	222.6
Potatoes, mashed, prepared from flakes, without milk, whole milk and margarine	1 cup	210	4	31.5	11.8	237.3
Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	1 cup	210	4.3	30.2	10.4	226.8
Potatoes, microwaved, cooked in skin, flesh and skin, without salt	1 potato (2-1/2" dia, sphere)	202	4.9	48.7	0.2	212.1
Potatoes, microwaved, cooked in skin, flesh, with salt	0.5 cup	78	1.6	18.2	0.1	78
Potatoes, microwaved, cooked in skin, flesh, with salt	1 potato (2-1/3" x 4-3/4")	156	3.3	36.3	0.2	156
Potatoes, microwaved, cooked in skin, flesh, without salt	0.5 cup	78	1.6	18.2	0.1	78
Potatoes, microwaved, cooked in skin, flesh, without salt	1 potato (2-1/3" x 4-3/4")	156	3.3	36.3	0.2	156
Potatoes, microwaved, cooked in skin, skin, without salt	1 skin	58	2.5	17.2	0.1	76.6
Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	1 potato (2-1/3" x 4-3/4")	202	4.9	48.7	0.2	212.1
Potatoes, microwaved, cooked, in skin, skin with salt	1 skin	58	2.5	17.2	0.1	76.6
Potatoes, o'brien, home-prepared	1 cup	194	4.6	30	2.5	157.1
Potatoes, o'brien, home-prepared	1 recipe yield	1162	27.3	179.8	14.9	941.2
Potatoes, raw, skin	1 skin	38	1	4.7	0	22
Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	0.167 package (5.5 oz) yields	137	2.9	17.5	5.9	127.4
Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	1 cup (unprepared)	245	5.2	31.3	10.5	227.9
Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	1 package yield, 5.5 oz	822	17.4	105	35.3	764.5
Potatoes, scalloped, dry mix, unprepared	0.167 package (5.5 oz)	26	2	19.2	1.2	93.1
Potatoes, scalloped, dry mix, unprepared	1 package (5.5 oz)	156	12.1	115.3	7.2	558.5
Potatoes, scalloped, home-prepared with butter	1 cup	245	7	26.4	9	210.7
Potatoes, scalloped, home-prepared with margarine	1 cup	245	7	26.4	9	210.7
Poultry food products, ground turkey, cooked	1 patty (4 oz, raw) (yield after cooking)	82	22.4	0	10.8	192.7



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Poultry food products, ground turkey, cooked	1 unit, yield from 1 lb raw	330	90.3	0	43.4	775.5
Poultry food products, ground turkey, raw	1 patty, 4 oz	114	19.9	0	9.4	169.9
Poultry food products, ground turkey, raw	1 lb	453.6	79.2	0	37.5	675.9
Poultry salad sandwich spread	1 tbsp	13	1.5	1	1.8	26
Poultry salad sandwich spread	1 oz	28.4	3.3	2.1	3.8	56.7
Poultry seasoning	1 tsp	1.5	0.1	1	0.1	4.6
Poultry seasoning	1 tbsp	3.7	0.4	2.4	0.3	11.4
Poultry, mechanically deboned, from backs and necks with skin, raw	0.5 lb	227	25.9	0	56.1	617.4
Poultry, mechanically deboned, from backs and necks without skin, raw	0.5 lb	227	31.3	0	35.1	451.7
Poultry, mechanically deboned, from mature hens, raw	0.5 lb	227	33.4	0	45.4	551.6
Pout, ocean, cooked, dry heat	3 oz	85	18.1	0	1	86.7
Pout, ocean, cooked, dry heat	0.5 fillet	137	29.2	0	1.6	139.7
Pout, ocean, raw	3 oz	85	14.1	0	0.8	67.2
Pout, ocean, raw	0.5 fillet	176	29.3	0	1.6	139
Pretzels, hard, confectioner's coating, chocolate-flavor	1 pretzel	11	0.8	7.8	1.8	50.4
Pretzels, hard, confectioner's coating, chocolate-flavor	1 oz	28.4	2.1	20.1	4.7	129.8
Pretzels, hard, plain, made with enriched flour, unsalted	1 oz	28.4	2.6	22.5	1	108
Pretzels, hard, plain, made with enriched flour, unsalted	10 twists	60	5.5	47.5	2.1	228.6
Pretzels, hard, plain, made with unenriched flour, salted	1 oz	28.4	2.6	22.5	1	108
Pretzels, hard, plain, made with unenriched flour, salted	10 twists	60	5.5	47.5	2.1	228.6
Pretzels, hard, plain, made with unenriched flour, unsalted	1 oz	28.4	2.6	22.5	1	108
Pretzels, hard, plain, made with unenriched flour, unsalted	10 twists	60	5.5	47.5	2.1	228.6
Pretzels, hard, plain, salted	1 oz	28.4	2.6	22.5	1	108
Pretzels, hard, plain, salted	10 twists	60	5.5	47.5	2.1	228.6
Pretzels, hard, whole-wheat	1 oz	28.4	3.1	23	0.7	102.6
Pretzels, hard, whole-wheat	2 oz	56.7	6.3	46	1.5	205.3
Prickly pears, raw	1 fruit without refuse	103	0.8	9.9	0.5	42.2
Prickly pears, raw	1 cup	149	1.1	14.3	0.8	61.1
Prune juice, canned	1 fl oz	32	0.2	5.6	0	22.7
Prune juice, canned	1 cup	256	1.6	44.7	0.1	181.8
Prunes, canned, heavy syrup pack	5 fruits with liquid	86	0.7	23.9	0.2	90.3
Prunes, canned, heavy syrup pack	1 cup	234	2	65.1	0.5	245.7
Prunes, dehydrated (low-moisture), stewed	1 cup	280	3.4	83.2	0.7	316.4
Prunes, dehydrated (low-moisture), uncooked	1 cup	132	4.9	117.6	1	447.5
Prunes, dried, stewed, with added sugar	1 cup, pitted	248	2.7	81.5	0.5	307.5
Prunes, dried, stewed, without added sugar	1 cup, pitted	248	2.9	69.6	0.6	265.4
Prunes, dried, uncooked	1 prune	8.4	0.2	5.3	0	20.1
Prunes, dried, uncooked	1 cup, pitted	170	4.4	106.6	0.9	406.3
Puddings, banana, dry mix, instant	1 portion, amount to make 1/2 cup	25	0	23.2	0.2	91.8
Puddings, banana, dry mix, instant	1 package (3.5 oz)	99	0	91.8	0.6	363.3
Puddings, banana, dry mix, instant, prepared with 2% milk	0.5 cup	147	4.1	29.1	2.5	152.9
Puddings, banana, dry mix, instant, prepared with 2% milk	1 package yields	587	16.4	116.2	10	610.5
Puddings, banana, dry mix, instant, prepared with whole milk	0.5 cup	147	4	28.8	4.3	166.1
Puddings, banana, dry mix, instant, prepared with whole milk	1 package yield (2 cups)	587	15.8	115.1	17	663.3
Puddings, banana, dry mix, instant, with added oil	1 portion, amount to make 1/2 cup	25	0	22.3	1.1	96.5
Puddings, banana, dry mix, instant, with added oil	1 package (3.5 oz)	99	0	88.1	4.4	382.1
Puddings, banana, dry mix, regular	1 portion, amount to make 1/2 cup	22	0	20.4	0.1	82.7
Puddings, banana, dry mix, regular	1 package (3.12 oz)	88	0	81.8	0.4	330.9
Puddings, banana, dry mix, regular, prepared with 2% milk	0.5 cup	140	4.1	25.5	2.4	142.8
Puddings, banana, dry mix, regular, prepared with 2% milk	1 package yields	559	16.2	101.7	9.5	570.2
Puddings, banana, dry mix, regular, prepared with whole milk	0.5 cup	140	4.1	25.3	4.2	156.8
Puddings, banana, dry mix, regular, prepared with whole milk	1 package yield (2 cups)	559	16.2	101.2	16.8	626.1
Puddings, banana, dry mix, regular, with added oil	1 portion, amount to make 1/2 cup	22	0	19.4	1.1	85.1
Puddings, banana, dry mix, regular, with added oil	1 package (3.12 oz)	88	0	77.8	4.4	340.6
Puddings, banana, ready-to-eat	1 oz	28.4	0.7	6	1	36
Puddings, banana, ready-to-eat	1 can (5 oz)	142	3.4	30.1	5.1	180.3
Puddings, chocolate, dry mix, instant	1 portion, amount to make 1/2 cup	25	0.6	21.9	0.5	88.8
Puddings, chocolate, dry mix, instant	1 package (3.5 oz)	99	2.3	86.8	1.9	351.5
Puddings, chocolate, dry mix, instant, prepared with 2% milk	0.5 cup	147	4.6	27.8	2.8	149.9
Puddings, chocolate, dry mix, instant, prepared with 2% milk	1 package yields	587	18.2	110.9	11.2	598.7
Puddings, chocolate, dry mix, regular	1 portion, amount to make 1/2 cup	24.8	0.6	22.1	0.5	89.5
Puddings, chocolate, dry mix, regular	1 package (3.5 oz)	99	2.6	88.1	2.1	357.4
Puddings, chocolate, dry mix, regular, prepared with 2% milk	0.5 cup	142	4.7	28	2.8	150.5
Puddings, chocolate, dry mix, regular, prepared with 2% milk	1 package yield (2 cups)	570	18.8	112.3	11.4	604.2

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Puddings, chocolate, dry mix, regular, prepared with whole milk	0.5 cup	142	4.5	25.6	4.8	157.6
Puddings, chocolate, dry mix, regular, prepared with whole milk	1 package yield (2 cups)	570	18.2	102.6	19.4	632.7
Puddings, chocolate, ready-to-eat	1 oz	28.4	0.8	6.5	1.1	37.7
Puddings, chocolate, ready-to-eat	1 snack size (4 oz)	113	3.1	25.8	4.5	150.3
Puddings, chocolate, ready-to-eat	1 can (5 oz)	142	3.8	32.4	5.7	188.9
Puddings, coconut cream, dry mix, instant	1 portion, amount to make 1/2 cup	25	0.2	22.4	1	96.8
Puddings, coconut cream, dry mix, instant	1 package (3.5 oz)	99	0.9	88.5	4.1	383.1
Puddings, coconut cream, dry mix, instant, prepared with 2% milk	0.5 cup	147	4.3	28.2	3.4	157.3
Puddings, coconut cream, dry mix, instant, prepared with 2% milk	1 package yield (2 cups)	587	17	112.7	13.5	628.1
Puddings, coconut cream, dry mix, instant, prepared with whole milk	0.5 cup	147	4.3	28.1	5.1	172
Puddings, coconut cream, dry mix, instant, prepared with whole milk	1 package yield (2 cups)	587	17	112.1	20.5	686.8
Puddings, coconut cream, dry mix, regular	1 portion, amount to make 1/2 cup	25	0.3	21.9	1.4	98
Puddings, coconut cream, dry mix, regular	1 package (3.12 oz)	88	0.9	77.2	4.8	345
Puddings, coconut cream, dry mix, regular, prepared with 2% milk	0.5 cup	140	4.3	24.9	3.5	145.6
Puddings, coconut cream, dry mix, regular, prepared with 2% milk	1 package yield (2 cups)	559	17.3	99.5	14	581.4
Puddings, coconut cream, dry mix, regular, prepared with whole milk	0.5 cup	140	4.2	24.8	5.3	159.6
Puddings, coconut cream, dry mix, regular, prepared with whole milk	1 package yield (2 cups)	559	16.8	98.9	21.2	637.3
Puddings, Kraft, Jell-o Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, Regular, Powder	1 nea serving	25	0.4	22.8	0.3	90
Puddings, Kraft, Jell-o Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, Regular, Powder	1 nea serving	23	0	21.7	0	86
Puddings, Kraft, Jell-o Brand Fat Free Pudding Snacks Chocolate, Ready-to-eat	1 nea serving	113	2.8	22.7	0.5	101.7
Puddings, Kraft, Jell-o Brand Fat Free Pudding Snacks Vanilla, Ready-to-eat	1 nea serving	113	2.4	23.2	0.2	104
Puddings, Kraft, Jell-o Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Chocolate, With Aspartame And Acesulfame Potassium Sweetener, Powder	1 nea serving	11	0.5	8.2	0.3	34.1
Puddings, Kraft, Jell-o Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Vanilla, With Aspartame And Acesulfame Potassium Sweetener, Powder	1 nea serving	8	0.1	6.2	0.1	26.5
Puddings, Kraft, Jell-o Brand Instant Pudding & Pie Filling Chocolate, Powder	1 nea serving	28	0.4	25.1	0.3	99.4
Puddings, Kraft, Jell-o Brand Instant Pudding & Pie Filling Vanilla, Powder	1 nea serving	25	0	23.4	0.2	93.8
Puddings, Kraft, Jell-o Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, Regular, With Aspartame And Acesulfame Potassium Sweetener, Powder	1 nea serving	10	0.6	7.5	0.3	31
Puddings, Kraft, Jell-o Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, Regular, With Aspartame And Acesulfame Potassium Sweetener, Powder	1 nea serving	6	0.1	4.9	0	20.9
Puddings, lemon, dry mix, instant	1 portion, amount to make 1/2 cup	25	0	23.9	0.2	94.5
Puddings, lemon, dry mix, instant	1 package (3.5 oz)	99	0	94.4	0.7	374.2
Puddings, lemon, dry mix, instant, prepared with 2% milk	0.5 cup	147	4.1	29.7	2.5	154.4
Puddings, lemon, dry mix, instant, prepared with whole milk	0.5 cup	147	4	29.5	4.3	169.1
Puddings, lemon, dry mix, instant, prepared with whole milk	1 package yield (2 cups)	587	15.8	118	17	675.1
Puddings, lemon, dry mix, regular	1 portion, amount to make 1/2 cup	21.2	0	19.5	0.1	77
Puddings, lemon, dry mix, regular	1 package (3 oz)	85	0.1	78	0.4	308.6
Puddings, lemon, dry mix, regular, prepared with sugar, egg yolk and water	0.5 cup	146	1	36.4	1.9	163.5
Puddings, lemon, dry mix, regular, prepared with sugar, egg yolk and water	1 package yield (2-1/2 cups)	729	5.1	181.5	9.5	816.5
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1 portion, amount to make 1/2 cup	21.2	0	19.1	0.3	77.6
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1 package (3 oz)	85	0.1	76.8	1.3	311.1
Puddings, lemon, ready-to-eat	1 oz	28.4	0	7.1	0.9	35.4
Puddings, lemon, ready-to-eat	1 can (5 oz)	142	0.1	35.5	4.3	177.5
Puddings, rice, dry mix	1 portion, amount to make 1/2 cup	27	0.7	24.6	0	101.5
Puddings, rice, dry mix	1 package	106	2.9	96.7	0.1	398.6
Puddings, rice, dry mix, prepared with 2% milk	0.5 cup	144	4.8	30.2	2.3	161.3
Puddings, rice, dry mix, prepared with 2% milk	1 package yield (2 cups)	576	19	121	9.2	645.1
Puddings, rice, dry mix, prepared with whole milk	0.5 cup	144	4.8	30.1	4	175.7
Puddings, rice, dry mix, prepared with whole milk	1 package yield (2 cups)	576	19	120.4	16.1	702.7
Puddings, rice, ready-to-eat	1 oz	28.4	0.6	6.2	2.1	46.2
Puddings, rice, ready-to-eat	1 can (5 oz)	142	2.8	31.2	10.7	231.5
Puddings, tapioca, dry mix	1 portion, amount to make 1/2 cup	23	0	21.7	0	84.9
Puddings, tapioca, dry mix	1 package (3.5 oz)	92	0.1	86.8	0.1	339.5
Puddings, tapioca, dry mix, prepared with 2% milk	0.5 cup	141	4.1	27.8	2.4	146.6
Puddings, tapioca, dry mix, prepared with 2% milk	1 package yield (2 cups)	563	16.3	110.9	9.6	585.5
Puddings, tapioca, dry mix, prepared with whole milk	0.5 cup	141	4.1	27.6	4.1	160.7
Puddings, tapioca, dry mix, prepared with whole milk	1 package yield (2 cups)	563	16.3	110.3	16.3	641.8
Puddings, tapioca, dry mix, with no added salt	1 portion, amount to make 1/2 cup	23	0	21.7	0	84.9
Puddings, tapioca, dry mix, with no added salt	1 package (3.5 oz)	92	0.1	86.8	0.1	339.5
Puddings, tapioca, ready-to-eat	1 oz	28.4	0.6	5.5	1	33.7
Puddings, tapioca, ready-to-eat	1 snack size (4 oz)	113	2.3	21.9	4.2	134.5
Puddings, tapioca, ready-to-eat	1 can (5 oz)	142	2.8	27.5	5.3	169
Puddings, vanilla, dry mix, instant	1 portion, amount to make 1/2 cup	25	0	23.2	0.2	92
Puddings, vanilla, dry mix, instant	1 package (3.5 oz)	99	0	92	0.6	364.3
Puddings, vanilla, dry mix, regular	1 portion, amount to make 1/2 cup	22	0.1	20.6	0.1	81.2
Puddings, vanilla, dry mix, regular	1 package (3.12 oz)	88	0.3	82.3	0.4	324.7
Puddings, vanilla, dry mix, regular, prepared with 2% milk	0.5 cup	140	4.2	26.2	2.4	141.4

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Puddings, vanilla, dry mix, regular, prepared with 2% milk	1 package yield (2 cups)	559	16.8	104.5	9.5	564.6
Puddings, vanilla, dry mix, regular, prepared with whole milk	0.5 cup	140	4.1	25.9	4.2	155.4
Puddings, vanilla, dry mix, regular, prepared with whole milk	1 package yield (2 cups)	559	16.2	103.4	16.8	620.5
Puddings, vanilla, dry mix, regular, with added oil	1 portion, amount to make 1/2 cup	22	0.1	20.3	0.2	81.2
Puddings, vanilla, dry mix, regular, with added oil	1 package (3.12 oz)	88	0.3	81.3	1	324.7
Puddings, vanilla, ready-to-eat	1 oz	28.4	0.7	6.2	1	36.9
Puddings, vanilla, ready-to-eat	1 snack size (4 oz)	113	2.6	24.7	4.1	146.9
Puff pastry, frozen, ready-to-bake	1 oz	28.4	2.1	12.8	10.8	156.2
Puff pastry, frozen, ready-to-bake	1 shell	47	3.4	21.2	17.9	259
Puff pastry, frozen, ready-to-bake, baked	1 oz	28.4	2.1	13	10.9	158.2
Puff pastry, frozen, ready-to-bake, baked	1 shell	40	3	18.3	15.4	223.2
Puff pastry, frozen, ready-to-bake, baked	1 sheet	245	18.1	112	94.3	1367.1
Puffed rice, ready-to-eat, fortified	1 cup	14	0.9	12.6	0.1	56.3
Puffed rice, ready-to-eat, fortified	0.5 oz	14.2	0.9	12.8	0.1	57.1
Puffed wheat, ready-to-eat, fortified	1 cup	12	1.8	9.6	0.1	43.7
Puffed wheat, ready-to-eat, fortified	0.5 oz	14.2	2.1	11.3	0.2	51.7
Pummelo, raw	1 cup, sections	190	1.4	18.3	0.1	72.2
Pummelo, raw	1 fruit without refuse	609	4.6	58.6	0.2	231.4
Pumpkin and squash seed kernels, dried	1 oz hulled (142 seeds)	28.4	7	5	13	153.4
Pumpkin and squash seed kernels, dried	1 cup	138	33.9	24.6	63.3	746.6
Pumpkin and squash seed kernels, roasted, with salt added	1 oz	28.4	9.3	3.8	11.9	148
Pumpkin and squash seed kernels, roasted, with salt added	1 cup	227	74.8	30.5	95.6	1184.9
Pumpkin and squash seed kernels, roasted, without salt	1 oz	28.4	9.3	3.8	11.9	148
Pumpkin and squash seed kernels, roasted, without salt	1 cup	227	74.8	30.5	95.6	1184.9
Pumpkin and squash seeds, whole, roasted, with salt added	1 oz (85 seeds)	28.4	5.3	15.2	5.5	126.4
Pumpkin and squash seeds, whole, roasted, with salt added	1 cup	64	11.9	34.4	12.4	285.4
Pumpkin and squash seeds, whole, roasted, without salt	1 oz (85 seeds)	28.4	5.3	15.2	5.5	126.4
Pumpkin and squash seeds, whole, roasted, without salt	1 cup	64	11.9	34.4	12.4	285.4
Pumpkin flowers, cooked, boiled, drained, without salt	1 cup	134	1.5	4.4	0.1	20.1
Pumpkin flowers, raw	1 flower	2	0	0.1	0	0.3
Pumpkin flowers, raw	1 cup	33	0.3	1.1	0	5
Pumpkin leaves, cooked, boiled, drained, without salt	1 cup	71	1.9	2.4	0.2	14.9
Pumpkin leaves, raw	1 cup	39	1.2	0.9	0.2	7.4
Pumpkin pie mix, canned	1 cup	270	2.9	71.3	0.4	280.8
Pumpkin pie spice	1 tsp	1.7	0.1	1.2	0.2	5.8
Pumpkin pie spice	1 tbsp	5.6	0.3	3.9	0.7	19.2
Pumpkin, canned, with salt	1 cup	245	2.7	19.8	0.7	83.3
Pumpkin, canned, without salt	1 cup	245	2.7	19.8	0.7	83.3
Pumpkin, cooked, boiled, drained, with salt	1 cup, mashed	245	1.8	12	0.2	49
Pumpkin, cooked, boiled, drained, without salt	1 cup, mashed	245	1.8	12	0.2	49
Pumpkin, flowers, cooked, boiled, drained, with salt	1 cup	134	1.5	4.4	0.1	20.1
Pumpkin, leaves, cooked, boiled, drained, with salt	1 cup	71	1.9	2.4	0.2	14.9
Pumpkin, raw	1 cup (1" cubes)	116	1.2	7.5	0.1	30.2
Purslane, cooked, boiled, drained, with salt	1 cup	115	1.7	4.1	0.2	20.7
Purslane, cooked, boiled, drained, without salt	1 cup	115	1.7	4.1	0.2	20.7
Purslane, cooked, boiled, drained, without salt	1 squash	431	6.4	15.3	0.8	77.6
Purslane, raw	1 plant	3	0	0.1	0	0.5
Purslane, raw	1 cup	43	0.6	1.5	0	6.9
Quail, breast, meat only, raw	1 breast	56	12.7	0	1.7	68.9
Quail, breast, meat only, raw	1 unit (yield from 1 lb quail)	208	47	0	6.2	255.8
Quail, meat and skin, raw	1 quail	109	21.4	0	13.1	209.3
Quail, meat and skin, raw	1 unit (yield from 1 lb quail)	405	79.5	0	48.8	777.6
Quail, meat only, raw	1 quail	92	20	0	4.2	123.3
Quail, meat only, raw	1 unit (yield from 1 lb quail)	342	74.4	0	15.5	458.3
Quaker, Cap'n Crunch	0.75 cup	27	1.4	23	1.4	107.2
Quaker, Cap'n Crunch's Crunchberries	0.75 cup	26	1.3	22.3	1.3	103.7
Quaker, Cap'n Crunch's Peanut Butter Crunch	0.75 cup	27	1.9	21.5	2.3	112.3
Quaker, corn grits, instant, butter flavor, dry	1 packet	28	2.3	20.8	1.4	100.5
Quaker, corn grits, instant, cheddar cheese flavor, dry	1 packet	28	2.3	20.5	1.6	101.9
Quaker, corn grits, instant, cheddar cheese flavor, prepared with water	1 packet	28.4	0.5	4	0.3	19.8
Quaker, corn grits, instant, cheddar cheese flavor, prepared with water	1 packet, prepared	142	2.3	19.9	1.6	99.4
Quaker, corn grits, instant, plain, dry	1 packet	28	2.4	22.1	0.3	95.8
Quaker, corn grits, instant, plain, prepared with water	1 tbsp	15.3	0.2	2.3	0	9.9
Quaker, corn grits, instant, plain, prepared with water	1 packet, prepared	137	2.2	20.6	0.3	89.1

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Quaker, corn grits, instant, plain, prepared with water	1 cup	245	3.9	36.9	0.5	159.3
Quaker, corn grits, instant, with imitation bacon bits, dry	1 packet	28	2.8	21.7	0.5	97.7
Quaker, corn grits, instant, with imitation bacon bits, prepared with water	1 packet, prepared	141	2.7	20.8	0.5	94.5
Quaker, corn grits, instant, with imitation ham bits, dry	1 packet	28	2.8	21.1	0.5	95.5
Quaker, corn grits, instant, with imitation ham bits, prepared with water	1 packet, prepared	141	2.7	20.1	0.5	91.7
Quaker, farina, creamy wheat, enriched, dry	0.25 cup	44	4.8	33.5	0.4	153.6
Quaker, gatorade lemon lime flavor mix, powder	0.75 scoop	16	0	15.2	0	58.2
Quaker, Honey Graham Ohls	0.75 cup	27	1.4	22.7	1.9	111.8
Quaker, King Vitaman	1.5 cup	31	2.3	26.1	1.1	119.7
Quaker, kretschmer honey crunch wheat germ	1.667 tbsp	14	3.7	8.1	1.1	52.1
Quaker, oat bran, quaker/mother's oat bran, dry	0.5 cup	40	6.8	25.2	3.2	145.6
Quaker, oatmeal, instant, low sodium, dry	1 packet	28	4	18.5	2	103
Quaker, oatmeal, instant, maple and brown sugar, dry	1 packet	43	4.4	32.7	1.9	159.5
Quaker, oatmeal, instant, maple and brown sugar, prepared with water	1 packet, prepared	155	4.2	31.4	1.8	153.5
Quaker, oatmeal, instant, power rangers fruit punch flavor, dry	1 packet	40	3.5	30.6	2	149.2
Quaker, oatmeal, instant, raisins, dates and walnuts, dry	1 packet	37	3.3	27.3	2	135.1
Quaker, oatmeal, instant, with apples and cinnamon, dry	1 packet	35	3.3	26.9	1.5	128.5
Quaker, oatmeal, instant, with apples and cinnamon, prepared with water	1 packet, prepared	149	3.2	26.1	1.4	125.2
Quaker, oatmeal, microwave, quick 'n hearty apple spice	1 packet	45	3.7	34.8	2	165.6
Quaker, oatmeal, microwave, quick 'n hearty, brown sugar cinnamon	1 packet	42	3.9	31.4	2.2	155
Quaker, oatmeal, microwave, quick 'n hearty, cinnamon double raisin	1 packet	47	3.9	35	2.2	168.7
Quaker, oatmeal, microwave, quick 'n hearty, honey bran	1 packet	41	3.9	30.6	2.1	150.9
Quaker, oatmeal, microwave, quick 'n hearty, regular flavor	1 packet	29	3.8	19.1	2.1	105.9
Quaker, Quaker 100% Natural Cereal With Oats And Honey	0.5 cup	48	5.1	32.9	7.9	213.1
Quaker, Quaker 100% Natural Cereal With Oats, Honey, And Raisins	0.5 cup	51	4.8	35.8	7.3	218.3
Quaker, Quaker Apple Zaps	0.75 cup	30	1.2	26.5	1	117.6
Quaker, Quaker Cinnamon Oatmeal Squares	1 cup	60	7.6	47.2	2.6	231.6
Quaker, Quaker Cocoa Blasts	1 cup	33	1.3	29.1	1.2	129.4
Quaker, Quaker Corn Blasts	1 cup	33	1.4	28	1.9	132.7
Quaker, Quaker Crunchy Bran	0.75 cup	27	1.9	22.7	0.9	89.9
Quaker, Quaker Frosted Flakers	0.75 cup	31	1.4	28	0.2	116.6
Quaker, Quaker Fruitangy Ohls	1 cup	31	1.5	27	1.1	121.5
Quaker, Quaker Low Fat 100% Natural Crispy Wholegrain Cereal With Raisins	0.5 cup	50	4.2	40.3	2.7	194.5
Quaker, Quaker Marshmallow Safari	0.75 cup	30	1.7	25.3	1.5	118.8
Quaker, Quaker Multigrain Oatmeal, Dry	0.5 cup	40	4.5	29.4	1	133.2
Quaker, Quaker Oat Bran Cereal	1.25 cup	57	8.5	41.4	2.9	212.6
Quaker, Quaker Oat Cinnamon Life	1 cup	50	4.4	40.4	1.7	189.5
Quaker, Quaker Oat Life, Plain	0.75 cup	32	3.1	25.2	1.3	121.3
Quaker, Quaker Oatmeal Squares	1 cup	56	7.3	43.3	2.6	216.2
Quaker, Quaker Puffed Rice	1 cup	14	1	12.3	0.1	53.6
Quaker, Quaker Puffed Wheat	1.25 cup	15	2.4	11.5	0.3	54.9
Quaker, Quaker Toasted Oatmeal Cereal, Honey Nut	1 cup	49	4.9	39	2.7	190.6
Quaker, Sun Country Granola With Almonds	0.5 cup	57	6.7	38.3	10.3	266.2
Quaker, Sun Country Granola, Raisin And Date	0.5 cup	31	3	22.4	4.2	135.2
Quaker, Sweet Crunch/quisp	1 cup	27	1.3	23	1.5	108.8
Quinces, raw	1 fruit without refuse	92	0.4	14.1	0.1	52.4
Quinoa	1 cup	170	22.3	117.1	9.9	635.8
Rabbit, composite of cuts, cooked, roasted	3 oz	85	24.7	0	6.8	167.5
Rabbit, composite of cuts, cooked, roasted	1 piece, cooked (yield from 1 lb raw meat, boneless)	313	91	0	25.2	616.6
Rabbit, composite of cuts, cooked, stewed	3 oz	85	25.8	0	7.1	175.1
Rabbit, composite of cuts, cooked, stewed	1 piece, cooked (yield from 1 lb raw meat, boneless)	299	90.8	0	25.1	615.9
Rabbit, composite of cuts, raw	1 oz	28.4	5.7	0	1.6	38.6
Rabbit, composite of cuts, raw	1 lb	453.6	90.9	0	25.2	616.9
Rabbit, wild, cooked, stewed	3 oz	85	28.1	0	3	147.1
Rabbit, wild, cooked, stewed	1 piece, cooked (yield from 1 lb raw meat, boneless)	299	98.7	0	10.5	517.3
Rabbit, wild, raw	1 oz	28.4	6.2	0	0.7	32.3
Rabbit, wild, raw	1 lb	453.6	98.8	0	10.5	517.1
Raccoon, cooked, roasted	3 oz	85	24.8	0	12.3	216.8
Raccoon, cooked, roasted	1 piece, cooked (yield from 1 lb raw meat, boneless)	399	116.5	0	57.9	1017.5
Radicchio, raw	1 leaf	8	0.1	0.4	0	1.8
Radicchio, raw	1 cup, shredded	40	0.6	1.8	0.1	9.2
Radish seeds, sprouted, raw	1 cup	38	1.4	1.4	1	16.3
Radishes, oriental, cooked, boiled, drained, with salt	1 cup slices	147	1	5	0.4	25
Radishes, oriental, cooked, boiled, drained, without salt	1 cup, sliced	147	1	5	0.4	25

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Radishes, oriental, dried	1 cup	116	9.2	73.5	0.8	314.4
Radishes, oriental, raw	1 radish (7" long)	338	2	13.9	0.3	60.8
Radishes, raw	1 slice	1	0	0	0	0.2
Radishes, raw	1 small	2	0	0.1	0	0.4
Radishes, raw	1 medium (3/4" to 1" dia)	4.5	0	0.2	0	0.9
Radishes, raw	1 large (1" to 1-1/4" dia)	9	0.1	0.3	0	1.8
Radishes, raw	0.5 cup slices	58	0.3	2.1	0.3	11.6
Radishes, raw	1 cup slices	116	0.7	4.2	0.6	23.2
Radishes, white icicle, raw	1 radish (7" long)	17	0.2	0.4	0	2.4
Radishes, white icicle, raw	0.5 cup slices	50	0.6	1.3	0.1	7
Raisin Bran, Ralston Purina, (wheat)	1 box (1-1/3 oz)	37.8	2.9	31.4	0.2	120.2
Raisin Bran, Ralston Purina, (wheat)	1 cup	56	4.4	46.5	0.3	178.1
Raisin Nut Bran	1 cup	55	5.2	41.5	4.4	209
Raisins, golden seedless	1 cup (not packed)	145	4.9	115.3	0.7	437.9
Raisins, golden seedless	1 cup, packed	165	5.6	131.2	0.8	498.3
Raisins, seeded	1 cup (not packed)	145	3.7	113.8	0.8	429.2
Raisins, seeded	1 cup, packed	165	4.2	129.5	0.9	488.4
Raisins, seedless	1 miniature box (.5 oz)	14	0.5	11.1	0.1	42
Raisins, seedless	50 raisins	26	0.8	20.6	0.1	78
Raisins, seedless	1 small box (1.5 oz)	43	1.4	34	0.2	129
Raisins, seedless	1 cup (not packed)	145	4.7	114.7	0.7	435
Raisins, seedless	1 cup, packed	165	5.3	130.6	0.8	495
Ralston, cooked with water, with salt	0.75 cup	190	4.2	21.3	0.6	100.7
Ralston, cooked with water, with salt	1 cup	253	5.6	28.3	0.8	134.1
Ralston, cooked with water, without salt	1 tbsp	15.8	0.3	1.8	0	8.4
Ralston, cooked with water, without salt	0.75 cup	190	4.2	21.3	0.6	100.7
Ralston, cooked with water, without salt	1 cup	253	5.6	28.3	0.8	134.1
Ralston, dry	0.25 cup	30	4.2	21.6	0.6	102.3
Ralston, dry	1 cup	118	16.6	85.1	2.5	402.4
Rambutan, canned, syrup pack	1 fruit	9	0.1	1.9	0	7.4
Rambutan, canned, syrup pack	1 cup, drained	150	1	31.3	0.3	123
Rambutan, canned, syrup pack	1 cup	214	1.4	44.7	0.4	175.5
Raspberries, canned, red, heavy syrup pack	1 cup	256	2.1	59.8	0.3	233
Raspberries, frozen, red, sweetened	1 cup, unthawed	250	1.8	65.4	0.4	257.5
Raspberries, frozen, red, sweetened	1 package (10 oz)	284	2	74.3	0.5	292.5
Raspberries, raw	10 raspberries	19	0.2	2.2	0.1	9.3
Raspberries, raw	1 cup	123	1.1	14.2	0.7	60.3
Raspberries, raw	1 pint as purchased, yields	312	2.8	36.1	1.7	152.9
Red Baron Premium Pockets, Original Ham & Cheese, Frozen	1 serving	133	14.9	36.2	16.9	356.4
Red Baron Premium Pockets, Original Ham & Cheese, Frozen	1 package yields	269	30.1	73.2	34.2	720.9
Reese's Peanut Butter Puffs	0.75 cup	30	2.6	23	3.2	129.3
Refried beans, canned (includes usda commodity)	1 tbsp	15.8	0.9	2.5	0.2	14.9
Refried beans, canned (includes usda commodity)	1 cup	252	13.8	39.1	3.2	236.9
Rennin, chocolate, dry mix	1 tbsp	9	0.2	8.2	0.3	32.7
Rennin, chocolate, dry mix	1 package (2 oz)	57	1.4	52.2	1.9	206.9
Rennin, chocolate, dry mix, prepared with 2% milk	0.5 cup	136	4.4	18.4	2.9	110.2
Rennin, chocolate, dry mix, prepared with 2% milk	1 package yield (2 cups)	545	17.4	73.6	11.4	441.5
Rennin, chocolate, dry mix, prepared with whole milk	0.5 cup	136	4.4	18.1	4.5	125.1
Rennin, chocolate, dry mix, prepared with whole milk	1 package yield (2 cups)	545	17.4	72.5	18	501.4
Rennin, tablets, unsweetened	1 package (0.35 oz)	9.9	0.1	2	0	8.3
Rennin, vanilla, dry mix	1 tbsp	10.8	0	10.7	0	41.4
Rennin, vanilla, dry mix	1 package (1.5 oz)	43	0	42.6	0	164.7
Rennin, vanilla, dry mix, prepared with 2% milk	0.5 cup	133	4.1	16.4	2.4	101.1
Rennin, vanilla, dry mix, prepared with 2% milk	1 package yield (2 cups)	531	16.5	65.3	9.6	403.6
Rennin, vanilla, dry mix, prepared with whole milk	0.5 cup	133	4	16.2	4.1	115.7
Rennin, vanilla, dry mix, prepared with whole milk	1 package yield (2 cups)	531	15.9	64.8	16.5	462
Rhubarb, frozen, cooked, with sugar	1 cup	240	0.9	74.9	0.1	278.4
Rhubarb, frozen, uncooked	1 cup, diced	137	0.8	7	0.2	28.8
Rhubarb, raw	1 stalk	51	0.5	2.3	0.1	10.7
Rhubarb, raw	1 cup, diced	122	1.1	5.5	0.2	25.6
Rice beverage, imagine foods, rice dream, canned	1 fl oz	30.6	0.1	3.1	0.2	15
Rice beverage, imagine foods, rice dream, canned	1 cup	245	0.4	24.8	2	120.1
Rice bran, crude	1 cup	118	15.8	58.6	24.6	372.9
Rice cakes, brown rice, buckwheat	1 cake	9	0.8	7.2	0.3	34.2

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Rice cakes, brown rice, buckwheat	2 cakes	18	1.6	14.4	0.6	68.4
Rice cakes, brown rice, buckwheat, unsalted	1 cake	9	0.8	7.2	0.3	34.2
Rice cakes, brown rice, buckwheat, unsalted	2 cakes	18	1.6	14.4	0.6	68.4
Rice cakes, brown rice, corn	1 cake	9	0.8	7.3	0.3	34.7
Rice cakes, brown rice, corn	2 cakes	18	1.5	14.6	0.6	69.3
Rice cakes, brown rice, multigrain	1 cake	9	0.8	7.2	0.3	34.8
Rice cakes, brown rice, multigrain	2 cakes	18	1.5	14.4	0.6	69.7
Rice cakes, brown rice, multigrain, unsalted	1 cake	9	0.8	7.2	0.3	34.8
Rice cakes, brown rice, multigrain, unsalted	2 cakes	18	1.5	14.4	0.6	69.7
Rice cakes, brown rice, plain	1 cake	9	0.7	7.3	0.3	34.8
Rice cakes, brown rice, plain	2 cakes	18	1.5	14.7	0.5	69.7
Rice cakes, brown rice, plain, unsalted	1 cake	9	0.7	7.3	0.3	34.8
Rice cakes, brown rice, plain, unsalted	2 cakes	18	1.5	14.7	0.5	69.7
Rice cakes, brown rice, rye	1 cake	9	0.7	7.2	0.3	34.7
Rice cakes, brown rice, rye	2 cakes	18	1.5	14.4	0.7	69.5
Rice cakes, brown rice, sesame seed	1 cake	9	0.7	7.3	0.3	35.3
Rice cakes, brown rice, sesame seed	2 cakes	18	1.4	14.7	0.7	70.6
Rice cakes, brown rice, sesame seed, unsalted	1 cake	9	0.7	7.3	0.3	35.3
Rice cakes, brown rice, sesame seed, unsalted	2 cakes	18	1.4	14.7	0.7	70.6
Rice Chex	1.25 cup	31	1.9	27.2	0.2	117.2
Rice flour, brown	1 cup	158	11.4	120.8	4.4	573.5
Rice flour, white	1 cup	158	9.4	126.6	2.2	578.3
Rice noodles, cooked	1 cup	176	1.6	43.8	0.4	191.8
Rice, brown, long-grain, cooked	1 cup	195	5	44.8	1.8	216.5
Rice, brown, long-grain, raw	1 cup	185	14.7	142.9	5.4	684.5
Rice, brown, medium-grain, cooked	1 cup	195	4.5	45.8	1.6	218.4
Rice, brown, medium-grain, raw	1 cup	190	14.3	144.7	5.1	687.8
Rice, white, glutinous, cooked	1 cup	174	3.5	36.7	0.3	168.8
Rice, white, glutinous, raw	1 cup	185	12.6	151.1	1	684.5
Rice, white, long-grain, parboiled, cooked, enriched	1 cup	175	4	43.3	0.5	199.5
Rice, white, long-grain, parboiled, cooked, unenriched	1 cup	175	4	43.3	0.5	199.5
Rice, white, long-grain, parboiled, dry, enriched	1 cup	185	12.6	151.2	1	686.4
Rice, white, long-grain, parboiled, dry, unenriched	1 cup	185	12.6	151.2	1	686.4
Rice, white, long-grain, precooked or instant, enriched, dry	1 cup	95	7.3	79.4	0.3	360.1
Rice, white, long-grain, precooked or instant, enriched, prepared	1 cup	165	3.4	35.1	0.3	161.7
Rice, white, long-grain, regular, cooked	1 cup	158	4.3	44.5	0.4	205.4
Rice, white, long-grain, regular, cooked, enriched, with salt	1 cup	158	4.3	44.5	0.4	205.4
Rice, white, long-grain, regular, cooked, unenriched, with salt	1 cup	158	4.3	44.5	0.4	205.4
Rice, white, long-grain, regular, cooked, unenriched, without salt	1 cup	158	4.3	44.5	0.4	205.4
Rice, white, long-grain, regular, raw, enriched	1 cup	185	13.2	147.9	1.2	675.3
Rice, white, long-grain, regular, raw, unenriched	1 cup	185	13.2	147.9	1.2	675.3
Rice, white, medium-grain, cooked	1 cup	186	4.4	53.2	0.4	241.8
Rice, white, medium-grain, cooked, unenriched	1 cup	186	4.4	53.2	0.4	241.8
Rice, white, medium-grain, raw, enriched	1 cup	195	12.9	154.7	1.1	702
Rice, white, medium-grain, raw, unenriched	1 cup	195	12.9	154.7	1.1	702
Rice, white, short-grain, cooked	1 cup	186	4.4	53.4	0.4	241.8
Rice, white, short-grain, cooked, unenriched	1 cup	205	4.8	58.9	0.4	266.5
Rice, white, short-grain, raw	1 cup	200	13	158.3	1	716
Rice, white, short-grain, raw, unenriched	1 cup	200	13	158.3	1	716
Rice, white, with pasta, cooked	1 cup	202	5.1	43.3	5.7	246.4
Rice, white, with pasta, dry	1 cup	163	15.3	122.8	4	599.8
Rockfish, pacific, mixed species, cooked, dry heat	3 oz	85	20.4	0	1.7	102.9
Rockfish, pacific, mixed species, cooked, dry heat	1 fillet	149	35.8	0	3	180.3
Rockfish, pacific, mixed species, raw	3 oz	85	15.9	0	1.3	79.9
Rockfish, pacific, mixed species, raw	1 fillet	191	35.8	0	3	179.5
Roe, mixed species, cooked, dry heat	1 oz	28.4	8.1	0.5	2.3	57.8
Roe, mixed species, cooked, dry heat	3 oz	85	24.3	1.6	7	173.4
Roe, mixed species, raw	1 tbsp	14	3.1	0.2	0.9	19.6
Roe, mixed species, raw	1 oz	28.4	6.3	0.4	1.8	39.7
Roe, mixed species, raw	3 oz	85	19	1.3	5.5	119
Roe, mixed species, raw	1 can (8 oz), solids and liquid	227	50.7	3.4	14.6	317.8
Rolls, dinner, egg	1 oz	28.4	2.7	14.7	1.8	87
Rolls, dinner, egg	1 roll (2-1/2" dia)	35	3.3	18.2	2.2	107.5
Rolls, dinner, oat bran	1 oz	28.4	2.7	11.4	1.3	66.9



