

USDA National Nutrient Database for Standard Reference, Release 25

Potassium, K (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11546	Tomato products, canned, paste, without salt added	262	1 cup	2657
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1436
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	1309
16051	Beans, white, mature seeds, canned	262	1 cup	1189
09087	Dates, deglet noor	178	1 cup	1168
01095	Milk, canned, condensed, sweetened	306	1 cup	1135
11547	Tomato products, canned, puree, without salt added	250	1 cup	1098
09298	Raisins, seedless	145	1 cup	1086
11674	Potato, baked, flesh and skin, without salt	202	1 potato	1081
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1002
19061	Snacks, trail mix, tropical	140	1 cup	993
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	979
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	970
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	970
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	955
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	946
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	926
11370	Potatoes, hashed brown, home-prepared	156	1 cup	899
09277	Plantains, raw	179	1 medium	893
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	886
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	850
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	847
12167	Nuts, chestnuts, european, roasted	143	1 cup	847
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	840
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	839
11549	Tomato products, canned, sauce	245	1 cup	811
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	798
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	796
11512	Sweet potato, canned, vacuum pack	255	1 cup	796
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	776
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	764
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	760
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	746
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	746
11461	Spinach, canned, regular pack, drained solids	214	1 cup	740
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	740
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	731
09278	Plantains, cooked	154	1 cup	716
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	713
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	710
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	708
09294	Prune juice, canned	256	1 cup	707
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	696
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	694
20011	Buckwheat flour, whole-groat	120	1 cup	692

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16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	692
21042	Fast foods, chili con carne	253	1 cup	691
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	690
11655	Carrot juice, canned	236	1 cup	689
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	685
01110	Milk shakes, thick chocolate	300	10.6 fl oz	672
14346	Shake, fast food, chocolate	333	16 fl oz	666
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256	1 cup	666
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	645
11226	Jerusalem-artichokes, raw	150	1 cup	644
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	638
11414	Potato salad, home-prepared	250	1 cup	635
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	632
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	631
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	622
19080	Candies, semisweet chocolate	168	1 cup	613
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	611
11363	Potatoes, baked, flesh, without salt	156	1 potato	610
16008	Beans, baked, canned, with franks	259	1 cup	609
21077	Fast foods, frijoles with cheese	167	1 cup	605
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	586
22904	Chili con carne with beans, canned entree	222	1 cup	586
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	579
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	575
20012	Bulgur, dry	140	1 cup	574
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	574
01111	Milk shakes, thick vanilla	313	11 fl oz	573
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	573
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	570
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	569
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	564
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	561
20005	Barley, pearled, raw	200	1 cup	560
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	557
11540	Tomato juice, canned, with salt added	243	1 cup	556
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	555
09226	Papayas, raw	304	1 papaya	553
14347	Shake, fast food, vanilla	333	16 fl oz	553
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	263	1 large	550
09040	Bananas, raw	150	1 cup	537
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	537
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	534
20033	Oat bran, raw	94	1 cup	532
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	531

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16073	Lima beans, large, mature seeds, canned	241	1 cup	530
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	530
15111	Fish, swordfish, cooked, dry heat	106	1 piece	529
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	528
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	527
15034	Fish, haddock, cooked, dry heat	150	1 fillet	527
11081	Beets, cooked, boiled, drained	170	1 cup	519
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	517
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	515
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	512
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	505
11424	Pumpkin, canned, without salt	245	1 cup	505
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	497
09206	Orange juice, raw	248	1 cup	496
18373	Leavening agents, cream of tartar	3	1 tsp	495
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	495
19422	Snacks, potato chips, reduced fat	28.35	1 oz	494
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	494
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	492
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	491
19087	Candies, white chocolate	170	1 cup	486
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	480
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	480
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	478
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	477
11581	Vegetables, mixed, canned, drained solids	163	1 cup	474
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	473
11672	Potato pancakes	76	1 pancake	473
11578	Vegetable juice cocktail, canned	242	1 cup	467
19411	Snacks, potato chips, plain, salted	28.35	1 oz	466
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	464
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	460
09207	Orange juice, canned, unsweetened	249	1 cup	458
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	458
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	457
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	454
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	451
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	450
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	449
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	449
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	448
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	448

