USDA National Nutrient Database for Standard ReferenceRelease 26

Nutrients: Iron, Fe (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: December 02, 2013 16:07 EST

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	33.46
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	32.87
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	32.56
11667	Seaweed, spirulina, dried	112.0	1.0 cup	31.92
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	29.20
05150	Goose, liver, raw	94.0	1.0 liver	28.70
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	24.46
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	22.07
20060	Rice bran, crude	118.0	1.0 cup	21.88
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	21.27
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	21.15
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	21.09
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	20.95
14649	Hibiscus tea	237.0	8.0 fl oz	20.48
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	19.78
08504	Cereals ready-to-eat, Ralston Enriched Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	19.62
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	18.90
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	18.70
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	18.34
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	18.02
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	18.01
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	18.00
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	18.00
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	18.00
08585	Cereals ready-to-eat, GENERAL MILLS, TOTAL, Cranberry Crunch	58.0	1.25 cup (1 NLEA serving)	18.00
08597	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Frosted Shredded Wheat	60.0	1.0 cup (1 NLEA serving)	17.88
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size and little bites	59.0	24.0 biscuits (Bite Size) (1 NLEA serving)	17.55
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	17.20
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup	17.07
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	17.00

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
16419	Soy meal, defatted, raw, crude protein basis (N x 6.25)	122.0	1.0 cup	16.71
16119	Soy meal, defatted, raw	122.0	1.0 cup	16.71
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	16.62
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	16.62
08215	Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES	56.0	1.0 cup (1 NLEA serving)	16.53
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	16.52
08214	Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES	56.0	1.0 cup (1 NLEA serving)	16.41
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	16.24
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	16.22
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	16.22
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	16.22
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	16.22
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	16.22
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	16.22
08621	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle Mixed Berry	55.0	24.0 biscuits (1 NLEA serving)	16.22
08345	Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX	47.0	0.75 cup (1 NLEA serving)	16.22
08616	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Cinnamon Streusel	54.0	23.0 biscuits (1 NLEA serving)	16.20
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	16.20
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	16.18
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	16.18
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	16.01
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	16.01
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	15.95
19304	Molasses	337.0	1.0 cup	15.91
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	15.67
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	15.60
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	15.23
06137	Sauce, mole poblano, dry mix, single brand	265.0	1.0 cup sauce	15.13
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	15.09
16113	Natto	175.0	1.0 cup	15.05
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	15.01
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	14.98
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	14.97
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	14.96
20142	Teff, uncooked	193.0	1.0 cup	14.73
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	14.69

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20001	Amaranth, uncooked	193.0	1.0 cup	14.69
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	14.63
16144	Lentils, pink, raw	192.0	1.0 cup	14.52
16069	Lentils, raw	192.0	1.0 cup	14.48
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	14.40
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	14.38
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	14.38
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	14.33
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	14.22
08489	Cereals ready-to-eat, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	14.08
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	13.95
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	13.95
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	13.95
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58.0	0.5 cup (1 NLEA serving)	13.92
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	13.91
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	13.81
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	13.74
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	13.71
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	13.59
14315	Malted drink mix, chocolate, with added nutrients, powder	78.0	1.0 cup	13.56
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	13.43
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	13.37
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	13.35
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	13.09
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	12.80
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	12.79
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	12.79
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	12.72
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	12.63
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	12.61
43299	Soybean, curd cheese	225.0	1.0 cup	12.60
19355	Syrups, sorghum	330.0	1.0 cup	12.54
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	12.50
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	12.48
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	12.42
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	12.41

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16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	12.31
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	11.95
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	11.92
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	11.90
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	11.88
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	11.82
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	11.58
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	11.57
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	11.52
08505	Cereals ready-to-eat, Ralston Corn Biscuits	30.0	1.0 serving (NLEA serving size = 1 cup)	11.51
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	11.50
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	11.42
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	11.38
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	11.32
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	11.24
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	10.82
08025	Cereals ready-to-eat, Ralston Crispy Rice	33.0	1.0 serving (NLEA serving size = 1.25 cup)	10.80
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	10.80
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	10.72
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	10.71
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	10.57
16106	Meat extender	88.0	1.0 cup	10.55
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	10.54
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	10.47
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	10.47
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	10.45
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	10.39
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	10.29
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	10.21
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	10.14
08507	Cereals ready-to-eat, Ralston Crispy Hexagons	29.0	1.0 serving (NLEA serving size = 1 cup)	10.05
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	10.05
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	10.04
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	10.04
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	10.03
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	10.01

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16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	10.01
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Honey Nut Oat Bar	55.0	1.0 bar	9.98
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	9.98
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	9.96
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	9.96
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	9.88
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Double Chocolate Nut Bar	55.0	1.0 bar	9.87
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	9.86
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	9.82
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	9.81
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	9.79
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	9.75
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	9.74
16117	Soy flour, defatted	105.0	1.0 cup	9.70
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	9.66
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	9.66
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	9.62
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	9.60
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	9.54
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	9.52
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	9.52
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	9.51
21270	TACO BELL, Taco Salad	533.0	1.0 item	9.43
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	9.39
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	9.39
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	9.34
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	9.29
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	9.24
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	9.21
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	9.18
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	9.13
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	9.13
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	9.12
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	9.11
11450	Soybeans, green, raw	256.0	1.0 cup	9.09
20075	Wheat, soft white	168.0	1.0 cup	9.02

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42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	9.02
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	9.00
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	9.00
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	9.00
08074	Cereals ready-to-eat, Ralston TASTEEOS	30.0	1.0 cup (1 NLEA serving)	9.00
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	9.00
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	9.00
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	9.00
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	8.99
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	8.99
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	8.99
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	8.99
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	31.0	1.0 cup (1 NLEA serving)	8.99
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	8.99
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	8.99
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Energy Bar, all flavors	55.0	1.0 bar	8.97
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	8.89
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	8.89
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	8.84
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	8.84
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	8.83
16059	Chili with beans, canned	256.0	1.0 cup	8.78
20074	Wheat, hard white	192.0	1.0 cup	8.76
16085	Peas, split, mature seeds, raw	197.0	1.0 cup	8.73
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	8.68
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	8.67
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	8.64
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	8.55
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	8.54
20317	Corn flour, masa, enriched, yellow	114.0	1.0 cup	8.54
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	8.50
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	8.50
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	8.49
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	8.47
20052	Rice, white, short-grain, raw	200.0	1.0 cup	8.46
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	8.45

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
20067	Sorghum	192.0	1.0 cup	8.45
20024	Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow	170.0	1.0 cup	8.42
20324	Cornmeal, self-rising, bolted, with wheat flour added, enriched, white	170.0	1.0 cup	8.42
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	8.37
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	8.36
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	8.31
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	8.27
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	55.0	1.0 cup (1 NLEA serving)	8.25
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	8.22
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	8.22
16417	Soy flour, defatted, crude protein basis (N x 6.25)	100.0	1.0 cup, stirred	8.20
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	29.0	1.0 cup (1 NLEA serving)	8.15
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	8.11
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	8.10
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet	8.10
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet	8.10
08450	Cereals, QUAKER, Instant Grits Product with Ham 'n' Cheese, dry	28.0	1.0 packet	8.10
08096	Cereals, QUAKER, corn grits, instant, with imitation bacon bits, dry	28.0	1.0 packet	8.10
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet	8.10
08444	Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Country Ham, dry	28.0	1.0 packet	8.10
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	8.10
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	8.10
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	8.10
08595	Cereals ready-to-eat, GENERAL MILLS Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	8.10
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	8.10
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	8.10
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	8.10
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	8.10
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	8.10
08611	Cereals ready-to-eat, KELLOGG's FIBERPLUS Cinnamon Oat Crunch	32.0	0.75 cup (1 NLEA serving)	8.10
08654	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, Just Bunches, honey roasted	57.0	0.67 cup (1 NLEA serving)	8.09
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	8.09
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	8.09
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	8.09
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	8.09
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	8.09

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	8.09
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	8.09
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	8.07
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	8.05
11240	Mushrooms, morel, raw	66.0	1.0 cup	8.04
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	8.01
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	7.97
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	7.97
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	7.96
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	7.93
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	7.86
16076	Lupins, mature seeds, raw	180.0	1.0 cup	7.85
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	7.83
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	7.83
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	7.83
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	7.83
21068	Fast foods, burrito, with beef, cheese, and chili peppers	304.0	2.0 pieces	7.81
11432	Radishes, oriental, dried	116.0	1.0 cup	7.81
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	7.80
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	7.80
20035	Quinoa, uncooked	170.0	1.0 cup	7.77
20140	Spelt, uncooked	174.0	1.0 cup	7.73
21065	Fast foods, burrito, with beans, cheese, and chili peppers	336.0	2.0 pieces	7.69
20131	Barley malt flour	162.0	1.0 cup	7.63
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	7.60
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	7.51
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	7.51
12147	Nuts, pine nuts, dried	135.0	1.0 cup	7.47
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	7.46
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	7.45
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	7.45
42184	Cereals ready-to-eat, MUESLI, dried fruit and nuts	85.0	1.0 cup	7.44
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	7.43
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	7.41
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	7.39
20038	Oats	156.0	1.0 cup	7.36

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	7.36
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	7.29
20066	Semolina, enriched	167.0	1.0 cup	7.28
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	7.27
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	7.24
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	7.22
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	7.20
20078	Wheat germ, crude	115.0	1.0 cup	7.20
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	7.20
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	7.19
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	7.04
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	7.04
20023	Cornmeal, self-rising, bolted, plain, enriched, yellow	122.0	1.0 cup	7.03
20323	Cornmeal, self-rising, bolted, plain, enriched, white	122.0	1.0 cup	7.03
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	7.02
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	7.01
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	7.00
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	6.97
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	6.92
20071	Wheat, hard red spring	192.0	1.0 cup	6.91
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	6.90
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	6.85
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	6.85
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	6.82
20076	Wheat, durum	192.0	1.0 cup	6.76
03184	Babyfood, cereal, whole wheat, with apples, dry	15.0	0.5 oz	6.75
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	6.71
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	6.71
16087	Peanuts, all types, raw	146.0	1.0 cup	6.69
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	6.65
20004	Barley, hulled	184.0	1.0 cup	6.62
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	6.62
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	6.62
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	6.61
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	6.60
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	6.59

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	6.59
20025	Cornmeal, self-rising, degermed, enriched, yellow	138.0	1.0 cup	6.53
20325	Cornmeal, self-rising, degermed, enriched, white	138.0	1.0 cup	6.53
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	6.50
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, powder, 3-2-1 Plan	26.0	1.0 scoop	6.46
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	6.43
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	6.43
07005	Blood sausage	100.0	4.0 slices	6.40
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	6.39
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	6.37
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	6.36
20063	Rye flour, dark	128.0	1.0 cup	6.36
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	6.33
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	6.32
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	6.30
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	6.26
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	6.26
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	6.26
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	6.21
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	6.18
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	6.18
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	6.18
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	6.16
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	6.14
20077	Wheat bran, crude	58.0	1.0 cup	6.13
20072	Wheat, hard red winter	192.0	1.0 cup	6.12
21134	Fast foods, potato, baked and topped with cheese sauce and chili	395.0	1.0 piece	6.12
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	6.10
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	6.10
21066	Fast foods, burrito, with beef	220.0	2.0 pieces	6.09
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	6.09
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	6.09
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	6.04
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	6.04
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	6.04
20031	Millet, raw	200.0	1.0 cup	6.02

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	6.01
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	6.00
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	5.98
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	5.95
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	5.94
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	5.93
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	5.92
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	5.92
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	5.91
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	5.91
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	5.86
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	5.85
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	5.84
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	5.80
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	5.80
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	5.80
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	5.79
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	5.79
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	5.79
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	5.78
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	5.78
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	5.78
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	5.78
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	5.78
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	5.71
16091	Peanuts, spanish, raw	146.0	1.0 cup	5.71
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	5.70
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	5.68
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	5.67
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	5.65
25024	Pretzels, soft, unsalted	143.0	1.0 large	5.61
43109	Pretzels, soft	143.0	1.0 large	5.61
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	5.60
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 patty	5.59
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	5.56
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	5.56

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	5.55
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	5.55
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	5.52
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	5.51
43128	Chicken, meatless	168.0	1.0 cup	5.49
11972	Lemon grass (citronella), raw	67.0	1.0 cup	5.47
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	5.47
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	5.46
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	5.46
07208	OSCAR MAYER, Braunschweiger Liver Sausage (saren tube)	56.0	1.0 serving	5.45
08506	Cereals ready-to-eat, Ralston Corn Flakes	28.0	1.0 serving (NLEA serving size = 1 cup)	5.43
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	5.42
16415	Soy flour, full-fat, raw, crude protein basis (N x 6.25)	85.0	1.0 cup, stirred	5.41
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	5.40
08076	Cereals ready-to-eat, POST TOASTIES corn flakes	28.0	1.0 cup (1 NLEA serving)	5.40
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	5.40
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	5.40
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	5.40
20073	Wheat, soft red winter	168.0	1.0 cup	5.39
14039	Beverages, CYTOSPORT, Muscle Milk light, Ready-To-Drink	414.0	14.0 fl oz	5.38
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	5.38
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	5.38
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	5.38
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	5.36
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	5.36
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	5.35
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	5.32
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	5.31
12061	Nuts, almonds	143.0	1.0 cup, whole	5.31
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	5.30
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	5.30
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	5.27
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	5.27
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	5.27
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	5.27
16418	Soy flour, low-fat, crude protein basis (N x 6.25)	88.0	1.0 cup, stirred	5.27

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	5.24
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	5.24
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	5.24
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	5.24
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	5.23
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	5.22
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	5.22
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	5.20
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	5.20
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	5.20
21042	Fast foods, chili con carne	253.0	1.0 cup (8 fl oz)	5.19
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	5.17
20002	Amaranth grain, cooked	246.0	1.0 cup	5.17
20143	Teff, cooked	252.0	1.0 cup	5.17
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	5.16
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	5.15
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	5.15
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	1.0 serving (1 NLEA serving)	5.14
08491	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TOASTY O'S Cereal	30.0	1.0 cup	5.12
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	5.12
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	5.12
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	5.12
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	5.10
20033	Oat bran, raw	94.0	1.0 cup	5.09
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	5.08
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	5.08
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	5.08
22988	KASHI, Pilaf, 7 Whole Grain	140.0	0.5 cup	5.08
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	5.07
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	137.0	1.0 cup	5.07
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	5.06
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	5.05
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	5.05
16005	Beans, baked, home prepared	253.0	1.0 cup	5.03
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	5.03
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	5.03

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
20005	Barley, pearled, raw	200.0	1.0 cup	5.00
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	5.00
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	4.99
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	4.98
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	4.98
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	4.96
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	4.96
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	4.96
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	4.96
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	4.96
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	4.95
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	4.95
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	4.95
16416	Soy flour, full-fat, roasted, crude protein basis (N x 6.25)	85.0	1.0 cup, stirred	4.95
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	4.95
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	4.94
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	4.94
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	4.94
05305	Poultry food products, ground turkey, raw	453.6	1.0 lb	4.94
20069	Triticale	192.0	1.0 cup	4.93
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	4.93
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	4.93
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	4.93
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	4.92
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	4.91
11955	Tomatoes, sun-dried	54.0	1.0 cup	4.91
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	4.90
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	4.90
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	4.90
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	4.87
07911	Liverwurst spread	55.0	0.25 cup	4.87
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	4.86
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	4.86
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	4.86
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	4.85
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	4.83

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
22911	Chili, no beans, canned entree	240.0	1.0 cup	4.82
12084	Nuts, butternuts, dried	120.0	1.0 cup	4.82
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	4.82
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	4.82
05708	Turkey, retail parts, enhanced, breast, meat only, raw	1171.0	1.0 breast	4.80
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	4.77
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup	4.76
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	4.76
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	4.76
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	4.75
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	4.74
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	4.74
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	4.72
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	4.71
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	4.71
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	4.70
05621	Emu, ground, raw	117.0	1.0 patty	4.70
09085	Currants, zante, dried	144.0	1.0 cup	4.69
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	4.69
20647	Millet flour	119.0	1.0 cup	4.69
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	4.68
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	4.68
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	4.68
21102	Fast foods, chicken fillet sandwich, plain	182.0	1.0 sandwich	4.68
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	4.68
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	28.0	0.75 cup (1 NLEA serving)	4.68
05631	Emu, oyster, raw	85.0	3.0 oz	4.68
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	4.65
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.64
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	4.64
08618	Cereals ready-to-eat, KELLOGG'S Pops MiXit cereal, all flavors	30.0	1.0 cup (1 NLEA serving)	4.63
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	4.63
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	4.62
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	4.62
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	4.60
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	4.60

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	4.60
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	4.59
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	4.59
16563	MORNINGSTAR FARMS Meal Starters Chik'n Strips, frozen, unprepared	85.0	12.0 strips	4.59
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	4.59
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	4.58
19059	Snacks, trail mix, regular	150.0	1.0 cup	4.58
16597	MORNINGSTAR FARMS Entree Chili, frozen, unprepared	254.0	1.0 cup	4.57
11961	Hearts of palm, canned	146.0	1.0 cup	4.57
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	4.56
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	4.56
21062	Fast foods, burrito, with beans and chili peppers	204.0	2.0 pieces	4.55
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	4.54
21070	Fast foods, chimichanga, with beef	174.0	1.0 chimichanga	4.54
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.53
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	4.53
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	4.52
07220	OSCAR MAYER, Liver Cheese, pork fat wrapped	38.0	1.0 slice	4.52
14043	Beverages, NESTLE, CARNATION BREAKFAST ESSENTIALS , nutritional drink, ready-to-drink, Rich milk chocolate flavor, no sugar added	337.0	11.0 fl oz	4.52
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	4.52
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	4.52
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	4.52
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	4.51
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	4.51
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	4.51
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	4.51
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	4.51
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	4.51
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	4.51
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	4.51
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	4.51
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	4.51
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	4.51
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	4.51
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	4.51
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	4.51

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	4.51
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	4.51
08614	Cereals ready-to-eat, KELLOGG's CRUNCHY NUT Roasted Nut and Honey O's	27.0	0.75 cup (1 NLEA serving)	4.51
08667	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS Brownie Crunch	27.0	0.75 cup (1 NLEA serving)	4.51
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	4.51
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	4.51
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	4.51
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	4.51
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	4.51
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	4.51
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	4.51
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	4.51
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	4.50
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	4.50
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	4.50
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	4.50
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	4.50
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	4.50
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	4.50
03996	Babyfood, Multigrain whole grain cereal, dry	16.0	3.0 tbsp	4.50
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	4.50
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	4.50
08530	Cereals ready-to-eat, KELLOGG, SMORZ	30.0	1.0 cup (1 NLEA serving)	4.50
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	4.50
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	4.50
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	4.50
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	4.50
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	4.50
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	4.50
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	4.50
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	4.50
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	4.50
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	4.50
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	4.50
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	4.50
20014	Corn, yellow	166.0	1.0 cup	4.50

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
20314	Corn, white	166.0	1.0 cup	4.50
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	4.50
08458	Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Strawberry/Blueberry	29.0	0.75 cup (1 NLEA serving)	4.50
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	4.50
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	4.50
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	4.50
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	4.50
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	4.50
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	4.50
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	4.50
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	4.50
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	4.49
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	4.49
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	4.49
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	4.49
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	4.49
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	4.48
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	4.48
16114	Tempeh	166.0	1.0 cup	4.48
16008	Beans, baked, canned, with franks	259.0	1.0 cup	4.48
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles round	4.48
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	4.48
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	4.48
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	4.48
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	4.48
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	4.48
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	4.48
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	4.48
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	4.48
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	4.48
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	4.48
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	4.48
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	4.48
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	4.48
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	4.48
16157	Chickpea flour (besan)	92.0	1.0 cup	4.47

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
21048	Fast foods, oysters, battered or breaded, and fried	139.0	6.0 pieces	4.46
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	4.46
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	4.45
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	4.45
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	4.45
05628	Emu, inside drum, raw	85.0	3.0 oz	4.45
20062	Rye	169.0	1.0 cup	4.44
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	4.44
21067	Fast foods, burrito, with beef and chili peppers	201.0	2.0 pieces	4.44
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	4.44
11015	Asparagus, canned, drained solids	242.0	1.0 cup	4.43
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.43
21353	McDONALD'S, BIG 'N TASTY with Cheese	247.0	1.0 item	4.40
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	4.39
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	4.39
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	4.39
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	4.39
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	4.39
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	4.38
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	4.38
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	4.38
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	4.37
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	4.37
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	4.37
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	4.36
21351	McDONALD'S, BIG 'N TASTY	232.0	1.0 item	4.36
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	4.36
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	4.35
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	4.35
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	4.35
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	4.34
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	4.33
21354	McDONALD'S, BIG 'N TASTY with Cheese (without mayonnaise)	233.0	1.0 item	4.33
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	4.33
05157	Quail, meat and skin, raw	109.0	1.0 quail	4.33
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	4.33

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.33
20080	Wheat flour, whole-grain	120.0	1.0 cup	4.32
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	4.31
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	4.31
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	4.31
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	4.31
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	4.31
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.30
16009	Beans, baked, canned, with pork	253.0	1.0 cup	4.30
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	4.30
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	4.30
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	4.30
21352	McDONALD'S, BIG 'N TASTY (without mayonnaise)	218.0	1.0 item	4.29
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	4.29
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	4.29
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	4.29
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	4.28
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	4.28
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	4.28
09299	Raisins, seeded	165.0	1.0 cup, packed	4.27
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	4.27
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	4.26
17346	Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised	85.0	1.0 serving (3 oz)	4.26
16007	Beans, baked, canned, with beef	266.0	1.0 cup	4.26
05625	Emu, flat fillet, raw	85.0	3.0 oz	4.25
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	4.24
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	4.24
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	4.24
12145	Nuts, pilinuts, dried	120.0	1.0 cup	4.24
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	4.22
05626	Emu, full rump, raw	85.0	3.0 oz	4.22
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	4.21
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	4.21
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.21
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	4.20
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	4.20

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	4.18
21072	Fast foods, chimichanga, with beef and red chili peppers	190.0	1.0 chimichanga	4.18
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	4.18
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	4.17
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	4.17
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	4.17
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	4.17
20132	Oat flour, partially debranned	104.0	1.0 cup	4.16
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	4.15
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	4.15
05158	Quail, meat only, raw	92.0	1.0 quail	4.15
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	4.15
21409	Fast foods, bagel, with ham, egg, and cheese	191.0	1.0 item	4.14
17333	Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised	85.0	1.0 serving (3 oz)	4.13
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	4.12
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	4.12
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	4.12
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	4.12
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	4.11
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	4.11
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	4.11
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	4.11
16122	Soy protein isolate	28.35	1.0 oz	4.11
16423	Soy protein isolate, potassium type, crude protein basis	28.35	1.0 oz	4.11
16422	Soy protein isolate, potassium type	28.35	1.0 oz	4.11
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	4.11
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	4.10
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	4.10
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	4.10
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	4.09
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	4.09
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	4.08
11830	Potatoes, baked, skin, with salt	58.0	1.0 skin	4.08
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet	4.08
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	4.08
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet	4.08

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	4.08
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	4.07
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	4.05
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	4.05
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	4.05
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	4.05
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	4.03
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	4.03
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	4.03
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	4.02
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	4.02
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	4.01
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	4.00
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	4.00
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	3.99
16145	Beans, red, kidney, mature seeds, canned, drained solids	266.0	1.0 can drained solids	3.99
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	3.97
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	3.97
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	3.97
21210	SUBWAY, roast beef sub on white bread, with lettuce and tomato	190.0	6.0 inch sub	3.97
22528	Turkey Pot Pie, frozen entree	397.0	1.0 package yields	3.97
20130	Barley flour or meal	148.0	1.0 cup	3.97
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.96
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet	3.96
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	3.96
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	3.96
08418	Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry	54.0	1.0 container	3.96
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	3.96
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	3.96
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	3.95
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	3.95
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	3.95
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	3.94
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	3.94
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	3.93
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	3.93

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	3.92
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	3.91
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	3.90
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	3.90
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	3.89
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	3.89
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	3.88
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	3.88
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	3.88
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	3.88
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	3.87
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	3.87
20101	Macaroni, protein-fortified, dry, enriched, (n x 5.70)	93.0	1.0 cup small shells	3.86
20301	Macaroni, protein-fortified, dry, enriched, (n x 6.25)	93.0	1.0 cup small shells	3.86
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	3.86
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	3.85
21071	Fast foods, chimichanga, with beef and cheese	183.0	1.0 chimichanga	3.84
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	3.84
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	3.84
05630	Emu, outside drum, raw	85.0	3.0 oz	3.82
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	3.82
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	3.82
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	3.82
20107	Macaroni, whole-wheat, dry	105.0	1.0 cup elbow shaped	3.81
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	3.81
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	3.81
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	3.80
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	3.80
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	3.78
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.78
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	3.78
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.78
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	3.78
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	3.77
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	3.77
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	3.77

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	3.77
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	3.76
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	3.76
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	3.76
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	3.76
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	3.74
16172	Refried beans, canned, fat-free	231.0	1.0 cup	3.74
20008	Buckwheat	170.0	1.0 cup	3.74
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	3.74
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	3.74
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	3.74
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	3.74
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	3.72
16095	Peanuts, virginia, raw	146.0	1.0 cup	3.72
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	3.72
21214	SUBWAY, tuna sub on white bread, with lettuce and tomato	237.0	6.0 inch sub	3.72
11297	Parsley, fresh	60.0	1.0 cup chopped	3.72
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	3.70
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	3.70
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	3.70
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	3.70
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	3.70
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	3.70
19061	Snacks, trail mix, tropical	140.0	1.0 cup	3.70
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 serving	3.69
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	3.68
01133	Egg, whole, dried	85.0	1.0 cup, sifted	3.68
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	3.68
22986	KASHI, Mayan Harvest Bake, Frozen Entree	283.0	1.0 package	3.68
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	3.67
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	3.67
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	3.67
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	3.67
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	3.67
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	3.67
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	3.66

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	3.65
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	3.65
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	3.64
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	3.64
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	3.63
21103	Fast foods, chicken fillet sandwich, with cheese	228.0	1.0 sandwich	3.63
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	3.62
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	3.62
20648	Sorghum flour	121.0	1.0 cup	3.62
17347	Game meat, deer, tenderloin, separable lean only, 0.5-1 lb roast, cooked, broiled	85.0	1.0 serving (3 oz)	3.61
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	3.61
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	3.61
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	3.61
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	3.60
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	3.60
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	3.60
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	3.60
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	3.60
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	3.60
08419	Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon Roll, Dry	54.0	1.0 container	3.60
08414	Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry	54.0	1.0 container	3.60
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	3.60
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	3.60
08635	Cereals ready-to-eat, GENERAL MILLS, Cocoa Puffs, 25% Reduced Sugar	24.0	0.75 cup (1 NLEA serving)	3.60
20105	Macaroni, vegetable, dry, enriched	84.0	1.0 cup spiral shaped	3.60
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	21.0	0.75 cup	3.59
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	3.59
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	3.59
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 patty	3.58
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	3.58
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	3.58
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	3.58
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	3.57
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	3.57
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	3.57
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	3.57