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Rolls, dinner, oat bran	1 roll	33	3.1	13.3	1.5	77.9
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	1 roll (pan, dinner, or small roll) (2" square, 2" high)	28	2.4	14.1	2	84
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	1 roll (1 oz)	28.4	2.4	14.3	2.1	85.1
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	1 roll (hamburger, frankfurter, onion roll, bun, large roll)	43	3.6	21.7	3.1	129
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	1 roll (foot long frankfurter roll)	86	7.2	43.3	6.3	258
Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	1 oz	28.4	2.4	15.1	2.1	89.6
Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	1 roll (2-1/2" dia)	35	3	18.7	2.6	110.6
Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	1 large roll or bun (3-1/2" dia)	43	3.7	23	3.1	135.9
Rolls, dinner, rye	1 small (2-3/8" dia)	28.4	2.9	15.1	1	81.1
Rolls, dinner, rye	1 medium	36	3.7	19.1	1.2	103
Rolls, dinner, rye	1 large (approx 3-1/2" to 4" dia)	43	4.4	22.8	1.5	123
Rolls, dinner, wheat	1 roll (1 oz)	28.4	2.4	13	1.8	77.4
Rolls, dinner, whole-wheat	1 roll (1 oz)	28.4	2.5	14.5	1.3	75.4
Rolls, dinner, whole-wheat	1 medium (2-1/2" dia)	36	3.1	18.4	1.7	95.8
Rolls, dinner, whole-wheat	1 roll (hamburger, frankfurter roll)	43	3.7	22	2	114.4
Rolls, dinner, whole-wheat	1 roll (small submarine, hoagie roll)	65	5.7	33.2	3.1	172.9
Rolls, dinner, whole-wheat	1 roll medium submarine, hoagie	94	8.2	48	4.4	250
Rolls, dinner, whole-wheat	1 roll, large submarine, hoagie	135	11.7	69	6.3	359.1
Rolls, french	1 oz	28.4	2.4	14.2	1.2	78.5
Rolls, french	1 roll	38	3.3	19.1	1.6	105.3
Rolls, hamburger or hotdog, mixed-grain	1 oz	28.4	2.7	12.6	1.7	74.6
Rolls, hamburger or hotdog, mixed-grain	1 roll	43	4.1	19.2	2.6	113.1
Rolls, hamburger or hotdog, plain	1 oz	28.4	2.4	14.3	1.4	81.1
Rolls, hamburger or hotdog, plain	1 roll	43	3.7	21.6	2.2	123
Rolls, hamburger or hotdog, reduced-calorie	1 oz	28.4	2.4	11.9	0.6	55.6
Rolls, hamburger or hotdog, reduced-calorie	1 roll	43	3.6	18.1	0.9	84.3
Rolls, hard (includes kaiser)	1 oz	28.4	2.8	14.9	1.2	83.1
Rolls, hard (includes kaiser)	1 roll (3-1/2" dia)	57	5.6	30	2.5	167
Roman meal with oats, cooked with water, with salt	0.75 cup	180	5.4	25.6	1.4	127.8
Roman meal with oats, cooked with water, with salt	1 cup	240	7.2	34.1	1.9	170.4
Roman meal with oats, cooked with water, without salt	0.75 cup	180	5.4	25.6	1.4	127.8
Roman meal with oats, cooked with water, without salt	1 cup	240	7.2	34.1	1.9	170.4
Roman meal, plain, cooked with water, with salt	0.75 cup	181	4.9	24.8	0.7	110.4
Roman meal, plain, cooked with water, with salt	1 cup	241	6.5	33	1	147
Roman meal, plain, cooked with water, without salt	0.75 cup	181	4.9	24.8	0.7	110.4
Roman meal, plain, cooked with water, without salt	1 cup	241	6.5	33	1	147
Roman meal, plain, dry	1 tbsp	5.8	0.8	4.2	0.1	18.7
Roman meal, plain, dry	0.333 cup	31	4.5	22.3	0.7	99.8
Roman meal, plain, dry	1 cup	93	13.4	67	2	299.5
Root beer	1 fl oz	30.8	0	3.3	0	12.6
Root beer	1 can or bottle (12 fl oz)	370	0	39.2	0	151.7
Root beer	1 can or bottle (16 fl oz)	493	0	52.3	0	202.1
Roselle, raw	1 cup, without refuse	57	0.5	6.4	0.4	27.9
Rosemary, dried	1 tsp	1.2	0.1	0.8	0.2	4
Rosemary, dried	1 tbsp	3.3	0.2	2.1	0.5	10.9
Rosemary, fresh	1 tsp	0.7	0	0.1	0	0.9
Rosemary, fresh	1 tbsp	1.7	0.1	0.4	0.1	2.2
Roughy, orange, cooked, dry heat	3 oz	85	16	0	0.8	75.7
Roughy, orange, raw	3 oz	85	12.5	0	0.6	58.7
Rowal, raw	0.5 cup	114	2.6	27.2	2.3	126.5
Rutabagas, cooked, boiled, drained, with salt	0.5 cup, mashed	120	1.5	10.5	0.3	46.8
Rutabagas, cooked, boiled, drained, without salt	1 cup, cubes	170	2.2	14.9	0.4	66.3
Rutabagas, cooked, boiled, drained, without salt	1 cup, mashed	240	3.1	21	0.5	93.6
Rutabagas, raw	1 cup, cubes	140	1.7	11.4	0.3	50.4
Rutabagas, raw	1 small	192	2.3	15.6	0.4	69.1
Rutabagas, raw	1 medium	386	4.6	31.4	0.8	139
Rutabagas, raw	1 large	772	9.3	62.8	1.5	277.9
Rye	1 cup	169	24.9	117.9	4.2	566.2
Rye flour, dark	1 cup	128	18	88	3.4	414.7
Rye flour, light	1 cup	102	8.6	81.8	1.4	374.3
Rye flour, medium	1 cup	102	9.6	79	1.8	361.1
Sablefish, cooked, dry heat	3 oz	85	14.6	0	16.7	212.5
Sablefish, cooked, dry heat	0.5 fillet	151	26	0	29.6	377.5
Sablefish, raw	3 oz	85	11.4	0	13	165.8

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Sablefish, raw	0.5 fillet	193	25.9	0	29.5	376.4
Sablefish, smoked	1 oz	28.4	5	0	5.7	72.9
Sablefish, smoked	3 oz	85	15	0	17.1	218.5
Safflower seed kernels, dried	1 oz	28.4	4.6	9.7	10.9	146.6
Safflower seed meal, partially defatted	1 oz	28.4	10.1	13.8	0.7	97
Saffron	1 tsp	0.7	0.1	0.5	0	2.2
Saffron	1 tbsp	2.1	0.2	1.4	0.1	6.5
Sage, ground	1 tsp	0.7	0.1	0.4	0.1	2.2
Sage, ground	1 tbsp	2	0.2	1.2	0.3	6.3
Salad dressing, blue + roquefort cheese, commercial, regular, without salt	1 tbsp	15.3	0.7	1.1	8	77.1
Salad dressing, blue + roquefort cheese, commercial, regular, without salt	1 cup	245	11.8	18.1	128.1	1234.8
Salad dressing, blue or roquefort cheese, commercial, regular, with salt	1 tbsp	15.3	0.7	1.1	8	77.1
Salad dressing, blue or roquefort cheese, commercial, regular, with salt	1 cup	245	11.8	18.1	128.1	1234.8
Salad dressing, french, commercial, regular, with salt	1 individual packet	12.3	0.1	2.2	5	52.9
Salad dressing, french, commercial, regular, with salt	1 tbsp	15.6	0.1	2.7	6.4	67.1
Salad dressing, french, commercial, regular, with salt	1 cup	250	1.5	43.8	102.5	1075
Salad dressing, french, cottonseed, oil, home recipe	1 tbsp	14	0	0.5	9.8	88.3
Salad dressing, french, cottonseed, oil, home recipe	1 cup	220	0.2	7.5	154.4	1388.2
Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt	1 tbsp	16.3	0	3.5	0.9	21.8
Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt	1 cup	260	0.5	56.4	15.1	348.4
Salad dressing, french, diet, low fat, 5 calories per teaspoon, without salt	1 tbsp	16.3	0	3.5	0.9	21.8
Salad dressing, french, diet, low fat, 5 calories per teaspoon, without salt	1 cup	260	0.5	56.4	15.1	348.4
Salad dressing, french, home recipe	1 tbsp	14	0	0.5	9.8	88.3
Salad dressing, french, home recipe	1 cup	220	0.2	7.5	154.4	1388.2
Salad dressing, home recipe, cooked	1 tbsp	16	0.7	2.4	1.5	25.1
Salad dressing, home recipe, cooked	1 cup	255	10.7	38	24.2	400.4
Salad dressing, home recipe, cooked, with hard margarine	1 tbsp	16	0.7	2.4	1.5	25.1
Salad dressing, home recipe, cooked, with hard margarine	1 cup	255	10.7	38	24.2	400.4
Salad dressing, home recipe, cooked, with soft margarine	1 tbsp	16	0.7	2.4	1.5	25.1
Salad dressing, home recipe, cooked, with soft margarine	1 cup	255	10.7	38	24.2	400.4
Salad dressing, home recipe, vinegar and oil	1 tbsp	15.6	0	0.4	7.8	70
Salad dressing, home recipe, vinegar and oil	1 cup	250	0	6.3	125.3	1122.5
Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt	1 tbsp	15	0	0.7	1.5	15.8
Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt	1 cup	240	0.2	11.8	23.5	252
Salad dressing, italian, commercial, diet, 2 calories per teaspoon, without salt	1 tbsp	15	0	0.7	1.5	15.8
Salad dressing, italian, commercial, diet, 2 calories per teaspoon, without salt	1 cup	240	0.2	11.8	23.5	252
Salad dressing, italian, commercial, regular, with salt	1 tbsp	14.7	0.1	1.5	7.1	68.6
Salad dressing, italian, commercial, regular, with salt	1 cup	235	1.6	24	113.5	1097.5
Salad dressing, italian, commercial, regular, without salt	1 tbsp	14.7	0.1	1.5	7.1	68.6
Salad dressing, italian, commercial, regular, without salt	1 cup	235	1.6	24	113.5	1097.5
Salad dressing, Kraft free fat free italian dressing	2 tbsp	33	0.5	3.6	0.3	20.5
Salad dressing, Kraft free fat free ranch dressing	2 tbsp	35	0.2	10.7	0.4	48.3
Salad dressing, Kraft light done right! italian dressing	2 tbsp	31	0.3	2.5	4.5	52.7
Salad dressing, Kraft light done right! ranch dressing	2 tbsp	30	0.4	3.2	6.8	76.8
Salad dressing, Kraft mayo fat free mayonnaise dressing	1 tbsp	16	0	2	0.4	11.2
Salad dressing, Kraft mayo light mayonnaise	1 tbsp	15	0.1	1.3	4.9	50.1
Salad dressing, Kraft miracle whip free nonfat dressing	1 tbsp	16	0	2.5	0.4	13.4
Salad dressing, Kraft miracle whip light dressing	1 tbsp	16	0.1	2.3	3	37
Salad dressing, Kraft ranch dressing	2 tbsp	29	0.4	1.3	15.6	147.9
Salad dressing, Kraft zesty italian dressing	2 tbsp	31	0.1	1.8	11.1	108.8
Salad dressing, mayonnaise type, regular, with salt	1 tbsp	14.7	0.1	3.5	4.9	57.3
Salad dressing, mayonnaise type, regular, with salt	1 cup	235	2.1	56.2	78.5	916.5
Salad dressing, mayonnaise, imitation, milk cream	1 tbsp	15	0.3	1.7	0.8	14.6
Salad dressing, mayonnaise, imitation, milk cream	1 cup	240	5	26.6	12.2	232.8
Salad dressing, mayonnaise, imitation, soybean	1 tbsp	15	0	2.4	2.9	34.8
Salad dressing, mayonnaise, imitation, soybean	1 cup	240	0.7	38.4	46.1	556.8
Salad dressing, mayonnaise, imitation, soybean without cholesterol	1 tbsp	14.1	0	2.2	6.7	68
Salad dressing, mayonnaise, imitation, soybean without cholesterol	1 cup	225	0.2	35.6	107.3	1084.5
Salad dressing, mayonnaise, soybean and safflower oil, with salt	1 tbsp	13.8	0.2	0.4	11	98.9
Salad dressing, mayonnaise, soybean and safflower oil, with salt	1 cup	220	2.4	5.9	174.7	1577.4
Salad dressing, mayonnaise, soybean oil, with salt	1 packet	10	0.1	0.3	7.9	71.7
Salad dressing, mayonnaise, soybean oil, with salt	1 tbsp	13.8	0.2	0.4	11	98.9
Salad dressing, mayonnaise, soybean oil, with salt	1 cup	220	2.4	5.9	174.7	1577.4
Salad dressing, mayonnaise, soybean oil, without salt	1 tbsp	13.8	0.2	0.4	11	98.9

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Salad dressing, mayonnaise, soybean oil, without salt	1 cup	220	2.4	5.9	174.7	1577.4
Salad dressing, russian, low calorie, with salt	1 tbspc	16.3	0.1	4.5	0.7	23
Salad dressing, russian, low calorie, with salt	1 cup	260	1.3	71.8	10.4	366.6
Salad dressing, russian, with salt	1 tbspc	15.3	0.2	1.6	7.8	75.6
Salad dressing, russian, with salt	1 cup	245	3.9	25.5	124.5	1210.3
Salad dressing, sesame seed	1 tbspc	15.3	0.5	1.3	6.9	67.8
Salad dressing, sesame seed	1 cup	245	7.6	21.1	110.7	1085.4
Salad dressing, thousand island, commercial, regular, with salt	1 tbspc	15.6	0.1	2.4	5.6	58.8
Salad dressing, thousand island, commercial, regular, with salt	1 cup	250	2.3	38	89.3	942.5
Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt	1 tbspc	15.3	0.1	2.5	1.6	24.3
Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt	1 cup	245	2	39.7	26.2	389.6
Salami, cooked, beef	1 slice (4" dia x 1/8" thick) (10 per 8 oz package)	23	3.5	0.6	4.8	60.3
Salami, cooked, beef	1 oz	28.4	4.3	0.8	5.9	74.3
Salami, cooked, beef and pork	1 slice (4" dia x 1/8" thick) (10 per 8 oz package)	23	3.2	0.5	4.6	57.5
Salami, cooked, beef and pork	1 oz	28.4	3.9	0.6	5.7	70.9
Salami, cooked, turkey	2 slices	56.7	9.3	0.3	7.8	111.1
Salami, cooked, turkey	1 package (8 oz)	227	37.2	1.2	31.3	444.9
Salami, dry or hard, pork	1 slice (3-1/8" dia x 1/16" thick)	10	2.3	0.2	3.4	40.7
Salami, dry or hard, pork	1 package (4 oz)	113	25.5	1.8	38.1	459.9
Salami, dry or hard, pork, beef	1 slice (3-1/8" dia x 1/16" thick)	10	2.3	0.3	3.4	41.8
Salami, dry or hard, pork, beef	1 package (4 oz)	113	25.8	2.9	38.9	472.3
Salmon, atlantic, farmed, cooked, dry heat	3 oz	85	18.8	0	10.5	175.1
Salmon, atlantic, farmed, cooked, dry heat	0.5 fillet	178	39.3	0	22	366.7
Salmon, atlantic, farmed, raw	3 oz	85	16.9	0	9.2	155.6
Salmon, atlantic, farmed, raw	0.5 fillet	198	39.4	0	21.5	362.3
Salmon, atlantic, wild, cooked, dry heat	3 oz	85	21.6	0	6.9	154.7
Salmon, atlantic, wild, cooked, dry heat	0.5 fillet	154	39.2	0	12.5	280.3
Salmon, atlantic, wild, raw	3 oz	85	16.9	0	5.4	120.7
Salmon, atlantic, wild, raw	0.5 fillet	198	39.3	0	12.6	281.2
Salmon, chinook, cooked, dry heat	3 oz	85	21.9	0	11.4	196.4
Salmon, chinook, cooked, dry heat	0.5 fillet	154	39.6	0	20.6	355.7
Salmon, chinook, raw	3 oz	85	17.1	0	8.9	153
Salmon, chinook, raw	0.5 fillet	198	39.7	0	20.7	356.4
Salmon, chinook, smoked	1 cubic inch, boneless	17	3.1	0	0.7	19.9
Salmon, chinook, smoked	1 oz, boneless	28.4	5.2	0	1.2	33.2
Salmon, chinook, smoked	3 oz	85	15.5	0	3.7	99.5
Salmon, chinook, smoked	1 cup, cooked	136	24.9	0	5.9	159.1
Salmon, chinook, smoked, (lox), regular	1 oz	28.4	5.2	0	1.2	33.2
Salmon, chinook, smoked, (lox), regular	3 oz	85	15.5	0	3.7	99.5
Salmon, chum, canned, without salt, drained solids with bone	3 oz	85	18.2	0	4.7	119.9
Salmon, chum, canned, without salt, drained solids with bone	1 can	369	79.1	0	20.3	520.3
Salmon, chum, cooked, dry heat	3 oz	85	21.9	0	4.1	130.9
Salmon, chum, cooked, dry heat	0.5 fillet	154	39.8	0	7.4	237.2
Salmon, chum, drained solids with bone	3 oz	85	18.2	0	4.7	119.9
Salmon, chum, drained solids with bone	1 can	369	79.1	0	20.3	520.3
Salmon, chum, raw	3 oz	85	17.1	0	3.2	102
Salmon, chum, raw	0.5 fillet	198	39.9	0	7.5	237.6
Salmon, coho, farmed, cooked, dry heat	3 oz	85	20.7	0	7	151.3
Salmon, coho, farmed, cooked, dry heat	1 fillet	143	34.7	0	11.8	254.5
Salmon, coho, farmed, raw	3 oz	85	18.1	0	6.5	136
Salmon, coho, farmed, raw	1 fillet	159	33.8	0	12.2	254.4
Salmon, coho, wild, cooked, dry heat	3 oz	85	19.9	0	3.7	118.2
Salmon, coho, wild, cooked, dry heat	0.5 fillet	178	41.7	0	7.7	247.4
Salmon, coho, wild, cooked, moist heat	3 oz	85	23.3	0	6.4	156.4
Salmon, coho, wild, cooked, moist heat	0.5 fillet	155	42.4	0	11.6	285.2
Salmon, coho, wild, raw	3 oz	85	18.4	0	5	124.1
Salmon, coho, wild, raw	0.5 fillet	198	42.8	0	11.7	289.1
Salmon, pink, canned, solids with bone and liquid	3 oz	85	16.8	0	5.1	118.2
Salmon, pink, canned, solids with bone and liquid	1 can	453.6	89.7	0	27.4	630.5
Salmon, pink, canned, without salt, solids with bone and liquid	3 oz	85	16.8	0	5.1	118.2
Salmon, pink, canned, without salt, solids with bone and liquid	1 can	454	89.8	0	27.5	631.1
Salmon, pink, cooked, dry heat	3 oz	85	21.7	0	3.8	126.7
Salmon, pink, cooked, dry heat	0.5 fillet	124	31.7	0	5.5	184.8
Salmon, pink, raw	3 oz	85	16.9	0	2.9	98.6

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Salmon, pink, raw	0.5 fillet	159	31.7	0	5.5	184.4
Salmon, sockeye, canned, drained solids with bone	3 oz	85	17.4	0	6.2	130.1
Salmon, sockeye, canned, drained solids with bone	1 can	369	75.5	0	27	564.6
Salmon, sockeye, canned, without salt, drained solids with bone	3 oz	85	17.4	0	6.2	130.1
Salmon, sockeye, canned, without salt, drained solids with bone	1 can	369	75.5	0	27	564.6
Salmon, sockeye, cooked, dry heat	3 oz	85	23.2	0	9.3	183.6
Salmon, sockeye, cooked, dry heat	0.5 fillet	155	42.3	0	17	334.8
Salmon, sockeye, raw	1 oz, boneless	28.4	6	0	2.4	47.6
Salmon, sockeye, raw	3 oz	85	18.1	0	7.3	142.8
Salmon, sockeye, raw	0.5 fillet	198	42.2	0	16.9	332.6
Salsify, (vegetable oyster), raw	1 cup slices	133	4.4	24.7	0.3	109.1
Salsify, cooked, boiled, drained, with salt	1 cup slices	135	3.7	20.7	0.2	91.8
Salsify, cooked, boiled, drained, without salt	1 cup, sliced	135	3.7	20.7	0.2	91.8
Salt, table	1 dash	0.4	0	0	0	0
Salt, table	1 tsp	6	0	0	0	0
Salt, table	1 tbspc	18	0	0	0	0
Salt, table	1 cup	292	0	0	0	0
Sandwich spread, pork, beef	1 tbspc	15	1.1	1.8	2.6	35.3
Sandwich spread, pork, beef	1 oz	28.4	2.2	3.4	4.9	66.6
Sandwich spread, with chopped pickle, regular, unspecified oils	1 tbspc	15.3	0.1	3.4	5.2	59.5
Sandwich spread, with chopped pickle, regular, unspecified oils	1 cup	245	2.2	54.9	83.3	953.1
Sapodilla, raw	1 sapodilla	170	0.7	33.9	1.9	141.1
Sapodilla, raw	1 cup, pulp	241	1.1	48.1	2.7	200
Sapotes, (marmalade plum), raw	1 fruit without refuse	225	4.8	76	1.4	301.5
Sardine, atlantic, canned in oil, drained solids with bone	1 small (2-2/3" x 1/2" x 1/4")	12	3	0	1.4	25
Sardine, atlantic, canned in oil, drained solids with bone	1 cubic inch	16	3.9	0	1.8	33.3
Sardine, atlantic, canned in oil, drained solids with bone	2 sardines	24	5.9	0	2.7	49.9
Sardine, atlantic, canned in oil, drained solids with bone	1 oz	28.4	7	0	3.2	59
Sardine, atlantic, canned in oil, drained solids with bone	1 can (3.75 oz)	92	22.7	0	10.5	191.4
Sardine, atlantic, canned in oil, drained solids with bone	1 cup, drained	149	36.7	0	17.1	309.9
Sardine, pacific, canned in tomato sauce, drained solids with bone	1 sardine	38	6.2	0	4.6	67.6
Sardine, pacific, canned in tomato sauce, drained solids with bone	1 cup	89	14.6	0	10.7	158.4
Sardine, pacific, canned in tomato sauce, drained solids with bone	1 can	370	60.5	0	44.3	658.6
Sauce, barbecue sauce	1 packet	9.3	0.2	1.2	0.2	7
Sauce, barbecue sauce	1 cup (8 fl oz)	250	4.5	32	4.5	187.5
Sauce, bearnaise, dehydrated, dry	1 cup (8 fl oz)	16.5	2.3	9.9	1.5	59.7
Sauce, bearnaise, dehydrated, dry	1 packet	24.8	3.5	14.8	2.2	89.8
Sauce, Bulls-Eye original barbecue sauce	2 tbspc	36	0.4	15.2	0.1	63
Sauce, cheese, dehydrated, dry	1 packet	35	7.9	11.8	8.9	156.8
Sauce, cheese, ready-to-serve	0.25 cup	63	4.2	4.3	8.4	109.6
Sauce, Chef-Mate all purpose stir fry sauce, ready-to-serve	1 serving	15	0.2	2.3	0.6	16.2
Sauce, Chef-Mate all purpose stir fry sauce, ready-to-serve	1 tbspc	15	0.2	2.3	0.6	16.2
Sauce, Chef-Mate all purpose stir fry sauce, ready-to-serve	1 package	2013	30.8	315.2	87.2	2174
Sauce, Chef-Mate basic cheddar cheese sauce, ready-to-serve	0.25 cup	62	1.8	8	4.7	81.8
Sauce, Chef-Mate basic cheddar cheese sauce, ready-to-serve	1 serving	62	1.8	8	4.7	81.8
Sauce, Chef-Mate basic cheddar cheese sauce, ready-to-serve	1 cup	248	7.2	32.1	18.8	327.4
Sauce, Chef-Mate basic cheddar cheese sauce, ready-to-serve	1 package	3005	87.1	388.5	227.8	3966.6
Sauce, Chef-Mate coney island style hot dog sauce, ready-to-serve	0.25 cup	62	2.2	5.6	4.9	75.6
Sauce, Chef-Mate coney island style hot dog sauce, ready-to-serve	1 serving	62	2.2	5.6	4.9	75.6
Sauce, Chef-Mate coney island style hot dog sauce, ready-to-serve	1 cup	248	8.7	22.5	19.7	302.6
Sauce, Chef-Mate coney island style hot dog sauce, ready-to-serve	1 package	3005	104.9	272.9	238.6	3666.1
Sauce, Chef-Mate creole sauce, ready-to-serve	0.25 cup	62	0.9	3.7	0.7	24.8
Sauce, Chef-Mate creole sauce, ready-to-serve	1 serving	62	0.9	3.7	0.7	24.8
Sauce, Chef-Mate creole sauce, ready-to-serve	1 cup	248	3.7	14.8	2.8	99.2
Sauce, Chef-Mate creole sauce, ready-to-serve	1 package	1956	29.1	117	21.7	782.4
Sauce, Chef-Mate golden cheese sauce, ready-to-serve	0.25 cup	63	6.7	2.3	11.4	138.6
Sauce, Chef-Mate golden cheese sauce, ready-to-serve	1 serving	63	6.7	2.3	11.4	138.6
Sauce, Chef-Mate golden cheese sauce, ready-to-serve	1 cup	252	26.8	9.2	45.5	554.4
Sauce, Chef-Mate golden cheese sauce, ready-to-serve	1 package	3033	323	110.7	548.1	6672.6
Sauce, Chef-Mate hot dog chili sauce, ready-to-serve	0.25 cup	63	2.7	9.2	2.4	69.3
Sauce, Chef-Mate hot dog chili sauce, ready-to-serve	1 serving	63	2.7	9.2	2.4	69.3
Sauce, Chef-Mate hot dog chili sauce, ready-to-serve	1 package	3062	130.7	448.6	115.7	3368.2
Sauce, Chef-Mate italian sauce, ready-to-serve	0.25 cup	62	1	11.5	1.2	60.8
Sauce, Chef-Mate italian sauce, ready-to-serve	1 serving	62	1	11.5	1.2	60.8

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Sauce, Chef-Mate italian sauce, ready-to-serve	1 cup	128	2.2	23.7	2.4	125.4
Sauce, Chef-Mate italian sauce, ready-to-serve	1 package	1956	32.9	361.7	37.2	1916.9
Sauce, Chef-Mate lemon sauce, ready-to-serve	1 serving	32	0.1	10.2	0.2	42.9
Sauce, Chef-Mate lemon sauce, ready-to-serve	2 tbsp	32	0.1	10.2	0.2	42.9
Sauce, Chef-Mate lemon sauce, ready-to-serve	1 package	2126	4.7	678.6	12.5	2848.8
Sauce, Chef-Mate sharp cheddar cheese sauce, ready-to-serve	0.25 cup	63	5.5	1.8	11.5	132.9
Sauce, Chef-Mate sharp cheddar cheese sauce, ready-to-serve	1 serving	63	5.5	1.8	11.5	132.9
Sauce, Chef-Mate sharp cheddar cheese sauce, ready-to-serve	1 cup	252	21.8	7.3	46	531.7
Sauce, Chef-Mate sharp cheddar cheese sauce, ready-to-serve	1 package	3033	262.7	88	554.1	6399.6
Sauce, Chef-Mate sweet n' sour glaze, ready-to-serve	1 serving	32	0.1	12.5	0	50.6
Sauce, Chef-Mate sweet n' sour glaze, ready-to-serve	2 tbsp	32	0.1	12.5	0	50.6
Sauce, Chef-Mate sweet n' sour glaze, ready-to-serve	1 package	2183	10	849.8	1.5	3449.1
Sauce, Chef-Mate sweet n' sour sauce, ready-to-serve	1 serving	33	0.2	8.2	0.8	40.3
Sauce, Chef-Mate sweet n' sour sauce, ready-to-serve	2 tbsp	33	0.2	8.2	0.8	40.3
Sauce, Chef-Mate sweet n' sour sauce, ready-to-serve	1 package	2041	9.8	506	48.6	2490
Sauce, Chef-Mate teriyaki sauce, ready-to-serve	1 serving	16	0.1	3.7	0.6	20.8
Sauce, Chef-Mate teriyaki sauce, ready-to-serve	1 tsp	16	0.1	3.7	0.6	20.8
Sauce, Chef-Mate teriyaki sauce, ready-to-serve	1 package	2070	19.3	483.8	75.1	2691
Sauce, Contadina deluxe marinara sauce, ready-to-serve	0.5 cup	125	1.5	8.7	3.5	72.5
Sauce, Contadina deluxe marinara sauce, ready-to-serve	1 serving	125	1.5	8.7	3.5	72.5
Sauce, Contadina deluxe marinara sauce, ready-to-serve	1 cup	250	3.1	17.4	7.1	145
Sauce, Contadina deluxe marinara sauce, ready-to-serve	1 package	3005	36.7	208.8	84.7	1742.9
Sauce, Contadina spaghetti sauce, ready-to-serve	0.5 cup	125	2	11.9	1.6	70
Sauce, Contadina spaghetti sauce, ready-to-serve	1 serving	125	2	11.9	1.6	70
Sauce, Contadina spaghetti sauce, ready-to-serve	1 cup	250	4.1	23.8	3.3	140
Sauce, Contadina spaghetti sauce, ready-to-serve	1 package	2977	48.2	282.8	39	1667.1
Sauce, curry, dehydrated, dry	1 cup (8 fl oz)	28.3	2.7	14.3	6.5	120.8
Sauce, curry, dehydrated, dry	1 packet	35.4	3.3	17.9	8.2	151.2
Sauce, fish, ready-to-serve	1 tbsp	18	0.9	0.7	0	6.3
Sauce, fish, ready-to-serve	1 fl oz	28.4	1.4	1	0	9.9
Sauce, hoisin, ready-to-serve	1 tbsp	16	0.5	7.1	0.5	35.2
Sauce, hollandaise, with butter fat, dehydrated, dry	1 packet	33.7	3.7	10.8	15.5	186.7
Sauce, hollandaise, with butter fat, dehydrated, dry	1 cup (8 fl oz)	44.9	4.9	14.4	20.7	248.7
Sauce, hollandaise, with vegetable oil, dehydrated, dry	1 cup (8 fl oz)	16.5	2.3	10.3	1.5	61.7
Sauce, hollandaise, with vegetable oil, dehydrated, dry	1 packet	24.8	3.4	15.5	2.3	92.8
Sauce, homemade, white, medium	0.5 cup	125	4.8	11.5	13.3	183.8
Sauce, homemade, white, medium	1 cup	250	9.6	22.9	26.6	367.5
Sauce, homemade, white, thick	0.5 cup	125	5	14.5	17.3	232.5
Sauce, homemade, white, thick	1 cup	250	10	29	34.6	465
Sauce, homemade, white, thin	0.5 cup	125	4.7	9.3	8.4	131.3
Sauce, homemade, white, thin	1 cup	250	9.4	18.5	16.8	262.5
Sauce, Knorr alfredo sauce, dry mix	2 tbsp	15	2.2	7.1	2.7	61.8
Sauce, Kraft barbecue sauce hickory smoke	2 tbsp	34	0.2	8.9	0.1	39.4
Sauce, Kraft barbecue sauce original	2 tbsp	34	0.2	8.9	0.1	39.4
Sauce, La Victoria chunky chili dip, salsa, canned	2 tbsp	30	0.2	2	0	9.3
Sauce, La Victoria enchilada sauce	0.25 cup	60.3	0.2	2.8	0.9	19.9
Sauce, La Victoria green chile salsa, mild	2 tbsp	30.5	0.4	1.3	0.1	7.6
Sauce, La Victoria green taco sauce, medium	1 tbsp	15.1	0.1	0.9	0.1	4.5
Sauce, La Victoria green taco sauce, mild	1 tbsp	15.1	0.1	0.9	0.1	4.5
Sauce, La Victoria red taco sauce, medium	1 tbsp	15.7	0.2	1.3	0.1	6.6
Sauce, La Victoria red taco sauce, mild	1 tbsp	15.7	0.2	1.3	0.1	6.6
Sauce, La Victoria salsa picante, medium	2 tbsp	30.2	0.4	1.5	0.1	8.4
Sauce, La Victoria salsa picante, mild	2 tbsp	30.5	0.4	1.5	0.1	8.2
Sauce, La Victoria salsa ranchera, hot	2 tbsp	30.5	0.4	1.7	0.1	9.1
Sauce, La Victoria salsa suprema, medium	2 tbsp	30.2	0.3	1.4	0.1	7.8
Sauce, La Victoria salsa suprema, mild	2 tbsp	30.5	0.2	1.6	0.1	8.2
Sauce, La Victoria salsa victoria, hot	2 tbsp	30.2	0.3	1.3	0.1	7.2
Sauce, La Victoria thick 'n chunky salsa, hot	2 tbsp	30.5	0.5	1.4	0.1	8.5
Sauce, La Victoria thick 'n chunky salsa, medium	2 tbsp	30.5	0.4	1.3	0.1	7.6
Sauce, La Victoria thick 'n chunky salsa, mild	2 tbsp	30.2	0.3	1.5	0.1	7.8
Sauce, La Victoria, Cheddar Cheese Sauce	0.25 cup	65.2	1.2	5.9	8.5	104.9
Sauce, La Victoria, Green Salsa Jalapena	2 tbsp	30.2	0.3	1.4	0.3	9.7
Sauce, La Victoria, Mole Poblano	2 oz	57	8.3	28.4	10.3	240
Sauce, La Victoria, Nacho Cheese Sauce With Jalapeno Peppers, Medium	0.25 cup	71.6	1.3	7.3	9.7	121.7



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Sauce, La Victoria, Red Salsa Jalapena	2 tbsp	30.5	0.4	2.2	0.2	12.2
Sauce, La Victoria, Salsa Brava, Hot	1 tbsp	5	0.1	0.3	0.1	2
Sauce, Marzetti, Texas Best Barbecue Sauce Original Recipe	2 tbsp	32	0.6	4	2.7	41.9
Sauce, mole poblano, dry mix, single brand	0.5 cup	126.7	9.5	52.8	52.7	723.3
Sauce, mole poblano, dry mix, single brand	1 cup, sauce	264.8	19.8	110.4	110.1	1512.1
Sauce, mole poblano, prepared from recipe	0.5 cup	125.4	4.4	16.2	13.7	205.6
Sauce, mole poblano, prepared from recipe	1 cup, sauce	242.5	8.6	31.4	26.6	397.7
Sauce, mushroom, dehydrated, dry	1 cup (8 fl oz)	22.7	3.3	12.4	2.2	79.2
Sauce, mushroom, dehydrated, dry	1 packet	28.4	4.1	15.5	2.7	98.9
Sauce, Ortega enchilada sauce, ready-to-serve	1 serving	30	0.4	2	0.6	15
Sauce, Ortega enchilada sauce, ready-to-serve	2 tbsp	30	0.4	2	0.6	15
Sauce, Ortega enchilada sauce, ready-to-serve	1 package	3855	55.9	258.7	76.3	1927.5
Sauce, Ortega picante sauce, ready-to-serve	1 serving	30	0.4	2	0.1	10.2
Sauce, Ortega picante sauce, ready-to-serve	2 tbsp	30	0.4	2	0.1	10.2
Sauce, Ortega picante sauce, ready-to-serve	1 package	3855	47	256.7	8.9	1310.7
Sauce, oyster, ready-to-serve	1 tbsp	4	0.1	0.4	0	2
Sauce, pasta, spaghetti/marinara, ready-to-serve	0.5 cup	125	1.8	10.3	2.6	71.3
Sauce, pasta, spaghetti/marinara, ready-to-serve	1 serving	125	1.8	10.3	2.6	71.3
Sauce, pasta, spaghetti/marinara, ready-to-serve	1 cup	250	3.6	20.6	5.2	142.5
Sauce, plum, ready-to-serve	1 tbsp	19	0.2	8.1	0.2	35
Sauce, plum, ready-to-serve	1 cup	305	2.7	130.6	3.2	561.2
Sauce, Prego 100% natural spaghetti sauce, traditional, jar	2 tbsp	129.5	2.2	20.7	5.1	136
Sauce, Que Bueno jalapeno cheese sauce, ready-to-serve	0.25 cup	63	2	7.7	4.7	81.3
Sauce, Que Bueno jalapeno cheese sauce, ready-to-serve	1 serving	63	2	7.7	4.7	81.3
Sauce, Que Bueno jalapeno cheese sauce, ready-to-serve	1 package	3005	95.9	369.6	224.2	3876.5
Sauce, Que Bueno mild nacho cheese sauce, ready-to-serve	0.25 cup	63	4.5	2.5	10.1	119.1
Sauce, Que Bueno mild nacho cheese sauce, ready-to-serve	1 serving	63	4.5	2.5	10.1	119.1
Sauce, Que Bueno mild nacho cheese sauce, ready-to-serve	1 cup	252	18.1	10.1	40.5	476.3
Sauce, Que Bueno mild nacho cheese sauce, ready-to-serve	1 package	3005	215.5	120.2	482.9	5679.5
Sauce, Que Bueno nacho cheese sauce, ready-to-serve	0.25 cup	63	5.2	4	10.1	127.9
Sauce, Que Bueno nacho cheese sauce, ready-to-serve	1 serving	63	5.2	4	10.1	127.9
Sauce, Que Bueno nacho cheese sauce, ready-to-serve	1 cup	252	21	16.1	40.4	511.6
Sauce, Que Bueno nacho cheese sauce, ready-to-serve	1 package	3005	250	191.7	481.7	6100.2
Sauce, Ragu Old World Style Smooth Pasta Sauce, Traditional, Jar	0.5 cup	125	1.9	12.1	2.6	80
Sauce, ready-to-serve, pepper or hot	0.25 tsp	1.2	0	0	0	0.1
Sauce, ready-to-serve, pepper or hot	1 tsp	4.7	0	0.1	0	0.5
Sauce, ready-to-serve, pepper, tabasco	0.25 tsp	1.2	0	0	0	0.1
Sauce, ready-to-serve, pepper, tabasco	1 tsp	4.7	0.1	0	0	0.6
Sauce, ready-to-serve, salsa	1 packet	8.9	0.1	0.6	0	2.5
Sauce, ready-to-serve, salsa	1 tbsp	16	0.2	1	0	4.5
Sauce, ready-to-serve, salsa	0.5 cup	130	1.7	8.1	0.3	36.4
Sauce, ready-to-serve, salsa	1 cup	259	3.3	16.2	0.6	72.5
Sauce, Red Label all purpose italian sauce mix, dry	1 serving	5.6	0.2	4.2	0.2	19.4
Sauce, Red Label all purpose italian sauce mix, dry	1 package	425	12.2	321.7	15	1470.5
Sauce, sofrito, prepared from recipe	1 tbsp	14.9	1.9	0.8	2.7	35.3
Sauce, sofrito, prepared from recipe	0.5 cup	102.8	13.2	5.6	18.7	243.7
Sauce, sour cream, dehydrated, dry	1 packet	35.2	5.5	17	11.1	180.2
Sauce, sour cream, dehydrated, dry	1 cup (8 fl oz)	70.4	11.1	34	22.1	360.4
Sauce, spaghetti with mushrooms, dehydrated, dry	1 serving	10	1	4.9	0.9	30.4
Sauce, spaghetti with mushrooms, dehydrated, dry	1 packet	39	3.9	19.1	3.5	118.6
Sauce, spaghetti, dehydrated, dry	1 serving	10	0.6	6.4	0.1	28.1
Sauce, spaghetti, dehydrated, dry	1 packet	42	2.5	27	0.4	118
Sauce, stroganoff, dehydrated, dry	1 packet	46	5.6	26.5	4.4	161.5
Sauce, stroganoff, dehydrated, dry	1 cup (8 fl oz)	55.6	6.7	32.1	5.3	195.2
Sauce, Superb instant cheddar cheese sauce mix, dry	1 serving	14.2	1.1	8	2.6	60.1
Sauce, Superb instant cheddar cheese sauce mix, dry	1 package (2 lb)	907	72	512.5	166.2	3836.6
Sauce, Superb instant nacho cheese sauce mix, dry	1 serving	14.2	1.1	7.9	2.6	59.6
Sauce, Superb instant nacho cheese sauce mix, dry	1 package (2 lb)	907	72.5	507.3	166.1	3809.4
Sauce, sweet and sour, dehydrated, dry	1 packet	56.7	0.6	54.5	0.1	220.6
Sauce, sweet and sour, dehydrated, dry	1 cup (8 fl oz)	75.6	0.8	72.7	0.1	294.1
Sauce, teriyaki, dehydrated, dry	1 packet	46	4.1	27.6	0.9	130.2
Sauce, teriyaki, ready-to-serve	1 tbsp	18	1.1	2.9	0	15.1
Sauce, teriyaki, ready-to-serve	1 fl oz	36	2.1	5.7	0	30.2
Sauce, teriyaki, ready-to-serve	1 cup	288	17.1	45.9	0	241.9