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21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	447
27042	Soup, clam chowder, new england, canned, ready-to-serve	254	1 cup	445
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	444
09223	Tangerine juice, canned, sweetened	249	1 cup	443
09209	Orange juice, chilled, includes from concentrate	249	1 cup	443
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	443
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	443
11205	Cucumber, with peel, raw	301	1 large	442
20080	Wheat flour, whole-grain	120	1 cup	436
09181	Melons, cantaloupe, raw	160	1 cup	427
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	427
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	427
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	426
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	425
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	425
15111	Fish, swordfish, cooked, dry heat	85	3 oz	424
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	85	1 patty	423
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	423
09040	Bananas, raw	118	1 banana	422
01057	Eggnog	254	1 cup	419
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	418
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	417
21083	Fast foods, taco salad	198	1-1/2 cups	416
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	413
22401	Spaghetti with meat sauce, frozen entree	283	1 package	408
09032	Apricots, dried, sulfured, uncooked	35	10 halves	407
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	405
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	405
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	405
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	403
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	403
11439	Sauerkraut, canned, solids and liquids	236	1 cup	401
09404	Grapefruit juice, pink, raw	247	1 cup	400
09128	Grapefruit juice, white, raw	247	1 cup	400
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	397
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	396
21033	Fast foods, sundae, hot fudge	158	1 sundae	395
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	394
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	392
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	391
06166	Sauce, homemade, white, medium	250	1 cup	390
09246	Peaches, dried, sulfured, uncooked	39	3 halves	388
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	388
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	388
09184	Melons, honeydew, raw	170	1 cup	388

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11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	384
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	383
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	382
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	382
11206	Cucumber, peeled, raw	280	1 large	381
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	378
22905	Beef stew, canned entree	232	1 cup	378
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	378
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	377
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	374
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	372
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	371
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	370
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	367
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	367
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	367
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	367
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	366
15067	Fish, pollock, Alaska, cooked, dry heat	85	3 oz	366
15128	Fish, tuna salad	205	1 cup	365
09184	Melons, honeydew, raw	160	1/8 melon	365
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	364
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	361
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	361
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	359
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	357
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	171	1 small	357
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	355
07028	Ham, sliced, prepackaged (96% fat free, water added)	56.7	2 slices	353
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	353
11124	Carrots, raw	110	1 cup	352
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	352
20020	Cornmeal, whole-grain, yellow	122	1 cup	350
15141	Crustaceans, crab, blue, canned	135	1 cup	350
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	349
09176	Mangos, raw	207	1 mango	348
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	347
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	347
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240	1 cup	346
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	346
01164	Cheese sauce, prepared from recipe	243	1 cup	345
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	344
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	343
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	343

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01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	342
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	339
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	338
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	336
06174	Soup, stock, fish, home-prepared	233	1 cup	336
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	335
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	335
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	335
09340	Pears, asian, raw	275	1 pear	333
11364	Potatoes, baked, skin, without salt	58	1 skin	332
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	331
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	330
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	328
09200	Oranges, raw, all commercial varieties	180	1 cup	326
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	326
09250	Peaches, frozen, sliced, sweetened	250	1 cup	325
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	325
21088	Tostada with guacamole	130.5	1 tostada	325
18116	Cake, gingerbread, prepared from recipe	74	1 piece	325
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	325
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	325
09236	Peaches, raw	170	1 cup	323
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	322
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	322
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	321
09326	Watermelon, raw	286	1 wedge	320
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	320
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	320
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	319
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	317
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	317
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	316
11821	Peppers, sweet, red, raw	149	1 cup	314
11658	Spinach souffle	136	1 cup	314
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	313
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	313
11143	Celery, raw	120	1 cup	312
21063	Fast foods, burrito, with beans and beef	115.5	1 burrito	311
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	310
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	310
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	308
01037	Cheese, ricotta, part skim milk	246	1 cup	308
09291	Plums, dried (prunes), uncooked	42	5 prunes	307

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08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	306
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	306
21094	Fast foods, cheeseburger, double, regular patty and bun, plain	160	1 sandwich	304
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	304
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	303
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	303
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	300
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	299
11135	Cauliflower, raw	100	1 cup	299
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	298
15034	Fish, haddock, cooked, dry heat	85	3 oz	298
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	298
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	296
11641	Squash, summer, all varieties, raw	113	1 cup	296
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	294
15084	Fish, salmon, pink, canned, total can contents	85	3 oz	292
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	292
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	292
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	292
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	291
16120	Soymilk, original and vanilla, unfortified	245	1 cup	289
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	289
18283	Muffins, oat bran	57	1 muffin	289
18327	Pie, pumpkin, prepared from recipe	155	1 piece	288
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	287
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	287
20028	Couscous, dry	173	1 cup	287
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	286
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	286
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	285
09306	Raspberries, frozen, red, sweetened	250	1 cup	285
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	283
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	281
06094	Soup, onion, dry, mix	39	1 packet	281
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	281
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	280
11090	Broccoli, raw	88	1 cup	278
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	278
09176	Mangos, raw	165	1 cup	277
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	277
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	277
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	276