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	3.57
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	3.57
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	3.56
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	3.56
21213	SUBWAY, cold cut sub on white bread, with lettuce and tomato	196.0	6.0 inch sub	3.55
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	3.55
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	3.54
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	3.54
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	3.53
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	3.53
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	3.53
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	3.53
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	3.53
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	146.0	1.0 serving	3.52
11212	Edamame, frozen, prepared	155.0	1.0 cup	3.52
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	3.51
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	3.50
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.50
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	3.50
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	3.50
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	3.50
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	3.50
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	3.50
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	3.50
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	3.49
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	3.49
14632	Meal supplement drink, NESTLE, SUPLIGEN, canned, peanut flavor	158.0	1.0 cup	3.48
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	3.47
16104	Bacon, meatless	144.0	1.0 cup	3.47
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	3.47
20099	Macaroni, dry, enriched	105.0	1.0 cup elbow shaped	3.46
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	3.46
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	3.46
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	3.45
42279	Babyfood, peas and brown rice	230.0	1.0 cup	3.45
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	3.45

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	3.45
19367	Toppings, nuts in syrup	328.0	1.0 cup	3.44
20012	Bulgur, dry	140.0	1.0 cup	3.44
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	3.44
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	3.44
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	3.44
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	3.44
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	3.43
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	3.42
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	3.42
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	3.41
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 piece with sauce	3.41
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	3.41
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	3.41
11846	Pumpkin, canned, with salt	245.0	1.0 cup	3.41
11424	Pumpkin, canned, without salt	245.0	1.0 cup	3.41
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	3.40
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	3.39
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	3.39
11514	Sweet potato, canned, mashed	255.0	1.0 cup	3.39
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	3.39
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	3.38
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	3.38
23294	Beef, Australian, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	150.0	1.0 steak	3.38
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	3.37
20070	Triticale flour, whole-grain	130.0	1.0 cup	3.37
09322	Tamarinds, raw	120.0	1.0 cup, pulp	3.36
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	3.36
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	3.35
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	3.35
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	3.35
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	3.35
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	3.35
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	3.34
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	3.34
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	3.33

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	3.33
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	3.33
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	3.33
21251	BURGER KING, Cheeseburger	133.0	1.0 item	3.32
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	3.32
21133	Fast foods, potato, baked and topped with cheese sauce and broccoli	339.0	1.0 piece	3.32
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	3.32
23302	Beef, Australian, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	150.0	1.0 steak	3.32
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	3.31
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	3.31
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	3.30
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	3.30
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	3.30
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	3.29
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	3.29
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	3.29
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	3.29
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	3.28
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	3.28
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	3.28
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	3.28
21318	McDONALD'S, Deluxe Warm Cinnamon Roll	162.0	5.7 oz	3.27
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	3.27
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	3.26
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	3.25
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	3.25
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.25
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	3.24
21116	Fast foods, ham and cheese sandwich	146.0	1.0 sandwich	3.24
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	3.24
20141	Spelt, cooked	194.0	1.0 cup	3.24
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	3.24
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	3.24
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	3.23
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	3.23
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.23

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	3.23
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	3.23
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	3.22
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	3.22
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz (1 serving)	3.22
21364	McDONALD'S, Hotcakes and Sausage	264.0	1.0 item	3.22
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	3.22
43136	Vegetarian stew	247.0	1.0 cup	3.21
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	3.20
16337	Beans, mature, red kidney, canned, solids and liquid, low sodium	256.0	1.0 cup	3.20
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	3.20
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	3.20
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.20
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	3.20
11616	Dock, raw	133.0	1.0 cup, chopped	3.19
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	3.19
19352	Syrups, malt	332.0	1.0 cup	3.19
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	3.19
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	3.19
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	3.18
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	3.18
13987	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	3.18
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	3.18
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	3.17
05641	Ostrich, ground, raw	109.0	1.0 patty	3.17
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	3.17
21055	Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	417.0	1.5 cup	3.17
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	3.17
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.17
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.17
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	3.15
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	3.15
21073	Fast foods, chimichanga, with beef, cheese, and red chili peppers	180.0	1.0 chimichanga	3.15
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	3.15
16603	MORNINGSTAR FARMS Sausage, Egg & Cheese Biscuit, frozen, unprepared	105.0	1.0 biscuit	3.15

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	3.15
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.14
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	3.14
21132	Fast foods, potato, baked and topped with cheese sauce and bacon	299.0	1.0 piece	3.14
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	3.14
20088	Wild rice, raw	160.0	1.0 cup	3.14
20090	Rice flour, brown	158.0	1.0 cup	3.13
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.13
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	3.12
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	3.12
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	3.12
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	3.11
13480	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	3.11
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.11
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.11
21135	Fast foods, potato, baked and topped with sour cream and chives	302.0	1.0 piece	3.11
43132	Meatballs, meatless	144.0	1.0 cup	3.11
21117	Fast foods, ham, egg, and cheese sandwich	143.0	1.0 sandwich	3.10
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	3.10
09298	Raisins, seedless	165.0	1.0 cup, packed	3.10
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	3.09
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	3.09
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	3.09
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	3.09
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	3.09
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.09
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	3.08
21075	Fast foods, enchilada, with cheese and beef	192.0	1.0 enchilada	3.07
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	3.07
07040	Liver cheese, pork	28.35	1.0 oz	3.07
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	3.07
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	3.07
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.07
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	3.06
17071	Lamb, New Zealand, imported, frozen, foreshank, separable lean only, cooked, braised	138.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.06

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.06
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.06
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	3.06
16421	Soy protein concentrate, crude protein basis (N x 6.25), produced by acid wash	28.35	1.0 oz	3.06
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	3.06
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	3.06
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.05
16093	Peanuts, valencia, raw	146.0	1.0 cup	3.05
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	3.05
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	3.05
21043	Fast foods, clams, breaded and fried	115.0	0.75 cup	3.05
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	3.04
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	3.04
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	3.03
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	3.03
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	3.03
16055	Carob flour	103.0	1.0 cup	3.03
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	3.03
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	3.03
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	1.0 cup	3.02
09094	Figs, dried, uncooked	149.0	1.0 cup	3.02
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	3.02
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	3.02
09294	Prune juice, canned	256.0	1.0 cup	3.02
21131	Fast foods, potato, baked and topped with cheese sauce	296.0	1.0 piece	3.02
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	3.01
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	3.01
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	3.01
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	3.00
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item 7.017 oz	3.00
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	3.00
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.00
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.00
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	3.00
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	3.00
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	2.99

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	2.99
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	2.99
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	2.98
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	2.98
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	2.98
21104	Fast foods, egg and cheese sandwich	146.0	1.0 sandwich	2.98
90560	Mollusks, snail, raw	85.0	3.0 oz	2.98
20054	Rice, white, glutinous, raw	185.0	1.0 cup	2.96
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	2.96
21391	Fast foods, hamburger; single, large patty; with condiments	171.0	1.0 item	2.96
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	2.96
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	2.96
09297	Raisins, golden seedless	165.0	1.0 cup, packed	2.95
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	2.95
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	2.95
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.95
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	2.95
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.95
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	2.95
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	2.95
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	2.95
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	28.0	1.0 serving (1 slice)	2.94
42237	Cereals ready-to-eat, WEETABIX WHOLE WHEAT CEREAL	57.0	1.0 cup	2.94
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.94
16598	MORNINGSTAR FARMS Bacon, Egg & Cheese Biscuit, frozen, unprepared	105.0	1.0 biscuit	2.94
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	2.94
11613	Borage, raw	89.0	1.0 cup (1" pieces)	2.94
28307	Bread, naan (Indian bread), plain, commercially prepared, refrigerated	90.0	1.0 piece	2.92
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.92
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	2.92
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	2.92
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	2.92
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	2.92
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	2.92
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.92
11683	Carrot, dehydrated	74.0	1.0 cup	2.91

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	2.91
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	2.91
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.91
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	2.91
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	2.91
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	2.90
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.90
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	2.90
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	2.90
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	2.90
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	2.89
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	2.88
42182	Bean beverage	230.0	1.0 cup	2.88
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.87
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1 serving)	2.87
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	2.87
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	2.87
21087	Fast foods, tostada, with beef and cheese	163.0	1.0 piece	2.87
11011	Asparagus, raw	134.0	1.0 cup	2.87
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.86
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.86
11426	Pumpkin pie mix, canned	270.0	1.0 cup	2.86
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	2.86
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	2.86
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	2.86
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	2.86
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	2.86
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.86
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	55.0	0.67 cup	2.85
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	2.85
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	2.85
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	2.85
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	2.85
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.85

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	2.85
16100	Peanut flour, low fat	60.0	1.0 cup	2.84
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	2.84
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	2.84
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	2.84
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	2.83
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.83
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz (1 serving)	2.83
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	2.83
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	283.0	1.0 package	2.83
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	2.83
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	2.83
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	2.83
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	2.83
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	2.82
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.82
13434	Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.82
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.82
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.82
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.82
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.82
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	2.82
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	2.82
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	2.82
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	2.82
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	2.81
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.81
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.81
07939	Frankfurter, pork	76.0	1.0 link	2.81
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.80
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	2.80
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	2.80

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	2.80
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	2.80
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.80
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.80
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	2.80
20316	Corn flour, whole-grain, white	117.0	1.0 cup	2.78
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	2.78
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	2.78
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	2.78
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.78
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.78
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.78
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.78
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.78
43476	Tofu yogurt	262.0	1.0 cup	2.78
20051	Rice, white, medium-grain, cooked	186.0	1.0 cup	2.77
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.77
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.77
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	2.77
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	2.77
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.76
15001	Fish, anchovy, european, raw	85.0	3.0 oz	2.76
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.76
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.76
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.76
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.76
12142	Nuts, pecans	109.0	1.0 cup, chopped	2.76
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	2.76
20137	Quinoa, cooked	185.0	1.0 cup	2.76
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.75
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.75
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.75
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.75
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	2.75
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.75

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.75
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.75
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	2.75
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	2.75
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	2.75
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.75
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.75
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.75
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	2.75
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	2.74
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.74
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.74
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.74
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	2.74
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	2.74
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	2.74
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	2.73
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	2.73
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	2.73
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.73
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.73
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	2.73
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	2.73
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	2.73
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	2.72
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	2.72
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.72
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.72
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	2.72
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.72
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	2.72
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.72
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.72
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	2.72
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz (1 serving)	2.72
16555	MORNINGSTAR FARMS MeatFree Buffalo Wings, frozen, unprepared	85.0	5.0 wing	2.72

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20036	Rice, brown, long-grain, raw	185.0	1.0 cup	2.72
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	2.72
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	2.72
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	2.72
20053	Rice, white, short-grain, cooked	186.0	1.0 cup	2.72
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	2.71
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	2.71
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	2.71
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	2.71
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz (1 serving)	2.71
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.71
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	2.71
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	2.71
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.71
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.71
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	2.71
18968	Bagel, wheat	98.0	1.0 bagel	2.70
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.70
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.70
08503	Cereals ready-to-eat, NATURE'S PATH, OPTIMUM SLIM	55.0	1.0 cup	2.70
08502	Cereals ready-to-eat, NATURE'S PATH, OPTIMUM	55.0	1.0 cup	2.70
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	2.70
42100	Cereals ready-to-eat, Marshmallow ALPHA-BITS	29.0	1.0 cup (1 NLEA serving)	2.70
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	126.0	0.5 cup	2.70
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	2.70
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	2.70
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	2.70
16558	MORNINGSTAR FARMS Italian Herb Chik Patties, frozen, unprepared	71.0	1.0 patty	2.69
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	2.69
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	2.69
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	2.69
16605	MORNINGSTAR FARMS Entree Chik'n Enchilada with Rice, frozen, unprepared	269.0	1.0 package	2.69
22994	KASHI, STEAM MEAL, Spinach Artichoke Pasta, Frozen Entree	269.0	1.0 package	2.69
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 patty	2.69
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	2.69
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.69

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.69
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.69
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	2.68
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.68
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	2.68
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.67
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.67
14309	Malted drink mix, natural, with added nutrients, powder	21.0	1.0 serving (4 tbsp or 1 envelope)	2.67
11697	Arrowroot, raw	120.0	1.0 cup, sliced	2.66
21084	Fast foods, taco salad with chili con carne	261.0	1.5 cup	2.66
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	2.66
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.66
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	2.66
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	2.66
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	2.65
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	2.65
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	2.65
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	2.65
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	2.65
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.64
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.64
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.64
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.64
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.64
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	2.64
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	2.64
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	2.64
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	2.64
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	2.64
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	2.63
09451	Horned melon (Kiwano)	233.0	1.0 cup	2.63
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	2.63
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	2.63
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz (1 serving)	2.63
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	2.62

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	2.62
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.62
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	2.61
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	2.61
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.61
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.61
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	2.60
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.60
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	2.60
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	2.60
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	2.60
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	2.60
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	2.59
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	2.59
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	2.59
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	2.59
20064	Rye flour, medium	102.0	1.0 cup	2.59
09190	Mulberries, raw	140.0	1.0 cup	2.59
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.58
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	2.58
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.58
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	2.58
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	2.58
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	2.58
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.58
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.57
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz (1 serving)	2.57
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz (1 serving)	2.57
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.57
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	2.57
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	2.57
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	2.56
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	2.56
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	2.56
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	67.0	1.0 serving	2.55
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	2.55

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	2.55
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.55
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	2.55
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	2.55
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	2.55
22987	KASHI, Pesto Pasta Primavera, Frozen Entree	283.0	1.0 package	2.55
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	2.54
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	2.54
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	2.54
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	2.54
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	2.54
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	2.54
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	2.54
43114	Vermicelli, made from soy	140.0	1.0 cup	2.53
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	2.53
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.53
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	2.53
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	2.53
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	2.53
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	2.53
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	2.52
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.52
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	2.52
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz (1 serving)	2.52
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	2.51
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	2.51
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	2.51
09428	Rowal, raw	114.0	0.5 cup	2.51
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.51
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	2.51
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.51
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	2.51
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	2.50
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	2.50
03964	Baby food, fortified cereal bar, fruit filling	19.0	1.0 bar	2.50

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	2.50
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	2.50
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz (1 serving)	2.50
11549	Tomato products, canned, sauce	245.0	1.0 cup	2.50
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	2.50
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	2.50
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	2.50
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	2.49
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	2.49
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.49
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	2.49
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.49
11211	Edamame, frozen, unprepared	118.0	1.0 cup	2.49
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	2.49
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	2.49
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	2.48
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	2.48
08212	Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Almonds	57.0	0.5 cup (1 NLEA serving)	2.48
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	2.48
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	2.47
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.47
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.47
11248	Lentils, sprouted, raw	77.0	1.0 cup	2.47
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	2.47
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.46
23533	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	2.46
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	2.46
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	2.46
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	2.46
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	2.46
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	2.46
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	2.46
21460	McDONALD'S, Biscuit, large size	90.0	1.0 item 3.2 oz	2.46
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.46
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz (1 serving)	2.46

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.46
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	2.46
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.46
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	2.46
21086	Fast foods, tostada, with beans, beef, and cheese	225.0	1.0 piece	2.45
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	2.45
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	2.45
11054	Beans, snap, green variety, canned, regular pack, solids and liquids	240.0	1.0 cup	2.45
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	2.45
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	2.45
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.45
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.45
17334	Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, raw	85.0	1.0 serving (3 oz)	2.45
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.45
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	2.45
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	2.44
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.44
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.44
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	2.44
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	2.43
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	2.43
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.43
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	2.43
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	2.43
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.42
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	2.42
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	2.42
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	2.42
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	2.42
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	2.41
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	2.41
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	2.41
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.41
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.41
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	2.41
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	2.41

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.41
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	2.40
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	2.40
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	2.40
20068	Tapioca, pearl, dry	152.0	1.0 cup	2.40
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	2.40
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	2.40
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.40
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.40
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.40
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.40
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.40
07052	Pastrami, turkey	57.0	2.0 slices	2.39
21076	Fast foods, enchirito, with cheese, beef, and beans	193.0	1.0 enchirito	2.39
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	2.39
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	2.39
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.39
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	2.39
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.39
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.39
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	2.39
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	2.39
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	2.39
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	2.39
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	2.39
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	2.39
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	2.38
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.38
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	2.38
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1 serving)	2.38
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	2.38
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	2.38
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	2.38
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	2.38
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.37

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.37
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	2.37
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	2.37
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	2.37
20122	Spaghetti, protein-fortified, dry, enriched (n x 5.70)	57.0	2.0 oz	2.37
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	2.37
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.36
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	2.36
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	2.36
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	2.36
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	2.36
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	2.36
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	2.36
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	2.36
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	2.36
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	2.36
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	2.35
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.35
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.35
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	2.35
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	2.35
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	2.35
20110	Noodles, egg, cooked, enriched	160.0	1.0 cup	2.35
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	2.35
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	2.35
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	2.35
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	2.35
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	2.35
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	2.35
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	2.35
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.35
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.35
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.35
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	2.34
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	2.34

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	2.34
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.34
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.34
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.34
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	2.34
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	2.33
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.33
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	2.33
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.33
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	2.33
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	2.33
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	2.33
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	2.33
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	2.32
09088	Elderberries, raw	145.0	1.0 cup	2.32
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	2.31
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.31
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	2.31
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	2.31
11215	Garlic, raw	136.0	1.0 cup	2.31
20087	Wheat, sprouted	108.0	1.0 cup	2.31
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	2.30
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	2.30
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	2.30
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.30
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2.30
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	2.30
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	2.30
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	2.30
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	2.30
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	2.30
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.30
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.30
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	2.30

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.30
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2.30
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.30
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	2.30
22993	KASHI, Spicy Black Bean Enchilada, Frozen Entree	255.0	1.0 package	2.30
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	2.30
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	2.29
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	2.29
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	2.29
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	2.29
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.29
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	2.29
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	2.29
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	2.28
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	2.28
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	2.28
09095	Figs, dried, stewed	259.0	1.0 cup	2.28
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	2.28
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.28
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	2.28
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	2.28
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	2.28
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.28
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.28
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.28
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	2.28
21083	Fast foods, taco salad	198.0	1.5 cup	2.28
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	2.28
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	2.28
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	2.27
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	2.27
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	2.27
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	2.27
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.27

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17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.27
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	2.27
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.27
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.27
35147	Tamales (Navajo)	186.0	1.0 piece	2.27
11376	Potatoes, canned, drained solids	180.0	1.0 cup	2.27
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	2.27
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	283.0	1.0 package	2.26
22992	KASHI, Southwest Style Chicken, Frozen Entree	283.0	1.0 package	2.26
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	283.0	1.0 package	2.26
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2.26
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	2.26
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	2.26
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	2.26
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.26
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.26
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	2.26
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2.26
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	2.25
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.25
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	2.25
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.25
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.25
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	2.25
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	2.25
21069	Fast foods, burrito, with fruit (apple or cherry)	155.0	1.0 burrito, large	2.25
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.24
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.24
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.24
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.24
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.24
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.24
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	2.24
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	2.24

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21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	2.24
21077	Fast foods, frijoles with cheese	167.0	1.0 cup	2.24
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	243.0	1.0 serving	2.24
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.24
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	2.24
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	2.24
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	2.23
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	2.23
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.23
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.23
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.23
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	2.22
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	2.22
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	2.22
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.22
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.22
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.22
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	2.22
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	2.22
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	2.22
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	2.21
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	2.21
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	2.21
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.21
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	2.21
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	2.21
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	2.21
11413	Potato flour	160.0	1.0 cup	2.21
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	2.21
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.20
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	2.20
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	135.0	1.0 cup, chopped or diced	2.20
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	2.20
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	2.20
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	2.19
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	2.19

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23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.19
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	2.19
21012	Fast foods, croissant, with egg, cheese, and bacon	129.0	1.0 croissant	2.19
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	2.19
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	2.19
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	2.19
12006	Seeds, chia seeds, dried	28.35	1.0 oz	2.19
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.18
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	2.18
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.18
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	2.18
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.18
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	2.18
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	2.18
21325	McDONALD'S, McDONALDLAND Chocolate Chip Cookies	56.0	2.0 oz	2.18
09035	Apricots, frozen, sweetened	242.0	1.0 cup	2.18
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.18
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	2.18
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	2.17
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	2.17
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	2.17
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	2.17
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.17
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.17
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	2.17
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	2.17
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	2.16
08353	Cereals ready-to-eat, QUAKER, MOTHER'S CINNAMON OAT CRUNCH	60.0	1.0 cup (1 NLEA serving)	2.16
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	2.16
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	2.15
22996	KASHI, Three Cheese Penne, Frozen Entree	269.0	1.0 package	2.15
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	2.15
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.15
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	2.15
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.15
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.15

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.15
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.15
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.15
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.15
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	2.15
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	2.15
06738	Soup, split pea with ham and bacon, canned, condensed, single brand	135.0	1.0 serving	2.15
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	2.15
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.14
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.14
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.14
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	2.14
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	2.14
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	2.14
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	2.14
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	2.14
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	2.14
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.13
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.13
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.13
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.13
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.13
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.13
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.13
23315	Beef, Australian, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	85.0	3.0 oz	2.13
11304	Peas, green, raw	145.0	1.0 cup	2.13
21013	Fast foods, croissant, with egg, cheese, and ham	152.0	1.0 croissant	2.13
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	2.13
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.12
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	2.12
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.12
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	2.12
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	2.12
13802	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, cooked	85.0	3.0 oz	2.12
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.12

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.12
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	2.12
21320	McDONALD'S, Scrambled Eggs	102.0	2.0 eggs 3.6 oz	2.12
20015	Corn bran, crude	76.0	1.0 cup	2.12
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	2.12
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	2.12
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.12
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.12
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.12
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.12
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.12
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.12
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.12
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	2.12
11349	Poi	240.0	1.0 cup	2.11
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	2.11
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.11
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	2.11
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.11
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	2.11
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.11
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	2.11
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	2.11
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.11
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.11
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	2.11
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	2.11
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	2.11
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	2.11
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	2.10
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.10

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23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.10
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.10
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.10
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	2.10
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	2.09
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.09
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.09
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.09
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.09
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.09
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.09
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	2.09
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	2.09
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	2.09
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	2.09
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	2.09
20006	Barley, pearled, cooked	157.0	1.0 cup	2.09
06729	Soup, sirloin burger with vegetables, ready-to-serve, single brand	240.0	1.0 serving	2.09
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	2.09
43350	Sauerkraut, canned, low sodium	142.0	1.0 cup	2.09
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	2.09
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	2.08
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.08
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.08
21317	McDONALD'S, Biscuit, regular size	76.0	1.0 item 2.7 oz	2.07
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2.07
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.07
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.07
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.07
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	2.07
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	2.07
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	2.07
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	2.07
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	2.07
20124	Spaghetti, whole-wheat, dry	57.0	2.0 oz	2.07

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13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.07
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	2.07
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.07
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.07
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.07
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.07
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.07
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	2.06
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	2.06
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	2.06
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	2.06
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	2.06
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	2.06
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 patty	2.06
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	2.06
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.06
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2.06
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.06
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.06
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.06
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.06
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	2.06
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	2.06
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	12.0 fl oz cup regular	2.06
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	2.05
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	2.05
20466	Semolina, unenriched	167.0	1.0 cup	2.05
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	2.05
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.05
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2.05
23310	Beef, Australian, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	85.0	3.0 oz	2.05
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	1.0 serving	2.05

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15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	2.05
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	2.05
21058	Fast foods, scallops, breaded and fried	144.0	6.0 pieces	2.04
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.04
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.04
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.04
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	2.04
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.04
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.04
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.04
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	2.04
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2.04
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.04
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	2.04
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	2.04
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	2.03
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.03
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.03
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.03
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.03
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.03
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.03
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	2.03
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	2.03
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	2.03
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	2.03
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	2.03
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	2.02
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	2.02
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.02
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	2.02
23557	Beef, ground, 95% lean meat / 5% fat, raw	85.0	1.0 serving (3 oz)	2.02

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17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.02
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	2.02
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.02
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.02
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	2.02
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	2.02
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	2.02
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.01
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.01
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	2.01
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	2.01
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.01
23323	Beef, Australian, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	85.0	3.0 oz	2.01
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	2.01
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	2.01
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	2.01
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.01
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.01
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.01
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA (formerly ROSS)	153.0	5.0 fl oz	2.00
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.00
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	2.00
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	2.00
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.00
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.00
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.00
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	2.00
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.00
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.00
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.00
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.00
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.00
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.00

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11033	Beans, lima, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	2.00
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	2.00
14623	V8 V. FUSION Juices, Acai Berry	246.0	1.0 serving 8 oz	1.99
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	1.99
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	1.99
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	1.99
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	1.99
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	1.99
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.99
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.99
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.99
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.99
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.99
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	1.99
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.99
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.99
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.99
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.99
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.99
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.99
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.99
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	1.99
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	1.99
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.99
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.99
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.99
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.99
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 patty	1.99
36019	APPLEBEE'S, chili	136.0	1.0 cup	1.99
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	1.99
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	1.98
22983	KASHI, Chicken Florentine, Frozen Entree	283.0	1.0 package	1.98
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.98
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.98

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.98
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	1.98
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.98
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.98
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.98
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.98
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.98
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	1.98
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	1.98
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	1.98
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	1.97
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	1.97
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	1.97
11987	Mushrooms, oyster, raw	148.0	1.0 large	1.97
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	1.97
11887	Tomato products, canned, paste, with salt added	66.0	0.25 cup	1.97
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	1.97
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	1.96
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.96
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.96
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.96
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	1.96
05159	Quail, breast, meat only, raw	85.0	3.0 oz	1.96
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	1.96
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	1.96
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	1.96
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	1.96
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	1.96
17150	Game meat, beaver, raw	28.35	1.0 oz	1.96
21057	Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese	326.0	1.5 cup	1.96
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.95
23309	Beef, Australian, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	85.0	3.0 oz	1.95
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.95
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.95
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	1.95
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.95

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.95
11973	Beans, fava, in pod, raw	126.0	1.0 cup	1.95
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	1.95
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	1.95
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.95
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.95
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.95
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.95
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	1.95
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	1.94
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	1.94
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	1.94
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	1.94
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	1.94
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	1.94
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.94
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.94
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	1.94
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.94
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.94
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.94
23318	Beef, Australian, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	85.0	3.0 oz	1.94
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.94
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	1.93
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	1.93
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.93
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	1.93
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.93
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	1.93
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.93
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.93
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.93
09313	Sapodilla, raw	241.0	1.0 cup, pulp	1.93
20034	Oat bran, cooked	219.0	1.0 cup	1.93
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.92
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.92

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.92
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.92
21326	McDONALD'S, McDONALDLAND Cookies	57.0	2.0 oz	1.92
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	1.92
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	1.92
21047	Entrees, fish fillet, battered or breaded, and fried	91.0	1.0 fillet	1.92
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	1.92
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item 4.744 oz	1.92
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item 4.744 oz	1.92
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	1.92
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	1.91
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	1.91
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	1.0 serving	1.91
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.91
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	1.91
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	1.91
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	1.91
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.91
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.91
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	1.91
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	1.91
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	1.91
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	1.91
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	1.90
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.90
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.90
23295	Beef, Australian, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	85.0	3.0 oz	1.90
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.90
23562	Beef, ground, 90% lean meat / 10% fat, raw	85.0	1.0 serving (3 oz)	1.90
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.90
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.90
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.90
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.90
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.90
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	1.90