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Sauce, Trio cheese sauce mix, dry	1 serving	12	0.9	7.3	2.3	53.5
Sauce, Trio cheese sauce mix, dry	2 tbsp	12	0.9	7.3	2.3	53.5
Sauce, Trio cheese sauce mix, dry	1 package (2 lb)	907	66.9	552.5	173.7	4045.2
Sauce, Trio nacho cheese sauce mix, dry	1 serving	12	1.1	7.6	1.9	51.4
Sauce, Trio nacho cheese sauce mix, dry	2 tbsp	12	1.1	7.6	1.9	51.4
Sauce, Trio nacho cheese sauce mix, dry	1 package (2 lb)	907	81.2	572	140.8	3882
Sauce, white, dehydrated, dry	1 cup (8 fl oz)	19.8	2.2	10	5.3	91.7
Sauce, white, dehydrated, dry	1 packet	49.6	5.4	25.1	13.2	229.6
Sauerkraut, canned	1 cup	142	1.3	6.1	0.2	27
Sauerkraut, canned	1 cup, undrained	236	2.1	10.1	0.3	44.8
Sausage, meatless	1 link	25	4.6	2.5	4.5	64
Sausage, meatless	1 slice	28	5.2	2.8	5.1	71.7
Sausage, meatless	1 patty	38	7	3.7	6.9	97.3
Savory, ground	1 tsp	1.4	0.1	1	0.1	3.8
Savory, ground	1 tbsp	4.4	0.3	3	0.3	12
Scallop, mixed species, cooked, breaded and fried	2 large	31	5.6	3.1	3.4	66.7
Scallop, mixed species, imitation, made from surimi	3 oz	85	10.9	9	0.3	84.2
Scallop, mixed species, raw	1 unit 2 large or 5 small	30	5	0.7	0.2	26.4
Scallop, mixed species, raw	3 oz	85	14.3	2	0.6	74.8
Scrambled Eggs & Sausage With Hashed Brown Potatoes, Frozen Breakfast	1 package yields	177	12.6	17.2	26.9	361.1
Scrambled Eggs & Sausage With Hashed Brown Potatoes, Frozen Breakfast	1 serving	177	12.6	17.2	26.9	361.1
Scup, cooked, dry heat	1 fillet	50	12.1	0	1.8	67.5
Scup, cooked, dry heat	3 oz	85	20.6	0	3	114.8
Scup, raw	1 oz, boneless	28.4	5.4	0	0.8	29.8
Scup, raw	1 fillet	64	12.1	0	1.7	67.2
Scup, raw	3 oz	85	16	0	2.3	89.3
Scup, raw	1 cup	166	31.3	0	4.5	174.3
Sea bass, mixed species, cooked, dry heat	3 oz	85	20.1	0	2.2	105.4
Sea bass, mixed species, cooked, dry heat	1 fillet	101	23.9	0	2.6	125.2
Sea bass, mixed species, raw	3 oz	85	15.7	0	1.7	82.5
Sea bass, mixed species, raw	1 fillet	129	23.8	0	2.6	125.1
Seatrout, mixed species, cooked, dry heat	3 oz	85	18.2	0	3.9	113.1
Seatrout, mixed species, cooked, dry heat	1 fillet	186	39.9	0	8.6	247.4
Seatrout, mixed species, raw	3 oz	85	14.2	0	3.1	88.4
Seatrout, mixed species, raw	1 fillet	238	39.8	0	8.6	247.5
Seaweed, agar, raw	2 tbsp (1/8 cup)	10	0.1	0.7	0	2.6
Seaweed, irishmoss, raw	2 tbsp (1/8 cup)	10	0.2	1.2	0	4.9
Seaweed, kelp, raw	2 tbsp (1/8 cup)	10	0.2	1	0.1	4.3
Seaweed, laver, raw	2 tbsp (1/8 cup)	10	0.6	0.5	0	3.5
Seaweed, laver, raw	10 sheets	26	1.5	1.3	0.1	9.1
Seaweed, spirulina, dried	1 cup	15	8.6	3.6	1.2	43.5
Seaweed, wakame, raw	2 tbsp (1/8 cup)	10	0.3	0.9	0.1	4.5
Semisweet chocolate chips	1 oz (approx 60 pcs)	28.4	1.2	17.9	8.5	135.8
Semisweet chocolate chips	1 cup chips (6 oz package)	168	7.1	106	50.4	804.7
Semisweet chocolate chips	1 cup mini chips	173	7.3	109.2	51.9	828.7
Semisweet chocolate chips	1 cup large chips	182	7.6	114.8	54.6	871.8
Semisweet chocolate chips, made with butter	1 oz (approx 60 pcs)	28.4	1.2	18	8.4	135.2
Semisweet chocolate chips, made with butter	1 cup chips (6 oz package)	170	7.1	107.8	50.5	810.9
Semisweet chocolate chips, made with butter	1 cup mini chips	173	7.3	109.7	51.4	825.2
Semisweet chocolate chips, made with butter	1 cup large chips	182	7.6	115.4	54.1	868.1
Semolina, enriched	1 cup	167	21.2	121.6	1.8	601.2
Semolina, unenriched	1 cup	167	21.2	121.6	1.8	601.2
Sesame butter, paste	1 tbsp	16	2.9	4.1	8.1	95.2
Sesame butter, tahini, from raw and stone ground kernels	1 tbsp	15	2.7	3.9	7.2	85.5
Sesame butter, tahini, from raw and stone ground kernels	1 oz	28.4	5	7.4	13.6	161.6
Sesame butter, tahini, from roasted and toasted kernels (most common type)	1 tbsp	15	2.6	3.2	8.1	89.3
Sesame butter, tahini, from roasted and toasted kernels (most common type)	1 oz	28.4	4.8	6	15.2	168.7
Sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	1 tbsp	14	2.5	2.5	7.9	85
Sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	1 oz	28.4	5.1	5.1	16	172.1
Sesame butter, tahini, type of kernels unspecified	1 tbsp	15	2.6	3.2	8	88.8
Sesame crunch	1 piece	1.8	0.2	0.9	0.6	9.3
Sesame crunch	1 oz	28.4	3.3	14.3	9.4	146.6
Sesame crunch	20 pieces	35	4.1	17.6	11.7	181
Sesame flour, high-fat	1 oz	28.4	8.7	7.5	10.5	149.1

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Sesame flour, low-fat	1 oz	28.4	14.2	10.1	0.5	94.4
Sesame flour, partially defatted	1 oz	28.4	11.4	10	3.4	108.3
Sesame meal, partially defatted	1 oz	28.4	4.8	7.4	13.6	160.7
Sesame seed kernels, dried (decorticated)	1 tsp	2.7	0.7	0.3	1.5	15.9
Sesame seed kernels, dried (decorticated)	1 tbsp	8	2.1	0.8	4.4	47
Sesame seed kernels, dried (decorticated)	1 cup	150	39.6	14.1	82.2	882
Sesame seed kernels, toasted, with salt added (decorticated)	1 oz	28.4	4.8	7.4	13.6	160.7
Sesame seed kernels, toasted, with salt added (decorticated)	1 cup	128	21.7	33.3	61.4	725.8
Sesame seed kernels, toasted, without salt added (decorticated)	1 oz	28.4	4.8	7.4	13.6	160.7
Sesame seed kernels, toasted, without salt added (decorticated)	1 cup	128	21.7	33.3	61.4	725.8
Sesame seeds, whole, dried	1 tbsp	9	1.6	2.1	4.5	51.6
Sesame seeds, whole, dried	1 cup	144	25.5	33.8	71.5	825.1
Sesame seeds, whole, roasted and toasted	1 oz	28.4	4.8	7.3	13.6	160.2
Sesame sticks, wheat-based, salted	1 oz	28.4	3.1	13.2	10.4	153.4
Sesame sticks, wheat-based, salted	2 oz	56.7	6.2	26.4	20.8	306.7
Sesame sticks, wheat-based, unsalted	1 oz	28.4	3.1	13.2	10.4	153.4
Sesame sticks, wheat-based, unsalted	2 oz	56.7	6.2	26.4	20.8	306.7
Sesbania flower, cooked, steamed, with salt	1 cup	104	1.2	5.4	0.1	22.9
Sesbania flower, cooked, steamed, without salt	1 cup	104	1.2	5.4	0.1	22.9
Sesbania flower, raw	1 flower	3	0	0.2	0	0.8
Sesbania flower, raw	1 cup flowers	20	0.3	1.3	0	5.4
Shad, american, cooked, dry heat	3 oz	85	18.5	0	15	214.2
Shad, american, cooked, dry heat	1 fillet	144	31.3	0	25.4	362.9
Shad, american, raw	3 oz	85	14.4	0	11.7	167.5
Shad, american, raw	1 fillet	184	31.2	0	25.3	362.5
Shake 'n' Bake Original Recipe, Coating For Pork, Dry	1 serving	28	1.7	22.3	1	105.6
Shake, fast food, chocolate	1 fl oz	20.8	0.7	4.3	0.8	26.4
Shake, fast food, chocolate	1 cup (8 fl oz)	166	5.6	34	6.1	210.8
Shake, fast food, chocolate	1 milkshake (10 fl oz)	208	7.1	42.6	7.7	264.2
Shake, fast food, chocolate	1 small mcdonald's shake (12 fl oz)	250	8.5	51.3	9.3	317.5
Shake, fast food, chocolate	1 medium mcdonald's shake (16 fl oz)	333	11.3	68.3	12.3	422.9
Shake, fast food, chocolate	1 large mcdonald's shake (22 fl oz)	458	15.6	93.9	16.9	581.7
Shake, fast food, strawberry	10 fl oz	283	9.6	53.5	7.9	319.8
Shake, fast food, vanilla	1 fl oz	20.8	0.7	3.7	0.6	23.1
Shake, fast food, vanilla	1 cup (8 fl oz)	166	5.8	29.7	5	184.3
Shake, fast food, vanilla	1 milkshake (10 fl oz)	208	7.3	37.2	6.2	230.9
Shake, fast food, vanilla	1 small mcdonald's shake (12 fl oz)	250	8.8	44.8	7.5	277.5
Shake, fast food, vanilla	1 medium mcdonald's shake (16 fl oz)	333	11.7	59.6	10	369.6
Shake, fast food, vanilla	1 large mcdonald's shake (22 fl oz)	458	16	82	13.7	508.4
Shallots, freeze-dried	1 tbsp	0.9	0.1	0.7	0	3.1
Shallots, freeze-dried	0.25 cup	3.6	0.4	2.9	0	12.5
Shallots, raw	1 tbsp chopped	10	0.3	1.7	0	7.2
Shark, mixed species, cooked, batter-dipped and fried	3 oz	85	15.8	5.4	11.7	193.8
Shaw's Chocolate Cake	1 slice		3	31	4.5	120
Sheepshead, cooked, dry heat	3 oz	85	22.1	0	1.4	107.1
Sheepshead, cooked, dry heat	1 fillet	186	48.4	0	3	234.4
Sheepshead, raw	3 oz	85	17.2	0	2	91.8
Sheepshead, raw	1 fillet	238	48.1	0	5.7	257
Sherbet, orange	1 bar (2.75 fl oz)	66	0.7	20.1	1.3	91.1
Sherbet, orange	0.5 cup (4 fl oz)	74	0.8	22.5	1.5	102.1
Shortening bread, soybean and cottonseed	1 tbsp	12.8	0	0	12.8	113.2
Shortening bread, soybean and cottonseed	1 cup	205	0	0	205	1812.2
Shortening cake mix, soybean and cottonseed	1 tbsp	12.8	0	0	12.8	113.2
Shortening cake mix, soybean and cottonseed	1 cup	205	0	0	205	1812.2
Shortening confectionery, coconut and or palm kernel	1 tbsp	12.8	0	0	12.8	113.2
Shortening confectionery, coconut and or palm kernel	1 cup	205	0	0	205	1812.2
Shortening frying (heavy duty), beef tallow and cottonseed	1 tbsp	12.8	0	0	12.8	115.2
Shortening frying (heavy duty), beef tallow and cottonseed	1 cup	205	0	0	205	1845
Shortening frying (heavy duty), palm	1 tbsp	12.8	0	0	12.8	113.2
Shortening frying (heavy duty), palm	1 cup	205	0	0	205	1812.2
Shortening frying (heavy duty), soybean, linoleic (30%) stabilizers with silicon	1 tbsp	12.8	0	0	12.8	113.2
Shortening frying (heavy duty), soybean, linoleic (30%) stabilizers with silicon	1 cup	205	0	0	205	1812.2
Shortening frying (heavy duty), soybean, linoleic (less than 1%)	1 tbsp	12.8	0	0	12.8	113.2
Shortening frying (heavy duty), soybean, linoleic (less than 1%)	1 cup	205	0	0	205	1812.2

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Shortening frying (regular), soybean and cottonseed	1 tbsp	12.8	0	0	12.8	113.2
Shortening frying (regular), soybean and cottonseed	1 cup	205	0	0	205	1812.2
Shortening household soybean and palm	1 tbsp	12.8	0	0	12.8	113.2
Shortening household soybean and palm	1 cup	205	0	0	205	1812.2
Shortening industrial, lard and vegetable oil	1 tbsp	12.8	0	0	12.8	115.2
Shortening industrial, lard and vegetable oil	1 cup	205	0	0	205	1845
Shortening industrial, soybean and cottonseed	1 tbsp	12.8	0	0	12.8	113.2
Shortening industrial, soybean and cottonseed	1 cup	205	0	0	205	1812.2
Shortening, confectionery, fractionated palm	1 tbsp	13.6	0	0	13.6	120.2
Shortening, confectionery, fractionated palm	1 cup	218	0	0	218	1927.1
Shortening, household, lard and vegetable oil	1 tbsp	12.8	0	0	12.8	115.2
Shortening, household, lard and vegetable oil	1 cup	205	0	0	205	1845
Shortening, household, soybean-cottonseed	1 tbsp	12.8	0	0	12.8	113.2
Shortening, household, soybean-cottonseed	1 cup	205	0	0	205	1812.2
Shortening, multipurpose, soybean and palm	1 tbsp	12.8	0	0	12.8	113.2
Shortening, multipurpose, soybean and palm	1 cup	205	0	0	205	1812.2
Shortening, special purpose for baking, soybean palm and cottonseed	1 tbsp	12.8	0	0	12.8	113.2
Shortening, special purpose for baking, soybean palm and cottonseed	1 cup	205	0	0	205	1812.2
Shortening, special purpose for cakes and frostings, soybean	1 tbsp	12.8	0	0	12.8	113.2
Shortening, special purpose for cakes and frostings, soybean	1 cup	205	0	0	205	1812.2
Shredded wheat, plain, sugar and salt free, single brand	1 biscuit rectangular	23.6	2.6	19.5	0.3	80.2
Shredded wheat, plain, sugar and salt free, single brand	1 biscuit oblong	25	2.7	20.6	0.3	85
Shredded wheat, plain, sugar and salt free, single brand	2 biscuits round	37.8	4.2	31.2	0.4	128.5
Shredded wheat, plain, sugar and salt free, single brand	1 serving	46	5.1	37.9	0.5	156.4
Shrimp, mixed species, canned	1 oz	28.4	6.5	0.3	0.6	34
Shrimp, mixed species, canned	10 shrimp	32	7.4	0.3	0.6	38.4
Shrimp, mixed species, canned	3 oz	85	19.6	0.9	1.7	102
Shrimp, mixed species, canned	1 can (4.5 oz), drained	128	29.5	1.3	2.5	153.6
Shrimp, mixed species, canned	1 cup	128	29.5	1.3	2.5	153.6
Shrimp, mixed species, cooked, breaded and fried	4 large	30	6.4	3.4	3.7	72.6
Shrimp, mixed species, cooked, breaded and fried	3 oz	85	18.2	9.7	10.4	205.7
Shrimp, mixed species, cooked, moist heat	4 large	22	4.6	0	0.2	21.8
Shrimp, mixed species, cooked, moist heat	3 oz	85	17.8	0	0.9	84.2
Shrimp, mixed species, imitation, made from surimi	3 oz	85	10.5	7.8	1.2	85.9
Shrimp, mixed species, raw	1 small	5	1	0	0.1	5.3
Shrimp, mixed species, raw	1 medium	6	1.2	0.1	0.1	6.4
Shrimp, mixed species, raw	4 large	28	5.7	0.3	0.5	29.7
Shrimp, mixed species, raw	3 oz	85	17.3	0.8	1.5	90.1
Sisymbrium sp. seeds, whole, dried	1 oz	28.4	3.4	16.5	1.3	90.2
Sisymbrium sp. seeds, whole, dried	1 cup	74	9	43.1	3.4	235.3
Smelt, rainbow, cooked, dry heat	3 oz	85	19.2	0	2.6	105.4
Smelt, rainbow, raw	3 oz	85	15	0	2.1	82.5
Smoked link sausage, pork	1 link, little (2" long x 3/4" dia)	16	3.6	0.3	5.1	62.2
Smoked link sausage, pork	1 link (4" long x 1-1/8" dia)	68	15.1	1.4	21.6	264.5
Smoked link sausage, pork and beef	1 link, little (2" long x 3/4" dia)	16	2.1	0.2	4.9	53.8
Smoked link sausage, pork and beef	1 link (4" long x 1-1/8" dia)	68	9.1	1	20.6	228.5
Smoked link sausage, pork and beef, flour and nonfat dry milk added	1 link, little (2" long x 3/4" dia)	16	2.2	0.6	3.4	42.9
Smoked link sausage, pork and beef, flour and nonfat dry milk added	1 link (4" long x 1-1/8" dia)	68	9.5	2.7	14.6	182.2
Smoked link sausage, pork and beef, nonfat dry milk added	1 link, little (2" long x 3/4" dia)	16	2.1	0.3	4.4	50.1
Smoked link sausage, pork and beef, nonfat dry milk added	1 link (4" long x 1-1/8" dia)	68	9	1.3	18.8	212.8
Snacks, fruit leather, bars	1 bar	23	0.4	18.1	1.2	80.7
Snacks, fruit leather, pieces	1 packet (.75 oz)	21	0.2	16.4	1.5	71.6
Snacks, fruit leather, pieces	1 package	27	0.3	21.1	1.9	92.1
Snacks, fruit leather, pieces	1 oz	28.4	0.3	22.2	2	96.7
Snacks, fruit leather, rolls	1 small	14	0.1	11.8	0.4	49
Snacks, fruit leather, rolls	1 large	21	0.2	17.7	0.6	73.5
Snapper, mixed species, cooked, dry heat	3 oz	85	22.4	0	1.5	108.8
Snapper, mixed species, cooked, dry heat	1 fillet	170	44.7	0	2.9	217.6
Snapper, mixed species, raw	3 oz	85	17.4	0	1.1	85
Snapper, mixed species, raw	1 fillet	218	44.7	0	2.9	218
Soda, diet other than cola or pepper, with aspartame, with caffeine	1 can (12 fl oz)	355	0.4	0	0	0
Soda, diet other than cola or pepper, with aspartame, without caffeine	1 fl oz	29.6	0	0	0	0
Soda, diet other than cola or pepper, with aspartame, without caffeine	1 can (12 fl oz)	355	0.4	0	0	0
Soda, diet other than cola or pepper, with sodium saccharin, without caffeine	1 fl oz	29.6	0	0	0	0

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Soda, diet other than cola or pepper, with sodium saccharin, without caffeine	1 can (12 fl oz)	355	0	0.4	0	0
Soda, diet other than cola or pepper, with aspartame, with caffeine	1 fl oz	29.6	0	0	0	0
Sokol, solo poppy seed filling	2 tbsp	36	1.7	20.9	3.2	119.5
Sonic Drive-In Bacon Cheeseburger	1 Sandwich		23	44	49	727
Sonic Drive-In Jr. Burger	1 Sandwich		14	27	21	353
Sonic Drive-In No. 1 Burger	1 Sandwich		14	43	36	577
Sonic Drive-In No. 1 Cheeseburger	1 Sandwich		18	44	42	647
Sonic Drive-In No. 2 Burger	1 Sandwich		14	43	25	481
Sonic Drive-In No. 2 Cheeseburger	1 Sandwich		18	44	31	551
Sonic Drive-In Super Sonic No. 1	1 Sandwich		28	45	66	929
Sonic Drive-In Super Sonic No. 2	1 Sandwich		28	46	55	839
Sorghum	1 cup	192	21.7	143.3	6.3	650.9
Soup, bean with bacon, condensed, single brand	1 serving	135	8.8	24.3	2.8	158
Soup, bean with bacon, condensed, single brand	1 package yields	326	21.2	58.7	6.8	381.4
Soup, bean with bacon, dehydrated, dry mix	1 cup (8 fl oz)	28.4	5.5	16.4	2.2	104.9
Soup, bean with bacon, dehydrated, prepared with water	1 fl oz	33.1	0.7	2	0.3	13.2
Soup, bean with bacon, dehydrated, prepared with water	1 cup (8 fl oz)	264.9	5.5	16.4	2.1	106
Soup, bean with frankfurters, canned, condensed, commercial	1 cup (8 fl oz)	263	20	44.1	14	373.5
Soup, bean with frankfurters, canned, condensed, commercial	1 can (11.25 oz)	319	24.2	53.4	16.9	453
Soup, bean with frankfurters, canned, prep with water, commercial	1 cup (8 fl oz)	250	10	22	7	187.5
Soup, bean with frankfurters, canned, prep with water, commercial	1 can (11.25 oz), prepared	607	24.2	53.4	16.9	455.3
Soup, bean with ham, canned, chunky, ready-to-serve, commercial	1 cup (8 fl oz)	243	12.6	27.1	8.5	230.9
Soup, bean with ham, canned, chunky, ready-to-serve, commercial	1 can (19.25 oz), ready -to-serve	546	28.3	60.9	19.1	518.7
Soup, bean with pork, canned, condensed, commercial	1 cup (8 fl oz)	269	15.8	45.6	11.9	347
Soup, bean with pork, canned, condensed, commercial	1 can (11.5 oz)	326	19.2	55.3	14.4	420.5
Soup, bean with pork, canned, prep with water, commercial	1 fl oz	31.6	1	2.8	0.7	21.5
Soup, bean with pork, canned, prep with water, commercial	1 cup (8 fl oz)	253	7.9	22.8	5.9	172
Soup, bean with pork, canned, prep with water, commercial	1 can (11.5 oz), prepared	614	19.2	55.3	14.4	417.5
Soup, beef broth bouillon and consomme, canned, condensed, commercial	1 cup (8 fl oz)	246	10.8	3.5	0	59
Soup, beef broth bouillon and consomme, canned, condensed, commercial	1 can (10.5 oz)	298	13	4.3	0	71.5
Soup, beef broth or bouillon canned, ready-to-serve	1 cup	240	2.7	0.1	0.5	16.8
Soup, beef broth or bouillon canned, ready-to-serve	1 can (14 oz), ready-to-serve	397	4.5	0.2	0.9	27.8
Soup, beef broth or bouillon canned, ready-to-serve	1 can (10.5 oz), prepared	586	6.7	0.2	1.3	41
Soup, beef broth or bouillon, powder, dry	1 cube	3.6	0.6	0.9	0.3	8.6
Soup, beef broth or bouillon, powder, dry	1 packet	6	1	1.4	0.5	14.3
Soup, beef broth or bouillon, powder, dry	1 cup (8 fl oz)	8	1.3	1.9	0.7	19
Soup, beef broth or bouillon, powder, dry	1 portion, amount of dry mix to make 8 fl oz prepared	8	1.3	1.9	0.7	19
Soup, beef broth or bouillon, powder, prepared with water	1 fl oz (prepared)	30.5	0.2	0.2	0.1	2.4
Soup, beef broth or bouillon, powder, prepared with water	1 packet (6 fl oz prepared)	183	1	1.4	0.5	14.6
Soup, beef broth or bouillon, powder, prepared with water	1 cup (8 fl oz)	244	1.3	1.9	0.7	19.5
Soup, beef broth, bouillon, consomme, prep with water, commercial	1 cup (8 fl oz)	241	5.4	1.8	0	28.9
Soup, beef broth, bouillon, consomme, prep with water, commercial	1 can (10.5 oz), prepared	586	13	4.3	0	70.3
Soup, beef broth, canned, condensed, single brand	1 serving	126	3.3	0	1.3	22.7
Soup, beef broth, canned, condensed, single brand	1 package yields	298	7.7	0	3	53.6
Soup, beef broth, cubed, dry	1 cube (6 fl oz prepared)	3.6	0.6	0.6	0.1	6.1
Soup, beef broth, cubed, dry	1 portion, amount of dry mix to make 8 fl oz prepared	4.8	0.8	0.8	0.2	8.2
Soup, beef broth, cubed, prepared with water	1 fl oz	30.2	0.1	0.1	0	0.9
Soup, beef broth, cubed, prepared with water	1 cube (6 fl oz prepared)	181	0.6	0.6	0.1	5.4
Soup, beef broth, cubed, prepared with water	1 cup (8 fl oz)	241.3	0.8	0.8	0.2	7.2
Soup, beef mushroom, canned, condensed, commercial	1 cup (8 fl oz)	251	11.5	13.1	6	153.1
Soup, beef mushroom, canned, condensed, commercial	1 can (10.75 oz)	305	14	15.9	7.3	186.1
Soup, beef mushroom, canned, prep with water, commercial	1 cup (8 fl oz)	244	5.8	6.3	3	73.2
Soup, beef mushroom, canned, prep with water, commercial	1 can (10.75 oz), prepared	593	14.1	15.4	7.3	177.9
Soup, beef noodle mix, dehydrated, dry form	1 packet	9.2	1.6	4.5	0.6	30.4
Soup, beef noodle mix, dehydrated, dry form	1 cup (8 fl oz)	14.2	2.5	6.9	0.9	46.9
Soup, beef noodle, canned, condensed, commercial	1 cup	251	9.7	18	6.2	168.2
Soup, beef noodle, canned, condensed, commercial	1 cup (8 fl oz)	251	9.7	18	6.2	168.2
Soup, beef noodle, canned, condensed, commercial	1 can (10.75 oz)	305	11.7	21.8	7.5	204.4
Soup, beef noodle, canned, prep with water, commercial	1 fl oz	30.5	0.6	1.1	0.4	10.4
Soup, beef noodle, canned, prep with water, commercial	1 cup (8 fl oz)	244	4.8	9	3.1	83
Soup, beef noodle, canned, prep with water, commercial	1 can (10.75 oz), prepared	593	11.7	21.8	7.5	201.6
Soup, beef noodle, dehydrated, prepared with water	1 fl oz	31.4	0.3	0.8	0.1	5
Soup, beef noodle, dehydrated, prepared with water	1 packet (6 fl oz prepared)	187	1.6	4.5	0.6	29.9
Soup, beef noodle, dehydrated, prepared with water	1 cup	251	2.2	6	0.8	40.2



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Soup, beef with country vegetables, chunky, ready-to-serve, single brand	1 serving	243	12.4	16	4.4	153.1
Soup, beef with country vegetables, chunky, ready-to-serve, single brand	1 package yields	539	27.5	35.6	9.7	339.6
Soup, beef with vegetables and barley, canned, condensed, single brand	1 serving	127	5	10.4	1.8	77.5
Soup, beef with vegetables and barley, canned, condensed, single brand	1 package yields	312	12.2	25.6	4.4	190.3
Soup, beef, canned, chunky, ready-to-serve	1 cup	240	11.7	19.6	5.1	170.4
Soup, beef, canned, chunky, ready-to-serve	1 can (19 oz), ready-to-serve	539	26.4	43.9	11.5	382.7
Soup, black bean, canned, condensed, commercial	1 cup (8 fl oz)	257	12.4	39.6	3.4	233.9
Soup, black bean, canned, condensed, commercial	1 can (11 oz), undiluted	312	15.1	48.1	4.1	283.9
Soup, black bean, canned, prep with water, commercial	1 fl oz	30.9	0.7	2.5	0.2	14.5
Soup, black bean, canned, prep with water, commercial	1 cup	247	5.6	19.8	1.5	116.1
Soup, black bean, canned, prep with water, commercial	1 can (11 oz), prepared	600	13.7	48.1	3.7	282
Soup, campbell's chicken noodle, canned, condensed	1 can (10.75 oz)	305	7.9	21	4.6	155.6
Soup, cauliflower, dehydrated, dry mix	1 cup (8 fl oz)	18.9	2.9	10.7	1.7	68
Soup, cauliflower, dehydrated, prepared with water	1 cup (8 fl oz)	256.1	2.9	10.7	1.7	69.1
Soup, cheese, canned, condensed, commercial	1 cup	257	10.8	21	20.9	311
Soup, cheese, canned, condensed, commercial	1 can (11 oz), undiluted	312	13.2	25.6	25.4	377.5
Soup, cheese, canned, prep with milk, commercial	1 cup	251	9.5	16.2	14.6	230.9
Soup, cheese, canned, prep with milk, commercial	1 can (11 oz), prepared	609	23	39.4	35.3	560.3
Soup, cheese, canned, prep with water, commercial	1 cup (8 fl oz)	247	5.4	10.5	10.5	155.6
Soup, cheese, canned, prep with water, commercial	1 can (11 oz), prepared	600	13.1	25.6	25.4	378
Soup, chicken broth cubes, dehydrated, dry	1 cube	4.8	0.7	1.1	0.2	9.5
Soup, chicken broth cubes, dehydrated, dry	1 cup (8 fl oz)	6.4	0.9	1.5	0.3	12.7
Soup, chicken broth cubes, dehydrated, prepared with water	1 cube (6 fl oz prepared)	182	0.7	1.1	0.2	9.1
Soup, chicken broth cubes, dehydrated, prepared with water	1 cup (8 fl oz)	243	0.9	1.5	0.3	12.2
Soup, chicken broth or bouillon, dehydrated, dry	1 tsp	2	0.3	0.4	0.3	5.3
Soup, chicken broth or bouillon, dehydrated, dry	1 cube	4	0.7	0.7	0.6	10.7
Soup, chicken broth or bouillon, dehydrated, dry	1 packet (6 fl oz prepared)	6	1	1.1	0.8	16
Soup, chicken broth or bouillon, dehydrated, dry	1 cup (8 fl oz)	8	1.3	1.4	1.1	21.4
Soup, chicken broth or bouillon, dehydrated, dry	1 portion, amount of dry mix to make 8 fl oz prepared	8	1.3	1.4	1.1	21.4
Soup, chicken broth or bouillon, dehydrated, prepared with water	1 fl oz	30.5	0.2	0.2	0.1	2.7
Soup, chicken broth or bouillon, dehydrated, prepared with water	1 packet (6 fl oz prepared)	183	1	1.1	0.8	16.5
Soup, chicken broth or bouillon, dehydrated, prepared with water	1 cup (8 fl oz)	244	1.3	1.4	1.1	22
Soup, chicken broth, canned, condensed, commercial	1 fl oz	31.4	1.4	0.2	0.3	9.7
Soup, chicken broth, canned, condensed, commercial	1 cup (8 fl oz)	251	11.1	1.9	2.6	77.8
Soup, chicken broth, canned, condensed, commercial	1 can (10.75 oz)	305	13.5	2.3	3.2	94.6
Soup, chicken broth, canned, prep with water, commercial	1 fl oz	30	0.6	0.1	0.2	4.8
Soup, chicken broth, canned, prep with water, commercial	1 envelope yields	182	3.7	0.7	1	29.1
Soup, chicken broth, canned, prep with water, commercial	1 cup	240	4.8	0.9	1.4	38.4
Soup, chicken broth, canned, prep with water, commercial	1 cup (8 fl oz)	244	4.9	0.9	1.4	39
Soup, chicken broth, canned, prep with water, commercial	1 can (10.75 oz), prepared	593	12	2.3	3.4	94.9
Soup, chicken corn chowder, chunky, ready-to-serve, single brand	1 serving	240	7.4	18	15.1	237.6
Soup, chicken corn chowder, chunky, ready-to-serve, single brand	1 package yields	539	16.7	40.4	34	533.6
Soup, chicken gumbo, canned, condensed, commercial	1 cup (8 fl oz)	251	5.3	16.7	2.9	113
Soup, chicken gumbo, canned, condensed, commercial	1 can (10.75 oz)	305	6.4	20.3	3.5	137.3
Soup, chicken gumbo, canned, prep with water, commercial	1 fl oz	30.5	0.3	1	0.2	7
Soup, chicken gumbo, canned, prep with water, commercial	1 cup	244	2.6	8.4	1.4	56.1
Soup, chicken gumbo, canned, prep with water, commercial	1 can (10.75 oz), prepared	593	6.4	20.3	3.5	136.4
Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	1 serving	240	7.2	17	10.6	192
Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	1 package yields	539	16.2	38.3	23.7	431.2
Soup, chicken mushroom, canned, condensed, commercial	1 cup (8 fl oz)	251	8.8	19.1	18.3	273.6
Soup, chicken mushroom, canned, condensed, commercial	1 can (10.75 oz)	305	10.7	23.2	22.3	332.5
Soup, chicken mushroom, canned, prep with water, commercial	1 cup (8 fl oz)	244	4.4	9.3	9.2	131.8
Soup, chicken mushroom, canned, prep with water, commercial	1 can (10.75 oz), prepared	593	10.7	22.5	22.2	320.2
Soup, chicken noodle mix, dehydrated, dry form	1 packet (6 fl oz)	11.1	1.5	6.7	1	42.7
Soup, chicken noodle mix, dehydrated, dry form	1 packet	74.4	10.3	45	6.7	286.4
Soup, chicken noodle with celery and carrots, homestyle, ready-to-serve, single brand	1 package yields	305	6.4	9.5	3.4	94.6
Soup, chicken noodle with celery and carrots, homestyle, ready-to-serve, single brand	1 serving	305	6.4	9.5	3.4	94.6
Soup, chicken noodle, canned, chunky, ready-to-serve	1 cup	240	12.7	17	6	175.2
Soup, chicken noodle, canned, chunky, ready-to-serve	1 can (19 oz), ready-to-serve	539	28.6	38.3	13.5	393.5
Soup, chicken noodle, canned, condensed, commercial	1 cup	246	7.9	18.7	4.6	150.1
Soup, chicken noodle, canned, condensed, commercial	1 cup (8 fl oz)	246	7.9	18.7	4.6	150.1
Soup, chicken noodle, canned, condensed, commercial	1 can (10.5 oz)	298	9.6	22.7	5.5	181.8
Soup, chicken noodle, canned, prep with water, commercial	1 fl oz	30.1	0.5	1.2	0.3	9.3
Soup, chicken noodle, canned, prep with water, commercial	1 cup (8 fl oz)	241	4	9.4	2.5	74.7

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Soup, chicken noodle, canned, prep with water, commercial	1 can (10.5 oz), prepared	586	9.8	22.7	6	181.7
Soup, chicken noodle, chunky, ready-to-serve, single brand	1 serving	243	7.8	13.9	3.2	114.2
Soup, chicken noodle, chunky, ready-to-serve, single brand	1 package yields	539	17.2	30.7	7	253.3
Soup, chicken noodle, dehydrated, prepared with water	1 packet (6 fl oz prepared)	188.5	1.6	6.9	1	43.4
Soup, chicken noodle, dehydrated, prepared with water	1 cup	240	2	8.8	1.3	55.2
Soup, chicken noodle, dehydrated, prepared with water	1 cup (8 fl oz)	252.3	2.1	9.3	1.4	58
Soup, chicken noodle, with meatballs, canned, chunky, ready-to-serve	1 cup (8 fl oz)	248	8.1	8.4	3.6	99.2
Soup, chicken noodle, with meatballs, canned, chunky, ready-to-serve	1 can (20 oz)	567	18.5	19.1	8.2	226.8
Soup, chicken rice mix, dehydrated, dry form	1 cup (8 fl oz)	16.2	2.4	9.2	1.4	59.8
Soup, chicken rice, canned, chunky, ready-to-serve	1 cup	240	12.3	13	3.2	127.2
Soup, chicken rice, canned, chunky, ready-to-serve	1 can (19 oz), ready-to-serve	539	27.5	29.2	7.2	285.7
Soup, chicken rice, dehydrated, prepared with water	1 fl oz	30	0.3	1.1	0.2	7.2
Soup, chicken rice, dehydrated, prepared with water	1 packet, prepared	190	1.8	7	1.1	45.6
Soup, chicken rice, dehydrated, prepared with water	1 cup	240	2.3	8.8	1.4	57.6
Soup, chicken vegetable, canned, chunky, ready-to-serve	1 cup (8 fl oz)	240	12.3	18.9	4.8	165.6
Soup, chicken vegetable, canned, chunky, ready-to-serve	1 can (19 oz), ready-to-serve	539	27.7	42.4	10.8	371.9
Soup, chicken vegetable, canned, condensed, commercial	1 fl oz	30.8	0.9	2.2	0.7	18.8
Soup, chicken vegetable, canned, condensed, commercial	1 cup (8 fl oz)	246	7.2	17.2	5.7	150.1
Soup, chicken vegetable, canned, condensed, commercial	1 can (10.5 oz)	298	8.8	20.9	6.9	181.8
Soup, chicken vegetable, canned, prep with water, commercial	1 fl oz	30.1	0.5	1.1	0.4	9.3
Soup, chicken vegetable, canned, prep with water, commercial	1 cup (8 fl oz)	241	3.6	8.6	2.8	74.7
Soup, chicken vegetable, canned, prep with water, commercial	1 can (10.5 oz), prepared	586	8.8	20.9	6.9	181.7
Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	1 serving	240	6.5	15.1	1.2	96
Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	1 package yields	454	12.3	28.6	2.3	181.6
Soup, chicken vegetable, dehydrated, dry	1 packet	10.6	2	5.8	0.6	36.7
Soup, chicken vegetable, dehydrated, dry	1 cup (8 fl oz)	14.1	2.7	7.8	0.8	48.8
Soup, chicken vegetable, dehydrated, prepared with water	1 packet (6 fl oz)	188	2	5.8	0.6	37.6
Soup, chicken vegetable, dehydrated, prepared with water	1 cup (8 fl oz)	250.7	2.7	7.8	0.8	50.1
Soup, chicken with dumplings, canned, condensed, commercial	1 cup (8 fl oz)	246	11.3	12.1	11.1	194.3
Soup, chicken with dumplings, canned, condensed, commercial	1 can (10.5 oz)	298	13.6	14.7	13.4	235.4
Soup, chicken with dumplings, canned, prep with water, commercial	1 fl oz	30.1	0.7	0.8	0.7	12
Soup, chicken with dumplings, canned, prep with water, commercial	1 cup (8 fl oz)	241	5.6	6	5.5	96.4
Soup, chicken with dumplings, canned, prep with water, commercial	1 can (10.5 oz), prepared	586	13.7	14.7	13.4	234.4
Soup, chicken with rice, canned, condensed, commercial	1 cup	246	7.1	14.4	3.8	120.5
Soup, chicken with rice, canned, condensed, commercial	1 can (10.5 oz)	298	8.6	17.4	4.6	146
Soup, chicken with rice, canned, prep with water, commercial	1 fl oz	30.1	0.4	0.9	0.2	7.5
Soup, chicken with rice, canned, prep with water, commercial	1 cup (8 fl oz)	241	3.5	7.2	1.9	60.3
Soup, chicken with rice, canned, prep with water, commercial	1 can (10.5 oz), prepared	586	8.6	17.4	4.6	146.5
Soup, chicken with star-shaped pasta, canned, condensed, single brand	1 serving	125	2.9	8.9	1.8	62.5
Soup, chicken with star-shaped pasta, canned, condensed, single brand	1 package yields	298	6.9	21.2	4.2	149
Soup, chicken, canned, chunky, ready-to-serve, commercial	1 cup	240	12.1	16.5	6.3	170.4
Soup, chicken, canned, chunky, ready-to-serve, commercial	1 cup (8 fl oz)	251	12.7	17.3	6.6	178.2
Soup, chicken, canned, chunky, ready-to-serve, commercial	1 can (10.75 oz)	305	15.4	21	8.1	216.6
Soup, chicken, canned, chunky, ready-to-serve, commercial	1 can (19 oz), ready-to-serve	539	27.3	37.1	14.2	382.7
Soup, chili beef, canned, condensed, commercial	1 cup (8 fl oz)	263	13.4	42.9	13.2	339.3
Soup, chili beef, canned, condensed, commercial	1 can (11.25 oz)	319	16.2	52.1	16	411.5
Soup, chili beef, canned, prep with water, commercial	1 fl oz	31.2	0.8	2.7	0.8	21.2
Soup, chili beef, canned, prep with water, commercial	1 cup	250	6.7	21.5	6.6	170
Soup, chili beef, canned, prep with water, commercial	1 can (11.25 oz), prepared	607	16.3	52.1	16	412.8
Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	1 fl oz	30	0.9	2.4	0.4	16.8
Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	1 cup (8 fl oz)	240	7.2	18.8	3.4	134.4
Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	1 can (19 oz), ready-to-serve	539	16.3	42.3	7.6	301.8
Soup, clam chowder, manhattan style, dehydrated, dry	1 cup (8 fl oz)	18.9	2.1	10.9	1.5	65.2
Soup, clam chowder, manhattan, canned, condensed, commercial	1 cup (8 fl oz)	251	4.4	24.4	4.4	153.1
Soup, clam chowder, manhattan, canned, condensed, commercial	1 can (10.75 oz)	305	5.3	29.7	5.4	186.1
Soup, clam chowder, manhattan, canned, prep with water	1 fl oz	30.5	0.3	1.5	0.3	9.8
Soup, clam chowder, manhattan, canned, prep with water	1 cup (8 fl oz)	244	2.2	12.2	2.2	78.1
Soup, clam chowder, manhattan, canned, prep with water	1 can (10.75 oz), prepared	593	5.3	29.7	5.4	189.8
Soup, clam chowder, new england, canned, condensed, commercial	1 cup (8 fl oz)	251	10.9	21.8	5	175.7
Soup, clam chowder, new england, canned, condensed, commercial	1 can (10.75 oz)	305	13.2	26.5	6.1	213.5
Soup, clam chowder, new england, canned, prep with milk, commercial	1 fl oz	31	1.2	2.1	0.8	20.5
Soup, clam chowder, new england, canned, prep with milk, commercial	1 cup	248	9.5	16.6	6.6	163.7
Soup, clam chowder, new england, canned, prep with milk, commercial	1 cup (8 fl oz)	248	9.5	16.6	6.6	163.7
Soup, clam chowder, new england, canned, prep with milk, commercial	1 can (10.75 oz), prepared	602	23	40.3	16	397.3