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11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	276
09191	Nectarines, raw	136	1 nectarine	273
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	273
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	273
09087	Dates, deglet noor	41.5	5 dates	272
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	272
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	272
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	270
22970	Macaroni and cheese, frozen entree	283	1 package	269
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	269
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	268
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	268
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	268
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	266
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	266
21043	Fast foods, clams, breaded and fried	115	3/4 cup	266
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	264
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	263
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	263
11128	Carrots, canned, regular pack, drained solids	146	1 cup	261
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	261
11333	Peppers, sweet, green, raw	149	1 cup	261
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	260
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	259
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	259
09094	Figs, dried, uncooked	38	2 figs	258
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	258
01036	Cheese, ricotta, whole milk	246	1 cup	258
15067	Fish, pollock, Alaska, cooked, dry heat	60	1 fillet	258
05172	Turkey, whole, giblets, cooked, simmered	145	1 cup	257
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	256
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51	1/2 cup	256
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	255
09226	Papayas, raw	140	1 cup	255
09316	Strawberries, raw	166	1 cup	254
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	254
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	253
11084	Beets, canned, drained solids	170	1 cup	252
11821	Peppers, sweet, red, raw	119	1 pepper	251
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	251
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	251
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	251

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	250
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	250
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	250
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	250
07017	Chicken roll, light meat	56.7	2 slices	249
09153	Lemon juice, canned or bottled	244	1 cup	249
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	247
11399	Potato puffs, frozen, oven-heated	79	10 puffs	246
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	246
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	246
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	245
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	244
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	244
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	243
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	243
05306	Poultry food products, ground turkey, cooked	82	1 patty	241
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	241
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	241
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	240
21074	Fast foods, enchilada, with cheese	163	1 enchilada	240
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	239
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	238
09148	Kiwifruit, green, raw	76	1 medium	237
09200	Oranges, raw, all commercial varieties	131	1 orange	237
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	237
19078	Baking chocolate, unsweetened, squares	28.35	1 square	235
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	235
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	235
11282	Onions, raw	160	1 cup	234
09042	Blackberries, raw	144	1 cup	233
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	231
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	230
11124	Carrots, raw	72	1 carrot	230
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	230
21139	Fast foods, potato, mashed	80	1/3 cup	229
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	228
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	227
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	226
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	226
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	226
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	226
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	225

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	224
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	223
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	223
11260	Mushrooms, white, raw	70	1 cup	223
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	222
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	222
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	221
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	220
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	220
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	218
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	218
11159	Coleslaw, home-prepared	120	1 cup	217
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	216
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	216
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	215
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	215
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	213
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	213
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	213
22247	Macaroni and Cheese, canned entree	252	1 cup	212
05697	Turkey from whole, enhanced, light meat, meat only, cooked, roasted	85	1 serving (3 oz)	212
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	210
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	209
11333	Peppers, sweet, green, raw	119	1 pepper	208
19183	Puddings, chocolate, ready-to-eat	113	4 oz	208
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	208
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	110	1 cup	208
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	207
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	207
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	207
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	206
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	205
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	204
14194	Cocoa mix, powder, prepared with water	206	1 serving	204
01013	Cheese, cottage, creamed, with fruit	226	1 cup	203
05705	Turkey, whole, enhanced, meat only, roasted	85	1 serving (3 oz)	203
14192	Cocoa mix, powder	28.35	3 heaping tsp	202
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size and little bites	55	1 cup	202
20034	Oat bran, cooked	219	1 cup	201
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	201
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	201
11264	Mushrooms, canned, drained solids	156	1 cup	201
19126	Candies, milk chocolate coated peanuts	40	10 pieces	201

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12061	Nuts, almonds	28.35	1 oz (24 nuts)	200
21129	Fast foods, hush puppies	78	5 pieces	200
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	199
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	199
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	197
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	196
05277	Chicken, canned, meat only, with broth	142	5 oz	196
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	196
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	196
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	196
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	194
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	194
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	194
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	194
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	193
05695	Turkey, enhanced, dark meat, meat only, cooked, roasted	85	1 serving (3 oz)	193
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	193
12120	Nuts, hazelnuts or filberts	28.35	1 oz	193
09252	Pears, raw	166	1 pear	193
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	193
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	192
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	192
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	192
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	191
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	191
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	190
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	188
08143	Cereals, WHEATENA, cooked with water	243	1 cup	187
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	187
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	187
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	187
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	187
09236	Peaches, raw	98	1 peach	186
09302	Raspberries, raw	123	1 cup	186
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	51	1 cup	185
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	185
09181	Melons, cantaloupe, raw	69	1/8 melon	184
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	184
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	183
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	182
18326	Pie, pumpkin, commercially prepared	109	1 piece	182
18316	Pie, coconut custard, commercially prepared	104	1 piece	182
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	181
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	181
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	181

