



*Compiled and edited
by jhwhite*

**From the USDA
nutritional database**

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A.

Alcoholic beverage, beer, light(354 Grams)(12 fl oz)103 Calories, 5.81 Carbs, 0.85 Proteins, 0 Fiber, 0 Fats.

Alcoholic beverage, beer, regular, all(355 Grams)(12 fl oz)153 Calories, 12.6 Carbs, 1.63 Proteins, 0 Fiber, 0 Fats.

Alcoholic beverage, daiquiri, prepared-from-recipe(60 Grams)(2 fl oz)112 Calories, 4.16 Carbs, 0.04 Proteins, 0.1 Fiber, 0.04 Fats.

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof(42 Grams)(1.5 fl oz)97 Calories, 0 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof(42 Grams)(1.5 fl oz)105 Calories, 0.04 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof(42 Grams)(1.5 fl oz)110 Calories, 0 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Alcoholic beverage, liqueur, coffee, 53 proof(52 Grams)(1.5 fl oz)170 Calories, 24.34 Carbs, 0.05 Proteins, 0 Fiber, 0.16 Fats.

Alcoholic beverage, pina colada, prepared-from-recipe(141 Grams)(4.5 fl oz)245 Calories, 31.95 Carbs, 0.59 Proteins, 0.4 Fiber, 2.65 Fats.

Alcoholic beverage, wine, dessert, dry(103 Grams)(3.5 fl oz)157 Calories, 12.02 Carbs, 0.21 Proteins, 0 Fiber, 0 Fats.

Alcoholic beverage, wine, dessert, sweet(103 Grams)(3.5 fl oz)165 Calories, 14.1 Carbs, 0.21 Proteins, 0 Fiber, 0 Fats.

Alcoholic beverage, wine, table, red(103 Grams)(3.5 fl oz)88 Calories, 2.69 Carbs, 0.07 Proteins, 0 Fiber, 0 Fats.

Alcoholic beverage, wine, table, white(103 Grams)(3.5 fl oz)84 Calories, 2.68 Carbs, 0.07 Proteins, 0 Fiber, 0 Fats.

Alfalfa seeds, sprouted, raw(33 Grams)(1 cup)8 Calories, 0.69 Carbs, 1.32 Proteins, 0.6 Fiber, 0.23 Fats.

Apple juice, canned or bottled, unsweetened, w/o added ascorbic acid(248 Grams)(1 cup)114 Calories, 28.02 Carbs, 0.25 Proteins, 0.5 Fiber, 0.32 Fats.

Apples, dried, sulfured, uncooked(32 Grams)(5 rings)78 Calories, 21.08 Carbs, 0.3 Proteins, 2.8 Fiber, 0.1 Fats.

Apples, raw, w/ skin(138 Grams)(1 apple)72 Calories, 19.06 Carbs, 0.36 Proteins, 3.3 Fiber, 0.23 Fats.

Apples, raw, w/o skin(110 Grams)(1 cup)53 Calories, 14.04 Carbs, 0.3 Proteins, 1.4 Fiber, 0.14 Fats.

Applesauce, canned, sweetened, w/o salt (255 Grams)(1 cup)173 Calories, 44.6 Carbs, 0.41 Proteins, 3.1 Fiber, 0.43 Fats.

Applesauce, canned, unsweetened, w/o added ascorbic acid (244 Grams)(1 cup)102 Calories, 27.5 Carbs, 0.41 Proteins, 2.7 Fiber, 0.24 Fats.

Apricot nectar, canned, w/ added ascorbic acid(251 Grams)(1 cup)141 Calories, 36.12 Carbs, 0.93 Proteins, 1.5 Fiber, 0.23 Fats.

Apricots, canned, heavy syrup pack, w/ skin, solids & liquids(258 Grams)(1 cup)214 Calories, 55.39 Carbs, 1.37 Proteins, 4.1 Fiber, 0.21 Fats.

Apricots, canned, juice pack, w/ skin, solids & liquids(244 Grams)(1 cup)117 Calories, 30.11 Carbs, 1.54 Proteins, 3.9 Fiber, 0.1 Fats.

Apricots, dried, sulfured, uncooked(35 Grams)(10 halves)84 Calories, 21.92 Carbs, 1.19 Proteins, 2.6 Fiber, 0.18 Fats.

Apricots, raw(35 Grams)(1 apricot)17 Calories, 3.89 Carbs, 0.49 Proteins, 0.7 Fiber, 0.14 Fats.

Artichokes, (globe or french), cooked, boiled, drained, w/o salt(120 Grams)(1 medium)64 Calories, 14.34 Carbs, 3.47 Proteins, 10.3 Fiber, 0.41 Fats.

Artichokes, (globe or french), cooked, boiled, drained, w/o salt(168 Grams)(1 cup)89 Calories, 20.08 Carbs, 4.86 Proteins, 14.4 Fiber, 0.57 Fats.

Asparagus, canned, drained solids(72 Grams)(4 spears)14 Calories, 1.77 Carbs, 1.54 Proteins, 1.2 Fiber, 0.47 Fats.

Asparagus, cooked, boiled, drained(60 Grams)(4 spears)13 Calories, 2.47 Carbs, 1.44 Proteins, 1.2 Fiber, 0.13 Fats.

Asparagus, frozen, cooked, boiled, drained, w/o salt(180 Grams)(1 cup)32 Calories, 3.46 Carbs, 5.31 Proteins, 2.9 Fiber, 0.76 Fats.

Asparagus, frozen, cooked, boiled, drained, w/o salt(60 Grams)(4 spears)11 Calories, 1.15 Carbs, 1.77 Proteins, 1 Fiber, 0.25 Fats.

Avocados, raw, California(28.35 Grams)(1 oz)47 Calories, 2.45 Carbs, 0.56 Proteins, 1.9 Fiber, 4.37 Fats.

Avocados, raw, Florida(28.35 Grams)(1 oz)34 Calories, 2.22 Carbs, 0.63 Proteins, 1.6 Fiber, 2.85 Fats.

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B.

Bagels, cinnamon-raisin(71 Grams)(3-1/2 bagel)194 Calories, 39.19 Carbs, 6.96 Proteins, 1.6 Fiber, 1.21 Fats.

Bagels, cinnamon-raisin(89 Grams)(4 bagel)243 Calories, 49.13 Carbs, 8.72 Proteins, 2 Fiber, 1.51 Fats.

Bagels, egg(89 Grams)(4 bagel)247 Calories, 47.17 Carbs, 9.43 Proteins, 2 Fiber, 1.87 Fats.

Bagels, egg(71 Grams)(3-1/2 bagel)197 Calories, 37.63 Carbs, 7.53 Proteins, 1.6 Fiber, 1.49 Fats.

Bagels, plain, enriched, w/ calcium propionate (includes onion, poppy, sesame)(71 Grams)(3-1/2 bagel)182 Calories, 35.86 Carbs, 7.11 Proteins, 1.6 Fiber, 1.15 Fats.

Bagels, plain, enriched, w/ calcium propionate (includes onion, poppy, sesame)(89 Grams)(4 bagel)229 Calories, 44.95 Carbs, 8.92 Proteins, 2 Fiber, 1.44 Fats.

Baking chocolate, unsweetened, liquid(28.35 Grams)(1 oz)134 Calories, 10.26 Carbs, 3.43 Proteins, 5.1 Fiber, 13.52 Fats.

Baking chocolate, unsweetened, squares(28.35 Grams)(1 square)142 Calories, 8.46 Carbs, 3.66 Proteins, 4.7 Fiber, 14.83 Fats.

Bamboo shoots, canned, drained solids(131 Grams)(1 cup)25 Calories, 4.22 Carbs, 2.25 Proteins, 3.9 Fiber, 0.52 Fats.

Bananas, raw(118 Grams)(1 banana)105 Calories, 26.95 Carbs, 1.29 Proteins, 3.1 Fiber, 0.39 Fats.

Bananas, raw(150 Grams)(1 cup)134 Calories, 34.26 Carbs, 1.64 Proteins, 3.9 Fiber, 0.5 Fats.

Barley, pearled, cooked(157 Grams)(1 cup)193 Calories, 44.31 Carbs, 3.55 Proteins, 6 Fiber, 0.69 Fats.

Barley, pearled, raw(200 Grams)(1 cup)704 Calories, 155.44 Carbs, 19.82 Proteins, 31.2 Fiber, 2.32 Fats.

Beans, baked, canned, plain or vegetarian(254 Grams)(1 cup)239 Calories, 53.7 Carbs, 12.07 Proteins, 10.4 Fiber, 0.94 Fats.

Beans, baked, canned, w/ franks(259 Grams)(1 cup)368 Calories, 39.86 Carbs, 17.48 Proteins, 17.9 Fiber, 17.02 Fats.

Beans, baked, canned, w/ pork & sweet sauce(253 Grams)(1 cup)283 Calories, 53.43 Carbs, 13.38 Proteins, 10.6 Fiber, 3.64 Fats.

Beans, baked, canned, w/ pork & tomato sauce(253 Grams)(1 cup)238 Calories, 47.29 Carbs, 13.03 Proteins, 10.1

Fiber, 2.35 Fats.

Beans, black, mature seeds, cooked, boiled, w/o salt(172 Grams)(1 cup)227 Calories, 40.78 Carbs, 15.24 Proteins, 15 Fiber, 0.93 Fats.

Beans, great northern, mature seeds, cooked, boiled, w/o salt(177 Grams)(1 cup)209 Calories, 37.33 Carbs, 14.74 Proteins, 12.4 Fiber, 0.8 Fats.

Beans, kidney, red, mature seeds, canned, solids & liquids(256 Grams)(1 cup)207 Calories, 37.96 Carbs, 13.36 Proteins, 13.6 Fiber, 0.92 Fats.

Beans, kidney, red, mature seeds, cooked, boiled, w/o salt(177 Grams)(1 cup)225 Calories, 40.36 Carbs, 15.35 Proteins, 13.1 Fiber, 0.89 Fats.

Beans, navy, mature seeds, cooked, boiled, w/o salt(182 Grams)(1 cup)255 Calories, 47.41 Carbs, 14.98 Proteins, 19.1 Fiber, 1.13 Fats.

Beans, pinto, mature seeds, cooked, boiled, w/o salt(171 Grams)(1 cup)245 Calories, 44.84 Carbs, 15.41 Proteins, 15.4 Fiber, 1.11 Fats.

Beans, snap, green, canned, regular pack, drained solids(135 Grams)(1 cup)34 Calories, 5.74 Carbs, 1.7 Proteins, 3.4 Fiber, 0.5 Fats.

Beans, snap, green, cooked, boiled, drained, w/o salt(125 Grams)(1 cup)44 Calories, 9.85 Carbs, 2.36 Proteins, 4 Fiber, 0.35 Fats.

Beans, snap, green, frozen, cooked, boiled, drained w/o salt(135 Grams)(1 cup)38 Calories, 8.71 Carbs, 2.01 Proteins, 4.1 Fiber, 0.23 Fats.

Beans, snap, yellow, canned, regular pack, drained solids(135 Grams)(1 cup)27 Calories, 6.08 Carbs, 1.55 Proteins, 1.8 Fiber, 0.14 Fats.

Beans, snap, yellow, cooked, boiled, drained, w/o salt(125 Grams)(1 cup)44 Calories, 9.85 Carbs, 2.36 Proteins, 4.1 Fiber, 0.35 Fats.

Beans, snap, yellow, frozen, cooked, boiled, drained, w/o salt(135 Grams)(1 cup)38 Calories, 8.71 Carbs, 2.01 Proteins, 4.1 Fiber, 0.23 Fats.

Beans, white, mature seeds, canned(262 Grams)(1 cup)299 Calories, 55.54 Carbs, 19.02 Proteins, 12.6 Fiber, 0.76 Fats.

Beef stew, canned entree(232 Grams)(1 cup)230 Calories, 18.21 Carbs, 10.23 Proteins, 2.1 Fiber, 12.83 Fats.

Beef, chuck, blade roast, separable lean & fat, trimmed to 1/8" fat, choice, cooked, braised(85 Grams)(3 oz)305 Calories, 0 Carbs, 22.41 Proteins, 0 Fiber, 23.17 Fats.

Beef, chuck, blade roast, separable lean only, trimmed to 0 fat, all grades, cooked, braised(85 Grams)(3 oz)215 Calories, 0 Carbs, 26.4 Proteins, 0 Fiber, 11.31 Fats.

Beef, cured, corned beef, canned(85.05 Grams)(3 oz)213 Calories, 0 Carbs, 23.05 Proteins, 0 Fiber, 12.7 Fats.

Beef, cured, dried(28.35 Grams)(1 oz)43 Calories, 0.78 Carbs, 8.82 Proteins, 0 Fiber, 0.55 Fats.

Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled(85 Grams)(3 oz)236 Calories, 0 Carbs, 21.73 Proteins, 0 Fiber, 15.91 Fats.

Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled(85 Grams)(3 oz)230 Calories, 0 Carbs, 21.89 Proteins, 0 Fiber, 15.15 Fats.

Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled(85 Grams)(3 oz)213 Calories, 0 Carbs, 22.04 Proteins, 0 Fiber, 13.16 Fats.

Beef, rib, whole (ribs 6-12), separable lean & fat, trimmed to 1/8" fat, all grades, cooked, roasted(85 Grams)(3 oz)298 Calories, 0 Carbs, 19.35 Proteins, 0 Fiber, 23.89 Fats.

Beef, rib, whole (ribs 6-12), separable lean & fat, trimmed to 1/8" fat, all grades, cooked, roasted(85 Grams)(3

oz)298 Calories, 0 Carbs, 19.35 Proteins, 0 Fiber, 23.89 Fats.

Beef, round, bottom round, steak, separable lean & fat, trimmed to 1/8" fat, all grades, cooked, braised(85 Grams)(3 oz)210 Calories, 0 Carbs, 27.85 Proteins, 0 Fiber, 10.09 Fats.

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised(85 Grams)(3 oz)184 Calories, 0 Carbs, 29.19 Proteins, 0 Fiber, 6.57 Fats.

Beef, round, eye of round, roast, separable lean & fat, trimmed to 1/8" fat, all grades, cooked, roasted(85 Grams)(3 oz)177 Calories, 0 Carbs, 24.06 Proteins, 0 Fiber, 8.2 Fats.

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted(85 Grams)(3 oz)144 Calories, 0 Carbs, 25.27 Proteins, 0 Fiber, 4 Fats.

Beef, top sirloin, steak, separable lean & fat, trimmed to 1/8" fat, all grades, cooked, broiled(85 Grams)(3 oz)207 Calories, 0 Carbs, 22.92 Proteins, 0 Fiber, 12.1 Fats.

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled(85 Grams)(3 oz)151 Calories, 0 Carbs, 25.01 Proteins, 0 Fiber, 4.96 Fats.

Beef, variety meats & by-products, liver, cooked, pan-fried(85 Grams)(3 oz)149 Calories, 4.39 Carbs, 22.54 Proteins, 0 Fiber, 3.98 Fats.

Beet greens, cooked, boiled, drained, w/o salt(144 Grams)(1 cup)39 Calories, 7.86 Carbs, 3.7 Proteins, 4.2 Fiber, 0.29 Fats.

Beets, canned, drained solids(170 Grams)(1 cup)53 Calories, 12.26 Carbs, 1.55 Proteins, 3.1 Fiber, 0.24 Fats.

Beets, canned, drained solids(24 Grams)(1 beet)7 Calories, 1.73 Carbs, 0.22 Proteins, 0.4 Fiber, 0.03 Fats.

Beets, cooked, boiled, drained(50 Grams)(1 beet)22 Calories, 4.98 Carbs, 0.84 Proteins, 1 Fiber, 0.09 Fats.

Beets, cooked, boiled, drained(170 Grams)(1 cup)75 Calories, 16.93 Carbs, 2.86 Proteins, 3.4 Fiber, 0.31 Fats.

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Bi.

Biscuits, plain or buttermilk, prepared from recipe(60 Grams)(2-1/2 biscuit)212 Calories, 26.76 Carbs, 4.2 Proteins, 0.9 Fiber, 9.78 Fats.

Biscuits, plain or buttermilk, prepared from recipe(101 Grams)(4 biscuit)357 Calories, 45.05 Carbs, 7.07 Proteins, 1.5 Fiber, 16.46 Fats.

Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked(27 Grams)(2-1/2 biscuit)95 Calories, 12.59 Carbs, 1.99 Proteins, 0.2 Fiber, 4.07 Fats.

Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked(21 Grams)(2-1/4 biscuit)63 Calories, Carbs, 1.64 Proteins, 0.4 Fiber, 1.09 Fats.

Blackberries, raw(144 Grams)(1 cup)62 Calories, 13.84 Carbs, 2 Proteins, 7.6 Fiber, 0.71 Fats.

Blueberries, frozen, sweetened(230 Grams)(1 cup)196 Calories, 50.49 Carbs, 0.92 Proteins, 5.1 Fiber, 0.3 Fats.

Blueberries, raw(145 Grams)(1 cup)83 Calories, 21.01 Carbs, 1.07 Proteins, 3.5 Fiber, 0.48 Fats.

Bologna, beef & pork(56.7 Grams)(2 slices)175 Calories, 3.11 Carbs, 8.62 Proteins, 0 Fiber, 13.94 Fats.

Braunschweiger (a liver sausage), pork(56.7 Grams)(2 slices)185 Calories, 1.76 Carbs, 8.22 Proteins, 0 Fiber, 16.16 Fats.

Bread crumbs, dry, grated, plain(28.35 Grams)(1 oz)112 Calories, 20.41 Carbs, 3.78 Proteins, 1.3 Fiber, 1.5 Fats.

Bread crumbs, dry, grated, seasoned(120 Grams)(1 cup)460 Calories, 82.19 Carbs, 16.96 Proteins, 5.9 Fiber, 6.58 Fats.

Bread stuffing, bread, dry mix, prepared(100 Grams)(1/2 cup)177 Calories, 21.7 Carbs, 3.2 Proteins, 2.9 Fiber, 8.6 Fats.

Bread, banana, prepared from recipe, made w/ margarine(60 Grams)(1 slice)196 Calories, 32.76 Carbs, 2.58 Proteins, 0.7 Fiber, 6.3 Fats.

Bread, cornbread, dry mix, prepared(60 Grams)(1 piece)188 Calories, 28.86 Carbs, 4.32 Proteins, 1.4 Fiber, 6 Fats.

Bread, cornbread, prepared from recipe, made w/ low fat (2%)
milk(65 Grams)(1 piece)173 Calories, 28.28 Carbs, 4.36 Proteins, 4.62 Fats.

Bread, cracked-wheat(25 Grams)(1 slice)65 Calories, 12.38 Carbs, 2.18 Proteins, 1.4 Fiber, 0.98 Fats.

Bread, egg(40 Grams)(1/2 slice)113 Calories, 19.12 Carbs, 3.8 Proteins, 0.9 Fiber, 2.4 Fats.

Bread, french or vienna (includes sourdough)(25 Grams)(1/2 slice)72 Calories, 14.11 Carbs, 2.94 Proteins, 0.6 Fiber, 0.46 Fats.

Bread, italian(20 Grams)(1 slice)54 Calories, 10 Carbs, 1.76 Proteins, 0.5 Fiber, 0.7 Fats.

Bread, Multi-Grain (includes whole-grain)(26 Grams)(1 slice)69 Calories, 11.27 Carbs, 3.47 Proteins, 1.9 Fiber, 1.1 Fats.

Bread, Multi-Grain, toasted (includes whole-grain)(24 Grams)(1 slice)69 Calories, 11.31 Carbs, 3.48 Proteins, 1.9 Fiber, 1.1 Fats.

Bread, oatmeal(27 Grams)(1 slice)73 Calories, 13.1 Carbs, 2.27 Proteins, 1.1 Fiber, 1.19 Fats.

Bread, oatmeal, toasted(25 Grams)(1 slice)73 Calories, 13.18 Carbs, 2.3 Proteins, 1.1 Fiber, 1.2 Fats.

Bread, pita, white, enriched(28 Grams)(4 pita)77 Calories, 15.6 Carbs, 2.55 Proteins, 0.6 Fiber, 0.34 Fats.

Bread, pita, white, enriched(60 Grams)(6-1/2 pita)165 Calories, 33.42 Carbs, 5.46 Proteins, 1.3 Fiber, 0.72 Fats.

Bread, pumpernickel(32 Grams)(1 slice)80 Calories, 15.2 Carbs, 2.78 Proteins, 2.1 Fiber, 0.99 Fats.

Bread, pumpernickel, toasted(29 Grams)(1 slice)80 Calories, 15.14 Carbs, 2.76 Proteins, 2.1 Fiber, 0.99 Fats.

Bread, raisin, enriched(26 Grams)(1 slice)71 Calories, 13.6 Carbs, 2.05 Proteins, 1.1 Fiber, 1.14 Fats.

Bread, raisin, toasted, enriched(24 Grams)(1 slice)71 Calories, 13.66 Carbs, 2.06 Proteins, 1.1 Fiber, 1.15 Fats.

Bread, reduced-calorie, rye(23 Grams)(1 slice)47 Calories, 9.32 Carbs, 2.09 Proteins, 2.8 Fiber, 0.67 Fats.

Bread, reduced-calorie, wheat(23 Grams)(1 slice)50 Calories, 9.77 Carbs, 3.06 Proteins, 2.6 Fiber, 0.67 Fats.

Bread, reduced-calorie, white(23 Grams)(1 slice)48 Calories, 10.19 Carbs, 2 Proteins, 2.2 Fiber, 0.58 Fats.

Bread, rye(32 Grams)(1 slice)83 Calories, 15.46 Carbs, 2.72 Proteins, 1.9 Fiber, 1.06 Fats.

Bread, rye, toasted(24 Grams)(1 slice)68 Calories, 12.74 Carbs, 2.26 Proteins, 1.5 Fiber, 0.86 Fats.

Bread, wheat(25 Grams)(1 slice)68 Calories, 12.37 Carbs, 2.59 Proteins, 1.1 Fiber, 0.86 Fats.

Bread, wheat, toasted(23 Grams)(1 slice)72 Calories, 12.83 Carbs, 2.98 Proteins, 1.1 Fiber, 0.98 Fats.

Bread, white, commercially prepared (includes soft bread crumbs)(45 Grams)(1 cup)119 Calories, 22.08 Carbs, 4.12 Proteins, 1.2 Fiber, 1.44 Fats.

Bread, white, commercially prepared (includes soft bread crumbs)(25 Grams)(1 slice)66 Calories, 12.27 Carbs, 2.29 Proteins, 0.7 Fiber, 0.8 Fats.

Bread, white, commercially prepared, toasted(22 Grams)(1 slice)64 Calories, 11.97 Carbs, 1.98 Proteins, 0.6 Fiber, 0.88 Fats.

Bread, whole -wheat, commercially prepared(28 Grams)(1 slice)69 Calories, 11.56 Carbs, 3.63 Proteins, 1.9 Fiber, 0.94 Fats.

Bread, whole -wheat, commercially prepared, toasted(25 Grams)(1 slice)77 Calories, 12.79 Carbs, 4.07 Proteins, 2.3 Fiber, 1.02 Fats.

Broccoli, cooked, boiled, drained, w/o salt(156 Grams)(1 cup)55 Calories, 11.2 Carbs, 3.71 Proteins, 5.1 Fiber,

0.64 Fats.

Broccoli, cooked, boiled, drained, w/o salt(37 Grams)(1 spear)13 Calories, 2.66 Carbs, 0.88 Proteins, 1.2 Fiber, 0.15 Fats.

Broccoli, flower clusters, raw(11 Grams)(1 floweret)3 Calories, 0.58 Carbs, 0.33 Proteins, 0.04 Fats.

Broccoli, frozen, chopped, cooked, boiled, drained, w/o salt(184 Grams)(1 cup)52 Calories, 9.84 Carbs, 5.7 Proteins, 5.5 Fiber, 0.22 Fats.

Broccoli, raw(31 Grams)(1 spear)11 Calories, 2.06 Carbs, 0.87 Proteins, 0.8 Fiber, 0.11 Fats.

Broccoli, raw(88 Grams)(1 cup)30 Calories, 5.84 Carbs, 2.48 Proteins, 2.3 Fiber, 0.33 Fats.

Brussels sprouts, cooked, boiled, drained, w/o salt(156 Grams)(1 cup)56 Calories, 11.08 Carbs, 3.98 Proteins, 4.1 Fiber, 0.78 Fats.

Brussels sprouts, frozen, cooked, boiled, drained, w/o salt(155 Grams)(1 cup)65 Calories, 12.9 Carbs, 5.64 Proteins, 6.4 Fiber, 0.6 Fats.

Buckwheat flour, whole-grout(120 Grams)(1 cup)402 Calories, 84.71 Carbs, 15.14 Proteins, 12 Fiber, 3.72 Fats.

Buckwheat groats, roasted, cooked(168 Grams)(1 cup)155 Calories, 33.5 Carbs, 5.68 Proteins, 4.5 Fiber, 1.04 Fats.

Bulgur, cooked(182 Grams)(1 cup)151 Calories, 33.82 Carbs, 5.61 Proteins, 8.2 Fiber, 0.44 Fats.

Bulgur, dry(140 Grams)(1 cup)479 Calories, 106.22 Carbs, 17.21 Proteins, 25.6 Fiber, 1.86 Fats.

Butter, salted(14.2 Grams)(1 tbsp)102 Calories, 0.01 Carbs, 0.12 Proteins, 0 Fiber, 11.52 Fats.

Butter, w/o salt(14.2 Grams)(1 tbsp)102 Calories, 0.01 Carbs, 0.12 Proteins, 0 Fiber, 11.52 Fats.