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17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	1.90
83110	Fish, mackerel, salted	136.0	1.0 cup, cooked	1.90
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	1.90
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	1.90
19194	Puddings, rice, dry mix	106.0	1.0 package	1.90
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	1.90
20045	Rice, white, long-grain, regular, cooked, enriched	158.0	1.0 cup	1.90
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.90
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.90
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.90
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.90
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	1.89
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	1.89
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	1.89
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	1.89
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	1.89
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	1.89
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.89
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	1.89
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	1.89
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	1.89
21023	Fast foods, french toast with butter	135.0	2.0 slices	1.89
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.89
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.89
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.89
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	1.89
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.89
21085	Fast foods, tostada, with beans and cheese	144.0	1.0 piece	1.89
17146	Game meat, bear, raw	28.35	1.0 oz	1.89
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	1.88
09437	Tamarind nectar, canned	251.0	1.0 cup	1.88
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	1.88
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	1.88
20120	Spaghetti, dry, enriched	57.0	2.0 oz	1.88
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.88
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	1.88

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	1.88
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	1.88
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	1.87
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	1.87
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	1.87
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	1.87
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.87
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	1.87
23304	Beef, Australian, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	85.0	3.0 oz	1.87
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.87
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	1.87
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.87
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	1.87
20028	Couscous, dry	173.0	1.0 cup	1.87
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	1.86
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	1.86
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	1.86
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.86
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.86
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.86
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	1.86
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	1.86
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	1.86
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.86
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.86
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.86
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.86
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.86
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	1.86
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	1.86
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	1.86
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	1.86
11978	Peppers, ancho, dried	17.0	1.0 pepper	1.86
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	1.86

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	1.86
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.85
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.85
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.85
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.85
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.85
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	1.85
11980	Peppers, chili, green, canned	139.0	1.0 cup	1.85
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	1.85
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	1.85
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	1.85
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.84
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.84
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.84
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.84
21340	McDONALD'S, Sausage Burrito	113.0	1.0 item 3.993 oz	1.84
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	1.84
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	1.84
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	1.84
36036	Restaurant, family style, onion rings	259.0	1.0 serving	1.84
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	1.84
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	1.84
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.84
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.84
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.84
17265	Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.84
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.84
09427	Abiyuch, raw	114.0	0.5 cup	1.84
28287	Bread, naan (Indian bread), whole wheat, refrigerated	106.0	1.0 piece	1.83
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.83
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.83
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.83
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.83

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.83
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	1.83
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.83
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	1.82
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	1.82
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	1.82
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	1.82
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	1.82
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	1.82
18177	Cookies, molasses	28.35	1.0 oz	1.82
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	1.82
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	1.82
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	1.82
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	1.82
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	1.82
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	1.82
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	1.82
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	1.82
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	1.82
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.82
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.82
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.82
23314	Beef, Australian, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	85.0	3.0 oz	1.82
21408	McDONALD'S, English Muffin	57.0	1.0 item 2 oz	1.82
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	1.82
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	1.82
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	1.82
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	1.82
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	1.82
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	1.81
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	1.81
18172	Cookies, gingersnaps	28.35	1.0 oz	1.81
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	1.81
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	1.81
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37.0	1.0 bar	1.81

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	1.81
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.81
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.81
17259	Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.81
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.81
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.81
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.81
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.81
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.81
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	1.81
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	1.81
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	1.81
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	1.81
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	1.81
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	1.81
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	1.81
21322	McDONALD'S, Warm Cinnamon Roll	105.0	3.7 oz	1.81
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	43.0	1.0 packet (1 NLEA serving)	1.81
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.81
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	1.81
21370	McDONALD'S, Caesar Salad with Grilled Chicken	296.0	1.0 item 10.4 oz	1.81
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	1.80
36007	T.G.I. FRIDAY'S, French fries	184.0	1.0 serving	1.80
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	1.80
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.80
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.80
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.80
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.80
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	1.80
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.80
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.80
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.80
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.80
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	1.80

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
06369	CAMPBELL'S Red and White, Oyster Stew, condensed	126.0	1.0 serving 1/2 cup	1.80
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	1.80
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	1.80
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	1.80
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	1.80
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	1.80
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	1.80
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	1.80
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	1.80
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	1.80
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	1.80
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	5.0	1.0 tbsp	1.80
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	1.80
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	1.80
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	1.80
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	1.80
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	1.80
08305	Cereals ready-to-eat, oat, corn and wheat squares, presweetened, maple flavored	30.0	1.0 cup (1 NLEA serving)	1.80
08520	Cereals ready-to-eat, KELLOGG, KELLOGG'S Cinnamon MINI SWIRLZ	30.0	1.0 cup (1 NLEA serving)	1.80
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	1.80
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	1.80
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	1.80
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	1.80
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	1.80
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	1.80
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup	1.80
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	1.80
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	1.80
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	1.80
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	1.80
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	1.80
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	1.80
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	1.79
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	1.79
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	1.79
23308	Beef, Australian, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	85.0	3.0 oz	1.79

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	1.79
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	1.79
20100	Macaroni, cooked, enriched	140.0	1.0 cup elbow shaped	1.79
20121	Spaghetti, cooked, enriched, without added salt	140.0	1.0 cup	1.79
20321	Spaghetti, cooked, enriched, with added salt	140.0	1.0 cup	1.79
20421	Spaghetti, cooked, unenriched, without added salt	140.0	1.0 cup	1.79
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	1.79
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	3.5 oz 1 serving	1.79
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	1.79
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	1.79
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	1.79
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	1.79
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	1.79
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	1.79
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	1.79
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	245.0	1.0 serving 1 cup	1.79
06553	CAMPBELL'S SELECT Soup, Savory White Bean with Roasted Ham Soup	245.0	1.0 cup	1.79
27010	CAMPBELL'S CHUNKY Soups, Rigatoni & Meatballs - Fully Loaded	245.0	1.0 cup	1.79
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	245.0	1.0 cup	1.79
06454	CAMPBELL'S CHUNKY Soups, Sizzlin' Steak- Grilled Steak Chili with Beans	245.0	1.0 cup	1.79
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	245.0	1.0 cup	1.79
06464	CAMPBELL'S CHUNKY Soups, Tantalizin' Turkey - Turkey Chili with Beans Soup	245.0	1.0 serving	1.79
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	245.0	1.0 cup	1.79
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	1.79
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	1.79
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	1.79
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	1.79
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	1.79
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.78
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.78
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.78
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	1.78
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	1.78
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	1.78
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	1.78

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.78
17261	Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.78
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.78
18459	Breakfast tart, low fat	52.0	1.0 tart	1.78
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	1.78
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.78
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.78
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	1.0 serving (3 oz)	1.78
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	1.78
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	1.78
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	1.78
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 piece	1.78
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.77
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.77
17255	Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.77
23317	Beef, Australian, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	85.0	3.0 oz	1.77
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	1.77
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.77
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	1.77
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.77
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.77
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.77
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	1.77
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	1.77
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	1.76
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	1.76
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.76
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	1.76
21371	McDONALD'S, Caesar Salad with Crispy Chicken	309.0	1.0 item 10.9 oz	1.76
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	1.76
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	1.76
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 pieces	1.76
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.76
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.76

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
17069	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, cooked, braised	85.0	3.0 oz	1.76
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.76
17257	Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.76
06731	Soup, bean with bacon, condensed, single brand	128.0	1.0 serving 1/2 cup	1.75
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.75
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	1.75
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	1.75
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.75
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.75
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.75
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	1.0 cup (1 NLEA serving)	1.75
20013	Bulgur, cooked	182.0	1.0 cup	1.75
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	1.75
20112	Noodles, egg, spinach, cooked, enriched	160.0	1.0 cup	1.74
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	1.74
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.74
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.74
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	1.74
08609	Cereals ready-to-eat, KASHI Golden Goodness	60.0	1.25 cup (1 NLEA serving)	1.74
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.73
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.73
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	1.73
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.73
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	1.73
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.73
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	1.73
42130	Turkey bacon, cooked	82.0	1.0 cup pieces	1.73
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	1.73
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	1.73
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	1.73
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	1.73
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.73

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.73
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.73
09083	Currants, european black, raw	112.0	1.0 cup	1.72
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	1.72
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	1.72
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.72
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.72
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.72
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.72
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.72
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.72
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	1.72
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	1.71
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	1.71
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	1.71
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	1.71
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	1.71
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.71
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.71
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.71
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	1.71
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	1.70
16595	MORNINGSTAR FARMS Veggie Sweet and Sour Chik'n, frozen, unprepared	284.0	1.0 entrée	1.70
16570	GARDENBURGER, Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	1.70
07270	CARL BUDDIG, Cooked Corned Beef, Chopped, Pressed	71.0	1.0 package	1.70
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	1.70
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	1.70
06019	Soup, chicken noodle, canned, condensed	126.0	0.5 cup	1.70
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.70
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.70
43134	Vegetarian fillets	85.0	1.0 fillet	1.70
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.70
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.70

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13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.70
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	1.70
22979	KASHI, Black Bean Mango, Frozen Entree	283.0	1.0 package	1.70
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	1.69
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.69
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	1.69
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	1.69
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	1.69
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.69
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	1.69
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.69
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.69
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	1.69
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	1.69
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.68
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.68
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.68
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.68
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	1.68
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.68
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.68
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.68
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	1.68
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	1.68
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	1.68
06728	Soup, potato ham chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	1.68
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	1.68
10129	Pork, cured, breakfast strips, cooked	85.0	3.0 oz	1.67
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.67
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.67
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.67
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	1.67
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	1.67
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	1.67

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13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.67
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.67
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.67
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.67
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.67
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	1.67
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	1.66
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	1.66
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	1.66
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	1.66
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.66
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	1.66
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	1.66
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.66
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.66
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	1.66
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	1.66
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.66
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.66
36002	APPLEBEE'S, French fries	164.0	1.0 serving	1.66
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	1.66
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	1.66
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	1.65
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	1.65
14423	Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	1.65
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	1.65
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	1.65
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	1.65
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.65
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	1.65
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	1.65
02043	Spices, turmeric, ground	3.0	1.0 tsp	1.65
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.65
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.65
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.65
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.65

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23572	Beef, ground, 80% lean meat / 20% fat, raw	85.0	1.0 serving (3 oz)	1.65
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	1.65
42241	Turkey, pork, and beef sausage, reduced fat, smoked	147.0	1.0 cup pieces	1.65
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	1.65
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.64
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	1.64
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.64
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.64
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.64
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.64
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	1.64
03189	Babyfood, cereal, oatmeal, dry	3.2	1.0 tbsp	1.64
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	1.64
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	1.64
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	1.64
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	1.64
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	1.64
16587	MORNINGSTAR FARMS Maple Flavored Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	1.63
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.63
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	1.63
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	1.63
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.63
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.63
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.63
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	1.63
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	1.63
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.63
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	1.63
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, unthawed	1.62
11525	Taro, tahitian, raw	125.0	1.0 cup slices	1.62
11414	Potato salad, home-prepared	250.0	1.0 cup	1.62
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.62
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.62
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	1.0 oz	1.62
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.62

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.62
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.62
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.62
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	1.62
11658	Spinach souffle	136.0	1.0 cup	1.62
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	1.62
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	1.62
21088	Tostada with guacamole	261.0	2.0 pieces	1.62
18507	KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	1.62
14422	Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	1.62
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.62
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	1.61
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	1.61
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	1.61
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	1.61
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	1.61
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.61
23313	Beef, Australian, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	85.0	3.0 oz	1.61
17083	Lamb, New Zealand, imported, frozen, rib, separable lean only, cooked, roasted	85.0	3.0 oz	1.61
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	1.60
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	1.60
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	1.60
43214	Butter replacement, without fat, powder	80.0	1.0 cup	1.60
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	1.60
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	1.60
11674	Potato, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	1.60
21035	Fast foods, chicken, breaded and fried, dark meat (drumstick or thigh)	148.0	2.0 pieces	1.60
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.60
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	1.60
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.60
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.60
23307	Beef, Australian, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	85.0	3.0 oz	1.60
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.60

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	1.60
20111	Noodles, egg, spinach, dry, enriched	38.0	1.0 cup	1.60
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	1.60
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	1.59
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	113.0	1.0 serving (4 oz)	1.59
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.59
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	1.59
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	1.59
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	1.59
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	1.59
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.59
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.59
21019	Fast foods, english muffin, with butter	63.0	1.0 muffin	1.59
16130	Okara	122.0	1.0 cup	1.59
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	1.58
21501	KASHI Pizza, Margherita	113.0	0.33 pizza	1.58
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.58
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.58
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.58
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	1.58
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.58
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.58
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	1.58
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	79.0	0.2 package	1.58
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	1.58
11693	Tomatoes, crushed, canned	121.0	0.5 cup	1.57
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	26.0	1.0 mini bagel (2-1/2" dia)	1.57
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.57
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	1.57
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	1.57
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	1.57
23311	Beef, Australian, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	85.0	3.0 oz	1.57
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	1.57
06121	Gravy, mushroom, canned	238.0	1.0 cup	1.57
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	1.57
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.57

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	1.57
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.57
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	1.57
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	1.56
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.56
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.56
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.56
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.56
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.56
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.56
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.56
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.56
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	47.0	1.0 tortilla	1.56
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	1.56
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	1.56
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	1.56
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.56
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.56
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.56
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.56
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	1.56
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	1.55
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	1.55
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	1.55
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	1.55
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.55
10945	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	1.55
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	1.55
23322	Beef, Australian, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	85.0	3.0 oz	1.55
36014	Restaurant, family style, French fries	170.0	1.0 serving	1.55
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	1.55
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	1.54
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	1.54
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	55.0	28.0 biscuits (1 NLEA serving)	1.54

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08605	Cereals ready-to-eat, KASHI, KASHI U	55.0	1.0 cup (1 NLEA serving)	1.54
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	1.54
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	1.54
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.54
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.54
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.54
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.54
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.54
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	1.54
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	1.54
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	1.53
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	1.53
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.53
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.53
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.53
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.53
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.53
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	1.53
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	1.53
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	1.53
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	1.53
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	1.52
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	1.52
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.52
23577	Beef, ground, 75% lean meat / 25% fat, raw	85.0	1.0 serving (3 oz)	1.52
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	1.52
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.52
23293	Beef, Australian, grass-fed, ground, 85% lean / 15% fat, raw	85.0	1.0 serving (3 oz)	1.52
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	1.52
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	1.52
22955	Egg rolls, vegetable, refrigerated, heated	78.0	1.0 roll	1.52
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	1.52
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.51
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.51
15049	Fish, mackerel, king, raw	85.0	3.0 oz	1.51
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.51

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	1.51
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	1.51
17317	Lamb, Australian, imported, fresh, rib, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.51
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.51
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.51
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.51
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	1.51
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.51
43541	Ice creams, chocolate, rich	148.0	1.0 cup	1.51
21499	KASHI Pizza, Roasted Vegetable	116.0	0.33 pizza	1.51
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	1.50
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.50
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.50
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.50
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.50
23396	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.50
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	1.50
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	1.50
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	1.50
09087	Dates, deglet noor	147.0	1.0 cup, chopped	1.50
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	1.50
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.50
08510	Milk and cereal bar	25.0	1.0 bar	1.50
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.50
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.50
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	1.50
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	1.49
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	1.49
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	1.49
42262	Sausage, chicken and beef, smoked	138.0	1.0 cup pieces	1.49
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	1.49
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	1.49
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.49
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	1.49
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.49
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.49

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13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.49
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	1.49
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item 6.314 oz	1.49
08566	Cereals ready-to-eat, KASHI Granola, MOUNTAIN MEDLEY cereal	55.0	0.5 cup (1 NLEA serving)	1.48
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.48
20108	Macaroni, whole-wheat, cooked	140.0	1.0 cup elbow shaped	1.48
20125	Spaghetti, whole-wheat, cooked	140.0	1.0 cup	1.48
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	1.0 cup (1 NLEA serving)	1.48
21036	Fast foods, chicken, breaded and fried, light meat (breast or wing)	163.0	2.0 pieces	1.48
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	1.48
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	1.48
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	1.48
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	1.48
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	1.48
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.48
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.48
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.48
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.48
23316	Beef, Australian, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	85.0	3.0 oz	1.48
17263	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.48
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.48
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.48
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.48
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	1.48
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	1.47
21030	Fast foods, cookies, chocolate chip	55.0	1.0 box	1.47
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	1.47
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 patty	1.47
21029	Fast foods, cookies, animal crackers	67.0	1.0 box	1.47
11230	Pepeao, dried	24.0	1.0 cup	1.47
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.47
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	1.47
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.47
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.47
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.47
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.47

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.47
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.47
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.47
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	1.47
21500	KASHI Pizza, Mushroom Trio & Spinach	113.0	0.33 pizza	1.47
21502	KASHI Pizza, Basil Pesto	113.0	0.33 pieces	1.47
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	1.47
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	1.47
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	1.47
21419	KENTUCKY FRIED CHICKEN, Biscuit, analyzed prior to January 2007	52.0	1.0 biscuit	1.47
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	1.46
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	1.46
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	1.46
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	1.46
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	1.46
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.46
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.46
10954	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	1.46
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	1.46
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.46
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	1.46
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	1.46
18232	Crackers, wheat, regular	31.0	1.0 serving	1.45
23312	Beef, Australian, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	85.0	3.0 oz	1.45
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.45
17081	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.45
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.45
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.45
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	1.45
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	1.45
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	1.45
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	1.45
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	128.0	1.0 serving 1/2 cup	1.45
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	1.45
27004	CAMPBELL'S CHUNKY Soups, Beef Stew - Fully Loaded	245.0	1.0 cup	1.45
06385	CAMPBELL'S CHUNKY Soups, Barbeque Seasoned Burger Soup	245.0	1.0 cup	1.45

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
27005	CAMPBELL'S CHUNKY Soups, Beef Stroganof - Fully Loaded	245.0	1.0 cup	1.45
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	245.0	1.0 cup	1.45
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	245.0	1.0 cup	1.45
06541	CAMPBELL'S SELECT Soup, Italian-Style Wedding Soup	245.0	1.0 cup	1.45
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	245.0	1.0 cup	1.45
06556	CAMPBELL'S SELECT Soup, Split Pea with Roasted Ham Soup	245.0	1.0 cup	1.45
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	85.0	3.0 oz	1.44
16251	SILK Vanilla soy yogurt (single serving size)	170.0	1.0 container	1.44
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.44
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.44
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.44
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	1.44
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	1.44
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	130.0	0.5 cup	1.44
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	78.0	1.0 bar 2.8 oz	1.44
16201	Campbell's Pork and Beans	130.0	0.5 cup	1.44
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	2.0 oz 1 serving	1.44
21331	McDONALD'S, Chocolate TRIPLE THICK Shake	267.0	12.0 fl oz cup child size	1.44
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.44
18350	Rolls, hamburger or hotdog, plain	42.0	1.0 roll	1.44
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	1.44
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	1.44
18980	KASHI, Original Waffle	72.0	2.0 pieces	1.44
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	1.44
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	1.44
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	1.44
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	1.44
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	1.44
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	1.44
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	1.44
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.44
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.44
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	1.44
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.44
23319	Beef, Australian, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	85.0	3.0 oz	1.44

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	1.43
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	1.43
16237	SILK Chocolate, soymilk	243.0	1.0 cup	1.43
06545	CAMPBELL'S SELECT Soup, New England Clam Chowder	256.0	1.0 cup	1.43
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	51.0	0.5 cup (1 NLEA serving)	1.43
05689	Chicken, dark meat, drumstick, meat and skin, enhanced, cooked, roasted	129.0	1.0 drumstick with skin	1.43
25046	Snacks, bagel chips, plain	28.35	1.0 oz	1.43
08612	Cereals ready-to-eat, KELLOGG's FIBERPLUS Berry Yogurt Crunch	53.0	1.0 cup (1 NLEA serving)	1.43
08565	Cereals ready-to-eat, KASHI Granola, Summer Berry cereal	55.0	0.5 cup (1 NLEA serving)	1.43
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	1.43
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.43
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.43
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	1.43
23321	Beef, Australian, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	85.0	3.0 oz	1.43
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.43
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	1.43
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	1.43
08606	Cereals ready-to-eat, BEAR NAKED Banana Nut	57.0	0.75 cup (1 NLEA serving)	1.42
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.42
19296	Honey	339.0	1.0 cup	1.42
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	1.42
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	1.42
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.42
17315	Lamb, Australian, imported, fresh, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.42
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.42
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	1.42
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	1.42
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	1.42
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	1.41
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	1.41
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.41
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.41
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.41
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.41
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.41
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	1.41

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	30.0	25.0 crackers	1.41
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	1.41
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	1.41
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	1.41
09038	Avocados, raw, California	230.0	1.0 cup, pureed	1.40
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.40
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	1.40
08607	Cereals ready-to-eat, BEAR NAKED Cranberry Raisin	56.0	0.67 cup (1 NLEA serving)	1.40
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	1.40
36027	DENNY'S, chicken strips	194.0	1.0 serving	1.40
07274	CARL BUDDIG. Cooked Smoked Beef Pastrami, Chopped, Pressed	57.0	1.0 serving 2 oz	1.40
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	1.40
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	1.40
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	1.40
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	1.40
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	1.39
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	1.39
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	1.39
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.39
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	1.39
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	1.39
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.39
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.39
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.39
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.39
02014	Spices, cumin seed	2.1	1.0 tsp, whole	1.39
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	1.39
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	1.39
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	1.39
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	1.39
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	1.39
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	1.39
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	1.39
06554	CAMPBELL'S SELECT Soup, Slow Roasted Beef and Vegetables Soup	248.0	1.0 cup	1.39
14262	Citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	1.39
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	1.39

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	1.39
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	1.39
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.39
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.39
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.39
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.39
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	192.0	1.0 breast, with skin	1.38
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	1.38
16129	Tofu, fried	28.35	1.0 oz	1.38
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	1.38
11508	Sweet potato, cooked, baked in skin, without salt	200.0	1.0 cup	1.38
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	1.38
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	1.38
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	1.38
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	1.38
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	1.38
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	1.38
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	1.38
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	1.38
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.38
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.38
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	1.38
08563	Cereals ready-to-eat, KASHI Granola, COCOA BEACH cereal	55.0	0.5 cup (1 NLEA serving)	1.38
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.37
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	1.37
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	1.37
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	1.37
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	1.37
18967	Bread, wheat, white wheat	28.0	1.0 slice	1.37
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	1.37
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.37
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.37
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.37
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	1.37
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	1.37
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	1.37

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	1.36
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	1.36
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	1.36
20499	Macaroni, dry, unenriched	105.0	1.0 cup elbow shaped	1.36
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	1.36
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	1.36
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.36
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	1.36
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	1.36
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	1.36
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	1.36
09205	Oranges, raw, with peel	170.0	1.0 cup	1.36
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	1.36
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	85.0	3.0 oz	1.36
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	1.36
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.36
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	46.0	2.0 biscuits (1 NLEA serving)	1.36
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	1.36
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	1.36
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	1.35
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	1.35
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	1.35
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	1.35
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.35
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	1.35
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.35
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	1.35
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.35
43544	Babyfood, cereal, rice with pears and apple, dry, instant	15.0	1.0 serving	1.35
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.35
09315	Soursop, raw	225.0	1.0 cup, pulp	1.35
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	1.35
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	1.35
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.35
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	1.35
11056	Beans, snap, green, canned, regular pack, drained solids	153.0	1.0 cup solids	1.35

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	1.35
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	1.34
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	1.34
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	1.34
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	1.34
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.34
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	1.34
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	1.34
16276	Vitasoy USA Azumaya, Extra Firm Tofu	79.0	0.2 package	1.34
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	1.34
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	1.34
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	1.34
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	1.34
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	1.34
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	1.34
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	1.34
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	1.34
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	1.34
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	1.34
21436	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	1.34
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	1.34
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	1.34
23303	Beef, Australian, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	85.0	3.0 oz	1.33
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.33
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	1.33
10898	Pork, pickled pork hocks	117.0	3.0 oz	1.33
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	1.33
11231	Jute, potherb, raw	28.0	1.0 cup	1.33
17183	Game meat, squirrel, raw	28.35	1.0 oz	1.33
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	1.33
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	1.33
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	1.33
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.33
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 patty	1.33
16538	MORNINGSTAR FARMS Breakfast Pattie made with Organic Soy, frozen, unprepared	38.0	1.0 patty	1.33
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	1.33

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
17162	Game meat, caribou, raw	28.35	1.0 oz	1.33
07227	OSCAR MAYER, Salami Cotto (beef, pork, chicken)	46.0	1.0 serving 2 slices	1.33
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	1.33
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	1.33
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	1.33
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	1.33
05692	Chicken, dark meat, thigh, meat and skin, enhanced, cooked, roasted	130.0	1.0 thigh with skin	1.33
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.33
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	1.33
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	1.33
11656	Corn pudding, home prepared	250.0	1.0 cup	1.32
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	1.32
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	1.32
21074	Fast foods, enchilada, with cheese	163.0	1.0 enchilada	1.32
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	1.32
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	1.32
08452	Cereals, QUAKER, Whole Wheat Natural Cereal	40.0	0.5 cup	1.32
21503	KASHI Pizza, Mediterranean	120.0	0.33 pizza	1.32
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	1.32
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.32
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.32
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	1.32
43497	Jellyfish, dried, salted	58.0	1.0 cup	1.32
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	1.32
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	1.32
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	1.32
21415	POPEYES, Biscuit	59.0	1.0 biscuit	1.32
18236	Cracker meal	28.35	1.0 oz	1.32
08352	Cereals ready-to-eat, QUAKER, MOTHER'S TOASTED OAT BRAN CEREAL, Brown Sugar Flavor	32.0	0.75 cup (1 NLEA serving)	1.32
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	199.0	1.0 breast, with skin	1.31
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	1.31
18963	Garlic bread, frozen	43.0	1.0 slice presliced	1.31
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	1.31
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	1.31
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	1.31
23320	Beef, Australian, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	85.0	3.0 oz	1.31

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.31
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.31
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.31
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.31
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.31
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	1.30
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	1.30
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	1.30
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.30
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	1.30
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.30
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	1.30
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	1.30
25037	Snacks, pita chips, salted	28.35	1.0 oz	1.30
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	1.30
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	1.30
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	1.30
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	1.30
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.30
21372	McDONALD'S, Caesar Salad without chicken	213.0	1.0 item 7.5 oz	1.30
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	1.30
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	27.0	4.0 cookies	1.30
18112	Cake mix, pudding, dry, german chocolate	43.0	1.0 serving	1.29
11504	Swamp cabbage, cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	1.29
11873	Swamp cabbage, cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	1.29
18383	Bread, protein, toasted (includes gluten)	28.35	1.0 oz	1.29
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh, with skin	1.29
21027	Fast foods, brownie	60.0	1.0 brownie (2" square)	1.29
07272	CARL BUDDIG, Smoked Sliced Beef	57.0	1.0 serving 2 oz	1.29
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.29
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	1.29
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	1.29
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	1.29
19117	Candies, halavah, plain	28.35	1.0 oz	1.28
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.28
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.28

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	1.28
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	1.28
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	1.28
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.28
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	30.0	25.0 crackers	1.28
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	1.28
01115	Whey, sweet, dried	145.0	1.0 cup	1.28
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	1.28
18099	Cake, chocolate, dry mix, regular	28.35	1.0 oz	1.28
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.28
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	1.28
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	1.28
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	1.28
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	1.28
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1.28
05683	Chicken, dark meat, thigh, meat only, enhanced, cooked, roasted	130.0	1.0 thigh with skin	1.27
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	1.27
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	1.27
28286	Bread, paratha (Indian bread), whole wheat, frozen	79.0	1.0 piece	1.27
36016	Restaurant, family style, shrimp, breaded and fried	135.0	1.0 serving	1.27
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.27
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	1.27
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	1.27
21504	KASHI Pizza, Four Cheese	115.0	0.33 pizza	1.27
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	1.26
16210	Vitasoy USA, Nasoya Lite Firm Tofu	79.0	0.2 package	1.26
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	79.0	0.2 package	1.26
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	1.26
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	1.26
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	1.26
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	1.26
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	1.26
21440	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	1.26
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	1.26
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	1.26
16099	Peanut flour, defatted	60.0	1.0 cup	1.26

