

USDA National Nutrient Database for Standard Reference Release 28

Nutrients: Glutamic acid (g) ; Glycine (g)

Food Subset: All Foods

Ordered by: Nutrient Content

Measured by: Household

Report Run at: September 13, 2017 22:06 EDT

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	39.077	11.892
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	37.800	11.429
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	22.254	9.024
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	16.038	3.979
16076	Lupins, mature seeds, raw	180.0	1.0 cup	15.635	2.770
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	14.646	3.497
05305	Ground turkey, raw	453.6	1.0 lb	14.261	4.876
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	14.111	3.152
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	13.365	2.782
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	12.835	3.242
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	12.656	2.599
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	12.472	3.260
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	12.301	3.301
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	12.155	2.354
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	11.734	2.800
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	11.734	2.800
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	11.699	2.473
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	11.482	2.448
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	11.227	1.830
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	10.769	2.392
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	10.734	3.858
16119	Soy meal, defatted, raw	122.0	1.0 cup	10.620	2.535
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	10.528	3.784
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	10.314	1.644
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	10.175	3.751
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	9.832	3.535
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	9.640	1.867
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	9.611	0.897

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	9.588	3.889
16117	Soy flour, defatted	105.0	1.0 cup	9.561	2.283
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	9.556	3.435
20071	Wheat, hard red spring	192.0	1.0 cup	9.496	1.192
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	9.400	1.586
11667	Seaweed, spirulina, dried	112.0	1.0 cup	9.392	3.471
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	9.198	0.796
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	9.190	1.446
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	9.163	3.665
20076	Wheat, durum	192.0	1.0 cup	9.107	0.950
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	9.001	1.077
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	8.971	0.894
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	8.946	1.286
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	8.944	3.216
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	8.921	3.207
12061	Nuts, almonds	143.0	1.0 cup, whole	8.875	2.043
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	8.826	1.975
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	8.765	3.499
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	8.637	1.274
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	8.610	2.619
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	8.602	2.480
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	8.602	2.480
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	8.541	2.180
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	8.527	1.851
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	8.520	1.545
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	8.491	1.955
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	8.491	1.955
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	8.335	1.431
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	8.330	0.866
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	8.266	2.151
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	8.230	0.572
01035	Cheese, provolone	132.0	1.0 cup, diced	8.230	0.572
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of ravioli	8.207	0.807
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	8.192	2.993

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	8.148	2.159
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	8.137	2.347
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	8.137	2.347
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	8.109	2.302
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	8.109	2.302
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	8.109	2.302
20140	Spelt, uncooked	174.0	1.0 cup	8.093	1.047
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	8.081	0.785
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	8.050	0.756
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	8.029	1.775
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	7.983	2.377
16091	Peanuts, spanish, raw	146.0	1.0 cup	7.979	2.301
20028	Couscous, dry	173.0	1.0 cup	7.958	0.697
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	7.910	2.394
01025	Cheese, monterey	132.0	1.0 cup, diced	7.907	0.557
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	7.900	2.654
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	7.808	2.334
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	7.808	2.334
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	7.802	2.061
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	7.742	2.268
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	7.733	1.181
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	7.731	2.229
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	7.731	2.229
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	7.720	1.584
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	7.703	2.107
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	7.695	1.677
20069	Triticale	192.0	1.0 cup	7.692	1.073
16095	Peanuts, virginia, raw	146.0	1.0 cup	7.687	2.216
20072	Wheat, hard red winter	192.0	1.0 cup	7.676	1.014
01011	Cheese, colby	132.0	1.0 cup, diced	7.673	0.541
16093	Peanuts, valencia, raw	146.0	1.0 cup	7.655	2.208
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	7.649	2.092

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
20066	Semolina, enriched	167.0	1.0 cup	7.634	0.670
20466	Semolina, unenriched	167.0	1.0 cup	7.634	0.670
16106	Meat extender	88.0	1.0 cup	7.628	1.485
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	7.569	2.070
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	7.564	2.883
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	7.556	2.159
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	7.549	2.143
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	7.545	1.645
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	7.533	1.973
01040	Cheese, swiss	132.0	1.0 cup, diced	7.529	0.671
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	7.469	1.859
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	7.469	1.859
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	7.438	1.622
16144	Lentils, pink or red, raw	192.0	1.0 cup	7.427	1.947
01030	Cheese, muenster	132.0	1.0 cup, diced	7.333	0.581
16069	Lentils, raw	192.0	1.0 cup	7.332	1.924
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	7.330	2.585
12084	Nuts, butternuts, dried	120.0	1.0 cup	7.301	1.810
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	7.298	2.075
01005	Cheese, brick	132.0	1.0 cup, diced	7.280	0.577
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	7.279	0.598
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	7.254	1.773
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	7.240	1.793
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	7.234	0.508
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	7.234	0.508
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	7.226	2.083
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	7.207	2.146
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	7.207	2.146
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	7.206	1.714
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	7.193	1.842
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	7.185	0.570
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	7.181	2.071
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	7.150	2.063