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	180
19071	Candies, carob, unsweetened	28.35	1 oz	179
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	179
07069	Salami, cooked, beef and pork	56.7	2 slices	179
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	179
07008	Bologna, beef and pork	56.7	2 slices	179
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	178
21023	Fast foods, french toast with butter	135	2 slices	177
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	176
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	176
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	176
05292	Turkey patties, breaded, battered, fried	64	1 patty	176
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	175
05180	Turkey from whole, neck, meat only, cooked, simmered	152	1 neck	173
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	173
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	173
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	64	1 piece	173
09206	Orange juice, raw	86	juice from 1 orange	172
21078	Fast foods, nachos, with cheese	113	6-8 nachos	172
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	171
09326	Watermelon, raw	152	1 cup	170
11112	Cabbage, red, raw	70	1 cup	170
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	170
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	170
12147	Nuts, pine nuts, dried	28.35	1 oz	169
09266	Pineapple, raw, all varieties	155	1 cup	169
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	168
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	168
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	167
11457	Spinach, raw	30	1 cup	167
21119	Fast foods, hotdog, with chili	114	1 sandwich	166
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	166
20089	Wild rice, cooked	164	1 cup	166
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	165
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	165
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	165
19270	Ice creams, chocolate	66	1/2 cup	164
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	164
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	164
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	163
18325	Pie, pecan, prepared from recipe	122	1 piece	162
11206	Cucumber, peeled, raw	119	1 cup	162
11114	Cabbage, savoy, raw	70	1 cup	161
11282	Onions, raw	110	1 whole	161
12104	Nuts, coconut meat, raw	45	1 piece	160

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12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	160
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	160
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	158
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	158
11213	Endive, raw	50	1 cup	157
21024	Fast foods, french toast sticks	141	5 sticks	157
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	156
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	155
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	155
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	154
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	154
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	154
11670	Peppers, hot chili, green, raw	45	1 pepper	153
11205	Cucumber, with peel, raw	104	1 cup	153
11081	Beets, cooked, boiled, drained	50	1 beet	153
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	153
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	152
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	152
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	152
09070	Cherries, sweet, raw	68	10 cherries	151
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	149
15077	Fish, salmon, chinook, smoked	85.05	3 oz	149
20010	Buckwheat groats, roasted, cooked	168	1 cup	148
09003	Apples, raw, with skin	138	1 apple	148
09340	Pears, asian, raw	122	1 pear	148
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	147
20006	Barley, pearled, cooked	157	1 cup	146
11819	Peppers, hot chili, red, raw	45	1 pepper	145
16112	Miso	68.75	1 cup	144
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	144
09011	Apples, dried, sulfured, uncooked	32	5 rings	144
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	144
20084	Wheat flour, white, cake, enriched	137	1 cup	144
09038	Avocados, raw, California	28.35	1 oz	144
09060	Carambola, (starfruit), raw	108	1 cup	144
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	144
18310	Pie, chocolate creme, commercially prepared	113	1 piece	144
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	143
21118	Fast foods, hotdog, plain	98	1 sandwich	143
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	141
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	139
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	139
18309	Pie, cherry, prepared from recipe	180	1 piece	139
11251	Lettuce, cos or romaine, raw	56	1 cup	138
09055	Blueberries, frozen, sweetened	230	1 cup	138
19088	Ice creams, vanilla, light	66	1/2 cup	137

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20083	Wheat flour, white, bread, enriched	137	1 cup	137
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	134
11012	Asparagus, cooked, boiled, drained	60	4 spears	134
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	134
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	134
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	134
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	133
18005	Bagels, cinnamon-raisin	89	4" bagel	132
19095	Ice creams, vanilla	66	1/2 cup	131
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	131
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	131
07022	Frankfurter, beef, unheated	45	1 frank	131
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	129
21127	Fast foods, coleslaw	99	3/4 cup	128
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	128
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	126
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	125
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	125
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	125
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	124
11015	Asparagus, canned, drained solids	72	4 spears	124
20013	Bulgur, cooked	182	1 cup	124
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	123
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	123
18302	Pie, apple, prepared from recipe	155	1 piece	122
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	122
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	122
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	122
09060	Carambola, (starfruit), raw	91	1 fruit	121
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	121
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	120
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	64	1 piece	120
18367	Waffles, plain, prepared from recipe	75	1 waffle	119
16097	Peanut butter, chunk style, with salt	16	1 tbsp	119
11109	Cabbage, raw	70	1 cup	119
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	118
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	117
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	44	1 drumstick	117
21015	Fast foods, danish pastry, cheese	91	1 pastry	116
12142	Nuts, pecans	28.35	1 oz (20 halves)	116
19089	Ice creams, vanilla, rich	74	1/2 cup	116
13348	Beef, cured, corned beef, canned	85.05	3 oz	116
14341	Pineapple and orange juice drink, canned	250	8 fl oz	115
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	113
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	113

