USDA National Nutrient Database for Standard ReferenceRelease 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

1102 Peas, wilble-publich, Imzern, imprepared 1440 1.11 cap 10.77 4.5 1.886 Tomito juics, canned, wilhout sali added 2430 1.0 cap 10.20 1.0 8.65 1.121 2	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
1886 Tomato june, camed, without sait addeed 2430 1.0 cmp 10.30 1.0 8.65 1540 Tomato june, camed, with salt addeed 2430 1.0 cmp 10.30 1.0 8.65 1541 Tomato june, camed, with salt addeed 2430 1.0 cmp 10.30 1.0 8.65 1541 Saitamen, Frozen, unperpared 1180 1.0 cmp 10.30 1.0 8.65 1542 Tomato june, camed, with salt added 2430 1.0 cmp 10.30 1.0 8.65 1543 Breccob, fruzen, thopped, cooked, brided, without sait 1840 1.0 cmp 9.84 5.5 2.70 1578 Vegetable pice cockard, camed 2530 1.0 cmp 9.79 1.3 7.31 1531 Tomators, end, ripe, cameda, pecked in tomato juice 2400 1.0 cmp 9.79 1.3 7.31 1520 Tambas, cooked, brided, drained, without salt 1840 1.0 cmp sites 0.55 1.2 2.62 1522 Tambinian, cooked, brided, drained, without salt 1370 1.0 cmp sites 0.38 1.2 2.62 1526 Tambinian, cooked, brided, drained, without salt 1370 1.0 cmp sites 0.38 3.2 1.6 1526 Tambinian, cooked, brided, drained without salt 1370 1.0 cmp sites 0.38 3.2 1.6 1526 Tambinian, cooked, brided, drained, without salt 1370 1.0 cmp sites 0.38 3.2 1.6 1527 Tumip greens, frozen, cooked, brided, drained, without salt 1610 1.0 cmp sites 8.53 3.2 1.6 1528 Carross, camed, regular pack, drained solids 1610 1.0 cmp sites 8.63 3.2 1.2 1528 Gaross, camed, regular pack, drained solids 1.6 1.0 cmp sites 8.63 1.6 3.62 1528 Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt 870 1.0 cmp sites 8.09 2.2 3.62 1529 Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt 870 1.0 cmp sites 8.09 1.0 cmp sites 8.00 1.0 cmp sites	11154	Chicory roots, raw	60.0	1.0 root	10.51	0.9	5.24
1510 Tomato juice, camed, with salt added 2430 1.0 cap 10.30 1.0 8.65 1211 Edamanue, frozen, unpregnand 1180 1.0 cap 10.12 5.7 2.93 2.93 1.0 cap 1.0 cap	11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	10.37	4.5	
1211 Edumane. Irozen, unprepured 1180 1.0 cm 10.12 5.7 2.98 1003 Braccoli, frozen, chopped, cooked, briled, drained, without salt 184.0 1.0 cm 9.84 5.5 2.70 1178 Vegetable juice cookind. Canned 253.0 1.0 cm 9.79 1.3 7.31 11831 Tornations, red, ripe, canned, packed in tomato juice 2400 1.0 cm 9.60 2.4 5.71 11200 Vardiago Bean, cooked, boiled, drained, without salt 104.0 1.0 cm sitees 9.55	11886	Tomato juice, canned, without salt added	243.0	1.0 cup	10.30	1.0	8.65
1093 Broccoli, frozen, chopped, cooked, brilled, drained, without salt 1840 1.0 cup 9.84 5.5 2.70 1.578 Vegatable pirce cocktail, canned 2330 1.0 cup 9.79 1.3 7.31 1.518 Vegatable pirce cocktail, canned 2400 1.0 cup 9.69 2.4 5.71 1.200 Varding bean, cooked, brilled, drained, without salt 1040 1.0 cup sites 9.55 -	11540	Tomato juice, canned, with salt added	243.0	1.0 cup	10.30	1.0	8.65
1578 Vegetable juice cockrail, canned 2530 1.0 cup 9.79 1.3 7.31 1531 Tomanoes, red, ripe, canned, packed in tomato juice 2400 1.0 cup 9.60 2.4 5.71 1520 Yardiong beam, cooked, boiled, drained, without salt 1040 1.0 cup slices 9.55 1527 Lecks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt 1240 1.0 cup slices 9.45 1.2 2.62 1526 Taro, lahitian, cooked, without salt 1370 1.0 cup slices 9.38 1601 Beans, snap, green, frozen, cooked, boiled, drained without salt 1350 1.0 cup slices 8.53 3.2 1527 Turnip greens, frozen, cooked, boiled, drained without salt 1640 1.0 cup slices 8.53 3.2 1528 Carros, canned, regular pack, drained solide 1640 1.0 cup slices 8.59 2.2 3.62 1128 Carros, canned, regular pack, drained solide 1640 1.0 cup slices 8.59 2.2 3.62 1128 Carros, canned, regular pack, drained solide 1640 1.0 cup slices 8.59 2.2 3.62 1128 Carros, canned, regular pack, drained solide 1640 1.0 cup slices 8.59 2.2 3.62 1128 Upacinth-beans, immuture seeds, cooked, boiled, drained, without salt 870 1.0 cup 8.00 1198 Brussels sprouts, raw 8.80 1.0 cup 7.88 3.3 1.94 1102 Bamboo shoots, raw 1510 1.0 cup (1/2*slices) 7.85 3.3 4.53 1103 Turnip greens and turnips, frozen, cooked, boiled, drained, with salt 1630 1.0 cup 7.73 5.1 1.55 1109 Beans, kidney, mature seeds, sprouted, raw 1840 1.0 cup 7.54 - 11100 Peas, elible-podded, raw 1860 1.0 cup 7.54 - 1111 1100 Peas, elible-podded, raw 1870 1.0 cup, chopped 7.80 2.5 3.02 1112 Cardoon, raw 1870 1.0 cup, chopped 7.60 4.7 2.11 1100 Peas, elible-podded, raw 1870 1.0 cup, shieed 7.20 2.5 3.03 1175 Cardoon, raw 1.0 cup, chopped, uprepared 1.0 cup, chopped 6.83 3.7 - 1187 Opinis, frozen, chopped, uprepared 1.0 cup	11211	Edamame, frozen, unprepared	118.0	1.0 cup	10.12	5.7	2.93