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	7.131	2.322
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	7.130	1.702
21270	TACO BELL, Taco Salad	533.0	1.0 item	7.121	1.631
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	7.106	1.820
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	7.104	2.049
01034	Cheese, port de salut	132.0	1.0 cup, diced	7.061	0.640
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	7.059	1.866
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	7.055	0.713
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	7.004	2.841
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	6.960	3.115
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	6.927	2.272
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	6.923	1.829
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	6.919	1.772
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	6.916	1.828
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	6.909	1.660
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	6.902	0.497
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	6.900	1.635
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	6.899	2.255
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	6.853	1.811
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	6.846	1.753
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	6.839	1.752
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	6.787	1.955
01020	Cheese, fontina	132.0	1.0 cup, diced	6.780	0.603
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	6.725	2.212
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	6.709	1.718
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	6.703	1.681
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	6.695	0.325
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	6.671	0.525
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	6.669	1.758
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	6.668	1.758
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	6.666	1.388

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	6.656	1.643
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	6.631	1.736
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	6.631	1.736
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	6.615	1.693
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	6.607	1.955
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	6.596	1.742
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	6.576	1.684
16099	Peanut flour, defatted	60.0	1.0 cup	6.545	1.887
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	6.503	2.134
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	6.488	1.664
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	6.485	2.099
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	6.482	2.319
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	6.481	2.125
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	6.466	2.079
20142	Teff, uncooked	193.0	1.0 cup	6.464	0.921
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	6.444	1.666
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	6.440	1.486
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	6.433	1.696
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	6.429	0.510
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	6.426	2.029
01032	Cheese, parmesan, grated	100.0	1.0 cup	6.425	0.560
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	6.412	1.877
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	6.402	2.017
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	6.396	1.874
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	6.390	1.635
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	6.383	1.802
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	6.378	2.092
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	6.370	1.884
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	6.350	2.041
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	6.335	2.305
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	6.322	1.619
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	6.304	0.727
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	6.298	1.863

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01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	6.295	0.391
01009	Cheese, cheddar	132.0	1.0 cup, diced	6.250	0.722
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	6.238	2.542
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)	6.237	1.761
11450	Soybeans, green, raw	256.0	1.0 cup	6.228	1.380
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	6.225	2.005
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	6.215	1.885
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	6.207	1.101
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	6.207	1.101
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	6.195	1.988
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	6.166	2.408
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	6.162	1.740
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	6.156	1.822
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	6.156	1.822
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	6.155	1.796
20073	Wheat, soft red winter	168.0	1.0 cup	6.154	0.764
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	6.119	2.200
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	6.106	2.477
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	6.105	1.489
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	6.104	2.195
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	6.099	1.561
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	6.094	2.472
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)	6.093	2.051
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)	6.093	2.051
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	6.076	1.994
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	6.066	1.989
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	6.061	1.587
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	6.061	1.587
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	6.061	1.587
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	6.060	1.458
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	6.055	1.987

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	6.051	0.605
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	6.048	1.820
01024	Cheese, limburger	134.0	1.0 cup	6.043	0.548
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	6.024	1.778
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	6.021	1.782
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	6.012	2.121
20004	Barley, hulled	184.0	1.0 cup	6.000	0.832
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	5.967	2.145
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	5.962	1.607
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	5.962	1.527
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	5.944	0.507
36027	DENNY'S, chicken strips	194.0	1.0 serving	5.936	1.552
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	5.932	2.124
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)	5.917	1.992
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	5.904	1.750
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	5.901	1.935
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	5.898	1.759
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	5.886	1.783
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	5.861	1.486
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	5.842	1.536
16113	Natto	175.0	1.0 cup	5.840	1.131
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	5.839	2.512
20038	Oats	156.0	1.0 cup	5.791	1.312
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	5.769	1.168
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	5.769	1.168
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)	5.760	1.939
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	5.751	0.562
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	5.751	0.562
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	5.737	1.882
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	5.729	1.368
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	5.722	1.876