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Soup, clam chowder, new england, canned, prep with water, commercial	1 fl oz	30.5	0.6	1.6	0.4	11.9
Soup, clam chowder, new england, canned, prep with water, commercial	1 cup	244	4.8	12.4	2.9	95.2
Soup, clam chowder, new england, canned, prep with water, commercial	1 can (10.75 oz), prepared	593	11.7	30.2	7	231.3
Soup, clam chowder, new england, dehydrated, dry	1 cup (8 fl oz)	22.7	2.8	12.9	3.7	94.9
Soup, consomme with gelatin, dehydrated, dry	1 cup (8 fl oz)	12.6	2.2	2.1	0	17.3
Soup, consomme with gelatin, dehydrated, dry	1 packet	56.7	9.7	9.2	0.1	77.7
Soup, consomme with gelatin, dehydrated, prepared with water	1 fl oz	31.1	0.3	0.3	0	2.2
Soup, consomme with gelatin, dehydrated, prepared with water	1 cup (8 fl oz)	249	2.2	2.1	0	17.4
Soup, consomme with gelatin, dehydrated, prepared with water	1 packet (36 fl oz prepared)	1121	9.8	9.3	0.1	78.5
Soup, crab, canned, ready-to-serve	1 cup (8 fl oz)	244	5.5	10.3	1.5	75.6
Soup, crab, canned, ready-to-serve	1 can (13 oz)	369	8.3	15.6	2.3	114.4
Soup, cream of asparagus, canned, condensed, commercial	1 cup (8 fl oz)	251	4.6	21.4	8.2	173.2
Soup, cream of asparagus, canned, condensed, commercial	1 can (10.75 oz)	305	5.6	26	9.9	210.5
Soup, cream of asparagus, canned, prep with milk, commercial	1 cup (8 fl oz)	248	6.3	16.4	8.2	161.2
Soup, cream of asparagus, canned, prep with milk, commercial	1 can (10.75 oz), prepared	602	15.4	39.8	19.9	391.3
Soup, cream of asparagus, canned, prep with water, commercial	1 cup (8 fl oz)	244	2.3	10.7	4.1	85.4
Soup, cream of asparagus, canned, prep with water, commercial	1 can (10.75 oz), prepared	593	5.6	26	10	207.6
Soup, cream of asparagus, dehydrated, dry mix	1 cup (8 fl oz)	14.2	2	7.9	1.5	52
Soup, cream of asparagus, dehydrated, dry mix	1 packet	63.8	8.8	35.6	6.9	233.5
Soup, cream of asparagus, dehydrated, prepared with water	1 cup (8 fl oz)	250.8	2.2	9	1.7	57.7
Soup, cream of asparagus, dehydrated, prepared with water	1 packet	1128.5	9.9	40.3	7.8	259.6
Soup, cream of celery, canned, condensed, commercial	1 cup	251	3.3	17.6	11.2	180.7
Soup, cream of celery, canned, condensed, commercial	1 can (10.75 oz)	305	4	21.4	13.6	219.6
Soup, cream of celery, canned, prep with milk, commercial	1 cup (8 fl oz)	248	5.7	14.5	9.7	163.7
Soup, cream of celery, canned, prep with milk, commercial	1 can (10.75 oz), prepared	602	13.8	35.3	23.5	397.3
Soup, cream of celery, canned, prep with water, commercial	1 cup	244	1.7	8.8	5.6	90.3
Soup, cream of celery, canned, prep with water, commercial	1 can (10.75 oz), prepared	593	4	21.5	13.6	219.4
Soup, cream of celery, dehydrated, dry	1 cup (8 fl oz)	17.4	2.6	9.7	1.6	62.3
Soup, cream of celery, dehydrated, prepared with water	1 cup (8 fl oz)	254	2.6	9.8	1.6	63.5
Soup, cream of chicken, canned, condensed, commercial	1 cup	251	6.9	18.5	14.7	233.4
Soup, cream of chicken, canned, condensed, commercial	1 can (10.75 oz)	305	8.3	22.5	17.9	283.7
Soup, cream of chicken, canned, condensed, single brand	1 serving	126	3	9.7	8.2	124.7
Soup, cream of chicken, canned, condensed, single brand	1 package yields	305	7.3	23.5	19.8	302
Soup, cream of chicken, canned, prep with water, commercial	1 fl oz	30.5	0.4	1.2	0.9	14.6
Soup, cream of chicken, canned, prep with water, commercial	1 cup	244	3.4	9.3	7.4	117.1
Soup, cream of chicken, canned, prep with water, commercial	1 can (10.75 oz), prepared	593	8.4	22.5	17.9	284.6
Soup, cream of chicken, dehydrated, dry	1 packet	18.3	1.3	9.9	4	79.8
Soup, cream of chicken, dehydrated, dry	1 cup (8 fl oz)	24.4	1.8	13.3	5.3	106.4
Soup, cream of chicken, dehydrated, prepared with water	1 fl oz	32.6	0.2	1.7	0.7	13.4
Soup, cream of chicken, dehydrated, prepared with water	1 packet (6 fl oz prepared)	195.8	1.3	10	4	80.3
Soup, cream of chicken, dehydrated, prepared with water	1 cup (8 fl oz)	261.1	1.8	13.3	5.3	107.1
Soup, cream of chicken, prep with milk, commercial	1 fl oz	31	0.9	1.9	1.4	23.9
Soup, cream of chicken, prep with milk, commercial	1 cup (8 fl oz)	248	7.5	15	11.5	191
Soup, cream of chicken, prep with milk, commercial	1 can (10.75 oz), prepared	602	18.1	36.4	27.8	463.5
Soup, cream of mushroom, canned, condensed, commercial	1 cup	251	4	18.6	19	258.5
Soup, cream of mushroom, canned, condensed, commercial	1 cup (8 fl oz)	251	4	18.6	19	258.5
Soup, cream of mushroom, canned, condensed, commercial	1 can (10.75 oz)	305	4.9	22.6	23.1	314.2
Soup, cream of mushroom, canned, prep with milk, commercial	1 cup (8 fl oz)	248	6.1	15	13.6	203.4
Soup, cream of mushroom, canned, prep with milk, commercial	1 can (10.75 oz), prepared	602	14.7	36.4	33	493.6
Soup, cream of mushroom, canned, prep with water, commercial	1 cup	244	2.3	9.3	9	129.3
Soup, cream of mushroom, canned, prep with water, commercial	1 can (10.75 oz), prepared	593	5.6	22.6	21.8	314.3
Soup, cream of onion, canned, condensed, commercial	1 cup	251	5.5	26.1	10.5	220.9
Soup, cream of onion, canned, condensed, commercial	1 can (10.75 oz)	305	6.7	31.7	12.8	268.4
Soup, cream of onion, canned, prep with milk, commercial	1 cup (8 fl oz)	248	6.8	18.4	9.4	186
Soup, cream of onion, canned, prep with milk, commercial	1 can (10.75 oz), prepared	602	16.5	44.5	22.8	451.5
Soup, cream of onion, canned, prep with water, commercial	1 cup (8 fl oz)	244	2.8	12.7	5.3	107.4
Soup, cream of onion, canned, prep with water, commercial	1 can (10.75 oz), prepared	593	6.7	30.8	12.8	260.9
Soup, cream of potato, canned, condensed	1 cup (8 fl oz)	251	3.5	22.9	4.7	148.1
Soup, cream of potato, canned, condensed	1 can (10.75 oz)	305	4.2	27.9	5.7	180
Soup, cream of potato, canned, prep with milk, commercial	1 cup (8 fl oz)	248	5.8	17.2	6.4	148.8
Soup, cream of potato, canned, prep with milk, commercial	1 can (10.75 oz), prepared	602	14	41.7	15.7	361.2
Soup, cream of potato, canned, prep with water, commercial	1 cup (8 fl oz)	244	1.8	11.5	2.4	73.2
Soup, cream of potato, canned, prep with water, commercial	1 can (10.75 oz), prepared	593	4.3	27.9	5.8	177.9
Soup, cream of shrimp, canned, condensed	1 cup (8 fl oz)	251	5.6	16.4	10.4	180.7

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Soup, cream of shrimp, canned, condensed	1 can (10.75 oz)	305	6.8	19.9	12.6	219.6
Soup, cream of shrimp, canned, prep with milk, commercial	1 fl oz	31	0.9	1.7	1.2	20.5
Soup, cream of shrimp, canned, prep with milk, commercial	1 cup (8 fl oz)	248	6.8	13.9	9.3	163.7
Soup, cream of shrimp, canned, prep with milk, commercial	1 can (10.75 oz), prepared	602	16.6	33.8	22.6	397.3
Soup, cream of shrimp, canned, prep with water, commercial	1 cup	244	2.8	8.2	5.2	90.3
Soup, cream of shrimp, canned, prep with water, commercial	1 can (10.75 oz), prepared	593	6.8	19.9	12.6	219.4
Soup, cream of vegetable, dehydrated, dry	1 packet (6 fl oz prepared)	17.7	1.4	9.2	4.3	78.9
Soup, cream of vegetable, dehydrated, dry	1 cup (8 fl oz)	23.6	1.9	12.3	5.7	105.3
Soup, cream of vegetable, dehydrated, dry	1 portion, amount of dry mix to make 8 fl oz prepared	23.6	1.9	12.3	5.7	105.3
Soup, cream of vegetable, dehydrated, prepared with water	1 packet (6 fl oz prepared)	195.1	1.4	9.2	4.3	80
Soup, cream of vegetable, dehydrated, prepared with water	1 cup (8 fl oz)	260.1	1.9	12.3	5.7	106.6
Soup, escarole, canned, ready-to-serve	1 cup (8 fl oz)	248	1.5	1.8	1.8	27.3
Soup, escarole, canned, ready-to-serve	1 can (19.5 oz)	553	3.4	4	4	60.8
Soup, gazpacho, canned, ready-to-serve	1 cup	244	7.1	4.4	0.2	46.4
Soup, gazpacho, canned, ready-to-serve	1 can (13 oz)	369	10.7	6.6	0.4	70.1
Soup, leek, dehydrated, dry	1 cup (8 fl oz)	17.3	1.9	10.5	1.9	65.2
Soup, leek, dehydrated, dry	1 packet	78	8.8	47.4	8.5	294.1
Soup, leek, dehydrated, prepared with water	1 cup (8 fl oz)	253.9	2.1	11.4	2.1	71.1
Soup, leek, dehydrated, prepared with water	1 cup	254	2.1	11.4	2.1	71.1
Soup, leek, dehydrated, prepared with water	1 packet (36 fl oz prepared)	1142.5	9.5	51.4	9.3	319.9
Soup, lentil with ham, canned, ready-to-serve	1 cup (8 fl oz)	248	9.3	20.2	2.8	138.9
Soup, lentil with ham, canned, ready-to-serve	1 can (20 oz)	567	21.2	46.3	6.4	317.5
Soup, lipton, cup-a-soup broccoli & cheese, mix, dry	1 serving	16	1.8	8.9	2.9	66.9
Soup, lipton, cup-a-soup chicken flavor vegetable	1 serving	14	1.4	9.6	1	52.4
Soup, lipton, cup-a-soup chicken noodle with meat	1 serving	100	15.8	61.9	8	381
Soup, lipton, cup-a-soup cream of chicken, mix, dry	1 envelope	17	0.8	11.7	2.2	68.2
Soup, lipton, cup-a-soup cream of mushroom, mix, dry	1 serving	15	0.8	9.8	2.1	59.9
Soup, lipton, cup-a-soup green pea, mix, dry	1 serving	21	4.5	12.3	1.1	75.2
Soup, lipton, cup-a-soup hearty chicken noodle, mix, dry	1 envelope	16	2.6	10.2	1.2	61.4
Soup, lipton, cup-a-soup hearty chicken supreme, mix, dry	1 serving	21	1.1	13.6	3.8	90.1
Soup, lipton, cup-a-soup ring noodle, mix, dry	1 serving	14	1.6	9.3	1.1	53.3
Soup, lipton, cup-a-soup spring vegetable, mix, dry	1 envelope	13	1.7	8.2	1	46.9
Soup, lipton, cup-a-soup tomato, mix, dry	1 envelope	26	2.3	20	0.9	95.2
Soup, lipton, fat free cup-a-soup chicken broth, mix, dry	1 serving	6	1.2	3.2	0.1	18.4
Soup, lipton, fat free cup-a-soup chicken/pasta, mix, dry	1 serving	13	2.1	8.3	0.3	44.2
Soup, lipton, kettle creations chicken with pasta & bean, mix, dry	1 serving	30	4.7	19.4	1.3	105.9
Soup, lipton, kettle creations homestyle lentil, mix, dry	1 serving	36	7.5	22.5	1.2	127.4
Soup, lipton, kettle creations pasta & bean, mix, dry	1 serving	35	5.7	22.9	1.4	125.3
Soup, lipton, recipe secrets beefy mushroom, mix, dry	1 serving	11	0.9	6.6	0.4	32.8
Soup, lipton, recipe secrets beefy onion, mix, dry	1 serving	8	0.5	4.7	0.6	25.1
Soup, lipton, recipe secrets fiesta herb with red, mix, dry	1 serving	9	1	5.8	0.3	29
Soup, lipton, recipe secrets onion mushroom, mix, dry	1 serving	10	0.8	5.7	0.8	32.2
Soup, lipton, recipe secrets onion, mix, dry	1 serving	7	0.5	4.3	0.1	18.4
Soup, lipton, recipe secrets savory herb with garlic, mix, dry	1 serving	9	0.9	6	0.4	30.9
Soup, lipton, recipe secrets vegetable, mix, dry	1 serving	10	0.8	6.5	0.2	27.6
Soup, lipton, soup secrets chicken noodle, mix, dry	1 serving	20	3.5	11.3	2	77
Soup, lipton, soup secrets extra noodle, mix, dry	1 serving	23	3.2	15	1.6	86
Soup, lipton, soup secrets giggle noodle, mix, dry	1 serving	19	2.5	11.5	2.1	73.5
Soup, lipton, soup secrets noodle with real chicken broth, mix, dry	1 serving	16	2.1	9.2	1.9	62.1
Soup, lipton, soup secrets ring-o-noodle	1 serving	17	2.2	9.9	2	66
Soup, lipton, soup secrets spiral pasta soup, mix, dry	1 serving	18	2.2	11.5	0.9	63.5
Soup, minestrone, canned, chunky, ready-to-serve	1 cup	240	5.1	20.7	2.8	127.2
Soup, minestrone, canned, chunky, ready-to-serve	1 can (19 oz)	539	11.5	46.6	6.3	285.7
Soup, minestrone, canned, chunky, ready-to-serve	1 can (19 oz), ready-to-serve	539	11.5	46.6	6.3	285.7
Soup, minestrone, canned, condensed, commercial	1 cup (8 fl oz)	246	8.6	22.6	5	167.3
Soup, minestrone, canned, condensed, commercial	1 can (10.5 oz)	298	10.4	27.3	6.1	202.6
Soup, minestrone, canned, prep with water, commercial	1 cup (8 fl oz)	241	4.3	11.2	2.5	81.9
Soup, minestrone, canned, prep with water, commercial	1 can (10.5 oz), prepared	586	10.4	27.3	6.1	199.2
Soup, minestrone, dehydrated, dry	1 cup (8 fl oz)	17.3	3.5	9.3	1.3	61.9
Soup, minestrone, dehydrated, dry	1 packet	78	15.6	41.8	6.1	279.2
Soup, minestrone, dehydrated, prepared with water	1 cup (8 fl oz)	253.9	4.4	11.9	1.7	78.7
Soup, minestrone, dehydrated, prepared with water	1 packet (36 fl oz prepared)	1142.5	20	53.6	7.8	354.2
Soup, mushroom barley, canned, condensed, commercial	1 cup (8 fl oz)	251	3.8	24.1	4.5	153.1
Soup, mushroom barley, canned, condensed, commercial	1 can (10.75 oz)	305	4.6	29.3	5.5	186.1

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Soup, mushroom barley, canned, prep with water, commercial	1 cup (8 fl oz)	244	1.9	11.7	2.3	73.2
Soup, mushroom barley, canned, prep with water, commercial	1 can (10.75 oz), prepared	593	4.6	28.5	5.5	177.9
Soup, mushroom with beef stock, canned, condensed, commercial	0.5 cup	126	3.2	9.3	4	85.7
Soup, mushroom with beef stock, canned, condensed, commercial	1 cup (8 fl oz)	251	6.3	18.6	8.1	170.7
Soup, mushroom with beef stock, canned, condensed, commercial	1 can (10.75 oz)	305	7.7	22.6	9.8	207.4
Soup, mushroom with beef stock, canned, prep with water, commercial	1 cup (8 fl oz)	244	3.1	9.3	4	85.4
Soup, mushroom with beef stock, canned, prep with water, commercial	1 can (10.75 oz), prepared	593	7.6	22.6	9.8	207.6
Soup, mushroom, dehydrated, dry	1 packet, instant	16.7	1.7	8.5	3.7	73.6
Soup, mushroom, dehydrated, dry	1 packet, regular	74.4	7.6	38.1	16.6	328.1
Soup, mushroom, dehydrated, prepared with water	1 packet (6 fl oz prepared)	194	1.7	8.5	3.7	73.7
Soup, mushroom, dehydrated, prepared with water	1 cup	253	2.2	11.1	4.9	96.1
Soup, Nissin, Cup Noodles, Ramen Noodle, Chicken Flavor, Dry Mix	1 container, individual	64	5.6	36.8	14.1	296.3
Soup, Nissin, Oodles Of Noodles Top Ramen Ramen Noodle, Oriental Flavor, Dry Form	1 serving	42	3.9	27.5	7.2	190.3
Soup, onion mix, dehydrated, dry form	1 packet (6 fl oz prepared)	7.1	0.8	3.8	0.4	20.9
Soup, onion mix, dehydrated, dry form	1 packet	39	4.5	20.9	2.3	114.7
Soup, onion, canned, condensed, commercial	1 cup (8 fl oz)	246	7.5	16.4	3.5	113.2
Soup, onion, canned, condensed, commercial	1 can (10.5 oz)	298	9.1	19.9	4.2	137.1
Soup, onion, canned, prep with water, commercial	1 cup	241	3.8	8.2	1.7	57.8
Soup, onion, canned, prep with water, commercial	1 can (10.5 oz), prepared	586	9.1	19.9	4.2	140.6
Soup, onion, dehydrated, prepared with water	1 packet (6 fl oz prepared)	184	0.8	3.8	0.4	20.2
Soup, onion, dehydrated, prepared with water	1 cup	246	1.1	5.1	0.6	27.1
Soup, oxtail, dehydrated, dry	1 cup (8 fl oz)	16.5	2.5	7.9	2.2	62.2
Soup, oxtail, dehydrated, dry	1 packet	74.4	11.2	35.6	10.1	280.5
Soup, oxtail, dehydrated, prepared with water	1 fl oz	30.5	0.3	1.1	0.3	8.5
Soup, oxtail, dehydrated, prepared with water	1 cup	244	2.7	8.6	2.5	68.3
Soup, oxtail, dehydrated, prepared with water	1 cup (8 fl oz)	253.1	2.8	9	2.6	70.9
Soup, oxtail, dehydrated, prepared with water	1 packet (36 fl oz prepared)	1138.9	12.6	40.3	11.5	318.9
Soup, oyster stew, canned, condensed, commercial	1 cup (8 fl oz)	246	4.2	8.2	7.7	118.1
Soup, oyster stew, canned, condensed, commercial	1 can (10.5 oz)	298	5.1	9.9	9.3	143
Soup, oyster stew, canned, prep with milk, commercial	1 cup (8 fl oz)	245	6.1	9.8	7.9	134.8
Soup, oyster stew, canned, prep with milk, commercial	1 can (10.5 oz), prepared	595	14.9	23.7	19.3	327.3
Soup, oyster stew, canned, prep with water, commercial	1 cup (8 fl oz)	241	2.1	4.1	3.8	57.8
Soup, oyster stew, canned, prep with water, commercial	1 can (10.5 oz), prepared	586	5.1	9.9	9.3	140.6
Soup, pea, green, canned, condensed, commercial	1 cup (8 fl oz)	263	17.2	53.1	5.9	328.8
Soup, pea, green, canned, condensed, commercial	1 can (11.25 oz)	319	20.9	64.4	7.1	398.8
Soup, pea, green, canned, prep with milk, commercial	1 cup (8 fl oz)	254	12.6	32.2	7	238.8
Soup, pea, green, canned, prep with milk, commercial	1 can (11.25 oz), prepared	616	30.6	78.2	17.1	579
Soup, pea, green, canned, prep with water, commercial	1 cup	250	8.6	26.5	2.9	165
Soup, pea, green, canned, prep with water, commercial	1 can (11.25 oz), prepared	607	20.9	64.3	7.1	400.6
Soup, pea, green, mix, dehydrated, dry form	1 packet (6 fl oz)	28	5.7	17	1.2	99.7
Soup, pea, green, mix, dehydrated, dry form	1 packet	113	23.2	68.6	4.8	402.3
Soup, pea, green, mix, dehydrated, prepared with water	1 packet (6 fl oz prepared)	206	5.8	17.2	1.2	100.9
Soup, pea, green, mix, dehydrated, prepared with water	1 cup	271	7.7	22.7	1.6	132.8
Soup, pea, split with ham, canned, chunky, ready-to-serve	1 cup	240	11.1	26.8	4	184.8
Soup, pea, split with ham, canned, chunky, ready-to-serve	1 can (19 oz), ready-to-serve	539	24.9	60.2	8.9	415
Soup, pea, split with ham, canned, condensed, commercial	1 cup (8 fl oz)	269	20.7	56	8.8	379.3
Soup, pea, split with ham, canned, condensed, commercial	1 can (11.5 oz)	326	25	67.8	10.7	459.7
Soup, pea, split with ham, canned, prep with water, commercial	1 cup (8 fl oz)	253	10.3	28	4.4	189.8
Soup, pea, split with ham, canned, prep with water, commercial	1 can (11.5 oz), prepared	614	25.1	67.8	10.7	460.5
Soup, pepperpot, canned, condensed, commercial	1 cup (8 fl oz)	246	12.8	18.8	9.3	206.6
Soup, pepperpot, canned, condensed, commercial	1 can (10.5 oz)	298	15.5	22.8	11.3	250.3
Soup, pepperpot, canned, prep with water, commercial	1 cup (8 fl oz)	241	6.4	9.4	4.6	103.6
Soup, pepperpot, canned, prep with water, commercial	1 can (10.5 oz), prepared	586	15.5	22.8	11.3	252
Soup, potato ham chowder, chunky, ready-to-serve, single brand	1 serving	240	6.5	13.4	12.5	192
Soup, potato ham chowder, chunky, ready-to-serve, single brand	1 package yields	539	14.6	30.2	28	431.2
Soup, Progresso Chicken & Wild Rice With Vegetables	1 serving	239	6	12	2.2	93.2
Soup, Progresso Chicken & Wild Rice With Vegetables	1 package yields	538	13.5	26.9	4.8	209.8
Soup, Progresso Healthy Classics Beef Barley, 99% Fat Free	1 serving	241	12.3	17.1	1.6	137.4
Soup, Progresso Healthy Classics Beef Barley, 99% Fat Free	1 package yields	453	23.1	32.2	3.1	258.2
Soup, Progresso Healthy Classics Beef Barley, Canned, Ready-to-serve	1 cup	241	11.3	20	1.9	142.2
Soup, Progresso Healthy Classics Chicken Noodle, Canned, Ready-to-serve	1 cup	237	5.7	9.4	1.6	75.8
Soup, Progresso Healthy Classics Chicken Rice With Vegetables, Canned, Ready-to-serve	1 cup	239	6.3	12.5	1.5	88.4
Soup, Progresso Healthy Classics Cream Of Broccoli, Canned, Ready-to-serve	1 cup	244	2.4	13.3	2.8	87.8
Soup, Progresso Healthy Classics Garlic And Pasta, Canned, Ready-to-serve	1 cup	243	4.4	17.8	1.3	99.6

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Soup, Progresso Healthy Classics Lentil, Canned, Ready-to-serve	1 cup	242	7.8	20.3	1.5	125.8
Soup, Progresso Healthy Classics Minestrone, Canned, Ready-to-serve	1 cup	241	4.8	20.3	2.5	122.9
Soup, Progresso Healthy Classics New England Clam Chowder, Canned, Ready-to-serve	1 cup	244	5.2	19.8	2	117.1
Soup, Progresso Healthy Classics Split Pea, Canned, Ready-to-serve	1 cup	253	9.7	29.9	2.3	179.6
Soup, Progresso Healthy Classics Tomato Garden, Canned, Ready-to-serve	1 cup	245	3.5	19	1	98
Soup, Progresso Healthy Classics Vegetable, Canned, Ready-to-serve	1 cup	238	4.2	13.2	1.3	80.9
Soup, scotch broth, canned, condensed, commercial	1 cup (8 fl oz)	246	10	19	5.3	162.4
Soup, scotch broth, canned, condensed, commercial	1 can (10.5 oz)	298	12.1	23	6.4	196.7
Soup, scotch broth, canned, prep with water, commercial	1 cup	241	5	9.5	2.6	79.5
Soup, scotch broth, canned, prep with water, commercial	1 can (10.5 oz), prepared	586	12.1	23	6.4	193.4
Soup, shark fin, restaurant-prepared	1 cup	216	6.9	8.2	4.3	99.4
Soup, sirloin burger with vegetables, ready-to-serve, single brand	1 serving	240	10.1	16.3	8.9	184.8
Soup, sirloin burger with vegetables, ready-to-serve, single brand	1 package yields	539	22.6	36.7	19.9	415
Soup, split pea with ham and bacon, canned, condensed, single brand	1 serving	135	11.6	28.6	3.1	189
Soup, split pea with ham and bacon, canned, condensed, single brand	1 package yields	326	28	69.1	7.5	456.4
Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	1 serving	243	12.6	27.5	2.7	184.7
Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	1 package yields	539	28	60.9	5.9	409.6
Soup, stock, fish, home-prepared	1 cup	233	5.3	0	1.9	39.6
Soup, stockpot, canned, condensed, commercial	1 cup (8 fl oz)	257	9.7	23	7.8	200.5
Soup, stockpot, canned, condensed, commercial	1 can (11 oz), undiluted	312	11.8	27.9	9.5	243.4
Soup, stockpot, canned, prep with water, commercial	1 cup (8 fl oz)	247	4.9	11.5	3.9	98.8
Soup, stockpot, canned, prep with water, commercial	1 can (11 oz), prepared	600	11.8	27.9	9.5	240
Soup, tomato beef with noodle, canned, condensed, commercial	1 cup (8 fl oz)	251	8.9	42.3	8.6	281.1
Soup, tomato beef with noodle, canned, condensed, commercial	1 can (10.75 oz)	305	10.8	51.5	10.4	341.6
Soup, tomato beef with noodle, canned, prep with water, commercial	1 cup	244	4.5	21.2	4.3	139.1
Soup, tomato beef with noodle, canned, prep with water, commercial	1 can (10.75 oz), prepared	593	10.9	51.4	10.4	338
Soup, tomato bisque, canned, condensed, commercial	1 cup (8 fl oz)	257	4.5	47.5	5	246.7
Soup, tomato bisque, canned, condensed, commercial	1 can (11 oz), undiluted	312	5.5	57.6	6.1	299.5
Soup, tomato bisque, canned, prep with milk, commercial	1 cup (8 fl oz)	251	6.3	29.4	6.6	198.3
Soup, tomato bisque, canned, prep with milk, commercial	1 can (11 oz), prepared	609	15.3	71.4	16	481.1
Soup, tomato bisque, canned, prep with water, commercial	1 cup (8 fl oz)	247	2.3	23.7	2.5	123.5
Soup, tomato bisque, canned, prep with water, commercial	1 can (11 oz), prepared	600	5.5	57.6	6.1	300
Soup, tomato rice, canned, condensed, commercial	1 cup (8 fl oz)	257	4.2	43.9	5.4	239
Soup, tomato rice, canned, condensed, commercial	1 can (11 oz), undiluted	312	5.1	53.3	6.6	290.2
Soup, tomato rice, canned, prep with water, commercial	1 cup	247	2.1	21.9	2.7	118.6
Soup, tomato rice, canned, prep with water, commercial	1 can (11 oz), prepared	600	5.1	53.3	6.6	288
Soup, tomato vegetable mix, dehydrated, dry form	1 tbsp	1.2	0.1	0.7	0.1	3.9
Soup, tomato vegetable mix, dehydrated, dry form	1 cup (8 fl oz)	18.5	2.2	11.1	0.9	60.1
Soup, tomato vegetable mix, dehydrated, dry form	1 portion, amount of dry mix to make 8 fl oz prepared	18.5	2.2	11.1	0.9	60.1
Soup, tomato vegetable mix, dehydrated, dry form	1 packet	38.5	4.5	23.1	2	125.1
Soup, tomato vegetable, dehydrated, prepared with water	1 packet (6 fl oz prepared)	189	1.5	7.6	0.6	41.6
Soup, tomato vegetable, dehydrated, prepared with water	1 cup	241	1.9	9.7	0.8	53
Soup, tomato vegetable, dehydrated, prepared with water	1 cup (8 fl oz)	253	2	10.2	0.9	55.7
Soup, tomato, canned, condensed, commercial	1 cup	251	4.1	33.2	3.8	170.7
Soup, tomato, canned, condensed, commercial	1 can (10.75 oz)	305	5	40.3	4.7	207.4
Soup, tomato, canned, prep with milk, commercial	1 cup (8 fl oz)	248	6.1	22.3	6	161.2
Soup, tomato, canned, prep with milk, commercial	1 can (10.75 oz), prepared	602	14.8	54.1	14.6	391.3
Soup, tomato, canned, prep with water, commercial	1 cup (8 fl oz)	244	2	16.6	1.9	85.4
Soup, tomato, canned, prep with water, commercial	1 can (10.75 oz), prepared	593	5	40.3	4.7	207.6
Soup, tomato, dehydrated, dry	1 packet (6 fl oz)	21.3	1.8	14.5	1.8	76.7
Soup, tomato, dehydrated, dry	1 cup (8 fl oz)	22.7	2	15.5	1.9	81.7
Soup, tomato, dehydrated, prepared with water	1 packet, prepared	199	1.9	14.6	1.8	77.6
Soup, tomato, dehydrated, prepared with water	1 cup	265	2.5	19.4	2.4	103.4
Soup, turkey noodle, canned, condensed, commercial	1 cup (8 fl oz)	251	7.8	17.3	4	138.1
Soup, turkey noodle, canned, condensed, commercial	1 can (10.75 oz)	305	9.5	21	4.8	167.8
Soup, turkey noodle, canned, prep with water, commercial	1 fl oz	30.5	0.5	1.1	0.3	8.5
Soup, turkey noodle, canned, prep with water, commercial	1 cup	244	3.9	8.6	2	68.3
Soup, turkey noodle, canned, prep with water, commercial	1 can (10.75 oz), prepared	593	9.5	21	4.9	166
Soup, turkey vegetable, canned, condensed, commercial	1 fl oz	30.8	0.8	2.2	0.8	18.5
Soup, turkey vegetable, canned, condensed, commercial	1 cup (8 fl oz)	246	6.2	17.3	6.1	147.6
Soup, turkey vegetable, canned, condensed, commercial	1 can (10.5 oz)	298	7.5	21	7.4	178.8
Soup, turkey vegetable, canned, prep with water, commercial	1 fl oz	30.1	0.4	1.1	0.4	9
Soup, turkey vegetable, canned, prep with water, commercial	1 cup (8 fl oz)	241	3.1	8.6	3	72.3
Soup, turkey vegetable, canned, prep with water, commercial	1 can (10.5 oz), prepared	586	7.5	21	7.4	175.8



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Soup, turkey, chunky, ready-to-serve	1 cup (8 fl oz)	236	10.2	14.1	4.4	134.5
Soup, turkey, chunky, ready-to-serve	1 can (18.75 oz), ready-to-serve	532	23	31.7	9.9	303.2
Soup, vegetable beef, canned, condensed, commercial	1 cup	251	11.2	20.4	3.8	158.1
Soup, vegetable beef, canned, condensed, commercial	1 can (10.75 oz)	305	13.6	24.7	4.6	192.2
Soup, vegetable beef, canned, condensed, single brand	1 serving	136	5.2	10.5	1.1	72.1
Soup, vegetable beef, canned, condensed, single brand	1 package yields	298	11.3	22.9	2.4	157.9
Soup, vegetable beef, dehydrated, dry	1 cup (8 fl oz)	16.5	3.1	8.5	1.2	56.8
Soup, vegetable beef, dehydrated, dry	1 packet	74.4	14.1	38.5	5.4	255.9
Soup, vegetable beef, dehydrated, prepared with water	1 cup	253	2.9	8	1.1	53.1
Soup, vegetable beef, dehydrated, prepared with water	1 packet (36 fl oz prepared)	1138.9	13.2	36.1	5	239.2
Soup, vegetable beef, microwavable, ready-to-serve, single brand	1 package yields	292	18.1	9.6	2	128.5
Soup, vegetable beef, microwavable, ready-to-serve, single brand	1 serving	292	18.1	9.6	2	128.5
Soup, vegetable beef, prep with water, commercial	1 cup (8 fl oz)	244	5.6	10.2	1.9	78.1
Soup, vegetable beef, prep with water, commercial	1 can (10.75 oz), prepared	593	13.6	24.7	4.6	189.8
Soup, vegetable with beef broth, canned, condensed, commercial	1 cup	246	6	26.3	3.8	162.4
Soup, vegetable with beef broth, canned, condensed, commercial	1 can (10.5 oz)	298	7.2	31.9	4.6	196.7
Soup, vegetable with beef broth, canned, prep with water, commercial	1 cup (8 fl oz)	241	3	13.1	1.9	81.9
Soup, vegetable with beef broth, canned, prep with water, commercial	1 can (10.5 oz), prepared	586	7.2	31.9	4.6	199.2
Soup, vegetable, canned, chunky, ready-to-serve, commercial	1 cup	240	3.5	19	3.7	122.4
Soup, vegetable, canned, chunky, ready-to-serve, commercial	1 can (19 oz), ready-to-serve	539	7.9	42.7	8.3	274.9
Soup, vegetarian vegetable, canned, condensed, commercial	1 cup	246	4.2	24.1	3.9	145.1
Soup, vegetarian vegetable, canned, condensed, commercial	1 can (10.5 oz)	298	5.1	29.1	4.7	175.8
Soup, vegetarian vegetable, canned, prep with water, commercial	1 cup	241	2.1	12	1.9	72.3
Soup, vegetarian vegetable, canned, prep with water, commercial	1 can (10.5 oz), prepared	586	5.1	29.1	4.7	175.8
Sour cream, imitation, cultured	1 oz	28.4	0.7	1.9	5.5	59
Sour cream, imitation, cultured	1 cup	230	5.5	15.2	44.9	478.4
Sour dressing, non-butterfat, cultured, filled cream-type	1 tbsp	12	0.4	0.6	2	21.4
Sour dressing, non-butterfat, cultured, filled cream-type	1 cup	235	7.6	11	38.9	418.3
Soursop, raw	1 cup, pulp	225	2.3	37.9	0.7	148.5
Soursop, raw	1 fruit (7" x 5-1/4" dia)	625	6.3	105.3	1.9	412.5
Soy flour, defatted	1 tbsp	6.2	2.9	2.4	0.1	20.4
Soy flour, defatted	1 cup, stirred	100	47	38.4	1.2	329
Soy flour, defatted, crude protein basis (n x 6.25)	1 cup, stirred	100	51.5	33.9	1.2	327
Soy flour, full-fat, raw	1 tbsp	5.2	1.8	1.8	1.1	22.7
Soy flour, full-fat, raw	1 cup, stirred	84	29	29.6	17.3	366.2
Soy flour, full-fat, raw, crude protein basis (n x 6.25)	1 cup, stirred	85	32.1	27.1	17.6	368.9
Soy flour, full-fat, roasted	1 cup, stirred	85	29.6	28.6	18.6	374.9
Soy flour, full-fat, roasted, crude protein basis (n x 6.25)	1 cup, stirred	85	32.4	25.8	18.6	373.2
Soy flour, low-fat	1 tbsp	5.5	2.6	2.1	0.4	20.5
Soy flour, low-fat	1 cup, stirred	88	40.9	33.4	5.9	327.4
Soy flour, low-fat, crude protein basis (n x 6.25)	1 cup, stirred	88	44.8	29.6	5.9	324.7
Soy meal, defatted, raw	1 cup	122	54.8	49	2.9	413.6
Soy meal, defatted, raw, crude protein basis (n x 6.25)	1 cup	122	60	43.8	2.9	411.1
Soy milk	1 fl oz	30.6	0.8	0.6	0.6	10.1
Soy milk	1 cup	245	6.7	4.4	4.7	80.9
Soy protein concentrate, crude protein basis (n x 6.25), produced by acid wash	1 oz	28.4	18	7.2	0.1	93
Soy protein concentrate, produced by acid wash	1 oz	28.4	16.5	8.8	0.1	94.1
Soy protein concentrate, produced by alcohol extraction	1 oz	28.4	16.5	8.8	0.1	94.1
Soy protein isolate	1 oz	28.4	22.9	2.1	1	95.8
Soy protein isolate, potassium type	1 oz	28.4	22.9	2.1	1	95.8
Soy protein isolate, potassium type, crude protein basis	1 oz	28.4	25	0.7	0.2	91
Soy protein isolate, protein technologies international, proplus	1 oz	28.4	24.4	0	1.1	107.7
Soy protein isolate, protein technologies international, supro	1 oz	28.4	24.9	0	1.1	110
Soy sauce made from hydrolyzed vegetable protein	1 tsp	6	0.1	0.5	0	2.5
Soy sauce made from hydrolyzed vegetable protein	1 tbsp	18	0.4	1.4	0	7.4
Soy sauce made from hydrolyzed vegetable protein	0.25 cup	58	1.4	4.5	0	23.8
Soy sauce made from soy (tamari)	1 tsp	6	0.6	0.3	0	3.6
Soy sauce made from soy (tamari)	1 tbsp	18	1.9	1	0	10.8
Soy sauce made from soy and wheat (shoyu)	1 tsp	5.3	0.3	0.5	0	2.8
Soy sauce made from soy and wheat (shoyu)	1 individual packet	8.9	0.5	0.8	0	4.7
Soy sauce made from soy and wheat (shoyu)	1 tbsp	16	0.8	1.4	0	8.5
Soy sauce made from soy and wheat (shoyu)	1 cup	255	13.2	21.7	0.2	135.2
Soy sauce made from soy and wheat (shoyu), low sodium	1 tsp	5.3	0.3	0.5	0	2.8
Soy sauce made from soy and wheat (shoyu), low sodium	1 tbsp	18	0.9	1.5	0	9.5

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Soy sauce made from soy and wheat (shoyu), low sodium	1 cup	255	13.2	21.7	0.2	135.2
Soybeans, green, cooked, boiled, drained, with salt	1 cup	180	22.2	19.9	11.5	253.8
Soybeans, green, cooked, boiled, drained, without salt	1 cup	180	22.2	19.9	11.5	253.8
Soybeans, green, raw	1 cup	256	33.2	28.3	17.4	376.3
Soybeans, mature cooked, boiled, without salt	1 tbsp	10.7	1.8	1.1	1	18.5
Soybeans, mature cooked, boiled, with salt	1 cup	172	28.6	17.1	15.4	297.6
Soybeans, mature seeds, cooked, boiled, with salt	1 cup	172	28.6	17.1	15.4	297.6
Soybeans, mature seeds, dry roasted	1 cup	172	68.1	56.3	37.2	774
Soybeans, mature seeds, raw	1 cup	186	67.9	56.1	37.1	773.8
Soybeans, mature seeds, roasted, no salt added	1 cup	172	60.6	57.7	43.7	810.1
Soybeans, mature seeds, roasted, salted	1 cup	172	60.6	57.7	43.7	810.1
Soybeans, mature seeds, sprouted, cooked, steamed	1 cup	94	8	6.1	4.2	76.1
Soybeans, mature seeds, sprouted, cooked, steamed, with salt	1 cup	94	8	6.1	4.2	76.1
Soybeans, mature seeds, sprouted, raw	10 sprouts	10	1.3	1	0.7	12.2
Soybeans, mature seeds, sprouted, raw	0.5 cup	35	4.6	3.3	2.3	42.7
Spaghetti, cooked, enriched, with added salt	1 cup	140	6.7	39.7	0.9	197.4
Spaghetti, cooked, enriched, without added salt	1 cup	140	6.7	39.7	0.9	197.4
Spaghetti, cooked, unenriched, with added salt	1 cup	140	6.7	39.7	0.9	197.4
Spaghetti, cooked, unenriched, without added salt	1 cup	140	6.7	39.7	0.9	197.4
Spaghetti, dry, enriched	2 oz	57	7.3	42.6	0.9	211.5
Spaghetti, dry, unenriched	2 oz	57	7.3	42.6	0.9	211.5
Spaghetti, protein-fortified, cooked, enriched (n x 5.70)	1 cup	140	11.3	44.3	0.3	229.6
Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	1 cup	140	12.4	43.2	0.3	229.6
Spaghetti, protein-fortified, dry, enriched (n x 5.70)	2 oz	57	11.3	38.5	1.3	213.8
Spaghetti, protein-fortified, dry, enriched (n x 6.25)	2 oz	57	12.4	37.4	1.3	213.2
Spaghetti, spinach, cooked	1 cup	140	6.4	36.6	0.9	182
Spaghetti, spinach, dry	2 oz	57	7.6	42.6	0.9	212
Spaghetti, whole-wheat, cooked	1 cup	140	7.5	37.2	0.8	173.6
Spaghetti, whole-wheat, dry	2 oz	57	8.3	42.8	0.8	198.4
Spearmint, dried	1 tsp	0.5	0.1	0.3	0	1.4
Spearmint, dried	1 tbsp	1.6	0.3	0.8	0.1	4.6
Spearmint, fresh	2 tbsp	11.4	0.4	1	0.1	5
Spinach souffle, home-prepared	1 cup	136	11	2.8	18.4	219
Spinach souffle, home-prepared	1 recipe yield	813	65.7	16.9	109.8	1308.9
Spinach, canned, drained solids	1 cup	214	6	7.3	1.1	49.2
Spinach, canned, no salt added	1 cup	234	4.9	6.8	0.9	44.5
Spinach, canned, regular pack	1 cup	234	4.9	6.8	0.9	44.5
Spinach, cooked, boiled, drained, with salt	1 cup	180	5.3	6.8	0.5	41.4
Spinach, cooked, boiled, drained, without salt	1 cup	180	5.3	6.8	0.5	41.4
Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	0.5 cup	95	3	5.1	0.2	26.6
Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	1 package (10 oz) yields	220	6.9	11.7	0.5	61.6
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	0.5 cup	95	3	5.1	0.2	26.6
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	1 package (10 oz) yields	220	6.9	11.7	0.5	61.6
Spinach, frozen, chopped or leaf, unprepared	1 cup	156	4.6	6.2	0.5	37.4
Spinach, frozen, chopped or leaf, unprepared	1 package (10 oz)	284	8.3	11.4	0.9	68.2
Spinach, raw	1 leaf	10	0.3	0.4	0	2.2
Spinach, raw	1 cup	30	0.9	1.1	0.1	6.6
Spinach, raw	1 package (10 oz)	284	8.1	9.9	1	62.5
Spinach, raw	1 bunch	340	9.7	11.9	1.2	74.8
Spiny lobster, mixed species, cooked, moist heat	3 oz	85	22.4	2.7	1.6	121.6
Spiny lobster, mixed species, cooked, moist heat	1 lobster	163	43	5.1	3.2	233.1
Spiny lobster, mixed species, raw	3 oz	85	17.5	2.1	1.3	95.2
Spiny lobster, mixed species, raw	1 lobster	209	43.1	5.1	3.2	234.1
Spot, cooked, dry heat	1 fillet	50	11.9	0	3.1	79
Spot, cooked, dry heat	3 oz	85	20.2	0	5.3	134.3
Spot, raw	1 fillet	64	11.8	0	3.1	78.7
Spot, raw	3 oz	85	15.7	0	4.2	104.6
Squab, (pigeon), light meat without skin, raw	1 breast, bone removed	101	22	0	4.6	135.3
Squab, (pigeon), light meat without skin, raw	1 unit (yield rom 1 lb squab)	151	32.9	0	6.8	202.3
Squab, (pigeon), meat and skin, raw	1 squab	199	36.8	0	47.4	585.1
Squab, (pigeon), meat and skin, raw	1 unit (yield rom 1 lb squab)	297	54.9	0	70.7	873.2
Squab, (pigeon), meat only, raw	1 squab	168	29.4	0	12.6	238.6
Squab, (pigeon), meat only, raw	1 unit (yield rom 1 lb squab)	251	43.9	0	18.8	356.4
Squash, summer, all varieties, cooked, boiled, drained, with salt	1 cup slices	180	1.6	7.8	0.6	36