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	113
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	112
18324	Pie, pecan, commercially prepared	113	1 piece	112
09050	Blueberries, raw	145	1 cup	112
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	111
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	111
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	111
21017	Fast foods, danish pastry, fruit	94	1 pastry	110
11253	Lettuce, green leaf, raw	56	1 cup	109
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	108
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	108
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	107
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	107
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	105
09298	Raisins, seedless	14	1 packet	105
11028	Bamboo shoots, canned, drained solids	131	1 cup	105
11143	Celery, raw	40	1 stalk	104
19218	Puddings, tapioca, ready-to-eat	113	4 oz	104
16098	Peanut butter, smooth style, with salt	16	1 tbsp	104
09279	Plums, raw	66	1 plum	104
01094	Milk, buttermilk, dried	6.5	1 tbsp	103
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	103
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	103
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	103
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	102
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	101
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	101
18320	Pie, lemon meringue, commercially prepared	113	1 piece	101
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	100
09039	Avocados, raw, Florida	28.35	1 oz	100
09004	Apples, raw, without skin	110	1 cup	99
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	99
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	98
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	98
11090	Broccoli, raw	31	1 spear	98
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	98
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	97
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	96
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	96
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	96
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	96
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	96
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	96
19015	Snacks, granola bars, hard, plain	28.35	1 bar	95
18308	Pie, cherry, commercially prepared	117	1 piece	95

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	95
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	95
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	93
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	92
11954	Tomatillos, raw	34	1 medium	91
20029	Couscous, cooked	157	1 cup	91
07024	Frankfurter, chicken	45	1 frank	91
09021	Apricots, raw	35	1 apricot	91
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	91
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	90
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	90
18134	Cake, sponge, prepared from recipe	63	1 piece	89
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	88
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	88
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	87
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	87
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	87
20037	Rice, brown, long-grain, cooked	195	1 cup	84
18151	Cookies, brownies, commercially prepared	56	1 brownie	83
18444	Pie, fried pies, cherry	128	1 pie	83
18319	Pie, fried pies, fruit	128	1 pie	83
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	83
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	82
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	82
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	82
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	82
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	82
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	82
11284	Onions, dehydrated flakes	5	1 tbsp	81
01132	Egg, whole, cooked, scrambled	61	1 large	81
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	80
09150	Lemons, raw, without peel	58	1 lemon	80
01123	Egg, whole, raw, fresh	58	1 extra large	80
18023	Bread, cornbread, dry mix, prepared	60	1 piece	80
07064	Pork sausage, fresh, cooked	27	1 patty	79
18268	French toast, frozen, ready-to-heat	59	1 slice	79
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	78
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	78
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	77
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	77
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	77
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	77
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	77
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	77
07064	Pork sausage, fresh, cooked	26	2 links	76
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	76

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	76
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	76
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	76
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	76
07023	Frankfurter, beef and pork	45	1 frank	75
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	74
14006	Alcoholic beverage, beer, light	354	12 fl oz	74
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	74
18306	Pie, blueberry, prepared from recipe	147	1 piece	74
19201	Puddings, vanilla, ready-to-eat	113	4 oz	73
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	73
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	73
09254	Pears, canned, juice pack, solids and liquids	76	1 half	73
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	73
01004	Cheese, blue	28.35	1 oz	73
18243	Croutons, seasoned	40	1 cup	72
01046	Cheese food, pasteurized process, American, vitamin D fortified	28.35	1 oz	72
18147	Cheesecake commercially prepared	80	1 piece	72
18041	Bread, pita, white, enriched	60	6-1/2" pita	72
01007	Cheese, camembert	38	1 wedge	71
19097	Sherbet, orange	74	1/2 cup	71
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	71
18139	Cake, white, prepared from recipe without frosting	74	1 piece	70
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	70
01128	Egg, whole, cooked, fried	46	1 large	70
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	70
18245	Danish pastry, cheese	71	1 danish	70
18075	Bread, whole-wheat, commercially prepared	28	1 slice	69
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	69
35142	Frybread, made with lard (Navajo)	90	5" bread	69
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	69
01123	Egg, whole, raw, fresh	50	1 large	69
01131	Egg, whole, cooked, poached	50	1 large	69
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	69
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	69
01048	Cheese spread, pasteurized process, American	28.35	1 oz	69
11955	Tomatoes, sun-dried	2	1 piece	69
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	68
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	68
19193	Puddings, rice, ready-to-eat	113.4	4 oz	68
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	68
18088	Cake, angelfood, dry mix, prepared	50	1 piece	68
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	67
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	67
18239	Croissants, butter	57	1 croissant	67
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	67