11511 Tomatoes, red, ripe, canned, packed in tomato juice 200 1.0 cup slices 9.55 — — 11207 Lecks, (bulh and lower leaf-portion), cooked, boiled, drained, without salt 1240 1.0 cup slices 9.55 — — 11226 Tac cu lathitur, cooked, without salt 1270 1.0 cup slices 9.38 — — 11061 Beans, snap, green, frozen, cooked, boiled, drained without salt 1350 1.0 cup 8.71 4.0 1.66 11620 Drumstick pods, raw 1000 1.0 cup slices 8.53 3.2 — 11757 Turnip greens, frozen, cooked, boiled, drained without salt 1640 1.0 cup slices 8.03 3.2 — 11128 Carrots, canned, regular pack, drained solids 1640 1.0 cup 8.00 2.2 3.62 11223 Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt 870 1.0 cup 8.00 — — 11088 Brassels sproots, raw 880 1.0 cup 1.0 cup 7.88 3.3 1.4 11080	11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	9.84	5.5	2.70
11200 Yardlong bean, cooked, boiled, drained, without salt 1040 1.0 cup slices 9.55 11247 Leeks, fublu and lower leaf-portion), cooked, boiled, drained, without salt 1240 1.0 cup slices 9.38 1125 Taro, tabitian, cooked, without salt 1350 1.0 cup slices 9.38 11616 Beans, strap, green, frozen, cooked, boiled, drained without salt 1350 1.0 cup slices 8.53 3.2 11675 Turning greens, frozen, cooked, boiled, drained, without salt 1640 1.0 cup slices 8.69 2.2 3.62 11285 Carross, canned, regular pack, drained, solids 1.0 cup slices 8.09 2.2 3.62 11280 Onions, frozen, whole, unprepared 950 0.33 package (10 oz) 8.03 1.6 3.62 11282 Hyacitah-beans, immature seeds, cooked, boiled, drained, without salt 870 1.0 cup 8.80 11098 Brussels sprouts, raw 880 1.0 cup 7.88 3.3 1.94 11098 Brussels sprouts, raw 1510 1.0 cup (1/2* slices) 7.88 3.3 4.53 11563 Tree fern, cooked, without salt 1630 1.0 cup 7.73 5.1 1.55 11893 Turning greens and turnips, frozen, cooked, boiled, drained, with salt 1630 1.0 cup 7.73 5.1 1.55 11092 Beans, kidney, mature seeds, sprouted, raw 1840 1.0 cup 7.74 11092 Braccolf, frozen, chopped, unprepared 1860 1.0 cup 7.54 11093 Braccolf, frozen, chopped, unprepared 1860 1.0 cup 6.83 3.7 11190 Pass, celibe-podded, raw 1.0 cup, chopped 7.40 2.5 3.02 11294 Carroton, raw 1.0 cup, chopped 7.40 2.5 3.02 11575 Turnips, frozen, chopped, unprepared 1860 1.0 cup 6.64 4.7 2.11 1158 Carcots, canned, no salt added, solids and liquids 1230 0.5 cup, chopped 7.40 2.5 3.03 1178 Carrots, canned, no salt added, solids and liquids 1.230 0.5 cup, chopped 6.48 1.7 1178 Carrots, canned, no salt added, solids and liquids 1.230 0.5 cup slices 6.59 2.2 3.03 1178 Carrots,	11578	Vegetable juice cocktail, canned	253.0	1.0 cup	9.79	1.3	7.31
11217 Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt 124,0 1.0 teek 9.45 1.2 2.62 11526 Taro, tabilitan, cooked, without salt 137,0 1.0 teup silees 9.38	11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	9.60	2.4	5.71
11526 Taro, tahitian, cooked, without salt 137.0 1.0 cup slices 9.38	11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	9.55		
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 1000 1.0 cup slices 8.53 3.2 11575 Turnip greens, frozen, cooked, boiled, drained, without salt 1640 1.0 cup sliced 8.0 2.2 3.62 11280 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 8.03 1.6 3.62 11282 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 (1/2" slices) 7.85 3.3 1.94 11026 Bamboo shoots, raw 151.0 1.0 cup (1/2" slices) 7.85 3.3 4.53 11833 Turnip greens and turnips, frozen, cooked, boiled, drained, with salt 163.0 1.0 cup (1/2" slices) 7.85 3.3 4.53 11039 Bears, kidney, mature seeds, sprouted, raw 184.0 1.0 cup 7.74 4.7 4.7 11092	11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	9.45	1.2	2.62
11620 Drumstick pods, raw 1000 1.0 cup slices 8.53 3.2 1.5	11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	9.38		