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	5.718	1.823
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	5.698	1.869
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	5.696	2.050
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	5.695	1.750
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	5.694	1.816
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	5.693	2.909
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	5.688	1.866
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	5.685	2.126
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	5.665	2.127
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	5.664	2.220
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	5.649	1.479
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	5.649	1.479
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	5.619	1.341
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	5.603	1.665
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)	5.588	2.266
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	5.587	2.470
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	5.576	1.215
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	5.576	1.215
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	5.575	1.650
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	5.566	1.646
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	5.565	1.825
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	5.558	1.936
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)	5.555	2.254
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	5.555	0.469
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	5.545	1.324
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	5.545	1.324
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	5.539	1.961
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	5.523	1.296
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	5.523	1.296
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	5.521	1.199
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	5.513	1.260
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	5.504	2.016
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	5.491	1.862
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	5.485	0.914
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	5.482	1.762

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	5.474	1.760
16114	Tempeh	166.0	1.0 cup	5.465	1.252
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	5.464	1.542
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	5.445	1.786
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	5.437	1.268
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	5.436	0.895
01133	Egg, whole, dried	85.0	1.0 cup, sifted	5.430	1.380
20012	Bulgur, dry	140.0	1.0 cup	5.429	0.693
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	5.428	1.196
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	5.408	1.613
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	5.373	0.954
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	5.373	0.954
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	5.373	1.117
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	5.373	1.117
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	5.353	1.624
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	5.338	1.400
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	5.331	1.811
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	5.289	1.241
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	5.282	1.545
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	5.279	1.351
20070	Triticale flour, whole-grain	130.0	1.0 cup	5.262	0.734
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	5.243	1.721
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	5.240	1.719
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	5.235	2.232
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	5.230	0.608
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	5.215	1.363
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	5.211	2.166
20080	Wheat flour, whole-grain	120.0	1.0 cup	5.194	0.683
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	5.192	1.628
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	5.187	1.535
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	5.187	1.535
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	5.187	1.667
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	5.184	1.668
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	5.181	0.480
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	5.180	2.113

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
20005	Barley, pearled, raw	200.0	1.0 cup	5.176	0.718
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5.149	1.361
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	5.149	1.878
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	5.148	0.452
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	5.148	0.528
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	5.146	1.533
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	5.142	1.841
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	5.141	1.653
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5.109	1.350
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	5.106	1.897
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	5.093	1.624
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	5.083	1.920
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	5.073	1.493
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	5.066	1.418
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	5.065	0.493
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	5.062	1.766
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	5.054	2.216
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	5.051	1.657
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5.042	1.333
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	5.032	1.806
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	5.017	1.799
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	5.017	1.024
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	4.998	0.505
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	4.998	0.505
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	4.993	0.577
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	4.986	1.464
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	4.965	1.100
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	4.965	1.100
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.964	1.312
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	4.963	2.115
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	4.962	1.940
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	4.949	1.465

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
16122	Soy protein isolate	28.35	1.0 oz	4.948	1.021
16422	Soy protein isolate, potassium type	28.35	1.0 oz	4.948	1.021
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	4.935	1.603
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	4.920	1.538
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	4.916	1.582
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	4.897	1.449
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	4.893	1.573
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	4.893	1.595
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	4.882	1.290
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	4.882	1.065
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	4.875	1.599
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.870	1.287
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	4.865	0.435
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	4.862	1.579
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.858	1.283
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	4.841	1.487
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	4.841	1.487
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	4.831	1.277
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.825	1.272
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4.818	1.273
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	4.812	0.884
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	4.812	0.884
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	4.803	1.561
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	4.799	1.344
20031	Millet, raw	200.0	1.0 cup	4.792	0.574
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	4.778	1.523
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	4.769	1.260
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.769	1.260