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Squash, summer, all varieties, cooked, boiled, drained, without salt	1 cup, sliced	180	1.6	7.8	0.6	36
Squash, summer, all varieties, raw	1 slice	9.9	0.1	0.4	0	2
Squash, summer, all varieties, raw	1 cup, sliced	113	1.3	4.9	0.2	22.6
Squash, summer, all varieties, raw	1 small	118	1.4	5.1	0.2	23.6
Squash, summer, all varieties, raw	1 medium	196	2.3	8.5	0.4	39.2
Squash, summer, all varieties, raw	1 large	323	3.8	14.1	0.7	64.6
Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	1 slice	8	0	0.2	0	1
Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	1 cup, diced	210	1.3	6.2	0.1	27.3
Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	1 cup slices	216	1.3	6.4	0.2	28.1
Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	1 cup, mashed	240	1.5	7.1	0.2	31.2
Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	1 can (303 x 406)	241	1.5	7.1	0.2	31.3
Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	1 cup slices	180	1.6	7.8	0.6	36
Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	0.5 cup slices	90	0.8	3.9	0.3	18
Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	1 cup, sliced	180	1.6	7.8	0.6	36
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	1 cup slices	192	2.5	10.6	0.4	48
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1 cup slices	192	2.5	10.6	0.4	48
Squash, summer, crookneck and straightneck, frozen, unprepared	1 cup slices	130	1.1	6.2	0.2	26
Squash, summer, crookneck and straightneck, raw	1 cup, sliced	130	1.2	5.3	0.3	24.7
Squash, summer, scallop, cooked, boiled, drained, with salt	0.5 cup slices	90	0.9	3	0.2	14.4
Squash, summer, scallop, cooked, boiled, drained, with salt	0.5 cup, mashed	120	1.2	4	0.2	19.2
Squash, summer, scallop, cooked, boiled, drained, without salt	1 cup, sliced	180	1.9	5.9	0.3	28.8
Squash, summer, scallop, cooked, boiled, drained, without salt	1 cup, mashed	240	2.5	7.9	0.4	38.4
Squash, summer, scallop, raw	1 cup slices	130	1.6	5	0.3	23.4
Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	0.5 cup slices	90	0.6	3.5	0	14.4
Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	0.5 cup, mashed	120	0.8	4.7	0.1	19.2
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	0.5 cup, mashed	120	0.8	4.7	0.1	19.2
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1 cup, sliced	180	1.2	7.1	0.1	28.8
Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	1 cup	223	2.6	7.9	0.3	37.9
Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	1 cup	223	2.6	7.9	0.3	37.9
Squash, summer, zucchini, includes skin, frozen, unprepared	1 package (10 oz)	284	3.3	10.2	0.4	48.3
Squash, summer, zucchini, includes skin, frozen, unprepared	1 package (3 lb)	1361	15.8	48.9	1.8	231.4
Squash, summer, zucchini, includes skin, raw	1 slice	9.9	0.1	0.3	0	1.4
Squash, summer, zucchini, includes skin, raw	1 cup, sliced	113	1.3	3.3	0.2	15.8
Squash, summer, zucchini, includes skin, raw	1 small	118	1.4	3.4	0.2	16.5
Squash, summer, zucchini, includes skin, raw	1 cup, chopped	124	1.4	3.6	0.2	17.4
Squash, summer, zucchini, includes skin, raw	1 medium	196	2.3	5.7	0.3	27.4
Squash, summer, zucchini, includes skin, raw	1 large	323	3.7	9.4	0.5	45.2
Squash, summer, zucchini, italian style, canned	1 cup	227	2.3	15.5	0.2	65.8
Squash, winter, acorn, cooked, baked, with salt	1 cup, cubes	205	2.3	29.9	0.3	114.8
Squash, winter, acorn, cooked, baked, without salt	1 cup, cubes	205	2.3	29.9	0.3	114.8
Squash, winter, acorn, cooked, boiled, mashed, with salt	1 cup, mashed	245	1.6	21.5	0.2	83.3
Squash, winter, acorn, cooked, boiled, mashed, without salt	1 cup, mashed	245	1.6	21.5	0.2	83.3
Squash, winter, acorn, raw	1 cup, cubes	140	1.1	14.6	0.1	56
Squash, winter, acorn, raw	1 squash (4 inch dia)	431	3.4	44.9	0.4	172.4
Squash, winter, all varieties, cooked, baked, with salt	1 cup, cubes	205	1.8	17.9	1.3	80
Squash, winter, all varieties, cooked, baked, without salt	1 cup, cubes	205	1.8	17.9	1.3	80
Squash, winter, all varieties, raw	1 cup, cubes	116	1.7	10.2	0.3	42.9
Squash, winter, butternut, cooked, baked, with salt	1 cup, cubes	205	1.8	21.5	0.2	82
Squash, winter, butternut, cooked, baked, without salt	1 cup, cubes	205	1.8	21.5	0.2	82
Squash, winter, butternut, frozen, cooked, boiled, with salt	1 cup, mashed	240	3	24.1	0.2	93.6
Squash, winter, butternut, frozen, cooked, boiled, without salt	1 cup, mashed	240	3	24.1	0.2	93.6
Squash, winter, butternut, frozen, unprepared	1 package (12 oz)	340	6	49	0.3	193.8
Squash, winter, butternut, frozen, unprepared	1 package (4 lb)	1814	31.9	261.4	1.8	1034
Squash, winter, butternut, raw	1 cup, cubes	140	1.4	16.4	0.1	63
Squash, winter, hubbard, cooked, baked, with salt	1 cup, cubes	205	5.1	22.2	1.3	102.5
Squash, winter, hubbard, cooked, baked, without salt	1 cup, cubes	205	5.1	22.2	1.3	102.5
Squash, winter, hubbard, cooked, boiled, mashed, with salt	1 cup, mashed	236	3.5	15.2	0.9	70.8
Squash, winter, hubbard, cooked, boiled, mashed, without salt	1 cup, mashed	236	3.5	15.2	0.9	70.8
Squash, winter, hubbard, raw	1 cup, cubes	116	2.3	10.1	0.6	46.4
Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	1 cup	155	1	10	0.4	41.9
Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	1 cup	155	1	10	0.4	41.9
Squash, winter, spaghetti, raw	1 cup, cubes	101	0.6	7	0.6	31.3
Squash, zucchini, baby, raw	1 medium	11	0.3	0.3	0	2.3
Squash, zucchini, baby, raw	1 large	16	0.4	0.5	0.1	3.4



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Squid, mixed species, cooked, fried	3 oz	85	15.2	6.6	6.4	148.8
Squid, mixed species, raw	1 oz, boneless	28.4	4.4	0.9	0.4	26.1
Squid, mixed species, raw	3 oz	85	13.2	2.6	1.2	78.2
Squirrel, cooked, roasted	3 oz	85	26.2	0	4	147.1
Squirrel, cooked, roasted	1 piece, cooked (yield from 1 lb raw meat, boneless)	313	96.3	0	14.7	541.5
Squirrel, raw	1 oz	28.4	6	0	0.9	34
Squirrel, raw	1 lb	453.6	96.3	0	14.6	544.3
Stagg Classic Chili With Beans, Canned Entree	1 cup	247	17.2	29.2	16.3	323.6
Stagg Classic Chili With Beans, Canned Entree	1 serving	247	17.2	29.2	16.3	323.6
Stagg Country Chili With Beans, Canned Entree	1 cup	247	15.5	29	15.8	318.6
Stagg Country Chili With Beans, Canned Entree	1 serving	247	15.5	29	15.8	318.6
Stagg Dynamite Chili With Beans, Canned Entree	1 cup	247	18.3	30.7	15.4	333.5
Stagg Dynamite Chili With Beans, Canned Entree	1 serving	247	18.3	30.7	15.4	333.5
Stagg Ranchhouse Chili With Beans, Canned Entree	1 cup	247	19.2	31.6	8.9	284.1
Stagg Ranchhouse Chili With Beans, Canned Entree	1 serving	247	19.2	31.6	8.9	284.1
Stagg Silverado Chili With Beans, Canned Entree	1 cup	247	18	33.1	2.8	227.2
Stagg Silverado Chili With Beans, Canned Entree	1 serving	247	18	33.1	2.8	227.2
Stouffer's Chicken Enchilada And Mexican-style Rice With Monterey Jack Cheese Sauce, Frozen Entree	1 package yields	283	12.5	48.4	14.7	376.4
Stouffer's Chicken Enchilada And Mexican-style Rice With Monterey Jack Cheese Sauce, Frozen Entree	1 serving	283	12.5	48.4	14.7	376.4
Stouffer's Chicken Pie, Frozen Entree	1 package yields	283	23.2	36.5	37.1	571.7
Stouffer's Chicken Pie, Frozen Entree	1 serving	283	23.2	36.5	37.1	571.7
Stouffer's Creamed Chipped Beef, Frozen Entree	1 serving	125	9.9	7.1	11.9	175
Stouffer's Creamed Chipped Beef, Frozen Entree	1 package yields	311	24.6	17.7	29.5	435.4
Stouffer's Escalloped Chicken & Noodles, Frozen Entree	1 package yields	283	17	31.4	25.2	418.8
Stouffer's Escalloped Chicken & Noodles, Frozen Entree	1 serving	283	17	31.4	25.2	418.8
Stouffer's Homestyle Salisbury Steak In Gravy & Macaroni And Cheese, Frozen Entree	1 package yields	272	22.6	26.4	21.2	386.2
Stouffer's Homestyle Salisbury Steak In Gravy & Macaroni And Cheese, Frozen Entree	1 serving	272	22.6	26.4	21.2	386.2
Stouffer's Lasagna With Meat & Sauce, Frozen Entree	1 serving	215	18.7	26.4	10.8	277.4
Stouffer's Lasagna With Meat & Sauce, Frozen Entree	1 package yields	595	51.8	73.2	29.8	767.6
Stouffer's Lean Cuisine Chicken A L'orange In Sauce With Broccoli And Rice, Frozen Meal	1 package yields	255	24.5	38.5	1.8	267.8
Stouffer's Lean Cuisine Chicken A L'orange In Sauce With Broccoli And Rice, Frozen Meal	1 serving	255	24.5	38.5	1.8	267.8
Stouffer's Lean Cuisine Chicken And Vegetables With Vermicelli, Frozen Entree	1 package yields	297	18.7	32.1	5.6	252.5
Stouffer's Lean Cuisine Chicken And Vegetables With Vermicelli, Frozen Entree	1 serving	297	18.7	32.1	5.6	252.5
Stouffer's Lean Cuisine Chicken Enchilada Suiza With Sour Cream Sauce And Mexican-style Rice, Frozen Entree	1 package yields	255	11.5	52	4.8	298.4
Stouffer's Lean Cuisine Chicken Enchilada Suiza With Sour Cream Sauce And Mexican-style Rice, Frozen Entree	1 serving	255	11.5	52	4.8	298.4
Stouffer's Lean Cuisine Homestyle Beef Pot Roast With Whipped Potatoes, Frozen Entree	1 package yields	255	17.3	22.4	5.4	206.6
Stouffer's Lean Cuisine Homestyle Beef Pot Roast With Whipped Potatoes, Frozen Entree	1 serving	255	17.3	22.4	5.4	206.6
Stouffer's Lean Cuisine Homestyle Stuffed Cabbage With Meat In Tomato Sauce And Whipped Potatoes, Frozen Meal	1 package yields	269	11.6	25.8	5.6	199.1
Stouffer's Lean Cuisine Homestyle Stuffed Cabbage With Meat In Tomato Sauce And Whipped Potatoes, Frozen Meal	1 serving	269	11.6	25.8	5.6	199.1
Stouffer's Lean Cuisine Lunch Express Rice And Chicken Stir-fry With Vegetables, Frozen Entree	1 package yields	255	11.7	39.5	7.4	270.3
Stouffer's Lean Cuisine Lunch Express Rice And Chicken Stir-fry With Vegetables, Frozen Entree	1 serving	255	11.7	39.5	7.4	270.3
Stouffer's Lean Cuisine Macaroni And Beef In Tomato Sauce, Frozen Entree	1 package yields	283	13.9	36.5	5.4	249
Stouffer's Lean Cuisine Macaroni And Beef In Tomato Sauce, Frozen Entree	1 serving	283	13.9	36.5	5.4	249
Stouffer's Lean Cuisine Oriental Beef With Vegetables And Rice, Frozen Meal	1 package yields	255	13.5	36.2	4.8	242.3
Stouffer's Lean Cuisine Oriental Beef With Vegetables And Rice, Frozen Meal	1 serving	255	13.5	36.2	4.8	242.3
Stouffer's Lean Cuisine Spaghetti With Meat Sauce, Frozen Entree	1 package yields	326	14.3	50.5	5.9	313
Stouffer's Lean Cuisine Spaghetti With Meat Sauce, Frozen Entree	1 serving	326	14.3	50.5	5.9	313
Stouffer's Lean Cuisine Spaghetti With Meatballs And Sauce, Frozen Entree	1 package yields	269	18	39.5	7.5	298.6
Stouffer's Lean Cuisine Spaghetti With Meatballs And Sauce, Frozen Entree	1 serving	269	18	39.5	7.5	298.6
Stouffer's Lean Cuisine Swedish Meatballs With Pasta, Frozen Entree	1 package yields	258	21.7	31.2	7.2	276.1
Stouffer's Lean Cuisine Swedish Meatballs With Pasta, Frozen Entree	1 serving	258	21.7	31.2	7.2	276.1
Stouffer's Lunch Express Chicken Alfredo With Fettucini And Vegetables, Frozen Meal	1 package yields	272	19	32.6	18.5	372.6
Stouffer's Lunch Express Chicken Alfredo With Fettucini And Vegetables, Frozen Meal	1 serving	272	19	32.6	18.5	372.6
Stouffer's Stuffed Peppers With Beef In Tomato Sauce, Frozen Entree	1 serving	220	7.9	20.9	8.1	189.2
Stouffer's Stuffed Peppers With Beef In Tomato Sauce, Frozen Entree	1 package yields	439	15.8	41.7	16.2	377.5
Stouffer's, Creamed Spinach, Frozen	1 serving	125	3.5	9	13.1	168.8
Stouffer's, Creamed Spinach, Frozen	1 cup	250	7	18	26.3	337.5
Stouffer's, Creamed Spinach, Frozen	1 package	250	7	18	26.3	337.5
Stove Top Stuffing Mix Chicken Flavor	1 nea serving (makes 1/2 cup prepared)	28	3.5	20.5	1.1	106.7
Strawberries, canned, heavy syrup pack	1 cup	254	1.4	59.8	0.7	233.7
Strawberries, frozen, sweetened, sliced	1 cup, thawed	255	1.4	66.1	0.3	244.8
Strawberries, frozen, sweetened, sliced	1 package (10 oz)	284	1.5	73.6	0.4	272.6
Strawberries, frozen, sweetened, whole	1 cup, thawed	255	1.3	53.6	0.4	198.9
Strawberries, frozen, sweetened, whole	1 package (10 oz)	284	1.5	59.6	0.4	221.5

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Strawberries, frozen, unsweetened	1 berry	10.6	0	1	0	3.7
Strawberries, frozen, unsweetened	1 cup, unthawed	149	0.6	13.6	0.2	52.2
Strawberries, frozen, unsweetened	1 cup, thawed	221	1	20.2	0.2	77.4
Strawberries, frozen, unsweetened	1 package (20 oz)	567	2.4	51.8	0.6	198.5
Strawberries, raw	1 small (1" dia)	7	0	0.5	0	2.1
Strawberries, raw	1 medium (1-1/4" dia)	12	0.1	0.8	0	3.6
Strawberries, raw	1 large (1-3/8" dia)	18	0.1	1.3	0.1	5.4
Strawberries, raw	1 extra large (1-5/8" dia)	27	0.2	1.9	0.1	8.1
Strawberries, raw	1 cup, whole	144	0.9	10.1	0.5	43.2
Strawberries, raw	1 cup, halves	152	0.9	10.7	0.6	45.6
Strawberries, raw	1 cup, sliced	166	1	11.7	0.6	49.8
Strawberries, raw	1 cup, pureed	232	1.4	16.3	0.9	69.6
Strawberries, raw	1 pint as purchased, yields	357	2.2	25.1	1.3	107.1
Strawberry-flavor beverage mix, powder	1 serving (2-3 heaping tsp)	22	0	21.8	0	85.1
Strawberry-flavor beverage mix, powder, prepared with milk	1 cup (8 fl oz)	266	8	32.7	8.2	234.1
Strudel, apple	1 oz	28.4	0.9	11.7	3.2	77.7
Strudel, apple	1 piece	71	2.3	29.2	8	194.5
Sturgeon, mixed species, cooked, dry heat	1 cubic inch, boneless	17	3.5	0	0.9	23
Sturgeon, mixed species, cooked, dry heat	1 oz with bone, cooked (yield after bone removed)	19	3.9	0	1	25.7
Sturgeon, mixed species, cooked, dry heat	1 oz, boneless	28.4	5.9	0	1.5	38.3
Sturgeon, mixed species, cooked, dry heat	3 oz	85	17.6	0	4.4	114.8
Sturgeon, mixed species, cooked, dry heat	1 cup, cooked	136	28.2	0	7	183.6
Sturgeon, mixed species, cooked, dry heat	1 piece (4-1/2" x 2-1/8" x 7/8")	145	30	0	7.5	195.8
Sturgeon, mixed species, raw	3 oz	85	13.7	0	3.4	89.3
Sturgeon, mixed species, smoked	1 oz	28.4	8.8	0	1.2	49
Sturgeon, mixed species, smoked	3 oz	85	26.5	0	3.7	147.1
Subway 6" Ham	1 Sandwich		17	39	4.5	261
Subway 6" Roast Beef	1 Sandwich		18	39	4.5	264
Subway 6" Roasted Chicken Breast	1 Sandwich		25	40	6	311
Subway 6" Subway Club	1 Sandwich		22	40	5	294
Subway 6" Turkey Breast	1 Sandwich		16	39	3.5	254
Subway 6" Turkey Breast & Ham	1 Sandwich		18	40	4.5	267
Subway 6" Veggie Delite	1 Sandwich		7	37	2.5	200
Subway Asiago Caesar Chicken Wrap	1 Sandwich		22	47	15	413
Subway Classic 6" BMT	1 Sandwich		21	40	24	453
Subway Classic 6" Cold Cut Trio	1 Sandwich		19	40	20	415
Subway Classic 6" Meatball	1 Sandwich		23	46	25	501
Subway Classic 6" Seafood & Crab	1 Sandwich		14	46	16	378
Subway Classic 6" Steak & Cheese	1 Sandwich		23	41	13	362
Subway Classic 6" Subway Melt	1 Sandwich		22	40	15	384
Subway Classic 6" Tuna	1 Sandwich		18	39	21	419
Subway Deli Ham Sandwich	1 Sandwich		10	30	3.5	194
Subway Deli Roast Beef Sandwich	1 Sandwich		12	31	4	206
Subway Deli Tuna Sandwich	1 Sandwich		12	31	15	309
Subway Deli Turkey Breast Sandwich	1 Sandwich		12	31	3.5	200
Subway Select 6" Asiago Caesar Chicken	1 Sandwich		22	41	15	391
Subway Select 6" Caesar Italian BMT	1 Sandwich		22	41	31	530
Subway Select 6" Honey Mustard Melt	1 Sandwich		22	47	11	376
Subway Select 6" Honey Mustard Turkey w/ Cucumber	1 Sandwich		16	46	3.5	275
Subway Select 6" Horseradish Roast Beef	1 Sandwich		18	42	17	401
Subway Select 6" Horseradish Steak & Cheese	1 Sandwich		22	43	22	468
Subway Select 6" Southwest Chicken	1 Sandwich		21	40	13	362
Subway Select 6" Southwest Steak & Cheese	1 Sandwich		22	42	18	412
Subway Steak and Cheese Wrap	1 Sandwich		22	46	9	353
Subway Turkey Breast & Bacon Wrap	1 Sandwich		18	45	7	321
Succotash, (corn and limas), canned, with cream style corn	1 cup	266	7	46.8	1.4	204.8
Succotash, (corn and limas), canned, with whole kernel corn	1 cup	255	6.6	35.6	1.2	160.7
Succotash, (corn and limas), cooked, boiled, drained, with salt	1 cup	192	9.7	46.8	1.5	220.8
Succotash, (corn and limas), cooked, boiled, drained, without salt	1 cup	192	9.7	46.8	1.5	220.8
Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	1 cup	170	7.3	33.9	1.5	158.1
Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	1 cup	170	7.3	33.9	1.5	158.1
Succotash, (corn and limas), frozen, unprepared	1 cup	156	6.7	31.1	1.4	145.1
Succotash, (corn and limas), frozen, unprepared	1 package (10 oz)	284	12.2	56.6	2.5	264.1
Sucker, white, cooked, dry heat	3 oz	85	18.3	0	2.5	101.2

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Sucker, white, cooked, dry heat	1 fillet	124	26.6	0	3.7	147.6
Sucker, white, raw	3 oz	85	14.2	0	2	78.2
Sucker, white, raw	1 fillet	159	26.6	0	3.7	146.3
Sugar Frosted Flakes, Ralston Purina	1 oz	28.4	1.5	25.5	0.4	110.8
Sugar Frosted Flakes, Ralston Purina	1 cup	38	2	34.2	0.5	148.6
Sugar Sparkled Flakes, (corn)	1 box, single serving (1 oz)	28.4	1.5	25.8	0.1	108.9
Sugar Sparkled Flakes, (corn)	1 cup	38	2	34.6	0.1	145.9
Sugar, brown	1 tsp unpacked	3	0	2.9	0	11.3
Sugar, brown	1 tsp brownulated	3.2	0	3.1	0	12
Sugar, brown	1 tsp packed	4.6	0	4.5	0	17.3
Sugar, brown	1 cup, unpacked	145	0	141.1	0	545.2
Sugar, brown	1 cup, packed	220	0	214.1	0	827.2
Sugar, granulated	1 tsp	4.2	0	4.2	0	16.3
Sugar, granulated	1 lump (2 cubes)	5	0	5	0	19.4
Sugar, granulated	1 individual packet	6	0	6	0	23.2
Sugar, granulated	1 cup	200	0	199.8	0	774
Sugar, maple	1 tsp	3	0	2.7	0	10.6
Sugar, maple	1 piece (1-3/4" x 1-1/4" x 1/2")	28	0	25.5	0.1	99.1
Sugar, maple	1 oz	28.4	0	25.8	0.1	100.4
Sugar, powdered	1 tsp	2.5	0	2.5	0	9.7
Sugar, powdered	1 tbsp, unsifted	8	0	8	0	31.1
Sugar, powdered	1 cup, unsifted	120	0	119.4	0.1	466.8
Sugar-apples, (sweetsop), raw	1 fruit (2-7/8" dia)	155	3.2	36.6	0.4	145.7
Sugar-apples, (sweetsop), raw	1 cup, pulp	250	5.2	59.1	0.7	235
Sunfish, pumpkin seed, cooked, dry heat	1 fillet	37	9.2	0	0.3	42.2
Sunfish, pumpkin seed, cooked, dry heat	3 oz	85	21.1	0	0.8	96.9
Sunfish, pumpkin seed, raw	1 fillet	48	9.3	0	0.3	42.7
Sunfish, pumpkin seed, raw	3 oz	85	16.5	0	0.6	75.7
Sunflower seed butter, with salt added	1 tbsp	16	3.1	4.4	7.6	92.6
Sunflower seed butter, with salt added	1 oz	28.4	5.6	7.8	13.5	164.1
Sunflower seed butter, without salt	1 tbsp	16	3.1	4.4	7.6	92.6
Sunflower seed butter, without salt	1 oz	28.4	5.6	7.8	13.5	164.1
Sunflower seed flour, partially defatted	1 tbsp	4	1.9	1.4	0.1	13
Sunflower seed flour, partially defatted	1 cup	64	30.8	22.9	1	208.6
Sunflower seed kernels, dried	1 cup, with hulls, edible yield	46	10.5	8.6	22.8	262.2
Sunflower seed kernels, dried	1 cup	144	32.8	27	71.4	820.8
Sunflower seed kernels, dry roasted, with salt added	1 oz	28.4	5.5	6.8	14.1	165
Sunflower seed kernels, dry roasted, with salt added	1 cup	128	24.7	30.8	63.7	745
Sunflower seed kernels, dry roasted, without salt	1 oz	28.4	5.5	6.8	14.1	165
Sunflower seed kernels, dry roasted, without salt	1 cup, hulled	128	24.7	30.8	63.7	745
Sunflower seed kernels, oil roasted, with salt added	1 oz	28.4	6.1	4.2	16.3	174.4
Sunflower seed kernels, oil roasted, with salt added	1 cup, hulled	135	28.8	19.9	77.6	830.3
Sunflower seed kernels, oil roasted, without salt	1 oz	28.4	6.1	4.2	16.3	174.4
Sunflower seed kernels, oil roasted, without salt	1 cup	135	28.8	19.9	77.6	830.3
Sunflower seed kernels, toasted, with salt added	1 oz	28.4	4.9	5.8	16.1	175.5
Sunflower seed kernels, toasted, with salt added	1 cup	134	23.1	27.6	76.1	829.5
Sunflower seed kernels, toasted, without salt	1 oz	28.4	4.9	5.8	16.1	175.5
Sunflower seed kernels, toasted, without salt	1 cup	134	23.1	27.6	76.1	829.5
Sunkist, sunkist fruit roll, strawberry, with vitamins a, c, and e	1 roll	21	0.1	17.4	0.2	71.8
Sunny Breakfast "stuff-its", Pre-cooked Frozen Egg And Cheese Pockets	1 serving	63.8	6.8	14.7	7.6	146.7
Sunny Breakfast "stuff-its", Pre-cooked Frozen Egg And Cheese Pockets	1 package yields	7654.5	813.7	1759.8	913.9	17605.4
Sunny Frozen Bagel French Toast With Maple Syrup	1 serving	70.9	14	21	5.3	189.9
Sunny Frozen Bagel French Toast With Maple Syrup	1 package yields	5670	1119.8	1678.3	426.4	15195.6
Sunny Pre-cooked Frozen Egg And Cheese Biscuit Sandwich	1 serving	99.2	9.9	24.6	8.9	224.2
Sunny Pre-cooked Frozen Egg And Cheese Biscuit Sandwich	1 package yields	11907	1187.1	2956.5	1066.9	26909.8
Sunny Pre-cooked Frozen Egg, Ham And Cheese Biscuit Sandwich	1 serving	120.5	12.3	25.2	9.7	243.4
Sunny Pre-cooked Frozen Egg, Ham And Cheese Biscuit Sandwich	1 package yields	14458.5	1470.4	3027.6	1165.4	29206.2
Surimi	1 oz	28.4	4.3	1.9	0.3	28.1
Surimi	3 oz	85	12.9	5.8	0.8	84.2
Swamp cabbage, (skunk cabbage), raw	1 shoot	13	0.3	0.4	0	2.5
Swamp cabbage, (skunk cabbage), raw	1 cup, chopped	56	1.5	1.8	0.1	10.6
Swamp cabbage, cooked, boiled, drained, with salt	1 cup, chopped	98	2	3.6	0.2	19.6
Swamp cabbage, cooked, boiled, drained, without salt	1 cup, chopped	98	2	3.6	0.2	19.6
Sweet chocolate	1 oz	28.4	1.1	16.9	9.7	143.2

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Sweet chocolate	1 bar (1.45 oz)	41	1.6	24.4	14	207.1
Sweet chocolate coated fondant	1 patty, small	11	0.2	8.8	1	40.3
Sweet chocolate coated fondant	1 patty, large	43	0.9	34.5	4	157.4
Sweet potato leaves, cooked, steamed, with salt	1 cup	64	1.5	4.7	0.2	21.8
Sweet potato leaves, cooked, steamed, without salt	1 cup	64	1.5	4.7	0.2	21.8
Sweet potato leaves, raw	1 leaf (12-1/4" long)	16	0.6	1	0	5.6
Sweet potato leaves, raw	1 cup, chopped	35	1.4	2.2	0.1	12.3
Sweet potato, canned, mashed	1 cup	255	5	59.2	0.5	257.6
Sweet potato, canned, mashed	1 can (404 x 307)	496	9.8	115.1	1	501
Sweet potato, canned, syrup pack	1 cup	228	2.2	47.7	0.5	202.9
Sweet potato, canned, syrup pack	1 can (404 x 307)	638	6.3	133.5	1.3	567.8
Sweet potato, canned, syrup pack, drained solids	1 cup	196	2.5	49.7	0.6	211.7
Sweet potato, canned, vacuum pack	1 cup pieces	200	3.3	42.3	0.4	182
Sweet potato, canned, vacuum pack	1 cup, mashed	255	4.2	53.9	0.5	232.1
Sweet potato, cooked, baked in skin, with salt	0.5 cup, mashed	100	1.7	24.3	0.1	103
Sweet potato, cooked, baked in skin, with salt	1 medium (2" dia, 5" long, raw)	114	2	27.7	0.1	117.4
Sweet potato, cooked, baked in skin, without salt	1 small	60	1	14.6	0.1	61.8
Sweet potato, cooked, baked in skin, without salt	1 medium (2" dia, 5" long, raw)	114	2	27.7	0.1	117.4
Sweet potato, cooked, baked in skin, without salt	1 large	180	3.1	43.7	0.2	185.4
Sweet potato, cooked, baked in skin, without salt	1 cup	200	3.4	48.5	0.2	206
Sweet potato, cooked, boiled, without skin, with salt	1 medium	151	2.5	36.7	0.5	158.6
Sweet potato, cooked, boiled, without skin, with salt	1 cup, mashed	328	5.4	79.6	1	344.4
Sweet potato, cooked, boiled, without skin, without salt	1 medium	151	2.5	36.7	0.5	158.6
Sweet potato, cooked, boiled, without skin, without salt	1 cup, mashed	328	5.4	79.6	1	344.4
Sweet potato, cooked, candied, home-prepared	1 piece (2-1/2" x 2" dia)	105	0.9	29.3	3.4	143.9
Sweet potato, frozen, cooked, baked, with salt	1 cup, cubes	176	3	41.2	0.2	176
Sweet potato, frozen, cooked, baked, without salt	1 cup, cubes	176	3	41.2	0.2	176
Sweet potato, frozen, unprepared	1 cup, cubes	176	3	39.1	0.3	169
Sweet potato, raw	1 Sweet potato, 5" long	130	2.1	31.6	0.4	136.5
Sweet potato, raw	1 cup, cubes	133	2.2	32.3	0.4	139.7
Sweet rolls, cheese	1 oz	28.4	2	12.4	5.2	102.1
Sweet rolls, cheese	1 roll	66	4.7	28.8	12.1	237.6
Sweet rolls, cinnamon, commercially prepared with raisins	1 oz	28.4	1.8	14.4	4.6	105.5
Sweet rolls, cinnamon, commercially prepared with raisins	1 roll (2-3/4" square)	60	3.7	30.5	9.8	223.2
Sweet rolls, cinnamon, commercially prepared with raisins	1 large	83	5.1	42.2	13.6	308.8
Sweet rolls, cinnamon, refrigerated dough with frosting	1 oz	28.4	1.4	14.6	3.5	94.4
Sweet rolls, cinnamon, refrigerated dough with frosting	1 roll	30	1.5	15.5	3.7	99.9
Sweet rolls, cinnamon, refrigerated dough with frosting, baked	1 oz	28.4	1.5	15.9	3.7	102.6
Sweet rolls, cinnamon, refrigerated dough with frosting, baked	1 roll	30	1.6	16.8	4	108.6
Sweet Sue Chicken & Dumplings, Canned	1 serving	240	15.1	22.8	7.4	218.4
Sweet Sue Chicken & Dumplings, Canned	1 package yields	681	42.9	64.7	21.1	619.7
Swordfish, cooked, dry heat	3 oz	85	21.6	0	4.4	131.8
Swordfish, cooked, dry heat	1 piece	106	26.9	0	5.4	164.3
Swordfish, raw	3 oz	85	16.8	0	3.4	102.9
Swordfish, raw	1 piece (4-1/2" x 2-1/8" x 7/8")	136	26.9	0	5.5	164.6
Syrups, chocolate, fudge-type	2 tbsp	38	1.7	23.9	3.4	133
Syrups, chocolate, fudge-type	1 cup	304	14	191.2	27.1	1064
Syrups, chocolate, hershey, hershey's genuine chocolate flavor lite syrup	2 tbsp	35	0.6	11.5	0.1	50.1
Syrups, corn, dark	1 tbsp	20	0	15.3	0	56.4
Syrups, corn, dark	1 cup	328	0	251.2	0	925
Syrups, corn, high-fructose	1 tbsp	19	0	14.4	0	53.4
Syrups, corn, high-fructose	1 cup	310	0	235.6	0	871.1
Syrups, corn, light	1 tbsp	20	0	15.3	0	56.4
Syrups, corn, light	1 cup	328	0	251.2	0	925
Syrups, malt	1 tbsp	24	1.5	17.1	0	76.3
Syrups, malt	1 cup	384	23.8	273.8	0	1221.1
Syrups, maple	1 tbsp	20	0	13.4	0	52.4
Syrups, maple	1 cup	315	0	211.7	0.6	825.3
Syrups, sorghum	1 tbsp	21	0	15.7	0	60.9
Syrups, sorghum	1 cup	330	0	247.2	0	957
Syrups, table blends, cane and 15% maple	1 tbsp	20	0	15	0	55.8
Syrups, table blends, cane and 15% maple	1 cup	315	0.3	236.9	0.3	878.9
Syrups, table blends, corn, refiner, and sugar	1 tbsp	20	0	16.8	0	63.8
Syrups, table blends, corn, refiner, and sugar	1 cup	316	0	265.1	0	1008

mrFITNESSinc.com **MACRONUTRIENT FOOD DATABASE**



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Syrups, table blends, pancake	1 tbsp	20	0	15.1	0	57.4
Syrups, table blends, pancake	1 cup	314	0	237.7	0	901.2
Syrups, table blends, pancake, reduced-calorie	1 tbsp	15	0	6.6	0	24.6
Syrups, table blends, pancake, reduced-calorie	1 oz	28.4	0	12.6	0	46.5
Syrups, table blends, pancake, reduced-calorie	1 cup	240	0	106.3	0	393.6
Syrups, table blends, pancake, with 2% maple	1 tbsp	20	0	13.9	0	53
Syrups, table blends, pancake, with 2% maple	1 cup	315	0	219.2	0.3	834.8
Syrups, table blends, pancake, with 2% maple, with added potassium	1 tbsp	20	0	13.9	0	53
Syrups, table blends, pancake, with 2% maple, with added potassium	1 cup	315	0	219.2	0.3	834.8
Syrups, table blends, pancake, with butter	1 tbsp	20	0	14.8	0.3	59.2
Syrups, table blends, pancake, with butter	1 cup	315	0	233.4	5	932.4
Taco Bell 7-Layer Burrito	1 Sandwich		16	65	22	520
Taco Bell Bean Burrito	1 Sandwich		13	54	12	370
Taco Bell Burrito Supreme - Beef	1 Sandwich		17	50	18	430
Taco Bell Burrito Supreme - Chicken	1 Sandwich		20	49	16	410
Taco Bell Burrito Supreme - Steak	1 Sandwich		21	48	16	420
Taco Bell Chalupa Baja - Beef	1 Sandwich		14	30	27	420
Taco Bell Chalupa Baja - Chicken	1 Sandwich		17	28	24	400
Taco Bell Chalupa Baja - Steak	1 Sandwich		17	27	24	400
Taco Bell Chalupa Nacho Cheese - Beef	1 Sandwich		13	30	22	370
Taco Bell Chalupa Nacho Cheese - Chicken	1 Sandwich		16	29	19	350
Taco Bell Chalupa Nacho Cheese - Steak	1 Sandwich		16	28	19	350
Taco Bell Chalupa Santa Fe - Beef	1 Sandwich		14	31	29	440
Taco Bell Chalupa Santa Fe - Chicken	1 Sandwich		17	30	26	420
Taco Bell Chalupa Santa Fe - Steak	1 Sandwich		18	29	27	430
Taco Bell Chalupa Supreme - Beef	1 Sandwich		14	29	23	380
Taco Bell Chalupa Supreme - Chicken	1 Sandwich		17	28	20	360
Taco Bell Chalupa Supreme - Steak	1 Sandwich		17	27	20	360
Taco Bell Cheese Quesadilla	1 Sandwich		16	31	18	350
Taco Bell Cheesy Gordita Crunch	1 Sandwich		21	44	33	560
Taco Bell Cheesy Gordita Crunch Supreme	1 Sandwich		22	47	37	610
Taco Bell Chicken Quesadilla	1 Sandwich		25	33	19	400
Taco Bell Chili Cheese Burrito	1 Sandwich		13	40	13	330
Taco Bell Cinnamon Twists	1 order		1	27	4.5	150
Taco Bell Double Burrito Supreme - Beef	1 Sandwich		23	52	23	510
Taco Bell Double Burrito Supreme - Chicken	1 Sandwich		27	50	17	460
Taco Bell Double Burrito Supreme - Steak	1 Sandwich		28	48	18	470
Taco Bell Double Decker Taco	1 Sandwich		15	43	17	380
Taco Bell Double Decker Taco Supreme	1 Sandwich		15	45	21	420
Taco Bell Enchirito - Beef	1 Sandwich		18	33	19	370
Taco Bell Enchirito - Chicken	1 Sandwich		21	32	16	350
Taco Bell Enchirito - Steak	1 Sandwich		22	31	16	350
Taco Bell Fiesta Burrito - Beef	1 Sandwich		14	49	15	380
Taco Bell Fiesta Burrito - Chicken	1 Sandwich		17	48	12	370
Taco Bell Fiesta Burrito - Steak	1 Sandwich		18	47	12	370
Taco Bell Gordita Baja - Beef	1 Sandwich		13	29	21	360
Taco Bell Gordita Baja - Chicken	1 Sandwich		16	28	18	340
Taco Bell Gordita Baja - Steak	1 Sandwich		15	28	18	340
Taco Bell Gordita Nacho Cheese - Beef	1 Sandwich		13	30	15	310
Taco Bell Gordita Nacho Cheese - Chicken	1 Sandwich		15	29	13	290
Taco Bell Gordita Nacho Cheese - Steak	1 Sandwich		16	28	13	290
Taco Bell Gordita Santa Fe - Beef	1 Sandwich		14	31	23	380
Taco Bell Gordita Santa Fe - Chicken	1 Sandwich		17	30	20	370
Taco Bell Gordita Santa Fe - Steak	1 Sandwich		17	29	20	370
Taco Bell Gordita Supreme - Beef	1 Sandwich		17	27	14	300
Taco Bell Gordita Supreme - Chicken	1 Sandwich		16	28	13	300
Taco Bell Gordita Supreme - Steak	1 Sandwich		17	27	14	300
Taco Bell Grilled Stuft Burrito - Beef	1 Sandwich		27	75	35	730
Taco Bell Grilled Stuft Burrito - Chicken	1 Sandwich		33	73	29	690
Taco Bell Grilled Stuft Burrito - Steak	1 Sandwich		30	72	30	690
Taco Bell Mexican Pizza	1 order		18	28	25	390
Taco Bell Mexican Rice	1 order		5	23	9	190
Taco Bell MexiMelt	1 Sandwich		15	22	15	290
Taco Bell Mucho Grande Nachos	1 order		31	116	82	1320

mrFITNESSinc.com **MACRONUTRIENT FOOD DATABASE**



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Taco Bell Nachos	1 order		5	34	18	320
Taco Bell Nachos BellGrande	1 order		20	83	39	760
Taco Bell Nachos Supreme	1 order		14	44	24	440
Taco Bell Pintos'n Cheese	1 order		9	18	8	180
Taco Bell Soft Taco - Beef	1 Sandwich		11	20	10	210
Taco Bell Soft Taco - Chicken	1 Sandwich		13	19	7	190
Taco Bell Soft Taco - Steak	1 Sandwich		12	20	17	280
Taco Bell Taco Salad with Salsa	1 order		30	69	52	850
Taco Bell Taco Salad with Salsa without Shell	1 order		24	31	22	400
Taco Bell Taco Supreme	1 Sandwich		10	20	16	260
Taco Bell Tostada	1 order		10	27	12	250
Taco shells, baked	1 miniature (3" dia)	5	0.4	3.1	1.1	23.4
Taco shells, baked	1 medium (approx 5" dia)	13.3	1	8.3	3	62.2
Taco shells, baked	1 large (6-1/2" dia)	21	1.5	13.1	4.7	98.3
Taco shells, baked	1 oz	28.4	2	17.7	6.4	132.7
Taco shells, baked, without added salt	1 miniature (3" dia)	5	0.4	3.1	1.1	23.4
Taco shells, baked, without added salt	1 medium (approx 5" dia)	13	0.9	8.1	2.9	60.8
Taco shells, baked, without added salt	1 oz	28.4	2	17.7	6.4	132.7
Taco Time Casita Burrito - Meat	1 Sandwich		40	54	31	647
Taco Time Chicken Soft Taco	1 Sandwich		21	41	16	387
Taco Time Chicken Taco Salad w/o Dressing	1 Sandwich		19	27	21	370
Taco Time Chips	1 order		4	35	12	266
Taco Time Crisp Burrito - Bean	1 Sandwich		15	53	18	427
Taco Time Crisp Burrito - Chicken	1 Sandwich		17	32	25	422
Taco Time Crisp Burrito - Meat	1 Sandwich		34	39	30	552
Taco Time Crisp Taco	1 Sandwich		22	16	17	295
Taco Time Crustos	1 order		9	47	15	373
Taco Time Double Soft Bean Burrito	1 Sandwich		23	77	12	506
Taco Time Double Soft Combination Burrito	1 Sandwich		39	66	23	617
Taco Time Double Soft Meat Burrito	1 Sandwich		57	55	33	726
Taco Time Empanada - Cherry	1 order		5	37	9	250
Taco Time Enchilada Sauce	1		0	3	0	12
Taco Time Guacamole	1		0	2	2	29
Taco Time Hot Sauce	1		0	2	0	10
Taco Time Mexi Fries - Regular	1		3	27	17	266
Taco Time Mexican Rice	1 order		3	30	2	159
Taco Time Mexi-Fries - Large	1		6	54	34	532
Taco Time Nachos	1 order		26	61	38	680
Taco Time Nachos Deluxe	1 order		46	91	57	1048
Taco Time Natural Super Taco - Meat	1 Sandwich		41	60	27	627
Taco Time Quesadilla - Cheese	1 Sandwich		11	17	11	205
Taco Time Ranchero Salsa	1		1	3	1	21
Taco Time Refritos	1 Sandwich		18	44	10	326
Taco Time Rolled Soft Flour Taco	1 Sandwich		33	46	23	512
Taco Time Sour Cream	1		1	1	5	55
Taco Time Sour Cream Dressing	1		1	2	14	137
Taco Time Super Shredded Beef Soft Taco	1 Sandwich		12	38	11	368
Taco Time Taco Cheeseburger - Meat	1 Sandwich		31	48	36	633
Taco Time Taco Salad w/o Dressing - Regular	1 order		30	30	28	479
Taco Time Thousand Island Dressing	1		0	4	16	160
Taco Time Tostada Delight Salad - Meat	1 order		36	48	33	628
Taco Time Value Soft Bean Burrito - Single	1 Sandwich		16	58	10	380
Taco Time Value Soft Meat Burrito - Single	1 Sandwich		31	48	21	491
Taco Time Value Soft Taco	1 Sandwich		24	23	15	316
Taco Time Veggie Burrito	1 Sandwich		21	70	16	491
Tamarinds, raw	1 fruit (3" x 1")	2	0.1	1.3	0	4.8
Tamarinds, raw	1 cup, pulp	120	3.4	75	0.7	286.8
Tangerine juice, canned, sweetened	1 fl oz	31.1	0.2	3.7	0.1	15.6
Tangerine juice, canned, sweetened	1 cup	249	1.2	29.9	0.5	124.5
Tangerine juice, frozen concentrate, sweetened, diluted with water	1 fl oz	30.1	0.1	3.3	0	13.8
Tangerine juice, frozen concentrate, sweetened, diluted with water	1 cup	241	1	26.7	0.3	110.9
Tangerine juice, frozen concentrate, sweetened, undiluted	1 can (6 fl oz)	214	3.2	83.1	0.8	344.5
Tangerine juice, raw	1 fl oz	30.9	0.2	3.1	0.1	13.3
Tangerine juice, raw	1 cup	247	1.2	24.9	0.5	106.2

