NUTRIENT DATA LABORATORY

USDA

ars Agricultural Research Service

Search the Nutrient Database

Search online for values in the USDA National Nutrient Database for Standard Reference, Release 17

Download software to search the SR database on a Windows PC or a handheld personal digital assistant (PDA) - **Now available for SR17**

Food Composition Products

Data sets prepared by USDA-ARS's Nutrient Data Laboratory:

- **USDA National Nutrient Database for Standard Reference, Release 17**
- **Reports by Single Nutrients** containing selected foods from SR17
- **Nutritive Value of Foods** (Home and Garden Bulletin No. 72). Revised October 2002.
- **Retention Factors**
- Special Interest Databases
  - **Choline**
  - **Flavonoids**
  - **Fluoride**
  - **Isoflavones**
  - **Oxalic Acid Content of Selected**

Information

- **How to Get Information from NDL**
- **FAQs (Frequently Asked Questions)**
- **Food Composition and Nutrition Resource Links**
- **Articles by NDL Staff**
- **Glossary**
- **Measurement Conversion Tables**
- **USDA Compiling Food Compositio Data for 110 Years**
- **National Nutrient Databank Conference**

What's New?

- **NDL Team wins 2004 ARS Technology Transfer Award**

(updated February 18, 2005)

About NDL

- **Mission**
- **Organization**
- **Projects**
- **Uses of Data**

Vegetables

- **Proanthocyanidins**

- **Key Foods**
- **Classic USDA Food Composition Publications**

Submitting Data

- **2 Ways to Submit Data**
- **About Submitting Data**

You are visitor

since July 2, 2002

Last updated: February 18, 2005

Egg, whole, raw, fresh

New Search

NDB No: 01123

Nutrient	Units	1.00 X 1 large ------- 50g
Proximates		
Water	g	37.92
Energy	kcal	74
Energy	kj	308
Protein	g	6.29
Total lipid (fat)	g	4.97
Ash	g	0.43
Carbohydrate, by difference	g	0.39
Fiber, total dietary	g	0.0
Sugars, total	g	0.39
Sucrose	g	0.06
Glucose (dextrose)	g	0.10
Fructose	g	0.06
Lactose	g	0.06
Maltose	g	0.06
Galactose	g	0.06
Minerals		
Calcium, Ca	mg	26
Iron, Fe	mg	0.92
Magnesium, Mg	mg	6
Phosphorus, P	mg	96
Potassium, K	mg	67
Sodium, Na	mg	70
Zinc, Zn	mg	0.56
Copper, Cu	mg	0.051
Manganese, Mn	mg	0.019
Selenium, Se	mcg	15.8
Vitamins		
Vitamin C, total ascorbic acid	mg	0.0
Thiamin	mg	0.035
Riboflavin	mg	0.239

Niacin	mg	0.035
Pantothenic acid	mg	0.719
Vitamin B-6	mg	0.071
Folate, total	mcg	24
Folic acid	mcg	0
Folate, food	mcg	24
Folate, DFE	mcg_DFE	24
Vitamin B-12	mcg	0.65
Vitamin A, IU	IU	244
Vitamin A, RAE	mcg_RAE	70
Retinol	mcg	70
Vitamin E (alpha-tocopherol)	mg	0.48
Tocopherol, beta	mg	0.01
Tocopherol, gamma	mg	0.25
Tocopherol, delta	mg	0.01
Vitamin D	IU	17.274
Vitamin K (phylloquinone)	mcg	0.1
Lipids		
Fatty acids, total saturated	g	1.550
4:0	g	0.000
6:0	g	0.000
8:0	g	0.002
10:0	g	0.002
12:0	g	0.002
14:0	g	0.017
15:0	g	0.002
16:0	g	1.113
17:0	g	0.009
18:0	g	0.392
20:0	g	0.005
22:0	g	0.006
24:0	g	0.002
Fatty acids, total monounsaturated	g	1.905
14:1	g	0.004
16:1 undifferentiated	g	0.149
18:1 undifferentiated	g	1.737
20:1	g	0.014