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	4.767	1.714
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	4.767	1.410
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	4.762	1.859
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	4.756	0.406
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	4.750	1.527
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	4.749	1.800
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	4.728	0.549
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	4.726	1.249
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	4.714	1.943
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.714	1.245
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	4.705	1.317
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4.705	1.244
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	4.700	0.940
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	4.698	1.315
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	4.698	1.527
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	4.695	1.423
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	4.687	1.238
20067	Sorghum grain	192.0	1.0 cup	4.683	0.664
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	4.682	1.708
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	4.681	0.997
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	4.677	1.863
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	4.676	1.746
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	4.672	1.318
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	4.669	1.234
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	4.667	1.233
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	4.666	1.500
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4.661	1.232
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	4.652	1.672

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	4.630	1.504
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	4.624	1.474
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.621	1.221
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.613	1.675
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4.613	1.675
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)	4.610	1.774
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)	4.608	1.868
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.604	1.365
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	4.601	1.216
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	4.599	1.688
20078	Wheat germ, crude	115.0	1.0 cup	4.594	1.638
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	4.581	1.647
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	4.576	0.851
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	4.572	2.444
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	4.565	1.483
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4.548	1.652
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.548	1.652
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4.545	1.844
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.545	1.378
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.545	1.201
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)	4.543	1.828
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	4.542	1.461
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.536	1.365
19059	Snacks, trail mix, regular	150.0	1.0 cup	4.535	1.163
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	4.535	1.163
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	4.534	1.198
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	4.528	1.471
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	4.528	1.445

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.523	1.195
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	4.521	1.469
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	4.517	1.453
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.517	1.193
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	4.513	1.466
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	4.506	1.972
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	4.502	1.524
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	4.501	1.189
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	4.497	1.230
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	4.487	1.443
15005	Fish, bluefish, raw	150.0	1.0 fillet	4.487	1.443
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	4.486	1.227
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	4.476	1.183
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	4.474	1.182
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	4.469	1.222
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	4.460	1.449
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4.460	1.176
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4.457	1.808
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	4.452	1.461
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	4.452	1.461
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	4.448	1.176
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4.444	1.216
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4.431	1.212
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	4.422	1.564
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	4.419	1.286
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	4.418	1.605
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4.415	1.164

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure	
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	4.415	0.472	
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4.412	1.166	
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	4.404	1.164	
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	4.396	1.303	
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	4.391	1.426	
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4.389	1.200	
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	4.389	1.364	
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	4.389	1.120	
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	4.389	1.120	
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4.389	1.780	
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	4.385	1.593	
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	4.383	1.476	
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	4.381	1.295	
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	4.377	0.581	
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	4.374	1.450	
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)		4.366	1.232
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	4.363	1.403	
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	4.363	1.294	
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	4.361	1.417	
20001	Amaranth grain, uncooked	193.0	1.0 cup	4.360	3.157	
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4.357	1.192	
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	4.355	0.979	
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	4.353	1.581	
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	4.349	0.464	
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	4.349	0.464	
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	4.349	0.464	

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	4.349	0.464
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4.348	1.189
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4.339	1.760
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4.339	1.187
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.337	1.143
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.336	1.186
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	4.333	1.407
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 weighing 149g)	4.333	1.757
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	4.330	1.756
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	4.329	1.435
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	4.327	1.755
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	4.326	1.665
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4.326	1.754
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.320	1.142
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	4.318	1.836
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	4.317	1.444
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	4.316	1.481
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	4.310	1.401
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	4.307	1.472
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)	4.307	1.216
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	4.304	1.275
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	4.301	0.454
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	4.301	1.562
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4.298	1.136
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	4.296	0.584
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	4.293	1.135

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4.292	1.291
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	4.288	1.393
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	4.287	1.393
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4.287	1.738
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.284	1.171
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.282	1.129
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4.282	1.737
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	4.281	1.131
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.279	1.170
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	4.277	0.411
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	4.275	1.130
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	4.269	1.387
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.267	1.265
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	4.267	1.127
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	4.266	0.833
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4.265	1.127
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4.261	1.292
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.259	1.125
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4.258	1.727
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.258	1.727
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4.247	1.161
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	4.245	2.253
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4.244	1.721
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	4.243	1.407
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	4.243	0.975

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	4.242	1.377
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	4.238	1.196
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	4.238	1.120
16100	Peanut flour, low fat	60.0	1.0 cup	4.238	1.222
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)	4.237	1.657
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	4.233	1.124
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4.228	1.156
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4.224	1.280
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.221	1.712
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	4.221	1.226
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	4.217	1.269
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.215	1.153
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	4.214	1.417
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	4.213	1.530
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	4.207	1.353
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	4.207	1.341
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	4.207	0.525
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	4.203	1.366
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	4.203	0.494
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	4.202	1.365
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	4.201	1.414
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4.198	1.703
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4.196	1.107
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.194	1.108