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	67
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	67
07027	Ham, chopped, not canned	21	2 slices	67
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	67
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	67
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	67
07072	Salami, dry or hard, pork, beef	20	2 slices	67
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	67
13350	Beef, cured, dried	28.35	1 oz	67
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	67
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	67
18044	Bread, pumpernickel	32	1 slice	67
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	67
16055	Carob flour	8	1 tbsp	66
18045	Bread, pumpernickel, toasted	29	1 slice	66
14355	Tea, black, brewed, prepared with tap water	178	6 fl oz	66
18110	Cake, fruitcake, commercially prepared	43	1 piece	66
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	66
18280	Muffins, corn, dry mix, prepared	50	1 muffin	66
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	65
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	65
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	65
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	65
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	64
06121	Gravy, mushroom, canned	59.6	1/4 cup	63
01129	Egg, whole, cooked, hard-boiled	50	1 large	63
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	62
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	62
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	62
19014	Snacks, fruit leather, rolls	21	1 large	62
20125	Spaghetti, whole-wheat, cooked	140	1 cup	62
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	62
20100	Macaroni, cooked, enriched	140	1 cup	62
18353	Rolls, hard (includes kaiser)	57	1 roll	62
01044	Cheese, pasteurized process, swiss	28.35	1 oz	61
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	61
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	61
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	61
20110	Noodles, egg, cooked, enriched	160	1 cup	61
01123	Egg, whole, raw, fresh	44	1 medium	61
18003	Bagels, egg	89	4" bagel	61
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	60
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	60
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	60

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	60
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	60
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	59
18048	Bread, raisin, toasted, enriched	24	1 slice	59
18047	Bread, raisin, enriched	26	1 slice	59
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	59
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	59
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	30	1 cup	59
18305	Pie, blueberry, commercially prepared	117	1 piece	59
11961	Hearts of palm, canned	33	1 piece	58
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	57
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	57
11457	Spinach, raw	10	1 leaf	56
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	56
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1 oz (about 2/3 cup)	56
11297	Parsley, fresh	10	10 sprigs	55
20045	Rice, white, long-grain, regular, cooked	158	1 cup	55
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	55
18235	Crackers, whole-wheat	16	4 crackers	55
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	55
18350	Rolls, hamburger or hotdog, plain	43	1 roll	55
18226	Crackers, rye, wafers, plain	11	1 wafer	54
01124	Egg, white, raw, fresh	33.4	1 large	54
20113	Noodles, chinese, chow mein	45	1 cup	54
19348	Syrups, chocolate, fudge-type	19	1 tbsp	54
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	54
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal p	54
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	54
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	53
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	53
18060	Bread, rye	32	1 slice	53
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	53
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	53
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	53
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	52
18177	Cookies, molasses	15	1 cookie, medium	52
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	52
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	52
19127	Candies, milk chocolate coated raisins	10	10 pieces	51
12147	Nuts, pine nuts, dried	8.6	1 tbsp	51
18065	Bread, wheat, toasted	23	1 slice	51
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	51
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	51
02009	Spices, chili powder	2.6	1 tsp	51
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	51

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	50
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	50
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	50
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27	3/4 cup	49
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	49
07065	Pork and beef sausage, fresh, cooked	26	2 links	49
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	32	1 tortilla	49
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	49
09152	Lemon juice, raw	47	juice of 1 lemon	48
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	48
18003	Bagels, egg	71	3-1/2" bagel	48
02028	Spices, paprika	2.1	1 tsp	48
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	48
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	48
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	47
11935	Catsup	15	1 tbsp	47
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	47
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	47
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	47
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	47
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	47
19013	Snacks, fruit leather, pieces	28.35	1 oz	46
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	46
18027	Bread, egg	40	1/2" slice	46
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	46
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	46
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	46
18064	Bread, wheat	25	1 slice	46
09160	Lime juice, raw	38	juice of 1 lime	44
18025	Bread, cracked-wheat	25	1 slice	44
18061	Bread, rye, toasted	24	1 slice	44
01186	Cheese, cream, fat free	15.6	1 tbsp	43
01031	Cheese, neufchatel	28.35	1 oz	43
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	43
19353	Syrups, maple	20	1 tbsp	42
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	42
14181	Chocolate syrup	18.75	1 tbsp	42
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	42
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	42
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	41
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	41
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	41
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	41
18220	Crackers, melba toast, plain	20	4 pieces	40
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	40
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	40