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C.

Cabbage, chinese (pak-choi), cooked, boiled, drained, w/o salt(170 Grams)(1 cup)20 Calories, 3.03 Carbs, 2.65 Proteins, 1.7 Fiber, 0.27 Fats.

Cabbage, chinese (pe-tsai), cooked, boiled, drained, w/o salt(119 Grams)(1 cup)17 Calories, 2.87 Carbs, 1.79 Proteins, 2 Fiber, 0.2 Fats.

Cabbage, cooked, boiled, drained, w/o salt(150 Grams)(1 cup)35 Calories, 8.27 Carbs, 1.91 Proteins, 2.9 Fiber, 0.09 Fats.

Cabbage, raw(70 Grams)(1 cup)18 Calories, 4.06 Carbs, 0.9 Proteins, 1.8 Fiber, 0.07 Fats.

Cabbage, red, raw(70 Grams)(1 cup)22 Calories, 5.16 Carbs, 1 Proteins, 1.5 Fiber, 0.11 Fats.

Cabbage, savoy, raw(70 Grams)(1 cup)19 Calories, 4.27 Carbs, 1.4 Proteins, 2.2 Fiber, 0.07 Fats.

Cake, angelfood, commercially prepared(28 Grams)(1 piece)72 Calories, 16.18 Carbs, 1.65 Proteins, 0.4 Fiber, 0.22 Fats.

Cake, angelfood, dry mix, prepared(50 Grams)(1 piece)129 Calories, 29.35 Carbs, 3.05 Proteins, 0.1 Fiber, 0.15 Fats.

Cake, boston cream pie, commercially prepared(92 Grams)(1 piece)232 Calories, 39.47 Carbs, 2.21 Proteins, 1.3 Fiber, 7.82 Fats.

Cake, chocolate, commercially prepared w/ chocolate frosting, in-store bakery(64 Grams)(1 piece)249 Calories, 33.82 Carbs, 2.23 Proteins, 1.8 Fiber, 12.83 Fats.

Cake, chocolate, prepared from recipe w/o frosting(95 Grams)(1 piece)352 Calories, 50.73 Carbs, 5.04 Proteins, 1.5 Fiber, 14.35 Fats.

Cake, fruitcake, commercially prepared(43 Grams)(1 piece)139 Calories, 26.49 Carbs, 1.25 Proteins, 1.6 Fiber, 3.91 Fats.

Cake, gingerbread, prepared from recipe(74 Grams)(1 piece)263 Calories, 36.41 Carbs, 2.89 Proteins, 12.14 Fats.

Cake, pineapple upside-down, prepared from recipe(115 Grams)(1 piece)367 Calories, 58.08 Carbs, 4.03 Proteins, 0.9 Fiber, 13.92 Fats.

Cake, pound, commercially prepared, butter(28 Grams)(1 piece)109 Calories, 13.66 Carbs, 1.54 Proteins, 0.1 Fiber, 5.57 Fats.

Cake, pound, commercially prepared, fat-free(28 Grams)(1 slice)79 Calories, 17.08 Carbs, 1.51 Proteins, 0.3 Fiber, 0.34 Fats.

Cake, shortcake, biscuit-type, prepared from recipe(65 Grams)(1 shortcake)225 Calories, 31.53 Carbs, 3.97 Proteins, 9.23 Fats.

Cake, snack cakes, creme-filled, chocolate w/ frosting(50 Grams)(1 cupcake)200 Calories, 30.16 Carbs, 1.82 Proteins, 1.6 Fiber, 7.97 Fats.

Cake, snack cakes, creme-filled, sponge(42.5 Grams)(1 cake)159 Calories, 27.21 Carbs, 1.47 Proteins, 0.4 Fiber, 4.9 Fats.

Cake, snack cakes, cupcakes, chocolate, w/ frosting, low-fat(43 Grams)(1 cupcake)131 Calories, 28.9 Carbs, 1.85 Proteins, 1.8 Fiber, 1.59 Fats.

Cake, sponge, commercially prepared(30 Grams)(1 shortcake)87 Calories, 18.33 Carbs, 1.62 Proteins, 0.2 Fiber, 0.81 Fats.

Cake, sponge, prepared from recipe(63 Grams)(1 piece)187 Calories, 36.35 Carbs, 4.6 Proteins, 2.71 Fats.

Cake, white, prepared from recipe w/ coconut frosting(112 Grams)(1 piece)399 Calories, 70.78 Carbs, 4.93 Proteins, 1.1 Fiber, 11.54 Fats.

Cake, white, prepared from recipe w/o frosting(74 Grams)(1 piece)264 Calories, 42.33 Carbs, 4 Proteins, 0.6 Fiber, 9.18 Fats.

Cake, yellow, commercially prepared, w/ chocolate frosting, in-(64 Grams)(1 piece)243 Calories, 35.43 Carbs, 2.02 Proteins, 11.36 Fats.

Cake, yellow, commercially prepared, w/ vanilla frosting(64 Grams)(1 piece)239 Calories, Carbs, 2.24 Proteins, 0.2 Fiber, 9.28 Fats.

Candies, caramels(10.1 Grams)(1 piece)39 Calories, 37.63 Carbs, 0.46 Proteins, 0 Fiber, 0.82 Fats.

Candies, caramels, chocolate-flavor roll(7 Grams)(1 piece)27 Calories, 7.78 Carbs, 0.11 Proteins, 0 Fiber, 0.23 Fats.

Candies, carob, unsweetened(28.35 Grams)(1 oz)153 Calories, 6.14 Carbs, 2.31 Proteins, 1.1 Fiber, 8.89 Fats.

Candies, fudge, chocolate, prepared-from-recipe(17 Grams)(1 piece)70 Calories, 15.96 Carbs, 0.41 Proteins, 0.3 Fiber, 1.77 Fats.

Candies, fudge, chocolate, w/ nuts, prepared-from-recipe(19 Grams)(1 piece)88 Calories, 12.99 Carbs, 0.83 Proteins, 0.5 Fiber, 3.6 Fats.

Candies, fudge, vanilla w/ nuts(15 Grams)(1 piece)65 Calories, 12.91 Carbs, 0.45 Proteins, 0.1 Fiber, 2.05 Fats.

Candies, fudge, vanilla, prepared-from-recipe(16 Grams)(1 piece)61 Calories, 11.19 Carbs, 0.17 Proteins, 0 Fiber, 0.87 Fats.

Candies, gumdrops, starch jelly pieces(4.2 Grams)(1 medium)17 Calories, 13.14 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Candies, gumdrops, starch jelly pieces(74 Grams)(10 worms)293 Calories, 4.15 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Candies, gumdrops, starch jelly pieces(22 Grams)(10 bears)87 Calories, 73.19 Carbs, 0 Proteins, 0.1 Fiber, 0 Fats.

Candies, hard(6 Grams)(1 piece)24 Calories, 21.76 Carbs, 0 Proteins, 0 Fiber, 0.01 Fats.

Candies, hard(3 Grams)(1 small piece)12 Calories, 5.88 Carbs, 0 Proteins, 0 Fiber, 0.01 Fats.

Candies, jellybeans(28.35 Grams)(10 large)106 Calories, 2.94 Carbs, 0 Proteins, 0 Fiber, 0.01 Fats.

Candies, KIT KAT Wafer Bar(42 Grams)(1 bar (1.5 oz))218 Calories, 26.52 Carbs, 2.73 Proteins, 0.1 Fiber, 10.92 Fats.

Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies(7 Grams)(10 pieces)34 Calories, 27.13 Carbs, 0.3 Proteins, 0.4 Fiber, 1.48 Fats.

Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies(20 Grams)(10 pieces)103 Calories, 4.98 Carbs, 1.91 Proteins, 0.2 Fiber, 5.23 Fats.

Candies, MARS SNACKFOOD US, MILKY WAY Bar(61 Grams)(1 bar (2.15 oz))278 Calories, 43.41 Carbs, 2.45 Proteins, 0.7 Fiber, 10.51 Fats.

Candies, MARS SNACKFOOD US, MILKY WAY Bar(18 Grams)(1 fun size bar)82 Calories, 12.1 Carbs, 0.72 Proteins, 0.6 Fiber, 3.1 Fats.

Candies, MARS SNACKFOOD US, SNICKERS Bar(57 Grams)(1 bar (2 oz))280 Calories, 12.81 Carbs, 4.29 Proteins, 0.2 Fiber, 13.59 Fats.

Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits(5 Grams)(1 piece)20 Calories, 35.06 Carbs, 0.02 Proteins, 1.3 Fiber, 0.41 Fats.

Candies, marshmallows(50 Grams)(1 cup)159 Calories, 4.13 Carbs, 0.9 Proteins, 0 Fiber, 0.1 Fats.

Candies, milk chocolate(44 Grams)(1 bar (1.55 oz))235 Calories, 40.65 Carbs, 3.37 Proteins, 0.1 Fiber, 13.05 Fats.

Candies, milk chocolate coated peanuts(40 Grams)(10 pieces)208 Calories, 26.14 Carbs, 5.24 Proteins, 1.5 Fiber, 13.4 Fats.

Candies, milk chocolate coated raisins(10 Grams)(10 pieces)39 Calories, 19.88 Carbs, 0.41 Proteins, 1.9 Fiber, 1.48 Fats.

Candies, milk chocolate, w/ almonds(41 Grams)(1 bar (1.45 oz))216 Calories, 6.84 Carbs, 3.69 Proteins, 0.3 Fiber, 14.1 Fats.

Candies, MR. GOODBAR Chocolate Bar(49 Grams)(1 bar (1.75 oz))264 Calories, 21.89 Carbs, 5.01 Proteins, 2.5 Fiber, 16.27 Fats.

Candies, NESTLE, BUTTERFINGER Bar(7 Grams)(1 fun size bar)32 Calories, 26.63 Carbs, 0.38 Proteins, 1.9 Fiber, 1.32 Fats.

Candies, NESTLE, CRUNCH Bar & Dessert Topping(44 Grams)(1 bar (1.55 oz))220 Calories, 5.1 Carbs, 2.2 Proteins, 0.1 Fiber, 11.44 Fats.

Candies, REESE'S Peanut Butter Cups(45 Grams)(1 package (contains 2))232 Calories, 29.48 Carbs, 4.61 Proteins, 0.8 Fiber, 13.74 Fats.

Candies, semisweet chocolate(168 Grams)(1 cup)806 Calories, 24.91 Carbs, 7.06 Proteins, 1.6 Fiber, 50.4 Fats.

Candies, SPECIAL DARK Chocolate Bar(8.4 Grams)(1 miniature)47 Calories, 107.35 Carbs, 0.47 Proteins, 9.9 Fiber, 2.72 Fats.

Candies, white chocolate(170 Grams)(1 cup)916 Calories, 5.08 Carbs, 9.98 Proteins, 0.5 Fiber, 54.55 Fats.

Carambola, (starfruit), raw(108 Grams)(1 cup)33 Calories, 100.71 Carbs, 1.12 Proteins, 0.3 Fiber, 0.36 Fats.

Carambola, (starfruit), raw(91 Grams)(1 fruit)28 Calories, 7.27 Carbs, 0.95 Proteins, 3 Fiber, 0.3 Fats.

Carbonated beverage, club soda(355 Grams)(12 fl oz)0 Calories, 6.12 Carbs, 0 Proteins, 2.5 Fiber, 0 Fats.

Carbonated beverage, cola, contains caffeine(370 Grams)(12 fl oz)137 Calories, 0 Carbs, 0.26 Proteins, 0 Fiber, 0.07 Fats.

Carbonated beverage, ginger ale(366 Grams)(12 fl oz)124 Calories, 35.37 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Carbonated beverage, grape soda(372 Grams)(12 fl oz)160 Calories, 32.1 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Carbonated beverage, low calorie, cola or pepper-type, w/ aspartame, contains caffeine(355 Grams)(12 fl oz)7 Calories, 41.66 Carbs, 0.39 Proteins, 0 Fiber, 0.11 Fats.

Carbonated beverage, low calorie, other than cola or pepper, w/o caffeine(355 Grams)(12 fl oz)0 Calories, 1.03 Carbs, 0.36 Proteins, 0 Fiber, 0 Fats.

Carbonated beverage, orange(372 Grams)(12 fl oz)179 Calories, 0 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Carbonated beverage, pepper-type, contains caffeine(368 Grams)(12 fl oz)151 Calories, 45.76 Carbs, 0 Proteins, 0 Fiber, 0.37 Fats.

Carbonated beverage, root beer(370 Grams)(12 fl oz)152 Calories, 38.27 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Carbonated beverage, SPRITE, lemon-lime, w/o caffeine(368 Grams)(12 fl oz)147 Calories, 39.22 Carbs, 0.18 Proteins, 0 Fiber, 0.07 Fats.

Carob flour(8 Grams)(1 tbs)18 Calories, 37.32 Carbs, 0.37 Proteins, 0 Fiber, 0.05 Fats.

Carrot juice, canned(236 Grams)(1 cup)94 Calories, 7.11 Carbs, 2.24 Proteins, 3.2 Fiber, 0.35 Fats.

Carrots, baby, raw(10 Grams)(1 medium)4 Calories, 21.9 Carbs, 0.06 Proteins, 1.9 Fiber, 0.01 Fats.

Carrots, canned, regular pack, drained solids(146 Grams)(1 cup)37 Calories, 0.82 Carbs, 0.93 Proteins, 0.3 Fiber, 0.28 Fats.

Carrots, cooked, boiled, drained, w/o salt(156 Grams)(1 cup)55 Calories, 8.09 Carbs, 1.19 Proteins, 2.2 Fiber, 0.28 Fats.

Carrots, frozen, cooked, boiled, drained, w/o salt(146 Grams)(1 cup)54 Calories, 12.82 Carbs, 0.85 Proteins, 4.7 Fiber, 0.99 Fats.

Carrots, raw(110 Grams)(1 cup)45 Calories, 11.29 Carbs, 1.02 Proteins, 4.8 Fiber, 0.26 Fats.

Carrots, raw(72 Grams)(1 carrot)30 Calories, 10.54 Carbs, 0.67 Proteins, 3.1 Fiber, 0.17 Fats.

Catsup(15 Grams)(1 tbs)15 Calories, 6.9 Carbs, 0.26 Proteins, 2 Fiber, 0.05 Fats.

Catsup(6 Grams)(1 packet)6 Calories, 3.77 Carbs, 0.1 Proteins, 0 Fiber, 0.02 Fats.

Cauliflower, cooked, boiled, drained, w/o salt(54 Grams)(3 flowerets)12 Calories, 1.51 Carbs, 0.99 Proteins, 0 Fiber, 0.24 Fats.

Cauliflower, cooked, boiled, drained, w/o salt(124 Grams)(1 cup)29 Calories, 2.22 Carbs, 2.28 Proteins, 1.2 Fiber, 0.56 Fats.

Cauliflower, frozen, cooked, boiled, drained, w/o salt(180 Grams)(1 cup)34 Calories, 5.1 Carbs, 2.9 Proteins, 2.9 Fiber, 0.4 Fats.

Cauliflower, raw(13 Grams)(1 floweret)3 Calories, 0.65 Carbs, 0.25 Proteins, 0.3 Fiber, 0.04 Fats.

Cauliflower, raw(100 Grams)(1 cup)25 Calories, 6.75 Carbs, 1.92 Proteins, 4.9 Fiber, 0.28 Fats.

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Celery, cooked, boiled, drained, w/o salt(37.5 Grams)(1 stalk)7 Calories, 1.5 Carbs, 0.31 Proteins, 0.6 Fiber, 0.06 Fats.

Celery, cooked, boiled, drained, w/o salt(150 Grams)(1 cup)27 Calories, 4.97 Carbs, 1.25 Proteins, 2 Fiber, 0.24 Fats.

Celery, raw(40 Grams)(1 stalk)6 Calories, 1.19 Carbs, 0.28 Proteins, 0.6 Fiber, 0.2 Fats.

Celery, raw(120 Grams)(1 cup)19 Calories, 6 Carbs, 0.83 Proteins, 2.4 Fiber, 0.07 Fats.

Cereals ready-to-eat, GENERAL MILLS Corn CHEX(30 Grams)(1 cup)116 Calories, 3.56 Carbs, 1.94 Proteins, 1.9 Fiber, 0.48 Fats.

Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS(30 Grams)(3/4 cup)120 Calories, 25.16 Carbs, 2 Proteins, 2 Fiber, 1.5 Fats.

Cereals ready-to-eat, GENERAL MILLS, BASIC 4(55 Grams)(1 cup)200 Calories, 24 Carbs, 4 Proteins, 2 Fiber, 2 Fats.

Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX(30 Grams)(3/4 cup)109 Calories, 44 Carbs, 1.82 Proteins, 4 Fiber, 1.37 Fats.

Cereals ready-to-eat, GENERAL MILLS, CHEERIOS(30 Grams)(1 cup)110 Calories, 25.46 Carbs, 3.4 Proteins, 1.8 Fiber, 1.77 Fats.

Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH(30 Grams)(3/4 cup)124 Calories, 22.4 Carbs, 1.58 Proteins, 3 Fiber, 2.81 Fats.

Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS(30 Grams)(1 cup)111 Calories, 23.92 Carbs, 1.11 Proteins, 1.1 Fiber, 1.67 Fats.

Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS(30 Grams)(3/4 cup)116 Calories, 25.56 Carbs, 1.94 Proteins, 2.2 Fiber, 0.97 Fats.

Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS(30 Grams)(1 cup)118 Calories, 25.16 Carbs, 2.14 Proteins, 1 Fiber, 1.61 Fats.

Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX(30 Grams)(3/4 cup)113 Calories, 23.57 Carbs, 1.88 Proteins, 2.1 Fiber, 0.94 Fats.

Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS(55 Grams)(1 cup)202 Calories, 26.25 Carbs, 3.86 Proteins, 0.9 Fiber, 0.96 Fats.

Cereals ready-to-eat, GENERAL MILLS, KIX(30 Grams)(1-1/3 cup)110 Calories, 46.32 Carbs, 2.31 Proteins, 3.9 Fiber, 1.04 Fats.

Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS(30 Grams)(1 cup)122 Calories, 24.85 Carbs, 2.22 Proteins, 2.7 Fiber, 1.11 Fats.

Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN(55 Grams)(1 cup)202 Calories, 24.44 Carbs, 3.37 Proteins, 1.7 Fiber, 3.37 Fats.

Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS(30 Grams)(3/4 cup)130 Calories, 43.77 Carbs, 2.07 Proteins, 5.6 Fiber, 3.1 Fats.

Cereals ready-to-eat, GENERAL MILLS, Rice CHEX(31 Grams)(1-1/4 cup)115 Calories, 22.76 Carbs, 2.3 Proteins, 1 Fiber, 0.31 Fats.

Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes(30 Grams)(1-1/3 cup)112 Calories, 26.41 Carbs, 1.82 Proteins, 1.1 Fiber, 0.48 Fats.

Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran(55 Grams)(1 cup)166 Calories, 25.67 Carbs, 3.11 Proteins, 0.8 Fiber, 1.04 Fats.

Cereals ready-to-eat, GENERAL MILLS, TRIx(30 Grams)(1 cup)113 Calories, 42 Carbs, 0.94 Proteins, 5.2 Fiber, 1.41 Fats.

Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX(30 Grams)(1 cup)102 Calories, 25.31 Carbs, 3.19 Proteins, 0.9 Fiber, 0.64 Fats.

Cereals ready-to-eat, GENERAL MILLS, WHEATIES(30 Grams)(1 cup)111 Calories, 24.89 Carbs, 2.82 Proteins, 3.2 Fiber, 0.54 Fats.

Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL(30 Grams)(3/4 cup)100 Calories, 24.78 Carbs, 2 Proteins, 3.5 Fiber, 0.5 Fats.

Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN(29 Grams)(3/4 cup)92 Calories, 23 Carbs, 2.9 Proteins, 3 Fiber, 0.58 Fats.

Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original(30 Grams)(1/2 cup)78 Calories, 22.27 Carbs, 3.94 Proteins, 5.1 Fiber, 1.47 Fats.

Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS(30 Grams)(1 cup)110 Calories, 26.46 Carbs, 1.5 Proteins, 8.8 Fiber, 0.57 Fats.

Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES(31 Grams)(3/4 cup)121 Calories, 26.68 Carbs, 1.62 Proteins, 2.8 Fiber, 0.9 Fats.

Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes(28 Grams)(1 cup)102 Calories, 24.39 Carbs, 1.85 Proteins, 0.6 Fiber, 0.17 Fats.

Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS(31 Grams)(1 cup)121 Calories, 28.02 Carbs, 1.43 Proteins, 0.7 Fiber, 0.4 Fats.

Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX(29 Grams)(1 cup)107 Calories, 24.85 Carbs, 1.94 Proteins, 2.8 Fiber, 0.15 Fats.

Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS(30 Grams)(1 cup)112 Calories, 26.01 Carbs, 1.5 Proteins, 0.3 Fiber, 0.99 Fats.

Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES(31 Grams)(3/4 cup)114 Calories, 28.17 Carbs, 1.35 Proteins, 2.8 Fiber, 0.08 Fats.

Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI- WHEATS, bite size & little bites(55 Grams)(1 cup)190 Calories, 45.24 Carbs, 5.25 Proteins, 0.6 Fiber, 0.91 Fats.

Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS(27 Grams)(3/4 cup)104 Calories, 24.03 Carbs, 1 Fiber, 0.49 Fats.

Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19(30 Grams)(1 cup)100 Calories, 24.9 Carbs, 1 Fiber, 0.42 Fats.

Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN(61 Grams)(1 cup)192 Calories, 47.19 Carbs, 6.8 Fiber, 1.34 Fats.

Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES(33 Grams)(1-1/4 cup)0.3 Fiber.

Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal(30 Grams)(3/4 cup)0.1 Fiber.

Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K(31 Grams)(1 cup)2.6 Fiber.

Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite(51 Grams)(1 cup)5.1 Fiber.

Cereals ready-to-eat, QUAKER, CAP'N CRUNCH(27 Grams)(3/4 cup)0.7 Fiber.

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Ch.

Cheese, cottage, lowfat, 1% milkfat(226 Grams)(1 cup)28 Proteins, 5.7Fiber.

Cheese, cottage, lowfat, 2% milkfat(226 Grams)(1 cup)26.74 Proteins.

Cheese, cottage, nonfat, uncreamed, dry, large or small curd(145 Grams)(1 cup)14.99 Proteins.

Cheese, cream(14.5 Grams)(1 tbsp)0.86 Proteins.

Cheese, cream, fat free(15.6 Grams)(1 tbsp)2.45 Proteins.

Cheese, feta(28.35 Grams)(1 oz)75 Calories, 1.16 Carbs, 4.03 Proteins, 6.03 Fats.

Cheese, low fat, cheddar or colby(28.35 Grams)(1 oz)49 Calories, 0.54 Carbs, 6.9 Proteins, 1.98 Fats.

Cheese, mozzarella, part skim milk, low moisture(28.35 Grams)(1 oz)86 Calories, 1.09 Carbs, 7.36 Proteins, 5.68 Fats.

Cheese, mozzarella, whole milk(28.35 Grams)(1 oz)85 Calories, 0.62 Carbs, 6.29 Proteins, 6.34 Fats.

Cheese, muenster(28.35 Grams)(1 oz)104 Calories, 0.32 Carbs, 6.64 Proteins, 8.52 Fats.

Cheese, neufchatel(28.35 Grams)(1 oz)72 Calories, 1.02 Carbs, 2.59 Proteins, 6.46 Fats.

Cheese, parmesan, grated(5 Grams)(1 tbsp)22 Calories, 0.2 Carbs, 1.92 Proteins, 0 Fiber, 1.43 Fats.

Cheese, pasteurized process, American, fortified w/ vitamin D(28.35 Grams)(1 oz)105 Calories, 1.05 Carbs, 5.14 Proteins, 0 Fiber, 9.01 Fats.

Cheese, pasteurized process, swiss(28.35 Grams)(1 oz)95 Calories, 0.6 Carbs, 7.01 Proteins, 0 Fiber, 7.09 Fats.

Cheese, provolone(28.35 Grams)(1 oz)100 Calories, 0.61 Carbs, 7.25 Proteins, 0 Fiber, 7.55 Fats.

Cheese, ricotta, part skim milk(246 Grams)(1 cup)339 Calories, 12.64 Carbs, 28.02 Proteins, 0 Fiber, 19.46 Fats.

Cheese, ricotta, whole milk(246 Grams)(1 cup)428 Calories, 7.48 Carbs, 27.7 Proteins, 0 Fiber, 31.93 Fats.

Cheese, swiss(28.35 Grams)(1 oz)108 Calories, 1.53 Carbs, 7.63 Proteins, 0 Fiber, 7.88 Fats.

Cheesecake commercially prepared(80 Grams)(1 piece)257 Calories, 20.4 Carbs, 4.4 Proteins, 0.3 Fiber, 18 Fats.

Cherries, sour, red, canned, water pack, solids & liquids
(includes USDA commodity red tart cherries, canned)(244 Grams)(1 cup)88 Calories, 21.81 Carbs, 1.88 Proteins, 2.7 Fiber, 0.24 Fats.

Cherries, sweet, raw(68 Grams)(10 cherries)43 Calories, 10.89 Carbs, 0.72 Proteins, 1.4 Fiber, 0.14 Fats.

Chicken pot pie, frozen entree, prepared(217 Grams)(1 small pie)464 Calories, 49.98 Carbs, 13.19 Proteins, 2.6 Fiber, 23.5 Fats.

Chicken roll, light meat(56.7 Grams)(2 slices)62 Calories, 2.64 Carbs, 9.43 Proteins, 0 Fiber, 1.55 Fats.