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	1.26
11794	Lambs quarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	1.26
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	1.26
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	1.26
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.26
43282	Quail, cooked, total edible	28.35	1.0 oz	1.26
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	1.26
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	1.26
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	1.26
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	1.25
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.25
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	1.25
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.25
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.25
06167	Sauce, homemade, white, thick	250.0	1.0 cup	1.25
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.25
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	1.25
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.25
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.25
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.25
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.25
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	1.25
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.25
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	1.25
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	1.25
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	1.25
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	1.25
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	1.25
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	1.25
21024	Fast foods, french toast sticks	65.0	3.0 pieces	1.25
07226	OSCAR MAYER, Salami Beef Cotto	46.0	1.0 serving 2 slices	1.25
05306	Poultry food products, ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	1.25
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	1.25
11122	Cardoon, raw	178.0	1.0 cup, shredded	1.25
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	1.24
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	1.24

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	1.24
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	1.24
23305	Beef, Australian, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	85.0	3.0 oz	1.24
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.24
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	1.24
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	1.24
02019	Spices, fenugreek seed	3.7	1.0 tsp	1.24
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	1.24
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	1.24
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	1.24
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	1.24
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	1.23
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	1.23
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.23
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.23
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.23
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	1.23
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	1.23
15194	Fish, dolphinfish, cooked, dry heat	85.0	3.0 oz	1.23
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.23
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.23
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	1.23
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	1.23
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	112.0	4.0 oz	1.23
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.23
11098	Brussels sprouts, raw	88.0	1.0 cup	1.23
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	1.23
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	1.23
11362	Potatoes, raw, skin	38.0	1.0 skin	1.23
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	1.23
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	1.23
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	1.23
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	1.23
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	1.23
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	1.23
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	1.23

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	1.23
36031	DENNY'S, onion rings	166.0	1.0 serving	1.23
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	1.23
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	1.23
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	1.22
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	1.22
15105	Fish, sturgeon, mixed species, cooked, dry heat	136.0	1.0 cup, cooked	1.22
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	1.22
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.22
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	1.22
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	1.22
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	1.22
07059	Polish sausage, pork	85.0	3.0 oz	1.22
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	1.22
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	1.22
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	1.22
11190	Cornsalad, raw	56.0	1.0 cup	1.22
06034	Soup, crab, canned, ready-to-serve	244.0	1.0 cup (8 fl oz)	1.22
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	1.22
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	1.22
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	1.22
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	1.22
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	1.22
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	1.22
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	1.22
05216	Turkey, back, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	1.22
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.22
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	1.22
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	1.22
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.22
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	1.22
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	118.0	1.0 thigh, with skin	1.22
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	1.22
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.22
20126	Spaghetti, spinach, dry	57.0	2.0 oz	1.21
19349	Syrups, corn, dark	328.0	1.0 cup	1.21

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
19154	Candies, sesame crunch	28.35	1.0 oz	1.21
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	1.21
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	1.21
07008	Bologna, beef and pork	100.0	3.527 oz	1.21
09002	Acerola juice, raw	242.0	1.0 cup	1.21
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	1.21
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	39.0	1.0 package	1.21
18990	AUSTIN, PB & J Crackers, sandwich-type	39.0	1.0 package	1.21
21438	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	1.21
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	1.21
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	1.21
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.21
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	1.21
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.21
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	1.21
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	1.21
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.21
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 patty	1.21
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	1.21
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	1.20
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	1.20
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	1.20
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1.20
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	1.20
06391	CAMPBELL'S CHUNKY, Chicken and Dumplings Soup	245.0	1.0 cup	1.20
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	1.20
09043	Blackberry juice, canned	250.0	1.0 cup	1.20
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	1.20
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	30.0	25.0 crackers	1.20
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	1.20
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	1.20
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	1.20
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	1.20
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	1.20
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	1.20
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	1.20

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
18972	Bread, cheese	48.0	1.0 slice	1.20
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	1.19
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	1.19
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	1.19
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	1.19
18283	Muffins, oat bran	28.35	1.0 oz	1.19
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	1.19
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	1.19
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	1.19
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	85.0	0.5 cup	1.19
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	1.19
93600	Turtle, green, raw	85.0	3.0 oz	1.19
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.19
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	1.19
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	1.19
09059	Breadfruit, raw	220.0	1.0 cup	1.19
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	1.19
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	1.19
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	1.19
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	1.19
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	1.19
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	1.19
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	1.19
36610	DENNY'S, French fries	165.0	1.0 serving	1.19
03185	Babyfood, cereal, mixed, dry	2.5	1.0 tbsp	1.19
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	1.19
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	1.19
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	1.19
03194	Babyfood, cereal, rice, dry	2.5	1.0 tbsp	1.19
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	1.19
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	1.19
21434	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	201.0	1.0 breast, with skin	1.19
03213	Babyfood, cookies	28.35	1.0 oz	1.19
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	1.18
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	1.18
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	1.18

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.18
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	1.18
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	1.18
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	1.18
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	1.18
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	1.18
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	1.18
28274	MURRAY, Honey Graham	31.0	8.0 crackers	1.18
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	1.18
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	37.0	1.0 serving 1.3 oz bar	1.18
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	1.18
18043	Bread, protein (includes gluten)	28.35	1.0 oz	1.18
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	1.18
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	1.18
07912	Roast beef spread	57.0	1.0 serving .25 cup	1.17
18345	Rolls, dinner, oat bran	28.35	1.0 oz	1.17
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	1.17
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	1.17
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	1.17
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	1.17
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	1.17
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	1.17
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	1.17
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	1.17
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	1.17
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	1.17
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	1.17
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	1.17
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	1.17
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	1.17
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	1.17
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	1.17
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	1.17
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	1.17
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	1.67 tablespoon	1.17
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	1.17

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	1.17
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	1.17
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	1.17
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.16
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	1.16
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.16
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.16
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	1.16
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.16
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	1.16
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.16
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.16
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	1.16
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	1.16
09278	Plantains, cooked	200.0	1.0 cup, mashed	1.16
18065	Bread, wheat, toasted	28.35	1.0 oz	1.16
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	1.16
07275	CARL BUDDIG, Smoked Sliced Ham	57.0	1.0 serving 2 oz	1.16
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	1.16
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	1.16
15077	Fish, salmon, chinook, smoked	136.0	1.0 cup, cooked	1.16
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	1.16
28107	KEEBLER, Gingerbread Men Cookies, Holiday	33.0	5.0 cookies	1.16
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	1.16
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	1.15
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	1.15
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	1.15
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	1.15
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	1.15
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	1.15
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	1.15
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	1.15
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	1.15
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	1.15
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	1.15

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11618	Eppaw, raw	100.0	1.0 cup	1.15
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	1.15
20018	Corn flour, degermed, unenriched, yellow	126.0	1.0 cup	1.15
07237	OSCAR MAYER, Summer Sausage Beef Thuringer Cervelat	46.0	1.0 serving 2 slices	1.15
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	1.14
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	1.14
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	1.14
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	1.14
03181	Babyfood, cereal, barley, dry	2.4	1.0 tbsp	1.14
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	1.14
10131	Pork, cured, canadian-style bacon, grilled	139.0	1.0 package (6 oz) yields	1.14
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.14
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 piece	1.14
18157	Cookies, chocolate wafers	28.35	1.0 oz	1.14
18203	Cookies, sugar, commercially prepared, special dietary	28.35	1.0 oz	1.14
09217	Orange-grapefruit juice, canned, unsweetened	247.0	1.0 cup	1.14
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	1.13
19435	Snacks, granola bar, fruit-filled, nonfat	28.35	1.0 oz	1.13
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	1.13
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	1.13
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	1.13
18003	Bagels, egg	28.35	1.0 oz	1.13
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	1.667 tbsp (1 NLEA serving)	1.13
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	1.12
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	1.12
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.12
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	1.12
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	1.12
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	1.12
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	1.12
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	1.12
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.12
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	1.12
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	1.12
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	1.12
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	1.12

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	1.12
09084	Currants, red and white, raw	112.0	1.0 cup	1.12
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	1.12
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	1.12
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	1.12
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	1.12
06119	Gravy, chicken, canned, ready-to-serve	238.0	1.0 cup	1.12
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	1.12
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	1.12
21046	Entrees, crab cake	60.0	1.0 cake	1.12
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	1.12
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	1.11
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	1.11
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	1.11
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	1.11
18384	Bread, rice bran, toasted	28.35	1.0 oz	1.11
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	1.11
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	1.11
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	1.11
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	1.11
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	1.11
15064	Fish, pike, walleye, raw	85.0	3.0 oz	1.10
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	85.0	3.0 oz	1.10
15107	Fish, sucker, white, raw	85.0	3.0 oz	1.10
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	1.10
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	1.10
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	1.10
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	1.10
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	1.10
18385	Bread, wheat germ, toasted	28.35	1.0 oz	1.10
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	1.10
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.10
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	1.10
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	1.10
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	1.10
20032	Millet, cooked	174.0	1.0 cup	1.10

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	1.09
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	1.09
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	1.09
28220	MURRAY, SUGAR FREE, Chocolate Bites Cookies	21.0	1.0 pouch	1.09
11141	Celeriac, raw	156.0	1.0 cup	1.09
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	1.09
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218.0	1.5 cup	1.09
16250	SILK Vanilla soy Yogurt (Family size)	227.0	1.0 container	1.09
11080	Beets, raw	136.0	1.0 cup	1.09
16255	SILK Peach soy Yogurt	170.0	1.0 container	1.09
16259	SILK Banana-Strawberry soy Yogurt	170.0	1.0 container	1.09
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	1.09
16256	SILK Black Cherry soy Yogurt	170.0	1.0 container	1.09
16253	SILK Strawberry soy yogurt	170.0	1.0 container	1.09
16257	SILK Blueberry soy Yogurt	170.0	1.0 container	1.09
16589	MORNINGSTAR FARMS Veggie Italian Style Sausage, frozen, unprepared	64.0	1.0 link	1.09
15074	Fish, sablefish, raw	85.0	3.0 oz	1.09
16254	SILK Raspberry soy yogurt	170.0	1.0 container	1.09
16258	SILK Key Lime soy Yogurt	170.0	1.0 container	1.09
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	1.09
11655	Carrot juice, canned	236.0	1.0 cup	1.09
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	1.08
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	1.08
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	126.0	1.0 serving 1/2 cup	1.08
06381	CAMPBELL'S Red and White, Southwestern-Style Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	1.08
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	1.08
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	1.08
17170	Game meat, horse, raw	28.35	1.0 oz	1.08
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat	27.0	1.0 cake 1 serving	1.08
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	1.08
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	1.08
01069	Cream substitute, powdered	94.0	1.0 cup	1.08
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	1.08
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	1.08
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	1.08
16204	PACE, Spicy Jalapeno Refried Beans	120.0	0.5 cup	1.08

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	1.08
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	1.08
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	1.08
18002	Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	24.0	1.0 mini bagel (2-1/2" dia)	1.08
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	1.08
16202	PACE, Traditional Refried Beans	120.0	0.5 cup	1.08
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	1.08
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	1.08
16203	PACE, Salsa Refried Beans	120.0	0.5 cup	1.08
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	1.08
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	1.08
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	1.08
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	1.08
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	1.08
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	1.08
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	1.08
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	1.08
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	1.08
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	245.0	1.0 cup	1.08
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	245.0	1.0 cup	1.08
06420	CAMPBELL'S CHUNKY Soups, Hearty Vegetable with Pasta Soup	245.0	1.0 cup	1.08
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	245.0	1.0 serving	1.08
06513	CAMPBELL'S SELECT HARVEST Microwaveable Bowls, 98% Fat Free New England Clam Chowder	245.0	1.0 cup	1.08
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	245.0	1.0 cup	1.08
06427	CAMPBELL'S CHUNKY Soups, Italian Sausage & Peppers Soup	245.0	1.0 cup	1.08
06435	CAMPBELL'S CHUNKY Soups, Pepper Steak Soup	245.0	1.0 cup	1.08
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	245.0	1.0 cup	1.08
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	245.0	1.0 cup	1.08
06521	CAMPBELL'S SELECT Microwaveable Bowls, Minestrone Soup	245.0	1.0 cup	1.08
06386	CAMPBELL'S CHUNKY Soups, BBQ Seasoned Pork Soup	245.0	1.0 cup	1.08
27006	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Beef Barley Soup	245.0	1.0 cup	1.08
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	245.0	1.0 serving 1 cup	1.08
06516	CAMPBELL'S SELECT Microwaveable Bowls, Italian Sausage Pasta & Pepperoni Soup	245.0	1.0 cup	1.08
06540	CAMPBELL'S SELECT Soup, Italian Sausage with Pasta & Pepperoni Soup	245.0	1.0 cup	1.08
06544	CAMPBELL'S SELECT Soup, Minestrone Soup	245.0	1.0 cup	1.08
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	245.0	1.0 cup	1.08

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27011	CAMPBELL'S CHUNKY Soups, Turkey Pot Pie - Fully Loaded	245.0	1.0 cup	1.08
27017	CAMPBELL'S SELECT Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	245.0	1.0 cup	1.08
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	245.0	1.0 cup	1.08
06617	CAMPBELL'S SELECT Soup, HEALTHY REQUEST Italian-Style Wedding Soup	245.0	1.0 cup	1.08
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	245.0	1.0 cup	1.08
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	1.08
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	1.08
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	1.08
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	1.08
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	1.08
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	25.0	1.0 pouch	1.08
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.07
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	1.07
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	1.07
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.07
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	1.07
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	1.07
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	1.07
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	1.07
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	1.07
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	1.07
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	1.07
07056	Peppered loaf, pork, beef	100.0	3.52 slices	1.07
16238	SILK Light Plain, soymilk	243.0	1.0 cup	1.07
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	1.07
16235	SILK Plain, soymilk	243.0	1.0 cup	1.07
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	1.07
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	1.07
16247	SILK Chai, soymilk	243.0	1.0 cup	1.07
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	1.07
16236	SILK Vanilla, soymilk	243.0	1.0 cup	1.07
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	1.07
16248	SILK Mocha, soymilk	243.0	1.0 cup	1.07
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	1.07
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	243.0	1.0 cup	1.07
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	1.07

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	1.07
03215	Babyfood, pretzels	28.35	1.0 oz	1.07
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	1.07
06594	CAMPBELL'S SOUP AT HAND, New England Clam Chowder	305.0	1.0 serving	1.07
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	305.0	1.0 serving 1 container	1.07
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	1.07
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	1.06
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	1.06
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	1.06
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	1.06
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	1.06
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	1.06
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	1.06
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	1.06
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	1.06
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	1.06
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	1.06
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	42.0	1.0 piece (1 serving)	1.06
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	1.06
16561	MORNINGSTAR FARMS Mini Corn Dogs, frozen, unprepared	76.0	4.0 pieces	1.06
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	1.06
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	1.06
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	1.06
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	1.05
15008	Fish, carp, raw	85.0	3.0 oz	1.05
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	1.05
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	31.0	2.0 cookies	1.05
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	1.05
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	1.05
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	1.05
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	1.05
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	1.05
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	1.05
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.05
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	1.05
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	1.05

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11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	1.05
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	1.05
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	1.05
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	1.05
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	1.05
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	1.05
07273	CARL BUDDIG, Smoked Sliced Turkey, light and dark meat	57.0	1.0 serving 2 oz	1.05
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	1.05
43146	Eggplant, pickled	136.0	1.0 cup	1.05
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	1.05
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	1.05
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	1.05
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	1.05
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	1.04
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	1.04
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	1.04
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	1.04
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	1.04
15006	Fish, burbot, raw	116.0	1.0 fillet	1.04
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	1.04
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	1.04
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	1.04
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	1.04
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	1.04
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	1.04
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	1.04
28153	KEEBLER, Vienna Fingers with Creme Filling	31.0	2.0 cookies	1.04
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	1.04
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	1.04
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	1.04
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	1.04
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	1.03
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	1.03
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	1.03
06990	HEALTHY REQUEST, Minestrone Soup, condensed	120.0	1.0 serving 1/2 cup	1.03
07238	OSCAR MAYER, Summer Sausage Thuringer Cervalat	46.0	1.0 serving 2 slices	1.03

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	1.03
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	1.03
05678	Chicken, dark meat, drumstick, meat only, enhanced, raw	143.0	1.0 drumstick with skin	1.03
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	1.03
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	1.03
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	1.03
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	1.03
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	1.03
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	1.03
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.03
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	1.03
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	1.03
16277	Vitasoy USA Azumaya, Firm Tofu	79.0	0.2 package	1.03
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	1.03
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	41.0	13.0 pieces	1.02
07269	BUTCHER BOY MEATS, INC., Turkey Franks	56.0	1.0 serving	1.02
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	1.02
18059	Bread, rice bran	28.35	1.0 oz	1.02
20030	Hominy, canned, white	165.0	1.0 cup	1.02
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	1.02
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	1.02
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	1.02
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	1.02
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	1.02
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	1.02
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	1.02
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.02
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.02
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	1.02
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	1.02
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	1.02
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	1.02
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	1.02
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	1.02
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	1.02
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	1.02

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	1.02
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	1.01
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	1.01
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	51.0	1.0 serving	1.01
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	1.01
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	1.01
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	149.0	1.0 thigh without skin (yield from 1 lb ready-to-cook chicken)	1.01
15022	Fish, cusk, raw	122.0	1.0 fillet	1.01
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	1.01
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	1.01
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	1.01
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	1.01
07279	HORMEL WRANGLER Beef Franks	56.0	1.0 frankfurter	1.01
09423	Prune puree	36.0	2.0 tbsp	1.01
20123	Spaghetti, protein-fortified, cooked, enriched (N x 5.70)	140.0	1.0 cup	1.01
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	1.01
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	1.01
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	1.01
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	1.01
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	1.01
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	1.01
03216	Babyfood, teething biscuits	28.35	1.0 oz	1.01
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	1.01
18069	Bread, white, commercially prepared (includes soft bread crumbs)	28.0	1.0 slice	1.01
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 patty	1.00
13166	USDA Commodity, beef, canned	45.0	1.0 serving	1.00
11741	Broccoli, stalks, raw	114.0	1.0 stalk	1.00
01011	Cheese, colby	132.0	1.0 cup, diced	1.00
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	1.00
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	1.00
05679	Chicken, Dark meat, Drumstick, Meat only, Enhanced, Cooked, Roasted	91.0	1.0 drumstick without skin	1.00
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	1.00
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	1.00
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	1.00
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	1.00
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	1.00

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	1.00
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	1.00
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	1.00
18064	Bread, wheat	28.35	1.0 oz	1.00
18344	Rolls, dinner, egg	28.35	1.0 oz	1.00
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	1.00
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	1.00
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.99
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.99
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.99
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.99
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.99
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.99
09214	Orange juice, frozen concentrate, unsweetened, undiluted	284.0	1.0 cup	0.99
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.99
20330	Hominy, canned, yellow	160.0	1.0 cup	0.99
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	31.0	2.0 cookies	0.99
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	31.0	2.0 cookies	0.99
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	0.99
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	0.99
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	0.99
28036	GIRL SCOUTS, Trefoils Cookies	33.0	5.0 cookies	0.99
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.99
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	102.0	1.0 back	0.99
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.99
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.99
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	0.99
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.99
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.99
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.99
16579	GARDENBURGER, Original, frozen, unprepared	71.0	1.0 patty	0.99
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.99
05688	Chicken, dark meat, drumstick, meat and skin, enhanced, raw,	143.0	1.0 drumstick with skin	0.99
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.99
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.99
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.99

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.99
11233	Kale, raw	67.0	1.0 cup, chopped	0.98
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	0.98
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.98
20089	Wild rice, cooked	164.0	1.0 cup	0.98
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.98
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.98
07253	LOUIS RICH, Franks (turkey and chicken)	45.0	1.0 serving	0.98
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	0.98
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.98
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.98
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.98
07076	Smoked link sausage, pork and beef, flour and nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.98
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA (formerly ROSS)	9.6	1.0 scoop	0.98
18068	Bread, wheat germ	28.35	1.0 oz	0.98
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.98
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.98
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.98
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.98
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.98
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.98
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.98
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.98
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.98
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.98
11086	Beet greens, raw	38.0	1.0 cup	0.98
20091	Pasta, corn, dry	105.0	1.0 cup	0.98
06036	Soup, gazpacho, canned, ready-to-serve	244.0	1.0 cup (8 fl oz)	0.98
07243	OSCAR MAYER, Wieners (beef franks, fat free)	50.0	1.0 serving	0.98
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.98
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.97
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.97
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.97
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.97
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.97
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.97

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	0.97
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.97
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.97
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.97
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.97
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.97
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.97
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	0.97
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.97
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.97
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.96
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.96
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.96
17164	Game meat, deer, raw	28.35	1.0 oz	0.96
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.96
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.96
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.96
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	0.96
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.96
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.96
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.96
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.96
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.96
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.96
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.96
15023	Fish, dolphinfish, raw	85.0	3.0 oz	0.96
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	0.96
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.96
20410	Noodles, egg, cooked, unenriched, without added salt	160.0	1.0 cup	0.96
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0.96
28035	GIRL SCOUTS, Thin Mints Cookies	32.0	4.0 cookies	0.96
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.96
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	0.96
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	0.96
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.96
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	0.96

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	43.0	1.0 serving	0.95
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.95
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.95
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.95
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.95
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.95
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.95
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.95
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.95
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.95
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.95
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.95
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.95
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0.95
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.95
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.95
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.95
01025	Cheese, monterey	132.0	1.0 cup, diced	0.95
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.95
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.95
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	0.95
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	0.95
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0.95
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	0.95
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	0.95
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.95
07252	LOUIS RICH, Franks (turkey and chicken cheese)	45.0	1.0 serving	0.95
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.95
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.95
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0.95
16213	Vitasoy USA, Organic Nasoya Firm Tofu	79.0	0.2 package	0.95
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.95
18028	Bread, egg, toasted	28.35	1.0 oz	0.95
16281	HOUSE FOODS Premium Firm Tofu	56.0	2.0 oz	0.95
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.95
28285	Bread, chapati or roti, whole wheat, frozen	43.0	1.0 piece	0.95

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
10858	Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean only, cooked, pan-broiled	150.0	1.0 chop boneless	0.94
10859	Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean and fat, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0.94
06065	Soup, turkey noodle, canned, condensed	126.0	0.5 cup (4 fl oz)	0.94
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.94
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.94
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.94
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.94
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.94
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.94
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.94
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.94
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.94
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.94
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.94
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.94
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.94
14196	Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.94
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.94
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.94
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0.94
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0.94
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	0.94
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0.94
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0.94
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	0.94
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0.94
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	12.0 fl oz cup regular	0.94
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.94
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	0.94
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	234.0	1.0 cup	0.94
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.94
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.94
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.94
18235	Crackers, whole-wheat	28.0	1.0 serving	0.94
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.94
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.94

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.94
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.94
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.94
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	0.94
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.93
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.93
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.93
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.93
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.93
07214	OSCAR MAYER, Ham (water added, boiled)	63.0	1.0 serving	0.93
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	0.93
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	0.93
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.93
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	0.93
16107	Sausage, meatless	25.0	1.0 link	0.93
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	0.93
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	0.93
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	0.93
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	0.93
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.93
20065	Rye flour, light	102.0	1.0 cup	0.93
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	0.93
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	0.93
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.93
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	0.93
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.93
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.93
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.93
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.93
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.93
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.93
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.93
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.92
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	0.92
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	0.92
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.92

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.92
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	0.92
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	0.92
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.92
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.92
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.92
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.92
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.92
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.92
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0.92
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0.92
06052	Soup, pepperpot, canned, condensed	126.0	0.5 cup (4 fl oz)	0.92
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	0.92
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0.92
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.92
05699	Turkey, enhanced, skin from whole, (light and dark), roasted	85.0	1.0 serving	0.92
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.92
05701	Turkey, enhanced, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.92
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.92
11527	Tomatoes, green, raw	180.0	1.0 cup	0.92
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.92
16560	MORNINGSTAR FARMS Corn Dogs, frozen, unprepared	71.0	1.0 corn dog	0.92
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.92
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.92
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.91
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.91
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.91
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0.91
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.91
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0.91
18338	Phyllo dough	28.35	1.0 oz	0.91
17172	Game meat, moose, raw	28.35	1.0 oz	0.91
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	26.0	3.0 cookies	0.91
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	35.0	2.0 cookies	0.91
05695	Turkey, enhanced, dark meat, meat only, cooked, roasted	85.0	1.0 serving	0.91
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.91

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.91
05728	Turkey, thigh, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.91
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.91
05681	Chicken, dark meat, thigh, meat only, enhanced, cooked, braised	85.0	3.0 oz	0.91
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.91
05725	Turkey, drumstick, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.91
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.91
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.91
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.91
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0.91
17144	Game meat, antelope, raw	28.35	1.0 oz	0.90
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.90
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.90
09434	Guanabana nectar, canned	251.0	1.0 cup	0.90
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.90
09436	Mango nectar, canned	251.0	1.0 cup	0.90
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0.90
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.90
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.90
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.90
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.90
14182	Chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.90
21427	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	97.0	1.0 thigh, without skin	0.90
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.90
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.90
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.90
01239	Ice cream cookie sandwich	82.0	1.0 serving	0.90
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.90
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.90
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.90
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.90
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.90
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.90
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.90
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.90
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.90

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	0.90
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	0.90
02007	Spices, celery seed	2.0	1.0 tsp	0.90
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.90
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.90
21369	McDONALD'S, Fruit & Walnut Salad	264.0	1.0 item	0.90
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.90
18137	Cake mix, dry, white, regular	46.0	1.0 serving	0.90
21056	Fast foods, salad, vegetable, tossed, without dressing, with shrimp	236.0	1.5 cup	0.90
43028	Jams and preserves, dietetic (with sodium saccharin), any flavor	224.0	1.0 cup	0.90
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.90
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	0.90
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.90
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	0.90
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	0.90
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.90
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.90
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	0.90
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.89
18144	Cake, yellow, dry mix, regular, enriched	43.0	1.0 serving	0.89
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.89
18048	Bread, raisin, toasted, enriched	28.35	1.0 oz	0.89
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.89
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.89
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.89
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0.89
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0.89
09042	Blackberries, raw	144.0	1.0 cup	0.89
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.89
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.89
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.89
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.89
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.89
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.89
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.89
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.89

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.89
07242	OSCAR MAYER, Wieners (beef franks, bun length)	57.0	1.0 serving (1 link)	0.89
07271	CARL BUDDIG, Smoked Sliced Chicken, light and dark meat	57.0	1.0 serving 2 oz	0.89
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	0.89
07244	OSCAR MAYER, Wieners (beef franks, light)	57.0	1.0 serving	0.89
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.89
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.89
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.89
09277	Plantains, raw	148.0	1.0 cup, sliced	0.89
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.89
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.89
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.89
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0.89
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.89
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.88
18037	Bread, oat bran	28.35	1.0 oz	0.88
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.88
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.88
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.88
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.88
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.88
10946	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.88
05215	Turkey, back, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	0.88
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.88
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA (formerly ROSS)	9.5	1.0 scoop	0.88
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.88
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0.88
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0.88
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.88
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.88
01253	Cheese, pasteurized process, American, without added vitamin D	140.0	1.0 cup, diced	0.88
01042	Cheese, pasteurized process, American, fortified with vitamin D	140.0	1.0 cup, diced	0.88
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.88
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.88
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.88