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.193	1.106
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	4.192	1.700
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4.191	1.209
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.188	1.104
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.183	1.240
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	4.182	0.401
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	4.182	0.401
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	4.180	1.696
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	4.178	1.664
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.177	1.694
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	4.176	0.925
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	4.176	0.925
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4.171	1.204
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4.168	1.102
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	4.167	1.216
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	4.165	0.465
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	4.165	1.329
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	4.162	0.445
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.162	1.688
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	4.160	1.138
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.159	1.099
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.158	1.199
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	4.158	1.232
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	4.156	1.398

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
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	4.152	1.097
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	4.151	1.095
21251	BURGER KING, Cheeseburger	133.0	1.0 item	4.150	1.184
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	4.148	0.967
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	4.144	0.889
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	4.143	0.992
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	4.143	1.402
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	4.143	0.924
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	4.138	0.463
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	4.136	1.223
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	4.133	1.157
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	4.129	1.130
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	4.127	2.050
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	4.122	1.240
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	4.120	0.891
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.119	1.249
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.111	1.667
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	4.109	1.085
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	4.109	1.179
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	4.106	0.338
20088	Wild rice, raw	160.0	1.0 cup	4.104	1.075
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	4.102	0.860
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	4.102	0.860
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	4.101	1.148
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	4.093	1.081
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	4.091	1.598
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	4.090	1.079
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	4.083	1.077

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	4.083	1.090
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	4.083	1.143
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	4.081	1.214
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.081	1.228
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	4.078	1.323
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	4.077	1.624
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	4.068	1.148
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	4.065	1.026
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	4.065	1.111
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	4.063	1.837
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	4.059	1.318
20130	Barley flour or meal	148.0	1.0 cup	4.057	0.562
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4.056	1.069
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	4.053	2.001
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	4.052	1.837
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	4.048	1.227
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	4.047	1.315
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	4.047	1.362
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	4.046	1.107
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	4.039	1.195
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	4.037	1.064
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	4.037	1.206
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	4.028	0.889
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	4.028	1.086
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	4.026	1.191
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.020	1.060
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	4.020	1.099
20063	Rye flour, dark	128.0	1.0 cup	4.018	0.870

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	4.018	1.441
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	4.016	1.156
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	4.015	1.211
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	4.006	1.188
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	4.000	1.300
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.996	1.211
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	3.993	1.450
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.992	1.091
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.990	1.091
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	3.990	1.343
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.986	1.090
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	3.985	1.090
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	3.985	1.282
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	3.985	0.575
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	3.983	0.722
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3.981	1.050
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	3.981	1.505
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	3.980	1.049
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	3.978	1.278
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.974	1.087
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	3.974	1.552
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	3.973	1.086
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	3.972	1.062
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	3.971	1.195

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	3.970	0.358
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	3.970	0.358
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.968	1.176
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	3.966	1.349
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	3.964	1.118
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.964	1.607
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	3.963	1.341
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.959	1.083
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	3.956	1.210
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.954	1.043
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	3.954	1.043
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)	3.953	1.116
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	3.951	1.244
12147	Nuts, pine nuts, dried	135.0	1.0 cup	3.950	0.933
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	3.950	1.080
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	3.949	0.364
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	3.949	0.364
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	3.947	1.168
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	3.945	1.349
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	3.944	1.268
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	3.938	1.538
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	3.937	1.038
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	3.935	1.198
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	3.934	1.193
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	3.933	1.274
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.930	1.594

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
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)	3.924	1.292
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.922	1.131
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	3.922	1.160
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	3.921	1.250
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	3.921	1.189
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	3.920	1.189
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	3.918	1.403
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.917	2.274
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	3.916	1.032
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.916	1.033
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	3.915	1.272
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.915	1.071
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	3.913	1.587
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	3.913	1.587
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	3.906	1.405
36036	Restaurant, family style, onion rings	259.0	1.0 serving	3.906	0.464
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	3.905	0.351
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	3.902	1.239
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	3.899	0.377
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.898	1.581
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	3.898	1.581
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.897	1.066
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	3.896	1.580
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	3.895	0.377
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	3.892	1.233