Chicken, broilers or fryers, breast, meat & skin, cooked, fried, batter(140 Grams)(1/2 breast)364 Calories, 12.59 Carbs, 34.78 Proteins, 0.4 Fiber, 18.48 Fats.

Chicken, broilers or fryers, breast, meat & skin, cooked, fried, flour(98 Grams)(1/2 breast)218 Calories, 1.61 Carbs, 31.2 Proteins, 0.1 Fiber, 8.69 Fats.

Chicken, broilers or fryers, breast, meat only, cooked, roasted(86 Grams)(1/2 breast)142 Calories, 0 Carbs, 26.68 Proteins, 0 Fiber, 3.07 Fats.

Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted(44 Grams)(1 drumstick)66 Calories, 0 Carbs, 10.28 Proteins, 0 Fiber, 2.42 Fats.

Chicken, broilers or fryers, dark meat, meat only, cooked, fried(84 Grams)(3 oz)201 Calories, 2.18 Carbs, 24.35 Proteins, 0 Fiber, 9.76 Fats.

Chicken, broilers or fryers, drumstick, meat & skin, cooked, fried, batter(72 Grams)(1 drumstick)193 Calories, 5.96 Carbs, 15.8 Proteins, 0.2 Fiber, 11.34 Fats.

Chicken, broilers or fryers, drumstick, meat & skin, cooked, fried, flour(49 Grams)(1 drumstick)120 Calories, 0.8 Carbs, 13.21 Proteins, 0 Fiber, 6.72 Fats.

Chicken, broilers or fryers, giblets, cooked, simmered(145 Grams)(1 cup)228 Calories, 0 Carbs, 39.37 Proteins, 0 Fiber, 6.53 Fats.

Chicken, broilers or fryers, light meat, meat only, cooked, fried(84 Grams)(3 oz)161 Calories, 0.35 Carbs, 27.57 Proteins, 0 Fiber, 4.65 Fats.

Chicken, broilers or fryers, neck, meat only, cooked, simmered(18 Grams)(1 neck)32 Calories, 0 Carbs, 4.42 Proteins, 0 Fiber, 1.47 Fats.

Chicken, broilers or fryers, thigh, meat & skin, cooked, fried, batter(86 Grams)(1 thigh)238 Calories, 7.81 Carbs, 18.58 Proteins, 0.3 Fiber, 14.22 Fats.

Chicken, broilers or fryers, thigh, meat only, cooked, roasted(52 Grams)(1 thigh)92 Calories, 0 Carbs, 12.47 Proteins, 0 Fiber, 4.3 Fats.

Chicken, broilers or fryers, wing, meat & skin, cooked, fried, batter(49 Grams)(1 wing)159 Calories, 5.36 Carbs, 9.74 Proteins, 0.1 Fiber, 10.69 Fats.

Chicken, canned, meat only, w/ broth(142 Grams)(5 oz)234 Calories, 0 Carbs, 30.91 Proteins, 0 Fiber, 11.29 Fats.

Chicken, liver, all classes, cooked, simmered(19.6 Grams)(1 liver)33 Calories, 0.17 Carbs, 4.79 Proteins, 0 Fiber, 1.28 Fats.

Chicken, stewing, meat only, cooked, stewed(140 Grams)(1 cup)332 Calories, 0 Carbs, 42.59 Proteins, 0 Fiber, 16.65 Fats.

Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids & liquids(240 Grams)(1 cup)211 Calories, 32.38 Carbs, 11.81 Proteins, 10.6 Fiber, 4.68 Fats.

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, w/o salt(164 Grams)(1 cup)269 Calories, 44.97 Carbs, 14.53 Proteins, 12.5 Fiber, 4.25 Fats.

Chili con carne w/ beans, canned entree(222 Grams)(1 cup)238 Calories, 29.08 Carbs, 12.88 Proteins, 7.3 Fiber, 7.7 Fats.

Chives, raw(3 Grams)(1 tsp)1 Calories, 0.13 Carbs, 0.1 Proteins, 0.1 Fiber, 0.02 Fats.

Chocolate syrup(18.75 Grams)(1 tbsp)52 Calories, 12.21 Carbs, 0.39 Proteins, 0.5 Fiber, 0.21 Fats.

Chocolate-flavor beverage mix for milk, powder, w/o added nutrients(21.6 Grams)(2-3 heaping tsp)87 Calories, 19.63 Carbs, 0.71 Proteins, 1 Fiber, 0.67 Fats.

Chocolate-flavor beverage mix, powder, prepared w/ whole milk(266 Grams)(1 cup)226 Calories, 31.68 Carbs, 8.59 Proteins, 1.1 Fiber, 8.62 Fats.

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Cocoa mix, no sugar added, powder(15 Grams)(1/2 oz envelope)57 Calories, 10.79 Carbs, 2.32 Proteins, 1.1 Fiber, 0.45 Fats.

Cocoa mix, powder(28.35 Grams)(3 heaping tsp)113 Calories, 23.74 Carbs, 1.89 Proteins, 1 Fiber, 1.13 Fats.

Cocoa mix, powder, prepared w/ water(206 Grams)(1 serving)113 Calories, 23.77 Carbs, 1.9 Proteins, 1 Fiber, 1.13 Fats.

Cocoa mix, w/ aspartame, powder, prepared w/ water(192 Grams)(1 serving)56 Calories, 10.77 Carbs, 2.32 Proteins, 1.2 Fiber, 0.44 Fats.

Cocoa, dry powder, unsweetened(5.4 Grams)(1 tbsp)12 Calories, 3.13 Carbs, 1.06 Proteins, 1.8 Fiber, 0.74 Fats.

Coffee, brewed from grounds, prepared w/ tap water(178 Grams)(6 fl oz)2 Calories, 0 Carbs, 0.21 Proteins, 0 Fiber, 0.04 Fats.

Coffee, brewed, espresso, restaurant-prepared(60 Grams)(2 fl oz)1 Calories, 0 Carbs, 0.07 Proteins, 0 Fiber, 0.11 Fats.

Coffee, instant, regular, prepared w/ water(179 Grams)(6 fl oz)4 Calories, 0.61 Carbs, 0.18 Proteins, 0 Fiber, 0 Fats.

Coffeecake, cinnamon w/ crumb topping, commercially prepared, enriched(63 Grams)(1 piece)263 Calories, 29.42 Carbs, 4.28 Proteins, 1.3 Fiber, 14.68 Fats.

Coleslaw, home-prepared(120 Grams)(1 cup)94 Calories, 14.89 Carbs, 1.55 Proteins, 1.8 Fiber, 3.13 Fats.

Collards, cooked, boiled, drained, w/o salt(190 Grams)(1 cup)49 Calories, 9.33 Carbs, 4.01 Proteins, 5.3 Fiber, 0.68 Fats.

Collards, frozen, chopped, cooked, boiled, drained, w/o salt(170 Grams)(1 cup)61 Calories, 12.07 Carbs, 5.05 Proteins, 4.8 Fiber, 0.7 Fats.

Cookies, brownies, commercially prepared(56 Grams)(1 brownie)227 Calories, 35.78 Carbs, 2.69 Proteins, 1.2 Fiber, 9.13 Fats.

Cookies, brownies, dry mix, special dietary, prepared(22 Grams)(1 brownie)84 Calories, 15.69 Carbs, 0.84 Proteins, 0.8 Fiber, 2.44 Fats.

Cookies, butter, commercially prepared, enriched(5 Grams)(1 cookie)23 Calories, 3.45 Carbs, 0.31 Proteins, 0 Fiber, 0.94 Fats.

Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched(10 Grams)(1 cookie)47 Calories, 6.39 Carbs, 0.51 Proteins, 0.2 Fiber, 2.33 Fats.

Cookies, chocolate chip, commercially prepared, regular, lower fat(10 Grams)(1 cookie)45 Calories, 7.33 Carbs, 0.58 Proteins, 0.4 Fiber, 1.54 Fats.

Cookies, chocolate chip, prepared from recipe, made w/ margarine(16 Grams)(1 cookie)78 Calories, 9.34 Carbs, 0.91 Proteins, 0.4 Fiber, 4.53 Fats.

Cookies, chocolate chip, refrigerated dough, baked(26 Grams)(1 cookie)128 Calories, 17.73 Carbs, 1.27 Proteins, 0.4 Fiber, 5.88 Fats.

Cookies, chocolate sandwich, w/ creme filling, regular(10 Grams)(1 cookie)47 Calories, 7.07 Carbs, 0.56 Proteins, 0.3 Fiber, 1.98 Fats.

Cookies, fig bars(16 Grams)(1 cookie)56 Calories, 11.34 Carbs, 0.59 Proteins, 0.7 Fiber, 1.17 Fats.

Cookies, graham crackers, plain or honey (includes cinnamon)(14 Grams)(2 squares)59 Calories, 10.75 Carbs, 0.97 Proteins, 0.4 Fiber, 1.41 Fats.

Cookies, graham crackers, plain or honey (includes cinnamon)(84 Grams)(1 cup)355 Calories, 64.51 Carbs, 5.8 Proteins, 2.4 Fiber, 8.48 Fats.

Cookies, molasses(32 Grams)(1 cookie, large (3-1/2 to))138 Calories, 23.62 Carbs, 1.79 Proteins, 0.2 Fiber, 4.1 Fats.

Cookies, molasses(15 Grams)(1 cookie, medium)65 Calories, 11.07 Carbs, 0.84 Proteins, 0.3 Fiber, 1.92 Fats.

Cookies, oatmeal, commercially prepared, fat-free(11 Grams)(1 cookie)36 Calories, 8.65 Carbs, 0.65 Proteins, 0.8 Fiber, 0.17 Fats.

Cookies, oatmeal, commercially prepared, regular(25 Grams)(1 cookie)113 Calories, 17.18 Carbs, 1.55 Proteins, 0.7 Fiber, 4.53 Fats.

Cookies, oatmeal, commercially prepared, soft-type(15 Grams)(1 cookie)61 Calories, 9.86 Carbs, 0.92 Proteins, 0.4 Fiber, 2.21 Fats.

Cookies, oatmeal, prepared from recipe, w/ raisins(15 Grams)(1 cookie)65 Calories, 10.26 Carbs, 0.98 Proteins, 2.43 Fats.

Cookies, peanut butter, commercially prepared, regular(15 Grams)(1 cookie)72 Calories, 8.84 Carbs, 1.44 Proteins, 0.3 Fiber, 3.54 Fats.

Cookies, peanut butter, prepared from recipe(20 Grams)(1 cookie)95 Calories, 11.78 Carbs, 1.8 Proteins, 4.76 Fats.

Cookies, shortbread, commercially prepared, pecan(14 Grams)(1 cookie)76 Calories, 8.16 Carbs, 0.69 Proteins, 0.3 Fiber, 4.55 Fats.

Cookies, shortbread, commercially prepared, plain(8 Grams)(1 cookie)40 Calories, 5.16 Carbs, 0.49 Proteins, 0.1 Fiber, 1.93 Fats.

Cookies, sugar, commercially prepared, regular (includes vanilla)(15 Grams)(1 cookie)72 Calories, 10.19 Carbs, 0.77 Proteins, 0.1 Fiber, 3.17 Fats.

Cookies, sugar, prepared from recipe, made w/ margarine(14 Grams)(1 cookie)66 Calories, 8.4 Carbs, 0.83 Proteins, 0.2 Fiber, 3.28 Fats.

Cookies, sugar, refrigerated dough, baked(15 Grams)(1 cookie)73 Calories, 9.84 Carbs, 0.71 Proteins, 0.1 Fiber, 3.47 Fats.

Cookies, vanilla sandwich w/ creme filling(10 Grams)(1 cookie)48 Calories, 7.21 Carbs, 0.45 Proteins, 0.2 Fiber, 2 Fats.

Cookies, vanilla sandwich w/ creme filling(15 Grams)(1 cookie)72 Calories, 10.82 Carbs, 0.68 Proteins, 0.2 Fiber, 3 Fats.

Cookies, vanilla wafers, lower fat(4 Grams)(1 cookie)18 Calories, 2.94 Carbs, 0.2 Proteins, 0.1 Fiber, 0.61 Fats.

Corn, sweet, white, cooked, boiled, drained, w/o salt(77 Grams)(1 ear)75 Calories, 16.72 Carbs, 2.57 Proteins, 2.1 Fiber, 1.09 Fats.

Corn, sweet, yellow, canned, cream style, regular pack(256 Grams)(1 cup)184 Calories, 46.41 Carbs, 4.45 Proteins, 3.1 Fiber, 1.08 Fats.

Corn, sweet, yellow, canned, vacuum pack, regular pack(210 Grams)(1 cup)166 Calories, 40.82 Carbs, 5.06 Proteins, 4.2 Fiber, 1.05 Fats.

Corn, sweet, yellow, cooked, boiled, drained, w/o salt(77 Grams)(1 ear)74 Calories, 16.15 Carbs, 2.63 Proteins, 1.8 Fiber, 1.16 Fats.

Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, w/o salt(164 Grams)(1 cup)133 Calories, 31.65 Carbs, 4.18 Proteins, 3.9 Fiber, 1.1 Fats.

Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, w/o salt(63 Grams)(1 ear)59 Calories, 14.07 Carbs, 1.96 Proteins, 1.8 Fiber, 0.47 Fats.

Cornmeal, degermed, enriched, yellow(138 Grams)(1 cup)511 Calories, 109.64 Carbs, 9.81 Proteins, 5.4 Fiber, 2.42 Fats.

Cornmeal, self-rising, degermed, enriched, yellow(138 Grams)(1 cup)490 Calories, 103.21 Carbs, 11.61 Proteins, 9.8 Fiber, 2.37 Fats.

Cornmeal, whole-grain, yellow(122 Grams)(1 cup)442 Calories, 93.81 Carbs, 9.91 Proteins, 8.9 Fiber, 4.38 Fats.

Cornstarch(8.06 Grams)(1 tbsp)31 Calories, 7.36 Carbs, 0.02 Proteins, 0.1 Fiber, 0 Fats.

Couscous, cooked(157 Grams)(1 cup)176 Calories, 36.46 Carbs, 5.95 Proteins, 2.2 Fiber, 0.25 Fats.

Couscous, dry(173 Grams)(1 cup)650 Calories, 133.95 Carbs, 22.07 Proteins, 8.7 Fiber, 1.11 Fats.

Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, w/o salt(165 Grams)(1 cup)160 Calories, 33.53 Carbs, 5.23 Proteins, 8.3 Fiber, 0.63 Fats.

Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, w/o salt(170 Grams)(1 cup)224 Calories, 40.39 Carbs, 14.43 Proteins, 10.9 Fiber, 1.12 Fats.

Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain(240 Grams)(1 cup)185 Calories, 32.71 Carbs, 11.38 Proteins, 7.9 Fiber, 1.32 Fats.

Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, w/o salt(172 Grams)(1 cup)200 Calories, 35.71 Carbs, 13.3 Proteins, 11.2 Fiber, 0.91 Fats.

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Cr.

Crackers, cheese, regular(10 Grams)(10 crackers)49 Calories, 5.94 Carbs, 1.09 Proteins, 0.2 Fiber, 2.27 Fats.

Crackers, cheese, sandwich-type w/ peanut butter filling(7 Grams)(1 sandwich)35 Calories, 3.97 Carbs, 0.87 Proteins, 0.2 Fiber, 1.76 Fats.

Crackers, matzo, plain(28.35 Grams)(1 matzo)112 Calories, 23.73 Carbs, 2.84 Proteins, 0.9 Fiber, 0.4 Fats.

Crackers, melba toast, plain(20 Grams)(4 pieces)78 Calories, 15.32 Carbs, 2.42 Proteins, 1.3 Fiber, 0.64 Fats.

Crackers, rye, wafers, plain(11 Grams)(1 wafer)37 Calories, 8.84 Carbs, 1.06 Proteins, 2.5 Fiber, 0.1 Fats.

Crackers, saltines (includes oyster, soda, soup)(12 Grams)(4 crackers)51 Calories, 8.92 Carbs, 1.14 Proteins, 0.3 Fiber, 1.06 Fats.

Crackers, standard snack-type, regular(12 Grams)(4 crackers)60 Calories, 7.36 Carbs, 0.79 Proteins, 0.3 Fiber, 3.1 Fats.

Crackers, standard snack-type, sandwich, w/ cheese filling(7 Grams)(1 sandwich)33 Calories, 4.32 Carbs, 0.65 Proteins, 0.1 Fiber, 1.48 Fats.

Crackers, wheat, regular(8 Grams)(4 crackers)36 Calories, 5.39 Carbs, 0.72 Proteins, 0.3 Fiber, 1.39 Fats.

Crackers, whole-wheat(16 Grams)(4 crackers)68 Calories, 11.13 Carbs, 1.69 Proteins, 1.6 Fiber, 2.26 Fats.

Cranberry juice cocktail, bottled(253 Grams)(8 fl oz)137 Calories, 34.21 Carbs, 0 Proteins, 0 Fiber, 0.25 Fats.

Cranberry sauce, canned, sweetened(57 Grams)(1 slice)86 Calories, 22.17 Carbs, 0.11 Proteins, 0.6 Fiber, 0.09 Fats.

Cream substitute, liquid, w/ hydrogenated vegetable oil & soy protein(15 Grams)(1 tbsp)20 Calories, 1.71 Carbs, 0.15 Proteins, 0 Fiber, 1.5 Fats.

Cream substitute, powdered(2 Grams)(1 tsp)11 Calories, 1.1 Carbs, 0.1 Proteins, 0 Fiber, 0.71 Fats.

Cream, fluid, half & half(15 Grams)(1 tbsp)20 Calories, 0.65 Carbs, 0.44 Proteins, 0 Fiber, 1.73 Fats.

Cream, fluid, heavy whipping(15 Grams)(1 tbsp)52 Calories, 0.42 Carbs, 0.31 Proteins, 0 Fiber, 5.55 Fats.

Cream, fluid, light (coffee cream or table cream)(15 Grams)(1 tbsp)29 Calories, 0.55 Carbs, 0.41 Proteins, 0 Fiber, 2.9 Fats.

Cream, fluid, light whipping(15 Grams)(1 tbsp)44 Calories, 0.44 Carbs, 0.33 Proteins, 0 Fiber, 4.64 Fats.

Cream, sour, cultured(12 Grams)(1 tbsp)23 Calories, 0.35 Carbs, 0.25 Proteins, 0 Fiber, 2.37 Fats.

Cream, sour, reduced fat, cultured(15 Grams)(1 tbsp)20 Calories, 0.64 Carbs, 0.44 Proteins, 0 Fiber, 1.8 Fats.

Cream, whipped, cream topping, pressurized(3 Grams)(1 tbsp)8 Calories, 0.37 Carbs, 0.1 Proteins, 0 Fiber, 0.67 Fats.

Croissants, butter(57 Grams)(1 croissant)231 Calories, 26.11 Carbs, 4.67 Proteins, 1.5 Fiber, 11.97 Fats.

Croutons, seasoned(40 Grams)(1 cup)186 Calories, 25.4 Carbs, 4.32 Proteins, 2 Fiber, 7.32 Fats.

Crustaceans, crab, alaska king, cooked, moist heat(85 Grams)(3 oz)82 Calories, 0 Carbs, 16.45 Proteins, 0 Fiber, 1.31 Fats.

Crustaceans, crab, alaska king, imitation, made from surimi(85 Grams)(3 oz)81 Calories, 12.75 Carbs, 6.48 Proteins, 0.4 Fiber, 0.39 Fats.

Crustaceans, crab, blue, canned(135 Grams)(1 cup)112 Calories, 0 Carbs, 24.14 Proteins, 0 Fiber, 1 Fats.

Crustaceans, crab, blue, cooked, moist heat(85 Grams)(3 oz)71 Calories, 0 Carbs, 15.2 Proteins, 0 Fiber, 0.63 Fats.

Crustaceans, crab, blue, crab cakes(60 Grams)(1 cake)93 Calories, 0.29 Carbs, 12.13 Proteins, 0 Fiber, 4.51 Fats.

Crustaceans, lobster, northern, cooked, moist heat(85 Grams)(3 oz)76 Calories, 0 Carbs, 16.15 Proteins, 0 Fiber, 0.73 Fats.

Crustaceans, shrimp, mixed species, canned(85.05 Grams)(3 oz)85 Calories, 0 Carbs, 17.37 Proteins, 0.3 Fiber, 1.16 Fats.

Crustaceans, shrimp, mixed species, cooked, breaded & fried(85 Grams)(3 oz)206 Calories, 9.75 Carbs, 18.18 Proteins, 0.2 Fiber, 10.44 Fats.

Crustaceans, shrimp, mixed species, cooked, breaded & fried(45 Grams)(6 large)109 Calories, 5.16 Carbs, 9.63 Proteins, 0 Fiber, 5.53 Fats.

Cucumber, peeled, raw(280 Grams)(1 large)34 Calories, 6.05 Carbs, 1.65 Proteins, 2 Fiber, 0.45 Fats.
Cucumber, peeled, raw(119 Grams)(1 cup)14 Calories, 2.57 Carbs, 0.8 Proteins, 0.8 Fiber, 0.19 Fats.
Cucumber, w/ peel, raw(104 Grams)(1 cup)16 Calories, 3.78 Carbs, 0.5 Proteins, 0.5 Fiber, 0.11 Fats.
Cucumber, w/ peel, raw(301 Grams)(1 large)45 Calories, 10.93 Carbs, 1.5 Proteins, 1.5 Fiber, 0.33 Fats.

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D.

Dandelion greens, cooked, boiled, drained, w/o salt(105 Grams)(1 cup)35 Calories, 6.72 Carbs, 3 Proteins, 3 Fiber, 0.63 Fats.
Danish pastry, cheese(71 Grams)(1 danish)266 Calories, 26.41 Carbs, 0.7 Proteins, 0.7 Fiber, 15.55 Fats.
Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)(71 Grams)(1 danish)263 Calories, 33.94 Carbs, 1.3 Proteins, 1.3 Fiber, 13.14 Fats.
Dates, deglet noor(41.5 Grams)(5 dates)117 Calories, 31.14 Carbs, 1.02 Proteins, 3.3 Fiber, 0.16 Fats.
Dates, deglet noor(178 Grams)(1 cup)502 Calories, 133.55 Carbs, 14.2 Proteins, 14.2 Fiber, 0.69 Fats.
Dessert topping, powdered, 1.5 ounce prepared w/ 1/2 cup milk(4 Grams)(1 tbsp)8 Calories, 0.69 Carbs, 0.14 Proteins, 0 Fiber, 0.51 Fats.
Dessert topping, pressurized(4 Grams)(1 tbsp)11 Calories, 0.64 Carbs, 0.04 Proteins, 0 Fiber, 0.89 Fats.
Dessert topping, semi solid, frozen(4 Grams)(1 tbsp)13 Calories, 0.92 Carbs, 0.05 Proteins, 0 Fiber, 1.01 Fats.
Dill weed, fresh(1 Grams)(5 sprigs)0 Calories, 0.07 Carbs, 0.03 Proteins, 0 Fiber, 0.01 Fats.
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)(47 Grams)(1 medium)196 Calories, 21.45 Carbs, 2.76 Proteins, 0.8 Fiber, 11.07 Fats.
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)(14 Grams)(1 hole)59 Calories, 6.39 Carbs, 0.82 Proteins, 0.2 Fiber, 3.3 Fats.
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)(13 Grams)(1 hole)52 Calories, 6.58 Carbs, 0.81 Proteins, 0.3 Fiber, 2.48 Fats.
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)(60 Grams)(1 medium)239 Calories, 30.38 Carbs, 3.73 Proteins, 1.3 Fiber, 11.46 Fats.
Duck, domesticated, meat only, cooked, roasted(221 Grams)(1/2 duck)444 Calories, 0 Carbs, 51.89 Proteins, 0 Fiber, 24.75 Fats.

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E.

Eclairs, custard-filled w/ chocolate glaze, prepared from recipe(100 Grams)(1 eclair)262 Calories, 24.2 Carbs, 6.4 Proteins, 0.6 Fiber, 15.7 Fats.
Egg, white, raw, fresh(33.4 Grams)(1 large)17 Calories, 0.24 Carbs, 3.64 Proteins, 0 Fiber, 0.06 Fats.
Egg, whole, cooked, fried(46 Grams)(1 large)90 Calories, 0.38 Carbs, 6.26 Proteins, 0 Fiber, 6.83 Fats.
Egg, whole, cooked, hard-boiled(50 Grams)(1 large)78 Calories, 0.56 Carbs, 6.29 Proteins, 0 Fiber, 5.31 Fats.
Egg, whole, cooked, poached(50 Grams)(1 large)72 Calories, 0.36 Carbs, 6.26 Proteins, 0 Fiber, 4.74 Fats.
Egg, whole, cooked, scrambled(61 Grams)(1 large)91 Calories, 0.98 Carbs, 6.09 Proteins, 0 Fiber, 6.7 Fats.
Egg, whole, raw, fresh(50 Grams)(1 large)72 Calories, 0.36 Carbs, 6.28 Proteins, 0 Fiber, 4.76 Fats.
Egg, whole, raw, fresh(44 Grams)(1 medium)63 Calories, 0.32 Carbs, 5.53 Proteins, 0 Fiber, 4.18 Fats.