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	0.88
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.88
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.88
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0.88
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.88
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.88
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.88
18061	Bread, rye, toasted	28.35	1.0 oz	0.88
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.88
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.88
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.88
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.88
21128	Fast foods, corn on the cob with butter	146.0	1.0 ear	0.88
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.88
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.88
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.88
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.88
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.88
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.88
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	0.88
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.88
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.88
06452	Soup, pepperpot, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.87
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.87
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	0.87
21432	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.87
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.87
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.87
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.87
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	0.87
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0.87
18066	Bread, wheat bran	28.35	1.0 oz	0.87
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	30.0	17.0 crackers	0.87
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	0.87
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.87
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	0.87

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.87
16271	Vitasoy USA Organic Nasoya, Soft Tofu	79.0	0.2 package	0.87
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.87
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0.87
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	0.87
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.87
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.87
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.87
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.87
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.87
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.87
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.87
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.87
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.86
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.86
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.86
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.86
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.86
18027	Bread, egg	28.35	1.0 oz	0.86
25002	Snacks, popcorn, unpopped kernels	28.35	1.0 oz	0.86
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.86
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.86
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.86
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.86
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.86
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.86
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.86
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.86
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.86
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.86
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.86
16279	HOUSE FOODS Premium Soft Tofu	56.0	2.0 oz	0.86
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.86
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.86
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.86
11427	Purslane, raw	43.0	1.0 cup	0.86

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.86
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0.85
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.85
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0.85
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.85
16585	GARDENBURGER, Sun-Dried Tomato Basil Burger	71.0	1.0 patty	0.85
16586	GARDENBURGER, Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	0.85
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.85
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0.85
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.85
07215	OSCAR MAYER, Ham (water added, honey)	63.0	1.0 serving	0.85
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.85
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	28.35	1.0 oz	0.85
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.85
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.85
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.85
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.85
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.85
15128	Fish, tuna salad	85.0	3.0 oz	0.85
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.85
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0.85
09229	Papaya nectar, canned	250.0	1.0 cup	0.85
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.85
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.85
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.85
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.85
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	0.85
09302	Raspberries, raw	123.0	1.0 cup	0.85
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.85
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.85
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0.85
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0.85
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0.85
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.84
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.84
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	0.84

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
09311	Roselle, raw	57.0	1.0 cup, without refuse	0.84
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.84
18632	PILLSBURY, Traditional Fudge Brownie Mix, dry	30.0	1.0 serving	0.84
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.84
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.84
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.84
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.84
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.84
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.84
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.84
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.84
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.84
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.84
28108	KEEBLER, Holiday Jingles Cookies	29.0	6.0 cookies	0.84
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.84
18398	Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled	28.0	1.0 piece (1/8 of 9" crust)	0.84
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.84
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	0.84
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.84
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.84
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	0.84
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0.84
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.84
06055	Soup, scotch broth, canned, condensed	123.0	0.5 cup (4 fl oz)	0.84
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.84
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0.84
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	0.83
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.83
18033	Bread, italian	28.35	1.0 oz	0.83
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.83
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	0.83
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.83
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.83
10943	Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.83
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.83

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
05690	Chicken, dark meat, thigh, meat and skin, enhanced, cooked, braised	85.0	3.0 oz	0.83
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	0.83
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	0.83
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	0.83
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	0.83
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.83
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	0.83
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.83
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.83
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.83
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.83
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.83
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.83
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.83
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.83
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.83
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.83
20302	Macaroni, protein-fortified, cooked, enriched, (n x 6.25)	115.0	1.0 cup small shells	0.83
20102	Macaroni, protein-fortified, cooked, enriched, (n x 5.70)	115.0	1.0 cup small shells	0.83
18097	Cake, chocolate, dry mix, pudding-type	28.35	1.0 oz	0.83
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	0.83
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	0.83
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	0.83
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.83
07225	OSCAR MAYER, Pork Sausage Links (cooked)	48.0	1.0 serving 2 links	0.83
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.82
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.82
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	0.82
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.82
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.82
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.82
10953	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.82
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.82
15094	Fish, shad, american, raw	85.0	3.0 oz	0.82
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.82
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.82

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.82
10952	Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.82
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.82
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.82
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.82
14181	Chocolate syrup	39.0	1.0 serving 2 tbsp	0.82
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.82
18170	Cookies, fig bars	28.35	1.0 oz	0.82
18047	Bread, raisin, enriched	28.35	1.0 oz	0.82
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.82
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.82
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.82
06455	Soup, scotch broth, canned, prepared with equal volume water	241.0	1.0 cup	0.82
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.82
07213	OSCAR MAYER, Ham (water added, baked cooked 96% fat free)	63.0	1.0 serving (3 slices)	0.82
16214	Vitasoy USA, Organic Nasoya Silken Tofu	91.0	0.2 package	0.82
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.82
07216	OSCAR MAYER, Ham (water added, smoked, cooked)	63.0	1.0 serving	0.82
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.82
20037	Rice, brown, long-grain, cooked	195.0	1.0 cup	0.82
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.82
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.82
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.82
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.82
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.82
28031	GIRL SCOUTS, Do-si-dos Cookies	24.0	2.0 cookies	0.82
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.82
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.82
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.82
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0.82
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.81
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.81
18264	English muffins, wheat	28.35	1.0 oz	0.81
18044	Bread, pumpernickel	28.35	1.0 oz	0.81
11457	Spinach, raw	30.0	1.0 cup	0.81
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.81

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.81
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	0.81
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.81
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	0.81
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	30.0	2.0 cookies	0.81
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	0.81
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.81
11601	Yam, raw	150.0	1.0 cup, cubes	0.81
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	0.81
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.81
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0.81
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.81
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.81
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.81
11970	Cabbage, napa, cooked	109.0	1.0 cup	0.81
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh, thigh without skin	0.81
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	0.81
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.81
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	0.81
18991	BARBARA DEE, Winter Mints Cookies	31.0	4.0 cookies	0.81
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.81
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.81
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	0.81
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	0.81
05687	Chicken, dark meat, drumstick, meat and skin, enhanced, braised	106.0	1.0 drumstick with skin	0.81
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.81
43369	Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.81
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.81
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.81
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted (formerly ROSS)	8.5	1.0 scoop	0.80
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted (formerly ROSS)	8.5	1.0 scoop	0.80
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.80
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.80

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.80
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.80
18060	Bread, rye	28.35	1.0 oz	0.80
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.80
17168	Goat, raw	28.35	1.0 oz	0.80
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0.80
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.80
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.80
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0.80
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.80
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.80
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	0.80
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	0.80
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	0.80
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.80
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.80
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.80
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.80
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0.80
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.80
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.80
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.80
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	0.80
03938	Infant formula, PBM PRODUCTS, store brand, powder (formerly WYETH-AYERST)	8.4	1.0 scoop	0.80
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.80
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	57.0	1.0 serving	0.80
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.80
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	0.80
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	0.80
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0.80
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA (formerly ROSS)	8.7	1.0 scoop	0.80
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.80

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.80
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.80
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.80
18025	Bread, cracked-wheat	28.35	1.0 oz	0.80
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	34.0	1.0 biscuit	0.80
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.79
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.79
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.79
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.79
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.79
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	0.79
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.79
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0.79
16272	Vitasoy USA Nasoya, Lite Silken Tofu	91.0	0.2 package	0.79
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder (formerly WYETH-AYERST)	8.7	1.0 scoop	0.79
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0.79
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.79
09446	Plantains, green, fried	118.0	1.0 cup	0.79
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.79
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.79
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.79
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.79
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.79
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.79
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.79
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.79
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.79
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.79
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.79
19871	Frozen novelties, No Sugar Added, FUDGESICLE pops	84.0	1.0 serving	0.79
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0.79
11875	Sweet potato, cooked, baked in skin, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.79
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.78
11298	Parsnips, raw	133.0	1.0 cup slices	0.78
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.0	4.0 cookies	0.78

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.78
07277	HORMEL SPAM, Lite Luncheon Meat, Pork and chicken, minced, canned, ascorbic acid added	56.0	1.0 serving 2 oz	0.78
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.78
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.78
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	0.78
19081	Candies, sweet chocolate	28.35	1.0 oz	0.78
17166	Game meat, elk, raw	28.35	1.0 oz	0.78
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.78
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.78
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.78
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.78
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.78
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.78
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.78
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.78
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.78
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.78
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	0.78
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.78
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.78
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.78
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	0.78
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.78
18150	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.78
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.78
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.78
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.78
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.78
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.78
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	0.78
09409	Pineapple juice, canned, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.78
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	0.78
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.78
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.77
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.77
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.77

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.77
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.77
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.77
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.77
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.77
10951	Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.77
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.77
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.77
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.77
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.77
07268	LOUIS RICH, Turkey Smoked Sausage	56.0	1.0 serving	0.77
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0.77
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	0.77
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.77
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.77
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.77
18036	Bread, Multi-Grain, toasted (includes whole-grain)	28.35	1.0 oz	0.77
06062	CAMPBELL'S, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	0.77
18349	Rolls, french	28.35	1.0 oz	0.77
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	0.77
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0.77
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.77
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	0.77
13360	Beef, cured, thin-sliced beef	28.35	1.0 oz	0.77
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.77
18039	Bread, oatmeal	28.35	1.0 oz	0.77
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.77
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.76
05719	Turkey, back, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.76
05724	Turkey, drumstick, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.76
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0.76
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.76
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.76
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.76
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.76
05694	Turkey, dark meat from whole, enhanced, meat only, raw	85.0	1.0 serving	0.76

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.76
05726	Turkey, thigh, from whole bird, enhanced, meat only, raw	85.0	3.0 serving	0.76
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	0.76
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.76
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.76
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.76
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.76
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.76
06066	Soup, turkey vegetable, canned, condensed	123.0	0.5 cup (4 fl oz)	0.76
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0.76
27021	CAMPBELL'S SELECT Soups, HEALTHY REQUEST Chicken with Egg Noodles	246.0	1.0 cup	0.76
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0.76
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.76
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.76
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	28.35	1.0 oz	0.76
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler	5.3	1.0 tbsp	0.76
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.76
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.76
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.76
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.76
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.76
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.76
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.76
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.76
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	0.76
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	0.76
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	0.76
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.76
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.75
18286	Muffins, wheat bran, toaster-type with raisins	28.35	1.0 oz	0.75
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.75
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.75
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.75
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.75
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.75
07233	OSCAR MAYER, Smokies (beef)	43.0	1.0 serving (1 link)	0.75

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.75
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.75
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.75
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.75
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.75
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.75
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	0.75
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	0.75
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	0.75
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.75
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.75
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.75
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.75
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.75
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.75
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	0.75
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.75
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.75
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	0.75
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.75
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.74
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.74
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.74
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0.74
21308	McDONALD'S, Chicken SELECTS Premium Breast Strips	124.0	3.0 pieces 4.4 oz	0.74
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.74
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	0.74
06035	Soup, escarole, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	0.74
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.74
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.74
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.74
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0.74
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.74
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted (formerly WYETH-AYERST)	31.4	1.0 fl oz	0.74

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted (formerly WYETH-AYERST)	31.4	1.0 fl oz	0.74
05680	Chicken, dark meat, drumstick, meat only, enhanced, cooked, braised	95.0	1.0 drumstick without skin	0.74
20420	Spaghetti, dry, unenriched	57.0	2.0 oz	0.74
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.74
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.74
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.74
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.74
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.74
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.74
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.74
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.74
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.74
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.74
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.74
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.74
21425	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	145.0	1.0 breast, without skin	0.74
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	0.74
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.74
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.74
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.74
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.74
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.74
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.74
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.74
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	73.0	1.0 thigh, without skin	0.74
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.74
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.74
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.74
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.74
21439	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.74
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.74
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.74
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	0.74
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	0.74

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.74
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0.74
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.74
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	15.0	16.0 crackers	0.74
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.73
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	0.73
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.73
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.73
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.73
27023	CAMPBELL'S SOUP AT HAND, 25% Less Sodium Classic Tomato	305.0	1.0 serving	0.73
06589	CAMPBELL'S SOUP AT HAND, Cream of Broccoli Soup	305.0	1.0 serving	0.73
06590	CAMPBELL'S SOUP AT HAND, Creamy Chicken Soup	305.0	1.0 serving	0.73
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.73
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.73
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.73
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	0.73
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.73
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.73
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.73
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.73
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.73
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.73
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.73
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.73
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.73
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.73
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0.73
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	0.73
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	0.73
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	0.73
07247	OSCAR MAYER, Wieners (light pork, turkey, beef)	57.0	1.0 serving	0.73
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	0.73
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	0.73
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	0.73
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	0.73
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	0.73

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	0.73
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	0.73
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.73
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.73
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.73
16278	Vitasoy USA Azumaya, Silken Tofu	91.0	0.2 package	0.73
09224	Tangerine juice, frozen concentrate, sweetened, undiluted	214.0	1.0 can (6 fl oz)	0.73
21435	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.73
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.73
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.73
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.73
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.73
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	0.73
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	0.72
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	0.72
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	0.72
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	0.72
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	0.72
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	0.72
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	29.0	3.0 cookies	0.72
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	0.72
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.72
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0.72
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.72
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.72
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.72
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.72
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.72
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.72
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.72
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.72
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.72
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	0.72

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate (formerly ROSS)	31.4	1.0 fl oz	0.72
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	0.72
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate (formerly ROSS)	31.4	1.0 fl oz	0.72
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.72
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.72
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.72
18634	PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough	34.0	1.0 serving	0.72
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	0.72
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.72
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.72
18971	Bread, potato	32.0	1.0 slice	0.72
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	0.72
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.72
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.72
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.72
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	0.72
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	0.72
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.72
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.72
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.72
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.72
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.72
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.72
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0.72
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.72
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.72
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	126.0	1.0 serving 1/ 2 cup	0.72
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	0.72
06370	CAMPBELL'S Red and White, Pepper Pot Soup, condensed	126.0	1.0 serving 1/2 cup	0.72
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	0.72
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	126.0	0.5 cup	0.72

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
06362	CAMPBELL'S Red and White, Hearty Vegetable with Pasta Soup, condensed	126.0	1.0 serving 1/2 cup	0.72
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	126.0	1.0 serving 1/2 cup	0.72
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.72
06346	CAMPBELL'S Red and White, Curly Noodle Soup, condensed	126.0	1.0 serving 1/2 cup	0.72
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	0.72
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	0.72
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	126.0	1.0 serving 1/2 cup	0.72
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0.72
06360	CAMPBELL'S Red and White, GOLDFISH Pasta with Meatballs in Chicken Broth Soup, condensed	126.0	1.0 serving 1/2 cup	0.72
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	0.72
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	0.72
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	126.0	1.0 serving 1/2 cup	0.72
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0.72
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.72
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.72
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.72
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.72
28298	Cookies, brownies, commercially prepared, reduced fat	36.0	1.0 brownie 1 serving	0.72
22952	SWANSON, Chicken and Dumplings	247.0	1.0 cup (1 serving)	0.72
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.72
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.72
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.72
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	130.0	0.5 cup	0.72
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.72
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.72
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.72
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.72
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.72
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.72
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.72
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.72
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.72
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.71
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.71
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.71
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.71

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
21430	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.71
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.71
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.71
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.71
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.71
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.71
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0.71
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.71
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.71
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.71
14609	V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	238.0	1.0 serving	0.71
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.71
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.71
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.71
14633	Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.71
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	0.71
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	0.71
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.71
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.71
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.71
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.71
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.71
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	0.71
27018	CAMPBELL'S SELECT Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	245.0	1.0 cup	0.71
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	245.0	1.0 cup	0.71
06529	CAMPBELL'S SELECT Soup, 98% Fat Free New England Clam Chowder	245.0	1.0 cup	0.71
06535	CAMPBELL'S SELECT Soup, Creamy Chicken Alfredo Soup	245.0	1.0 cup	0.71
06542	CAMPBELL'S SELECT Soup, Mediterranean Meatball w/Bowtie Pasta Soup	245.0	1.0 cup	0.71
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	245.0	1.0 cup	0.71
06421	CAMPBELL'S CHUNKY Soups, Herb Roasted Chicken with Potatoes & Garlic Soup	245.0	1.0 cup	0.71
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	245.0	1.0 cup	0.71
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	245.0	1.0 cup	0.71
06507	CAMPBELL'S SELECT Gold Label Soups, Blended Red Pepper Black Bean Soup	245.0	1.0 cup	0.71
06531	CAMPBELL'S SELECT Soup, Beef with Roasted Barley Soup	245.0	1.0 cup	0.71
06578	CAMPBELL'S SELECT Soup, Tomato Garden Soup	245.0	1.0 cup	0.71

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	245.0	1.0 cup	0.71
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	245.0	1.0 cup	0.71
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	245.0	1.0 serving	0.71
06580	CAMPBELL'S SELECT Soup, Vegetable Medley Soup	245.0	1.0 cup	0.71
06424	CAMPBELL'S CHUNKY Soups, Honey Roasted Ham with Potatoes Soup	245.0	1.0 cup	0.71
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	245.0	1.0 cup	0.71
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	0.71
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	0.71
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.71
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.71
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.71
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.71
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.71
18035	Bread, Multi-Grain (includes whole-grain)	28.35	1.0 oz	0.71
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.71
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.71
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.71
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.71
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0.71
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.71
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.71
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.71
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.71
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.71
01113	Whey, acid, dried	57.0	1.0 cup	0.71
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.71
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.71
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	0.71
05700	Turkey, enhanced, dark meat from whole, meat and skin, raw	85.0	3.0 oz	0.71
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.71
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.71
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.71
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.71
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	0.70
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 piece	0.70
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.70

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.70
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.70
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.70
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	0.70
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	0.70
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.70
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.70
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.70
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0.70
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	0.70
20521	Spaghetti, cooked, unenriched, with added salt	140.0	1.0 cup	0.70
20400	Macaroni, cooked, unenriched	140.0	1.0 cup elbow shaped	0.70
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0.70
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	0.70
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.70
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.70
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.70
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.70
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.70
10000	Pork, fresh, enhanced, composite of separable fat, cooked	85.0	3.0 oz	0.70
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.70
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.70
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.70
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.70
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.70
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.70
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.70
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.70
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	0.70
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	0.70
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	0.70
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.70
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0.69
18266	English muffins, whole-wheat	28.35	1.0 oz	0.69
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.69
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.69

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
36030	DENNY'S, hash browns	124.0	1.0 serving	0.69
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	0.69
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	136.0	1.0 breast, without skin	0.69
21140	Side dishes, potato salad	95.0	0.333 cup	0.69
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	0.69
18214	Crackers, cheese, regular	14.2	0.5 oz	0.69
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.69
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.69
07210	OSCAR MAYER, Chicken Breast (oven roasted, fat free)	52.0	1.0 serving	0.69
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.69
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	0.69
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	22.0	1.0 portion (2-3 heaping tsp)	0.69
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	0.69
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	0.69
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	0.69
18106	Coffeecake, fruit	28.35	1.0 oz	0.69
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.69
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.69
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.69
05707	Turkey, whole, enhanced, meat and skin, roasted	85.0	3.0 oz	0.69
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.69
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	85.0	3.0 oz	0.69
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.69
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.69
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.69
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.69
01035	Cheese, provolone	132.0	1.0 cup, diced	0.69
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.69
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.69
42188	Frankfurter, beef and pork, low fat	57.0	1.0 frankfurter	0.68
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0.68
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.68
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	129.0	1.0 breast, without skin	0.68
10950	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	134.0	1.0 chop	0.68
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.68
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	0.68

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.68
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.68
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	0.68
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.68
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.68
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.68
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.68
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.68
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.68
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.68
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.68
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.68
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.68
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.68
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.68
13350	Beef, cured, dried	28.0	10.0 slices	0.68
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.68
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.68
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.68
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.68
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.68
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	26.0	3.0 cookies	0.68
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	0.68
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	0.68
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.68
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.68
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.68
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	0.68
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.68
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	0.68
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.67
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.67
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.67
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.67
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.67
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.67

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217.0	1.5 cup	0.67
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.67
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	0.67
28137	KEEBLER, TOASTEDS, Wheat Crackers	16.0	5.0 crackers	0.67
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0.67
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	0.67
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	0.67
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.67
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.67
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.67
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.67
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.67
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.67
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.67
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.67
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	0.67
10947	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, cooked, broiled	134.0	1.0 chop	0.67
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0.67
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.67
43584	Cereals ready-to-eat, amaranth flakes	38.0	1.0 cup	0.67
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron	16.0	1.0 tbsp	0.67
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	0.67
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	0.67
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.67
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	0.67
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	0.67
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.67
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.67
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.67
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.67
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.67
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.67
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.67
07245	OSCAR MAYER, Wieners (cheese hot dogs with turkey)	45.0	1.0 serving	0.67
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	0.66
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	0.66

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.66
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.66
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.66
11090	Broccoli, raw	91.0	1.0 cup chopped	0.66
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	0.66
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.66
05744	Turkey, back, from whole bird, enhanced, meat and skin, raw	85.0	3.0 oz	0.66
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	0.66
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.66
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.66
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.66
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.66
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.66
07261	LOUIS RICH, Turkey Breast (Smoked, Carving Board)	45.0	1.0 serving	0.66
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.66
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.66
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.66
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.66
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.66
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.66
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.66
21247	WENDY'S, French Fries	71.0	1.0 kid's meal Serving	0.66
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.66
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.66
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	0.66
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.66
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.66
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.66
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.66
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.66
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.66
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.66
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	0.66
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.66
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	0.66
20106	Macaroni, vegetable, cooked, enriched	134.0	1.0 cup spiral shaped	0.66

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0.66
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.66
07080	Turkey ham, cured turkey thigh meat	28.0	0.99 oz 1 serving	0.66
21052	Fast foods, salad, vegetable, tossed, without dressing	104.0	0.75 cup	0.66
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.65
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.65
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.65
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.65
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.65
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.65
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.65
05662	Ground Turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.65
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.65
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.65
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.65
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.65
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.65
11986	Malabar spinach, cooked	44.0	1.0 cup	0.65
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	0.65
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	0.65
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	30.0	1.0 piece (1/8 of 9" crust)	0.65
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.65
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.65
11203	Cress, garden, raw	50.0	1.0 cup	0.65
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	0.65
20094	Pasta, fresh-refrigerated, plain, cooked	57.0	2.0 oz	0.65
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.65
07042	Luncheon meat, beef, loaved	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.65
07206	OSCAR MAYER. Bologna (Wisconsin made ring)	56.0	1.0 serving	0.65
11003	Amaranth leaves, raw	28.0	1.0 cup	0.65
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.65
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.65
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.65
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0.65
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.65
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.65

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11147	Chard, swiss, raw	36.0	1.0 cup	0.65
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.65
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.65
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.65
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.65
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	0.65
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.65
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.65
31023	Sweet Potatoes, french fried, frozen, unprepared	85.0	3.0 oz	0.65
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.65
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.64
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.64
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.64
09296	Quinces, raw	92.0	1.0 fruit without refuse	0.64
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.64
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.64
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.64
19415	Snacks, potato sticks	28.35	1.0 oz	0.64
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.64
11005	Arrowhead, raw	25.0	1.0 large	0.64
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.64
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.64
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0.64
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0.64
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.64
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.64
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.64
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0.64
14169	Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.64
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.64
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.64
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.64
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	0.64
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	0.64
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.64
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.64

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.64
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.64
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.64
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.64
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.64
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.64
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.64
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.64
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.64
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.64
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.64
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.63
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.63
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.63
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.63
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0.63
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.63
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.63
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.63
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	0.63
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.63
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.63
11520	Taro leaves, raw	28.0	1.0 cup	0.63
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	0.63
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	0.63
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.63
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	0.63
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	0.63
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.63
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.63
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.63
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.63
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.63
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.63
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.63
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.63

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.63
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.63
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.63
06012	Soup, chicken with dumplings, canned, condensed	123.0	0.5 cup (4 fl oz)	0.63
07262	LOUIS RICH, Turkey Breast (smoked, portion fat free)	56.0	1.0 serving	0.63
06412	Soup, chicken with dumplings, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.63
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.63
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	0.63
18213	Cookies, vanilla wafers, higher fat	28.35	1.0 oz	0.63
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.63
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.63
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0.63
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0.63
22971	Potato salad with egg	125.0	0.5 cup	0.62
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.62
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.62
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.62
06183	Soup, chicken broth, canned, less/reduced sodium	240.0	1.0 cup	0.62
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.62
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	0.62
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.62
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.62
09316	Strawberries, raw	152.0	1.0 cup, halves	0.62
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	0.62
19065	Candies, ALMOND JOY Candy Bar	49.0	1.0 package 1.76 oz	0.62
07258	LOUIS RICH, Turkey (honey roasted, fat free)	56.0	1.0 serving	0.62
07260	LOUIS RICH, Turkey Breast (oven roasted, portion fat free)	56.0	1.0 serving	0.62
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.62
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0.62
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.62
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.62
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.62
18456	Cookies, oatmeal, commercially prepared, fat-free	28.35	1.0 oz	0.62
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	0.62
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.62
05219	Turkey, breast, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	0.62

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.62
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.62
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.62
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.62
05227	Turkey, wing, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	0.62
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.62
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.62
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.62
11278	Okra, raw	100.0	1.0 cup	0.62
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.62
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.62
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.62
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.62
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	0.62
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	0.62
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	0.62
05292	Turkey patties, breaded, battered, fried	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.62
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.62
07037	Kielbasa, kolbassy, pork, beef, nonfat dry milk added	75.0	1.0 link	0.61
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0.61
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	0.61
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	21.0	0.125 crust 1 serving (from 9" shell)	0.61
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	0.61
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.61
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	0.61
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	0.61
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.61
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.61
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.61
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.61
18241	Croissants, cheese	28.35	1.0 oz	0.61
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	0.61
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	0.61
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	0.61
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.61
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	0.61

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.61
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.61
07224	OSCAR MAYER, Pickle Pimiento Loaf (with chicken)	28.0	1.0 serving	0.61
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.61
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.61
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.61
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.61
09021	Apricots, raw	155.0	1.0 cup, halves	0.60
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.60
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.60
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.60
05228	Turkey, wing, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	0.60
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.60
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.60
05220	Turkey, breast, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	0.60
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.60
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.60
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.60
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.60
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.60
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.60
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.60
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.60
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.60
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0.60
28255	KEEBLER, ZESTA, Export Sodas Crackers	14.0	3.0 crackers	0.60
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.60
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	0.60
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0.60
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.60
20027	Cornstarch	128.0	1.0 cup	0.60
01090	Milk, dry, whole, with added vitamin D	128.0	1.0 cup	0.60
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.60
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.60
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.60
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.60

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
21268	TACO BELL, Nachos	80.0	1.0 serving	0.60
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	0.60
28283	KEEBLER, ZESTA, Saltines, Original	15.0	5.0 crackers	0.60
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.60
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.60
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.60
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0.60
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.60
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	0.60
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.60
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.60
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.60
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.60
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.60
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.60
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.60
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.60
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.60
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.60
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.60
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.60
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.60
18021	Bread, boston brown, canned	28.35	1.0 oz	0.60
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.60
14651	Fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.60
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.60
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.60
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.60
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.60
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0.59
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.59
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.59
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	79.0	1.0 serving 1 cone	0.59
14648	Fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.59
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0.59
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.59