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18279	Muffins, corn, commercially prepared	57	1 muffin	39
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	39
01035	Cheese, provolone	28.35	1 oz	39
15157	Mollusks, clam, mixed species, raw	85	3 oz	39
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	39
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	39
11135	Cauliflower, raw	13	1 floweret	39
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	39
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	39
18040	Bread, oatmeal, toasted	25	1 slice	39
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	38
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	38
18039	Bread, oatmeal	27	1 slice	38
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	38
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	38
01030	Cheese, muenster	28.35	1 oz	38
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1 oz	37
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	37
06150	Sauce, barbecue	15.75	1 tbsp	37
19041	Snacks, pork skins, plain	28.35	1 oz	36
18090	Cake, boston cream pie, commercially prepared	92	1 piece	36
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	36
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	36
11740	Broccoli, flower clusters, raw	11	1 floweret	36
11084	Beets, canned, drained solids	24	1 beet	36
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	36
14242	Cranberry juice cocktail, bottled	253	8 fl oz	35
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	35
02029	Spices, parsley, dried	1.3	1 tbsp	35
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	35
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	35
18055	Bread, reduced-calorie, wheat	23	1 slice	35
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	34
18041	Bread, pita, white, enriched	28	4" pita	34
02020	Spices, garlic powder	2.8	1 tsp	33
11677	Shallots, raw	10	1 tbsp	33
18120	Cake, pound, commercially prepared, butter	28	1 piece	33
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	33
14376	Tea, instant, sweetened with sweetener, lemon-flavored, prepared	237	8 fl oz	33
18170	Cookies, fig bars	16	1 cookie	33
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	33
19036	Snacks, popcorn, cakes	10	1 cake	33
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	32
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	32
16158	Hummus, commercial	14	1 tbsp	32

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18217	Crackers, matzo, plain	28.35	1 matzo	32
18360	Taco shells, baked	13.3	1 medium	31
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	31
02015	Spices, curry powder	2	1 tsp	31
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	35	1 waffle	31
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	31
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	30
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	30
14277	Grape drink, canned	250	8 fl oz	30
18133	Cake, sponge, commercially prepared	30	1 shortcake	30
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	30
18070	Bread, white, commercially prepared, toasted	22	1 slice	29
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	29
19040	Snacks, popcorn, cheese-flavor	11	1 cup	29
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	29
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	28
02007	Spices, celery seed	2	1 tsp	28
02030	Spices, pepper, black	2.1	1 tsp	28
01009	Cheese, cheddar	28.35	1 oz	28
09316	Strawberries, raw	18	1 strawberry	28
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	27
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	27
04015	Salad dressing, russian dressing	15.3	1 tbsp	26
19034	Snacks, popcorn, air-popped	8	1 cup	26
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	26
11001	Alfalfa seeds, sprouted, raw	33	1 cup	26
18086	Cake, angelfood, commercially prepared	28	1 piece	26
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	26
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	25
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	25
11251	Lettuce, cos or romaine, raw	10	1 leaf	25
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	24
11960	Carrots, baby, raw	10	1 medium	24
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	24
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	23
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	23
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	23
18053	Bread, reduced-calorie, rye	23	1 slice	23
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	22
18033	Bread, italian	20	1 slice	22
01040	Cheese, swiss	28.35	1 oz	22
19074	Candies, caramels	10.1	1 piece	22
01026	Cheese, mozzarella, whole milk	28.35	1 oz	22
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	22
02026	Spices, onion powder	2.1	1 tsp	21
11282	Onions, raw	14	1 slice	20