Egg, whole, raw, fresh(58 Grams)(1 extra large)83 Calories, 0.42 Carbs, 7.28 Proteins, 0 Fiber, 5.52 Fats.
Egg, yolk, raw, fresh(16.6 Grams)(1 large)53 Calories, 0.6 Carbs, 2.63 Proteins, 0 Fiber, 4.41 Fats.
Eggnog(254 Grams)(1 cup)224 Calories, 20.45 Carbs, 11.56 Proteins, 0 Fiber, 10.64 Fats.
Eggplant, cooked, boiled, drained, w/o salt(99 Grams)(1 cup)35 Calories, 8.64 Carbs, 0.82 Proteins, 2.5 Fiber, 0.23 Fats.
Endive, raw(50 Grams)(1 cup)9 Calories, 1.68 Carbs, 0.63 Proteins, 1.6 Fiber, 0.1 Fats.
English muffins, plain, enriched, w/ ca prop (includes sourdough)(57 Grams)(1 muffin)129 Calories, 25.18 Carbs, 5.06 Proteins, 2 Fiber, 0.96 Fats.
English muffins, plain, toasted, enriched, w/ calcium propionate (includes sourdough)(52 Grams)(1 muffin)140 Calories, 27.38 Carbs, 5.37 Proteins, 1.5 Fiber, 1.05 Fats.
Entrees, fish fillet, battered or breaded, & fried(91 Grams)(1 fillet)211 Calories, 15.44 Carbs, 13.34 Proteins, 0.5 Fiber, 11.18 Fats.

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F.

Fast Food, Pizza Chain, 14 pizza, pepperoni topping, regular crust(106 Grams)(1 slice)299 Calories, 33.9 Carbs, 12.44 Proteins, 2.4 Fiber, 12.62 Fats.
Fast Foods, biscuit, w/ egg & sausage(180 Grams)(1 biscuit)562 Calories, 37.89 Carbs, 20.03 Proteins, 0.4 Fiber, 37.39 Fats.
Fast foods, burrito, w/ beans & beef(115.5 Grams)(1 burrito)221 Calories, 22.55 Carbs, 13.31 Proteins, 3.5 Fiber, 8.63 Fats.
Fast foods, burrito, w/ beans & cheese(93 Grams)(1 burrito)191 Calories, 29.04 Carbs, 6.84 Proteins, 3.9 Fiber, 5.63 Fats.
Fast foods, cheeseburger, double, regular patty & bun, plain(160 Grams)(1 sandwich)488 Calories, 47.82 Carbs, 24.21 Proteins, 1.6 Fiber, 22.29 Fats.
Fast foods, cheeseburger double, regular patty, w/ condiments & vegetables(166 Grams)(1 sandwich)417 Calories, 35.19 Carbs, 21.25 Proteins, 21.08 Fats.
Fast foods, cheeseburger double, regular patty plain(155 Grams)(1 sandwich)477 Calories, 32.24 Carbs, 26.6 Proteins, 1.1 Fiber, 26.97 Fats.
Fast foods, cheeseburger single, large patty w/ condiments & bacon(195 Grams)(1 sandwich)550 Calories, 36.84 Carbs, 30.77 Proteins, 2.5 Fiber, 30.93 Fats.
Fast foods, cheeseburger single, large patty w/ condiments & vegetables(219 Grams)(1 sandwich)451 Calories, 36.81 Carbs, 25.38 Proteins, 3.1 Fiber, 22.69 Fats.
Fast foods, cheeseburger single, regular patty, w/ condiments(113 Grams)(1 sandwich)305 Calories, 28.77 Carbs, 15.24 Proteins, 2.1 Fiber, 14.58 Fats.
Fast foods, cheeseburger single, regular patty plain(102 Grams)(1 sandwich)309 Calories, 30.49 Carbs, 15.43 Proteins, 1 Fiber, 14.21 Fats.
Fast foods, chicken fillet sandwich, plain(182 Grams)(1 sandwich)515 Calories, 38.69 Carbs, 24.12 Proteins, 29.45 Fats.
Fast foods, chicken, breaded & fried, boneless pieces, plain(106 Grams)(6 pieces)315 Calories, 17.3 Carbs, 16.53 Proteins, 1 Fiber, 19.95 Fats.
Fast foods, chili con carne(253 Grams)(1 cup)256 Calories, 21.94 Carbs, 24.62 Proteins, 8.27 Fats.
Fast foods, chimichanga, w/ beef(174 Grams)(1 chimichanga)425 Calories, 42.8 Carbs, 19.61 Proteins, 19.68 Fats.

Fast foods, clams, breaded & fried(115 Grams)(3/4 cup)451 Calories, 38.81 Carbs, 12.82 Proteins, 26.4 Fats.

Fast foods, coleslaw(99 Grams)(3/4 cup)151 Calories, 14.74 Carbs, 0.94 Proteins, 1.9 Fiber, 9.81 Fats.

Fast foods, croissant, w/ egg, cheese, & bacon(129 Grams)(1 croissant)413 Calories, 23.65 Carbs, 16.23 Proteins, 28.35 Fats.

Fast foods, danish pastry, cheese(91 Grams)(1 pastry)353 Calories, 28.69 Carbs, 5.83 Proteins, 24.62 Fats.

Fast foods, danish pastry, fruit(94 Grams)(1 pastry)335 Calories, 45.06 Carbs, 4.76 Proteins, 15.93 Fats.

Fast foods, enchilada, w/ cheese(163 Grams)(1 enchilada)319 Calories, 28.54 Carbs, 9.63 Proteins, 18.84 Fats.

Fast foods, english muffin, w/ egg, cheese, & canadian bacon(137 Grams)(1 muffin)303 Calories, 29.41 Carbs, 18.54 Proteins, 0.5 Fiber, 12.4 Fats.

Fast foods, fish sandwich, w/ tartar sauce & cheese(183 Grams)(1 sandwich)523 Calories, 47.63 Carbs, 20.61 Proteins, 28.6 Fats.

Fast foods, french toast sticks(141 Grams)(5 sticks)479 Calories, 58.11 Carbs, 8.46 Proteins, 2 Fiber, 25.01 Fats.

Fast foods, french toast w/ butter(135 Grams)(2 slices)356 Calories, 36.05 Carbs, 10.34 Proteins, 18.77 Fats.

Fast foods, frijoles w/ cheese(167 Grams)(1 cup)225 Calories, 28.71 Carbs, 11.37 Proteins, 7.78 Fats.

Fast foods, hamburger double, large patty w/ condiments & vegetables(226 Grams)(1 sandwich)540 Calories, 40.27 Carbs, 34.28 Proteins, 26.56 Fats.

Fast foods, hamburger double, regular patty w/ condiments(215 Grams)(1 sandwich)576 Calories, 38.74 Carbs, 31.82 Proteins, 32.47 Fats.

Fast foods, hamburger single, large patty w/ condiments & vegetables(218 Grams)(1 sandwich)512 Calories, 40 Carbs, 25.83 Proteins, 27.36 Fats.

Fast foods, hamburger single, regular patty w/ condiments(106 Grams)(1 sandwich)273 Calories, 30.52 Carbs, 13.85 Proteins, 1.9 Fiber, 10.67 Fats.

Fast foods, hotdog, plain(98 Grams)(1 sandwich)242 Calories, 18.03 Carbs, 10.39 Proteins, 14.54 Fats.

Fast foods, hotdog, w/ chili(114 Grams)(1 sandwich)296 Calories, 31.29 Carbs, 13.51 Proteins, 13.44 Fats.

Fast foods, hotdog, w/ corn flour coating (corndog)(175 Grams)(1 corn dog)460 Calories, 55.79 Carbs, 16.8 Proteins, 18.9 Fats.

Fast foods, hush puppies(78 Grams)(5 pieces)231 Calories, 31.36 Carbs, 4.8 Proteins, 2.3 Fiber, 10.34 Fats.

Fast foods, nachos, w/ cheese(113 Grams)(6-8 nachos)346 Calories, 36.33 Carbs, 9.1 Proteins, 18.95 Fats.

Fast foods, onion rings, breaded & fried(83 Grams)(8-9 rings)276 Calories, 31.32 Carbs, 3.7 Proteins, 15.51 Fats.

Fast foods, pancakes w/ butter & syrup(232 Grams)(2 pancakes)520 Calories, 90.9 Carbs, 8.26 Proteins, 13.99 Fats.

Fast foods, potato, french fried in vegetable oil(169 Grams)(1 large)531 Calories, 64.96 Carbs, 6.35 Proteins, 5.9 Fiber, 27.24 Fats.

Fast foods, potato, french fried in vegetable oil(134 Grams)(1 medium)421 Calories, 51.51 Carbs, 5.04 Proteins, 4.7 Fiber, 21.6 Fats.

Fast foods, potato, french fried in vegetable oil(85 Grams)(1 small)267 Calories, 32.67 Carbs, 3.2 Proteins, 3 Fiber, 13.7 Fats.

Fast foods, potato, mashed(80 Grams)(1/3 cup)71 Calories, 11.72 Carbs, 1.32 Proteins, 1 Fiber, 2.26 Fats.

Fast foods, potatoes, hashed brown(72 Grams)(1/2 cup)235 Calories, 23.18 Carbs, 1.88 Proteins, 1.9 Fiber, 15.59 Fats.

Fast foods, roast beef sandwich, plain(139 Grams)(1 sandwich)346 Calories, 33.44 Carbs, 21.5 Proteins, 13.76

Fats.

Fast foods, salad, vegetable, tossed, w/o dressing, w/ cheese & egg(217 Grams)(1-1/2 cups)102 Calories, 4.75 Carbs, 8.77 Proteins, 5.79 Fats.

Fast foods, salad, vegetable, tossed, w/o dressing, w/ chicken(218 Grams)(1-1/2 cups)105 Calories, 3.73 Carbs, 17.44 Proteins, 2.18 Fats.

Fast foods, shrimp, breaded & fried(164 Grams)(6-8 shrimp)505 Calories, 45.9 Carbs, 12.86 Proteins, 1.1 Fiber, 31 Fats.

Fast foods, submarine sandwich, w/ cold cuts(228 Grams)(1 sandwich, 6 roll)456 Calories, 51.05 Carbs, 21.84 Proteins, 18.63 Fats.

Fast foods, submarine sandwich, w/ roast beef(216 Grams)(1 sandwich, 6 roll)410 Calories, 44.3 Carbs, 28.64 Proteins, 12.96 Fats.

Fast foods, submarine sandwich, w/ tuna salad(256 Grams)(1 sandwich, 6 roll)584 Calories, 55.37 Carbs, 29.7 Proteins, 27.98 Fats.

Fast foods, sundae, hot fudge(158 Grams)(1 sundae)284 Calories, 47.67 Carbs, 5.64 Proteins, 0 Fiber, 8.63 Fats.

Fast foods, taco salad(198 Grams)(1-1/2 cups)279 Calories, 23.58 Carbs, 13.23 Proteins, 14.77 Fats.

Fast foods, taco w/ beef, cheese & lettuce, hard shell(171 Grams)(1 small)386 Calories, 33.94 Carbs, 15.15 Proteins, 6.7 Fiber, 21.72 Fats.

Fast foods, taco w/ beef, cheese & lettuce, hard shell(263 Grams)(1 large)594 Calories, 52.21 Carbs, 23.3 Proteins, 10.3 Fiber, 33.4 Fats.

Fast foods, tostada, w/ beans, beef, & cheese(225 Grams)(1 tostada)333 Calories, 29.66 Carbs, 16.09 Proteins, 0.1 Fiber, 16.94 Fats.

Fast foods, vanilla, light, soft-serve ice cream, w/ cone(103 Grams)(1 cone)171 Calories, 27.15 Carbs, 4.37 Proteins, 5.01 Fats.

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Fi.

Figs, dried, uncooked(38 Grams)(2 figs)95 Calories, 24.27 Carbs, 1.25 Proteins, 3.7 Fiber, 0.35 Fats.

Fish, catfish, channel, cooked, breaded & fried(85 Grams)(3 oz)195 Calories, 6.83 Carbs, 15.38 Proteins, 0.6 Fiber, 11.33 Fats.

Fish, cod, Atlantic, canned, solids & liquid(85 Grams)(3 oz)89 Calories, 0 Carbs, 19.35 Proteins, 0 Fiber, 0.73 Fats.

Fish, cod, Pacific, cooked, dry heat(85 Grams)(3 oz)72 Calories, 0 Carbs, 15.92 Proteins, 0 Fiber, 0.43 Fats.

Fish, fish portions & sticks, frozen, preheated(28 Grams)(1 stick (4 x 1 x 1/2))70 Calories, 5.93 Carbs, 3.09 Proteins, 0.4 Fiber, 3.71 Fats.

Fish, fish portions & sticks, frozen, preheated(57 Grams)(1 portion (4 x 2 x 1/2))142 Calories, 12.07 Carbs, 6.29 Proteins, 0.8 Fiber, 7.55 Fats.

Fish, flatfish (flounder & sole species), cooked, dry heat(85 Grams)(3 oz)73 Calories, 0 Carbs, 12.95 Proteins, 0 Fiber, 2.01 Fats.

Fish, flatfish (flounder & sole species), cooked, dry heat(127 Grams)(1 fillet)109 Calories, 0 Carbs, 19.35 Proteins, 0 Fiber, 3.01 Fats.

Fish, haddock, cooked, dry heat(85 Grams)(3 oz)77 Calories, 0 Carbs, 16.99 Proteins, 0 Fiber, 0.47 Fats.

Fish, haddock, cooked, dry heat(150 Grams)(1 fillet)135 Calories, 0 Carbs, 29.99 Proteins, 0 Fiber, 0.83 Fats.

Fish, halibut, Atlantic & Pacific, cooked, dry heat(159 Grams)(1/2 fillet)176 Calories, 0 Carbs, 35.84 Proteins, 0

Fiber, 2.56 Fats.

Fish, halibut, Atlantic & Pacific, cooked, dry heat(85 Grams)(3 oz)94 Calories, 0 Carbs, 19.16 Proteins, 0 Fiber, 1.37 Fats.

Fish, herring, Atlantic, pickled(85.05 Grams)(3 oz)223 Calories, 8.2 Carbs, 12.07 Proteins, 0 Fiber, 15.31 Fats.

Fish, ocean perch, Atlantic, cooked, dry heat(85 Grams)(3 oz)82 Calories, 0 Carbs, 15.73 Proteins, 0 Fiber, 1.59 Fats.

Fish, ocean perch, Atlantic, cooked, dry heat(50 Grams)(1 fillet)48 Calories, 0 Carbs, 9.26 Proteins, 0 Fiber, 0.94 Fats.

Fish, pollock, walleye, cooked, dry heat(60 Grams)(1 fillet)67 Calories, 0 Carbs, 14.09 Proteins, 0 Fiber, 0.71 Fats.

Fish, pollock, walleye, cooked, dry heat(85 Grams)(3 oz)94 Calories, 0 Carbs, 19.96 Proteins, 0 Fiber, 1 Fats.

Fish, rockfish, Pacific, mixed species, cooked, dry heat(85 Grams)(3 oz)93 Calories, 0 Carbs, 18.9 Proteins, 0 Fiber, 1.38 Fats.

Fish, rockfish, Pacific, mixed species, cooked, dry heat(149 Grams)(1 fillet)162 Calories, 0 Carbs, 33.12 Proteins, 0 Fiber, 2.41 Fats.

Fish, roughy, orange, cooked, dry heat(85 Grams)(3 oz)89 Calories, 0 Carbs, 19.24 Proteins, 0 Fiber, 0.77 Fats.

Fish, salmon, chinook, smoked(85.05 Grams)(3 oz)100 Calories, 0 Carbs, 15.55 Proteins, 0 Fiber, 3.67 Fats.

Fish, salmon, pink, canned, total can contents(85 Grams)(3 oz)110 Calories, 0 Carbs, 16.73 Proteins, 0 Fiber, 4.22 Fats.

Fish, salmon, sockeye, cooked, dry heat(155 Grams)(1/2 fillet)262 Calories, 0 Carbs, 39.37 Proteins, 0 Fiber, 10.37 Fats.

Fish, salmon, sockeye, cooked, dry heat(85 Grams)(3 oz)144 Calories, 0 Carbs, 21.59 Proteins, 0 Fiber, 5.69 Fats.

Fish, sardine, Atlantic, canned in oil, drained solids w/ bone(85.05 Grams)(3 oz)177 Calories, 0 Carbs, 20.94 Proteins, 0 Fiber, 9.74 Fats.

Fish, swordfish, cooked, dry heat(106 Grams)(1 piece)182 Calories, 0 Carbs, 24.86 Proteins, 0 Fiber, 8.41 Fats.

Fish, swordfish, cooked, dry heat(85 Grams)(3 oz)146 Calories, 0 Carbs, 19.93 Proteins, 0 Fiber, 6.74 Fats.

Fish, trout, rainbow, farmed, cooked, dry heat(85 Grams)(3 oz)143 Calories, 0 Carbs, 20.23 Proteins, 0 Fiber, 6.27 Fats.

Fish, tuna salad(205 Grams)(1 cup)383 Calories, 19.29 Carbs, 32.88 Proteins, 0 Fiber, 18.98 Fats.

Fish, tuna, light, canned in oil, drained solids(85.05 Grams)(3 oz)168 Calories, 0 Carbs, 24.78 Proteins, 0 Fiber, 6.98 Fats.

Fish, tuna, light, canned in water, drained solids(85 Grams)(3 oz)99 Calories, 0 Carbs, 21.68 Proteins, 0 Fiber, 0.7 Fats.

Fish, tuna, white, canned in water, drained solids(85 Grams)(3 oz)109 Calories, 0 Carbs, 20.08 Proteins, 0 Fiber, 2.52 Fats.

Fish, tuna, yellowfin, fresh, cooked, dry heat(85 Grams)(3 oz)111 Calories, 0 Carbs, 24.78 Proteins, 0 Fiber, 0.5 Fats.

Frankfurter, beef & pork(45 Grams)(1 frank)137 Calories, 0.77 Carbs, 5.19 Proteins, 0 Fiber, 12.44 Fats.

Frankfurter, beef, unheated(45 Grams)(1 frank)141 Calories, 1.67 Carbs, 5.03 Proteins, 0 Fiber, 12.51 Fats.

Frankfurter, chicken(45 Grams)(1 frank)100 Calories, 1.23 Carbs, 6.98 Proteins, 0.2 Fiber, 7.29 Fats.

French toast, frozen, ready-to-heat(59 Grams)(1 slice)126 Calories, 18.94 Carbs, 4.37 Proteins, 0.6 Fiber, 3.6 Fats.

French toast, prepared from recipe, made w/ low fat (2%) milk(65 Grams)(1 slice)149 Calories, 16.25 Carbs, 5.01

Proteins, 7.02 Fats.

Frostings, chocolate, creamy, ready-to-eat(38 Grams)(1/12 package)151 Calories, 24.02 Carbs, 0.42 Proteins, 0.3 Fiber, 6.69 Fats.

Frostings, vanilla, creamy, ready-to-eat(38 Grams)(1/12 package)159 Calories, 25.8 Carbs, 0 Proteins, 0 Fiber, 6.17 Fats.

Frozen novelties, fruit & juice bars(77 Grams)(1 bar (2.5 fl oz))67 Calories, 15.55 Carbs, 0.92 Proteins, 0.8 Fiber, 0.08 Fats.

Frozen novelties, ice type, italian, restaurant-prepared(116 Grams)(1/2 cup)61 Calories, 15.66 Carbs, 0.03 Proteins, 0 Fiber, 0.02 Fats.

Frozen novelties, ice type, pop(59 Grams)(1 bar (2 fl oz))47 Calories, 11.35 Carbs, 0 Proteins, 0 Fiber, 0.14 Fats.

Frozen yogurts, chocolate, soft-serve(72 Grams)(1/2 cup)115 Calories, 17.93 Carbs, 2.88 Proteins, 1.6 Fiber, 4.32 Fats.

Frozen yogurts, vanilla, soft-serve(72 Grams)(1/2 cup)114 Calories, 17.42 Carbs, 2.88 Proteins, 0 Fiber, 4.03 Fats.

Fruit butters, apple(17 Grams)(1 tbsp)29 Calories, 7.22 Carbs, 0.07 Proteins, 0.3 Fiber, 0.05 Fats.

Fruit cocktail, (peach, pineapple, pear, grape, cherry), canned, heavy syrup, solids & liquids(248 Grams)(1 cup)181 Calories, 46.9 Carbs, 0.97 Proteins, 2.5 Fiber, 0.17 Fats.

Fruit cocktail, (peach, pineapple, pear, grape, cherry), canned, juice pack, solids & liquids(237 Grams)(1 cup)109 Calories, 28.11 Carbs, 1.09 Proteins, 2.4 Fiber, 0.02 Fats.

Fruit punch drink, w/ added nutrients, canned(248 Grams)(8 fl oz)117 Calories, 29.69 Carbs, 0 Proteins, 0.5 Fiber, 0 Fats.

Fruit, mixed, (peach, cherry -sweet & -sour, raspberry, grape, boysenberry), frozen, sweetened(250 Grams)(1 cup)245 Calories, 60.58 Carbs, 3.55 Proteins, 4.8 Fiber, 0.45 Fats.

Frybread, made w/ lard (Navajo)(160 Grams)(10-1/2 bread)528 Calories, 77.22 Carbs, 10.7 Proteins, 19.55 Fats.

Frybread, made w/ lard (Navajo)(90 Grams)(5 bread)297 Calories, 43.43 Carbs, 6.02 Proteins, 11 Fats.

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G.

Garlic, raw(3 Grams)(1 clove)4 Calories, 0.99 Carbs, 0.19 Proteins, 0.1 Fiber, 0.02 Fats.

Gelatin desserts, dry mix, prepared w/ water(135 Grams)(1/2 cup)84 Calories, 19.16 Carbs, 1.65 Proteins, 0 Fiber, 0 Fats.

Gelatin desserts, dry mix, reduced calorie, w/ aspartame, prepared w/ water(117 Grams)(1/2 cup)23 Calories, 4.94 Carbs, 0.97 Proteins, 0 Fiber, 0 Fats.

Grape drink, canned(250 Grams)(8 fl oz)153 Calories, 39.38 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Grape juice cocktail, frozen concentrate, diluted w/ 3 volume water, w/ added ascorbic acid(250 Grams)(1 cup)128 Calories, 31.88 Carbs, 0.48 Proteins, 0.3 Fiber, 0.23 Fats.

Grape juice cocktail, frozen concentrate, undiluted, w/ added ascorbic acid(216 Grams)(6-fl-oz can)387 Calories, 95.84 Carbs, 1.4 Proteins, 0.6 Fiber, 0.67 Fats.

Grape juice, canned or bottled, unsweetened, w/o added ascorbic acid(253 Grams)(1 cup)152 Calories, 37.37 Carbs, 0.94 Proteins, 0.5 Fiber, 0.33 Fats.

Grapefruit juice, pink, raw(247 Grams)(1 cup)96 Calories, 22.72 Carbs, 1.24 Proteins, 0.3 Fiber, 0.25 Fats.

Grapefruit juice, white, canned, sweetened(250 Grams)(1 cup)115 Calories, 27.83 Carbs, 1.45 Proteins, 0.2 Fiber, 0.23 Fats.

Grapefruit juice, white, canned, unsweetened(247 Grams)(1 cup)94 Calories, 22.13 Carbs, 1.28 Proteins, 0.2 Fiber,

0.25 Fats.

Grapefruit juice, white, frozen concentrate, unsweetened, diluted w/ 3 volume water(247 Grams)(1 cup)101 Calories, 24.03 Carbs, 1.36 Proteins, 0.8 Fiber, 0.32 Fats.

Grapefruit juice, white, frozen concentrate, unsweetened, undiluted(207 Grams)(6-fl-oz can)302 Calories, 71.54 Carbs, 4.08 Proteins, 0.2 Fiber, 0.99 Fats.

Grapefruit juice, white, raw(247 Grams)(1 cup)96 Calories, 22.72 Carbs, 1.24 Proteins, 2 Fiber, 0.25 Fats.

Grapefruit, raw, pink & red, all areas(123 Grams)(1/2 grapefruit)52 Calories, 13.11 Carbs, 0.95 Proteins, 1.3 Fiber, 0.17 Fats.

Grapefruit, raw, white, all areas(118 Grams)(1/2 grapefruit)39 Calories, 9.92 Carbs, 0.81 Proteins, 1 Fiber, 0.12 Fats.

Grapefruit, sections, canned, light syrup pack, solids & liquids(254 Grams)(1 cup)152 Calories, 39.22 Carbs, 1.42 Proteins, 1.4 Fiber, 0.25 Fats.

Grapes, red or green (European type, such as Thompson seedless), raw(160 Grams)(1 cup)110 Calories, 28.96 Carbs, 1.15 Proteins, 0.5 Fiber, 0.26 Fats.

Grapes, red or green (European type, such as Thompson seedless), raw(50 Grams)(10 grapes)35 Calories, 9.05 Carbs, 0.36 Proteins, 0.08 Fats.

Gravy, beef, canned, ready-to-serve(58.25 Grams)(1/4 cup)31 Calories, 2.8 Carbs, 2.18 Proteins, 0.2 Fiber, 1.37 Fats.

Gravy, chicken, canned, ready-to-serve(59.5 Grams)(1/4 cup)47 Calories, 3.22 Carbs, 1.15 Proteins, 0.2 Fiber, 3.4 Fats.

Gravy, mushroom, canned(59.6 Grams)(1/4 cup)30 Calories, 3.26 Carbs, 0.75 Proteins, 0.2 Fiber, 1.62 Fats.

Gravy, turkey, canned, ready-to-serve(59.6 Grams)(1/4 cup)30 Calories, 3.04 Carbs, 1.55 Proteins, 0.2 Fiber, 1.25 Fats.

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H.

Ham, chopped, not canned(21 Grams)(2 slices)38 Calories, 0.88 Carbs, 3.47 Proteins, 0 Fiber, 2.16 Fats.