22:1 undifferentiated	g	0.002
Fatty acids, total polyunsaturated	g	0.682
18:2 undifferentiated	g	0.574
18:3 undifferentiated	g	0.017
18:4	g	0.000
20:4 undifferentiated	g	0.071
20:5 n-3	g	0.002
22:5 n-3	g	0.000
22:6 n-3	g	0.018
Cholesterol	mg	212
Other		
Alcohol, ethyl	g	0.0
Caffeine	mg	0
Theobromine	mg	0
Carotene, beta	mcg	5
Carotene, alpha	mcg	0
Cryptoxanthin, beta	mcg	4
Lycopene	mcg	0
Lutein + zeaxanthin	mcg	166

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New Search

Vegetable oil, mustard

New Search

NDB No: 04583

Nutrient	Units	Value per 100 grams of edible portion	Number of Data Points	Std. Error
Proximates				
Water	g	0.00	1	0
Energy	kcal	884	0	0
Energy	kj	3699	0	0
Protein	g	0.00	1	0
Total lipid (fat)	g	100.00	1	0
Ash	g	0.00	1	0
Carbohydrate, by difference	g	0.00	0	0
Fiber, total dietary	g	0.0	0	0
Minerals				
Calcium, Ca	mg	0	0	0
Iron, Fe	mg	0.00	0	0
Magnesium, Mg	mg	0	0	0
Phosphorus, P	mg	0	0	0
Potassium, K	mg	0	0	0
Sodium, Na	mg	0	0	0
Zinc, Zn	mg	0.00	0	0
Copper, Cu	mg	0.000	0	0
Manganese, Mn	mg	0.000	0	0
Selenium, Se	mcg	0.0	0	0
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0	0
Thiamin	mg	0.000	0	0
Riboflavin	mg	0.000	0	0
Niacin	mg	0.000	0	0
Pantothenic acid	mg	0.000	0	0
Vitamin B-6	mg	0.000	0	0
Folate, total	mcg	0	0	0
Folic acid	mcg	0	0	0
Folate, food	mcg	0	0	0
Folate, DFE	mcg_DFE	0	0	0

Vitamin B-12	mcg	0.00	0	0
Vitamin A, IU	IU	0	0	0
Vitamin A, RAE	mcg_RAE	0	0	0
Retinol	mcg	0	0	0
Lipids				
Fatty acids, total saturated	g	11.582	0	0
14:0	g	1.388	2	0
16:0	g	3.750	2	0
18:0	g	1.119	2	0
Fatty acids, total monounsaturated	g	59.187	0	0
16:1 undifferentiated	g	0.216	2	0
18:1 undifferentiated	g	11.607	2	0
20:1	g	6.190	2	0
22:1 undifferentiated	g	41.175	2	0
Fatty acids, total polyunsaturated	g	21.230	0	0
18:2 undifferentiated	g	15.332	2	0
18:3 undifferentiated	g	5.899	2	0

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New Search

Nuts, walnuts, english (1)

New Search

Scientific Name: ***Juglans regia***

NDB No: 12155

Nutrient	Units	Value per 100 grams of edible portion	Number of Data Points	Std. Error
Proximates				
Water	g	4.07	7	0.155
Energy	kcal	654	0	0
Energy	kj	2738	0	0
Protein	g	15.23	7	0.238
Total lipid (fat)	g	65.21	7	0.494
Ash	g	1.78	7	0.019
Carbohydrate, by difference	g	13.71	0	0
Fiber, total dietary	g	6.7	7	0.549
Sugars, total	g	2.61	7	0.094
Sucrose	g	2.43	7	0.087
Glucose (dextrose)	g	0.08	7	0.014
Fructose	g	0.09	7	0.011
Lactose	g	0.00	7	0
Maltose	g	0.00	7	0
Starch	g	0.06	7	0.011
Minerals				
Calcium, Ca	mg	98	7	3.009
Iron, Fe	mg	2.91	7	0.086
Magnesium, Mg	mg	158	7	1.204
Phosphorus, P	mg	346	7	3.689
Potassium, K	mg	441	7	6.471
Sodium, Na	mg	2	7	0.837
Zinc, Zn	mg	3.09	7	0.083
Copper, Cu	mg	1.586	7	0.026
Manganese, Mn	mg	3.414	7	0.122
Selenium, Se	mcg	4.9	6	0.417
Vitamins				
Vitamin C, total ascorbic acid	mg	1.3	7	0.184