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18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	20
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	20
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	20
01017	Cheese, cream	14.5	1 tbsp	20
01049	Cream, fluid, half and half	15	1 tbsp	20
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	19
11253	Lettuce, green leaf, raw	10	1 leaf	19
04134	Salad dressing, home recipe, cooked	16	1 tbsp	19
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	19
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	19
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	19
11943	Pimento, canned	12	1 tbsp	19
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	19
11935	Catsup	6	1 packet	19
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	19
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	19
02027	Spices, oregano, dried	1.5	1 tsp	19
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	19
09316	Strawberries, raw	12	1 strawberry	18
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	18
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	18
01125	Egg, yolk, raw, fresh	16.6	1 large	18
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	18
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	18
01019	Cheese, feta	28.35	1 oz	18
11333	Peppers, sweet, green, raw	10	1 ring	18
18057	Bread, reduced-calorie, white	23	1 slice	17
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	17
01056	Cream, sour, cultured	12	1 tbsp	17
20068	Tapioca, pearl, dry	152	1 cup	17
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	17
18232	Crackers, wheat, regular	8	4 crackers	17
07073	Sandwich spread, pork, beef	15	1 tbsp	17
01069	Cream substitute, powdered	2	1 tsp	16
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	16
14545	Tea, herb, chamomile, brewed	178	6 fl oz	16
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	16
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	16
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	16
18214	Crackers, cheese, regular	10	10 crackers	16
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	16
09153	Lemon juice, canned or bottled	15.2	1 tbsp	16
19294	Fruit butters, apple	17	1 tbsp	15
19104	Candies, fudge, vanilla with nuts	15	1 piece	15
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	15
19297	Jams and preserves	20	1 tbsp	15
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	15

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20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	15
09081	Cranberry sauce, canned, sweetened	57	1 slice	15
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	15
01052	Cream, fluid, light whipping	15	1 tbsp	15
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	14
04021	Salad dressing, italian dressing, commercial, reduced fat	15	1 tbsp	14
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	13
18229	Crackers, standard snack-type, regular	12	4 crackers	13
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	13
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	13
11667	Seaweed, spirulina, dried	0.93	1 tbsp	13
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	13
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	12
02055	Horseradish, prepared	5	1 tsp	12
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	12
11215	Garlic, raw	3	1 clove	12
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	12
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	11
01053	Cream, fluid, heavy whipping	15	1 tbsp	11
02048	Vinegar, cider	15	1 tbsp	11
19296	Honey	21	1 tbsp	11
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	11
19108	Candies, jellybeans	28.35	10 large	10
11429	Radishes, raw	4.5	1 radish	10
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	10
19300	Jellies	19	1 tbsp	10
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	10
02010	Spices, cinnamon, ground	2.3	1 tsp	10
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	9
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	9
11445	Seaweed, kelp, raw	10	2 tbsp	9
11156	Chives, raw	3	1 tbsp	9
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	9
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	9
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	8
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	8
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	8
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	8
14150	Carbonated beverage, orange	372	12 fl oz	7
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	7
02045	Dill weed, fresh	1	5 sprigs	7
14121	Carbonated beverage, club soda	355	12 fl oz	7
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	7
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	7
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	7

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06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	7
01032	Cheese, parmesan, grated	5	1 tbsp	6
02050	Vanilla extract	4.2	1 tsp	6
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	6
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	6
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	4
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	4
19334	Sugars, brown	3.2	1 tsp	4
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	4
11945	Pickle relish, sweet	15	1 tbsp	4
14142	Carbonated beverage, grape soda	372	12 fl oz	4
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	4
14157	Carbonated beverage, root beer	370	12 fl oz	4
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	4
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	4
14136	Carbonated beverage, ginger ale	366	12 fl oz	4
01001	Butter, salted	14.2	1 tbsp	3
01145	Butter, without salt	14.2	1 tbsp	3
04133	Salad dressing, french, home recipe	14	1 tbsp	3
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	3
19129	Syrups, table blends, pancake	20	1 tbsp	3
04025	Salad dressing, mayonnaise, regular	13.8	1 tbsp	3
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	3
19116	Candies, marshmallows	50	1 cup	3
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	2
14429	Water, tap, municipal	237	8 fl oz	2
14290	Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water	237	8 fl oz	2
09193	Olives, ripe, canned (small-extra large)	22	5 large	2
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	2
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	1
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	1
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	1
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	1
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	1
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	1
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	1
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	1
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	1
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	1
01072	Dessert topping, pressurized	4	1 tbsp	1
01073	Dessert topping, semi solid, frozen	4	1 tbsp	1
02047	Salt, table	6	1 tsp	0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
19107	Candies, hard	6	1 piece	0

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20027	Cornstarch	8.064	1 tbsp	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19350	Syrups, corn, light	20	1 tbsp	0
19336	Sugars, powdered	8	1 tbsp	0
19107	Candies, hard	3	1 small piece	0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0
19335	Sugars, granulated	4.2	1 tsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	0
04582	Oil, canola	14	1 tbsp	0
04002	Lard	12.8	1 tbsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	0
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1 tbsp	0
18372	Leavening agents, baking soda	4.6	1 tsp	0