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0.59
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.59
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.59
43483	Millet, puffed	21.0	1.0 cup	0.59
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.59
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.59
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.59
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.59
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.59
09164	Litchis, raw	190.0	1.0 cup	0.59
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	0.59
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	0.59
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	0.59
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	0.59
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.59
06499	Soup, tomato vegetable, dry, mix, prepared with water	245.0	1.0 cup 8 fl oz	0.59
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	0.59
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.59
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.59
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.59
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.59
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.59
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.59
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.59
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.59
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.59
09040	Bananas, raw	225.0	1.0 cup, mashed	0.58
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	0.58
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.58
11352	Potato, flesh and skin, raw	75.0	0.5 cup, diced	0.58
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	0.58
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.58
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.58
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.58
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	15.0	5.0 crackers	0.58
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0.58

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0.58
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0.58
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.58
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.58
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.58
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.58
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.58
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	0.58
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	0.58
18242	Croutons, plain	14.2	0.5 oz	0.58
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	65.0	1.0 wing, wing with skin	0.58
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.58
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.58
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.58
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.58
05745	Turkey, back, from whole bird, enhanced, meat and skin, roasted	85.0	3.0 oz	0.58
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.58
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0.58
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.58
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	0.58
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.58
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	0.58
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.58
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	0.58
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.58
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.58
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.58
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	0.58
06979	Adobo fresco	18.0	1.0 tbsp	0.58
07249	LOUIS RICH, Chicken Breast Classic Baked /Grill (carving board)	45.0	1.0 serving	0.58
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.58
18239	Croissants, butter	28.35	1.0 oz	0.58
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0.58
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	0.58
16542	MORNINGSTAR FARMS Veggie Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	0.57
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	0.57

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	0.57
18237	Cream puffs, prepared from recipe, shell (includes eclair)	28.35	1.0 oz	0.57
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.57
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.57
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.57
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.57
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	0.57
07068	Salami, cooked, beef	26.0	1.0 slice	0.57
11518	Taro, raw	104.0	1.0 cup, sliced	0.57
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.57
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.57
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.57
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	0.57
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.57
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	68.0	1.0 serving 1/2 cup	0.57
11976	Pepper, banana, raw	124.0	1.0 cup	0.57
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.57
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.57
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.57
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.57
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.57
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.57
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.57
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	0.57
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.57
05706	Turkey, whole, enhanced, meat and skin, raw	85.0	3.0 oz	0.57
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.57
21238	McDONALD'S, French Fries	71.0	1.0 small serving	0.57
01005	Cheese, brick	132.0	1.0 cup, diced	0.57
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.57
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.57
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.57
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	63.0	1.0 wing, with skin	0.57
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.57
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.57
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.57

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	0.57
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.57
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	0.57
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.57
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.57
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	0.57
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	0.56
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.56
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	0.56
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.56
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.56
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.56
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.56
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.56
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.56
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.56
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.56
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.56
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.56
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.56
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.56
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.56
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.56
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.56
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.56
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.56
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.56
21129	Fast foods, hush puppies	22.0	1.0 piece	0.56
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter 1	0.56
07930	Yachtwurst, with pistachio nuts, cooked	56.0	1.0 serving 2 oz	0.56
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.56
43129	Fish sticks, meatless	28.0	1.0 stick	0.56
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.56
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.56
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.56
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.56

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.56
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.56
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.56
15212	Fish, salmon, pink, cooked, dry heat	124.0	0.5 fillet	0.56
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.56
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.56
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	0.56
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.56
14318	Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.56
11134	Cassava, raw	206.0	1.0 cup	0.56
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.56
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.56
08022	Cereals ready-to-eat, corn flakes, low sodium	25.0	1.0 cup	0.56
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	0.56
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.55
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.55
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.55
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.55
20061	Rice flour, white	158.0	1.0 cup	0.55
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.55
15044	Fish, ling, raw	85.0	3.0 oz	0.55
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.55
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.55
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.55
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.55
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.55
14168	Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0.55
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter 1	0.55
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	0.55
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.55
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.55
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.55
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	0.55
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	0.55
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0.55
09082	Cranberry-orange relish, canned	275.0	1.0 cup	0.55

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.55
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.55
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.55
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.55
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.55
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving 5 fl oz	0.55
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.55
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.55
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.55
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.55
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	0.55
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0.55
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	0.55
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	0.55
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.55
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.55
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	21.0	0.125 crust	0.55
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.55
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.55
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.54
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.54
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.54
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.54
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.54
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.54
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.54
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.54
05704	Turkey, whole, enhanced, meat only, raw	85.0	3.0 oz	0.54
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.54
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.54
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.54
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	0.54
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.54
07228	OSCAR MAYER, Salami (for beer)	46.0	1.0 serving 2 slices	0.54
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	0.54
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0.54

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.54
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.54
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.54
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.54
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.54
01030	Cheese, muenster	132.0	1.0 cup, diced	0.54
21249	BURGER KING, French Fries	74.0	1.0 small serving	0.54
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	0.54
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.54
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.54
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	0.54
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	45.0	1.0 serving 1.58 oz bag	0.54
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.54
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.54
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.54
11241	Kohlrabi, raw	135.0	1.0 cup	0.54
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.54
21437	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	65.0	1.0 wing, with skin	0.54
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.54
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.54
09445	Kiwifruit, gold, raw	186.0	1.0 cup, sliced	0.54
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0.54
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.54
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.54
01159	Cheese, goat, soft type	28.35	1.0 oz	0.54
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.54
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.54
21489	Salad, grape and apple with yogurt and candied walnuts	163.0	1.0 item	0.54
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	0.54
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.54
21441	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.54
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.54
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.54
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.54
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.54
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.54

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.54
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.53
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.53
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.53
01156	Cheese, goat, hard type	28.35	1.0 oz	0.53
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.53
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	0.53
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	14.0	3.0 crackers	0.53
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	0.53
06500	Soup, vegetable beef, dry, mix, prepared with water	253.0	1.0 cup 8 fl oz	0.53
21387	BURGER KING, Hash Brown Rounds	77.0	1.0 serving small	0.53
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	0.53
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	0.53
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter 1	0.53
02039	Spices, savory, ground	1.4	1.0 tsp	0.53
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.53
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.53
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.53
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.53
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.53
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup (8 fl oz)	0.53
11937	Pickles, cucumber, dill or kosher dill	143.0	1.0 cup, chopped or diced	0.53
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.53
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	44.0	1.0 serving 5 pieces	0.53
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.53
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.53
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.53
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.53
07024	Frankfurter, chicken	45.0	1.0 link	0.53
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.53
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	0.53
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.53
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.53
28033	GIRL SCOUTS, Tagalongs Cookies	25.0	2.0 cookies	0.52
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	0.52
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.52

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.52
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.52
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.52
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.52
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.52
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.52
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.52
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.52
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.52
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.52
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	0.52
07240	OSCAR MAYER, Wieners (pork, turkey)	45.0	1.0 serving (1 link)	0.52
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.52
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.52
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.52
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.52
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.52
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.52
07921	Bacon and beef sticks	28.0	1.0 oz	0.52
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.52
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.52
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.52
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.52
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.52
13801	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.52
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.52
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.52
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.52
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.52
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.52
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	3.5 oz 1 serving	0.52
07023	Frankfurter, beef and pork	45.0	1.0 frankfurter	0.52
15110	Fish, swordfish, raw	136.0	1.0 piece (4-1/2" x 2-1/8" x 7/8")	0.52
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.52
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	0.52
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.52

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.52
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	0.51
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.51
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.51
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.51
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.51
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.51
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.51
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.51
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.51
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.51
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.51
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.51
06963	Fish broth	244.0	1.0 cup	0.51
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.51
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	0.51
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.51
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	0.51
18245	Danish pastry, cheese	28.35	1.0 oz	0.51
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.51
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.51
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0.51
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.51
18092	Cake, carrot, dry mix, pudding-type	28.35	1.0 oz	0.51
05703	Turkey from whole, enhanced, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.51
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	0.51
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.51
05682	Chicken, dark meat, thigh, meat only, enhanced, raw	85.0	3.0 oz	0.51
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.51
18223	Crackers, milk	14.2	0.5 oz	0.51
01057	Eggnog	254.0	1.0 cup	0.51
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.51
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.51
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.51
11963	Nopales, raw	86.0	1.0 cup, sliced	0.51
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.51

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.51
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.51
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.51
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.51
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	0.50
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0.50
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	0.50
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.50
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	14.0	3.0 crackers	0.50
10857	HORMEL Canadian Style Bacon	56.0	1.0 serving	0.50
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.50
07276	HORMEL SPAM, Luncheon Meat, pork with ham, minced, canned	56.0	1.0 serving 2 oz	0.50
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0.50
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0.50
28232	MURRAY, Vanilla Sugar Wafer	28.0	5.0 cookies	0.50
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.50
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.50
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.50
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.50
07232	OSCAR MAYER, Smokie Links Sausage	43.0	1.0 serving	0.50
07229	OSCAR MAYER, Salami (Genoa)	27.0	1.0 serving 3 slices	0.50
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.50
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.50
17078	Lamb, New Zealand, imported, frozen, loin, separable lean only, raw	28.35	1.0 oz	0.50
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.50
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.50
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.50
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	0.50
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.50
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.50
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.50
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.50
05709	Turkey, retail parts, enhanced, breast, meat only, cooked, roasted	85.0	3.0 oz	0.50
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	0.50
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.50
07200	OSCAR MAYER, Bologna (chicken, pork, beef)	28.0	1.0 serving	0.50

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.50
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.50
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.50
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.50
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.50
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0.50
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.50
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.50
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.50
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0.50
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.50
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.50
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.50
09206	Orange juice, raw	248.0	1.0 cup	0.50
28099	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Mint	31.0	1.0 cookie	0.50
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0.50
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.50
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.49
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	0.49
09123	Grapefruit juice, white, canned, unsweetened	247.0	1.0 cup	0.49
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0.49
09221	Tangerine juice, raw	247.0	1.0 cup	0.49
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.49
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	0.49
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.49
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.49
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.49
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.49
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.49
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.49
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.49
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.49
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.49
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	0.49
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.49
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.49

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.49
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.49
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.49
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.49
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.49
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.49
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.49
16584	GARDENBURGER, Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	0.49
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.49
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.49
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.49
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.49
02017	Spices, dill weed, dried	1.0	1.0 tsp	0.49
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.49
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.49
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0.49
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.49
07223	OSCAR MAYER, Olive Loaf (chicken, pork, turkey)	28.0	1.0 serving	0.49
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.49
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.49
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.49
02028	Spices, paprika	2.3	1.0 tsp	0.49
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	0.49
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.49
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.48
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.48
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.48
05691	Chicken, dark meat, thigh, meat and skin, enhanced, raw	85.0	3.0 oz	0.48
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.48
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.48
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.48
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.48
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.48
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.48
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.48
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.48

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.48
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	21.0	0.125 crust 9" crust	0.48
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.48
21026	Fast foods, potatoes, hashed brown	72.0	0.5 cup	0.48
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.48
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.48
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.48
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	0.48
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.48
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.48
11154	Chicory roots, raw	60.0	1.0 root	0.48
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240.0	8.0 fl oz (approximate weight, 1 serving)	0.48
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	16.0	2.0 crackers	0.48
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.48
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.48
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.48
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.48
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.48
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.48
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	0.48
14317	Malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.48
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.48
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.48
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.48
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.48
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.48
15111	Fish, swordfish, cooked, dry heat	106.0	1.0 piece	0.48
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	0.48
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.48
17074	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, raw	28.35	1.0 oz	0.48
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.48
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.48
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.48
07079	Turkey breast, sliced, oven roasted, luncheon meat	33.0	1.0 serving	0.48
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.47
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0.47

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.47
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.47
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.47
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.47
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.47
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.47
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.47
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.47
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.47
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.47
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.47
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	0.47
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.47
14042	Beverages, fortified low calorie fruit juice beverage	473.0	16.9 fl oz	0.47
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.47
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0.47
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.47
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.47
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.47
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.47
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.47
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.47
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.47
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	0.47
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.47
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.47
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.47
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.47
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0.47
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.47
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.47
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.47
05720	Turkey, back, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.47
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 lb	0.47
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.47
05697	Turkey from whole, enhanced, light meat, meat only, cooked, roasted	85.0	1.0 serving	0.47

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.47
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.47
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.47
05718	Turkey, breast, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.47
05730	Turkey, wing, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.47
11965	Cauliflower, green, raw	64.0	1.0 cup	0.47
02009	Spices, chili powder	2.7	1.0 tsp	0.47
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.47
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.47
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.47
09107	Gooseberries, raw	150.0	1.0 cup	0.46
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	31.0	1.0 cookie	0.46
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	0.46
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.46
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0.46
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.46
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.46
19872	Frozen novelties, Fat Free FUDGESICLE bars	51.0	1.0 serving 1 pop	0.46
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.46
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.46
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.46
06495	Soup, oxtail, dry, mix, prepared with water	244.0	1.0 cup	0.46
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.46
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0.46
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.46
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.46
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.46
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.46
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.46
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.46
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.46
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.46
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.46
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0.46
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.46
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	0.46

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.46
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	0.46
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0.46
07234	OSCAR MAYER, Smokies (cheese)	43.0	1.0 serving	0.46
07246	OSCAR MAYER, Wieners (fat free hot dogs)	50.0	1.0 serving	0.46
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.46
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.46
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.46
18117	Cake, marble, dry mix, pudding-type	28.35	1.0 oz	0.46
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.46
07267	LOUIS RICH, Turkey Salami Cotto	28.0	1.0 serving	0.46
13498	Beef, ground, 70% lean meat / 30% fat, raw	28.0	1.0 ounce	0.46
07255	LOUIS RICH, Turkey Bologna	28.0	1.0 serving	0.46
05696	Turkey from whole, enhanced, light meat, meat only, raw	85.0	1.0 serving	0.46
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.46
05721	Turkey, breast, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.46
05729	Turkey, wing, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.46
05702	Turkey from whole, enhanced, light meat, meat and skin, raw	85.0	3.0 oz	0.46
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.46
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.46
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.46
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.46
19411	Snacks, potato chips, plain, salted	28.35	1.0 oz	0.46
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.46
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.46
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.46
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.46
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.46
07218	OSCAR MAYER, Head Cheese	28.0	1.0 serving	0.46
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.46
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.46
06493	Soup, mushroom, dry, mix, prepared with water	253.0	1.0 cup	0.46
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.45
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.45
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.45
17258	Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.45

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
12071	Nuts, almond paste	28.35	1.0 oz	0.45
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.45
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	0.45
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.45
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.45
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.45
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.45
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.45
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.45
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.45
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.45
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.45
14631	Beverage, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.45
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.45
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.45
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.45
17316	Lamb, Australian, imported, fresh, rib, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.45
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.45
17260	Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.45
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.45
07019	Chorizo, pork and beef	28.35	1.0 oz	0.45
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.45
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.45
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.45
15090	Fish, scup, raw	85.0	3.0 oz	0.45
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	30.0	2.0 cookies	0.45
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.45
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.45
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.45
18217	Crackers, matzo, plain	14.2	0.5 oz	0.45
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.45
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.45
17072	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, raw	28.35	1.0 oz	0.45
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.45
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.45
09287	Prickly pears, raw	149.0	1.0 cup	0.45

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.45
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.45
17070	Lamb, New Zealand, imported, frozen, foreshank, separable lean only, raw	28.35	1.0 oz	0.45
17082	Lamb, New Zealand, imported, frozen, rib, separable lean only, raw	28.35	1.0 oz	0.45
18142	Cake, yellow, dry mix, pudding-type	28.35	1.0 oz	0.45
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.45
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	0.44
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.44
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0.44
07251	LOUIS RICH, Chicken (white, oven roasted)	28.0	1.0 serving	0.44
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.44
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.44
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.44
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.44
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	0.44
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.44
17076	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, raw	28.35	1.0 oz	0.44
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.44
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	0.44
17224	Lamb, ground, raw	28.35	1.0 oz	0.44
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.44
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.44
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	0.44
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.44
02066	Spearmint, dried	0.5	1.0 tsp	0.44
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.44
17254	Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.44
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.44
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.44
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.44
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.44
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.44
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	0.44
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	0.44
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	0.44
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	0.44

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	0.44
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	0.43
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA (formerly ROSS)	30.8	1.0 fl oz	0.43
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	31.0	4.0 cookies	0.43
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.43
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.43
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.43
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.43
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0.43
18196	Cookies, brownies, dry mix, special dietary	28.35	1.0 oz	0.43
21431	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.43
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.43
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	39.0	1.0 package 1.375 oz	0.43
09139	Guavas, common, raw	165.0	1.0 cup	0.43
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.43
09143	Guava sauce, cooked	238.0	1.0 cup	0.43
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.43
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0.43
07217	OSCAR MAYER, Ham (40% ham/water product, smoked, fat free)	47.0	1.0 serving	0.43
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.43
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.43
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	0.43
07926	Salami, Italian, pork	28.0	1.0 oz	0.43
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.43
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.43
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.43
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.43
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.43
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	0.42
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.42
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.42
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.42
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	50.0	1.0 serving 1.76 oz bar	0.42
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.42

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.42
16112	Miso	17.0	1.0 tbsp	0.42
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.42
17068	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, raw	28.35	1.0 oz	0.42
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.42
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.42
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.42
17256	Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.42
20003	Arrowroot flour	128.0	1.0 cup	0.42
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.42
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	0.42
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.42
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	0.42
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.42
21127	Fast foods, coleslaw	191.0	1.0 cup	0.42
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.42
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.42
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.42
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	28.0	4.0 cookies	0.42
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	0.42
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	0.42
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.42
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.42
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	20.0	1.0 pouch	0.42
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	14.0	3.0 crackers	0.42
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.42
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.42
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.42
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.42
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.42
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.42
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.42
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	71.0	1.0 serving 1/2 cup	0.42
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.42
09174	Loquats, raw	149.0	1.0 cup, cubed	0.42
07025	Frankfurter, turkey	28.35	1.0 oz	0.42

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.42
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.42
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.42
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.42
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.42
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.42
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	0.42
28268	KEEBLER, Sugar Cones	13.0	1.0 cone	0.42
21426	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.42
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.42
07971	Bologna, meat and poultry	33.0	1.0 slice	0.42
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed (formerly ROSS)	31.0	1.0 fl oz	0.42
09050	Blueberries, raw	148.0	1.0 cup	0.41
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.41
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	0.41
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	0.41
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	0.41
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	0.41
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.41
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.41
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.41
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	0.41
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	37.0	1.0 serving 1.30 oz bar	0.41
02075	Seasoning mix, dry, taco, original	5.7	2.0 tsp	0.41
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0.41
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.41
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber (formerly ROSS)	31.0	1.0 fl oz	0.41
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.41
18171	Cookies, fortune	28.35	1.0 oz	0.41
18202	Cookies, sugar wafers with creme filling, special dietary	28.35	1.0 oz	0.41
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.41
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.41
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	0.41
19366	Toppings, pineapple	340.0	1.0 cup	0.41
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	40.0	1.0 serving 1.42 oz bar	0.41
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.41

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	0.41
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.41
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.41
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.41
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.41
17086	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.41
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.41
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0.40
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	47.0	1.0 serving 1.6 oz bag	0.40
21386	BURGER KING, French Toast Sticks	21.0	1.0 stick	0.40
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.40
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.40
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	0.40
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.40
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.40
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.40
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.40
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.40
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.40
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.40
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.40
18243	Croutons, seasoned	14.2	0.5 oz	0.40
09191	Nectarines, raw	143.0	1.0 cup slices	0.40
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.40
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0.40
07239	OSCAR MAYER, Turkey Breast (smoked, fat free)	52.0	1.0 serving 4 slices	0.40
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.40
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.40
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.40
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0.40
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.40
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	40.0	1.0 package	0.40
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.40
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.40

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	0.40
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.40
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.40
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.40
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.40
20133	Rice noodles, dry	57.0	2.0 oz	0.40
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.40
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.40
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.40
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.40
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.40
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.40
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.40
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.40
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.40
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.40
07050	Mortadella, beef, pork	28.35	1.0 oz	0.40
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.40
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.40
21401	Fast foods, chicken tenders	62.0	4.0 pieces	0.40
09077	Crabapples, raw	110.0	1.0 cup slices	0.40
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	0.40
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.40
11429	Radishes, raw	116.0	1.0 cup slices	0.39
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.39
17080	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, raw	28.35	1.0 oz	0.39
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.39
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.39
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.39
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.39
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	0.39
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	0.39
21433	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.39
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.39
21323	McDONALD'S, Sausage Patty	43.0	1.5 oz	0.39
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.39

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.39
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.39
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.39
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.39
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.39
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.39
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.39
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.39
03210	Babyfood, cereal, rice, with mixed fruit, junior	15.0	1.0 tbsp	0.39
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.39
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.39
11564	Turnips, raw	130.0	1.0 cup, cubes	0.39
07205	OSCAR MAYER, Bologna Light (pork, chicken, beef)	28.0	1.0 serving (1 slice)	0.39
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.39
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.39
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.39
07007	Bologna, beef	30.0	1.0 slice	0.39
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.39
18224	Crackers, rusk toast	14.2	0.5 oz	0.39
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.39
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0.39
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.39
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.39
18135	Cake, white, dry mix, pudding-type, enriched	28.35	1.0 oz	0.39
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.39
17264	Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.39
09236	Peaches, raw	154.0	1.0 cup slices	0.38
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.38
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0.38
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	120.0	1.0 cup	0.38
11124	Carrots, raw	128.0	1.0 cup chopped	0.38
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	120.0	1.0 cup	0.38
18218	Crackers, matzo, egg	14.2	0.5 oz	0.38
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.38
17084	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.38
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.38

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	0.38
18197	Cookies, brownies, dry mix, special dietary, prepared	28.35	1.0 oz	0.38
07082	Turkey roll, light and dark meat	28.35	1.0 oz	0.38
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.38
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	0.38
42284	Babyfood, baked product, finger snacks cereal	1.7	1.0 cookie	0.38
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.38
19093	Candies, SYMPHONY Milk Chocolate Bar	42.0	1.0 bar 1.5 oz	0.38
02015	Spices, curry powder	2.0	1.0 tsp	0.38
19075	Candies, CARAMELLO Candy Bar	35.0	1.0 bar 1.25 oz	0.38
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.38
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0.38
17314	Lamb, Australian, imported, fresh, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.38
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.38
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.38
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.38
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.38
21428	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.38
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.38
07221	OSCAR MAYER, Luncheon Loaf (spiced)	28.0	1.0 serving	0.38
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.38
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0.38
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	0.38
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.38
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.38
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.37
07061	Mother's loaf, pork	28.35	1.0 oz	0.37
19003	Snacks, corn-based, extruded, chips, plain	28.35	1.0 oz	0.37
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.37
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.37
10949	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.37
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	0.37
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.37
10948	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.37

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.37
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.37
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.37
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.37
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	31.0	2.0 cookies	0.37
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0.37
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.37
18453	Cake, yellow, dry mix, light	28.35	1.0 oz	0.37
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.37
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50.0	10.0 strips	0.37
09326	Watermelon, raw	154.0	1.0 cup, balls	0.37
07222	OSCAR MAYER, Old Fashioned Loaf	28.0	1.0 serving	0.37
14088	V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	0.37
14621	V8 V. FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	0.37
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	30.0	1.0 serving 1.0 oz tube	0.37
14622	V8 V. FUSION Juices, Tropical	246.0	1.0 serving 8 oz	0.37
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.37
14620	V8 V. FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	0.37
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.37
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0.37
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.37
11974	Grape leaves, raw	14.0	1.0 cup	0.37
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.37
27026	CAMPBELL'S SELECT Gold Label Soups, Southwestern Corn Chowder	245.0	1.0 cup	0.37
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	245.0	1.0 cup	0.37
06519	CAMPBELL'S SELECT Microwaveable Bowls, Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	0.37
06546	CAMPBELL'S SELECT Soup, Potato Broccoli Cheese Soup	245.0	1.0 cup	0.37
06394	CAMPBELL'S CHUNKY Soups, Chicken Mushroom Chowder	245.0	1.0 cup	0.37
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	0.37
27019	CAMPBELL'S SELECT Soup, Harvest Tomato with Basil Soup	245.0	1.0 cup	0.37
06537	CAMPBELL'S SELECT Soup, HEALTHY REQUEST Mexican Style Chicken Tortilla	245.0	1.0 cup	0.37
06543	CAMPBELL'S SELECT Soup, Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	0.37
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	245.0	1.0 cup	0.37
27020	CAMPBELL'S SELECT Soup, Zesty Azteca Meatballs & Rice	245.0	1.0 cup	0.37
27024	CAMPBELL'S SELECT Gold Label Soups, Creamy Tomato Parmesan	245.0	1.0 cup	0.37
14086	V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	0.37

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
06436	CAMPBELL'S CHUNKY Soups, Pork Roast with Carrots & Potatoes Soup	245.0	1.0 cup	0.37
06458	CAMPBELL'S CHUNKY Soups, Smoked Chicken with Roasted Corn Chowder	245.0	1.0 cup	0.37
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	245.0	1.0 cup	0.37
06508	CAMPBELL'S SELECT Gold Label Soups, Creamy Portobello Mushroom Soup	245.0	1.0 cup	0.37
14087	V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	0.37
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	245.0	1.0 cup	0.37
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	245.0	1.0 cup	0.37
06509	CAMPBELL'S SELECT Gold Label Soups, Golden Butternut Squash Soup	245.0	1.0 cup	0.37
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	245.0	1.0 serving 1 cup	0.37
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.37
19181	Candies, YORK BITES	39.0	15.0 pieces	0.37
16246	SILK Nog, soymilk	122.0	0.5 cup	0.37
06593	CAMPBELL'S SOUP AT HAND, Italian Style Wedding Soup	305.0	1.0 serving	0.37
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0.37
16158	Hummus, commercial	15.0	1.0 tbsp	0.37
06595	CAMPBELL'S SOUP AT HAND, Vegetable Beef Soup	305.0	1.0 serving	0.37
06586	CAMPBELL'S SOUP AT HAND, Chicken & Stars Soup	305.0	1.0 serving	0.37
06596	CAMPBELL'S SOUP AT HAND, Velvety Potato Soup	305.0	1.0 serving	0.37
19071	Candies, carob, unsweetened	28.35	1.0 oz	0.37
05727	Turkey, retail parts, enhanced, breast, meat and skin, raw	85.0	3.0 oz	0.37
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, braised	85.0	3.0 oz	0.37
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.37
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, grilled	85.0	3.0 oz	0.37
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.37
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	126.0	1.0 serving 1/2 cup	0.37
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	0.37
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	126.0	1.0 serving 1/2 cup	0.37
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	0.37
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	126.0	1.0 serving 1/2 cup	0.37
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	0.37
27016	CAMPBELL's Red and White, Souper Shapes Soup - Cars, condensed	126.0	0.5 cup	0.37
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	126.0	1.0 serving 1/2 cup	0.37
06105	CAMPBELL'S Red and White, BATMAN Fun Shapes Soup, condensed	126.0	1.0 serving 1/2 cup	0.37
06349	CAMPBELL'S Red and White, DORA THE EXPLORER Kidshapes Soup, condensed	126.0	1.0 serving 1/2 cup	0.37
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	126.0	1.0 serving 1/2 cup	0.37
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	126.0	1.0 serving 1/2 cup	0.37