mrFITNESSinc.com **MACRONUTRIENT FOOD DATABASE**



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Tangerines, (mandarin oranges), canned, juice pack	1 cup	249	1.5	23.8	0.1	92.1
Tangerines, (mandarin oranges), canned, light syrup pack	1 cup	252	1.1	40.8	0.3	153.7
Tangerines, (mandarin oranges), raw	1 small (2-1/4" dia)	70	0.4	7.8	0.1	30.8
Tangerines, (mandarin oranges), raw	1 medium (2-3/8" dia)	84	0.5	9.4	0.2	37
Tangerines, (mandarin oranges), raw	1 large (2-1/2" dia)	98	0.6	11	0.2	43.1
Tangerines, (mandarin oranges), raw	1 cup, sections	195	1.2	21.8	0.4	85.8
Tapioca, pearl, dry	1 cup	152	0.3	134.8	0	544.2
Taro chips	10 chips	23	0.5	15.7	5.7	114.5
Taro chips	1 oz	28.4	0.7	19.3	7.1	141.2
Taro leaves, cooked, steamed, without salt	1 cup	145	3.9	5.8	0.6	34.8
Taro leaves, raw	1 leaf (11" x 6-1/2")	10	0.5	0.7	0.1	4.2
Taro leaves, raw	1 cup	28	1.4	1.9	0.2	11.8
Taro shoots, cooked, without salt	1 cup slices	140	1	4.5	0.1	19.6
Taro shoots, raw	0.5 cup slices	43	0.4	1	0	4.7
Taro shoots, raw	1 shoot	83	0.8	1.9	0.1	9.1
Taro, cooked, with salt	1 cup slices	132	0.7	45.7	0.1	187.4
Taro, cooked, without salt	1 cup, sliced	132	0.7	45.7	0.1	187.4
Taro, leaves, cooked, steamed, with salt	1 cup	145	3.9	5.8	0.6	34.8
Taro, raw	1 cup, sliced	104	1.6	27.5	0.2	116.5
Taro, shoots, cooked, with salt	1 cup slices	140	1	4.5	0.1	19.6
Taro, tahitian, cooked, with salt	1 cup slices	137	5.7	9.4	0.9	60.3
Taro, tahitian, cooked, without salt	1 cup slices	137	5.7	9.4	0.9	60.3
Taro, tahitian, raw	1 cup slices	125	3.5	8.6	1.2	55
Tarragon, ground	1 tsp	1.6	0.4	0.8	0.1	4.7
Tarragon, ground	1 tbsp	4.8	1.1	2.4	0.3	14.2
Tasteos, (oat with other grains)	10 pieces	0.9	0.1	0.7	0	3.5
Tasteos, (oat with other grains)	1 cup	24	3.1	19	0.7	94.3
Tasteos, (oat with other grains)	1 oz	28.4	3.6	22.4	0.8	111.4
Tea, brewed, prepared with distilled water	1 fl oz	29.6	0	0.1	0	0.3
Tea, brewed, prepared with distilled water	6 fl oz	178	0	0.5	0	1.8
Tea, brewed, prepared with tap water	1 fl oz	29.6	0	0.1	0	0.3
Tea, brewed, prepared with tap water	6 fl oz	178	0	0.5	0	1.8
Tea, brewed, prepared with tap water	1 cup (8 fl oz)	237	0	0.7	0	2.4
Tea, brewed, prepared with tap water, decaffeinated	1 fl oz	29.6	0	0.1	0	0.3
Tea, brewed, prepared with tap water, decaffeinated	6 fl oz	178	0	0.5	0	1.8
Tea, brewed, prepared with tap water, decaffeinated	1 cup (8 fl oz)	237	0	0.7	0	2.4
Tea, herb, chamomile, brewed	1 fl oz	29.6	0	0.1	0	0.3
Tea, herb, chamomile, brewed	6 fl oz	178	0	0.4	0	1.8
Tea, herb, chamomile, brewed	1 cup (8 fl oz)	237	0	0.5	0	2.4
Tea, herb, other than chamomile, brewed	1 fl oz	29.6	0	0.1	0	0.3
Tea, herb, other than chamomile, brewed	6 fl oz	178	0	0.4	0	1.8
Tea, herb, other than chamomile, brewed	1 cup (8 fl oz)	237	0	0.5	0	2.4
Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	2 tsp	1.6	0.1	1.3	0	5.3
Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	4 tbsp (1/4 cup)	14.4	0.5	11.7	0.1	47.8
Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder, decaffeinated	2 tsp	1.6	0.1	1.3	0	5.3
Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder, decaffeinated	4 tbsp (1/4 cup)	14.4	1	11.7	0.1	47.8
Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	1 fl oz	29.6	0	0.1	0	0.6
Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	6 fl oz	178	0	0.9	0	3.6
Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	1 cup (8 fl oz)	237	0	1.2	0	4.7
Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	1 bottle (10 fl oz)	474	0	2.4	0	9.5
Tea, instant, sweetened with sugar, lemon-flavored, powder	1 serving (3 heaping tsp)	22.7	0.1	22.2	0.1	87.4
Tea, instant, sweetened with sugar, lemon-flavored, powder	1 serving (3 heaping tsp)	22.7	0.1	22.2	0.1	87.4
Tea, instant, sweetened with sugar, lemon-flavored, powder	1 cup	182	1.1	177.6	0.5	700.7
Tea, instant, sweetened with sugar, lemon-flavored, powder	1 cup	182	1.1	177.6	0.5	700.7
Tea, instant, sweetened with sugar, lemon-flavored, powder, decaffeinated	1 serving (3 heaping tsp)	22.7	0.1	22.2	0.1	87.4
Tea, instant, sweetened with sugar, lemon-flavored, powder, decaffeinated	1 cup	182	1.1	177.6	0.5	700.7
Tea, instant, sweetened with sugar, lemon-flavored, powder, prepared	1 cup (8 fl oz)	259	0.3	22	0	88.1
Tea, instant, sweetened with sugar, lemon-flavored, powder, prepared	1 cup (8 fl oz)	259	0.3	22	0	88.1
Tea, instant, unsweetened, lemon-flavored, powder	1 tsp, rounded	1.4	0.1	1.1	0	4.2
Tea, instant, unsweetened, lemon-flavored, powder	2 tbsp, rounded	11.3	0.8	8.5	0	33.6
Tea, instant, unsweetened, lemon-flavored, powder, prepared	1 cup (8 fl oz)	238	0	1	0	4.8
Tea, instant, unsweetened, powder	1 tsp	0.7	0.1	0.4	0	1.8
Tea, instant, unsweetened, powder, decaffeinated	1 tsp	0.7	0.1	0.4	0	1.8
Tea, instant, unsweetened, powder, prepared	1 fl oz	29.6	0	0.1	0	0.3



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Tea, instant, unsweetened, powder, prepared	6 fl oz	178	0	0.4	0	1.8
Tea, instant, unsweetened, powder, prepared	1 cup (8 fl oz)	237	0	0.5	0	2.4
Team Cheerios	1 cup	30	2.2	25.1	1.1	113.1
Tempeh	1 cup	166	30.8	15.6	17.9	320.4
Temptations, French Vanilla Almond	0.75 cup	30	2.1	24.7	1.7	119.4
Temptations, Honey Roasted Pecan	1 cup	30	1.8	24.4	2.3	122.4
Tequila sunrise, canned	1 fl oz	31.1	0.1	3.5	0	34.2
Tequila sunrise, canned	1 can (6.8 fl oz, 200 ml)	211	0.6	23.8	0.2	232.1
The Budget Gourmet Italian Sausage Lasagna, Frozen Entree	1 package yields	298	20.6	39.9	23.8	455.9
The Budget Gourmet Italian Sausage Lasagna, Frozen Entree	1 serving	298	20.6	39.9	23.8	455.9
The Budget Gourmet Light & Healthy Beef Sirloin Salisbury Steak With Red Skinned Potatoes & Vegetables, Frozen Meal	1 package yields	311	18.3	33.9	5.9	261.2
The Budget Gourmet Light & Healthy Beef Sirloin Salisbury Steak With Red Skinned Potatoes & Vegetables, Frozen Meal	1 serving	311	18.3	33.9	5.9	261.2
The Budget Gourmet Light & Healthy Teriyaki Chicken Breast With Oriental Style Vegetables, Frozen Entree	1 package yields	311	18.7	52.2	3.7	317.2
The Budget Gourmet Light & Healthy Teriyaki Chicken Breast With Oriental Style Vegetables, Frozen Entree	1 serving	311	18.7	52.2	3.7	317.2
The Budget Gourmet Light French Recipe Chicken; Vegetables, Chicken Breast And Potatoes In Red Wine Sauce, Frozen Entree	1 package yields	255	23	9.2	5.6	178.5
The Budget Gourmet Light French Recipe Chicken; Vegetables, Chicken Breast And Potatoes In Red Wine Sauce, Frozen Entree	1 serving	255	23	9.2	5.6	178.5
The Budget Gourmet, Spinach Au Gratin, Frozen	1 package	155	6.7	11.5	16.6	221.7
The Budget Gourmet, Spinach Au Gratin, Frozen	1 serving	155	6.7	11.5	16.6	221.7
Thirst quencher drink, bottled	1 fl oz	30.1	0	1.9	0	7.5
Thirst quencher drink, bottled	1 cup (8 fl oz)	241	0	15.2	0	60.3
Thuringer, cervelat, summer sausage, beef, pork	1 slice (4-1/8" dia x 1/8" thick) (10 per 8 oz package)	23	3.6	0.1	6.8	77.1
Thuringer, cervelat, summer sausage, beef, pork	1 oz	28.4	4.5	0.1	8.4	95
Thyme, fresh	0.5 tsp	0.4	0	0.1	0	0.4
Thyme, fresh	1 tsp	0.8	0	0.2	0	0.8
Thyme, ground	1 tsp	1.4	0.1	0.9	0.1	3.9
Thyme, ground	1 tbsp	4.3	0.4	2.7	0.3	11.9
Tilefish, cooked, dry heat	3 oz	85	20.8	0	4	125
Tilefish, cooked, dry heat	0.5 fillet	150	36.7	0	7	220.5
Tilefish, raw	3 oz	85	14.9	0	2	81.6
Tilefish, raw	0.5 fillet	193	33.8	0	4.5	185.3
Toaster pastries, brown-sugar-cinnamon	1 oz	28.4	1.4	19.3	4	116.8
Toaster pastries, brown-sugar-cinnamon	1 toaster pastry	50	2.6	34.1	7.1	206
Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	1 oz	28.4	1.3	20.2	2.9	111.4
Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	1 pop tart	52	2.4	37	5.3	204.4
Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	1 toaster pastry	52	2.4	37	5.3	204.4
Toaster Pastries, Kellogg's Pop Tarts, Apple Cinnamon	1 pastry	52	2.3	37.5	5.3	205.4
Toaster Pastries, Kellogg's Pop Tarts, Blueberry	1 pastry	52	2.4	35.6	6.9	212.2
Toaster Pastries, Kellogg's Pop Tarts, Brown Sugar Cinnamon	1 pastry	50	2.7	32.2	9.2	219
Toaster Pastries, Kellogg's Pop Tarts, Cherry	1 pastry	52	2.4	37	5.4	204.4
Toaster Pastries, Kellogg's Pop Tarts, Frosted Blueberry	1 pastry	52	2.4	37.3	5.2	203.3
Toaster Pastries, Kellogg's Pop Tarts, Frosted Brown Sugar Cinnamon	1 pastry	50	2.5	34.2	7.4	211
Toaster Pastries, Kellogg's Pop Tarts, Frosted Cherry	1 pastry	52	2.2	37.4	5.3	204.4
Toaster Pastries, Kellogg's Pop Tarts, Frosted Chocolate Fudge	1 pastry	52	2.7	37.3	4.8	201.2
Toaster Pastries, Kellogg's Pop Tarts, Frosted Chocolate Vanilla Creme	1 pastry	52	2.6	36.8	5.3	203.3
Toaster Pastries, Kellogg's Pop Tarts, Frosted Grape	1 pastry	52	2.3	37.6	5.1	203.3
Toaster Pastries, Kellogg's Pop Tarts, Frosted Raspberry	1 pastry	52	2.2	37.2	5.5	205.4
Toaster Pastries, Kellogg's Pop Tarts, Frosted Strawberry	1 pastry	52	2.3	37.6	5	202.8
Toaster Pastries, Kellogg's Pop Tarts, Frosted Wild Berry	1 pastry	54	2.3	39.4	5	209.5
Toaster Pastries, Kellogg's Pop Tarts, Milk Chocolate	1 pastry	52	3.4	35.6	5.8	205.4
Toaster Pastries, Kellogg's Pop Tarts, S'mores	1 pastry	52	3.2	36.2	5.5	203.8
Toaster Pastries, Kellogg's Pop Tarts, Strawberry	1 pastry	52	2.4	36.9	5.5	204.9
Tofu, dried-frozen (koyadofu)	1 piece	17	8.1	2.5	5.2	81.6
Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	1 piece	17	8.1	2.5	5.2	81.6
Tofu, extra firm, prepared with nigari	0.2 block	91	9.5	1.8	5.7	87.4
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	0.25 block	81	6.5	2.4	3.6	62.4
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	0.2 block	91	7.3	2.7	4.1	70.1
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	0.5 cup	126	10.1	3.7	5.6	97
Tofu, fried	1 piece	13	2.2	1.4	2.6	35.2
Tofu, fried	1 oz	28.4	4.9	3	5.7	76.8
Tofu, fried, prepared with calcium sulfate	1 piece	13	2.2	1.4	2.6	35.2
Tofu, hard, prepared with nigari	0.25 block	122	15.5	5.4	12.2	178.1
Tofu, okara	1 cup	122	3.9	15.3	2.1	93.9
Tofu, raw, firm, prepared with calcium sulfate	0.25 block	81	12.8	3.5	7.1	117.5
Tofu, raw, firm, prepared with calcium sulfate	0.5 cup	126	19.9	5.4	11	182.7

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Tofu, raw, regular, prepared with calcium sulfate	0.25 block	116	9.4	2.2	5.5	88.2
Tofu, raw, regular, prepared with calcium sulfate	0.5 cup	124	10	2.3	5.9	94.2
Tofu, salted and fermented (fuyu)	1 block	11	0.9	0.6	0.9	12.8
Tofu, salted and fermented (fuyu), prepared with calcium sulfate	1 block	11	0.9	0.6	0.9	12.8
Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	1 cubic inch	17.6	1.2	0.3	0.6	10.7
Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	0.2 block	90	5.9	1.6	3.3	54.9
Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	0.25 block	116	7.6	2.1	4.3	70.8
Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	1 piece (2-1/2" x 2-3/4" x 1")	120	7.9	2.2	4.4	73.2
Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	1 cup (1/2" cubes)	248	16.2	4.5	9.2	151.3
Tomatillos, raw	1 medium	34	0.3	2	0.3	10.9
Tomatillos, raw	0.5 cup, chopped or diced	66	0.6	3.8	0.7	21.1
Tomato juice, canned, with salt added	6 fl oz	182	1.4	7.7	0.1	30.9
Tomato juice, canned, with salt added	1 cup	243	1.8	10.3	0.1	41.3
Tomato juice, canned, without salt added	1 fl oz	30.4	0.2	1.3	0	5.2
Tomato juice, canned, without salt added	6 fl oz	182	1.4	7.7	0.1	30.9
Tomato juice, canned, without salt added	1 cup	243	1.8	10.3	0.1	41.3
Tomato products, canned, paste, with salt added	0.5 cup	131	4.8	25.3	0.7	107.4
Tomato products, canned, paste, with salt added	1 can (6 oz)	170	6.2	32.8	0.9	139.4
Tomato products, canned, paste, without salt added	1 tbs	16.4	0.6	3.2	0.1	13.4
Tomato products, canned, paste, without salt added	1 can (6 oz)	170	6.2	32.8	0.9	139.4
Tomato products, canned, paste, without salt added	1 cup	262	9.6	50.6	1.4	214.8
Tomato products, canned, puree, with salt added	1 cup	250	4.2	23.9	0.4	100
Tomato products, canned, puree, with salt added	1 can (29 oz) (401 x 411)	822	13.9	78.6	1.3	328.8
Tomato products, canned, puree, without salt added	1 cup	250	4.2	23.9	0.4	100
Tomato products, canned, puree, without salt added	1 can (29 oz) (401 x 411)	822	13.9	78.6	1.3	328.8
Tomato products, canned, sauce	1 cup	245	3.3	17.6	0.4	73.5
Tomato products, canned, sauce, spanish style	1 cup	244	3.5	17.7	0.7	80.5
Tomato products, canned, sauce, spanish style	1 can, 15 oz (303 x 406)	425	6.1	30.8	1.1	140.3
Tomato products, canned, sauce, with herbs and cheese	0.5 cup	122	2.6	12.5	2.4	72
Tomato products, canned, sauce, with herbs and cheese	1 can, 15 oz (303 x 406)	425	9.1	43.5	8.2	250.8
Tomato products, canned, sauce, with mushrooms	1 cup	245	3.6	20.7	0.3	85.8
Tomato products, canned, sauce, with onions	1 cup	245	3.8	24.4	0.5	102.9
Tomato products, canned, sauce, with onions, green peppers, and celery	1 cup	250	2.4	21.9	1.9	102.5
Tomato products, canned, sauce, with onions, green peppers, and celery	1 can, 15 oz (303 x 406)	411	3.9	36	3	168.5
Tomato products, canned, sauce, with tomato tidbits	1 cup	244	3.2	17.3	1	78.1
Tomato products, canned, sauce, with tomato tidbits	1 can, 15 oz (303 x 406)	425	5.6	30.1	1.7	136
Tomatoes, green, raw	1 slice or wedge	20	0.2	1	0	4.8
Tomatoes, green, raw	1 small	91	1.1	4.6	0.2	21.8
Tomatoes, green, raw	1 medium	123	1.5	6.3	0.2	29.5
Tomatoes, green, raw	1 cup	180	2.2	9.2	0.4	43.2
Tomatoes, green, raw	1 large	182	2.2	9.3	0.4	43.7
Tomatoes, orange, raw	1 tomato	111	1.3	3.5	0.2	17.8
Tomatoes, orange, raw	1 cup, chopped	158	1.8	5	0.3	25.3
Tomatoes, red, ripe, canned, stewed	1 cup	255	2.4	17.3	0.3	71.4
Tomatoes, red, ripe, canned, wedges in tomato juice	1 cup	261	2.1	16.5	0.4	67.9
Tomatoes, red, ripe, canned, whole, no salt added	1 tbs	15	0.1	0.7	0	2.9
Tomatoes, red, ripe, canned, whole, no salt added	1 small	82	0.8	3.6	0.1	15.6
Tomatoes, red, ripe, canned, whole, no salt added	1 medium	111	1	4.9	0.1	21.1
Tomatoes, red, ripe, canned, whole, no salt added	0.5 cup	120	1.1	5.2	0.2	22.8
Tomatoes, red, ripe, canned, whole, no salt added	1 large	164	1.5	7.2	0.2	31.2
Tomatoes, red, ripe, canned, whole, no salt added	1 can	190	1.7	8.3	0.2	36.1
Tomatoes, red, ripe, canned, whole, no salt added	1 cup	240	2.2	10.5	0.3	45.6
Tomatoes, red, ripe, canned, whole, regular pack	1 tbs	15	0.1	0.7	0	2.9
Tomatoes, red, ripe, canned, whole, regular pack	1 small	82	0.8	3.6	0.1	15.6
Tomatoes, red, ripe, canned, whole, regular pack	1 medium	111	1	4.9	0.1	21.1
Tomatoes, red, ripe, canned, whole, regular pack	1 large	164	1.5	7.2	0.2	31.2
Tomatoes, red, ripe, canned, whole, regular pack	1 can	190	1.7	8.3	0.2	36.1
Tomatoes, red, ripe, canned, whole, regular pack	1 cup	240	2.2	10.5	0.3	45.6
Tomatoes, red, ripe, canned, with green chillies	1 cup	241	1.7	8.7	0.2	36.2
Tomatoes, red, ripe, cooked, boiled, with salt	0.5 cup	120	1.3	7	0.5	32.4
Tomatoes, red, ripe, cooked, boiled, with salt	1 cup	240	2.6	14	1	64.8
Tomatoes, red, ripe, cooked, boiled, without salt	1 cup	240	2.6	14	1	64.8
Tomatoes, red, ripe, cooked, boiled, without salt	2 medium	246	2.6	14.3	1	66.4
Tomatoes, red, ripe, cooked, stewed	1 cup	101	2	13.2	2.7	79.8

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Tomatoes, red, ripe, cooked, stewed	1 recipe yield	604	11.8	78.8	16.2	477.2
Tomatoes, red, ripe, raw, june thru october average	1 slice, thin/small	15	0.1	0.7	0	3.2
Tomatoes, red, ripe, raw, june thru october average	1 cherry	17	0.1	0.8	0.1	3.6
Tomatoes, red, ripe, raw, june thru october average	1 slice, medium (1/4" thick)	20	0.2	0.9	0.1	4.2
Tomatoes, red, ripe, raw, june thru october average	1 slice, thick/large (1/2" thick)	27	0.2	1.3	0.1	5.7
Tomatoes, red, ripe, raw, june thru october average	1 wedge (1/4 of medium tomato)	31	0.3	1.4	0.1	6.5
Tomatoes, red, ripe, raw, june thru october average	1 italian tomato	62	0.5	2.9	0.2	13
Tomatoes, red, ripe, raw, june thru october average	1 plum tomato	62	0.5	2.9	0.2	13
Tomatoes, red, ripe, raw, june thru october average	1 small whole (2-2/5" dia)	91	0.8	4.2	0.3	19.1
Tomatoes, red, ripe, raw, june thru october average	1 medium whole (2-3/5" dia)	123	1	5.7	0.4	25.8
Tomatoes, red, ripe, raw, june thru october average	1 tomato	123	1	5.7	0.4	25.8
Tomatoes, red, ripe, raw, june thru october average	1 cup cherry tomatoes	149	1.3	6.9	0.5	31.3
Tomatoes, red, ripe, raw, june thru october average	1 cup, chopped	180	1.5	8.4	0.6	37.8
Tomatoes, red, ripe, raw, june thru october average	1 large whole (3" dia)	182	1.5	8.4	0.6	38.2
Tomatoes, red, ripe, raw, november thru may average	1 slice, thin/small	15	0.1	0.7	0	3.2
Tomatoes, red, ripe, raw, november thru may average	1 cherry	17	0.1	0.8	0.1	3.6
Tomatoes, red, ripe, raw, november thru may average	1 slice, medium (1/4" thick)	20	0.2	0.9	0.1	4.2
Tomatoes, red, ripe, raw, november thru may average	1 slice, thick/large (1/2" thick)	27	0.2	1.3	0.1	5.7
Tomatoes, red, ripe, raw, november thru may average	1 wedge (1/4 of medium tomato)	31	0.3	1.4	0.1	6.5
Tomatoes, red, ripe, raw, november thru may average	1 italian tomato	62	0.5	2.9	0.2	13
Tomatoes, red, ripe, raw, november thru may average	1 plum tomato	62	0.5	2.9	0.2	13
Tomatoes, red, ripe, raw, november thru may average	1 medium whole (2-3/5" dia)	123	1	5.7	0.4	25.8
Tomatoes, red, ripe, raw, november thru may average	1 tomato	123	1	5.7	0.4	25.8
Tomatoes, red, ripe, raw, november thru may average	1 cup cherry tomatoes	149	1.3	6.9	0.5	31.3
Tomatoes, red, ripe, raw, november thru may average	1 cup, chopped or sliced	180	1.5	8.4	0.6	37.8
Tomatoes, red, ripe, raw, november thru may average	1 large whole (3" dia)	182	1.5	8.4	0.6	38.2
Tomatoes, red, ripe, raw, year round average	1 slice, thin/small	15	0.1	0.7	0	3.2
Tomatoes, red, ripe, raw, year round average	1 cherry	17	0.1	0.8	0.1	3.6
Tomatoes, red, ripe, raw, year round average	1 slice, medium (1/4" thick)	20	0.2	0.9	0.1	4.2
Tomatoes, red, ripe, raw, year round average	1 slice, thick/large (1/2" thick)	27	0.2	1.3	0.1	5.7
Tomatoes, red, ripe, raw, year round average	1 wedge (1/4 of medium tomato)	31	0.3	1.4	0.1	6.5
Tomatoes, red, ripe, raw, year round average	1 italian tomato	62	0.5	2.9	0.2	13
Tomatoes, red, ripe, raw, year round average	1 plum tomato	62	0.5	2.9	0.2	13
Tomatoes, red, ripe, raw, year round average	1 small whole (2-2/5" dia)	91	0.8	4.2	0.3	19.1
Tomatoes, red, ripe, raw, year round average	1 medium whole (2-3/5" dia)	123	1	5.7	0.4	25.8
Tomatoes, red, ripe, raw, year round average	1 cup cherry tomatoes	149	1.3	6.9	0.5	31.3
Tomatoes, red, ripe, raw, year round average	1 cup, chopped or sliced	180	1.5	8.4	0.6	37.8
Tomatoes, red, ripe, raw, year round average	1 large whole (3" dia)	182	1.5	8.4	0.6	38.2
Tomatoes, sun-dried	1 piece	2	0.3	1.1	0.1	5.2
Tomatoes, sun-dried	1 cup	54	7.6	30.1	1.6	139.3
Tomatoes, sun-dried, packed in oil, drained	1 piece	3	0.2	0.7	0.4	6.4
Tomatoes, sun-dried, packed in oil, drained	1 cup	110	5.6	25.7	15.5	234.3
Tomatoes, yellow, raw	1 cup, chopped	139	1.4	4.1	0.4	20.9
Tomatoes, yellow, raw	1 tomato	212	2.1	6.3	0.6	31.8
Tonic water	1 fl oz	30.5	0	2.7	0	10.4
Tonic water	1 can or bottle (12 fl oz)	366	0	32.2	0	124.4
Tonic water	1 can or bottle (16 fl oz)	488	0	42.9	0	165.9
Toppings, butterscotch or caramel	2 tbsp	41	0.6	27	0	103.3
Toppings, marshmallow cream	1 oz	28.4	0.2	22.4	0.1	91.3
Toppings, marshmallow cream	1 jar	198	1.6	156.4	0.6	637.6
Toppings, Nestle, Buncha Crunch Dessert Topping	1 serving	20	1.1	13.2	5.1	103
Toppings, Nestle, Buncha Crunch Dessert Topping	2 tbsp	20	1.1	13.2	5.1	103
Toppings, Nestle, Buncha Crunch Dessert Topping	1 package (2 lb)	907	51.7	598	230.7	4671.1
Toppings, nestle, rainbow morsel dessert topping	1 packet	14	0.6	10.4	2.7	68.2
Toppings, nestle, rainbow morsel dessert topping	1 serving	14	0.6	10.4	2.7	68.2
Toppings, nestle, rainbow morsel dessert topping	1 package (3 lb)	1361	57.3	1007.7	263.8	6628.1
Toppings, nuts in syrup	2 tbsp	41	1.8	21.9	9	167.3
Toppings, nuts in syrup	1 cup	328	14.8	175.2	72.2	1338.2
Toppings, pineapple	2 tbsp	42	0	27.9	0	106.3
Toppings, pineapple	1 cup	340	0.3	225.8	0.3	860.2
Toppings, strawberry	2 tbsp	42	0.1	27.8	0	106.7
Toppings, strawberry	1 cup	340	0.7	225.4	0.3	863.6
Tortilla chips, nacho-flavor	1 oz	28.4	2.2	17.7	7.3	141.2
Tortilla chips, nacho-flavor	1 bag (8 oz)	227	17.7	141.6	58.1	1130.5

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Tortilla chips, nacho-flavor, made with enriched masa flour	1 oz	28.4	2.2	17.7	7.3	141.2
Tortilla chips, nacho-flavor, reduced fat	1 oz	28.4	2.5	20.3	4.3	126.2
Tortilla chips, nacho-flavor, reduced fat	1 bag (6 oz)	170	14.8	121.7	25.8	756.5
Tortilla chips, plain	1 oz	28.4	2	17.8	7.4	142
Tortilla chips, plain	1 bag (7-1/2 oz)	213	14.9	134	55.8	1067.1
Tortilla chips, ranch-flavor	1 oz	28.4	2.2	18.3	6.7	138.9
Tortilla chips, ranch-flavor	1 bag (7 oz)	198	15	127.9	47.1	970.2
Tortilla chips, taco-flavor	1 oz	28.4	2.2	17.9	6.9	136.1
Tortilla chips, taco-flavor	1 bag (8 oz)	227	17.9	143.2	54.9	1089.6
Tortillas, ready-to-bake or -fry, corn	1 tortilla, medium (approx 6" dia)	26	1.5	12.1	0.7	57.7
Tortillas, ready-to-bake or -fry, corn	1 oz	28.4	1.6	13.2	0.7	62.9
Tortillas, ready-to-bake or -fry, corn, without added salt	1 tortilla, medium (approx 6" dia)	26	1.5	12.1	0.7	57.7
Tortillas, ready-to-bake or -fry, corn, without added salt	1 oz	28.4	1.6	13.2	0.7	62.9
Tortillas, ready-to-bake or -fry, flour	1 oz	28.4	2.5	15.8	2	92.1
Tortillas, ready-to-bake or -fry, flour	1 tortilla, medium (approx 6" dia)	32	2.8	17.8	2.3	104
Tortillas, ready-to-bake or -fry, flour	1 tortilla (approx 7-8" dia)	49	4.3	27.2	3.5	159.3
Tortillas, ready-to-bake or -fry, flour	1 tortilla (approx 10" dia)	72	6.3	40	5.1	234
Tortillas, ready-to-bake or -fry, flour	1 tortilla (approx 12" dia)	117	10.2	65.1	8.3	380.3
Tortillas, ready-to-bake or -fry, flour, without added calcium	1 oz	28.4	2.5	15.8	2	92.1
Tortillas, ready-to-bake or -fry, flour, without added calcium	1 tortilla, medium (approx 6" dia)	32	2.8	17.8	2.3	104
Tortillas, ready-to-bake or -fry, flour, without added calcium	1 tortilla (approx 7-8" dia)	49	4.3	27.2	3.5	159.3
Tortillas, ready-to-bake or -fry, flour, without added calcium	1 tortilla (approx 10" dia)	72	6.3	40	5.1	234
Tortillas, ready-to-bake or -fry, flour, without added calcium	1 tortilla (approx 12" dia)	117	10.2	65.1	8.3	380.3
Total	0.75 cup	30	3	23.9	0.7	105.3
Total Corn Flakes	1.333 cup	30	1.8	25.7	0.5	111.9
Total Raisin Bran	1 cup	55	4	42.8	1	178.2
Trail mix, regular	1 oz	28.4	3.9	12.7	8.3	131
Trail mix, regular	1.5 oz	42	5.8	18.9	12.3	194
Trail mix, regular	1 cup	150	20.7	67.4	44.1	693
Trail mix, regular, unsalted	1 oz	28.4	3.9	12.7	8.3	131
Trail mix, regular, unsalted	1.5 oz	42	5.8	18.9	12.3	194
Trail mix, regular, unsalted	1 cup	150	20.7	67.4	44.1	693
Trail mix, regular, with chocolate chips, salted nuts and seeds	1 oz	28.4	4	12.7	9	137.2
Trail mix, regular, with chocolate chips, salted nuts and seeds	1.5 oz	42	6	18.9	13.4	203.3
Trail mix, regular, with chocolate chips, salted nuts and seeds	1 cup	146	20.7	65.6	46.6	706.6
Trail mix, regular, with chocolate chips, unsalted nuts and seeds	1 oz	28.4	4	12.7	9	137.2
Trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.5 oz	42	6	18.9	13.4	203.3
Trail mix, regular, with chocolate chips, unsalted nuts and seeds	1 cup	146	20.7	65.6	46.6	706.6
Trail mix, tropical	1 oz	28.4	1.8	18.6	4.8	115.4
Trail mix, tropical	1.5 oz	42	2.6	27.6	7.2	170.9
Trail mix, tropical	1 cup	140	8.8	91.8	23.9	569.8
Tree fern, cooked, with salt	1 frond (6-1/2" long)	31	0.1	3.4	0	12.4
Tree fern, cooked, with salt	0.5 cup, chopped or diced	71	0.2	7.8	0	28.4
Tree fern, cooked, without salt	1 frond (6-1/2" long)	31	0.1	3.4	0	12.4
Tree fern, cooked, without salt	0.5 cup, chopped	71	0.2	7.8	0	28.4
Triticale	1 cup	192	25.1	138.5	4	645.1
Triticale flour, whole-grain	1 cup	130	17.1	95.1	2.4	439.4
Trix	1 cup	30	1	26	1.7	122.4
Trout, mixed species, cooked, dry heat	1 fillet	62	16.5	0	5.3	117.8
Trout, mixed species, cooked, dry heat	3 oz	85	22.6	0	7.2	161.5
Trout, mixed species, raw	1 fillet	79	16.4	0	5.2	116.9
Trout, mixed species, raw	3 oz	85	17.7	0	5.6	125.8
Trout, rainbow, farmed, cooked, dry heat	1 fillet	71	17.2	0	5.1	120
Trout, rainbow, farmed, cooked, dry heat	3 oz	85	20.6	0	6.1	143.7
Trout, rainbow, farmed, raw	1 fillet	79	16.5	0	4.3	109
Trout, rainbow, farmed, raw	3 oz	85	17.7	0	4.6	117.3
Trout, rainbow, wild, cooked, dry heat	3 oz	85	19.5	0	4.9	127.5
Trout, rainbow, wild, cooked, dry heat	1 fillet	143	32.8	0	8.3	214.5
Trout, rainbow, wild, raw	3 oz	85	17.4	0	2.9	101.2
Trout, rainbow, wild, raw	1 fillet	159	32.6	0	5.5	189.2
Tuna salad	3 oz	85	13.6	8	7.9	159
Tuna salad	1 cup	205	32.9	19.3	19	383.4
Tuna, bluefin, cooked, dry heat	3 oz	85	25.4	0	5.3	156.4
Tuna, bluefin, raw	3 oz	85	19.8	0	4.2	122.4

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Tuna, light, canned in oil, drained solids	1 oz	28.4	8.3	0	2.3	56.1
Tuna, light, canned in oil, drained solids	3 oz	85	24.8	0	7	168.3
Tuna, light, canned in oil, drained solids	1 cup, solid or chunks	146	42.5	0	12	289.1
Tuna, light, canned in oil, drained solids	1 can	171	49.8	0	14	338.6
Tuna, light, canned in oil, drained solids	1 can (12.5 oz), drained	321	93.5	0	26.4	635.6
Tuna, light, canned in oil, without salt, drained solids	3 oz	85	24.8	0	7	168.3
Tuna, light, canned in oil, without salt, drained solids	1 can	171	49.8	0	14	338.6
Tuna, light, canned in water, drained solids	1 oz	28.4	7.2	0	0.2	32.9
Tuna, light, canned in water, drained solids	3 oz	85	21.7	0	0.7	98.6
Tuna, light, canned in water, drained solids	1 cup, solid or chunks	154	39.3	0	1.3	178.6
Tuna, light, canned in water, drained solids	1 can	165	42.1	0	1.4	191.4
Tuna, light, canned in water, drained solids	1 can (12.5 oz), drained	315	80.4	0	2.6	365.4
Tuna, light, canned in water, without salt, drained solids	3 oz	85	21.7	0	0.7	98.6
Tuna, light, canned in water, without salt, drained solids	1 can	165	42.1	0	1.4	191.4
Tuna, skipjack, cooked, dry heat	3 oz	85	24	0	1.1	112.2
Tuna, skipjack, cooked, dry heat	0.5 fillet	154	43.4	0	2	203.3
Tuna, skipjack, raw	3 oz	85	18.7	0	0.9	87.6
Tuna, skipjack, raw	0.5 fillet	198	43.6	0	2	203.9
Tuna, white, canned in oil, drained solids	3 oz	85	22.6	0	6.9	158.1
Tuna, white, canned in oil, drained solids	1 can	178	47.2	0	14.4	331.1
Tuna, white, canned in oil, without salt, drained solids	3 oz	85	22.6	0	6.9	158.1
Tuna, white, canned in oil, without salt, drained solids	1 can	178	47.2	0	14.4	331.1
Tuna, white, canned in water, drained solids	3 oz	85	20.1	0	2.5	108.8
Tuna, white, canned in water, drained solids	1 can	172	40.6	0	5.1	220.2
Tuna, white, canned in water, without salt, drained solids	3 oz	85	20.1	0	2.5	108.8
Tuna, white, canned in water, without salt, drained solids	1 can	172	40.6	0	5.1	220.2
Tuna, yellowfin, cooked, dry heat	3 oz	85	25.5	0	1	118.2
Tuna, yellowfin, raw	1 cubic inch, boneless	16	3.7	0	0.2	17.3
Tuna, yellowfin, raw	1 oz, boneless	28.4	6.6	0	0.3	30.6
Tuna, yellowfin, raw	3 oz	85	19.9	0	0.8	91.8
Turbot, european, cooked, dry heat	3 oz	85	17.5	0	3.2	103.7
Turbot, european, cooked, dry heat	0.5 fillet	159	32.7	0	6	194
Turbot, european, raw	3 oz	85	13.6	0	2.5	80.8
Turbot, european, raw	0.5 fillet	204	32.7	0	6	193.8
Turkey and gravy, frozen	1 package (net weight, 5 oz)	142	8.3	6.5	3.7	95.1
Turkey and gravy, frozen	1 cup	240	14.1	11.1	6.3	160.8
Turkey breast meat	1 slice (3-1/2" square; 8 per 6 oz package)	21	4.7	0	0.3	23.1
Turkey breast meat	2 slices	42.5	9.6	0	0.7	46.8
Turkey breast, pre-basted, meat and skin, cooked, roasted	0.5 breast, bone removed	864	191.5	0	29.9	1088.6
Turkey ham, cured turkey thigh meat	2 slices	56.7	10.7	0.2	2.9	72.6
Turkey ham, cured turkey thigh meat	1 package (8 oz)	227	43	0.8	11.5	290.6
Turkey patties, breaded, battered, fried	1 medium slice (approx 3" x 2" x 1/4")	28	3.9	4.4	5	79.2
Turkey patties, breaded, battered, fried	1 thick slice (approx 3" x 2" x 3/8")	42	5.9	6.6	7.6	118.9
Turkey patties, breaded, battered, fried	1 patty (2.25 oz)	64	9	10	11.5	181.1
Turkey patties, breaded, battered, fried	1 patty (3.33 oz)	94	13.2	14.8	16.9	266
Turkey Pot Pie, Frozen Entree	1 package yields	397	25.8	70.3	34.9	698.7
Turkey Pot Pie, Frozen Entree	1 serving	397	25.8	70.3	34.9	698.7
Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	0.25 box (net weight, 0.625 lb)	284	50	18.2	6.2	340.8
Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	1 box (net weight, 2.5 lb)	1134	199.6	72.6	24.9	1360.8
Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	1 cup, chopped or diced	135	28.8	4.1	7.8	209.3
Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	0.25 box (net weight, 0.43 lb)	196	41.8	6	11.3	303.8
Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	1 box (net weight, 1.72 lb)	782	166.7	24	45.2	1212.1
Turkey roll, light and dark meat	1 oz	28.4	5.1	0.6	2	42.2
Turkey roll, light and dark meat	2 slices	56.7	10.3	1.2	4	84.5
Turkey roll, light meat	1 oz	28.4	5.3	0.2	2	41.7
Turkey roll, light meat	2 slices	56.7	10.6	0.3	4.1	83.3
Turkey sticks, breaded, battered, fried	1 stick (2.25 oz)	64	9.1	10.9	10.8	178.6
Turkey thigh, pre-basted, meat and skin, cooked, roasted	1 thigh, bone removed	314	59	0	26.8	493
Turkey, all classes, back, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	34	9	0	4.9	82.6
Turkey, all classes, back, meat and skin, cooked, roasted	1 cup, chopped or diced	140	37.2	0	20.1	340.2
Turkey, all classes, back, meat and skin, cooked, roasted	0.5 back, bone removed	262	69.7	0	37.7	636.7
Turkey, all classes, back, meat and skin, raw	1 unit (yield from 1 lb turkey)	47	8.5	0	6.2	92.1
Turkey, all classes, back, meat and skin, raw	0.5 back, bone removed	361	65.4	0	47.3	707.6
Turkey, all classes, breast, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	112	32.2	0	8.3	211.7

