

NDB	Food Description (Values by Serving)	Amount	Measure	Calcium (mg)	Carbohydrates (g)	Cholesterol (mg)	Energy, Calories	Fat, T
01001	Butter, with salt	0.31	cup	16.89	0.04	151.29	505	
01079	Milk, reduced fat, fluid, 2% milkfat, with a	2.00	cup	570.96	22.85	39.04	243	
01132	Egg, whole, cooked, scrambled	2.00	large	86.62	2.68	429.44	203	
04115	Salad dressing, KRAFT Ranch Dressing	2.00	tbsp	8.41	1.33	8.12	148	
06164	Sauce, ready-to-serve, salsa	0.50	cup	34.96	8.1	0	34	
08013	Cereals ready-to-eat, GENERAL MILLS,	1.00	cup (1 NL	121.5	22.2	0	111	
11159	Coleslaw, home-prepared	0.50	cup	27	7.45	4.8	41	
13496	Beef, ground, 70% lean / 30% fat, patty c	1.00	patty	28.49	0.92	60.06	182	
18009	Biscuits, plain or buttermilk, commercia	1.00	biscuit	17.15	16.98	0.35	127	
18070	Bread, white, commercially prepared, toa	1.00	slice, larg	32.13	14.69	0.27	79	
21052	Fast foods, salad, vegetable, tossed, wit	1.00	cup	17.94	4.44	0	22	
21061	Fast foods, burrito, with beans and chee	2.00	pieces	213.9	54.96	27.9	378	

NDB	Food Description (Values by Serving)	Amount	Measure	Fat, Total (g)	Iron (mg)	Monounsaturate	Niacin (mg)
01001	Butter, with salt	0.31	cup	57.08	0.01	14.79	0.03
01079	Milk, reduced fat, fluid, 2% milkfat, with a	2.00	cup	9.61	0.15	2.73	0.45
01132	Egg, whole, cooked, scrambled	2.00	large	14.9	1.46	5.82	0.1
04115	Salad dressing, KRAFT Ranch Dressing	2.00	tbsp	15.57	0.05	0	0
06164	Sauce, ready-to-serve, salsa	0.50	cup	0.2	0.6	0.04	0.1
08013	Cereals ready-to-eat, GENERAL MILLS,	1.00	cup (1 NL	1.77	10.32	0.64	5.76
11159	Coleslaw, home-prepared	0.50	cup	1.57	0.35	0.42	0.16
13496	Beef, ground, 70% lean / 30% fat, patty c	1.00	patty	11.97	1.86	5.82	3.88
18009	Biscuits, plain or buttermilk, commercia	1.00	biscuit	5.78	1.16	2.42	1.17
18070	Bread, white, commercially prepared, toa	1.00	slice, larg	1.08	0.9	0.22	1.06
21052	Fast foods, salad, vegetable, tossed, wit	1.00	cup	0.1	0.87	0.01	0.76
21061	Fast foods, burrito, with beans and chee	2.00	pieces	11.7	2.28	2.48	3.58

NDB	Food Description (Values by Serving)	Amount	Measure	Polyunsaturated	Potassium (mg)	Protein (g)	Riboflavin (mg)
01001	Butter, with salt	0.31	cup	2.14	16.89	0.6	0.02
01079	Milk, reduced fat, fluid, 2% milkfat, with a	2.00	cup	0.35	732	16.1	0.9
01132	Egg, whole, cooked, scrambled	2.00	large	2.62	168.36	13.53	0.53
04115	Salad dressing, KRAFT Ranch Dressing	2.00	tbsp	0	14.21	0.41	0
06164	Sauce, ready-to-serve, salsa	0.50	cup	0.14	384.62	2	0.04
08013	Cereals ready-to-eat, GENERAL MILLS,	1.00	cup (1 NL	0.22	208.8	3.55	0.5
11159	Coleslaw, home-prepared	0.50	cup	0.81	108.6	0.77	0.04
13496	Beef, ground, 70% lean / 30% fat, patty c	1.00	patty	0.32	237.16	17.6	0.14
18009	Biscuits, plain or buttermilk, commercia	1.00	biscuit	2.17	78.4	2.17	0.1
18070	Bread, white, commercially prepared, toa	1.00	slice, larg	0.56	35.37	2.43	0.09
21052	Fast foods, salad, vegetable, tossed, wit	1.00	cup	0.05	237.36	1.72	0.07
21061	Fast foods, burrito, with beans and chee	2.00	pieces	1.78	496.62	15.06	0.7

NDB	Food Description (Values by Serving)	Amount	Measure	Saturated Fat (g)	Sodium (mg)	Thiamin (mg)	Vitamin A (IU)
01001	Butter, with salt	0.31	cup	36.15	405	0	1758.54
01079	Milk, reduced fat, fluid, 2% milkfat, with a	2.00	cup	6.14	200	0.19	922.32
01132	Egg, whole, cooked, scrambled	2.00	large	4.49	342	0.06	641.72
04115	Salad dressing, KRAFT Ranch Dressing	2.00	tbsp	2.38	287	0	11.02
06164	Sauce, ready-to-serve, salsa	0.50	cup	0.04	776	0.02	378.14
08013	Cereals ready-to-eat, GENERAL MILLS,	1.00	cup (1 NL	0.36	213	0.54	500.1
11159	Coleslaw, home-prepared	0.50	cup	0.23	14	0.04	220.2
13496	Beef, ground, 70% lean / 30% fat, patty c	1.00	patty	4.82	71	0.03	0
18009	Biscuits, plain or buttermilk, commercia	1.00	biscuit	0.87	368	0.15	0.7
18070	Bread, white, commercially prepared, toa	1.00	slice, larg	0.16	160	0.11	0
21052	Fast foods, salad, vegetable, tossed, wit	1.00	cup	0.01	36	0.04	1567.68
21061	Fast foods, burrito, with beans and chee	2.00	pieces	6.84	1166	0.22	1249.92

NDB	Food Description (Values by Serving)	Amount	Measure	Vitamin C, total	Zinc (mg)
01001	Butter, with salt	0.31	cup	0	0.06
01079	Milk, reduced fat, fluid, 2% milkfat, with a	2.00	cup	0.97	2.09
01132	Egg, whole, cooked, scrambled	2.00	large	0.24	1.22
04115	Salad dressing, KRAFT Ranch Dressing	2.00	tbsp	0.06	0
06164	Sauce, ready-to-serve, salsa	0.50	cup	2.46	0.48
08013	Cereals ready-to-eat, GENERAL MILLS,	1.00	cup (1 NL	6	4.62
11159	Coleslaw, home-prepared	0.50	cup	19.62	0.12
13496	Beef, ground, 70% lean / 30% fat, patty c	1.00	patty	0	4.48
18009	Biscuits, plain or buttermilk, commercia	1.00	biscuit	0	0.17
18070	Bread, white, commercially prepared, toa	1.00	slice, larg	0	0.18
21052	Fast foods, salad, vegetable, tossed, wit	1.00	cup	32.02	0.29
21061	Fast foods, burrito, with beans and chee	2.00	pieces	1.68	1.64