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	3.891	1.329
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	3.889	0.522
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.886	1.152
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	3.884	1.547
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.882	1.026
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.882	1.026
20062	Rye grain	169.0	1.0 cup	3.877	0.703
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	3.876	1.573
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.873	1.059
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	3.870	1.058
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	3.870	0.983
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	3.870	1.059
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.870	1.058
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.868	1.057
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.868	1.172
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	3.867	1.390
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	3.867	1.173
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.865	1.567
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	3.865	1.163
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	3.862	1.318
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	3.861	1.143
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.860	1.056
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	3.860	1.245
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	3.859	1.181
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.858	1.144
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.852	1.017

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.852	1.017
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	3.849	1.251
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	3.847	1.141
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.846	1.138
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	3.845	1.149
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	3.839	1.557
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	3.839	1.136
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	3.837	1.451
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	3.837	0.399
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	3.835	1.374
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	3.835	1.291
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.834	1.013
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	3.833	1.163
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.833	1.153
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.828	1.135
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	3.827	1.669
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.827	1.104
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	3.826	0.704
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)	3.825	1.735
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	3.823	1.267
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	3.822	1.133
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	3.822	1.351
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.820	1.550
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.819	1.102
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	3.817	1.484

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
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)	3.815	1.366
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	3.814	0.742
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	3.813	1.442
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	3.811	1.067
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	3.809	1.155
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.804	1.097
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	3.804	1.125
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	3.802	1.485
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	3.801	1.153
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	3.801	1.153
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	3.798	0.803
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	3.797	1.232
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.796	1.540
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	3.795	0.991
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.795	1.095
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	3.795	1.142
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	3.794	1.221
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.794	1.002
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	3.787	1.369
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	3.786	1.478
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	3.784	1.277
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.783	1.534
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	3.782	0.365
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	3.780	1.648
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	3.778	1.033
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	3.777	1.057
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	3.776	1.475
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	3.776	1.094
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	3.774	1.227
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	3.772	0.994

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
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)	3.771	1.702
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	3.770	1.115
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3.770	1.142
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)	3.770	1.064
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	3.770	1.225
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	3.763	1.527
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	3.763	1.125
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	3.763	1.488
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.760	1.131
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	3.760	1.676
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	3.757	1.221
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	3.754	1.727
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	3.754	1.637
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.753	1.522
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	3.753	1.698
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	3.753	1.129
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	3.749	1.261
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	3.749	1.109
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	3.748	1.025
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3.747	0.990
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	3.747	1.331
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	3.745	1.108
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3.744	0.989
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.743	1.518
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	3.743	1.057
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	3.743	1.108

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	3.742	1.107
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	3.740	1.023
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	3.740	1.023
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	3.740	1.023
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	3.737	1.097
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.736	0.987
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	3.736	1.357
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	3.733	1.338
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	3.733	1.104
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.732	1.107
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)	3.731	1.514
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	3.731	1.314
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.731	1.513
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	3.728	1.626
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	3.728	1.142
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	3.727	1.512
15261	Fish, tilapia, raw	116.0	1.0 fillet	3.727	1.210
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	3.727	1.687
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	3.726	1.102
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	3.725	1.042
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.725	1.074
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	3.724	1.210
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	3.721	1.074
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	3.720	1.622
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	3.720	1.103
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	3.719	1.128
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	3.715	1.682
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.715	1.106

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	3.714	1.110
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	3.714	1.231
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	3.714	1.099
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	3.713	0.381
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	3.712	1.098
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	3.712	1.618
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)	3.711	1.505
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3.711	0.981
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.711	1.070
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	3.709	1.448
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	3.709	1.448
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.709	1.070
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	3.706	1.123
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	3.705	0.938
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.703	1.502
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	3.702	1.446
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	3.699	1.245
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.698	1.067
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	3.698	1.081
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	3.698	1.157
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	3.697	1.188
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.697	0.977
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	3.697	1.499
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	3.697	1.094
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	3.696	0.396
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	3.695	1.043
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.693	1.498

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
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	3.690	1.009
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	3.689	1.091
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	3.688	1.129
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3.687	0.974
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	3.687	1.261
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	3.686	1.303
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.686	1.495
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	3.685	0.965
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	3.683	1.117
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	3.679	1.665
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	3.675	1.193
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	3.674	1.335
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	3.672	1.004
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	3.669	1.003
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	3.667	1.003
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	3.664	1.598
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.663	1.247
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	3.663	1.449
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	3.663	1.084
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	3.663	1.232
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	3.662	1.192
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	3.660	1.083
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	3.660	1.493
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.658	1.109
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	3.658	1.151
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	3.658	1.483