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.36
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.36
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.36
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.36
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	0.36
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	0.36
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	0.36
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	0.36
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	0.36
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0.36
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.36
05311	Chicken, canned, no broth	28.0	1.0 oz	0.36
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	0.36
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.36
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.36
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	0.36
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	0.36
28292	Crackers, multigrain	14.0	4.0 crackers	0.36
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.36
19112	Candies, TWIZZLERS Strawberry Twists Candy	71.0	2.5 oz 2.5 oz	0.36
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat	27.0	1.0 cake 1 serving	0.36
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.36
12156	Nuts, walnuts, glazed	28.0	1.0 oz	0.36
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.36
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.36
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.36
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.36
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0.36
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	0.36
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	20.0	1.0 serving 1 envelope	0.36
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.36
06599	PACE, Enchilada Sauce	60.0	0.25 cup	0.36
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	0.36
19119	Candies, NESTLE, CHUNKY Bar	40.0	1.0 serving 1.4 oz bar	0.36
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.36
01094	Milk, buttermilk, dried	120.0	1.0 cup	0.36

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.36
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	0.36
11620	Drumstick pods, raw	100.0	1.0 cup slices	0.36
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	0.36
14195	Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	20.0	1.0 serving 1 envelope	0.36
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.36
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.36
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	0.36
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.36
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	0.36
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0.36
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.36
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	0.36
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.36
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.36
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0.36
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	0.36
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	124.0	1.0 serving 1/2 cup	0.36
06371	CAMPBELL'S Red and White, Scotch Broth, condensed	124.0	1.0 serving 1/2 cup	0.36
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	0.36
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.36
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.36
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0.36
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.36
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed (formerly WYETH-AYERST)	30.4	1.0 fl oz	0.36
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.36
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.36
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed (formerly WYETH-AYERST)	30.4	1.0 fl oz	0.36
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.36
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA (formerly ROSS)	30.4	1.0 fl oz	0.36
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed (formerly ROSS)	30.4	1.0 fl oz	0.36
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed (formerly ROSS)	30.4	1.0 fl oz	0.36

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0.36
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	0.36
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.36
02073	PACE, Dry Taco Seasoning Mix	5.3	2.0 tbsp (1 serving)	0.36
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.36
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.36
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.36
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	0.36
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.36
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.36
02021	Spices, ginger, ground	1.8	1.0 tsp	0.36
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.36
07264	LOUIS RICH, Turkey Ham (10% water added)	28.0	1.0 serving	0.36
19400	Snacks, banana chips	28.35	1.0 oz	0.35
06114	Gravy, au jus, canned	59.0	0.25 cup	0.35
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	0.35
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.35
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.35
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	0.35
02076	Seasoning mix, dry, chili, original	9.0	1.33 tbsp	0.35
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.35
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.35
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.35
20092	Pasta, corn, cooked	140.0	1.0 cup	0.35
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.35
07070	Salami, cooked, turkey	28.0	1.0 serving	0.35
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.35
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.35
07266	LOUIS RICH, Turkey Salami	28.0	1.0 serving	0.35
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.35
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.35
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.35
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.35
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.35
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.35

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
28027	FAMOUS AMOS, Chocolate Chip Cookies	29.0	4.0 cookies	0.35
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.35
14263	Citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.35
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	0.35
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.35
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.35
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.35
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.35
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.35
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.35
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.35
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.35
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.34
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.34
11947	Pickles, cucumber, dill, low sodium	65.0	1.0 medium	0.34
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.34
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0.34
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.34
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.34
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.34
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.34
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.34
02016	Spices, dill seed	2.1	1.0 tsp	0.34
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.34
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.34
07202	OSCAR MAYER, Bologna (beef light)	28.0	1.0 serving (1 slice)	0.34
02005	Spices, caraway seed	2.1	1.0 tsp	0.34
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.34
19524	Snacks, taro chips	28.35	1.0 oz	0.34
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.34
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	0.34
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.34
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.34
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.34
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.34
11282	Onions, raw	160.0	1.0 cup, chopped	0.34

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.34
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.34
15067	Fish, pollock, Alaska, cooked, dry heat	60.0	1.0 fillet	0.34
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.34
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	0.33
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	28.35	1.0 oz	0.33
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.33
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.33
14192	Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.33
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.33
18238	Cream puffs, prepared from recipe, shell, with custard filling	28.35	1.0 oz	0.33
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.33
05686	Chicken, skin (drumsticks and thighs), enhanced, cooked, roasted	28.35	1.0 oz	0.33
19238	Candies, REESE'S BITES	39.0	16.0 pieces	0.33
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.33
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.33
01029	Cheese, mozzarella, part skim milk, low moisture	132.0	1.0 cup, diced	0.33
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0.33
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.33
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	0.33
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.33
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	0.33
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.33
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.33
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.33
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.33
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	0.33
14245	Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.33
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0.33
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.33
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.32
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.32
21421	KENTUCKY FRIED CHICKEN, Crispy Chicken Strips	47.0	1.0 strip	0.32
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.32
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.32
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.32

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
09210	Orange juice, chilled, includes from concentrate, fortified with calcium and vitamin D	249.0	1.0 cup	0.32
09211	Orange juice, chilled, includes from concentrate, fortified with calcium	249.0	1.0 cup	0.32
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.32
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.32
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.32
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.32
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.32
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.32
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.32
07250	LOUIS RICH, Chicken Breast (oven roasted deluxe)	28.0	1.0 serving	0.32
07951	Scrapple, pork	17.0	1.0 cubic inch	0.32
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.32
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.32
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	0.32
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.32
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.32
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	78.0	1.0 serving 1 bar	0.32
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.32
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	47.0	1.0 serving 1.66 oz bar	0.32
21319	McDONALD'S, Hash Brown	56.0	2.0 oz	0.32
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.32
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.32
09153	Lemon juice, canned or bottled	244.0	1.0 cup	0.32
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.32
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.32
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.32
15013	Fish, cisco, raw	79.0	1.0 fillet	0.32
20445	Rice, white, long-grain, regular, cooked, unenriched, without salt	158.0	1.0 cup	0.32
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.32
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.32
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.32
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	0.32
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item 3.175 oz	0.31
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.31
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.31
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.31

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.31
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.31
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.31
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.31
07960	Bologna, chicken, pork	28.0	1.0 serving	0.31
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.31
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.31
01144	Egg substitute, powder	9.9	0.35 oz	0.31
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.31
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.31
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.31
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.31
18240	Croissants, apple	28.35	1.0 oz	0.31
18252	Doughnuts, cake-type, wheat, sugared or glazed	28.35	1.0 oz	0.31
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.31
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.31
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.31
07259	LOUIS RICH, Turkey Breast (oven roasted, fat free)	28.0	1.0 serving	0.31
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.31
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.31
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.31
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.31
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.31
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	0.31
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.31
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.31
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.31
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.31
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.31
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.31
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.31
03817	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, powder, with ARA and DHA	8.5	1.0 scoop	0.31
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.31
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.31
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.31
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.31

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.31
19243	Candies, HEATH BITES	39.0	15.0 pieces	0.30
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0.30
01020	Cheese, fontina	132.0	1.0 cup, diced	0.30
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	0.30
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.30
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.30
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0.30
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.30
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	32.0	1.0 wing, without skin	0.30
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.30
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.30
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0.30
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.30
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.30
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.30
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.30
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.30
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.30
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.30
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.30
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.30
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.30
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.30
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.30
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.30
12059	Nuts, acorns, dried	28.35	1.0 oz	0.29
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.29
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.29
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.29
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.29
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.29
02013	Spices, coriander seed	1.8	1.0 tsp	0.29
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.29
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0.29
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.29

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.29
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.29
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.29
14068	Beverages, KELLOGG'S SPECIAL K20, protein water mix	14.5	1.0 packet	0.29
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.29
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.29
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.29
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.29
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.29
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.29
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.29
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.29
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, enhanced, raw	85.0	3.0 oz	0.29
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.29
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.29
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.29
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.29
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.29
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.29
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.29
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.29
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.29
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.29
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.29
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	0.29
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.28
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.28
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0.28
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	0.28
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.28
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.28
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.28
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.28
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.28
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.28
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.28

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.28
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	0.28
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0.28
23298	Beef, Australian, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.28
14405	Fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	0.28
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.28
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.28
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	0.28
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.28
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.28
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.28
09279	Plums, raw	165.0	1.0 cup, sliced	0.28
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.28
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.28
42161	Bologna, beef, low fat	28.0	1.0 slice	0.28
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.28
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.28
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	0.28
02006	Spices, cardamom	2.0	1.0 tsp, ground	0.28
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.28
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.28
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.28
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.28
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.28
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.28
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.28
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.28
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.28
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.28
07256	LOUIS RICH, Turkey Breast and White Turkey (oven roasted)	28.0	1.0 serving	0.28
21416	POPEYES, Coleslaw	120.0	1.0 package	0.28
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.28
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.28
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.28
23299	Beef, Australian, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.27
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.27

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.27
19147	Candies, peanut bar	28.35	1.0 oz	0.27
42270	Orange juice drink	249.0	1.0 cup	0.27
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.27
02033	Spices, poppy seed	2.8	1.0 tsp	0.27
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.27
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0.27
15151	Crustaceans, shrimp, mixed species, cooked, moist heat	85.0	3.0 oz	0.27
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.27
15045	Fish, lingcod, raw	85.0	3.0 oz	0.27
15053	Fish, milkfish, raw	85.0	3.0 oz	0.27
15054	Fish, monkfish, raw	85.0	3.0 oz	0.27
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.27
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	0.27
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.27
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.27
23296	Beef, Australian, grass-fed, external fat, raw	28.35	1.0 oz	0.27
07026	Ham, chopped, canned	28.35	1.0 oz	0.27
09307	Rhubarb, raw	122.0	1.0 cup, diced	0.27
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	0.27
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.27
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.27
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.27
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.27
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.27
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.27
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.27
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.27
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.26
09176	Mangos, raw	165.0	1.0 cup pieces	0.26
01040	Cheese, swiss	132.0	1.0 cup, diced	0.26
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.26
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.26
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.26
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.26
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	0.26

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.26
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.26
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0.26
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0.26
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.26
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.26
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	0.26
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	72.0	1.0 serving 1/2 cup	0.26
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.26
11522	Taro shoots, raw	43.0	0.5 cup slices	0.26
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.26
05335	Chicken, feet, boiled	28.35	1.0 oz	0.26
07203	OSCAR MAYER, Bologna (fat free)	28.0	1.0 serving	0.26
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.26
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	0.26
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.26
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.26
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.26
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.26
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.26
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.26
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.26
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.26
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.26
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.26
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.26
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.25
23301	Beef, Australian, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	0.25
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.25
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.25
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.25
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.25
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.25
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.25
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.25
23297	Beef, Australian, grass-fed, seam fat, raw	28.35	1.0 oz	0.25

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.25
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.25
09252	Pears, raw	140.0	1.0 cup, slices	0.25
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.25
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.25
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.25
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.25
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	0.25
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.25
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.25
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.25
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.25
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.25
17131	Veal, shoulder, blade, separable lean only, raw	28.35	1.0 oz	0.25
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.25
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	28.0	1.0 bar	0.25
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.25
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.25
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0.25
02011	Spices, cloves, ground	2.1	1.0 tsp	0.25
06195	CAMPBELL'S HEALTHY REQUEST, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	0.25
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.25
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.25
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.25
17128	Veal, shoulder, blade, separable lean and fat, raw	28.35	1.0 oz	0.25
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.25
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.25
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.25
06077	Soup, beef noodle, dry, mix	9.2	1.0 packet	0.25
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.25
20134	Rice noodles, cooked	176.0	1.0 cup	0.25
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.25
01109	Milk, sheep, fluid	245.0	1.0 cup	0.24
08645	Cereals ready-to-eat, BEAR NAKED Nut Cluster Crunch, honey almond	49.0	0.75 cup (1 NLEA serving)	0.24
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.24
43543	Milk, imitation, non-soy	244.0	1.0 cup	0.24

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
01228	Cheese, fresh, queso fresco	122.0	1.0 cup crumbled	0.24
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.24
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.24
20055	Rice, white, glutinous, cooked	174.0	1.0 cup	0.24
07265	LOUIS RICH, Turkey Nuggets/Sticks (breaded)	28.0	1.0 piece	0.24
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	64.0	1.0 serving 1 sandwich	0.24
43406	Yeast extract spread	6.0	1.0 tsp	0.24
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.24
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.24
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.24
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.24
09225	Tangerine juice, frozen concentrate, sweetened, diluted with 3 volume water	241.0	1.0 cup	0.24
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.24
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.24
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0.24
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.24
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.24
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.24
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.24
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.24
07211	OSCAR MAYER, Ham and Cheese Loaf	28.0	1.0 serving	0.24
07231	OSCAR MAYER, Sandwich Spread (pork, chicken, beef)	30.0	1.0 serving	0.24
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	0.24
09413	Pears, raw, red anjou	126.0	1.0 small	0.24
19153	Candies, NESTLE, AFTER EIGHT Mints	42.0	1.0 serving 5 mints	0.24
14312	Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.24
21332	McDONALD'S, Strawberry TRIPLE THICK Shake	265.0	12.0 fl oz cup child size	0.24
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.24
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0.24
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.24
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.24
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	41.0	1.0 serving 15 pieces	0.24
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.24
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.24
02022	Spices, mace, ground	1.7	1.0 tsp	0.24
08646	Cereals ready-to-eat, BEAR NAKED Nut Cluster Crunch, maple pecan walnut	59.0	1.0 cup (1 NLEA serving)	0.24

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.24
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.24
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.24
17142	Veal, ground, raw	28.35	1.0 oz	0.24
21420	KENTUCKY FRIED CHICKEN, Coleslaw	112.0	1.0 package	0.24
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.23
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.23
07017	Chicken roll, light meat	57.0	2.0 slices (1 serving)	0.23
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.23
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.23
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.23
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1.0 oz	0.23
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.23
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.23
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.23
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.23
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.23
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.23
11416	Pumpkin flowers, raw	33.0	1.0 cup	0.23
06126	Gravy, turkey, dry	7.0	1.0 serving	0.23
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0.23
18360	Taco shells, baked	12.9	1.0 shell	0.23
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.23
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.23
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.23
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.23
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.23
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.23
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.23
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.23
23300	Beef, Australian, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	0.23
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.23
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.23
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.23
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.22
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.22

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
43589	Cheese, swiss, low fat	132.0	1.0 cup, diced	0.22
01023	Cheese, gruyere	132.0	1.0 cup, diced	0.22
43405	Cheese, swiss, low sodium	132.0	1.0 cup, diced	0.22
06489	Soup, consomme with gelatin, dry, mix, prepared with water	249.0	1.0 cup 8 fl oz	0.22
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.22
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.22
12058	Nuts, acorns, raw	28.35	1.0 oz	0.22
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.22
07030	Ham, minced	28.35	1.0 oz	0.22
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.22
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.22
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.22
19136	Candies, SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.22
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.22
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.22
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.22
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.22
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.22
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.22
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.22
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.22
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.22
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.22
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.22
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	0.22
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.22
01038	Cheese, romano	28.35	1.0 oz	0.22
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.22
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.22
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.22
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.22
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.22
09160	Lime juice, raw	242.0	1.0 cup	0.22
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.22
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.22
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.22

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.22
09421	Dates, medjool	24.0	1.0 date, pitted	0.22
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.22
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.22
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.22
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	240.0	1.0 serving 1 cup	0.22
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.22
05705	Turkey, whole, enhanced, meat only, roasted	28.0	3.0 oz	0.22
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.22
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.22
18355	Sweet rolls, cheese	28.35	1.0 oz	0.22
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.22
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.22
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.22
19312	Pie fillings, apple, canned	74.0	0.125 can	0.21
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0.21
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.21
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.21
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.21
19806	Snacks, popcorn, air-popped, white popcorn	8.0	1.0 cup	0.21
14351	Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.21
18169	Cookies, coconut macaroons, prepared from recipe	28.35	1.0 oz	0.21
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.21
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.21
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.21
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.21
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.21
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.21
17107	Veal, loin, separable lean only, raw	28.35	1.0 oz	0.21
15112	Fish, tilefish, raw	85.0	3.0 oz	0.21
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.21
01229	Cheese, white, queso blanco	118.0	1.0 cup crumbled	0.21
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.21
09079	Cranberries, dried, sweetened	40.0	0.33 cup	0.21
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.21
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	0.21

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.21
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	0.21
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.21
11954	Tomatillos, raw	34.0	1.0 medium	0.21
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.21
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.21
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.21
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.21
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.21
07257	LOUIS RICH, Turkey Breast and White Turkey (smoked sliced)	28.0	1.0 serving	0.21
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.21
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.21
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.21
09295	Pummelo, raw	190.0	1.0 cup, sections	0.21
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.21
11213	Endive, raw	25.0	0.5 cup, chopped	0.21
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.21
17104	Veal, loin, separable lean and fat, raw	28.35	1.0 oz	0.21
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.21
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.21
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.21
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.21
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.21
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.20
15103	Fish, spot, raw	64.0	1.0 fillet	0.20
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.20
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.20
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.20
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.20
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.20
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.20
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.20
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0.20
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.20
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	24.0	1.0 bar	0.20
14421	Coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.20

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
07254	LOUIS RICH, Turkey Bacon	14.0	1.0 serving	0.20
11143	Celery, raw	101.0	1.0 cup chopped	0.20
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0.20
11943	Pimento, canned	12.0	1.0 tbsp	0.20
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.20
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.20
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.20
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.20
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.20
02038	Spices, sage, ground	0.7	1.0 tsp	0.20
01112	Whey, acid, fluid	246.0	1.0 cup	0.20
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.20
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0.20
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.20
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	0.20
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.20
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.20
14204	Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener, decaffeinated	6.4	1.0 tsp dry	0.20
43343	Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.20
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.20
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.20
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.20
09152	Lemon juice, raw	244.0	1.0 cup	0.20
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.20
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	39.0	1.0 serving 13 pieces	0.20
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.19
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.19
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.19
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.19
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.19
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.19
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.19
02008	Spices, chervil, dried	0.6	1.0 tsp	0.19
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.19
07043	Luncheon meat, beef, thin sliced	9.3	1.0 slice oval	0.19
14264	Fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz 1 pouch, 200 ml	0.19

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.19
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.19
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.19
18952	Tostada shells, corn	12.3	1.0 piece	0.19
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.19
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.19
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.19
21330	McDONALD'S, Vanilla TRIPLE THICK Shake	266.0	12.0 fl oz cup child size	0.19
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.19
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	0.19
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.19
15019	Fish, cod, Pacific, raw	116.0	1.0 fillet	0.19
05684	Chicken, skin (drumsticks and thighs), enhanced, cooked, braised	28.35	1.0 oz	0.18
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.18
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.18
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.18
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.18
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	0.18
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice 2/3 oz.	0.18
01238	Ice cream sandwich	70.0	1.0 serving	0.18
18103	Coffeecake, cheese	28.35	1.0 oz	0.18
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.18
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.18
01008	Cheese, caraway	28.35	1.0 oz	0.18
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.18
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.18
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.18
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.18
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.18
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	0.18
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.18
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.18
15192	Fish, cod, Pacific, cooked, dry heat	90.0	1.0 fillet	0.18
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.18
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.18
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.18

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.18
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item 6.279 oz	0.18
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.18
14114	Beef broth and tomato juice, canned	30.5	1.0 fl oz	0.18
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	0.18
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.18
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.18
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.18
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.18
02020	Spices, garlic powder	3.1	1.0 tsp	0.18
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.17
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.17
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.17
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.17
01024	Cheese, limburger	134.0	1.0 cup	0.17
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.17
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.17
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.17
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	0.17
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.17
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.17
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.17
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.17
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.17
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.17
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	0.17
03217	Zwieback	28.35	1.0 oz	0.17
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.17
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.17
15066	Fish, pollock, Alaska, raw	77.0	1.0 fillet	0.17
11161	Collards, raw	36.0	1.0 cup, chopped	0.17
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.17
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.17
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.17
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	0.17
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	0.17

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.17
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.17
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.17
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	0.17
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.17
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.17
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.16
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.16
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.16
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.16
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.16
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	0.16
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.16
16004	Beans, adzuki, yokan, mature seeds	14.0	1.0 slice	0.16
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.16
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.16
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.16
05698	Turkey, enhanced, skin from whole (light and dark), raw	28.35	1.0 oz	0.16
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.16
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.16
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.16
01039	Cheese, roquefort	28.35	1.0 oz	0.16
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.16
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.16
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.16
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.16
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.16
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.16
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	0.16
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.16
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.15
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.15
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	0.15
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.15
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.15
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.15

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.15
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.15
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.15
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.15
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.15
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.15
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.15
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.15
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.15
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.15
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.15
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	44.0	1.0 serving 5 pieces	0.15
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.15
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.15
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.15
01114	Whey, sweet, fluid	246.0	1.0 cup	0.15
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.15
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.15
01021	Cheese, gjetost	28.35	1.0 oz	0.15
18419	Cake, white, dry mix, pudding-type, unenriched	28.35	1.0 oz	0.15
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.15
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.15
14311	Malted drink mix, natural, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.15
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.15
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.15
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0.15
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.15
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.15
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.15
21059	Fast foods, shrimp, breaded and fried	17.0	1.0 piece shrimp	0.15
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.15
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.15
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item 6.42 oz	0.15
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.15
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.15
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.15

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.15
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.15
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.14
05685	Chicken, skin (drumsticks and thighs), enhanced, raw	28.35	1.0 oz	0.14
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.14
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.14
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.14
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.14
15033	Fish, haddock, raw	85.0	3.0 oz	0.14
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.14
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.14
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.14
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.14
43404	Cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.14
02054	Capers, canned	8.6	1.0 tbsp, drained	0.14
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.14
19876	Ice creams, BREYERS, All Natural Light French Vanilla	68.0	1.0 serving 1/2 cup	0.14
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.14
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.14
14375	Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.14
14356	Tea, instant, sweetened with non-nutritive sweetener, lemon-flavored, powder, decaffeinated	1.6	2.0 tsp	0.14
01006	Cheese, brie	28.35	1.0 oz	0.14
18323	Pie, peach	28.35	1.0 oz	0.14
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.14
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.14
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.14
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.14
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.14
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.14
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	0.14
02049	Thyme, fresh	0.8	1.0 tsp	0.14
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.14
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	0.14
15014	Fish, cisco, smoked	28.35	1.0 oz	0.14
14236	Coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.14
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.14

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.14
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.14
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.14
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.14
18420	Cake, yellow, dry mix, regular, unenriched	28.35	1.0 oz	0.14
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.14
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0.14
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.14
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.14
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.14
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	0.14
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.14
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.14
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.13
02001	Spices, allspice, ground	1.9	1.0 tsp	0.13
25059	Snacks, brown rice chips	9.0	1.0 cake	0.13
19051	Snacks, rice cakes, brown rice, plain	9.0	1.0 cake	0.13
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.13
11960	Carrots, baby, raw	15.0	1.0 large	0.13
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.13
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	0.13
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	0.13
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.13
10942	Pork, fresh, enhanced, composite of separable fat, raw	28.35	1.0 oz	0.13
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.13
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.13
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	0.13
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	0.13
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0.13
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.13
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.13
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	0.13
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.13
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.13
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.13
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	68.0	1.0 serving 1/2 cup	0.13

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.13
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	68.0	1.0 serving 1/2 cup	0.13
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.13
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0.13
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.13
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.13
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.13
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.13
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.13
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.13
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.13
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.13
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.13
11151	Chicory, witloof, raw	53.0	1.0 head	0.13
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.13
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.13
09192	Oheloberries, raw	140.0	1.0 cup	0.13
19419	Snacks, corn cakes	9.0	1.0 cake	0.13
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.13
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.13
14390	Cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.13
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.12
01018	Cheese, edam	28.35	1.0 oz	0.12
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	0.12
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.12
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.12
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	0.12
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.12
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.12
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	44.0	1.0 serving 1 pop	0.12
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.12
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.12
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.12
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.12
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.12
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.12

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.12
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.12
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.12
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	0.12
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.12
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.12
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	0.12
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.12
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	0.12
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.12
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.12
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.12
11975	Grape leaves, canned	4.0	1.0 leaf	0.12
18354	Strudel, apple	28.35	1.0 oz	0.12
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.12
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.12
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 6 oz container (6 oz)	0.12
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.12
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.12
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.12
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.12
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 6 oz container (6 oz)	0.12
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.12
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.12
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.12
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.12
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.12
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0.12
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0.12
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.12
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.12
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0.12
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.12
19137	Toppings, strawberry	42.0	2.0 tbsp	0.12
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.12
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.12

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
14553	Wine, non-alcoholic	29.0	1.0 fl oz	0.12
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.12
02069	Vinegar, balsamic	16.0	1.0 tbsp	0.12
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.12
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.12
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.12
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.12
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.12
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.11
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.11
07033	Ham and cheese spread	15.0	1.0 tbsp	0.11
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.11
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.11
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.11
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.11
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.11
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.11
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.11
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.11
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	0.11
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.11
19092	Candies, TWIZZLERS NIBS CHERRY BITS	40.0	27.0 pieces	0.11
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.11
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	0.11
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.11
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0.11
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.11
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.11
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.11
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.11
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.11
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.11
02029	Spices, parsley, dried	0.5	1.0 tsp	0.11
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.11
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.11
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.11

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.11
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.11
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.11
06975	Sauce, barbecue, low sodium	17.0	1.0 tbsp	0.11
06150	Sauce, barbecue	17.0	1.0 tbsp	0.11
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	0.11
14289	Lemonade, low calorie, with non-nutritive sweetener, powder	1.9	1.0 serving	0.11
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.11
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.11
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.11
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.11
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.11
07235	OSCAR MAYER, Smokies Sausage Little (pork, turkey)	9.0	1.0 link	0.11
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.11
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.11
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.11
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.11
21141	BURGER KING, Vanilla Shake	25.0	1.0 fluid ounce	0.10
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.10
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.10
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.10
14268	Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	0.10
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.10
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.10
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.10
09433	Clementines, raw	74.0	1.0 fruit	0.10
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.10
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.10
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.10
18087	Cake mix, angelfood, dry	38.0	1.0 serving	0.10
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.10
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.10
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.10
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.10
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.10
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.10

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.10
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.10
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.10
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	0.10
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	0.10
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.10
14119	Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0.10
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0.10
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.10
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted (formerly ROSS)	8.7	1.0 scoop	0.10
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0.10
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.10
19297	Jams and preserves	20.0	1.0 tbsp	0.10
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.10
21366	McDONALD'S, Apple Dippers with Low Fat Caramel Sauce	89.0	1.0 item	0.10
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.10
14334	Pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.10
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.10
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.10
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.10
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.10
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.10
14426	Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.09
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.09
11106	Butterbur, (fuki), raw	94.0	1.0 cup	0.09
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.09
44074	Babyfood, grape juice, no sugar, canned	31.2	1.0 fl oz	0.09
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.09
02026	Spices, onion powder	2.4	1.0 tsp	0.09
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	0.09
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	0.09
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.09
01007	Cheese, camembert	28.35	1.0 oz	0.09
36605	CRACKER BARREL, country fried shrimp platter	12.8	1.0 piece	0.09
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.09
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.09