Ham, sliced, prepackaged (96% fat free, water added)(56.7 Grams)(2 slices)60 Calories, 0.33 Carbs, 9.34 Proteins, 0 Fiber, 2.05 Fats.

Ham, sliced, regular (approximately 11% fat)(56.7 Grams)(2 slices)92 Calories, 2.17 Carbs, 9.41 Proteins, 0.7 Fiber, 4.88 Fats.

Hearts of palm, canned(33 Grams)(1 piece)9 Calories, 1.52 Carbs, 0.83 Proteins, 0.8 Fiber, 0.2 Fats.

Honey(21 Grams)(1 tbsp)64 Calories, 17.3 Carbs, 0.06 Proteins, 0 Fiber, 0 Fats.

Horseradish, prepared(5 Grams)(1 tsp)2 Calories, 0.56 Carbs, 0.06 Proteins, 0.2 Fiber, 0.03 Fats.

Hummus, commercial(14 Grams)(1 tbsp)23 Calories, 2 Carbs, 1.11 Proteins, 0.8 Fiber, 1.34 Fats.

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I.

Ice creams, chocolate(66 Grams)(1/2 cup)143 Calories, 18.61 Carbs, 2.51 Proteins, 0.8 Fiber, 7.26 Fats.

Ice creams, french vanilla, soft-serve(86 Grams)(1/2 cup)191 Calories, 19.09 Carbs, 3.53 Proteins, 0.6 Fiber, 11.18 Fats.

Ice creams, vanilla(66 Grams)(1/2 cup)137 Calories, 15.58 Carbs, 2.31 Proteins, 0.5 Fiber, 7.26 Fats.

Ice creams, vanilla, light(66 Grams)(1/2 cup)119 Calories, 19.44 Carbs, 3.15 Proteins, 0.2 Fiber, 3.19 Fats.

Ice creams, vanilla, rich(74 Grams)(1/2 cup)184 Calories, 16.49 Carbs, 2.59 Proteins, 0 Fiber, 11.99 Fats.

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J.

Jams & preserves(20 Grams)(1 tbsp)56 Calories, 13.77 Carbs, 0.07 Proteins, 0.2 Fiber, 0.01 Fats.

Jellies(19 Grams)(1 tbsp)51 Calories, 13.29 Carbs, 0.03 Proteins, 0.2 Fiber, 0 Fats.

Jerusalem-artichokes, raw(150 Grams)(1 cup)110 Calories, 26.16 Carbs, 3 Proteins, 2.4 Fiber, 0.02 Fats.

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K.

Kale, cooked, boiled, drained, w/o salt(130 Grams)(1 cup)36 Calories, 7.32 Carbs, 2.47 Proteins, 2.6 Fiber, 0.52 Fats.

Kale, frozen, cooked, boiled, drained, w/o salt(130 Grams)(1 cup)39 Calories, 6.8 Carbs, 3.69 Proteins, 2.6 Fiber, 0.64 Fats.

KELLOGG'S Eggo Lowfat Homestyle Waffles(35 Grams)(1 waffle)83 Calories, 15.45 Carbs, 2.47 Proteins, 0.4 Fiber, 1.25 Fats.

Kiwifruit, green, raw(76 Grams)(1 medium)46 Calories, 11.14 Carbs, 0.87 Proteins, 2.3 Fiber, 0.4 Fats.

Kohlrabi, cooked, boiled, drained, w/o salt(165 Grams)(1 cup)48 Calories, 11.04 Carbs, 2.97 Proteins, 1.8 Fiber, 0.18 Fats.

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L.

Lamb, domestic, leg, whole (shank & sirloin), separable lean & fat, trimmed to 1/4" fat, choice, cooked, roasted(85 Grams)(3 oz)219 Calories, 0 Carbs, 21.72 Proteins, 0 Fiber, 14.01 Fats.

Lamb, domestic, leg, whole (shank & sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted(85 Grams)(3 oz)162 Calories, 0 Carbs, 24.06 Proteins, 0 Fiber, 6.58 Fats.

Lamb, domestic, loin, separable lean & fat, trimmed to 1/4" fat, choice, cooked, broiled(85 Grams)(3 oz)269 Calories, 0 Carbs, 21.39 Proteins, 0 Fiber, 19.62 Fats.

Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled(85 Grams)(3 oz)184 Calories, 0 Carbs, 25.49 Proteins, 0 Fiber, 8.27 Fats.

Lamb, domestic, rib, separable lean & fat, trimmed to 1/4" fat, choice, cooked, roasted(85 Grams)(3 oz)305 Calories, 0 Carbs, 17.95 Proteins, 0 Fiber, 25.35 Fats.

Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted(85 Grams)(3 oz)197 Calories, 0 Carbs, 22.24 Proteins, 0 Fiber, 11.31 Fats.

Lamb, domestic, shoulder, arm, separable lean & fat, trimmed to 1/4" fat, choice, cooked, braised(85 Grams)(3 oz)294 Calories, 0 Carbs, 25.83 Proteins, 0 Fiber, 20.4 Fats.

Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised(85 Grams)(3 oz)237 Calories, 0 Carbs, 30.21 Proteins, 0 Fiber, 11.97 Fats.

Lard(12.8 Grams)(1 tbsp)115 Calories, 0 Carbs, 0 Proteins, 0 Fiber, 12.8 Fats.

Leavening agents, baking powder, double-acting, sodium aluminum sulfate(4.6 Grams)(1 tsp)2 Calories, 1.27 Carbs, 0 Proteins, 0 Fats.

Leavening agents, baking powder, double-acting, straight phosphate(4.6 Grams)(1 tsp)2 Calories, 1.11 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Leavening agents, baking powder, low-sodium(5 Grams)(1 tsp)5 Calories, 2.35 Carbs, 0.01 Proteins, 0.1 Fiber,

0.02 Fats.

Leavening agents, baking soda(4.6 Grams)(1 tsp)0 Calories, 0 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Leavening agents, cream of tartar(3 Grams)(1 tsp)8 Calories, 1.85 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Leavening agents, yeast, baker's, active dry(7 Grams)(1 pkg)23 Calories, 2.89 Carbs, 2.83 Proteins, 1.9 Fiber, 0.53 Fats.

Leavening agents, yeast, baker's, active dry(4 Grams)(1 tsp)13 Calories, 1.65 Carbs, 1.62 Proteins, 1.1 Fiber, 0.3 Fats.

Leavening agents, yeast, baker's, compressed(17 Grams)(1 cake)18 Calories, 3.08 Carbs, 1.43 Proteins, 1.4 Fiber, 0.32 Fats.

Leeks, (bulb & lower leaf-portion), cooked, boiled, drained, w/o salt(104 Grams)(1 cup)32 Calories, 7.92 Carbs, 0.84 Proteins, 1 Fiber, 0.21 Fats.

Lemon juice, canned or bottled(244 Grams)(1 cup)51 Calories, 15.81 Carbs, 0.98 Proteins, 1 Fiber, 0.71 Fats.

Lemon juice, canned or bottled(15.2 Grams)(1 tbsp)3 Calories, 0.98 Carbs, 0.06 Proteins, 0.1 Fiber, 0.04 Fats.

Lemon juice, raw(47 Grams)(juice of 1 lemon)10 Calories, 3.24 Carbs, 0.16 Proteins, 0.1 Fiber, 0.11 Fats.

Lemonade, frozen concentrate, white, prepared w/ water(248 Grams)(8 fl oz)99 Calories, 25.84 Carbs, 0.17 Proteins, 0 Fiber, 0.1 Fats.

Lemonade, low calorie, w/ aspartame, powder, prepared w/ water(237 Grams)(8 fl oz)7 Calories, 1.61 Carbs, 0.07 Proteins, 0 Fiber, 0 Fats.

Lemonade-flavor drink, powder, prepared w/ water(266 Grams)(8 fl oz)72 Calories, 18.35 Carbs, 0 Proteins, 0 Fiber, 0.19 Fats.

Lemons, raw, w/o peel(58 Grams)(1 lemon)17 Calories, 5.41 Carbs, 0.64 Proteins, 1.6 Fiber, 0.17 Fats.

Lentils, mature seeds, cooked, boiled, w/o salt(198 Grams)(1 cup)230 Calories, 39.86 Carbs, 17.86 Proteins, 15.6 Fiber, 0.75 Fats.

Lettuce, butterhead (includes boston & bibb types), raw(7.5 Grams)(1 medium leaf)1 Calories, 0.17 Carbs, 0.1 Proteins, 0.1 Fiber, 0.02 Fats.

Lettuce, butterhead (includes boston & bibb types), raw(163 Grams)(1 head)21 Calories, 3.63 Carbs, 2.2 Proteins, 1.8 Fiber, 0.36 Fats.

Lettuce, cos or romaine, raw(10 Grams)(1 leaf)2 Calories, 0.33 Carbs, 0.12 Proteins, 0.2 Fiber, 0.03 Fats.

Lettuce, cos or romaine, raw(56 Grams)(1 cup)10 Calories, 1.84 Carbs, 0.69 Proteins, 1.2 Fiber, 0.17 Fats.

Lettuce, green leaf, raw(10 Grams)(1 leaf)2 Calories, 0.29 Carbs, 0.14 Proteins, 0.1 Fiber, 0.02 Fats.

Lettuce, green leaf, raw(56 Grams)(1 cup)8 Calories, 1.61 Carbs, 0.76 Proteins, 0.7 Fiber, 0.08 Fats.

Lettuce, iceberg (includes crisphead types), raw(539 Grams)(1 head)75 Calories, 16.01 Carbs, 4.85 Proteins, 6.5 Fiber, 0.75 Fats.

Lettuce, iceberg (includes crisphead types), raw(55 Grams)(1 cup)8 Calories, 1.63 Carbs, 0.07 Proteins, 0.7 Fiber, 0.08 Fats.

Lettuce, iceberg (includes crisphead types), raw(8 Grams)(1 medium)1 Calories, 0.24 Carbs, 0.5 Proteins, 0.1 Fiber, 0.01 Fats.

Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, w/o salt(180 Grams)(1 cup)189 Calories, 35.01 Carbs, 11.97 Proteins, 10.8 Fiber, 0.54 Fats.

Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, w/o salt(170 Grams)(1 cup)175 Calories, 32.84 Carbs, 10.32 Proteins, 9.9 Fiber, 0.58 Fats.

Lima beans, large, mature seeds, canned(241 Grams)(1 cup)190 Calories, 35.93 Carbs, 11.88 Proteins, 11.6 Fiber,

0.41 Fats.

Lima beans, large, mature seeds, cooked, boiled, w/o salt(188 Grams)(1 cup)216 Calories, 39.25 Carbs, 14.66 Proteins, 13.2 Fiber, 0.71 Fats.

Lime juice, canned or bottled, unsweetened(246 Grams)(1 cup)52 Calories, 16.46 Carbs, 0.62 Proteins, 1 Fiber, 0.57 Fats.

Lime juice, canned or bottled, unsweetened(15.4 Grams)(1 tbsp)3 Calories, 1.03 Carbs, 0.04 Proteins, 0.1 Fiber, 0.04 Fats.

Lime juice, raw(38 Grams)(juice of 1 lime)10 Calories, 3.2 Carbs, 0.16 Proteins, 0.2 Fiber, 0.03 Fats.

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M.

Macaroni & Cheese, canned entree(252 Grams)(1 cup)207 Calories, 29.03 Carbs, 8.52 Proteins, 1.3 Fiber, 6.2 Fats.

Macaroni & cheese, frozen entree(283 Grams)(1 package)422 Calories, 48.9 Carbs, 15.85 Proteins, 3.1 Fiber, 18.14 Fats.

Macaroni, cooked, enriched(140 Grams)(1 cup)221 Calories, 43.2 Carbs, 8.12 Proteins, 2.5 Fiber, 1.3 Fats.

Malted drink mix, chocolate, w/ added nutrients, powder(21 Grams)(3 heaping tsp)82 Calories, 17.77 Carbs, 1.03 Proteins, 1 Fiber, 0.71 Fats.

Malted drink mix, chocolate, w/ added nutrients, powder, prepared w/ whole milk(265 Grams)(1 cup)231 Calories, 29.65 Carbs, 8.72 Proteins, 1.1 Fiber, 8.64 Fats.

Malted drink mix, natural, w/ added nutrients, powder(21 Grams)(4-5 heaping tsp)78 Calories, 17.55 Carbs, 1.98 Proteins, 0.4 Fiber, 0.28 Fats.

Malted drink mix, natural, w/ added nutrients, powder, prepared w/ whole milk(265 Grams)(1 cup)228 Calories, 28.28 Carbs, 9.73 Proteins, 0 Fiber, 8.51 Fats.

Mangos, raw(165 Grams)(1 cup)99 Calories, 24.72 Carbs, 1.35 Proteins, 2.6 Fiber, 0.63 Fats.

Mangos, raw(207 Grams)(1 mango)124 Calories, 31.01 Carbs, 1.7 Proteins, 3.3 Fiber, 0.79 Fats.

Margarine, regular, 80% fat, composite, stick, w/ salt(14 Grams)(1 tbsp)100 Calories, 0.1 Carbs, 0.02 Proteins, 0 Fiber, 11.3 Fats.

Margarine, regular, 80% fat, composite, tub, w/ salt(14.2 Grams)(1 tbsp)101 Calories, 0.11 Carbs, 0.03 Proteins, 0 Fiber, 11.38 Fats.

Margarine-like, margarine-butter blend, soybean oil & butter(14.2 Grams)(1 tbsp)101 Calories, 0.11 Carbs, 0.04 Proteins, 0 Fiber, 11.41 Fats.

Margarine-like, vegetable oil spread, 60% fat, stick, w/ salt(14.3 Grams)(1 tbsp)77 Calories, 0.1 Carbs, 0.02 Proteins, 0 Fiber, 8.64 Fats.

Margarine-like, vegetable oil spread, 60% fat, stick, w/ salt(4.8 Grams)(1 tsp)26 Calories, 0.03 Carbs, 0.01 Proteins, 0 Fiber, 2.9 Fats.

Margarine-like, vegetable oil spread, 60% fat, tub, w/ salt(4.8 Grams)(1 tsp)26 Calories, 0.04 Carbs, 0.01 Proteins, 0 Fiber, 2.87 Fats.

Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, w/ salt(4.8 Grams)(1 tsp)16 Calories, 0.03 Carbs, 0.02 Proteins, 0 Fiber, 1.81 Fats.

Melons, cantaloupe, raw(160 Grams)(1 cup)54 Calories, 13.06 Carbs, 1.34 Proteins, 1.4 Fiber, 0.3 Fats.

Melons, cantaloupe, raw(69 Grams)(1/8" melon)23 Calories, 5.63 Carbs, 0.58 Proteins, 0.6 Fiber, 0.13 Fats.

Melons, honeydew, raw(170 Grams)(1 cup)61 Calories, 15.45 Carbs, 0.92 Proteins, 1.4 Fiber, 0.24 Fats.

Melons, honeydew, raw(160 Grams)(1/8" melon)58 Calories, 14.54 Carbs, 0.86 Proteins, 1.3 Fiber, 0.22 Fats.

Milk shakes, thick chocolate(300 Grams)(10.6 fl oz)357 Calories, 63.45 Carbs, 9.15 Proteins, 0.9 Fiber, 8.1 Fats.

Milk shakes, thick vanilla(313 Grams)(11 fl oz)351 Calories, 55.56 Carbs, 12.08 Proteins, 0 Fiber, 9.48 Fats.

Milk, buttermilk, dried(6.5 Grams)(1 tsp)25 Calories, 3.19 Carbs, 2.23 Proteins, 0 Fiber, 0.38 Fats.

Milk, buttermilk, fluid, cultured, lowfat(245 Grams)(1 cup)98 Calories, 11.74 Carbs, 8.11 Proteins, 0 Fiber, 2.16 Fats.

Milk, canned, condensed, sweetened(306 Grams)(1 cup)982 Calories, 166.46 Carbs, 24.2 Proteins, 0 Fiber, 26.62 Fats.

Milk, canned, evaporated, nonfat, w/ added vitamin A & vitamin D(256 Grams)(1 cup)200 Calories, 29.06 Carbs, 19.33 Proteins, 0 Fiber, 0.51 Fats.

Milk, canned, evaporated, w/ added vitamin D & w/o added vitamin A(252 Grams)(1 cup)338 Calories, 25.3 Carbs, 17.16 Proteins, 0 Fiber, 19.05 Fats.

Milk, chocolate, fluid, commercial, lowfat, w/ added vitamin A & vitamin D(250 Grams)(1 cup)158 Calories, 26.1 Carbs, 8.1 Proteins, 1.3 Fiber, 2.5 Fats.

Milk, chocolate, fluid, commercial, reduced fat, w/ added vitamin A & vitamin D(250 Grams)(1 cup)190 Calories, 30.33 Carbs, 7.48 Proteins, 1.8 Fiber, 4.75 Fats.

Milk, chocolate, fluid, commercial, whole, w/ added vitamin A & vitamin D(250 Grams)(1 cup)208 Calories, 25.85 Carbs, 7.93 Proteins, 2 Fiber, 8.48 Fats.

Milk, dry, nonfat, instant, w/ added vitamin A & vitamin D(23 Grams)(1/3 cup)82 Calories, 12 Carbs, 8.07 Proteins, 0 Fiber, 0.17 Fats.

Milk, lowfat, fluid, 1% milkfat, w/ added vitamin A & vitamin D(244 Grams)(1 cup)102 Calories, 12.18 Carbs, 8.22 Proteins, 0 Fiber, 2.37 Fats.

Milk, nonfat, fluid, w/ added vitamin A & vitamin D (fat free or skim)(245 Grams)(1 cup)83 Calories, 12.15 Carbs, 8.26 Proteins, 0 Fiber, 0.2 Fats.

Milk, reduced fat, fluid, 2% milkfat, w/ added vitamin A & vitamin D(244 Grams)(1 cup)122 Calories, 11.71 Carbs, 8.05 Proteins, 0 Fiber, 4.83 Fats.

Milk, whole, 3.25% milkfat, w/ added vitamin D(244 Grams)(1 cup)149 Calories, 11.71 Carbs, 7.69 Proteins, 0 Fiber, 7.93 Fats.

Miso(68.75 Grams)(1 cup)137 Calories, 18.2 Carbs, 8.04 Proteins, 3.7 Fiber, 4.13 Fats.

Mollusks, clam, mixed species, canned, drained solids(85 Grams)(3 oz)121 Calories, 5.02 Carbs, 20.61 Proteins, 0 Fiber, 1.35 Fats.

Mollusks, clam, mixed species, raw(85 Grams)(3 oz)73 Calories, 3.03 Carbs, 12.47 Proteins, 0 Fiber, 0.82 Fats.

Mollusks, oyster, eastern, cooked, breaded & fried(85 Grams)(3 oz)169 Calories, 9.88 Carbs, 7.45 Proteins, 10.69 Fats.

Mollusks, oyster, eastern, wild, raw(84 Grams)(6 medium)43 Calories, 2.28 Carbs, 4.8 Proteins, 0 Fiber, 1.44 Fats.

Mollusks, scallop, mixed species, cooked, breaded & fried(93 Grams)(6 large)201 Calories, 9.42 Carbs, 16.81 Proteins, 10.17 Fats.

MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared(110 Grams)(1 cup)154 Calories, 9.13 Carbs, 19.58 Proteins, 5.2 Fiber, 4.73 Fats.

MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared(85 Grams)(1 patty)112 Calories, 7.74 Carbs, 13.86 Proteins, 4.4 Fiber, 2.89 Fats.

Muffins, blueberry, commercially prepared (Includes mini-muffins)(57 Grams)(1 muffin)224 Calories, 28.24 Carbs, 3.01 Proteins, 1 Fiber, 10.97 Fats.

Muffins, blueberry, prepared from recipe, made w/ low fat (2%) milk(57 Grams)(1 muffin)162 Calories, 23.2

Carbs, 6.16 Fats.

Muffins, corn, commercially prepared(57 Grams)(1 muffin)174 Calories, 29.01 Carbs, 3.36 Proteins, 1.9 Fiber, 4.79 Fats.

Muffins, corn, dry mix, prepared(50 Grams)(1 muffin)161 Calories, 24.55 Carbs, 3.7 Proteins, 1.2 Fiber, 5.1 Fats.

Muffins, oat bran(57 Grams)(1 muffin)154 Calories, 27.53 Carbs, 3.99 Proteins, 4.22 Fats.

Muffins, wheat bran, toaster-type w/ raisins, toasted(34 Grams)(1 muffin)106 Calories, 18.87 Carbs, 1.87 Proteins, 2.8 Fiber, 3.2 Fats.

Mung beans, mature seeds, sprouted, cooked, boiled, drained, w/o salt(124 Grams)(1 cup)26 Calories, 5.2 Carbs, 2.52 Proteins, 1 Fiber, 0.11 Fats.

Mung beans, mature seeds, sprouted, raw(104 Grams)(1 cup)31 Calories, 6.18 Carbs, 3.16 Proteins, 1.9 Fiber, 0.19 Fats.

Mushrooms, canned, drained solids(156 Grams)(1 cup)39 Calories, 7.94 Carbs, 2.92 Proteins, 3.7 Fiber, 0.45 Fats.

Mushrooms, shiitake, cooked, w/o salt(145 Grams)(1 cup)81 Calories, 20.87 Carbs, 2.26 Proteins, 3 Fiber, 0.32 Fats.

Mushrooms, shiitake, dried(3.6 Grams)(1 mushroom)11 Calories, 2.71 Carbs, 0.34 Proteins, 0.4 Fiber, 0.04 Fats.

Mushrooms, white, cooked, boiled, drained, w/o salt(156 Grams)(1 cup)44 Calories, 8.25 Carbs, 3.39 Proteins, 3.4 Fiber, 0.73 Fats.

Mushrooms, white, raw(70 Grams)(1 cup)15 Calories, 2.28 Carbs, 2.16 Proteins, 0.7 Fiber, 0.24 Fats.

Mustard greens, cooked, boiled, drained, w/o salt(140 Grams)(1 cup)21 Calories, 2.94 Carbs, 3.16 Proteins, 2.8 Fiber, 0.34 Fats.

Mustard, prepared, yellow(5 Grams)(1 tsp or 1 packet)3 Calories, 0.27 Carbs, 0.22 Proteins, 0.2 Fiber, 0.2 Fats.

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NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes(16 Grams)(1 cookie)49 Calories, 11.88 Carbs, 0.8 Proteins, 0.3 Fiber, 0.17 Fats.

Nectarines, raw(136 Grams)(1 nectarine)60 Calories, 14.35 Carbs, 1.44 Proteins, 2.3 Fiber, 0.44 Fats.

Noodles, chinese, chow mein(45 Grams)(1 cup)237 Calories, 25.89 Carbs, 3.77 Proteins, 1.8 Fiber, 13.84 Fats.

Noodles, egg, cooked, enriched(160 Grams)(1 cup)221 Calories, 40.26 Carbs, 7.26 Proteins, 1.9 Fiber, 3.31 Fats.

Noodles, egg, spinach, cooked, enriched(160 Grams)(1 cup)211 Calories, 38.8 Carbs, 8.06 Proteins, 3.7 Fiber, 2.51 Fats.

Nuts, almonds(28.35 Grams)(1 oz (24 nuts))163 Calories, 6.14 Carbs, 6.02 Proteins, 3.5 Fiber, 14.01 Fats.

Nuts, brazilnuts, dried, unblanched(28.35 Grams)(1 oz (6-8 nuts))186 Calories, 3.48 Carbs, 4.06 Proteins, 2.1 Fiber, 18.83 Fats.

Nuts, cashew nuts, dry roasted, w/ salt added(28.35 Grams)(1 oz)163 Calories, 9.27 Carbs, 4.34 Proteins, 0.9 Fiber, 13.14 Fats.

Nuts, cashew nuts, oil roasted, w/ salt added(28.35 Grams)(1 oz (18 nuts))165 Calories, 8.55 Carbs, 4.77 Proteins, 0.9 Fiber, 13.54 Fats.

Nuts, chestnuts, european, roasted(143 Grams)(1 cup)350 Calories, 75.73 Carbs, 4.53 Proteins, 7.3 Fiber, 3.15 Fats.

Nuts, coconut meat, dried (desiccated), sweetened, shredded(93 Grams)(1 cup)466 Calories, 44.33 Carbs, 2.68 Proteins, 4.2 Fiber, 33.01 Fats.

Nuts, coconut meat, raw(45 Grams)(1 piece)159 Calories, 6.85 Carbs, 1.5 Proteins, 4.1 Fiber, 15.07 Fats.
Nuts, hazelnuts or filberts(28.35 Grams)(1 oz)178 Calories, 4.73 Carbs, 4.24 Proteins, 2.7 Fiber, 17.22 Fats.
Nuts, macadamia nuts, dry roasted, w/ salt added(28.35 Grams)(1 oz (10-12 nuts))203 Calories, 3.64 Carbs, 2.21 Proteins, 2.3 Fiber, 21.57 Fats.
Nuts, mixed nuts, dry roasted, w/ peanuts, w/ salt added(28.35 Grams)(1 oz)168 Calories, 7.19 Carbs, 4.9 Proteins, 2.6 Fiber, 14.59 Fats.
Nuts, mixed nuts, oil roasted, w/ peanuts, w/ salt added(28.35 Grams)(1 oz)172 Calories, 5.97 Carbs, 5.68 Proteins, 2 Fiber, 15.29 Fats.
Nuts, pecans(28.35 Grams)(1 oz (20 halves))196 Calories, 3.93 Carbs, 2.6 Proteins, 2.7 Fiber, 20.4 Fats.
Nuts, pine nuts, dried(28.35 Grams)(1 oz)191 Calories, 3.71 Carbs, 3.88 Proteins, 1 Fiber, 19.38 Fats.
Nuts, pine nuts, dried(8.6 Grams)(1 tbsp)58 Calories, 1.12 Carbs, 1.18 Proteins, 0.3 Fiber, 5.88 Fats.
Nuts, pistachio nuts, dry roasted, w/ salt added(28.35 Grams)(1 oz (47 nuts))160 Calories, 8.13 Carbs, 5.94 Proteins, 2.8 Fiber, 12.71 Fats.
Nuts, walnuts, english(28.35 Grams)(1 oz (14 halves))185 Calories, 3.89 Carbs, 4.32 Proteins, 1.9 Fiber, 18.49 Fats.