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Turkey, all classes, breast, meat and skin, cooked, roasted	0.5 breast, bone removed	864	248.1	0	64	1633
Turkey, all classes, breast, meat and skin, raw	1 unit (yield from 1 lb turkey)	146	32	0	10.2	229.2
Turkey, all classes, breast, meat and skin, raw	0.5 breast, bone removed	1132	247.8	0	79.5	1777.2
Turkey, all classes, dark meat, cooked, roasted	1 unit (yield from 1 lb turkey)	91	26	0	6.6	170.2
Turkey, all classes, dark meat, cooked, roasted	1 cup, chopped or diced	140	40	0	10.1	261.8
Turkey, all classes, dark meat, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	104	28.6	0	12	229.8
Turkey, all classes, dark meat, meat and skin, cooked, roasted	1 cup, chopped or diced	140	38.5	0	16.2	309.4
Turkey, all classes, dark meat, meat and skin, cooked, roasted	0.5 turkey, bone removed	808	222.1	0	93.2	1785.7
Turkey, all classes, dark meat, meat and skin, raw	1 unit (yield from 1 lb turkey)	152	28.8	0	13.4	243.2
Turkey, all classes, dark meat, meat and skin, raw	0.5 turkey, bone removed	1176	222.5	0	103.5	1881.6
Turkey, all classes, dark meat, raw	1 unit (yield from 1 lb turkey)	132	26.5	0	5.8	165
Turkey, all classes, dark meat, raw	0.5 turkey, bone and skin removed	1017	204.1	0	44.5	1271.3
Turkey, all classes, giblets, cooked, simmered, some giblet fat	1 unit (yield from 1 lb turkey)	10	2.7	0.2	0.5	16.7
Turkey, all classes, giblets, cooked, simmered, some giblet fat	1 cup, chopped or diced	145	38.5	3	7.4	242.2
Turkey, all classes, giblets, raw	1 unit (yield from 1 lb turkey)	16	3.1	0.3	0.7	20.6
Turkey, all classes, giblets, raw	1 giblets	244	47.2	5.1	10.2	314.8
Turkey, all classes, leg, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	71	19.8	0	7	147.7
Turkey, all classes, leg, meat and skin, cooked, roasted	1 leg, bone removed	546	152.2	0	53.6	1135.7
Turkey, all classes, leg, meat and skin, raw	1 unit (yield from 1 lb turkey)	105	20.5	0	7.1	151.2
Turkey, all classes, leg, meat and skin, raw	1 leg, bone removed	816	159.4	0	54.8	1175
Turkey, all classes, light meat, cooked, roasted	1 unit (yield from 1 lb turkey)	117	35	0	3.8	183.7
Turkey, all classes, light meat, cooked, roasted	1 cup, chopped or diced	140	41.9	0	4.5	219.8
Turkey, all classes, light meat, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	136	38.9	0	11.3	267.9
Turkey, all classes, light meat, meat and skin, cooked, roasted	1 cup, chopped or diced	140	40	0	11.7	275.8
Turkey, all classes, light meat, meat and skin, cooked, roasted	0.5 turkey, bone removed	1050	300	0	87.5	2068.5
Turkey, all classes, light meat, meat and skin, raw	1 unit (yield from 1 lb turkey)	180	39	0	13.2	286.2
Turkey, all classes, light meat, meat and skin, raw	0.5 turkey, bone removed	1388	300.4	0	102.2	2206.9
Turkey, all classes, light meat, raw	1 unit (yield from 1 lb turkey)	150	35.3	0	2.3	172.5
Turkey, all classes, light meat, raw	0.5 turkey, bone and skin removed	1156	272.4	0	18	1329.4
Turkey, all classes, meat and skin, cooked, roasted	1 cup, chopped or diced	140	39.3	0	13.6	291.2
Turkey, all classes, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	240	67.4	0	23.4	499.2
Turkey, all classes, meat and skin, cooked, roasted	0.5 turkey, bone removed	1857	521.8	0	180.7	3862.6
Turkey, all classes, meat and skin, raw	1 unit (yield from 1 lb turkey)	332	67.8	0	26.6	531.2
Turkey, all classes, meat and skin, raw	0.5 turkey, bone removed	2565	523.8	0	205.7	4104
Turkey, all classes, meat only, cooked, roasted	1 cup, chopped or diced	140	41	0	7	238
Turkey, all classes, meat only, cooked, roasted	1 unit (yield from 1 lb turkey)	208	61	0	10.3	353.6
Turkey, all classes, meat only, raw	1 unit (yield from 1 lb turkey)	281	61.2	0	8	334.4
Turkey, all classes, meat only, raw	0.5 turkey, bone and skin removed	2174	473.3	0	62.2	2587.1
Turkey, all classes, meat, skin, giblets, & neck, cooked, roasted	1 unit (yield from 1 lb turkey)	260	72.7	0.2	24.6	533
Turkey, all classes, meat, skin, giblets, & neck, cooked, roasted	1 turkey	4023	1125.6	2.8	380.2	8247.2
Turkey, all classes, meat, skin, giblets, & neck, raw	1 turkey	5554	1131.3	4.4	431.5	8719.8
Turkey, all classes, neck, meat only, cooked, simmered	1 unit (yield from 1 lb turkey)	10	2.7	0	0.7	18
Turkey, all classes, neck, meat only, cooked, simmered	1 neck, bone and skin removed	152	40.8	0	11	273.6
Turkey, all classes, neck, meat only, raw	1 unit (yield from 1 lb turkey)	12	2.4	0	0.7	16.2
Turkey, all classes, neck, meat only, raw	1 neck, bone and skin removed	180	36.3	0	9.8	243
Turkey, all classes, skin only, cooked, roasted	1 unit (yield from 1 lb turkey)	32	6.3	0	12.7	141.4
Turkey, all classes, skin only, cooked, roasted	0.5 turkey, skin only	248	48.9	0	98.4	1096.2
Turkey, all classes, skin only, raw	1 unit (yield from 1 lb turkey)	51	6.5	0	18.8	197.4
Turkey, all classes, skin only, raw	0.5 turkey, skin only	392	49.8	0	144.7	1517
Turkey, all classes, wing, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	24	6.6	0	3	55
Turkey, all classes, wing, meat and skin, cooked, roasted	1 wing, bone removed	186	50.9	0	23.1	425.9
Turkey, all classes, wing, meat and skin, raw	1 unit (yield from 1 lb turkey)	33	6.7	0	4.1	65
Turkey, all classes, wing, meat and skin, raw	1 wing, bone removed	256	51.8	0	31.5	504.3
Turkey, canned, meat only, with broth	1 can (5 oz) yields	125	29.6	0	8.6	203.8
Turkey, canned, meat only, with broth	1 cup, drained	135	32	0	9.3	220.1
Turkey, canned, meat only, with broth	1 can (5 oz)	142	33.6	0	9.7	231.5
Turkey, diced, light and dark meat, seasoned	1 oz	28.4	5.3	0.3	1.7	39.1
Turkey, diced, light and dark meat, seasoned	0.5 lb	227	42.4	2.3	13.6	313.3
Turkey, fryer-roasters, back, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	37	9.7	0	3.8	75.5
Turkey, fryer-roasters, back, meat and skin, cooked, roasted	0.5 back, bone removed	130	34	0	13.3	265.2
Turkey, fryer-roasters, back, meat and skin, raw	1 unit (yield from 1 lb turkey)	52	10.3	0	3.8	78.5
Turkey, fryer-roasters, back, meat and skin, raw	0.5 back, bone removed	183	36.4	0	13.3	276.3
Turkey, fryer-roasters, back, meat only, cooked, roasted	1 unit (yield from 1 lb turkey)	27	7.6	0	1.5	45.9
Turkey, fryer-roasters, back, meat only, cooked, roasted	0.5 back, bone and skin removed	99	27.7	0	5.6	168.3

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Turkey, fryer-roasters, back, meat only, raw	1 unit (yield from 1 lb turkey)	43	8.9	0	1.5	51.6
Turkey, fryer-roasters, back, meat only, raw	0.5 back, bone and skin removed	150	31	0	5.3	180
Turkey, fryer-roasters, breast, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	98	28.5	0	3.1	149.9
Turkey, fryer-roasters, breast, meat and skin, cooked, roasted	0.5 breast, bone removed	344	100	0	11	526.3
Turkey, fryer-roasters, breast, meat and skin, raw	1 unit (yield from 1 lb turkey)	123	29.2	0	3.3	153.8
Turkey, fryer-roasters, breast, meat and skin, raw	0.5 breast, bone removed	433	102.9	0	11.5	541.3
Turkey, fryer-roasters, breast, meat only, cooked, roasted	1 unit (yield from 1 lb turkey)	87	26.2	0	0.6	117.5
Turkey, fryer-roasters, breast, meat only, cooked, roasted	0.5 breast, bone and skin removed	306	92	0	2.3	413.1
Turkey, fryer-roasters, breast, meat only, raw	1 unit (yield from 1 lb turkey)	111	27.3	0	0.7	123.2
Turkey, fryer-roasters, breast, meat only, raw	0.5 breast, bone and skin removed	390	95.9	0	2.5	432.9
Turkey, fryer-roasters, dark meat, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	106	29.4	0	7.5	192.9
Turkey, fryer-roasters, dark meat, meat and skin, cooked, roasted	0.5 turkey, bone removed	374	103.6	0	26.4	680.7
Turkey, fryer-roasters, dark meat, meat and skin, raw	1 unit (yield from 1 lb turkey)	151	30.3	0	7.2	194.8
Turkey, fryer-roasters, dark meat, meat and skin, raw	0.5 turkey, bone removed	532	106.7	0	25.5	686.3
Turkey, fryer-roasters, dark meat, meat only, cooked, roasted	1 unit (yield from 1 lb turkey)	91	26.2	0	3.9	147.4
Turkey, fryer-roasters, dark meat, meat only, cooked, roasted	1 cup, chopped or diced	140	40.4	0	6	226.8
Turkey, fryer-roasters, dark meat, meat only, raw	1 unit (yield from 1 lb turkey)	136	27.8	0	3.6	151
Turkey, fryer-roasters, dark meat, meat only, raw	0.5 turkey, bone and skin removed	479	98	0	12.8	531.7
Turkey, fryer-roasters, leg, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	70	19.9	0	3.8	119
Turkey, fryer-roasters, leg, meat and skin, cooked, roasted	1 leg, bone removed	245	69.8	0	13.3	416.5
Turkey, fryer-roasters, leg, meat and skin, raw	1 unit (yield from 1 lb turkey)	99	19.9	0	3.5	116.8
Turkey, fryer-roasters, leg, meat and skin, raw	1 leg, bone removed	349	70.3	0	12.5	411.8
Turkey, fryer-roasters, leg, meat only, cooked, roasted	1 unit (yield from 1 lb turkey)	64	18.7	0	2.4	101.8
Turkey, fryer-roasters, leg, meat only, cooked, roasted	1 leg, bone and skin removed	224	65.4	0	8.4	356.2
Turkey, fryer-roasters, leg, meat only, raw	1 unit (yield from 1 lb turkey)	93	18.9	0	2.2	100.4
Turkey, fryer-roasters, leg, meat only, raw	1 leg, bone and skin removed	329	67	0	7.8	355.3
Turkey, fryer-roasters, light meat, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	123	35.4	0	5.6	201.7
Turkey, fryer-roasters, light meat, meat and skin, cooked, roasted	0.5 turkey, bone removed	433	124.6	0	19.8	710.1
Turkey, fryer-roasters, light meat, meat and skin, raw	1 unit (yield from 1 lb turkey)	159	36.7	0	6.1	211.5
Turkey, fryer-roasters, light meat, meat and skin, raw	0.5 turkey, bone removed	561	129.5	0	21.4	746.1
Turkey, fryer-roasters, light meat, meat only, cooked, roasted	1 unit (yield from 1 lb turkey)	104	31.4	0	1.2	145.6
Turkey, fryer-roasters, light meat, meat only, cooked, roasted	1 cup, chopped or diced	140	42.3	0	1.7	196
Turkey, fryer-roasters, light meat, meat only, raw	1 unit (yield from 1 lb turkey)	136	32.9	0	0.7	146.9
Turkey, fryer-roasters, light meat, meat only, raw	0.5 turkey, bone and skin removed	481	116.3	0	2.4	519.5
Turkey, fryer-roasters, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	229	64.7	0	13.1	393.9
Turkey, fryer-roasters, meat and skin, cooked, roasted	0.5 turkey, bone removed	808	228.3	0	46.2	1389.8
Turkey, fryer-roasters, meat and skin, raw	1 unit (yield from 1 lb turkey)	310	69.3	0	13.2	415.4
Turkey, fryer-roasters, meat and skin, raw	0.5 turkey, bone removed	1093	244.5	0	46.5	1464.6
Turkey, fryer-roasters, meat only, cooked, roasted	1 cup, chopped or diced	140	41.4	0	3.7	210
Turkey, fryer-roasters, meat only, cooked, roasted	1 unit (yield from 1 lb turkey)	195	57.6	0	5.1	292.5
Turkey, fryer-roasters, meat only, raw	1 unit (yield from 1 lb turkey)	272	60.7	0	4.3	299.2
Turkey, fryer-roasters, meat only, raw	0.5 turkey, bone and skin removed	990	221	0	15.6	1089
Turkey, fryer-roasters, meat, skin, giblets, & neck, cooked, roasted	1 unit (yield from 1 lb turkey)	251	70.5	0.1	14.2	429.2
Turkey, fryer-roasters, meat, skin, giblets, & neck, cooked, roasted	1 turkey	1772	497.6	0.77	99.9	3030.1
Turkey, fryer-roasters, meat, skin, giblets, & neck, raw	1 turkey	2410	533.8	1.2	102.4	3205.3
Turkey, fryer-roasters, skin only, cooked, roasted	1 unit (yield from 1 lb turkey)	34	7.1	0	7.9	101.7
Turkey, fryer-roasters, skin only, cooked, roasted	0.5 turkey, skin only	121	25.3	0	28.2	361.8
Turkey, fryer-roasters, skin only, raw	1 unit (yield from 1 lb turkey)	38	6.3	0	8.9	107.5
Turkey, fryer-roasters, skin only, raw	0.5 turkey, skin only	133	22.1	0	31.3	376.4
Turkey, fryer-roasters, wing, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	25	6.9	0	2.5	51.8
Turkey, fryer-roasters, wing, meat and skin, cooked, roasted	1 wing, bone removed	90	24.9	0	8.9	186.3
Turkey, fryer-roasters, wing, meat and skin, raw	1 unit (yield from 1 lb turkey)	36	7.5	0	2.8	57.2
Turkey, fryer-roasters, wing, meat and skin, raw	1 wing, bone removed	128	26.7	0	9.9	203.5
Turkey, fryer-roasters, wing, meat only, cooked, roasted	1 unit (yield from 1 lb turkey)	17	5.2	0	0.6	27.7
Turkey, fryer-roasters, wing, meat only, cooked, roasted	1 wing, bone and skin removed	60	18.5	0	2.1	97.8
Turkey, fryer-roasters, wing, meat only, raw	1 unit (yield from 1 lb turkey)	26	5.8	0	0.3	27.6
Turkey, fryer-roasters, wing, meat only, raw	1 wing, bone and skin removed	90	20.2	0	1	95.4
Turkey, gizzard, all classes, cooked, simmered	1 unit (yield from 1 lb turkey)	4	1.2	0	0.2	6.5
Turkey, gizzard, all classes, cooked, simmered	1 cup, chopped or diced	145	42.7	0.9	5.6	236.4
Turkey, gizzard, all classes, raw	1 unit (yield from 1 lb turkey)	7	1.3	0	0.3	8.2
Turkey, gizzard, all classes, raw	1 gizzard	113	21.6	0.7	4.2	132.2
Turkey, heart, all classes, cooked, simmered	1 unit (yield from 1 lb turkey)	1	0.3	0	0.1	1.8
Turkey, heart, all classes, cooked, simmered	1 cup, chopped or diced	145	38.8	3	8.8	256.7
Turkey, heart, all classes, raw	1 unit (yield from 1 lb turkey)	1.9	0.3	0	0.1	2.7

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Turkey, heart, all classes, raw	1 heart	29	5.2	0.2	2	41.5
Turkey, liver, all classes, cooked, simmered	1 unit (yield from 1 lb turkey)	5	1.2	0.2	0.3	8.5
Turkey, liver, all classes, cooked, simmered	1 cup, chopped or diced	140	33.6	4.8	8.3	236.6
Turkey, liver, all classes, raw	1 unit (yield from 1 lb turkey)	7	1.4	0.3	0.3	9.6
Turkey, liver, all classes, raw	1 liver	102	20.4	4.2	4	139.7
Turkey, mechanically deboned, from turkey frames, raw	0.5 lb	227	30.2	0	36.2	456.3
Turkey, young hen, back, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	35	9.2	0	5.5	88.9
Turkey, young hen, back, meat and skin, cooked, roasted	0.5 back, bone removed	217	57.3	0	33.9	551.2
Turkey, young hen, back, meat and skin, raw	1 unit (yield from 1 lb turkey)	47	8.2	0	7.5	102.5
Turkey, young hen, back, meat and skin, raw	0.5 back, bone removed	298	52.2	0	47.5	649.6
Turkey, young hen, breast, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	109	31.4	0	8.6	211.5
Turkey, young hen, breast, meat and skin, cooked, roasted	0.5 breast, bone removed	686	197.6	0	53.9	1330.8
Turkey, young hen, breast, meat and skin, raw	1 unit (yield from 1 lb turkey)	139	30.1	0	11.5	232.1
Turkey, young hen, breast, meat and skin, raw	0.5 breast, bone removed	874	189	0	72.5	1459.6
Turkey, young hen, dark meat, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	106	29	0	13.5	245.9
Turkey, young hen, dark meat, meat and skin, cooked, roasted	0.5 turkey, bone and skin removed	665	182	0	85	1542.8
Turkey, young hen, dark meat, meat and skin, raw	1 unit (yield from 1 lb turkey)	152	28.3	0	15.6	261.4
Turkey, young hen, dark meat, meat and skin, raw	0.5 turkey, bone and skin removed	953	177.7	0	97.7	1639.2
Turkey, young hen, dark meat, meat only, cooked, roasted	1 unit (yield from 1 lb turkey)	93	26.4	0	7.2	178.6
Turkey, young hen, dark meat, meat only, cooked, roasted	1 cup, chopped or diced	140	39.8	0	10.9	268.8
Turkey, young hen, dark meat, meat only, raw	1 unit (yield from 1 lb turkey)	130	26.1	0	6.3	169
Turkey, young hen, dark meat, meat only, raw	0.5 turkey, bone and skin removed	812	163	0	39.6	1055.6
Turkey, young hen, leg, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	71	19.7	0	7.5	151.2
Turkey, young hen, leg, meat and skin, cooked, roasted	1 leg, bone removed	448	124.2	0	47	954.2
Turkey, young hen, leg, meat and skin, raw	1 unit (yield from 1 lb turkey)	105	20.4	0	7.9	158.6
Turkey, young hen, leg, meat and skin, raw	1 leg, bone removed	656	127.7	0	49.2	990.6
Turkey, young hen, light meat, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	137	39.2	0	12.9	283.6
Turkey, young hen, light meat, meat and skin, cooked, roasted	0.5 turkey, bone removed	859	246	0	80.7	1778.1
Turkey, young hen, light meat, meat and skin, raw	1 unit (yield from 1 lb turkey)	175	37.6	0	14.2	288.8
Turkey, young hen, light meat, meat and skin, raw	0.5 turkey, bone removed	1099	236.4	0	89	1813.4
Turkey, young hen, light meat, meat only, cooked, roasted	1 unit (yield from 1 lb turkey)	119	35.6	0	4.5	191.6
Turkey, young hen, light meat, meat only, cooked, roasted	1 cup, chopped or diced	140	41.8	0	5.2	225.4
Turkey, young hen, light meat, meat only, raw	1 unit (yield from 1 lb turkey)	147	34.8	0	2.4	170.5
Turkey, young hen, light meat, meat only, raw	0.5 turkey, bone and skin removed	919	217.3	0	15.3	1066
Turkey, young hen, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	243	68.3	0	26.4	529.7
Turkey, young hen, meat and skin, cooked, roasted	0.5 turkey, bone removed	1524	428.1	0	165.8	3322.3
Turkey, young hen, meat and skin, raw	1 unit (yield from 1 lb turkey)	327	66	0	29.7	549.4
Turkey, young hen, meat and skin, raw	0.5 turkey, bone removed	2052	414.1	0	186.5	3447.4
Turkey, young hen, meat only, cooked, roasted	1 cup, chopped or diced	140	41	0	7.7	245
Turkey, young hen, meat only, cooked, roasted	1 unit (yield from 1 lb turkey)	212	62	0	11.7	371
Turkey, young hen, meat only, raw	1 unit (yield from 1 lb turkey)	276	60.1	0	8.8	336.7
Turkey, young hen, meat only, raw	0.5 turkey, bone and skin removed	1731	376.7	0	55	2111.8
Turkey, young hen, meat, skin, giblets, & neck, cooked, roasted	1 unit (yield from 1 lb turkey)	263	73.6	0.2	27.7	565.5
Turkey, young hen, meat, skin, giblets, & neck, cooked, roasted	1 turkey	3300	924	2.3	348.2	7095
Turkey, young hen, meat, skin, giblets, & neck, raw	1 turkey	4457	898.1	4.9	391.3	7398.6
Turkey, young hen, skin only, cooked, roasted	1 unit (yield from 1 lb turkey)	31	5.9	0	13.8	149.4
Turkey, young hen, skin only, cooked, roasted	0.5 turkey, skin only	196	37.3	0	87.1	944.7
Turkey, young hen, skin only, raw	1 unit (yield from 1 lb turkey)	51	6	0	20.7	212.7
Turkey, young hen, skin only, raw	0.5 turkey, skin only	321	37.8	0	130.4	1338.6
Turkey, young hen, wing, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	28	7.6	0	3.8	66.6
Turkey, young hen, wing, meat and skin, cooked, roasted	1 wing, bone removed	174	47.5	0	23.4	414.1
Turkey, young hen, wing, meat and skin, raw	1 unit (yield from 1 lb turkey)	36	7.2	0	5	75.6
Turkey, young hen, wing, meat and skin, raw	1 wing, bone removed	224	44.6	0	31.1	470.4
Turkey, young tom, back, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	33	8.8	0	4.5	78.5
Turkey, young tom, back, meat and skin, cooked, roasted	0.5 back, bone removed	380	101.8	0	51.9	904.4
Turkey, young tom, back, meat and skin, raw	1 unit (yield from 1 lb turkey)	45	8.3	0	5	80.6
Turkey, young tom, back, meat and skin, raw	0.5 back, bone removed	524	96.8	0	58.4	938
Turkey, young tom, breast, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	115	32.9	0	8.5	217.4
Turkey, young tom, breast, meat and skin, cooked, roasted	0.5 breast, bone removed	1329	380.2	0	98.2	2511.8
Turkey, young tom, breast, meat and skin, raw	1 unit (yield from 1 lb turkey)	155	34	0	9.8	234.1
Turkey, young tom, breast, meat and skin, raw	0.5 breast, bone removed	1789	392.9	0	113.4	2701.4
Turkey, young tom, dark meat, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	103	28.4	0	11.2	222.5
Turkey, young tom, dark meat, meat and skin, cooked, roasted	0.5 turkey, bone removed	1184	326.5	0	128.5	2557.4
Turkey, young tom, dark meat, meat and skin, raw	1 unit (yield from 1 lb turkey)	152	29	0	12	231



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Turkey, young tom, dark meat, meat and skin, raw	0.5 turkey, bone removed	1758	334.9	0	138.7	2672.2
Turkey, young tom, dark meat, meat only, cooked, roasted	1 unit (yield from 1 lb turkey)	90	25.8	0	6.3	166.5
Turkey, young tom, dark meat, meat only, cooked, roasted	1 cup, chopped or diced	140	40.2	0	9.8	259
Turkey, young tom, dark meat, meat only, raw	1 unit (yield from 1 lb turkey)	133	26.7	0	5.5	163.6
Turkey, young tom, dark meat, meat only, raw	0.5 turkey, bone and skin removed	1532	307	0	63	1884.4
Turkey, young tom, leg, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	70	19.6	0	6.7	144.2
Turkey, young tom, leg, meat and skin, cooked, roasted	1 leg, bone removed (yield after cooking)	805	224.8	0	77.5	1658.3
Turkey, young tom, leg, meat and skin, raw	1 unit (yield from 1 lb turkey)	107	20.9	0	6.8	150.9
Turkey, young tom, leg, meat and skin, raw	1 leg, bone removed	1234	241.1	0	78.2	1739.9
Turkey, young tom, light meat, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	136	38.7	0	10.5	259.8
Turkey, young tom, light meat, meat and skin, cooked, roasted	0.5 turkey, bone removed	1566	446	0	120.6	2991.1
Turkey, young tom, light meat, meat and skin, raw	1 unit (yield from 1 lb turkey)	185	40	0	13	288.6
Turkey, young tom, light meat, meat and skin, raw	0.5 turkey, bone removed	2137	462.2	0	150.4	3333.7
Turkey, young tom, light meat, meat only, cooked, roasted	1 unit (yield from 1 lb turkey)	117	35	0	3.4	180.2
Turkey, young tom, light meat, meat only, cooked, roasted	1 cup, chopped or diced	140	41.8	0	4.1	215.6
Turkey, young tom, light meat, meat only, raw	1 unit (yield from 1 lb turkey)	154	36.1	0	2.4	175.6
Turkey, young tom, light meat, meat only, raw	0.5 turkey, bone and skin removed	1771	414.9	0	27.8	2018.9
Turkey, young tom, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	239	67.1	0	21.7	482.8
Turkey, young tom, meat and skin, cooked, roasted	0.5 turkey, bone removed	2750	772.5	0	249.2	5555
Turkey, young tom, meat and skin, raw	1 unit (yield from 1 lb turkey)	338	69.1	0	25.1	520.5
Turkey, young tom, meat and skin, raw	0.5 turkey, bone removed	3895	796.5	0	289.4	5998.3
Turkey, young tom, meat only, cooked, roasted	1 cup, chopped or diced	140	41.1	0	6.6	235.2
Turkey, young tom, meat only, cooked, roasted	1 unit (yield from 1 lb turkey)	206	60.5	0	9.6	346.1
Turkey, young tom, meat only, raw	1 unit (yield from 1 lb turkey)	286	62.1	0	7.7	334.6
Turkey, young tom, meat only, raw	0.5 turkey, bone and skin removed	3302	717.2	0	89.2	3863.3
Turkey, young tom, meat, skin, giblets, & neck, cooked, roasted	1 unit (yield from 1 lb turkey)	258	72.2	0.3	22.7	513.4
Turkey, young tom, meat, skin, giblets, & neck, cooked, roasted	1 turkey	5957	1666.2	6	524.8	11854.4
Turkey, young tom, meat, skin, giblets, & neck, raw	1 turkey	8399	1712.6	6.7	605.6	12766.5
Turkey, young tom, skin only, cooked, roasted	1 unit (yield from 1 lb turkey)	32	6.4	0	11.9	135
Turkey, young tom, skin only, cooked, roasted	0.5 turkey, skin only	374	75.3	0	139.3	1578.3
Turkey, young tom, skin only, raw	1 unit (yield from 1 lb turkey)	51	6.8	0	17.6	187.7
Turkey, young tom, skin only, raw	0.5 turkey, skin only	592	78.4	0	204.6	2178.6
Turkey, young tom, wing, meat and skin, cooked, roasted	1 unit (yield from 1 lb turkey)	21	5.8	0	2.4	46.4
Turkey, young tom, wing, meat and skin, cooked, roasted	1 wing, bone removed	237	65.1	0	27.3	523.8
Turkey, young tom, wing, meat and skin, raw	1 unit (yield from 1 lb turkey)	30	6.1	0	3.4	56.4
Turkey, young tom, wing, meat and skin, raw	1 wing, bone removed	348	71.2	0	39	654.2
Turmeric, ground	1 tsp	2.2	0.2	1.4	0.2	7.8
Turmeric, ground	1 tbs	6.8	0.5	4.4	0.7	24.1
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	1 cup	163	3.4	4.7	0.3	27.7
Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	0.5 cup	86	1.8	2.5	0.1	14.6
Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	1 cup	163	3.4	4.7	0.3	27.7
Turnip greens and turnips, frozen, unprepared	1 package (10 oz)	284	7	9.7	0.5	59.6
Turnip greens and turnips, frozen, unprepared	1 package (3 lb)	1361	33.5	46.3	2.6	285.8
Turnip greens, canned	0.5 cup	117	1.6	2.8	0.4	16.4
Turnip greens, canned	1 can, 15 oz (303 x 406)	425	5.8	10.3	1.3	59.5
Turnip greens, cooked, boiled, drained, with salt	1 cup, chopped	144	1.6	6.3	0.3	28.8
Turnip greens, cooked, boiled, drained, without salt	1 cup, chopped	144	1.6	6.3	0.3	28.8
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cup	82	2.7	4.1	0.3	24.6
Turnip greens, frozen, cooked, boiled, drained, with salt	1 package (10 oz) yields	220	7.4	11	0.9	66
Turnip greens, frozen, cooked, boiled, drained, without salt	1 cup	164	5.5	8.2	0.7	49.2
Turnip greens, frozen, cooked, boiled, drained, without salt	1 package (10 oz) yields	220	7.4	11	0.9	66
Turnip greens, frozen, unprepared	0.5 cup, chopped or diced	82	2	3	0.3	18
Turnip greens, frozen, unprepared	1 package (10 oz)	284	7	10.4	0.9	62.5
Turnip greens, raw	1 cup, chopped	55	0.8	3.2	0.2	14.9
Turnips, cooked, boiled, drained, with salt	1 cup, cubes	156	1.1	7.6	0.1	32.8
Turnips, cooked, boiled, drained, with salt	1 cup, mashed	230	1.6	11.3	0.2	48.3
Turnips, cooked, boiled, drained, without salt	1 cup, cubes	156	1.1	7.6	0.1	32.8
Turnips, cooked, boiled, drained, without salt	1 cup, mashed	230	1.6	11.3	0.2	48.3
Turnips, frozen, cooked, boiled, drained, with salt	1 cup	156	2.4	6.8	0.4	35.9
Turnips, frozen, cooked, boiled, drained, without salt	1 cup	156	2.4	6.8	0.4	35.9
Turnips, frozen, unprepared	0.333 package, mashed (10 oz)	94	1	2.8	0.2	15
Turnips, frozen, unprepared	1 package, mashed (10 oz)	284	3	8.3	0.5	45.4
Turnips, raw	1 slice	15	0.1	0.9	0	4.1
Turnips, raw	1 small	61	0.5	3.8	0.1	16.5



Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Turnips, raw	0.5 cup, cubes	65	0.6	4	0.1	17.6
Turnips, raw	1 medium	122	1.1	7.6	0.1	32.9
Turnips, raw	1 cup, cubes	130	1.2	8.1	0.1	35.1
Turnips, raw	1 large	183	1.6	11.4	0.2	49.4
Tyson Beef Stir Fry Kit: Cooked White Rice, Oriental Style Vegetables, Seasoned Beef Strips, Oriental Style Sauce, Frozen Entree, Product Code 5332-921	1 serving	405	25.8	70.8	5	433.4
Tyson Beef Stir Fry Kit: Cooked White Rice, Oriental Style Vegetables, Seasoned Beef Strips, Oriental Style Sauce, Frozen Entree, Product Code 5332-921	1 package yields	810	51.6	141.6	10	866.7
Tyson Chicken Fajita Kit, Frozen Entree, Product Code 2266-921	1 serving	107	8	17.4	3.3	129.5
Tyson Chicken Fajita Kit, Frozen Entree, Product Code 2266-921	1 package yields	756	56.6	122.8	23.2	914.8
Tyson Chicken Mesquite With Barbecue Sauce, Corn Medley And Potatoes Au Gratin, Frozen Meal, Product Code 5121-921	1 package yields	255	17.8	45	7.8	321.3
Tyson Chicken Mesquite With Barbecue Sauce, Corn Medley And Potatoes Au Gratin, Frozen Meal, Product Code 5121-921	1 serving	255	17.8	45	7.8	321.3
Tyson Roasted Chicken With Garlic Sauce, Pasta And Vegetable Medley, Frozen Entree, Product Code 5128-921	1 package yields	255	16.9	21.5	6.7	214.2
Tyson Roasted Chicken With Garlic Sauce, Pasta And Vegetable Medley, Frozen Entree, Product Code 5128-921	1 serving	255	16.9	21.5	6.7	214.2
Usda commodity, beef patties with vpp, frozen, cooked	1 patty	68	10.6	5.4	11.5	168
Usda commodity, beef, patties (100%), frozen, cooked	1 patty	64	14.7	0.6	10.5	159.4
Usda commodity, turkey ham, dark meat, smoked, frozen	1 oz	28.4	4.6	0.9	1.1	33.5
Usda commodity, turkey ham, dark meat, smoked, frozen	1 serving	28.4	4.6	0.9	1.1	33.5
Vanilla extract	1 tsp	4.2	0	0.5	0	12.1
Vanilla extract	1 tbspc	13	0	1.6	0	37.4
Vanilla extract	1 cup	208	0.1	26.3	0.1	599
Vanilla extract, imitation, alcohol	1 tsp	4.2	0	0.1	0	10
Vanilla extract, imitation, alcohol	1 tbspc	13	0	0.3	0	30.8
Vanilla extract, imitation, no alcohol	1 tsp	4.2	0	0.6	0	2.4
Vanilla extract, imitation, no alcohol	1 tbspc	13	0	1.9	0	7.3
Veal, brain, cooked, braised	3 oz	85	9.8	0	8.2	115.6
Veal, brain, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	339	38.9	0	32.6	461
Veal, brain, cooked, pan-fried	3 oz	85	12.3	0	14.2	181.1
Veal, brain, cooked, pan-fried	1 unit, cooked (yield from 1 lb raw meat)	330	47.8	0	55.3	702.9
Veal, brain, raw	1 oz	28.4	2.9	0	2.3	33.5
Veal, brain, raw	4 oz	113.4	11.7	0	9.3	133.8
Veal, breast, plate half, boneless, lean & fat, cooked, braised	3 oz	85	22	0	16.1	239.7
Veal, breast, plate half, boneless, lean & fat, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	291	75.5	0	55.1	820.6
Veal, breast, point half, boneless, lean & fat, cooked, braised	3 oz	85	24	0	12	210.8
Veal, breast, point half, boneless, lean & fat, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	274	77.4	0	38.8	679.5
Veal, breast, separable fat, cooked	1 oz	28.4	2.7	0	15.1	147.7
Veal, breast, whole, boneless, lean & fat, cooked, braised	3 oz	85	22.9	0	14.3	226.1
Veal, breast, whole, boneless, lean & fat, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	283	76.3	0	47.5	752.8
Veal, breast, whole, boneless, lean & fat, raw	1 oz	28.4	5	0	4.2	59
Veal, breast, whole, boneless, lean & fat, raw	1 lb	453.6	79.2	0	66.9	943.5
Veal, breast, whole, boneless, lean only, cooked, braised	3 oz	85	25.8	0	8.3	185.3
Veal, breast, whole, boneless, lean only, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	237	71.9	0	23.2	516.7
Veal, cubed for stew (leg and shoulder), lean only, cooked, braised	3 oz	85	29.7	0	3.7	159.8
Veal, cubed for stew (leg and shoulder), lean only, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	263	91.9	0	11.3	494.4
Veal, cubed for stew (leg and shoulder), lean only, raw	1 oz	28.4	5.7	0	0.7	30.9
Veal, cubed for stew (leg and shoulder), lean only, raw	1 lb	453.6	91.9	0	11.3	494.4
Veal, ground, cooked, broiled	3 oz	85	20.7	0	6.4	146.2
Veal, ground, cooked, broiled	1 unit, cooked (yield from 1 lb raw meat)	299	72.9	0	22.6	514.3
Veal, ground, raw	1 oz	28.4	5.5	0	1.9	40.8
Veal, ground, raw	4 oz	113	21.9	0	7.7	162.7
Veal, heart, cooked, braised	3 oz	85	24.8	0.1	5.7	158.1
Veal, heart, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	198	57.7	0.3	13.4	368.3
Veal, heart, raw	1 oz	28.4	4.9	0	1.1	31.2
Veal, heart, raw	4 oz	113.4	19.5	0.1	4.5	124.7
Veal, kidneys, cooked, braised	3 oz	85	22.4	0	4.8	138.6
Veal, kidneys, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	184	48.4	0	10.4	299.9
Veal, kidneys, raw	1 oz	28.4	4.5	0.2	0.9	28.1
Veal, kidneys, raw	4 oz	113.4	17.9	1	3.5	112.3
Veal, leg (top round), lean & fat, cooked, braised	3 oz	85	30.7	0	5.4	179.4
Veal, leg (top round), lean & fat, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	272	98.4	0	17.2	573.9
Veal, leg (top round), lean & fat, cooked, pan-fried, breaded	3 oz	85	23.2	8.4	7.8	193.8
Veal, leg (top round), lean & fat, cooked, pan-fried, breaded	1 unit, cooked (yield from 1 lb raw meat)	295	80.5	29.1	27.1	672.6
Veal, leg (top round), lean & fat, cooked, pan-fried, not breaded	3 oz	85	27	0	7.1	179.4
Veal, leg (top round), lean & fat, cooked, pan-fried, not breaded	1 unit, cooked (yield from 1 lb raw meat)	304	96.5	0	25.4	641.4
Veal, leg (top round), lean & fat, cooked, roasted	3 oz	85	23.5	0	4	136
Veal, leg (top round), lean & fat, cooked, roasted	1 unit, cooked (yield from 1 lb raw meat)	358	99.2	0	16.6	572.8

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Veal, leg (top round), lean & fat, raw	1 oz	28.4	5.9	0	0.9	33.2
Veal, leg (top round), lean & fat, raw	1 lb	453.6	95.2	0	14	530.7
Veal, leg (top round), lean only, cooked, braised	3 oz	85	31.2	0	4.3	172.6
Veal, leg (top round), lean only, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	267	98	0	13.6	542
Veal, leg (top round), lean only, cooked, pan-fried, breaded	3 oz	85	24.1	8.3	5.3	175.1
Veal, leg (top round), lean only, cooked, pan-fried, breaded	1 unit, cooked (yield from 1 lb raw meat)	295	83.8	28.9	18.5	607.7
Veal, leg (top round), lean only, cooked, pan-fried, not breaded	3 oz	85	28.2	0	3.9	155.6
Veal, leg (top round), lean only, cooked, pan-fried, not breaded	1 piece, cooked, (yield from 1 lb raw meat)	289	95.9	0	13.4	528.9
Veal, leg (top round), lean only, cooked, roasted	3 oz	85	23.9	0	2.9	127.5
Veal, leg (top round), lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	351	98.5	0	11.9	526.5
Veal, leg (top round), lean only, raw	1 oz	28.4	6	0	0.5	30.3
Veal, leg (top round), lean only, raw	1 lb	435.6	92.7	0	7.7	466.1
Veal, liver, cooked, braised	3 oz	85	18.4	2.3	5.9	140.3
Veal, liver, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	250	54.1	6.8	17.3	412.5
Veal, liver, cooked, pan-fried	3 oz	85	25.3	3.3	9.7	208.3
Veal, liver, cooked, pan-fried	1 unit, cooked (yield from 1 lb raw meat)	272	81	10.7	31	666.4
Veal, liver, raw	1 oz	28.4	5.1	1.3	1.2	38
Veal, liver, raw	4 oz	113.4	20.3	5.2	5	152
Veal, loin, lean & fat, cooked, braised	1 chop, (yield from 1 raw chop., weighing 195 g)	80	24.2	0	13.8	227.2
Veal, loin, lean & fat, cooked, braised	3 oz	85	25.7	0	14.6	241.4
Veal, loin, lean & fat, cooked, roasted	3 oz	85	21.1	0	10.5	184.5
Veal, loin, lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	229	56.8	0	28.2	496.9
Veal, loin, lean & fat, raw	1 oz	28.4	5.4	0	2.6	46.2
Veal, loin, lean & fat, raw	1 chop, (yield from 1 raw chop., weighing 195 g)	125	23.6	0	11.4	203.8
Veal, loin, lean only, cooked, braised	1 chop, (yield from 1 raw chop., weighing 195 g)	69	23.2	0	6.3	155.9
Veal, loin, lean only, cooked, braised	3 oz	85	28.5	0	7.8	192.1
Veal, loin, lean only, cooked, roasted	3 oz	85	22.4	0	5.9	148.8
Veal, loin, lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	208	54.7	0	14.4	364
Veal, loin, lean only, raw	1 oz	28.4	5.7	0	0.9	32.9
Veal, loin, lean only, raw	1 chop, (yield from 1 raw chop., weighing 195 g)	113	22.8	0	3.8	131.1
Veal, lungs, cooked, braised	3 oz	85	15.9	0	2.2	88.4
Veal, lungs, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	300	56.2	0	7.9	312
Veal, lungs, raw	1 oz	28.4	4.6	0	0.7	25.5
Veal, lungs, raw	4 oz	113.4	18.5	0	2.6	102.1
Veal, pancreas, cooked, braised	3 oz	85	24.7	0	12.4	217.6
Veal, pancreas, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	240	69.8	0	35	614.4
Veal, pancreas, raw	1 oz	28.4	4.3	0	3.7	51.6
Veal, pancreas, raw	4 oz	113.4	17	0	14.9	206.4
Veal, rib, lean & fat, cooked, braised	3 oz	85	27.6	0	10.7	213.4
Veal, rib, lean & fat, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	177	57.4	0	22.2	444.3
Veal, rib, lean & fat, cooked, roasted	3 oz	85	20.4	0	11.9	193.8
Veal, rib, lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	240	57.5	0	33.5	547.2
Veal, rib, lean & fat, raw	1 oz	28.4	5.3	0	2.6	45.9
Veal, rib, lean & fat, raw	1 lb	453.6	85.5	0	40.9	734.8
Veal, rib, lean only, cooked, braised	3 oz	85	29.3	0	6.6	185.3
Veal, rib, lean only, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	163	56.1	0	12.7	355.3
Veal, rib, lean only, cooked, roasted	3 oz	85	21.9	0	6.3	150.5
Veal, rib, lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	215	55.4	0	16	380.6
Veal, rib, lean only, raw	1 oz	28.4	5.7	0	1.1	34
Veal, rib, lean only, raw	1 lb	453.6	90.6	0	17.6	544.3
Veal, shank (fore and hind), lean & fat, cooked, braised	3 oz	85	26.8	0	5.3	162.4
Veal, shank (fore and hind), lean & fat, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	194	61.2	0	12	370.5
Veal, shank (fore and hind), lean & fat, raw	1 oz	28.4	5.4	0	1	32
Veal, shank (fore and hind), lean & fat, raw	1 lb	453.6	86.9	0	15.8	512.6
Veal, shank (fore and hind), lean only, cooked, braised	3 oz	85	27.4	0	3.7	150.5
Veal, shank (fore and hind), lean only, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	223	71.9	0	9.7	394.7
Veal, shank (fore and hind), lean only, raw	1 oz	28.4	5.5	0	0.8	30.6
Veal, shank (fore and hind), lean only, raw	1 lb	453.6	87.5	0	12.8	489.9
Veal, shoulder, arm, lean & fat, cooked, braised	3 oz	85	28.6	0	8.7	200.6
Veal, shoulder, arm, lean & fat, cooked, braised	1 steak, (yield from 1 raw steak., weighing 385 g)	173	58.2	0	17.7	408.3
Veal, shoulder, arm, lean & fat, cooked, roasted	3 oz	85	21.6	0	7	155.6
Veal, shoulder, arm, lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	283	72.1	0	23.3	517.9
Veal, shoulder, arm, lean & fat, raw	1 oz	28.4	5.5	0	1.5	37.4
Veal, shoulder, arm, lean & fat, raw	1 steak, (yield from 1 raw steak., weighing 385 g)	304	58.8	0	16.5	401.3