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.09
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.09
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.09
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.09
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.09
09173	Longans, dried	1.7	1.0 fruit	0.09
07248	OSCAR MAYER, Wieners Little (pork, turkey)	9.0	1.0 piece	0.09
01261	Yogurt, Greek, CHOBANI CHAMPIONS, VERY BERRY	102.0	1.0 container	0.09
14424	Orange-flavor drink, breakfast type, with pulp, frozen concentrate	35.3	1.0 fl oz	0.09
21422	KENTUCKY FRIED CHICKEN, Popcorn Chicken	6.4	1.0 piece	0.09
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.09
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.09
21256	BURGER KING, Chicken Strips	14.3	1.0 strip	0.09
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.09
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.09
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.09
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.09
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.09
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.09
07031	Ham salad spread	15.0	1.0 tbsp	0.09
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.09
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.09
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.09
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.09
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	0.09
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.09
03279	Babyfood, dinner, mixed vegetable, junior	28.35	1.0 oz	0.09
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.09
01004	Cheese, blue	28.35	1.0 oz	0.09
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.09
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.09
14222	Coffee, instant, with chicory, powder	1.8	1.0 tsp, rounded	0.09
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.09
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.09
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.09
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	0.09

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
19107	Candies, hard	28.35	1.0 oz	0.09
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.09
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.08
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.08
14341	Pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.08
36001	APPLEBEE'S, Double Crunch Shrimp	10.4	1.0 piece	0.08
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.08
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.08
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.08
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.08
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	9.8	1.0 piece	0.08
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.08
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.08
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.08
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	0.08
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.08
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.08
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.08
14558	Chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.08
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.08
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.08
02044	Basil, fresh	2.5	5.0 leaves	0.08
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.08
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.08
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.08
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.08
14450	Drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0.08
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.08
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.08
02037	Spices, saffron	0.7	1.0 tsp	0.08
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.08
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.08
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.08
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.08
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.08
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.08

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.08
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.08
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.08
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.08
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.08
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.08
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.08
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.08
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0.08
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.08
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0.07
06985	Gravy, HEINZ Home Style Savory Beef Gravy	57.0	1.0 serving 1/4 cup 2 oz	0.07
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	0.07
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	0.07
15109	Fish, surimi	28.35	1.0 oz	0.07
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.07
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.07
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.07
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.07
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.07
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.07
14634	Ready-to-drink reduced fat milk beverage, flavored and sweetened, with added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.07
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.07
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.07
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.07
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.07
14346	Shake, fast food, chocolate	23.5	1.0 fl oz	0.07
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.07
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.07
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.07
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.07
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.07
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.07
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.07
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.07
11949	Catsup, low sodium	17.0	1.0 tbsp	0.07

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11935	Catsup	17.0	1.0 tbsp	0.07
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0.07
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	0.07
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.07
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.07
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0.07
14218	Coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.07
01022	Cheese, gouda	28.35	1.0 oz	0.07
21342	McDONALD'S, Apple Dippers	68.0	1.0 package	0.07
11591	Watercress, raw	34.0	1.0 cup, chopped	0.07
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0.07
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.07
02068	Vinegar, red wine	14.9	1.0 tbsp	0.07
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.07
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.07
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	0.07
14024	Whiskey sour mix, powder	17.0	1.0 packet	0.07
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.07
02045	Dill weed, fresh	1.0	5.0 sprigs	0.07
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.07
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.07
01041	Cheese, tilsit	28.35	1.0 oz	0.07
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.07
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.07
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.06
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.06
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.06
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.06
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.06
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.06
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.06
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.06
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	33.0	2.0 tbsp	0.06
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.06
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	0.06
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.06

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.06
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.06
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.06
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.06
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.06
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	69.0	1.0 serving 1/2 cup	0.06
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.06
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.06
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	68.0	1.0 serving 1/2 cup	0.06
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.06
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.06
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.06
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.06
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.06
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.06
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.06
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.06
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.06
01010	Cheese, cheshire	28.35	1.0 oz	0.06
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.06
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.06
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.06
14406	Fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.06
14194	Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.06
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.06
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.06
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	0.06
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.06
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.06
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.06
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.06
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.06
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.06
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.06
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.06
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.06

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.06
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.0	2.0 tbsp	0.06
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.06
01017	Cheese, cream	14.5	1.0 tbsp	0.06
14136	Carbonated beverage, ginger ale	30.5	1.0 fl oz	0.05
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.05
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.05
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.05
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	0.05
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.05
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.05
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.05
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.05
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.05
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.05
19294	Fruit butters, apple	17.0	1.0 tbsp	0.05
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.05
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.05
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.05
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259.0	1.0 cup (8 fl oz)	0.05
14154	Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	258.0	1.0 can 8.4 fl oz	0.05
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.05
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.05
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.05
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.05
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.05
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.05
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	28.0	1.0 oz	0.05
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.05
14156	Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0.05
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	0.05
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.05
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.05
14641	Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.05
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.05
14357	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated	23.0	1.0 serving (3 heaping tsp)	0.05

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
14370	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder	23.0	1.0 serving (3 heaping tsp)	0.05
19340	Sugars, maple	3.0	1.0 tsp	0.05
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.05
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.05
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.05
09216	Orange peel, raw	6.0	1.0 tbsp	0.05
09156	Lemon peel, raw	6.0	1.0 tbsp	0.05
11156	Chives, raw	3.0	1.0 tbsp chopped	0.05
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.05
14626	Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.05
14630	Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz (1 serving)	0.05
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.05
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.05
14625	Energy drink, AMP	240.0	1.0 serving	0.05
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.05
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.05
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.05
14229	Coffee, instant, with sugar, french-flavor, powder	13.0	4.0 teaspoon (1 serving)	0.05
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.05
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	0.05
02063	Rosemary, fresh	0.7	1.0 tsp	0.05
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA	31.0	1.0 oz	0.05
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.05
14240	Cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.05
14187	Clam and tomato juice, canned	30.2	1.0 fl oz	0.05
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.04
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.04
04639	Salad dressing, ranch dressing, commercial, regular	15.0	1.0 tablespoon	0.04
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.04
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.04
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.04
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.04
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.04
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.04
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.04
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.04

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.04
06099	Soup, tomato vegetable, dry, mix	1.2	1.0 tbsp	0.04
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.04
14203	Coffee, instant, regular, powder, half the caffeine	1.0	1.0 tsp	0.04
14214	Coffee, instant, regular, powder	1.0	1.0 tsp	0.04
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.04
11145	Celtuce, raw	8.0	1.0 leaf	0.04
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.04
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.04
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.04
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed (formerly ROSS)	31.0	1.0 fl oz	0.04
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.04
09165	Litchis, dried	2.5	1.0 fruit	0.04
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.04
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.04
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.04
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0.04
01173	Egg, white, dried	28.0	1.0 oz	0.04
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.04
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.04
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.04
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.04
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	0.04
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	0.04
14282	Grape juice drink, canned	31.3	1.0 fl oz	0.04
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.04
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.04
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.04
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.04
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.04
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.04
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.04
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.04
19300	Jellies	21.0	1.0 serving 1 tbsp	0.04
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.04
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	28.0	1.0 oz	0.04

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.04
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.04
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.04
14202	Coffee, brewed, espresso, restaurant-prepared, decaffeinated	30.0	1.0 fluid ounce	0.04
14210	Coffee, brewed, espresso, restaurant-prepared	30.0	1.0 fluid ounce	0.04
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.04
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.04
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.04
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.04
35198	Plains Pricklypear, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.04
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.04
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.04
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.04
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.04
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.04
01031	Cheese, neufchatel	28.35	1.0 oz	0.04
14548	Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder	23.0	1.0 serving (3 heaping tsp)	0.04
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.04
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.04
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.04
02065	Spearmint, fresh	0.3	2.0 leaves	0.04
14028	Whiskey sour mix, bottled	32.3	1.0 fl oz	0.04
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.04
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.04
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.04
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.04
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.04
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.03
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0.03
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	0.03
14287	Lemonade, powder	18.0	1.0 serving	0.03
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.03
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.03
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.03
14400	Carbonated beverage, cola, contains caffeine, fast-food cola	30.7	1.0 fl oz	0.03
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.03

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.03
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.03
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.03
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.03
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.03
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.03
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.03
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.03
07057	Pepperoni, pork, beef	2.0	1.0 slice round	0.03
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.03
01225	Dulce de Leche	19.0	1.0 tbsp	0.03
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.03
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.03
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.03
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.03
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.03
14327	Orange and apricot juice drink, canned	31.2	1.0 fl oz	0.03
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.03
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.03
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.03
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.03
14296	Lemonade-flavor drink, powder	18.0	1.0 serving	0.03
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.03
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.03
19303	Marmalade, orange	20.0	1.0 tbsp	0.03
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.03
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.03
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.03
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.03
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0.03
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.03
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	15.0	1.0 tbsp	0.03
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.03
02048	Vinegar, cider	14.9	1.0 tbsp	0.03
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.03
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.03

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.03
11959	Arugula, raw	2.0	1.0 leaf	0.03
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.03
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.03
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.03
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.03
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.03
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.03
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.03
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.03
42136	Cream substitute, powdered, light	94.0	1.0 cup	0.03
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	0.03
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.03
14267	Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.03
14269	Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.03
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.03
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.03
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.03
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.03
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.03
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.03
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.03
01124	Egg, white, raw, fresh	33.0	1.0 large	0.03
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.03
14428	Shake, fast food, strawberry	23.5	1.0 fl oz	0.03
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.03
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.03
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.03
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.03
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	0.03
11447	Sesbania flower, raw	3.0	1.0 flower	0.03
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.03
14427	Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.03
14142	Carbonated beverage, grape soda	31.0	1.0 fl oz	0.02
14425	Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.02
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.02

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
14531	Beverages, alcoholic , whiskey sour	30.4	1.0 fl oz	0.02
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.02
14237	Coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.02
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	80.0	1.0 serving 2 pops	0.02
14627	Energy Drink, Monster	240.0	1.0 serving	0.02
14381	Tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.02
14545	Tea, herb, chamomile, brewed	29.6	1.0 fl oz	0.02
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.02
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.02
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.02
14638	Beverage, Horchata, as served in restaurant	228.0	1.0 cup	0.02
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.02
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.02
19353	Syrups, maple	20.0	1.0 tbsp	0.02
14277	Grape drink, canned	31.3	1.0 fl oz	0.02
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.02
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.02
14238	Cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.02
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.02
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.02
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.02
02055	Horseradish, prepared	5.0	1.0 tsp	0.02
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.02
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.02
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.02
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.02
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.02
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.02
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.02
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.02
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.02
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.02
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.02
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.02
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.02
02047	Salt, table	6.0	1.0 tsp	0.02

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.02
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.02
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.02
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.02
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	16.0	1.0 tbsp	0.02
14150	Carbonated beverage, orange	31.0	1.0 fl oz	0.02
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	31.0	2.0 tbsp	0.02
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.02
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0.02
19113	Syrups, table blends, pancake, with butter	20.0	1.0 tbsp	0.02
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.02
19908	Sugar, turbinado	4.6	1.0 tsp	0.02
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.02
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.02
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.02
14541	Fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.02
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.02
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	32.0	2.0 tbsp	0.02
14353	Tea, instant, unsweetened, powder, decaffeinated	0.7	1.0 serving 2 tsp	0.02
14366	Tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.02
14436	Orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.02
09129	Grapes, muscadine, raw	6.0	1.0 grape	0.02
14629	Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.02
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.02
14157	Carbonated beverage, root beer	30.8	1.0 fl oz	0.02
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.02
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.02
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.02
11984	Epazote, raw	0.8	1.0 tbsp	0.02
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.02
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.02
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0.02
14223	Coffee, instant, with chicory, prepared with water	29.9	1.0 fl oz	0.01
14376	Tea, instant, sweetened with sweetened with non-nutritive sweetener, lemon-flavored, prepared	29.8	1.0 fl oz	0.01
14290	Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water	29.8	1.0 fl oz	0.01
14201	Coffee, brewed from grounds, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.01

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
04688	Salad dressing, spray-style dressing, assorted flavors	8.0	1.0 serving (approximately 10 sprays)	0.01
44203	Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.01
19108	Candies, jellybeans	11.0	10.0 small	0.01
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.01
01072	Dessert topping, pressurized	70.0	1.0 cup	0.01
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.01
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.01
01070	Dessert topping, powdered	43.0	1.5 oz	0.01
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.01
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.01
15149	Crustaceans, shrimp, mixed species, raw	6.0	1.0 medium	0.01
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	0.01
14323	Orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.01
14153	Carbonated beverage, pepper-type, contains caffeine	30.7	1.0 fl oz	0.01
11216	Ginger root, raw	2.0	1.0 tsp	0.01
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.01
14219	Coffee, instant, decaffeinated, powder, prepared with water	29.9	1.0 fl oz	0.01
14215	Coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.01
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0.01
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.01
14151	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.01
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.01
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.01
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.01
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.01
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.01
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.01
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.01
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.01
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	21.0	1.0 slice	0.01
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.01
14368	Tea, instant, unsweetened, lemon-flavored, powder	1.4	1.0 tsp, rounded	0.01
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	0.01
42040	Syrups, grenadine	20.0	1.0 tbsp	0.01
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.01
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.01

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
04037	Oil, rice bran	13.6	1.0 tablespoon	0.01
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.01
14462	Beverages, QUAKER OATS, Propel Zero, fruit-flavored, non-carbonated	30.0	1.0 fluid ounce	0.01
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.01
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.01
19907	Sweeteners, for baking, contains sugar and sucralose	14.5	1.0 tbsp	0.01
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0.01
01179	Sour cream, light	12.0	1.0 tablespoon	0.01
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0.01
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.01
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.01
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.01
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0.01
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.01
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0.01
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0.01
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0.01
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.01
42055	Fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.01
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.01
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0.01
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.01
14640	Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.01
14543	Lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.01
14144	Carbonated beverage, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.01
14147	Carbonated beverage, cola, without caffeine	30.7	1.0 fl oz	0.01
14148	Carbonated beverage, cola	30.7	1.0 fl oz	0.01
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.01
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.01
14149	Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.01
14355	Tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.01
14146	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.01
14166	Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.01
14352	Tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.01
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	59.0	1.0 serving 2.07 oz pack	0.01
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.01

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.01
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.01
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.01
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0.01
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.01
04047	Oil, coconut	13.6	1.0 tbsp	0.01
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0.01
14407	Orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.01
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	51.0	1.0 serving 1.80 oz bag	0.01
02064	Peppermint, fresh	0.1	2.0 leaves	0.01
02050	Vanilla extract	4.2	1.0 tsp	0.01
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.00
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.00
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.00
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.00
02053	Vinegar, distilled	14.9	1.0 tbsp	0.00
09172	Longans, raw	3.2	1.0 fruit without refuse	0.00
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.00
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.00
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.00
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.00
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	40.0	1.0 serving fun size (8 chews)	0.00
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	40.0	1.0 serving fun size (8 chews)	0.00
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.00
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.00
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.00
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.00
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.00
14297	Lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.00
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.00
14241	Cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.00
14155	Carbonated beverage, tonic water	30.5	1.0 fl oz	0.00
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.00
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.00
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.00
14367	Tea, instant, unsweetened, powder, prepared	29.7	1.0 fl oz	0.00

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
14385	Water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.00
14440	Water, bottled, non-carbonated, DANNON Fluoride To Go	29.6	1.0 fl oz	0.00
14121	Carbonated beverage, club soda	29.6	1.0 fl oz	0.00
14209	Coffee, brewed from grounds, prepared with tap water	29.6	1.0 fl oz	0.00
14544	Tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.00
19070	Candies, butterscotch	28.35	1.0 oz	0.00
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.00
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.00
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.00
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.00
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.00
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.00
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.00
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.00
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.00
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.00
14409	Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	0.00
43345	Fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.00
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.00
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.00
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.00
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.00
19335	Sugars, granulated	2.8	1.0 serving packet	0.00
04055	Oil, palm	13.6	1.0 tbsp	0.00
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.00
43401	Coffee, dry, powder, with whitener, reduced calorie	1.7	1.0 tsp dry	0.00
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.00
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.00
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	0.00
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.00
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0.00
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.00
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.00
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.00

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.00
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.00
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0.00
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.00
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.00
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.00
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.00
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.00
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.00
04581	Oil, avocado	14.0	1.0 tbsp	0.00
04589	Fish oil, cod liver	13.6	1.0 tbsp	0.00
04593	Fish oil, salmon	13.6	1.0 tbsp	0.00
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	126.0	0.5 cup	0.00
27022	CAMPBELL'S SOUP AT HAND, 25% Less Sodium Chicken with Mini Noodles Soup	305.0	1.0 serving	0.00
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.00
06587	CAMPBELL'S SOUP AT HAND, Chicken with Mini Noodles Soup	305.0	1.0 serving	0.00
14137	Tea, ready-to-drink, NESTLE, COOL NESTEA ice tea lemon flavor	30.6	1.0 fl oz	0.00
06597	PACE, Chipotle Chunky Salsa	32.0	1.0 serving	0.00
06604	PACE, Red Taco Sauce	16.0	1.0 tbsp	0.00
06318	CAMPBELL'S Country Style Cream Gravy	59.0	0.25 cup	0.00
06325	CAMPBELL'S Microwavable Chicken Gravy	60.0	0.25 cup	0.00
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	124.0	0.5 cup condensed	0.00
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	0.00
06485	Soup, chicken rice, dry, mix, prepared with water	240.0	1.0 cup 8 fl oz	0.00
14021	Beverages, PEPSICOLA, SOBE Energize Energy Juice Drinks	240.0	8.0 fl oz	0.00
14026	Beverages, Energy Drink, sugar-free with guarana	480.0	16.0 fl oz	0.00
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.00
14030	Beverages, energy drink, Original, grape, loaded cherry, charged citrus	480.0	16.0 fl oz	0.00
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0.00
06550	CAMPBELL'S SELECT Soup, Roasted Chicken with Rotini & Penne Pasta Soup	245.0	1.0 cup	0.00
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0.00
14411	Water, tap, drinking	29.6	1.0 fl oz	0.00
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	62.0	1.0 serving 2.1 oz bag	0.00
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	124.0	0.5 cup condensed	0.00
14432	Water, bottled, non-carbonated, DANNON	29.6	1.0 fl oz	0.00
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.00

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	245.0	1.0 serving 1 cup	0.00
14559	Water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	0.00
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.00
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0.00
14644	Beverages, , PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.00
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0.00
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0.00
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.00
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.00
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.00
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.00
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.00
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.00
04516	Oil, teaseed	13.6	1.0 tablespoon	0.00
04528	Oil, walnut	13.6	1.0 tbsp	0.00
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.00
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.00
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.00
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.00
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.00
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.00
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.00
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.00
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.00
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.00
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0.00
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.00
04542	Fat, chicken	12.8	1.0 tbsp	0.00
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.00
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.00
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.00
04574	Fat, duck	12.8	1.0 tbsp	0.00
04582	Oil, canola	14.0	1.0 tbsp	0.00
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0.00
04590	Fish oil, herring	13.6	1.0 tbsp	0.00
16260	SILK Original Creamer	15.0	1.0 tbsp	0.00

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
04594	Fish oil, sardine	13.6	1.0 tbsp	0.00
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.00
27027	PACE, Pico De Gallo	32.0	1.0 serving	0.00
06598	PACE, Cilantro Chunky Salsa	32.0	1.0 serving	0.00
06609	SWANSON BROTH, Certified Organic Vegetable Broth	235.0	1.0 cup	0.00
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	245.0	1.0 cup	0.00
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	243.0	1.0 serving 1 cup	0.00
06319	CAMPBELL'S Country Style Sausage Gravy	59.0	0.25 cup	0.00
06326	CAMPBELL'S Turkey Gravy	59.0	0.25 cup	0.00
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	0.00
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	0.00
14004	Alcoholic beverage, beer, regular, BUDWEISER	29.8	1.0 fl oz	0.00
06344	CAMPBELL'S Red and White, Creamy Chicken Verde Soup, condensed	124.0	1.0 serving 1/2 cup	0.00
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0.00
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	0.00
14031	Beverages, PEPSICO, SoBe Lifewater	240.0	8.0 fl oz	0.00
06514	CAMPBELL'S SELECT Microwaveable Bowls, Chicken with Egg Noodles Soup	245.0	1.0 cup	0.00
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0.00
14065	Beverages, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.00
43026	Syrups, dietetic	240.0	1.0 cup	0.00
43057	Candies, gum drops, dietetic or low calorie (sorbitol)	182.0	1.0 cup	0.00
14412	Water, tap, well	29.6	1.0 fl oz	0.00
14429	Water, tap, municipal	29.6	1.0 fl oz	0.00
14433	Water, bottled, non-carbonated, PEPSI, AQUAFINA	29.6	1.0 fl oz	0.00
14475	Tea, ready-to-drink, ARIZONA iced tea, with lemon flavor	30.6	1.0 fl oz	0.00
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	124.0	1.0 serving 1/2 cup	0.00
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.00
14555	Water, bottled, generic	29.6	1.0 fl oz	0.00
14605	Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0.00
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	0.00
06091	CAMPBELL'S Red and White, Beef Broth, condensed	124.0	1.0 serving 1/2 cup	0.00
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	0.00
06997	CAMPBELL'S Beef Gravy	59.0	0.25 cup	0.00
01267	Queso cotija	5.0	2.0 tsp	0.00
14645	Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.00
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0.00
04001	Fat, beef tallow	12.8	1.0 tbsp	0.00
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.00
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.00
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.00
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.00
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.00
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.00
04529	Oil, almond	13.6	1.0 tablespoon	0.00
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0.00
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.00
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.00
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.00
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.00
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.00
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0.00
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0.00
04534	Oil, babassu	13.6	1.0 tbsp	0.00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.00
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.00
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.00
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.00
04575	Fat, turkey	12.8	1.0 tbsp	0.00
04583	Oil, mustard	14.0	1.0 tbsp	0.00
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0.00
04591	Fish oil, menhaden	13.6	1.0 tbsp	0.00
16261	SILK French Vanilla Creamer	15.0	1.0 tbsp	0.00
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0.00
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.00
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.00
27028	PACE, Salsa Verde	32.0	1.0 serving	0.00
06585	CAMPBELL'S SOUP AT HAND, Blended Vegetable Medley Soup	305.0	1.0 serving	0.00
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	245.0	1.0 serving	0.00
06615	SWANSON BROTH, Vegetable Broth	235.0	1.0 cup	0.00
06247	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken with Vegetables and Pasta Soup, ready-to-serve	245.0	1.0 serving 1 cup	0.00
06321	CAMPBELL'S Golden Pork Gravy	59.0	0.25 cup	0.00

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
14224	Coffee, instant, with sugar, mocha-flavor, powder	13.0	1.0 serving 2 tbsp	0.00
06329	FRANCO-AMERICAN Slow Roast Beef Gravy	59.0	0.25 cup	0.00
14001	Beverages, coconut water, unsweetened from concentrate, natural and fruit flavors, vitamin C added, ready-to-drink	250.0	8.5 fl oz	0.00
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	30.0	1.0 fluid ounce	0.00
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	0.00
06372	CAMPBELL'S Red and White, Southwest Style Pepper Jack Soup, condensed	124.0	1.0 serving 1/2 cup	0.00
06525	CAMPBELL'S SELECT Microwaveable Bowls, Savory Chicken and Long Grain Rice Soup	245.0	1.0 cup	0.00
06532	CAMPBELL'S SELECT Soup, Chicken & Pasta with Roasted Garlic Soup	245.0	1.0 cup	0.00
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	245.0	1.0 cup	0.00
19163	Chewing gum	3.0	1.0 stick	0.00
06548	CAMPBELL'S SELECT Soup, Roasted Chicken with Long Grain & Wild Rice Soup	245.0	1.0 cup	0.00
19350	Syrups, corn, light	341.0	1.0 cup	0.00
14408	Orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.00
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	0.00
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	124.0	0.5 cup condensed	0.00
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.00
14434	Water, bottled, non-carbonated, DASANI	29.6	1.0 fl oz	0.00
14476	Tea, ready-to-drink, LIPTON BRISK iced tea, with lemon flavor	30.6	1.0 fl oz	0.00
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.00
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	245.0	1.0 serving 1 cup	0.00
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	126.0	1.0 serving 1/2 cup	0.00
14557	Chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.00
14601	Tea, ready-to-drink, unsweetened, WENDY'S, fast food, without ice	30.0	1.0 fluid ounce	0.00
14628	Energy drink, AMP, sugar free	240.0	1.0 serving 8 fl oz	0.00
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.00
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0.00
06999	CAMPBELL'S Chicken Gravy	59.0	0.25 cup	0.00
14646	Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0.00
42289	Oil, corn and canola	14.0	1.0 tbsp	0.00
04002	Lard	12.8	1.0 tbsp	0.00
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.00
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.00
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.00
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.00
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.00
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.00

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.00
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.00
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.00
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.00
27029	PACE, Tequila Lime Salsa	32.0	1.0 serving	0.00
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.00
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.00
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0.00
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.00
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.00
04536	Oil, sheanut	13.6	1.0 tablespoon	0.00
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.00
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.00
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.00
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.00
04576	Fat, goose	12.8	1.0 tbsp	0.00
16249	SILK Coffee, soymilk	243.0	1.0 cup	0.00
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.00
04588	Oil, oat	13.6	1.0 tbsp	0.00
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0.00
16262	SILK Hazelnut Creamer	15.0	1.0 tbsp	0.00
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.00
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.00
27025	CAMPBELL'S SELECT Gold Label Soups, Italian Tomato & Basil Soup	245.0	1.0 cup	0.00
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0.00
06592	CAMPBELL'S SOUP AT HAND, Creamy Tomato Soup	305.0	1.0 serving	0.00
06601	PACE, Lime & Garlic Chunky Salsa	32.0	1.0 serving	0.00
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	246.0	1.0 serving 1 cup	0.00
06324	CAMPBELL'S Microwavable Beef Gravy	59.0	0.25 cup	0.00
06332	CAMPBELL'S Microwavable Turkey Gravy	60.0	0.25 cup	0.00
06470	CAMPBELL'S Low Sodium Soups, Chicken Broth	298.0	1.0 serving 1 container	0.00
14002	Beverages, coconut water, unsweetened, (with no vitamin C added) ready-to-drink	250.0	8.5 fl oz	0.00
22951	SWANSON, Chicken A La King	298.0	1.0 can (1 serving)	0.00
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	124.0	1.0 serving 1/ 2 cup	0.00
14013	Alcoholic beverage, beer, light, MICHELOB ULTRA	29.5	1.0 fl oz	0.00
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	126.0	1.0 serving 1/2 cup	0.00

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
06517	CAMPBELL'S SELECT Microwaveable Bowls, Italian-Style Wedding Soup	245.0	1.0 cup	0.00
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.00
06533	CAMPBELL'S SELECT Soup, Chicken Vegetable Medley Soup	245.0	1.0 cup	0.00
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.00
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.00
14384	Water, bottled, PERRIER	29.6	1.0 fl oz	0.00
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.00
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	62.0	1.0 serving 2.1 oz bag	0.00
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0.00
06029	HEALTHY REQUEST, Chicken with Rice, condensed	126.0	0.5 cup	0.00
02074	Seasoning mix, dry, sazon, coriander & annatto	1.0	0.25 tsp	0.00
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.00
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.00
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	124.0	1.0 serving 1/2 cup	0.00
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0.00
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0.00
14647	Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0.00
14652	Fruit-flavored drink, dry powder, low calorie, with high vitamin C	2.5	1.0 serving	0.00
43060	Chewing gum, sugarless	2.0	1.0 piece	0.00
04038	Oil, wheat germ	13.6	1.0 tablespoon	0.00
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.00
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.00
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.00
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.00
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0.00
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.00
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0.00