

USDA National Nutrient Database for Standard Reference Release 26

Nutrients: Carbohydrate, by difference (g) ; Fiber, total dietary (g) ; Sugars, total (g)

Food Subset:
 Ordered by: Nutrient Content
 Measured by: Household
 Report Run at: June 16, 2014 03:49 EDT

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	64.11	6.9	3.23
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	49.71	5.9	11.25
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	48.70	4.0	2.02
11215	Garlic, raw	136.0	1.0 cup	44.96	2.9	1.36
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	41.23	9.8	--
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	40.82	4.2	7.48
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	40.39	10.9	7.58
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	40.19	9.0	2.77
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	35.48	4.4	7.24
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	35.01	10.8	2.47
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	33.87	2.7	3.65
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	33.53	8.2	5.33
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	32.53	--	--
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	31.84	4.0	5.07
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	31.73	8.8	2.22
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	30.55	5.4	--
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	30.16	4.6	--
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	29.00	--	--
11450	Soybeans, green, raw	256.0	1.0 cup	28.29	10.8	--
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	28.17	2.9	3.40
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	28.13	8.6	12.12
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	27.30	7.2	4.35
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	26.71	4.6	0.81
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	26.44	2.2	4.44
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	26.41	4.7	--
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	24.35	4.4	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	24.12	--	--
11875	Sweet potato, cooked, baked in skin, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	23.61	3.8	12.64
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	22.83	1.7	3.38
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	22.45	4.8	12.08
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	22.45	4.8	12.08
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	22.23	2.2	0.59
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	22.16	--	10.05
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	21.92	3.5	18.40
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	21.54	6.4	--
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	21.54	6.4	--
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	21.50	6.6	4.04
11304	Peas, green, raw	145.0	1.0 cup	20.95	7.4	8.22
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	19.89	7.6	--
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	19.53	--	--
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	17.56	3.0	16.06
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	17.30	3.4	--
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	15.78	2.6	8.98
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	15.61	1.4	0.66
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	15.61	1.6	0.66
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	15.59	2.0	--
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	15.55	--	--
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	15.25	6.8	6.91
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	15.25	6.8	6.91
11282	Onions, raw	160.0	1.0 cup, chopped	14.94	2.7	6.78
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	14.07	2.9	6.09
11352	Potato, flesh and skin, raw	75.0	0.5 cup, diced	13.10	1.6	0.58
11080	Beets, raw	136.0	1.0 cup	13.00	3.8	9.19
11887	Tomato products, canned, paste, with salt added	66.0	0.25 cup	12.48	2.7	8.04
11124	Carrots, raw	128.0	1.0 cup chopped	12.26	3.6	6.07
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	11.17	1.3	7.43
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	11.08	1.7	0.21
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	10.64	2.7	4.47

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
11154	Chicory roots, raw	60.0	1.0 root	10.51	0.9	5.24
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	10.37	4.5	--
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	10.30	1.0	8.65
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	10.30	1.0	8.65
11211	Edamame, frozen, unprepared	118.0	1.0 cup	10.12	5.7	2.93
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	9.84	5.5	2.70
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	9.79	1.3	7.31
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	9.60	2.4	5.71
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	9.55	--	--
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	9.45	1.2	2.62
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	9.38	--	--
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	8.71	4.0	1.66
11620	Drumstick pods, raw	100.0	1.0 cup slices	8.53	3.2	--
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	8.17	5.6	1.23
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	8.09	2.2	3.62
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	8.03	1.6	3.62
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	8.00	--	--
11098	Brussels sprouts, raw	88.0	1.0 cup	7.88	3.3	1.94
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	7.85	3.3	4.53
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	7.80	2.6	--
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	7.73	5.1	1.55
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	7.54	--	--
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	7.46	4.7	2.11
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	7.40	2.5	3.92
11122	Cardoon, raw	178.0	1.0 cup, shredded	7.24	2.8	--
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	6.83	3.7	--
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	6.79	3.1	3.67
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	6.59	2.2	3.03
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	6.48	1.7	--
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	6.34	1.7	0.87
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	6.30	2.1	2.82
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	6.28	5.0	0.76
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	6.14	0.8	0.49
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	6.14	3.4	--
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	6.00	2.4	3.56

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
11015	Asparagus, canned, drained solids	242.0	1.0 cup	5.95	3.9	2.57
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	5.90	1.9	2.64
11233	Kale, raw	67.0	1.0 cup, chopped	5.86	2.4	1.51
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	5.43	--	--
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	5.37	2.7	2.73
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	5.20	1.0	3.52
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	5.12	2.5	2.64
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	5.06	2.1	3.05
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	4.84	1.8	3.08
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	4.61	1.9	--
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	4.16	0.5	1.87
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	4.10	0.6	--
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	4.08	2.8	0.62
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	4.08	--	--
11429	Radishes, raw	116.0	1.0 cup slices	3.94	1.9	2.16
11965	Cauliflower, green, raw	64.0	1.0 cup	3.90	2.0	1.94
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	3.70	2.1	0.63
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	3.70	1.8	1.17
11873	Swamp cabbage, cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	3.64	1.9	--
11982	Peppers, pasilla, dried	7.0	1.0 pepper	3.58	1.9	--
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	3.46	2.9	0.58
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	3.44	2.6	--
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	3.03	1.7	1.41
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	3.03	1.7	1.41
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	3.03	1.2	--
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	3.01	2.0	--
11203	Cress, garden, raw	50.0	1.0 cup	2.75	0.6	2.20
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	2.45	0.9	1.07
11151	Chicory, witloof, raw	53.0	1.0 head	2.12	1.6	--
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	1.97	0.3	--
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	1.94	--	--
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	1.74	--	--
11086	Beet greens, raw	38.0	1.0 cup	1.65	1.4	0.19
11427	Purslane, raw	43.0	1.0 cup	1.46	--	--
11096	Broccoli raab, raw	40.0	1.0 cup chopped	1.14	1.1	0.15

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11457	Spinach, raw	30.0	1.0 cup	1.09	0.7	0.13
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.99	0.3	0.44
11213	Endive, raw	25.0	0.5 cup, chopped	0.84	0.8	0.06
11216	Ginger root, raw	2.0	1.0 tsp	0.36	0.0	0.03
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.27	0.1	0.15
11447	Sesbania flower, raw	3.0	1.0 flower	0.20	--	--
11959	Arugula, raw	2.0	1.0 leaf	0.07	0.0	0.04