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 3.02 11225 Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt 87.0 1.0 cup 7.88 3.3 1.9 d 11098 Brussels sprouts, raw 88.0 1.0 cup (1/2" slices) 7.85 3.3 1.9 d 11026 Bamboo shoots, raw 151.0 1.0 cup (1/2" slices) 7.85 3.3 4.53 1153 Turnip greens and turnips, frozen, cooked, boiled, drained, with salt 163.0 1.0 cup 7.73 5.1 1.55 11893 Turnip greens and turnips, frozen, cooked, boiled, drained, with salt 163.0 1.0 cup 7.74 11899 Broccoli, frozen, chopped, unprepared 156.0 1.0 cup 7.46 4.7 2.11 1	11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	8.71	4.0	1.66
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 7.88 3.3 1.94 11098 Brussels sprouts, raw 151.0 1.0 cup (1/2" slices) 7.85 3.3 4.53 11563 Tree fern, cooked, without salt 163.0 1.0 cup (1/2" slices) 7.85 3.3 4.53 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, shredded 7.24 2.8 11459 Spinach, canned, r	11620	Drumstick pods, raw	100.0	1.0 cup slices	8.53	3.2	
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 11029 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	11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	8.17	5.6	1.23
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt 87.0 1.0 cup 8.00	11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	8.09	2.2	3.62
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 11578 Carrots, canned,	11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	8.03	1.6	3.62
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	11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	8.00		
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 11788 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.	11098	Brussels sprouts, raw	88.0	1.0 cup	7.88	3.3	1.94
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, chopped 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 0.87 11280 Okra, frozen, unprepared 95.0 0.33 package (10 oz) 6.30 2.1 2.82 <	11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	7.85	3.3	4.53
11029 Beans, kidney, mature seeds, sprouted, raw 184.0 1.0 cup 7.54 11092 Broccoli, frozen, chopped, unprepared 156.0 1.0 cup, chopped 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	11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	7.80	2.6	
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 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 <td>11893</td> <td>Turnip greens and turnips, frozen, cooked, boiled, drained, with salt</td> <td>163.0</td> <td>1.0 cup</td> <td>7.73</td> <td>5.1</td> <td>1.55</td>	11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	7.73	5.1	1.55
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 </td <td>11029</td> <td>Beans, kidney, mature seeds, sprouted, raw</td> <td>184.0</td> <td>1.0 cup</td> <td>7.54</td> <td></td> <td></td>	11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	7.54		
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	11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	7.46	4.7	2.11
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	11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	7.40	2.5	3.92
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	11122	Cardoon, raw	178.0	1.0 cup, shredded	7.24	2.8	
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	11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	6.83	3.7	
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	11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	6.79	3.1	3.67
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	11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	6.59	2.2	3.03
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	11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	6.48	1.7	
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	11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	6.34	1.7	0.87
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	11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	6.30	2.1	2.82
11163 Collards, frozen, chopped, unprepared 95.0 0.33 package (10 oz) 6.14 3.4	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
11144 Celery, cooked, boiled, drained, without salt 150.0 1.0 cup, diced 6.00 2.4 3.56	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

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by Fiber, total dietary(g) difference(g)		Sugars, total(g)
				Per Measure	Per Measure	Per Measure
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