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Oat bran, cooked(219 Grams)(1 cup)88 Calories, 25.05 Carbs, 7.03 Proteins, 5.7 Fiber, 1.88 Fats.
Oat bran, raw(94 Grams)(1 cup)231 Calories, 62.25 Carbs, 16.26 Proteins, 14.5 Fiber, 6.61 Fats.
Oil, canola(14 Grams)(1 tbsp)124 Calories, 0 Carbs, 0 Proteins, 0 Fiber, 14 Fats.
Oil, corn, industrial & retail, all purpose salad or cooking(13.6 Grams)(1 tbsp)120 Calories, 0 Carbs, 0 Proteins, 0 Fiber, 13.6 Fats.
Oil, olive, salad or cooking(13.5 Grams)(1 tbsp)119 Calories, 0 Carbs, 0 Proteins, 0 Fiber, 13.5 Fats.
Oil, peanut, salad or cooking(13.5 Grams)(1 tbsp)119 Calories, 0 Carbs, 0 Proteins, 0 Fiber, 13.5 Fats.
Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)(13.6 Grams)(1 tbsp)120 Calories, 0 Carbs, 0 Proteins, 0 Fiber, 13.6 Fats.
Oil, sesame, salad or cooking(13.6 Grams)(1 tbsp)120 Calories, 0 Carbs, 0 Proteins, 0 Fiber, 13.6 Fats.
Oil, soybean, salad or cooking, (partially hydrogenated)(13.6 Grams)(1 tbsp)120 Calories, 0 Carbs, 0 Proteins, 0 Fiber, 13.6 Fats.
Oil, soybean, salad or cooking, (partially hydrogenated) & muffins(13.6 Grams)(1 tbsp)120 Calories, 0 Carbs, 0 Proteins, 0 Fiber, 13.6 Fats.
Oil, sunflower, linoleic, (approx. 65%)(13.6 Grams)(1 tbsp)120 Calories, 0 Carbs, 0 Proteins, 13.6 Fats.
Okra, cooked, boiled, drained, w/o salt(160 Grams)(1 cup)35 Calories, 7.22 Carbs, 2.99 Proteins, 4 Fiber, 0.34 Fats.
Okra, frozen, cooked, boiled, drained, w/o salt(184 Grams)(1 cup)53 Calories, 11.79 Carbs, 3 Proteins, 3.9 Fiber, 0.44 Fats.
Olives, ripe, canned (small-extra large)(22 Grams)(5 large)25 Calories, 1.38 Carbs, 0.18 Proteins, 0.7 Fiber, 2.35 Fats.
Onion rings, breaded, par fried, frozen, prepared, heated in oven(60 Grams)(10 rings)244 Calories, 22.9 Carbs, 3.2 Proteins, 0.8 Fiber, 16.02 Fats.
Onions, cooked, boiled, drained, w/o salt(210 Grams)(1 cup)92 Calories, 21.32 Carbs, 2.86 Proteins, 2.9 Fiber, 0.4

Fats.

Onions, cooked, boiled, drained, w/o salt(94 Grams)(1 medium)41 Calories, 9.54 Carbs, 1.28 Proteins, 1.3 Fiber, 0.18 Fats.

Onions, dehydrated flakes(5 Grams)(1 tbsp)17 Calories, 4.16 Carbs, 0.45 Proteins, 0.5 Fiber, 0.02 Fats.

Onions, raw(110 Grams)(1 whole)44 Calories, 10.27 Carbs, 1.21 Proteins, 1.9 Fiber, 0.11 Fats.

Onions, raw(160 Grams)(1 cup)64 Calories, 14.94 Carbs, 1.76 Proteins, 2.7 Fiber, 0.16 Fats.

Onions, raw(14 Grams)(1 slice)6 Calories, 1.31 Carbs, 0.15 Proteins, 0.2 Fiber, 0.01 Fats.

Onions, spring or scallions (includes tops & bulb), raw(100 Grams)(1 cup)32 Calories, 7.34 Carbs, 1.83 Proteins, 2.6 Fiber, 0.19 Fats.

Onions, spring or scallions (includes tops & bulb), raw(15 Grams)(1 whole)5 Calories, 1.1 Carbs, 0.27 Proteins, 0.4 Fiber, 0.03 Fats.

Orange juice, canned, unsweetened(249 Grams)(1 cup)117 Calories, 27.41 Carbs, 1.69 Proteins, 0.7 Fiber, 0.37 Fats.

Orange juice, chilled, includes from concentrate(249 Grams)(1 cup)122 Calories, 28.73 Carbs, 1.69 Proteins, 0.7 Fiber, 0.3 Fats.

Orange juice, frozen concentrate, unsweetened, diluted w/ 3 volume water(249 Grams)(1 cup)112 Calories, 26.84 Carbs, 1.69 Proteins, 0.5 Fiber, 0.15 Fats.

Orange juice, frozen concentrate, unsweetened, undiluted(213 Grams)(6-fl-oz can)339 Calories, 81.3 Carbs, 5.09 Proteins, 1.7 Fiber, 0.45 Fats.

Orange juice, raw(248 Grams)(1 cup)112 Calories, 25.79 Carbs, 1.74 Proteins, 0.5 Fiber, 0.5 Fats.

Orange juice, raw(86 Grams)(juice from 1 orange)39 Calories, 8.94 Carbs, 0.6 Proteins, 0.2 Fiber, 0.17 Fats.

Oranges, raw, all commercial varieties(131 Grams)(1 orange)62 Calories, 15.39 Carbs, 1.69 Proteins, 3.1 Fiber, 0.22 Fats.

Oranges, raw, all commercial varieties(180 Grams)(1 cup)85 Calories, 21.15 Carbs, 1.23 Proteins, 4.3 Fiber, 0.16 Fats.

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Pancakes plain, frozen, ready-to-heat (includes buttermilk)(36 Grams)(1 pancake)81 Calories, 14.14 Carbs, 1.92 Proteins, 0.9 Fiber, 1.86 Fats.

Pancakes, plain, dry mix, complete, prepared(38 Grams)(1 pancake)74 Calories, 13.95 Carbs, 1.98 Proteins, 0.5 Fiber, 0.95 Fats.

Pancakes, plain, dry mix, incomplete, prepared(38 Grams)(1 pancake)83 Calories, 10.98 Carbs, 2.96 Proteins, 0.7 Fiber, 2.93 Fats.

Papayas, raw(304 Grams)(1 papaya)131 Calories, 32.89 Carbs, 1.43 Proteins, 5.2 Fiber, 0.79 Fats.

Papayas, raw(140 Grams)(1 cup)60 Calories, 15.15 Carbs, 0.66 Proteins, 2.4 Fiber, 0.36 Fats.

Parsley, fresh(10 Grams)(10 sprigs)4 Calories, 0.63 Carbs, 0.3 Proteins, 0.3 Fiber, 0.08 Fats.

Parsnips, cooked, boiled, drained, w/o salt(156 Grams)(1 cup)111 Calories, 26.54 Carbs, 2.06 Proteins, 5.6 Fiber, 0.47 Fats.

Pasta w/ meatballs in tomato sauce, canned entree(252 Grams)(1 cup)270 Calories, 28 Carbs, 10.51 Proteins, 6.8 Fiber, 12.85 Fats.

Peaches, canned, heavy syrup pack, solids & liquids(98 Grams)(1 half)73 Calories, 19.54 Carbs, 0.44 Proteins, 1.3 Fiber, 0.1 Fats.

Peaches, canned, heavy syrup pack, solids & liquids(262 Grams)(1 cup)194 Calories, 52.24 Carbs, 1.18 Proteins, 3.4 Fiber, 0.26 Fats.

Peaches, canned, juice pack, solids & liquids(248 Grams)(1 cup)109 Calories, 28.69 Carbs, 1.56 Proteins, 3.2 Fiber, 0.07 Fats.

Peaches, canned, juice pack, solids & liquids(98 Grams)(1 half)43 Calories, 11.34 Carbs, 0.62 Proteins, 1.3 Fiber, 0.03 Fats.

Peaches, dried, sulfured, uncooked(39 Grams)(3 halves)93 Calories, 23.92 Carbs, 1.41 Proteins, 3.2 Fiber, 0.3 Fats.

Peaches, frozen, sliced, sweetened(250 Grams)(1 cup)235 Calories, 59.95 Carbs, Proteins, 4.5 Fiber, 0.33 Fats.

Peaches, raw(170 Grams)(1 cup)66 Calories, 16.22 Carbs, 1.55 Proteins, 2.6 Fiber, 0.43 Fats.

Peaches, raw(98 Grams)(1 peach)38 Calories, 9.35 Carbs, 0.89 Proteins, 1.5 Fiber.

Peanut butter, chunk style, w/ salt(16 Grams)(1 tbsp)94 Calories, 3.45 Carbs, 3.85 Proteins, 7.99 Fats.

Peanut butter, smooth style, w/ salt(16 Grams)(1 tbsp)94 Calories, 3.13 Carbs, 4.01 Proteins, 1 Fiber, 8.06 Fats.

Peanuts, all types, dry-roasted, w/ salt(28.35 Grams)(1 oz (approx 28))166 Calories, 6.1 Carbs, 6.71 Proteins, 2.3 Fiber, 14.08 Fats.

Peanuts, all types, oil-roasted, w/ salt(28.35 Grams)(1 oz)170 Calories, 4.33 Carbs, 7.95 Proteins, 2.7 Fiber, 14.88 Fats.

Pears, asian, raw(275 Grams)(1 pear)116 Calories, 29.29 Carbs, 1.38 Proteins, 9.9 Fiber, 0.63 Fats.

Pears, asian, raw(122 Grams)(1 pear)51 Calories, 12.99 Carbs, 0.61 Proteins, 4.4 Fiber, 0.28 Fats.

Pears, canned, heavy syrup pack, solids & liquids(76 Grams)(1 half)56 Calories, 14.57 Carbs, 0.15 Proteins, 1.2 Fiber, 0.1 Fats.

Pears, canned, heavy syrup pack, solids & liquids(266 Grams)(1 cup)197 Calories, 50.99 Carbs, 0.53 Proteins, 4.3 Fiber, 0.35 Fats.

Pears, canned, juice pack, solids & liquids(248 Grams)(1 cup)124 Calories, 32.09 Carbs, 0.84 Proteins, 4 Fiber, 0.17 Fats.

Pears, canned, juice pack, solids & liquids(76 Grams)(1 half)38 Calories, 9.83 Carbs, 0.26 Proteins, 1.2 Fiber, 0.05 Fats.

Pears, raw(166 Grams)(1 pear)96 Calories, 25.66 Carbs, 0.63 Proteins, 5.1 Fiber, 0.2 Fats.

Peas, edible-podded, boiled, drained, w/o salt(160 Grams)(1 cup)67 Calories, 11.28 Carbs, 5.23 Proteins, 4.5 Fiber, 0.37 Fats.

Peas, edible-podded, frozen, cooked, boiled, drained, w/o salt(160 Grams)(1 cup)83 Calories, 14.43 Carbs, 5.6 Proteins, 5 Fiber, 0.61 Fats.

Peas, green (includes baby & lesuer types), canned, drained solids, unprepared(170 Grams)(1 cup)116 Calories, 19.31 Carbs, 7.6 Proteins, 8.3 Fiber, 1.36 Fats.

Peas, green, frozen, cooked, boiled, drained, w/o salt(160 Grams)(1 cup)125 Calories, 22.82 Carbs, 8.24 Proteins, 8.8 Fiber, 0.43 Fats.

Peas, split, mature seeds, cooked, boiled, w/o salt(196 Grams)(1 cup)231 Calories, 41.36 Carbs, 16.35 Proteins, 16.3 Fiber, 0.76 Fats.

Peppers, hot chili, green, raw(45 Grams)(1 pepper)18 Calories, 4.26 Carbs, 0.9 Proteins, 0.7 Fiber, 0.09 Fats.

Peppers, hot chili, red, raw(45 Grams)(1 pepper)18 Calories, 3.96 Carbs, 0.84 Proteins, 0.7 Fiber, 0.2 Fats.

Peppers, jalapeno, canned, solids & liquids(26 Grams)(1/4 cup)7 Calories, 1.23 Carbs, 0.24 Proteins, 0.7 Fiber, 0.24 Fats.

Peppers, sweet, green, cooked, boiled, drained, w/o salt(136 Grams)(1 cup)38 Calories, 9.11 Carbs, 1.25 Proteins,

1.6 Fiber, 0.27 Fats.

Peppers, sweet, green, raw(10 Grams)(1 ring)2 Calories, 0.46 Carbs, 0.09 Proteins, 0.2 Fiber, 0.02 Fats.

Peppers, sweet, green, raw(149 Grams)(1 cup)30 Calories, 6.91 Carbs, 1.28 Proteins, 2.5 Fiber, 0.25 Fats.

Peppers, sweet, green, raw(119 Grams)(1 pepper)24 Calories, 5.52 Carbs, 1.02 Proteins, 2 Fiber, 0.2 Fats.

Peppers, sweet, red, cooked, boiled, drained, w/o salt(136 Grams)(1 cup)38 Calories, 9.11 Carbs, 1.25 Proteins, 1.6 Fiber, 0.27 Fats.

Peppers, sweet, red, raw(119 Grams)(1 pepper)37 Calories, 7.18 Carbs, 1.18 Proteins, 2.5 Fiber, 0.36 Fats.

Peppers, sweet, red, raw(149 Grams)(1 cup)46 Calories, 8.98 Carbs, 1.48 Proteins, 3.1 Fiber, 0.45 Fats.

Pickle relish, sweet(15 Grams)(1 tbsp)20 Calories, 5.26 Carbs, 0.06 Proteins, 0.2 Fiber, 0.07 Fats.

Pickles, cucumber, dill or kosher dill(65 Grams)(1 pickle)8 Calories, 1.68 Carbs, 0.39 Proteins, 0.7 Fiber, 0.09 Fats.

Pie crust, cookie-type, prepared from recipe, graham cracker, baked(239 Grams)(1 pie shell)1181 Calories, 155.83 Carbs, 10.04 Proteins, 3.6 Fiber, 59.51 Fats.

Pie crust, standard-type, frozen, ready-to-bake, enriched, baked(126 Grams)(1 pie shell)640 Calories, 70.86 Carbs, 8.19 Proteins, 4.2 Fiber, 36.02 Fats.

Pie crust, standard-type, prepared from recipe, baked(180 Grams)(1 pie shell)949 Calories, 85.5 Carbs, 11.52 Proteins, 3.1 Fiber, 62.28 Fats.

Pie fillings, apple, canned(74 Grams)(1/8" of 21-oz can)74 Calories, 19.31 Carbs, 0.07 Proteins, 0.7 Fiber, 0.07 Fats.

Pie fillings, canned, cherry(74 Grams)(1/8" of 21-oz can)85 Calories, 20.72 Carbs, 0.27 Proteins, 0.4 Fiber, 0.05 Fats.

Pie, apple, commercially prepared, enriched flour(117 Grams)(1 piece)277 Calories, 39.78 Carbs, 2.22 Proteins, 1.9 Fiber, 12.87 Fats.

Pie, apple, prepared from recipe(155 Grams)(1 piece)411 Calories, 57.51 Carbs, 3.72 Proteins, 19.38 Fats.

Pie, blueberry, commercially prepared(117 Grams)(1 piece)271 Calories, 40.83 Carbs, 2.11 Proteins, 1.2 Fiber, 11.7 Fats.

Pie, blueberry, prepared from recipe(147 Grams)(1 piece)360 Calories, 49.25 Carbs, 3.97 Proteins, 17.49 Fats.

Pie, cherry, commercially prepared(117 Grams)(1 piece)304 Calories, 46.57 Carbs, 2.34 Proteins, 0.9 Fiber, 12.87 Fats.

Pie, cherry, prepared from recipe(180 Grams)(1 piece)486 Calories, 69.3 Carbs, 5.04 Proteins, 21.96 Fats.

Pie, chocolate creme, commercially prepared(113 Grams)(1 piece)344 Calories, 37.97 Carbs, 2.94 Proteins, 2.3 Fiber, 21.92 Fats.

Pie, coconut custard, commercially prepared(104 Grams)(1 piece)270 Calories, 31.41 Carbs, 6.14 Proteins, 1.9 Fiber, 13.73 Fats.

Pie, fried pies, cherry(128 Grams)(1 pie)404 Calories, 54.53 Carbs, 3.84 Proteins, 3.3 Fiber, 20.61 Fats.

Pie, fried pies, fruit(128 Grams)(1 pie)404 Calories, 54.53 Carbs, 3.84 Proteins, 3.3 Fiber, 20.61 Fats.

Pie, lemon meringue, commercially prepared(113 Grams)(1 piece)303 Calories, 53.34 Carbs, 1.7 Proteins, 1.4 Fiber, 9.83 Fats.

Pie, lemon meringue, prepared from recipe(127 Grams)(1 piece)362 Calories, 49.66 Carbs, 4.83 Proteins.

Pie, pecan, commercially prepared(113 Grams)(1 piece)460 Calories, 67.36 Carbs, 5.09 Proteins, 2.4 Fiber, 2.4 Fats.

Pie, pecan, prepared from recipe(122 Grams)(1 piece)503 Calories, 63.68 Carbs, 5.98 Proteins.

Pie, pumpkin, commercially prepared(109 Grams)(1 piece)265 Calories, 37.96 Carbs, 4.25 Proteins, 2 Fiber, 2 Fats.

Pie, pumpkin, prepared from recipe(155 Grams)(1 piece)316 Calories, 40.92 Carbs, 6.98 Proteins.

Pimento, canned(12 Grams)(1 tbsp)3 Calories, 0.61 Carbs, 0.13 Proteins, 0.2 Fiber, 0.2 Fats.

Pineapple & grapefruit juice drink, canned(250 Grams)(8 fl oz)118 Calories, 29 Carbs, 0.5 Proteins, 0.3 Fiber, 0.3 Fats.

Pineapple & orange juice drink, canned(250 Grams)(8 fl oz)125 Calories, 29.5 Carbs, 3.25 Proteins, 0.3 Fiber, 0.3 Fats.

Pineapple juice, canned, unsweetened, w/o added ascorbic acid(250 Grams)(1 cup)133 Calories, 32.18 Carbs, 0.9 Proteins, 0.5 Fiber, 0.5 Fats.

Pineapple, canned, heavy syrup pack, solids & liquids(254 Grams)(1 cup)198 Calories, 51.31 Carbs, 0.89 Proteins, 2 Fiber, 2 Fats.

Pineapple, canned, heavy syrup pack, solids & liquids(49 Grams)(1 slice)38 Calories, 9.9 Carbs, 0.17 Proteins, 0.4 Fiber, 0.4 Fats.

Pineapple, canned, juice pack, solids & liquids(249 Grams)(1 cup)149 Calories, 39.09 Carbs, 1.05 Proteins, 2 Fiber, 2 Fats.

Pineapple, canned, juice pack, solids & liquids(47 Grams)(1 slice)28 Calories, 7.38 Carbs, 0.2 Proteins, 0.4 Fiber, 0.4 Fats.

Pineapple, raw, all varieties(155 Grams)(1 cup)78 Calories, 20.34 Carbs, 0.84 Proteins, 2.2 Fiber, 2.2 Fats.

Pizza, cheese topping, regular crust, frozen, cooked(63 Grams)(1 serving)169 Calories, 18.28 Carbs, 6.53 Proteins, 1.4 Fiber, 1.4 Fats.

Pizza, meat & vegetable topping, regular crust, frozen, cooked(79 Grams)(1 serving)218 Calories, 19.86 Carbs, 8.91 Proteins, 1.7 Fiber, 1.7 Fats.

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Plantains, cooked(154 Grams)(1 cup)179 Calories, 47.97 Carbs, 1.22 Proteins, 3.5 Fiber, 3.5 Fats.

Plantains, raw(179 Grams)(1 medium)218 Calories, 57.08 Carbs, 2.33 Proteins, 4.1 Fiber, 4.1 Fats.

Plums, canned, purple, heavy syrup pack, solids & liquids(46 Grams)(1 plum)41 Calories, 10.69 Carbs, 0.17 Proteins, 0.4 Fiber, 0.4 Fats.

Plums, canned, purple, heavy syrup pack, solids & liquids(258 Grams)(1 cup)230 Calories, 59.96 Carbs, 0.93 Proteins, 2.3 Fiber, 2.3 Fats.

Plums, canned, purple, juice pack, solids & liquids(252 Grams)(1 cup)146 Calories, 38.18 Carbs, 1.29 Proteins, 2.3 Fiber, 2.3 Fats.

Plums, canned, purple, juice pack, solids & liquids(46 Grams)(1 plum)27 Calories, 6.97 Carbs, 0.23 Proteins, 0.4 Fiber, 0.4 Fats.

Plums, dried (prunes), stewed, w/o added sugar(248 Grams)(1 cup)265 Calories, 69.64 Carbs, 2.38 Proteins, 7.7 Fiber, 7.7 Fats.

Plums, dried (prunes), uncooked(42 Grams)(5 prunes)101 Calories, 26.83 Carbs, 0.92 Proteins, 3 Fiber, 3 Fats.

Plums, raw(66 Grams)(1 plum)30 Calories, 7.54 Carbs, 0.46 Proteins, 0.9 Fiber, 0.9 Fats.

Pork & beef sausage, fresh, cooked(26 Grams)(2 links)103 Calories, 0.7 Carbs, 3.59 Proteins, 0 Fiber, 0 Fats.

Pork sausage, fresh, cooked(27 Grams)(1 patty)92 Calories, 0 Carbs, 5.25 Proteins, 0 Fiber, 0 Fats.

Pork sausage, fresh, cooked(26 Grams)(2 links)88 Calories, 0 Carbs, 5.05 Proteins, 0 Fiber, 0 Fats.

Pork, cured, bacon, cooked, broiled, pan-fried or roasted(19 Grams)(3 medium slices)103 Calories, 0.27 Carbs, 7.04 Proteins, 0 Fiber, 0 Fats.

Pork, cured, canadian-style bacon, grilled(46.5 Grams)(2 slices)86 Calories, 0.63 Carbs, 11.27 Proteins, 0 Fiber, 0 Fats.

Pork, cured, ham, extra lean & regular, canned, roasted(85 Grams)(3 oz)142 Calories, 0.42 Carbs, 17.8 Proteins, 0 Fiber, 0 Fats.

Pork, cured, ham, whole, separable lean & fat, roasted(85 Grams)(3 oz)207 Calories, 0 Carbs, 18.33 Proteins, 0 Fiber, 0 Fats.

Pork, cured, ham, whole, separable lean only, roasted(85 Grams)(3 oz)133 Calories, 0 Carbs, 21.29 Proteins, 0 Fiber, 0 Fats.

Pork, fresh, backribs, separable lean & fat, cooked, roasted(85 Grams)(3 oz)243 Calories, 0 Carbs, 19.56 Proteins, 0 Fiber, 0 Fats.

Pork, fresh, leg (ham), whole, separable lean & fat, cooked, roasted(85 Grams)(3 oz)232 Calories, 0 Carbs, 22.81 Proteins, 0 Fiber, 0 Fats.

Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted(85 Grams)(3 oz)179 Calories, 0 Carbs, 25 Proteins, 0 Fiber, 0 Fats.

Pork, fresh, loin, center loin (chops), bone-in, separable lean & fat, cooked, broiled(85 Grams)(3 oz)178 Calories, 0 Carbs, 21.77 Proteins, 0 Fiber, 0 Fats.

Pork, fresh, loin, center loin (chops), bone-in, separable lean & fat, cooked, pan-fried(85 Grams)(3 oz)202 Calories, 0 Carbs, 23.49 Proteins, 0 Fiber, 0 Fats.

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled(85 Grams)(3 oz)153 Calories, 0 Carbs, 22.75 Proteins, 0 Fiber, 0 Fats.

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried(85 Grams)(3 oz)166 Calories, 0 Carbs, 25.13 Proteins, 0 Fiber, 0 Fats.

Pork, fresh, loin, center rib (roasts), bone-in, separable lean & fat, cooked, roasted(85 Grams)(3 oz)211 Calories, 0 Carbs, 22.94 Proteins, 0 Fiber, 0 Fats.

Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted(85 Grams)(3 oz)175 Calories, 0 Carbs, 24.5 Proteins, 0 Fiber, 0 Fats.

Pork, fresh, loin, country-style ribs, separable lean & fat, cooked, braised(85 Grams)(3 oz)232 Calories, 0 Carbs, 22.52 Proteins, 0 Fiber, 0 Fats.

Pork, fresh, shoulder, arm picnic, separable lean & fat, cooked, braised(85 Grams)(3 oz)200 Calories, 0 Carbs, 21.15 Proteins, 0 Fiber, 0 Fats.

Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised(85 Grams)(3 oz)165 Calories, 0 Carbs, 22.75 Proteins, 0 Fiber, 0 Fats.

Pork, fresh, spareribs, separable lean & fat, cooked, braised(85 Grams)(3 oz)337 Calories, 0 Carbs, 24.7 Proteins, 0 Fiber, 0 Fats.

Potato pancakes(76 Grams)(1 pancake)204 Calories, 21.14 Carbs, 4.62 Proteins, 2.5 Fiber, 11.22 Fats.

Potato puffs, frozen, oven-heated(79 Grams)(10 puffs)150 Calories, 21.92 Carbs, 1.62 Proteins, 2 Fiber, 6.81 Fats.

Potato salad, home-prepared(250 Grams)(1 cup)358 Calories, 27.93 Carbs, 6.7 Proteins, 3.3 Fiber, 20.5 Fats.

Potato, baked, flesh & skin, w/o salt(202 Grams)(1 potato)188 Calories, 42.72 Carbs, 5.05 Proteins, 4.4 Fiber, 0.26 Fats.

Potatoes, au gratin, dry mix, prepared w/ water, whole milk(245 Grams)(1 cup)228 Calories, 31.46 Carbs, 5.64

Proteins, 2.2 Fiber, 10.09 Fats.

Potatoes, au gratin, home-prepared from recipe using butter(245 Grams)(1 cup)323 Calories, 27.61 Carbs, 12.4 Proteins, 4.4 Fiber, 18.6 Fats.

Potatoes, baked, flesh, w/o salt(156 Grams)(1 potato)145 Calories, 33.62 Carbs, 3.06 Proteins, 2.3 Fiber, 0.16 Fats.

Potatoes, baked, skin, w/o salt(58 Grams)(1 skin)115 Calories, 26.71 Carbs, 2.49 Proteins, 4.6 Fiber, 0.06 Fats.

Potatoes, boiled, cooked in skin, flesh, w/o salt(136 Grams)(1 potato)118 Calories, 27.38 Carbs, 2.54 Proteins, 2.4 Fiber, 0.14 Fats.

Potatoes, boiled, cooked w/o skin, flesh, w/o salt(135 Grams)(1 potato)116 Calories, 27.01 Carbs, 2.31 Proteins, 2.4 Fiber, 0.14 Fats.

Potatoes, boiled, cooked w/o skin, flesh, w/o salt(156 Grams)(1 cup)134 Calories, 31.22 Carbs, 2.67 Proteins, 2.8 Fiber, 0.16 Fats.

Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated(50 Grams)(10 strips)82 Calories, 13.87 Carbs, 1.33 Proteins, 1.4 Fiber, 2.61 Fats.

Potatoes, hashed brown, frozen, plain, prepared(29 Grams)(1 patty)63 Calories, 8.15 Carbs, 0.92 Proteins, 0.6 Fiber, 3.34 Fats.

Potatoes, hashed brown, home-prepared(156 Grams)(1 cup)413 Calories, 54.77 Carbs, 4.68 Proteins, 5 Fiber, 19.53 Fats.

Potatoes, mashed, dehydrated, prepared from flakes w/o milk, whole milk & butter added(210 Grams)(1 cup)204 Calories, 22.83 Carbs, 3.72 Proteins, 1.7 Fiber, 10.77 Fats.

Potatoes, mashed, home-prepared, whole milk added(210 Grams)(1 cup)174 Calories, 36.9 Carbs, 4.01 Proteins, 3.2 Fiber, 1.2 Fats.

Potatoes, mashed, home-prepared, whole milk & margarine added(210 Grams)(1 cup)237 Calories, 35.57 Carbs, 4.12 Proteins, 3.2 Fiber, 8.82 Fats.

Potatoes, scalloped, dry mix, prepared w/ water, whole milk & butter(245 Grams)(1 cup)228 Calories, 31.29 Carbs, 5.19 Proteins, 2.7 Fiber, 10.54 Fats.

Potatoes, scalloped, home-prepared w/ butter(245 Grams)(1 cup)216 Calories, 26.41 Carbs, 7.03 Proteins, 4.7 Fiber, 9.02 Fats.

Poultry food products, ground turkey, cooked(82 Grams)(1 patty)166 Calories, 0 Carbs, 22.44 Proteins, 0 Fiber, 8.53 Fats.

Prune juice, canned(256 Grams)(1 cup)182 Calories, 44.67 Carbs, 1.56 Proteins, 2.6 Fiber, 0.08 Fats.

Puddings, chocolate, dry mix, instant, prepared w/ 2% milk(147 Grams)(1/2 cup)154 Calories, 27.77 Carbs, 4.63 Proteins, 0.6 Fiber, 2.82 Fats.

Puddings, chocolate, dry mix, regular, prepared w/ 2% milk(142 Grams)(1/2 cup)158 Calories, 28.06 Carbs, 4.66 Proteins, 1.1 Fiber, 2.93 Fats.

Puddings, chocolate, ready-to-eat(113 Grams)(4 oz)160 Calories, 26 Carbs, 2.36 Proteins, 0 Fiber, 5.2 Fats.

Puddings, rice, ready-to-eat(113.4 Grams)(4 oz)134 Calories, 22 Carbs, 4 Proteins, 1 Fiber, 3.01 Fats.

Puddings, tapioca, ready-to-eat(113 Grams)(4 oz)147 Calories, 24.51 Carbs, 2.2 Proteins, 0 Fiber, 4.38 Fats.

Puddings, vanilla, dry mix, regular, prepared w/ 2% milk(140 Grams)(1/2 cup)141 Calories, 25.94 Carbs, 4.12 Proteins, 0 Fiber, 2.42 Fats.

Puddings, vanilla, ready-to-eat(113 Grams)(4 oz)147 Calories, 25.54 Carbs, 1.64 Proteins, 0 Fiber, 4.27 Fats.

Pumpkin, canned, w/o salt(245 Grams)(1 cup)83 Calories, 19.82 Carbs, 2.7 Proteins, 7.1 Fiber, 0.69 Fats.

Pumpkin, cooked, boiled, drained, w/o salt(245 Grams)(1 cup)49 Calories, 12.01 Carbs, 1.76 Proteins, 2.7 Fiber,

0.17 Fats.

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R.

Radishes, raw(4.5 Grams)(1 radish)1 Calories, 0.15 Carbs, 0.03 Proteins, 0.1 Fiber, 0 Fats.

Raisins, seedless(145 Grams)(1 cup)434 Calories, 114.81 Carbs, 4.45 Proteins, 5.4 Fiber, 0.67 Fats.

Raisins, seedless(14 Grams)(1 packet)42 Calories, 11.09 Carbs, 0.43 Proteins, 0.5 Fiber, 0.06 Fats.

Raspberries, frozen, red, sweetened(250 Grams)(1 cup)258 Calories, 65.4 Carbs, 1.75 Proteins, 11 Fiber, 0.4 Fats.

Raspberries, raw(123 Grams)(1 cup)64 Calories, 14.69 Carbs, 1.48 Proteins, 8 Fiber, 0.8 Fats.

Refried beans, canned, traditional style (includes USDA(252 Grams)(1 cup)229 Calories, 38.46 Carbs, 13.63 Proteins, 12.9 Fiber, 2.95 Fats.

Rhubarb, frozen, cooked, w/ sugar(240 Grams)(1 cup)278 Calories, 74.88 Carbs, 0.94 Proteins, 4.8 Fiber, 0.12 Fats.

Rice drink, unsweetened, w/ added calcium, vitamins A & D(240 Grams)(8 fl oz)113 Calories, 22.01 Carbs, 0.67 Proteins, 0.7 Fiber, 2.33 Fats.

Rice, brown, long-grain, cooked(195 Grams)(1 cup)216 Calories, 44.77 Carbs, 5.03 Proteins, 3.5 Fiber, 1.76 Fats.

Rice, white, long-grain, parboiled, enriched, cooked(175 Grams)(1 cup)215 Calories, 45.59 Carbs, 5.09 Proteins, 1.6 Fiber, 0.65 Fats.

Rice, white, long-grain, parboiled, enriched, dry(185 Grams)(1 cup)692 Calories, 149.65 Carbs, 13.89 Proteins, 3.3 Fiber, 1.91 Fats.

Rice, white, long-grain, precooked or instant, enriched, prepared(165 Grams)(1 cup)193 Calories, 41.42 Carbs, 3.6 Proteins, 1 Fiber, 0.83 Fats.

Rice, white, long-grain, regular, cooked(158 Grams)(1 cup)205 Calories, 44.51 Carbs, 4.25 Proteins, 0.6 Fiber, 0.44 Fats.

Rice, white, long-grain, regular, raw, enriched(185 Grams)(1 cup)675 Calories, 147.91 Carbs, 13.19 Proteins, 2.4 Fiber, 1.22 Fats.

Rolls, dinner, plain, commercially prepared (includes brown-&- serve)(28 Grams)(1 roll)87 Calories, 14.57 Carbs, 3.04 Proteins, 0.6 Fiber, 1.81 Fats.

Rolls, hamburger or hotdog, plain(43 Grams)(1 roll)120 Calories, 21.56 Carbs, 4.24 Proteins, 0.9 Fiber, 1.62 Fats.

Rolls, hard (includes kaiser)(57 Grams)(1 roll)167 Calories, 30.04 Carbs, 5.64 Proteins, 1.3 Fiber, 2.45 Fats.

Rutabagas, cooked, boiled, drained, w/o salt(170 Grams)(1 cup)66 Calories, 14.86 Carbs, 2.19 Proteins, 3.1 Fiber, 0.37 Fats.

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S.

Salad dressing, blue or roquefort cheese dressing, commercial,(15.3 Grams)(1 tbsp)73 Calories, 0.71 Carbs, 0.21 Proteins, 0.1 Fiber, 7.82 Fats.

Salad dressing, french dressing, commercial, regular(15.6 Grams)(1 tbsp)71 Calories, 2.43 Carbs, 0.12 Proteins, 0 Fiber, 6.99 Fats.

Salad dressing, french dressing, reduced fat(16.3 Grams)(1 tbsp)36 Calories, 5.09 Carbs, 0.09 Proteins, 0.2 Fiber, 1.88 Fats.

Salad dressing, french, home recipe(14 Grams)(1 tbsp)88 Calories, 0.48 Carbs, 0.01 Proteins, 0 Fiber, 9.83 Fats.

Salad dressing, home recipe, cooked(16 Grams)(1 tbsp)25 Calories, 2.38 Carbs, 0.67 Proteins, 0 Fiber, 1.52 Fats.

Salad dressing, home recipe, vinegar & oil(15.6 Grams)(1 tbsp)70 Calories, 0.39 Carbs, 0 Proteins, 0 Fiber, 7.82 Fats.

Salad dressing, italian dressing, commercial, regular(14.7 Grams)(1 tbsp)43 Calories, 1.53 Carbs, 0.06 Proteins, 0 Fiber, 4.17 Fats.

Salad dressing, italian dressing, reduced fat(15 Grams)(1 tbsp)11 Calories, 0.69 Carbs, 0.07 Proteins, 0 Fiber, 0.96 Fats.

Salad dressing, mayonnaise, soybean oil, w/ salt(13.8 Grams)(1 tbsp)99 Calories, 0.44 Carbs, 0.12 Proteins, 0 Fiber, 10.96 Fats.

Salad dressing, russian dressing(15.3 Grams)(1 tbsp)54 Calories, 4.88 Carbs, 0.11 Proteins, 0.1 Fiber, 4.01 Fats.

Salad dressing, russian dressing, low calorie(16.3 Grams)(1 tbsp)23 Calories, 4.5 Carbs, 0.08 Proteins, 0 Fiber, 0.65 Fats.

Salad dressing, thousand island dressing, reduced fat(15.3 Grams)(1 tbsp)30 Calories, 3.68 Carbs, 0.13 Proteins, 0.2 Fiber, 1.73 Fats.

Salad dressing, thousand island, commercial, regular(15.6 Grams)(1 tbsp)58 Calories, 2.28 Carbs, 0.17 Proteins, 0.1 Fiber, 5.47 Fats.

Salami, cooked, beef & pork(56.7 Grams)(2 slices)191 Calories, 1.36 Carbs, 12.39 Proteins, 0 Fiber, 14.69 Fats.

Salami, dry or hard, pork, beef(20 Grams)(2 slices)77 Calories, 0.76 Carbs, 4.64 Proteins, 0 Fiber, 6.01 Fats.

Salt, table(6 Grams)(1 tsp)0 Calories, 0 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Sandwich spread, pork, beef(15 Grams)(1 tbsp)35 Calories, 1.79 Carbs, 1.15 Proteins, 0 Fiber, 2.6 Fats.

Sauce, barbecue(15.75 Grams)(1 tbsp)24 Calories, 5.71 Carbs, 0 Proteins, 0.1 Fiber, 0.05 Fats.

Sauce, cheese, ready-to-serve(63 Grams)(1/4 cup)110 Calories, 4.3 Carbs, 4.23 Proteins, 0.3 Fiber, 8.37 Fats.

Sauce, hoisin, ready-to-serve(16 Grams)(1 tbsp)35 Calories, 7.05 Carbs, 0.53 Proteins, 0.4 Fiber, 0.54 Fats.

Sauce, homemade, white, medium(250 Grams)(1 cup)368 Calories, 22.93 Carbs, 9.6 Proteins, 0.5 Fiber, 26.58 Fats.

Sauce, pasta, spaghetti/marinara, ready-to-serve(250 Grams)(1 cup)123 Calories, 18.83 Carbs, 3.53 Proteins, 4.5 Fiber, 3.7 Fats.

Sauce, ready-to-serve, pepper or hot(4.7 Grams)(1 tsp)1 Calories, 0.08 Carbs, 0.02 Proteins, 0 Fiber, 0.02 Fats.

Sauce, salsa, ready-to-serve(16 Grams)(1 tbsp)4 Calories, 1 Carbs, 0.25 Proteins, 0.3 Fiber, 0.03 Fats.

Sauce, teriyaki, ready-to-serve(18 Grams)(1 tbsp)16 Calories, 2.8 Carbs, 1.07 Proteins, 0 Fiber, 0 Fats.

Sauerkraut, canned, solids & liquids(236 Grams)(1 cup)45 Calories, 10.1 Carbs, 2.15 Proteins, 6.8 Fiber, 0.33 Fats.

Sausage, Vienna, canned, chicken, beef, pork(16 Grams)(1 sausage)37 Calories, 0.42 Carbs, 1.68 Proteins, 0 Fiber, 3.1 Fats.

Seaweed, kelp, raw(10 Grams)(2 tbsp)4 Calories, 0.96 Carbs, 0.17 Proteins, 0.1 Fiber, 0.06 Fats.

Seaweed, spirulina, dried(0.93 Grams)(1 tbsp)3 Calories, 0.22 Carbs, 0.53 Proteins, 0 Fiber, 0.07 Fats.

Seeds, pumpkin & squash seed kernels, roasted, w/ salt added(28.35 Grams)(1 oz (142 seeds))163 Calories, 4.17 Carbs, 8.46 Proteins, 1.8 Fiber, 13.91 Fats.

Seeds, sesame butter, tahini, from roasted & toasted kernels (most common type)(15 Grams)(1 tbsp)89 Calories, 3.18 Carbs, 2.55 Proteins, 1.4 Fiber, 8.06 Fats.

Seeds, sesame seed kernels, dried (decorticated)(8 Grams)(1 tbsp)50 Calories, 0.94 Carbs, 1.64 Proteins, 0.9 Fiber, 4.9 Fats.

Seeds, sunflower seed kernels, dry roasted, w/ salt added(28.35 Grams)(1 oz)165 Calories, 6.82 Carbs, 5.48 Pro-

teins, 2.6 Fiber, 14.12 Fats.

Seeds, sunflower seed kernels, dry roasted, w/ salt added(32 Grams)(1/4 cup)186 Calories, 7.7 Carbs, 6.19 Proteins, 2.9 Fiber, 15.94 Fats.

Shake, fast food, chocolate(333 Grams)(16 fl oz)423 Calories, 68.27 Carbs, 11.32 Proteins, 6.3 Fiber, 12.32 Fats.

Shake, fast food, vanilla(333 Grams)(16 fl oz)493 Calories, 65.23 Carbs, 11.22 Proteins, 3 Fiber, 21.71 Fats.

Shallots, raw(10 Grams)(1 tbsp)7 Calories, 1.68 Carbs, 0.25 Proteins, 0.3 Fiber, 0.01 Fats.

Sherbet, orange(74 Grams)(1/2 cup)107 Calories, 22.5 Carbs, 0.81 Proteins, 1 Fiber, 1.48 Fats.

Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)(12.8 Grams)(1 tbsp)113 Calories, 0 Carbs, 0 Proteins, 0 Fiber, 12.8 Fats.

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Sn.

Snack, potato chips, made from dried potatoes, plain(28.35 Grams)(1 oz)158 Calories, 14.75 Carbs, 1.26 Proteins, 0.9 Fiber, 10.89 Fats.

Snacks, beef jerky, chopped & formed(19.8 Grams)(1 large piece)81 Calories, 2.18 Carbs, 6.57 Proteins, 0.4 Fiber, 5.07 Fats.

Snacks, corn-based, extruded, chips, barbecue-flavor(28.35 Grams)(1 oz)148 Calories, 15.93 Carbs, 1.98 Proteins, 1.5 Fiber, 9.27 Fats.

Snacks, corn-based, extruded, chips, plain(28.35 Grams)(1 oz)147 Calories, 17.86 Carbs, 1.71 Proteins, 1.5 Fiber, 8.05 Fats.

Snacks, corn-based, extruded, puffs or twists, cheese-flavor(28.35 Grams)(1 oz)160 Calories, 14.85 Carbs, 1.65 Proteins, 0.5 Fiber, 10.52 Fats.

Snacks, fruit leather, pieces(28.35 Grams)(1 oz)102 Calories, 23.48 Carbs, 0.28 Proteins, 0 Fiber, 0.76 Fats.

Snacks, fruit leather, rolls(21 Grams)(1 large)78 Calories, 18.02 Carbs, 0.02 Proteins, 0 Fiber, 0.63 Fats.

Snacks, GENERAL MILLS, CHEX MIX, traditional flavor(28.35 Grams)(1 oz (about 2/3 cup))120 Calories, 21.2 Carbs, 2.5 Proteins, 1.1 Fiber, 2.84 Fats.

Snacks, granola bars, hard, plain(28.35 Grams)(1 bar)134 Calories, 18.26 Carbs, 2.86 Proteins, 1.5 Fiber, 5.61 Fats.

Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter(28.35 Grams)(1 bar)144 Calories, 15.14 Carbs, 2.89 Proteins, 0.8 Fiber, 8.82 Fats.

Snacks, granola bars, soft, uncoated, chocolate chip(28.35 Grams)(1 bar)119 Calories, 19.9 Carbs, 1.6 Proteins, 1.1 Fiber, 4.7 Fats.

Snacks, granola bars, soft, uncoated, raisin(28.35 Grams)(1 bar)127 Calories, 18.82 Carbs, 2.15 Proteins, 1.2 Fiber, 5.05 Fats.

Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares(22 Grams)(1 bar)91 Calories, 17.71 Carbs, 0.75 Proteins, 0.1 Fiber, 1.98 Fats.

Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit(37 Grams)(1 bar)139 Calories, 26.02 Carbs, 2 Proteins, 1.3 Fiber, 3 Fats.

Snacks, oriental mix, rice-based(28.35 Grams)(1 oz (about 1/4 cup))143 Calories, 14.63 Carbs, 4.91 Proteins, 3.7 Fiber, 7.25 Fats.

Snacks, popcorn, air-popped(8 Grams)(1 cup)31 Calories, 6.23 Carbs, 1.04 Proteins, 1.2 Fiber, 0.36 Fats.

Snacks, popcorn, cakes(10 Grams)(1 cake)38 Calories, 8.01 Carbs, 0.97 Proteins, 0.3 Fiber, 0.31 Fats.

Snacks, popcorn, caramel-coated, w/ peanuts(42 Grams)(1 cup)168 Calories, 33.89 Carbs, 2.69 Proteins, 1.6 Fiber,

3.28 Fats.

Snacks, popcorn, caramel-coated, w/o peanuts(35.2 Grams)(1 cup)152 Calories, 27.84 Carbs, 1.34 Proteins, 1.8 Fiber, 4.51 Fats.

Snacks, popcorn, cheese-flavor(11 Grams)(1 cup)58 Calories, 5.68 Carbs, 1.02 Proteins, 1.1 Fiber, 3.65 Fats.

Snacks, popcorn, oil-popped, microwave, regular flavor(11 Grams)(1 cup)64 Calories, 4.96 Carbs, 0.8 Proteins, 0.9 Fiber, 4.79 Fats.

Snacks, pork skins, plain(28.35 Grams)(1 oz)154 Calories, 0 Carbs, 17.38 Proteins, 0 Fiber, 8.87 Fats.

Snacks, potato chips, barbecue-flavor(28.35 Grams)(1 oz)139 Calories, 14.97 Carbs, 2.18 Proteins, 1.2 Fiber, 9.19 Fats.

Snacks, potato chips, made from dried potatoes, reduced fat(28.35 Grams)(1 oz)142 Calories, 18.4 Carbs, 1.29 Proteins, 0.9 Fiber, 7.41 Fats.

Snacks, potato chips, made from dried potatoes, sour-cream & onion-flavor(28.35 Grams)(1 oz)155 Calories, 14.54 Carbs, 1.87 Proteins, 0.3 Fiber, 10.49 Fats.

Snacks, potato chips, plain, salted(28.35 Grams)(1 oz)154 Calories, 14.4 Carbs, 1.86 Proteins, 1.2 Fiber, 10.32 Fats.

Snacks, potato chips, plain, unsalted(28.35 Grams)(1 oz)152 Calories, 15 Carbs, 1.98 Proteins, 1.4 Fiber, 9.81 Fats.

Snacks, potato chips, reduced fat(28.35 Grams)(1 oz)134 Calories, 18.97 Carbs, 2.01 Proteins, 1.7 Fiber, 5.9 Fats.

Snacks, potato chips, sour-cream-&-onion-flavor(28.35 Grams)(1 oz)151 Calories, 14.6 Carbs, 2.3 Proteins, 1.5 Fiber, 9.61 Fats.

Snacks, pretzels, hard, plain, salted(60 Grams)(10 pretzels)228 Calories, 47.86 Carbs, 6.2 Proteins, 1.8 Fiber, 1.58 Fats.

Snacks, rice cakes, brown rice, plain(9 Grams)(1 cake)35 Calories, 7.34 Carbs, 0.74 Proteins, 0.4 Fiber, 0.25 Fats.

Snacks, tortilla chips, nacho cheese(28.35 Grams)(1 oz)146 Calories, 17.5 Carbs, 2.31 Proteins, 1.3 Fiber, 7.39 Fats.

Snacks, tortilla chips, nacho-flavor, reduced fat(28.35 Grams)(1 oz)126 Calories, 20.3 Carbs, 2.47 Proteins, 1.4 Fiber, 4.31 Fats.

Snacks, tortilla chips, plain, white corn(28.35 Grams)(1 oz)139 Calories, 18.59 Carbs, 2.21 Proteins, 1.5 Fiber, 6.62 Fats.

Snacks, trail mix, regular, w/ chocolate chips, salted nuts & seeds(146 Grams)(1 cup)707 Calories, 65.55 Carbs, 46.57 Fats.

Snacks, trail mix, tropical(140 Grams)(1 cup)570 Calories, 91.84 Carbs, 8.82 Proteins, 23.94 Fats.

Soup, bean w/ ham, canned, chunky, ready-to-serve(243 Grams)(1 cup)231 Calories, 27.12 Carbs, 12.61 Proteins, 11.2 Fiber, 8.51 Fats.

Soup, bean w/ pork, canned, prepared w/ equal volume water(253 Grams)(1 cup)159 Calories, 21.02 Carbs, 7.29 Proteins, 7.3 Fiber, 5.46 Fats.

Soup, beef broth or bouillon, powder, dry(6 Grams)(1 packet)13 Calories, 1.04 Carbs, 0.96 Proteins, 0 Fiber, 0.53 Fats.

Soup, beef broth, bouillon, consomme, prepared w/ equal volume water(241 Grams)(1 cup)29 Calories, 1.76 Carbs, 5.35 Proteins, 0 Fiber, 0 Fats.

Soup, beef noodle, canned, prepared w/ equal volume water(244 Grams)(1 cup)83 Calories, 8.74 Carbs, 4.71 Proteins, 0.7 Fiber, 3 Fats.

Soup, chicken noodle, canned, prepared w/ equal volume water(241 Grams)(1 cup)60 Calories, 7.11 Carbs, 3.06 Proteins, 0.5 Fiber, 2.29 Fats.

Soup, chicken noodle, dry, mix, prepared w/ water(252.3 Grams)(1 cup)58 Calories, 9.26 Carbs, 2.12 Proteins, 0.3 Fiber, 1.39 Fats.

Soup, chicken vegetable, chunky, canned, ready-to-serve(240 Grams)(1 cup)166 Calories, 18.89 Carbs, 12.31 Proteins, 4.82 Fats.

Soup, chicken vegetable, chunky, reduced fat, reduced sodium,(238 Grams)(1 serving)95 Calories, 14.99 Carbs, 6.43 Proteins, 1.19 Fats.

Soup, chicken w/ rice, canned, prepared w/ equal volume water(241 Grams)(1 cup)58 Calories, 7.04 Carbs, 3.49 Proteins, 0.7 Fiber, 1.88 Fats.

Soup, chunky chicken noodle, canned, ready-to-serve(240 Grams)(1 cup)94 Calories, 9.6 Carbs, 7.42 Proteins, 1.9 Fiber, 2.78 Fats.