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Veal, shoulder, arm, lean only, cooked, braised	3 oz	85	30.4	0	4.5	170.9
Veal, shoulder, arm, lean only, cooked, braised	1 steak, (yield from 1 raw steak., weighing 385 g)	160	57.2	0	8.5	321.6
Veal, shoulder, arm, lean only, cooked, roasted	3 oz	85	22.2	0	4.9	139.4
Veal, shoulder, arm, lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	272	71.1	0	15.8	446.1
Veal, shoulder, arm, lean only, raw	1 oz	28.4	5.7	0	0.6	29.8
Veal, shoulder, arm, lean only, raw	1 steak, (yield from 1 raw steak., weighing 385 g)	289	57.9	0	6.2	303.5
Veal, shoulder, blade, lean & fat, cooked, braised	3 oz	85	26.6	0	8.6	191.3
Veal, shoulder, blade, lean & fat, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	186	58.1	0	18.8	418.5
Veal, shoulder, blade, lean & fat, cooked, roasted	3 oz	85	21.4	0	7.4	158.1
Veal, shoulder, blade, lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	244	61.4	0	21.2	453.8
Veal, shoulder, blade, lean & fat, raw	1 oz	28.4	5.5	0	1.5	36.6
Veal, shoulder, blade, lean & fat, raw	1 lb	453.6	87.2	0	23.6	585.1
Veal, shoulder, blade, lean only, cooked, braised	3 oz	85	27.8	0	5.5	168.3
Veal, shoulder, blade, lean only, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	174	56.8	0	11.3	344.5
Veal, shoulder, blade, lean only, cooked, roasted	3 oz	85	21.8	0	5.8	145.4
Veal, shoulder, blade, lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	236	60.5	0	16.2	403.6
Veal, shoulder, blade, lean only, raw	1 oz	28.4	5.6	0	0.9	32
Veal, shoulder, blade, lean only, raw	1 lb	453.6	89.1	0	14.8	512.6
Veal, shoulder, whole (arm and blade), lean & fat, cooked, braised	3 oz	85	27.3	0	8.6	193.8
Veal, shoulder, whole (arm and blade), lean & fat, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	191	61.2	0	19.4	435.5
Veal, shoulder, whole (arm and blade), lean & fat, cooked, roasted	3 oz	85	21.5	0	7.2	156.4
Veal, shoulder, whole (arm and blade), lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	258	65.3	0	21.7	474.7
Veal, shoulder, whole (arm and blade), lean & fat, raw	1 oz	28.4	5.5	0	1.5	36.9
Veal, shoulder, whole (arm and blade), lean & fat, raw	1 lb	453.6	87.4	0	24	589.7
Veal, shoulder, whole (arm and blade), lean only, cooked, braised	3 oz	85	28.6	0	5.2	169.2
Veal, shoulder, whole (arm and blade), lean only, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	182	61.3	0	11.1	362.2
Veal, shoulder, whole (arm and blade), lean only, cooked, roasted	3 oz	85	21.9	0	5.6	144.5
Veal, shoulder, whole (arm and blade), lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	251	64.8	0	16.6	426.7
Veal, shoulder, whole (arm and blade), lean only, raw	1 oz	28.4	5.6	0	0.9	31.8
Veal, shoulder, whole (arm and blade), lean only, raw	1 lb	453.6	89.8	0	13.6	508
Veal, sirloin, lean & fat, cooked, braised	3 oz	85	26.6	0	11.2	214.2
Veal, sirloin, lean & fat, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	205	64.1	0	26.9	516.6
Veal, sirloin, lean & fat, cooked, roasted	3 oz	85	21.4	0	8.9	171.7
Veal, sirloin, lean & fat, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	269	67.6	0	28.1	543.4
Veal, sirloin, lean & fat, raw	1 oz	28.4	5.4	0	2.2	43.1
Veal, sirloin, lean & fat, raw	1 lb	453.6	86.5	0	35.4	689.5
Veal, sirloin, lean only, cooked, braised	3 oz	85	28.9	0	5.5	173.4
Veal, sirloin, lean only, cooked, braised	1 piece, cooked, (yield from 1 lb raw meat)	183	62.1	0	11.9	373.3
Veal, sirloin, lean only, cooked, roasted	3 oz	85	22.4	0	5.3	142.8
Veal, sirloin, lean only, cooked, roasted	1 piece, cooked, (yield from 1 lb raw meat)	251	66.1	0	15.6	421.7
Veal, sirloin, lean only, raw	1 oz	28.4	5.7	0	0.7	31.2
Veal, sirloin, lean only, raw	1 lb	453.6	91.6	0	11.7	499
Veal, spleen, cooked, braised	3 oz	85	20.5	0	2.5	109.7
Veal, spleen, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	345	83.1	0	10	445.1
Veal, spleen, raw	1 oz	28.4	5.2	0	0.6	27.8
Veal, spleen, raw	4 oz	113.4	20.8	0	2.5	111.1
Veal, thymus, cooked, braised	3 oz	85	26.8	0	3.6	147.9
Veal, thymus, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	259	81.8	0	11.1	450.7
Veal, thymus, raw	1 oz	28.4	5.1	0	0.7	28.1
Veal, thymus, raw	4 oz	113.4	20.4	0	2.8	112.3
Veal, tongue, cooked, braised	3 oz	85	22	0	8.6	171.7
Veal, tongue, cooked, braised	1 unit, cooked (yield from 1 lb raw meat)	255	65.9	0	25.8	515.1
Veal, tongue, raw	1 oz	28.4	4.9	0.5	1.6	37.1
Veal, tongue, raw	4 oz	113.4	19.5	2.2	6.2	148.6
Veal, trimmed retail cuts, lean & fat, cooked	3 oz	85	25.6	0	9.7	196.4
Veal, trimmed retail cuts, lean & fat, cooked	1 piece, cooked, (yield from 1 lb raw meat)	209	62.9	0	23.8	482.8
Veal, trimmed retail cuts, lean & fat, raw	1 oz	28.4	5.5	0	1.9	40.8
Veal, trimmed retail cuts, lean & fat, raw	1 lb	453.6	87.8	0	30.7	653.2
Veal, trimmed retail cuts, lean only, cooked	3 oz	85	27.1	0	5.6	166.6
Veal, trimmed retail cuts, lean only, cooked	1 piece, cooked, (yield from 1 lb raw meat)	192	61.2	0	12.6	376.3
Veal, trimmed retail cuts, lean only, raw	1 oz	28.4	5.7	0	0.8	31.8
Veal, trimmed retail cuts, lean only, raw	1 lb	453.6	91.6	0	13	508
Veal, trimmed retail cuts, separable fat, cooked	3 oz	85	8	0	56.7	545.7
Veal, trimmed retail cuts, separable fat, cooked	1 unit, cooked (yield from 1 lb raw meat)	290	27.3	0	193.5	1861.8

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Veal, trimmed retail cuts, separable fat, raw	1 oz	28.4	1.7	0	19.2	180.9
Veal, trimmed retail cuts, separable fat, raw	1 lb	453.6	27.3	0	307.7	2894
Vegetable juice cocktail, canned	6 fl oz	182	1.1	8.3	0.2	34.6
Vegetable juice cocktail, canned	1 cup	242	1.5	11	0.2	46
Vegetable oil, avocado	1 1tsp	4.5	0	0	4.5	39.8
Vegetable oil, avocado	1 tbs	14	0	0	14	123.8
Vegetable oil, avocado	1 cup	218	0	0	218	1927.1
Vegetable oil, canola	1 1tsp	4.5	0	0	4.5	39.8
Vegetable oil, canola	1 tbs	14	0	0	14	123.8
Vegetable oil, canola	1 cup	218	0	0	218	1927.1
Vegetable oil, coconut	1 1tsp	4.5	0	0	4.5	38.8
Vegetable oil, coconut	1 tbs	13.6	0	0	13.6	117.2
Vegetable oil, coconut	1 cup	218	0	0	218	1879.2
Vegetable oil, mustard	1 1tsp	4.5	0	0	4.5	39.8
Vegetable oil, mustard	1 tbs	14	0	0	14	123.8
Vegetable oil, mustard	1 cup	218	0	0	218	1927.1
Vegetable oil, oat	1 1tsp	4.5	0	0	4.5	39.8
Vegetable oil, oat	1 tbs	13.6	0	0	13.6	120.2
Vegetable oil, oat	1 cup	218	0	0	218	1927.1
Vegetable oil, palm kernel	1 tbs	13.6	0	0	13.6	117.2
Vegetable oil, palm kernel	2 tbs (1/8 cup)	27.2	0	0	27.2	234.5
Vegetable oil, palm kernel	1 cup	218	0	0	218	1879.2
Vegetable oil, soybean lecithin	1 1tsp	4.5	0	0	4.5	34.3
Vegetable oil, soybean lecithin	1 tbs	13.6	0	0	13.6	103.8
Vegetable oil, soybean lecithin	1 cup	218	0	0	218	1663.3
Vegetable oil, sunflower, oleic (70% and over)	1 1tsp	4.5	0	0	4.5	39.8
Vegetable oil, sunflower, oleic (70% and over)	1 tbs	14	0	0	14	123.8
Vegetable oil, sunflower, oleic (70% and over)	1 cup	218	0	0	218	1927.1
Vegetables, mixed, canned	1 cup	245	3.5	17.4	0.6	88.2
Vegetables, mixed, canned, drained solids	1 cup	163	4.2	15.1	0.4	76.6
Vegetables, mixed, frozen, cooked, boiled, drained, with salt	0.5 cup	91	2.6	11.9	0.1	53.7
Vegetables, mixed, frozen, cooked, boiled, drained, with salt	1 package (10 oz) yields	275	7.9	36	0.4	162.3
Vegetables, mixed, frozen, cooked, boiled, drained, without salt	0.5 cup	91	2.6	11.9	0.1	53.7
Vegetables, mixed, frozen, cooked, boiled, drained, without salt	1 package (10 oz) yields	275	7.9	36	0.4	162.3
Vegetables, mixed, frozen, unprepared	1 package (10 oz)	284	9.5	38.2	1.5	181.8
Vegetables, mixed, frozen, unprepared	1 pack (2-1/2 lb)	1134	37.8	152.6	5.9	725.8
Vienna sausage, canned, beef and pork	1 sausage (7/8" dia x 2" long)	16	1.6	0.3	4	44.6
Vienna sausage, canned, beef and pork	7 sausages (drained contents from can, net wt 4 oz)	113	11.6	2.3	28.5	315.3
Vinegar, cider	1 tbs	15	0	0.9	0	2.1
Vinegar, cider	1 cup	240	0	14.2	0	33.6
Waffles	1 oz	28.4	1.6	24.5	1.2	114.8
Waffles	1 cup	30	1.7	25.9	1.3	121.5
Waffles, plain, frozen, ready-to-heat (includes buttermilk)	1 oz	28.4	1.7	10.9	2.2	71.2
Waffles, plain, frozen, ready-to-heat (includes buttermilk)	1 waffle, square (4" square) (include frozen)	35	2.1	13.5	2.7	87.9
Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	1 oz	28.4	1.8	11.5	2.3	74.8
Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	1 waffle, round (4" dia) (include frozen)	33	2	13.4	2.7	87.1
Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	1 waffle, square (4" square) (include frozen)	33	2	13.4	2.7	87.1
Waffles, plain, prepared from recipe	1 oz	28.4	2.2	9.3	4	82.5
Waffles, plain, prepared from recipe	1 waffle, round (7" dia)	75	5.9	24.7	10.6	218.3
Walnuts, black, dried	1 tbs	7.8	1.9	0.9	4.4	47.3
Walnuts, black, dried	1 oz	28.4	6.9	3.4	16	172.1
Walnuts, black, dried	1 cup, chopped	125	30.4	15.1	70.7	758.8
Walnuts, english	1 cup, in shell, edible yield (7 nuts)	28	4.3	3.8	18.3	183.1
Walnuts, english	1 oz (14 halves)	28.4	4.3	3.9	18.5	185.4
Walnuts, english	1 cup, ground	80	12.2	11	52.2	523.2
Walnuts, english	1 cup shelled (50 halves)	100	15.2	13.7	65.2	654
Walnuts, english	1 cup pieces or chips	120	18.3	16.5	78.3	784.8
Walnuts, english	1 cup, chopped	120	18.3	16.5	78.3	784.8
Wasabi, root, raw	1 cup, sliced	130	6.2	30.6	0.8	141.7
Wasabi, root, raw	1 root	169	8.1	39.8	1.1	184.2
Water, bottled, perrier	1 fl oz	29.6	0	0	0	0
Water, bottled, perrier	1 bottle (6.5 fl oz)	192	0	0	0	0
Water, bottled, perrier	1 cup (8 fl oz)	237	0	0	0	0
Water, bottled, poland spring	1 cup (8 fl oz)	237	0	0	0	0

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Water, municipal	1 fl oz	29.6	0	0	0	0
Water, municipal	3 ice cube (3/4 fl oz)	64	0	0	0	0
Water, municipal	1 cup (8 fl oz)	237	0	0	0	0
Waterchestnuts, chinese, (matai), raw	4 waterchestnuts	36	0.5	8.6	0	34.9
Waterchestnuts, chinese, (matai), raw	0.5 cup slices	62	0.9	14.8	0.1	60.1
Waterchestnuts, chinese, canned	4 waterchestnuts	28	0.2	3.5	0	14
Waterchestnuts, chinese, canned	0.5 cup slices	70	0.6	8.7	0	35
Watercress, raw	1 sprig	2.5	0.1	0	0	0.3
Watercress, raw	10 sprigs	25	0.6	0.3	0	2.8
Watercress, raw	1 cup, chopped	34	0.8	0.4	0	3.7
Watermelon seed kernels, dried	1 oz	28.4	8	4.3	13.4	157.9
Watermelon seed kernels, dried	1 cup	108	30.6	16.5	51.2	601.6
Watermelon, raw	10 watermelon balls	122	0.8	8.8	0.5	39
Watermelon, raw	1 cup, diced	152	0.9	10.9	0.7	48.6
Watermelon, raw	1 cup, balls	154	1	11.1	0.7	49.3
Watermelon, raw	1 wedge (approx 1/16 of melon)	286	1.8	20.5	1.2	91.5
Watermelon, raw	1 melon (15" long x 7-1/2" dia)	4518	28	324.4	19.4	1445.8
Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	1 cup, cubes	175	0.7	5.3	0.4	22.8
Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	1 cup, cubes	175	0.7	5.3	0.4	22.8
Waxgourd, (chinese preserving melon), raw	1 cup, cubes	132	0.5	4	0.3	17.2
Waxgourd, (chinese preserving melon), raw	1 waxgourd	5700	22.8	171	11.4	741
Weight Watchers Chicken Enchilada Suiza, Sour Cream Sauce With Cheese, Frozen Entree	1 package yields	255	16.1	33.2	9.7	283.1
Weight Watchers Chicken Enchilada Suiza, Sour Cream Sauce With Cheese, Frozen Entree	1 serving	255	16.1	33.2	9.7	283.1
Weight Watchers Chocolate Eclairs, Frozen	1 ?clair, frozen	59	2.4	23.5	4.1	140.4
Weight Watchers Macaroni & Beef In Tomato Sauce, Frozen Entree	1 package yields	269	15.6	44.7	4.6	282.5
Weight Watchers Macaroni & Beef In Tomato Sauce, Frozen Entree	1 serving	269	15.6	44.7	4.6	282.5
Weight Watchers On-the-go Chicken, Broccoli And Cheddar Pocket Sandwich, Frozen	1 package yields	141	13.4	39.6	6.1	266.5
Weight Watchers On-the-go Chicken, Broccoli And Cheddar Pocket Sandwich, Frozen	1 serving	141	13.4	39.6	6.1	266.5
Weight Watchers Smart Ones Roast Turkey Medallions And Mushrooms In Sauce With Rice And Vegetables, Frozen Meal	1 package yields	240	15.1	34.6	1.7	213.6
Weight Watchers Smart Ones Roast Turkey Medallions And Mushrooms In Sauce With Rice And Vegetables, Frozen Meal	1 serving	240	15.1	34.6	1.7	213.6
Weight Watchers Ultimate 200 Barbecue Glazed Chicken And Sauce With Mixed Vegetables, Frozen Entree	1 package yields	209	18.8	25.9	4.4	217.4
Weight Watchers Ultimate 200 Barbecue Glazed Chicken And Sauce With Mixed Vegetables, Frozen Entree	1 serving	209	18.8	25.9	4.4	217.4
Wendy's Bacon & Cheese Baked Potato	1		16	78	17	530
Wendy's Barbecue Sauce	1		1	10	0	45
Wendy's Big Bacon Classic	1 Sandwich		34	46	30	580
Wendy's Blue Cheese	1 pkt.		2	3	30	290
Wendy's Broccoli & Cheese Baked Potato	1		9	80	14	470
Wendy's Caesar Dressing	1 pkt.		1	1	16	150
Wendy's Caesar Side Salad	1 ea.		7	2	4	70
Wendy's Chicken BLT Salad	1 ea.		33	10	16	310
Wendy's Chicken Breast Fillet Sandwich	1 Sandwich		27	46	16	430
Wendy's Chicken Club Sandwich	1 Sandwich		30	47	20	470
Wendy's Chili (large)	1 order		23	32	10	310
Wendy's Chili (small)	1 order		15	21	7	210
Wendy's Classic Single w/ Everything	1 Sandwich		25	37	19	410
Wendy's Cola Soft Drink	1		0	36	0	130
Wendy's Creamy Ranch	1 pkt.		1	5	25	250
Wendy's Crispy Chicken Nuggets (4)	1 order		9	9	13	190
Wendy's Crispy Chicken Nuggets (5)	1 order		11	11	16	230
Wendy's Crispy Rice Noodles	1 pkt.		1	10	2	60
Wendy's Diet Cola Soft Drink	1		0	0	0	0
Wendy's Fat Free French Style	1 pkt.		0	21	0	90
Wendy's French Fries (biggie)	1 order		7	61	23	470
Wendy's French Fries (great biggie)	1 order		8	73	27	570
Wendy's French Fries (kids)	1 order		4	35	13	270
Wendy's French Fries (medium)	1 order		6	55	20	420
Wendy's Frosty (junior)	1		4	26	4	170
Wendy's Frosty (medium)	1		11	73	11	440
Wendy's Frosty (small)	1		8	56	8	330
Wendy's Grilled Chicken Sandwich	1 Sandwich		24	36	7	300
Wendy's Homestyle Garlic Croutons	1 pkt.		1	9	2.5	70
Wendy's Homestyle Garlic Croutons	1 pkt.		1	9	2.5	70
Wendy's Honey Mustard Dressing	1 pkt.		1	12	29	310
Wendy's Honey Mustard Sauce	1		0	6	12	130

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Wendy's Honey Roasted Pecans	1 pkt.		2	5	13	130
Wendy's House Vinaigrette Dressing	1 pkt.		0	9	20	220
Wendy's Jr. Bacon Cheeseburger	1 Sandwich		20	34	19	380
Wendy's Jr. Cheeseburger	1 Sandwich		17	34	12	310
Wendy's Jr. Cheeseburger Deluxe	1 Sandwich		18	36	16	350
Wendy's Jr. Hamburger	1 Sandwich		14	34	9	270
Wendy's Lemon-Lime Soft Drink	1		0	34	0	130
Wendy's Low Fat Honey Mustard	1 pkt.		0	23	3.5	120
Wendy's Mandarin Chicken™ Salad	1 ea.		20	17	1.5	150
Wendy's Oriental Sesame Dressing	1 pkt.		2	21	21	280
Wendy's Plain Baked Potato	1		7	72	0	310
Wendy's Reduced Fat Creamy Ranch	1 pkt.		1	7	9	110
Wendy's Roasted Almonds	1 pkt.		4	4	12	130
Wendy's Salsa	1 ea.		1	6	0	30
Wendy's Saline Crackers	1 pkg.		1	4	0.5	25
Wendy's Shredded Cheddar Cheese	1 order		4	1	6	70
Wendy's Side Salad	1 ea.		2	7	0	35
Wendy's Sour Cream	1 pkt.		1	1	6	60
Wendy's Sour Cream & Chive Baked Potato	1		7	72	5	370
Wendy's Spicy Chicken Sandwich	1 Sandwich		28	43	14	410
Wendy's Spring Mix Salad	1 ea.		11	12	11	180
Wendy's Sweet and Sour Sauce	1		0	12	0	50
Wendy's Taco Chips	1 pkt.		3	25	11	220
Wendy's Taco Supremo Salad	1 ea.		27	29	17	360
Wendy's Whipped Margarine	1		0	0	7	70
Whataburger Bacon (2 slices)	1 order		6	1	5	75
Whataburger Beef Fajita Taco	1 Sandwich		21	30	13	324
Whataburger Biscuit w/ Bacon	1 Sandwich		11	34	20	365
Whataburger Biscuit w/ Bacon, Egg, & Cheese	1 Sandwich		21	35	29	491
Whataburger Biscuit w/ Egg & Cheese	1 Sandwich		14	34	24	416
Whataburger Biscuit w/ Sausage	1 Sandwich		16	34	34	503
Whataburger Biscuit w/ Sausage Gravy	1 Sandwich		8	48	32	479
Whataburger Biscuit w/ Sausage, Egg, & Cheese	1 Sandwich		25	34	43	629
Whataburger Breakfast-On-A-Bun w/ Bacon	1 Sandwich		18	29	16	322
Whataburger Breakfast-On-A-Bun w/ Sausage	1 Sandwich		23	29	30	460
Whataburger Cherry Coke (medium)	1		0	68	0	353.6
Whataburger Chicken Strips (2)	1 order		18	22	24	380
Whataburger Chocolate Chunk Cookie	1		3	35	8	140
Whataburger Chocolate Shake (medium)	1		19.5	145.7	24.8	904.8
Whataburger Chocolate Shake (small)	1		13.1	100.2	16.7	616.2
Whataburger Cinnamon Roll	1		25	17	6	430
Whataburger Coca-Cola Classic (medium)	1		0	65.6	0	240
Whataburger Coffee (small)	1		0	0	0	5
Whataburger Diet Coke (medium)	1		0	0	0	0
Whataburger Double Meat Whataburger	1 Sandwich		51	53	46	836
Whataburger Dr Pepper (medium)	1		0	63.1	0	218.5
Whataburger Egg Omelet Sandwich	1 Sandwich		15	28	15	292
Whataburger Fanta Strawberry (medium)	1		0	70.4	0	264.7
Whataburger French Fries (junior)	1		3	37	14	240
Whataburger French Fries (large)	1		7	69	29	560
Whataburger French Fries (regular)	1		5	51	21	420
Whataburger Garden Salad	1		3	11	0	56
Whataburger Garden Salad w/ Cheddar Cheese	1		13	11	15	225
Whataburger Grilled Chicken Fajita Taco	1 Sandwich		28	37	9	333
Whataburger Grilled Chicken Salad	1		25	19	5	216
Whataburger Grilled Chicken Salad w/ Cheddar Cheese	1		35	19	19	385
Whataburger Grilled Chicken Sandwich	1 Sandwich		31	49	18	453
Whataburger Hash Brown Sticks (4)	1 order		0	16	8	140
Whataburger Hot Apple Pie	1		2	34	12	250
Whataburger IBC Rootbeer (medium)	1		0	70.4	0	267.2
Whataburger Justaburger	1 Sandwich		16	27	12	295
Whataburger Lipton Iced Tea (medium)	1		0	0	0	0
Whataburger Low Fat Ranch Dressing	1		2	10	4	70
Whataburger Low Fat Vinaigrette Dressing	1		0	6	2	35

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Whataburger Milk (2% fat)	1		8	11	5	120
Whataburger Minute Maid Lemonade (medium)	1		0	63.1	0	235.5
Whataburger Minute Maid Orange Soda (medium)	1		0	70.4	0	257
Whataburger Onion Rings (large)	1		6	54	26	464
Whataburger Onion Rings (regular)	1		4	36	17	307
Whataburger Pancakes (3)	1 order		9	57	3	300
Whataburger Pancakes (3) w/ Bacon (2 slices)	1 order		16	58	8	375
Whataburger Pancakes (3) w/ Sausage Patty	1 order		20	57	22	513
Whataburger Plain Biscuit	1 order		5	33	15	290
Whataburger Ranch Dressing	1		1	3	33	310
Whataburger Sausage	1 order		11	0	18	212
Whataburger Scrambled Eggs (2)	1 order		13	2	11	162
Whataburger Sprite (medium)	1		0	63	0	235.5
Whataburger Strawberry Shake (medium)	1		18.1	114.3	24.1	782.4
Whataburger Strawberry Shake (small)	1		12.1	101	16.1	619.6
Whataburger Taquito, Bacon & Egg	1 Sandwich		20	28	20	377
Whataburger Taquito, Chorizo & Egg	1 Sandwich		15	27	19	344
Whataburger Taquito, Potato & Egg	1 Sandwich		14	35	19	372
Whataburger Taquito, Sausage & Egg	1 Sandwich		17	28	22	382
Whataburger Thousand Island Dressing	1		0	12	12	160
Whataburger Tropicana Pure Premium Orange Juice	1		2	33	0	140
Whataburger Vanilla Shake (medium)	1		19.3	121.9	25.7	834.2
Whataburger Vanilla Shake (small)	1		12.9	81.7	17.2	559.1
Whataburger Whataburger	1 Sandwich		31	53	29	596
Whataburger Whataburger Jr.	1 Sandwich		17	29	15	305
Whataburger Whatacatch	1 Sandwich		18	44	33	459
Whataburger Whatachick N	1 Sandwich		28	56	30	580
Whataburger White Chocolate Macadamia Nut Cookie	1		3	31	12	240
Wheat bran, crude	1 cup	58	9	37.4	2.5	125.3
Wheat Chex	1 cup	30	3.2	24.2	0.7	103.8
Wheat flour, white, all-purpose, enriched, bleached	1 cup	125	12.9	95.4	1.2	455
Wheat flour, white, all-purpose, enriched, calcium-fortified	1 cup	125	12.9	95.4	1.2	455
Wheat flour, white, all-purpose, enriched, unbleached	1 cup	125	12.9	95.4	1.2	455
Wheat flour, white, all-purpose, self-rising, enriched	1 cup	125	12.4	92.8	1.2	442.5
Wheat flour, white, all-purpose, unenriched	1 cup	125	12.9	95.4	1.2	455
Wheat flour, white, bread, enriched	1 cup	137	16.4	99.4	2.3	494.6
Wheat flour, white, cake, enriched	1 cup unsifted, dipped	137	11.2	106.9	1.2	495.9
Wheat flour, white, tortilla mix, enriched	1 cup	111	10.7	74.5	11.8	449.6
Wheat flour, whole-grain	1 cup	120	16.4	87.1	2.2	406.8
Wheat germ, crude	1 cup	115	26.6	59.6	11.2	414
Wheat germ, toasted, plain	1 oz	28.4	8.2	14.1	3	108.3
Wheat germ, toasted, plain	1 cup	113	32.9	56	12.1	431.7
Wheat, durum	1 cup	192	26.3	136.6	4.7	650.9
Wheat, hard red spring	1 cup	192	29.6	130.6	3.7	631.7
Wheat, hard red winter	1 cup	192	24.2	136.7	3	627.8
Wheat, hard white	1 cup	192	21.7	145.7	3.3	656.6
Wheat, soft red winter	1 cup	168	17.4	124.7	2.6	556.1
Wheat, soft white	1 cup	168	18	126.6	3.3	571.2
Wheat, sprouted	1 cup	108	8.1	45.9	1.4	213.8
Wheatena, cooked with water	0.75 cup	182	3.6	21.5	0.9	101.9
Wheatena, cooked with water	1 cup	243	4.9	28.7	1.2	136.1
Wheatena, cooked with water, with salt	0.75 cup	182	3.6	21.5	0.9	101.9
Wheatena, cooked with water, with salt	1 cup	243	4.9	28.7	1.2	136.1
Wheatena, dry	0.25 cup	35	4.6	26.5	1	125
Wheatena, dry	1 cup	141	18.5	106.6	4.1	503.4
Wheaties	1 cup	30	3.2	23.8	0.9	110.1
Wheat, unspecified, cooked, moist heat	3 oz	85	40.5	13.2	0.7	233.8
Wheat, unspecified, raw	3 oz	85	20.3	6.6	0.3	116.5
Whey, acid	1 cup	246	1.9	12.6	0.2	59
Whey, acid	1 quart	984	7.5	50.4	0.9	236.2
Whey, acid, dried	1 tbsp	2.9	0.3	2.1	0	9.8
Whey, acid, dried	1 cup	57	6.7	41.9	0.3	193.2
Whey, sweet	1 cup	246	2.1	12.6	0.9	66.4
Whey, sweet	1 quart	984	8.4	50.6	3.5	265.7

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Whey, sweet, dried	1 tbsp	7.5	1	5.6	0.1	26.5
Whey, sweet, dried	1 cup	145	18.7	108	1.6	511.9
Whiskey sour mix, bottled, with added potassium and sodium	1 fl oz	32.3	0	6.9	0	27.1
Whiskey sour mix, bottled, with added potassium and sodium	2 fl oz	64.6	0.1	13.8	0.1	54.3
Whiskey sour mix, bottled, without added potassium and sodium	1 fl oz	30.9	0	6.6	0	26
Whiskey sour mix, bottled, without added potassium and sodium	2 fl oz	64.6	0.1	13.8	0.1	54.3
Whiskey sour mix, powder	1 packet	16.7	0.1	16.2	0	64
Whiskey sour, canned	1 fl oz	30.8	0	4.1	0	36.7
Whiskey sour, canned	1 can (6.8 fl oz, 200 ml)	209	0	28	0	248.7
Whiskey sour, prepared from item 14028	1 fl oz	30.4	0	4	0	45.3
Whiskey sour, prepared from item 14028	1 portion (2 oz mix + 1.5 oz whiskey)	106	0	13.9	0	157.9
Whiskey sour, prepared from item 14530	1 fl oz	30.4	0	4	0	45.3
Whiskey sour, prepared from item 14530	2 fl oz	64.6	0	8.5	0	96.3
Whiskey sour, prepared from item 14530	1 portion (2 oz mix + 1.5 oz whiskey)	106	0	13.9	0	157.9
Whiskey sour, prepared with water, whiskey and powder mix	1 fl oz	29.4	0	4.7	0	48.2
Whiskey sour, prepared with water, whiskey and powder mix	1 packet, prepared	103	0.1	16.4	0	168.9
White Castle Bacon Cheeseburger	1 Sandwich		10	12	13	200
White Castle Breakfast Sandwich	1 Sandwich		14	17	25	340
White Castle Cheese Sticks	1 order		25	32	28	491
White Castle Cheeseburger	1 Sandwich		7	11	9	160
White Castle Chicken Ring Sandwich	1 Sandwich		5	5	7	170
White Castle Chicken Rings (6)	1 order		16	14	21	310
White Castle Chocolate Shake (14 ounces)	1		8	32	7	220
White Castle Coca-Cola Classic (20 ounces)	1		0	46	0	171
White Castle Coffee (12 ounces)	1		0	1	0	6
White Castle Diet Coke (20 ounces)	1		0	0	0	1
White Castle Double Cheeseburger	1 Sandwich		14	16	18	285
White Castle Double Hamburger	1 Sandwich		11	16	14	235
White Castle Fish Sandwich	1 Sandwich		8	18	6	160
White Castle French Fries (small)	1 order			15	6	115
White Castle Hamburger	1 Sandwich		6	11	7	135
White Castle Iced Tea (14 ounces)	1		0	12	0	45
White Castle Onion Rings (8)	1 order		12	56	27	460
White Castle Vanilla Shake (14 ounces)	1		8	35	7	230
Whitefish, mixed species, cooked, dry heat	3 oz	85	20.8	0	6.4	146.2
Whitefish, mixed species, cooked, dry heat	1 fillet	154	37.7	0	11.6	264.9
Whitefish, mixed species, raw	3 oz	85	16.2	0	5	113.9
Whitefish, mixed species, raw	1 fillet	198	37.8	0	11.6	265.3
Whitefish, mixed species, smoked	1 cubic inch, boneless	17	4	0	0.2	18.4
Whitefish, mixed species, smoked	1 oz, boneless	28.4	6.6	0	0.3	30.6
Whitefish, mixed species, smoked	3 oz	85	19.9	0	0.8	91.8
Whitefish, mixed species, smoked	1 cup, cooked	136	31.8	0	1.3	146.9
Whiting, mixed species, cooked, dry heat	1 fillet	72	16.9	0	1.2	83.5
Whiting, mixed species, cooked, dry heat	3 oz	85	20	0	1.4	98.6
Whiting, mixed species, raw	3 oz	85	15.6	0	1.1	76.5
Whiting, mixed species, raw	1 fillet	92	16.8	0	1.2	82.8
Whole wheat hot natural cereal, cooked with water, with salt	0.75 cup	182	3.6	24.9	0.7	112.8
Whole wheat hot natural cereal, cooked with water, with salt	1 cup	242	4.8	33.2	1	150
Whole wheat hot natural cereal, cooked with water, without salt	0.75 cup	182	3.6	24.9	0.7	112.8
Whole wheat hot natural cereal, cooked with water, without salt	1 cup	242	4.8	33.2	1	150
Whole wheat hot natural cereal, dry	0.333 cup	31	3.5	23.3	0.6	106
Whole wheat hot natural cereal, dry	1 cup	94	10.5	70.7	1.9	321.5
Wienerschnitzel Breakfast Burrito	1				37	571
Wienerschnitzel Breakfast Sandwich	1				27	446
Wienerschnitzel Chicken Deluxe	1				32	536
Wienerschnitzel Chili Cheese Fries	1				36	466
Wienerschnitzel Corn Dog	1				23	290
Wienerschnitzel Deluxe Bacon Cheeseburger	1				46	686
Wienerschnitzel Deluxe Cheeseburger	1				42	635
Wienerschnitzel Deluxe Hamburger	1				37	576
Wienerschnitzel French Fries (large)	1				29	379
Wienerschnitzel Fries (regular)	1				21	270
Wienerschnitzel Original BBQ Bacon Dog	1				23	378
Wienerschnitzel Original Chili Cheese Dog	1				21	348

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Wienerschnitzel Original Chili Dog	1				16	295
Wienerschnitzel Original Deluxe Dog	1				14	275
Wienerschnitzel Original Kraut Dog	1				14	265
Wienerschnitzel Original Mustard Dog	1				14	258
Wienerschnitzel Original Relish Dog	1				14	279
Wild rice, cooked	1 cup	164	6.5	35	0.6	165.6
Wild rice, raw	1 cup	160	23.6	119.8	1.7	571.2
Willy Wonka's Everlasting Gobstoppers Jawbreakers	6 pieces	16	0	14.8	0	59
Wine, dessert, dry	1 fl oz	29.5	0.1	1.2	0	37.2
Wine, dessert, dry	1 glass (3.5 fl oz)	103	0.2	4.2	0	129.8
Wine, dessert, sweet	1 fl oz	29.5	0.1	3.5	0	45.1
Wine, dessert, sweet	1 glass (3.5 fl oz)	103	0.2	12.2	0	157.6
Wine, non-alcoholic	1 fl oz	29	0.1	0.3	0	1.7
Wine, table, all	1 fl oz	29.5	0.1	0.4	0	20.7
Wine, table, all	1 glass (3.5 fl oz)	103	0.2	1.4	0	72.1
Wine, table, red	1 fl oz	29.5	0.1	0.5	0	21.2
Wine, table, red	1 glass (3.5 fl oz)	103	0.2	1.8	0	74.2
Wine, table, rose	1 fl oz	29.5	0.1	0.4	0	20.9
Wine, table, rose	1 glass (3.5 fl oz)	103	0.2	1.4	0	73.1
Wine, table, white	1 fl oz	29.5	0	0.2	0	20.1
Wine, table, white	1 glass (3.5 fl oz)	103	0.1	0.8	0	70
Winged bean, immature seeds, cooked, boiled, drained, with salt	0.5 cup	31	1.6	1	0.2	11.8
Winged bean, immature seeds, cooked, boiled, drained, with salt	1 cup	62	3.3	2	0.4	23.6
Winged beans, immature seeds, cooked, boiled, drained, without salt	1 cup	62	3.3	2	0.4	23.6
Winged beans, immature seeds, raw	1 pod	16	1.1	0.7	0.1	7.8
Winged beans, immature seeds, raw	1 cup slices	44	3.1	1.9	0.4	21.6
Winged beans, mature seeds, cooked, boiled, with salt	1 cup	172	18.3	25.7	10	252.8
Winged beans, mature seeds, raw	1 cup	182	54	75.9	29.7	744.4
Wolfish, atlantic, cooked, dry heat	3 oz	85	19.1	0	2.6	104.6
Wolfish, atlantic, cooked, dry heat	0.5 fillet	119	26.7	0	3.6	146.4
Wolfish, atlantic, raw	3 oz	85	14.9	0	2	81.6
Wolfish, atlantic, raw	0.5 fillet	153	26.8	0	3.7	146.9
Wonton wrappers (includes egg roll wrappers)	1 wrapper, wonton (3-1/2" square)	8	0.8	4.6	0.1	23.3
Wonton wrappers (includes egg roll wrappers)	1 oz	28.4	2.8	16.4	0.4	82.5
Wonton wrappers (includes egg roll wrappers)	1 wrapper, eggroll (7" square)	32	3.1	18.5	0.5	93.1
Yam, cooked, boiled, drained, or baked, with salt	0.5 cup, cubes	68	1	18.8	0.1	78.9
Yam, cooked, boiled, drained, or baked, with salt	1 cup, cubes	136	2	37.5	0.2	157.8
Yam, cooked, boiled, drained, or baked, without salt	0.5 cup, cubes	68	1	18.8	0.1	78.9
Yam, cooked, boiled, drained, or baked, without salt	1 cup, cubes	136	2	37.5	0.2	157.8
Yam, raw	1 cup, cubes	150	2.3	41.8	0.3	177
Yambean (jicama), raw	1 slice	6	0	0.5	0	2.3
Yambean (jicama), raw	1 cup slices	120	0.9	10.6	0.1	45.6
Yambean (jicama), raw	1 cup	130	0.9	11.5	0.1	49.4
Yambean (jicama), raw	1 small	365	2.6	32.2	0.3	138.7
Yambean (jicama), raw	1 medium	659	4.7	58.1	0.6	250.4
Yambean (jicama), raw	1 large	1200	8.6	105.8	1.1	456
Yardlong bean, cooked, boiled, drained, with salt	1 pod	14	0.4	1.3	0	6.6
Yardlong bean, cooked, boiled, drained, with salt	1 cup slices	104	2.6	9.5	0.1	48.9
Yardlong bean, cooked, boiled, drained, without salt	1 pod	14	0.4	1.3	0	6.6
Yardlong bean, cooked, boiled, drained, without salt	1 cup slices	104	2.6	9.5	0.1	48.9
Yardlong bean, raw	1 pod	12	0.3	1	0	5.6
Yardlong bean, raw	1 cup slices	91	2.5	7.6	0.4	42.8
Yardlong beans, mature seeds, cooked, boiled, without salt	1 cup	171	14.2	36.1	0.8	201.8
Yardlong beans, mature seeds, raw	1 cup	167	40.6	103.4	2.2	579.5
Yardlong beans, yardlong, mature seeds, cooked, boiled, with salt	1 cup	171	14.2	36.1	0.8	201.8
Yautia (tannier), raw	1 cup, sliced	135	2	32	0.5	132.3
Yautia (tannier), raw	1 root	305	4.5	72.2	1.2	298.9
Yellowtail, mixed species, cooked, dry heat	3 oz	85	25.2	0	5.7	159
Yellowtail, mixed species, cooked, dry heat	0.5 fillet	146	43.3	0	9.8	273
Yellowtail, mixed species, raw	3 oz	85	19.7	0	4.5	124.1
Yellowtail, mixed species, raw	0.5 fillet	187	43.3	0	9.8	273
Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0.5 container (4 oz)	113	4.9	21.5	1.2	115.3
Yogurt, fruit, low fat, 10 grams protein per 8 ounce	1 container, Dannon sprinkl'ins (4.1 oz)	116	5.1	22.1	1.3	118.3
Yogurt, fruit, low fat, 10 grams protein per 8 ounce	1 container (6 oz)	170	7.4	32.4	1.8	173.4

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Description	Portion	Grams	Protein (g)/portion	Carb (g)/portion	Fat (g)/portion	Kcal/portion
Yogurt, fruit, low fat, 10 grams protein per 8 ounce	1 container (8 oz)	227	9.9	43.2	2.5	231.5
Yogurt, fruit, low fat, 10 grams protein per 8 ounce	1 cup (8 fl oz)	245	10.7	46.7	2.6	249.9
Yogurt, fruit, low fat, 11 grams protein per 8 ounce	0.5 container (4 oz)	113	5.5	21	1.6	118.7
Yogurt, fruit, low fat, 11 grams protein per 8 ounce	1 container (8 oz)	227	11	42.2	3.2	238.4
Yogurt, fruit, low fat, 9 grams protein per 8 ounce	0.5 container (4 oz)	113	4.5	21.1	1.3	111.9
Yogurt, fruit, low fat, 9 grams protein per 8 ounce	1 container (4.4 oz)	125	5	23.3	1.4	123.8
Yogurt, fruit, low fat, 9 grams protein per 8 ounce	1 container (5 oz)	142	5.7	26.5	1.6	140.6
Yogurt, fruit, low fat, 9 grams protein per 8 ounce	1 container (6 oz)	170	6.8	31.7	2	168.3
Yogurt, fruit, low fat, 9 grams protein per 8 ounce	1 container (8 oz)	227	9	42.3	2.6	224.7
Yogurt, fruit, low fat, 9 grams protein per 8 ounce	1 cup (8 fl oz)	245	9.8	45.7	2.8	242.6
Yogurt, plain, low fat, 12 grams protein per 8 ounce	0.5 container (4 oz)	113	5.9	8	1.8	71.2
Yogurt, plain, low fat, 12 grams protein per 8 ounce	1 container (8 oz)	227	11.9	16	3.5	143
Yogurt, plain, low fat, 12 grams protein per 8 ounce	1 cup (8 fl oz)	245	12.9	17.2	3.8	154.4
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 container (4 oz)	113	6.5	8.7	0.2	63.3
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 container (8 oz)	227	13	17.4	0.4	127.1
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 cup (8 fl oz)	245	14	18.8	0.4	137.2
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.5 container (4 oz)	113	3.9	5.3	3.7	68.9
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	1 container (8 oz)	227	7.9	10.6	7.4	138.5
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	1 cup (8 fl oz)	245	8.5	11.4	8	149.5
Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	0.5 container (4 oz)	113	5.6	15.6	1.4	96.1
Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	1 container (8 oz)	227	11.2	31.3	2.8	193
Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	1 cup (8 fl oz)	245	12.1	33.8	3.1	208.3