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
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	3.656	1.000
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	3.655	1.653
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	3.654	1.084
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.653	1.054
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	3.652	1.482
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.652	1.053
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	3.650	1.228
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	3.648	1.442
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.647	0.964
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.647	0.964
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	3.645	1.424
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	3.642	1.156
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	3.641	1.440
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	3.640	1.104
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	3.639	1.095
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	3.638	1.076
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	3.637	1.302
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)	3.637	1.027
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	3.636	1.102
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	3.634	1.223
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.633	1.077
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	3.632	1.306
01019	Cheese, feta	150.0	1.0 cup, crumbled	3.631	0.146
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	3.631	1.074
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	3.631	1.643

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
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	3.630	1.221
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	3.628	0.827
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.628	1.075
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	3.628	1.177
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	3.627	2.019
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	3.625	0.538
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	3.624	1.640
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	3.619	1.073
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	3.617	0.990
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	3.615	1.391
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	3.615	1.216
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.615	1.020
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	3.614	1.022
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	3.613	1.087
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	3.613	0.561
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	3.612	1.465
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	3.611	0.385
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.609	1.464
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	3.609	1.543
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	3.607	1.017
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	3.604	1.103
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	3.603	1.247
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.601	0.951
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	3.595	0.539
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	3.594	0.363
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	3.594	0.363
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	3.593	1.288
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	3.593	0.799
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	3.592	1.065

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.591	1.090
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.590	1.013
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	3.590	1.035
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	3.590	1.456
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	3.588	1.062
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.585	1.128
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.584	1.454
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	3.583	1.198
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.582	1.301
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	3.582	1.453
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	3.582	1.060
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.580	1.301
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.580	1.301
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	3.580	1.059
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	3.579	1.434
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	3.579	1.151
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	3.578	1.001
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	3.576	1.397
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.575	0.944
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.575	0.944
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.575	1.450
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)	3.574	1.450
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	3.574	0.356
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	3.573	1.059

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	3.573	1.449
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	3.573	1.351
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	3.571	1.395
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	3.567	1.393
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.567	1.447
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	3.567	1.200
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	3.567	1.447
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	3.566	1.201
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.564	1.057
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	3.564	1.409
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	3.563	1.145
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	3.563	0.942
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.561	1.056
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.561	1.056
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.559	1.443
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	3.558	1.080
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	3.557	0.311
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.557	1.058
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	3.557	1.389
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.557	1.055
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	3.557	0.776
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	3.557	0.776
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	3.556	1.446
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	3.556	1.062
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.556	0.939
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	3.556	1.317
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	3.553	1.054
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.552	1.053

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
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	3.552	1.077
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	3.550	1.002
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.550	1.440
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	3.550	1.077
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	3.549	1.273
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	3.549	1.142
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	3.547	1.385
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.545	1.438
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)	3.543	1.000
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.543	1.206
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	3.543	1.139
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	3.542	1.084
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	3.542	1.437
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.542	0.936
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.542	0.936
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.540	1.204
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	3.540	1.383
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	3.539	1.150
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	3.539	1.150
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	3.539	1.056
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	3.537	0.685
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	3.537	1.191
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)	3.537	1.451
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	3.536	1.134
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3.536	1.049
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	3.535	1.209
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	3.535	1.020

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	3.535	1.398
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	3.535	1.600
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.534	0.997
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	3.534	1.380
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3.533	1.433
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	3.532	1.380
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	3.532	1.599
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.530	1.431
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	3.529	1.062
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.529	1.046
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	3.528	1.529
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	3.528	1.281
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3.528	0.932
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	3.528	1.045
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	3.525	1.205
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	3.525	1.045
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.525	1.045
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	3.524	1.404
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	3.523	1.332
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	3.523	1.162
20033	Oat bran, raw	94.0	1.0 cup	3.523	0.890
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	3.522	1.279
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	3.522	1.565
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	3.522	0.830
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	3.519	1.015
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	3.518	1.374
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	3.517	1.184