Thiamin	mg	0.341	7	0.01
Riboflavin	mg	0.150	7	0.003
Niacin	mg	1.125	8	0.055
Pantothenic acid	mg	0.570	7	0.011
Vitamin B-6	mg	0.537	7	0.026
Folate, total	mcg	98	7	3.889
Folic acid	mcg	0	0	0
Folate, food	mcg	98	7	3.889
Folate, DFE	mcg_DFE	98	0	0
Vitamin B-12	mcg	0.00	0	0
Vitamin A, IU	IU	20	6	12.264
Vitamin A, RAE	mcg_RAE	1	6	0.613
Retinol	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.70	13	0.321
Tocopherol, beta	mg	0.15	13	0.146
Tocopherol, gamma	mg	20.83	13	2.609
Tocopherol, delta	mg	1.89	13	0.466
Vitamin K (phylloquinone)	mcg	2.7	8	0.253
Lipids				
Fatty acids, total saturated	g	6.126	0	0
4:0	g	0.000	0	0
6:0	g	0.000	0	0
8:0	g	0.000	7	0
10:0	g	0.000	7	0
12:0	g	0.000	7	0
14:0	g	0.000	7	0
15:0	g	0.000	7	0
16:0	g	4.404	7	0.095
17:0	g	0.000	7	0
18:0	g	1.659	7	0.035
20:0	g	0.063	7	0
22:0	g	0.000	7	0
24:0	g	0.000	7	0
Fatty acids, total monounsaturated	g	8.933	0	0
14:1	g	0.000	7	0
16:1 undifferentiated	g	0.000	7	0
13:0	g	0.000	7	0

18:1 undifferentiated	g	8.799	7	0.138
20:1	g	0.134	7	0.008
22:1 undifferentiated	g	0.000	7	0
24:1 c	g	0.000	7	0
Fatty acids, total polyunsaturated	g	47.174	0	0
18:2 undifferentiated	g	38.093	7	0.304
18:3 undifferentiated	g	9.080	7	0.179
18:4	g	0.000	0	0
20:2 n-6 c,c	g	0.000	7	0
20:3 undifferentiated	g	0.000	7	0
20:4 undifferentiated	g	0.000	7	0
20:5 n-3	g	0.000	7	0
22:5 n-3	g	0.000	7	0
22:6 n-3	g	0.000	7	0
Cholesterol	mg	0	0	0
Phytosterols	mg	72	3	0.647
Stigmasterol	mg	1	3	0.187
Campesterol	mg	7	3	0.369
Beta-sitosterol	mg	64	3	1.374
Amino acids				
Tryptophan	g	0.170	0	0
Threonine	g	0.596	0	0
Isoleucine	g	0.625	0	0
Leucine	g	1.170	0	0
Lysine	g	0.424	0	0
Methionine	g	0.236	0	0
Cystine	g	0.208	0	0
Phenylalanine	g	0.711	0	0
Tyrosine	g	0.406	0	0
Valine	g	0.753	0	0
Arginine	g	2.278	0	0
Histidine	g	0.391	0	0
Alanine	g	0.696	0	0
Aspartic acid	g	1.829	0	0
Glutamic acid	g	2.816	0	0
Glycine	g	0.816	0	0
Proline	g	0.706	0	0

Serine	g	0.934	0	0
Other				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Carotene, beta	mcg	12	6	7.358
Carotene, alpha	mcg	0	6	0
Cryptoxanthin, beta	mcg	0	3	0
Lycopene	mcg	0	3	0
Lutein + zeaxanthin	mcg	9	3	0.18

Footnotes:

1 Unroasted

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New Search