Soup, chunky vegetable, canned, ready-to-serve(240 Grams)(1 cup)122 Calories, 19.01 Carbs, 3.5 Proteins, 1.2 Fiber, 3.7 Fats.

Soup, clam chowder, manhattan, canned, prepared w/ equal volume water(244 Grams)(1 cup)73 Calories, 11.64 Carbs, 2.07 Proteins, 1.5 Fiber, 2.1 Fats.

Soup, clam chowder, new england, canned, prepared w/ equal volume low fat (2%) milk(248 Grams)(1 cup)151 Calories, 18.5 Carbs, 8.04 Proteins, 0.7 Fiber, 5.01 Fats.

Soup, clam chowder, new england, canned, ready-to-serve(254 Grams)(1 cup)201 Calories, 21.03 Carbs, 6.63 Proteins, 2.5 Fiber, 10.01 Fats.

Soup, cream of chicken, canned, prepared w/ equal volume milk(248 Grams)(1 cup)191 Calories, 14.98 Carbs, 7.46 Proteins, 0.2 Fiber, 11.46 Fats.

Soup, cream of chicken, canned, prepared w/ equal volume water(244 Grams)(1 cup)117 Calories, 9.27 Carbs, 3.44 Proteins, 0.2 Fiber, 7.37 Fats.

Soup, cream of mushroom, canned, prepared w/ equal volume low fat (2%) milk(248 Grams)(1 cup)166 Calories, 14.21 Carbs, 6.18 Proteins, 0 Fiber, 9.57 Fats.

Soup, cream of mushroom, canned, prepared w/ equal volume water(244 Grams)(1 cup)102 Calories, 8.03 Carbs, 1.93 Proteins, 0 Fiber, 7.03 Fats.

Soup, minestrone, canned, prepared w/ equal volume water(241 Grams)(1 cup)82 Calories, 11.23 Carbs, 4.27 Proteins, 1 Fiber, 2.51 Fats.

Soup, minestrone, canned, reduced sodium, ready-to-serve(241 Grams)(1 cup)121 Calories, 21.69 Carbs, 4.82 Proteins, 5.8 Fiber, 1.93 Fats.

Soup, onion, dry, mix(39 Grams)(1 packet)114 Calories, 25.38 Carbs, 2.92 Proteins, 2.6 Fiber, 0.13 Fats.

Soup, onion, dry, mix, prepared w/ water(246 Grams)(1 cup)30 Calories, 6.81 Carbs, 0.79 Proteins, 0.7 Fiber, 0.02 Fats.

Soup, pea, green, canned, prepared w/ equal volume water(250 Grams)(1 cup)153 Calories, 24.7 Carbs, 8 Proteins, 4.8 Fiber, 2.73 Fats.

Soup, stock, fish, home -prepared(233 Grams)(1 cup)40 Calories, 0 Carbs, 5.27 Proteins, 0 Fiber, 1.89 Fats.

Soup, tomato, canned, prepared w/ equal volume low fat (2%) milk(248 Grams)(1 cup)136 Calories, 22.2 Carbs, 6.18 Proteins, 1.5 Fiber, 3.22 Fats.

Soup, tomato, canned, prepared w/ equal volume water, commercial(244 Grams)(1 cup)73 Calories, 16.03 Carbs, 1.93 Proteins, 1.5 Fiber, 0.68 Fats.

Soup, vegetable beef, canned, prepared w/ equal volume water(244 Grams)(1 cup)76 Calories, 9.91 Carbs, 5.44 Proteins, 2 Fiber, 1.85 Fats.

Soup, vegetarian vegetable, canned, prepared w/ equal volume water(241 Grams)(1 cup)67 Calories, 11.78 Carbs, 2.07 Proteins, 0.7 Fiber, 1.9 Fats.

Sour dressing, non-butterfat, cultured, filled cream-type(12 Grams)(1 tbsp)21 Calories, 0.56 Carbs, 0.39 Proteins, 0 Fiber, 1.99 Fats.

Soy sauce made from soy & wheat (shoyu)(16 Grams)(1 tbsp)8 Calories, 1.22 Carbs, 1 Proteins, 0.1 Fiber, 0.01 Fats.

Soybeans, green, cooked, boiled, drained, w/o salt(180 Grams)(1 cup)254 Calories, 19.89 Carbs, 22.23 Proteins, 7.6 Fiber, 11.52 Fats.

Soybeans, mature cooked, boiled, w/o salt(172 Grams)(1 cup)298 Calories, 17.08 Carbs, 28.62 Proteins, 10.3 Fiber, 15.43 Fats.

Soymilk, original & vanilla, unfortified(245 Grams)(1 cup)132 Calories, 15.39 Carbs, 8.01 Proteins, 1.5 Fiber, 4.29 Fats.

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Sp.

Spaghetti w/ meat sauce, frozen entree(283 Grams)(1 package)255 Calories, 43.13 Carbs, 14.29 Proteins, 5.1 Fiber, 2.86 Fats.

Spaghetti, cooked, enriched, w/o added salt(140 Grams)(1 cup)221 Calories, 43.2 Carbs, 8.12 Proteins, 2.5 Fiber, 1.3 Fats.

Spaghetti, whole-wheat, cooked(140 Grams)(1 cup)174 Calories, 37.16 Carbs, 7.46 Proteins, 6.3 Fiber, 0.76 Fats.

Spices, celery seed(2 Grams)(1 tsp)8 Calories, 0.83 Carbs, 0.36 Proteins, 0.2 Fiber, 0.51 Fats.

Spices, chili powder(2.6 Grams)(1 tsp)7 Calories, 1.29 Carbs, 0.35 Proteins, 0.9 Fiber, 0.37 Fats.

Spices, cinnamon, ground(2.3 Grams)(1 tsp)6 Calories, 1.85 Carbs, 0.09 Proteins, 1.2 Fiber, 0.03 Fats.

Spices, curry powder(2 Grams)(1 tsp)7 Calories, 1.16 Carbs, 0.25 Proteins, 0.7 Fiber, 0.28 Fats.

Spices, garlic powder(2.8 Grams)(1 tsp)9 Calories, 2.04 Carbs, 0.46 Proteins, 0.3 Fiber, 0.02 Fats.

Spices, onion powder(2.1 Grams)(1 tsp)7 Calories, 1.66 Carbs, 0.22 Proteins, 0.3 Fiber, 0.02 Fats.

Spices, oregano, dried(1.5 Grams)(1 tsp)4 Calories, 1.03 Carbs, 0.14 Proteins, 0.6 Fiber, 0.06 Fats.

Spices, paprika(2.1 Grams)(1 tsp)6 Calories, 1.13 Carbs, 0.3 Proteins, 0.7 Fiber, 0.27 Fats.

Spices, parsley, dried(1.3 Grams)(1 tsp)4 Calories, 0.66 Carbs, 0.35 Proteins, 0.3 Fiber, 0.07 Fats.

Spices, pepper, black(2.1 Grams)(1 tsp)5 Calories, 1.34 Carbs, 0.22 Proteins, 0.5 Fiber, 0.07 Fats.

Spinach souffle(136 Grams)(1 cup)230 Calories, 8.02 Carbs, 10.73 Proteins, 1 Fiber, 17.61 Fats.

Spinach, canned, regular pack, drained solids(214 Grams)(1 cup)49 Calories, 7.28 Carbs, 6.01 Proteins, 5.1 Fiber, 1.07 Fats.

Spinach, cooked, boiled, drained, w/o salt(180 Grams)(1 cup)41 Calories, 6.75 Carbs, 5.35 Proteins, 4.3 Fiber, 0.47 Fats.

Spinach, frozen, chopped or leaf, cooked, boiled, drained, w/o salt(190 Grams)(1 cup)65 Calories, 9.12 Carbs, 7.62 Proteins, 7 Fiber, 1.65 Fats.

Spinach, raw(10 Grams)(1 leaf)2 Calories, 0.36 Carbs, 0.29 Proteins, 0.2 Fiber, 0.04 Fats.

Spinach, raw(30 Grams)(1 cup)7 Calories, 1.09 Carbs, 0.86 Proteins, 0.7 Fiber, 0.12 Fats.

Squash, summer, all varieties, cooked, boiled, drained, w/o salt(180 Grams)(1 cup)36 Calories, 7.76 Carbs, 1.64 Proteins, 2.5 Fiber, 0.56 Fats.

Squash, summer, all varieties, raw(113 Grams)(1 cup)18 Calories, 3.79 Carbs, 1.37 Proteins, 1.2 Fiber, 0.2 Fats.

Squash, winter, all varieties, cooked, baked, w/o salt(205 Grams)(1 cup)76 Calories, 18.14 Carbs, 1.82 Proteins, 5.7 Fiber, 0.72 Fats.

Squash, winter, butternut, frozen, cooked, boiled, w/o salt(240 Grams)(1 cup)94 Calories, 24.12 Carbs, 2.95 Proteins, 0.17 Fats.

Strawberries, frozen, sweetened, sliced(255 Grams)(1 cup)245 Calories, 0.92 Carbs, 1.35 Proteins, 4.8 Fiber, 0.33 Fats.

Strawberries, raw(18 Grams)(1 strawberry)6 Calories, 1.38 Carbs, 0.08 Proteins, 0.4 Fiber, 0.04 Fats.

Strawberries, raw(166 Grams)(1 cup)53 Calories, 12.75 Carbs, 1.11 Proteins, 3.3 Fiber, 0.5 Fats.

Sugars, brown(3.2 Grams)(1 tsp)12 Calories, 3.14 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Sugars, granulated(4.2 Grams)(1 tsp)16 Calories, 4.2 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Sugars, powdered(8 Grams)(1 tbsp)31 Calories, 7.98 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Sweet potato, canned, syrup pack, drained solids(196 Grams)(1 cup)212 Calories, 49.71 Carbs, 2.51 Proteins, 5.9 Fiber, 0.63 Fats.

Sweet potato, canned, vacuum pack(255 Grams)(1 cup)232 Calories, 53.86 Carbs, 4.21 Proteins, 4.6 Fiber, 0.51 Fats.

Sweet potato, cooked, baked in skin, w/o salt(146 Grams)(1 potato)131 Calories, 30.24 Carbs, 2.93 Proteins, 4.8 Fiber, 0.22 Fats.

Sweet potato, cooked, boiled, w/o skin(156 Grams)(1 potato)119 Calories, 27.64 Carbs, 2.14 Proteins, 3.9 Fiber, 0.22 Fats.

Sweet potato, cooked, candied, home-prepared(105 Grams)(1 piece)151 Calories, 29.25 Carbs, 0.91 Proteins, 2.5 Fiber, 3.41 Fats.

Sweet rolls, cinnamon, commercially prepared w/ raisins(60 Grams)(1 roll)223 Calories, 30.54 Carbs, 3.72 Proteins, 1.4 Fiber, 9.84 Fats.

Sweet rolls, cinnamon, refrigerated dough w/ frosting, baked(30 Grams)(1 roll)109 Calories, 16.83 Carbs, 1.62 Proteins, 3.96 Fats.

Syrups, chocolate, fudge-type(19 Grams)(1 tbsp)67 Calories, 11.95 Carbs, 0.87 Proteins, 0.5 Fiber, 1.69 Fats.

Syrups, corn, light(20 Grams)(1 tbsp)57 Calories, 15.36 Carbs, 0 Proteins, 0 Fiber, 0.04 Fats.

Syrups, maple(20 Grams)(1 tbsp)52 Calories, 13.41 Carbs, 0.01 Proteins, 0 Fiber, 0.01 Fats.

Syrups, table blends, pancake(20 Grams)(1 tbsp)47 Calories, 12.29 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Syrups, table blends, pancake, reduced-calorie(15 Grams)(1 tbsp)25 Calories, 6.68 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

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T.

Taco shells, baked(13.3 Grams)(1 medium)62 Calories, 8.34 Carbs, 0.94 Proteins, 0.6 Fiber, 2.77 Fats.

Tangerine juice, canned, sweetened(249 Grams)(1 cup)125 Calories, 29.88 Carbs, 1.25 Proteins, 0.5 Fiber, 0.5 Fats.

Tangerines, (mandarin oranges), canned, light syrup pack(252 Grams)(1 cup)154 Calories, 40.8 Carbs, 1.13 Proteins, 1.8 Fiber, 0.25 Fats.

Tangerines, (mandarin oranges), raw(84 Grams)(1 tangerine)45 Calories, 11.21 Carbs, 0.68 Proteins, 1.5 Fiber, 0.26 Fats.

Tapioca, pearl, dry(152 Grams)(1 cup)544 Calories, 134.81 Carbs, 0.29 Proteins, 1.4 Fiber, 0.03 Fats.

Tea, black, brewed, prepared w/ tap water(178 Grams)(6 fl oz)2 Calories, 0.53 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Tea, herb, chamomile, brewed(178 Grams)(6 fl oz)2 Calories, 0.36 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Tea, herb, other than chamomile, brewed(178 Grams)(6 fl oz)2 Calories, 0.36 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Tea, instant, sweetened w/ sodium saccharin, lemon-flavored, prepared(237 Grams)(8 fl oz)5 Calories, 1.04 Carbs, 0.05 Proteins, 0 Fiber, 0 Fats.

Tea, instant, sweetened w/ sugar, lemon-flavored, w/o added ascorbic acid, powder, prepared(259 Grams)(8 fl oz)91 Calories, 22.3 Carbs, 0.03 Proteins, 0.3 Fiber, 0.16 Fats.

Tea, instant, unsweetened, powder, prepared(237 Grams)(8 fl oz)2 Calories, 0.4 Carbs, 0.14 Proteins, 0 Fiber, 0 Fats.

Toaster pastries, brown-sugar-cinnamon(50 Grams)(1 pastry)206 Calories, 34.05 Carbs, 2.55 Proteins, 0.5 Fiber, 7.1 Fats.

Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)(52 Grams)(1 pastry)203 Calories, 36 Carbs, 2.43 Proteins, 0.6 Fiber, 5.49 Fats.

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge(52 Grams)(1 pastry)201 Calories, 37.34 Carbs, 2.65 Proteins, 0.6 Fiber, 4.84 Fats.

Tofu, firm, prepared w/ calcium sulfate & magnesium chloride (nigari)(81 Grams)(1/4 block)57 Calories, 1.37 Carbs, 6.63 Proteins, 0.7 Fiber, 3.38 Fats.

Tofu, soft, prepared w/ calcium sulfate & magnesium chloride (nigari)(120 Grams)(1 piece)73 Calories, 2.16 Carbs, 7.86 Proteins, 0.2 Fiber, 4.43 Fats.

Tomatillos, raw(34 Grams)(1 medium)11 Calories, 1.99 Carbs, 0.33 Proteins, 0.6 Fiber, 0.35 Fats.

Tomato juice, canned, w/ salt added(243 Grams)(1 cup)41 Calories, 10.3 Carbs, 1.85 Proteins, 1 Fiber, 0.12 Fats.

Tomato products, canned, paste, w/o salt added(262 Grams)(1 cup)215 Calories, 49.54 Carbs, 11.32 Proteins, 10.7 Fiber, 1.23 Fats.

Tomato products, canned, puree, w/o salt added(250 Grams)(1 cup)95 Calories, 22.45 Carbs, 4.13 Proteins, 4.8 Fiber, 0.53 Fats.

Tomato products, canned, sauce(245 Grams)(1 cup)59 Calories, 13.18 Carbs, 3.23 Proteins, 3.7 Fiber, 0.44 Fats.

Tomatoes, red, ripe, canned, packed in tomato juice(240 Grams)(1 cup)41 Calories, 9.6 Carbs, 1.87 Proteins, 2.4 Fiber, 0.31 Fats.

Tomatoes, red, ripe, canned, stewed(255 Grams)(1 cup)66 Calories, 15.78 Carbs, 2.32 Proteins, 2.6 Fiber, 0.48 Fats.

Tomatoes, red, ripe, raw, year round average(17 Grams)(1 cherry tomato)3 Calories, 0.66 Carbs, 0.15 Proteins, 0.2 Fiber, 0.03 Fats.

Tomatoes, red, ripe, raw, year round average(123 Grams)(1 tomato)22 Calories, 4.78 Carbs, 1.08 Proteins, 1.5 Fiber, 0.25 Fats.

Tomatoes, red, ripe, raw, year round average(180 Grams)(1 cup)32 Calories, 7 Carbs, 1.58 Proteins, 2.2 Fiber, 0.36 Fats.

Tomatoes, red, ripe, raw, year round average(20 Grams)(1 slice)4 Calories, 0.78 Carbs, 0.18 Proteins, 0.2 Fiber, 0.04 Fats.

Tomatoes, sun-dried(2 Grams)(1 piece)5 Calories, 1.12 Carbs, 0.28 Proteins, 0.2 Fiber, 0.06 Fats.

Tomatoes, sun-dried, packed in oil, drained(3 Grams)(1 piece)6 Calories, 0.7 Carbs, 0.15 Proteins, 0.2 Fiber, 0.42 Fats.

Tortillas, ready-to-bake or -fry, corn(26 Grams)(1 tortilla)57 Calories, 11.61 Carbs, 1.48 Proteins, 1.6 Fiber, 0.74 Fats.

Tortillas, ready-to-bake or -fry, flour, refrigerated(32 Grams)(1 tortilla)96 Calories, 16.39 Carbs, 2.56 Proteins, 0.7 Fiber, 2.14 Fats.

Tostada w/ guacamole(130.5 Grams)(1 tostada)180 Calories, 16.01 Carbs, 6.24 Proteins, 11.63 Fats.

Turkey & gravy, frozen(142 Grams)(5-oz package)95 Calories, 6.55 Carbs, 8.35 Proteins, 0 Fiber, 3.73 Fats.

Turkey patties, breaded, battered, fried(64 Grams)(1 patty)181 Calories, 10.05 Carbs, 8.96 Proteins, 0.3 Fiber, 11.52 Fats.

Turkey roast, boneless, frozen, seasoned, light & dark meat, roasted(85.05 Grams)(3 oz)132 Calories, 2.61 Carbs, 18.13 Proteins, 0 Fiber, 4.92 Fats.

Turkey, all classes, dark meat, cooked, roasted(84 Grams)(3 oz)158 Calories, 0.08 Carbs, 24 Proteins, 0 Fiber, 6.06 Fats.

Turkey, all classes, giblets, cooked, simmered, some giblet fat(145 Grams)(1 cup)289 Calories, 1.16 Carbs, 30.29 Proteins, 0 Fiber, 17.2 Fats.

Turkey, all classes, light meat, cooked, roasted(84 Grams)(3 oz)132 Calories, 0 Carbs, 25.12 Proteins, 0 Fiber, 2.7 Fats.

Turkey, all classes, meat only, cooked, roasted(140 Grams)(1 cup)238 Calories, 0 Carbs, 41.05 Proteins, 0 Fiber, 6.96 Fats.

Turkey, all classes, neck, meat only, cooked, simmered(152 Grams)(1 neck)274 Calories, 0.15 Carbs, 40.8 Proteins, 0 Fiber, 11.04 Fats.

Turnip greens, cooked, boiled, drained, w/o salt(144 Grams)(1 cup)29 Calories, 6.28 Carbs, 1.64 Proteins, 5 Fiber, 0.33 Fats.

Turnip greens, frozen, cooked, boiled, drained, w/o salt(164 Grams)(1 cup)48 Calories, 8.17 Carbs, 5.49 Proteins, 5.6 Fiber, 0.69 Fats.

Turnips, cooked, boiled, drained, w/o salt(156 Grams)(1 cup)34 Calories, 7.89 Carbs, 1.11 Proteins, 3.1 Fiber, 0.12 Fats.

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V.

Vanilla extract(4.2 Grams)(1 tsp)12 Calories, 0.53 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Veal, leg (top round), separable lean & fat, cooked, braised(85 Grams)(3 oz)179 Calories, 0 Carbs, 30.74 Proteins, 0 Fiber, 5.38 Fats.

Veal, rib, separable lean & fat, cooked, roasted(85 Grams)(3 oz)194 Calories, 0 Carbs, 20.37 Proteins, 0 Fiber, 11.87 Fats.

Vegetable juice cocktail, canned(242 Grams)(1 cup)46 Calories, 11.01 Carbs, 1.52 Proteins, 1.9 Fiber, 0.22 Fats.

Vegetables, mixed, canned, drained solids(163 Grams)(1 cup)80 Calories, 15.09 Carbs, 4.22 Proteins, 4.9 Fiber, 0.41 Fats.

Vegetables, mixed, frozen, cooked, boiled, drained, w/o salt(182 Grams)(1 cup)118 Calories, 23.82 Carbs, 5.21 Proteins, 8 Fiber, 0.27 Fats.

Vinegar, cider(15 Grams)(1 tbsp)3 Calories, 0.14 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

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W.

Waffles, plain, frozen, ready -to-heat, toasted(33 Grams)(1 waffle)103 Calories, 16.27 Carbs, 2.37 Proteins, 0.8 Fiber, 3.17 Fats.

Waffles, plain, prepared from recipe(75 Grams)(1 waffle)218 Calories, 24.68 Carbs, 5.93 Proteins, 10.58 Fats.

Water, tap, municipal(237 Grams)(8 fl oz)0 Calories, 0 Carbs, 0 Proteins, 0 Fiber, 0 Fats.

Waterchestnuts, chinese, canned, solids & liquids(140 Grams)(1 cup)70 Calories, 17.22 Carbs, 1.23 Proteins, 3.5

Fiber, 0.08 Fats.

Watermelon, raw(152 Grams)(1 cup)46 Calories, 11.48 Carbs, 0.93 Proteins, 0.6 Fiber, 0.23 Fats.

Watermelon, raw(286 Grams)(1 wedge)86 Calories, 21.59 Carbs, 1.74 Proteins, 1.1 Fiber, 0.43 Fats.

Wheat flour, white, all-purpose, enriched, bleached(125 Grams)(1 cup)455 Calories, 95.39 Carbs, 12.91 Proteins, 3.4 Fiber, 1.23 Fats.

Wheat flour, white, all-purpose, self-rising, enriched(125 Grams)(1 cup)443 Calories, 92.78 Carbs, 12.36 Proteins, 3.4 Fiber, 1.21 Fats.

Wheat flour, white, bread, enriched(137 Grams)(1 cup)495 Calories, 99.37 Carbs, 16.41 Proteins, 3.3 Fiber, 2.27 Fats.

Wheat flour, white, cake, enriched(137 Grams)(1 cup)496 Calories, 106.9 Carbs, 11.23 Proteins, 2.3 Fiber, 1.18 Fats.

Wheat flour, whole -grain(120 Grams)(1 cup)408 Calories, 86.36 Carbs, 15.85 Proteins, 12.8 Fiber, 3 Fats.

Wild rice, cooked(164 Grams)(1 cup)166 Calories, 35 Carbs, 6.54 Proteins, 3 Fiber, 0.56 Fats.

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Y.

Yogurt, fruit, low fat, 10 grams protein per 8 ounce(227 Grams)(8-oz container)232 Calories, 43.24 Carbs, 9.92 Proteins, 0 Fiber, 2.45 Fats.

Yogurt, plain, low fat, 12 grams protein per 8 ounce(227 Grams)(8-oz container)143 Calories, 15.98 Carbs, 11.92 Proteins, 0 Fiber, 3.52 Fats.

Yogurt, plain, skim milk, 13 grams protein per 8 ounce(227 Grams)(8-oz container)127 Calories, 17.43 Carbs, 13.01 Proteins, 0 Fiber, 0.41 Fats.

Yogurt, plain, whole milk, 8 grams protein per 8 ounce(227 Grams)(8-oz container)138 Calories, 10.58 Carbs, 7.88 Proteins, 0 Fiber, 7.38 Fats.



"Embezzle" the fact-finding guide that will expose discrepancies in your accounting records and allow you to proceed on fact, not suspicion.

Most owners and managers are reluctant to accept embezzlement as a possibility because, if both their staff and their accounting is suspect, they believe there is no other solution than to hire their CPA to conduct an audit which will cost big bucks and may find nothing at all. That being the case reliable CPAs are reluctant to do an audit on the basis of suspicion alone. Owners and Managers then find themselves in a no-win situation, unable to go further,

"EMBEZZLE" is the solution! It's how you find the evidence, if there is any. EMBEZZLE" is not set up like an audit. It works from the inside, like a bookkeeper does. If there are discrepancies to be found, you'll have documentation: what it is, where it is. You'll be operating on fact, not suspicion.

With the instructions in "EMBEZZLE" you can easily do it yourself. If you need a little fine-tuning of your bookkeeping skills, consider **Bookkeeping Basics**. If you don't have the time or desire to follow "EMBEZZLE" yourself, hire someone to do it for you on a temporary/part-time basis. I suggest an outsider, a retired full-charge bookkeeper with years of experience, a high school education and a clean record

EMBEZZLE

- *How you are setting yourself up for embezzlement.
- *How your Financial Statements hide embezzlement.
- *19 Common embezzler tricks and how they work.
- *If you're not seeing evidence of embezzlement, why bother to look for it?
- *How to make sure you can access your records.
- *What to do **RIGHT NOW!**
- *What's so important about keeping your investigation secret?
- *What to do now to recover money later.
- *Exactly how to access bookkeeping accounts and find what you're looking for.
- *How to massage bookkeeping data in excel to reveal vital clues.
- *How to check the hard copy files for what IS and is NOT there.
- *If your suspicions are confirmed, what to do next, absolutely NOT do?
- *Other Risks.
- *Prevention **METHODS** that make embezzlement almost impossible.
- *How to Limit your exposure.

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