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	3.516	1.278
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	3.516	1.391
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	3.516	1.426
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.516	1.425
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3.516	1.277
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.516	1.277
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	3.514	1.390
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	3.513	1.142
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	3.513	1.425
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	3.513	1.590
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	3.513	1.075
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	3.512	1.371
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)	3.512	1.425
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	3.512	1.425
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.511	0.926
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.510	1.043
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	3.508	1.011
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	3.508	0.299
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.507	1.038
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	3.507	1.022
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	3.507	1.040
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	3.506	0.989
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	3.506	1.040
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	3.506	1.386

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	3.505	1.273
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.504	1.041
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	3.504	1.385
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.504	1.037
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	3.503	0.958
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	3.501	1.148
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	3.500	1.529
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	3.500	1.035
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	3.499	1.419
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	3.499	0.988
16104	Bacon, meatless	144.0	1.0 cup	3.498	0.681
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.497	1.177
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.496	0.924
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	3.496	1.043
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	3.496	0.924
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	3.496	1.365
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.494	1.040
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.493	1.416
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	3.492	1.364
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.490	0.922
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	3.490	1.267
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.490	1.175
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	3.489	1.249
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	3.488	1.379

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	3.488	1.131
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	3.487	1.055
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	3.486	1.414
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	3.486	1.155
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	3.485	0.675
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	3.483	1.413
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	3.482	1.265
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	3.482	1.340
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	3.482	1.360
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	3.481	1.030
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	3.481	1.171
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	3.480	1.171
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	3.479	1.253
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	3.479	1.411
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	3.479	1.358
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	3.479	1.411
20008	Buckwheat	170.0	1.0 cup	3.478	1.753
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	3.478	1.574
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	3.476	1.254
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.476	1.183
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	3.476	0.981
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	3.475	1.028
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3.475	1.409
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.475	1.170
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	3.473	1.028
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	3.473	1.093

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	3.473	1.128
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	3.473	1.093
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	3.473	1.093
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)	3.473	1.408
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	3.472	1.116
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	3.471	1.128
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.470	1.001
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	3.468	1.355
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	3.468	0.434
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	3.467	1.407
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.466	1.406
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	3.466	1.051
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	3.465	1.255
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	3.463	1.125
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	3.463	1.165
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	3.463	1.405
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	3.462	1.024
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	3.462	0.850
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	3.460	1.403
15022	Fish, cusk, raw	122.0	1.0 fillet	3.459	1.113
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	3.458	1.123
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	3.455	1.139
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	3.454	1.040
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	3.452	1.111
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)	3.451	1.466
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	3.448	0.359
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	3.448	1.586
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	3.447	1.119

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3.447	1.398
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	3.447	1.020
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.445	1.251
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.445	1.251
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	3.444	1.108
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	3.443	1.559
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.442	1.498
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	3.442	1.054
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	3.441	1.344
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	3.440	1.396
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	3.439	1.557
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	3.439	1.052
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.438	1.017
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	3.437	1.041
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.434	0.908
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	3.432	1.213
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.431	1.391
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	3.428	1.050
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	3.426	1.338
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	3.425	1.192
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.425	0.989
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3.425	0.905
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.424	1.113
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	3.423	1.151
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	3.422	1.353
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	3.422	1.170
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	3.422	1.048

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	3.421	1.352
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	3.420	1.242
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	3.419	1.037
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.419	1.386
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	3.419	1.028
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	3.419	1.386
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.418	0.901
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	3.418	1.150
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.418	0.901
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3.415	1.385
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	3.414	1.149
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	3.414	1.385
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	3.411	1.332
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	3.410	1.061
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	3.410	0.859
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	3.409	1.289
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	3.408	1.146
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	3.407	0.931
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	3.406	1.227
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	3.406	0.762
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	3.406	0.762
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	3.404	1.106
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	3.403	1.033
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	3.403	0.961
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	3.401	1.140
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	3.397	0.327

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.397	0.979
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.396	1.377
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	3.394	1.004
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	3.393	1.038
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	3.392	1.376
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	3.392	1.141
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	3.392	0.901
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	3.391	1.535
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	3.390	1.341
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	3.390	1.037
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	3.390	1.535
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.390	1.375
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	3.387	1.037
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	3.385	1.322
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	3.384	1.036
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	3.384	0.926
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.383	0.892
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.383	0.892
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	3.382	1.321
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	3.382	1.321
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.381	1.098
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.380	1.098
05641	Ostrich, ground, raw	109.0	1.0 patty	3.378	1.473
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	3.376	1.369
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	3.376	1.016
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	3.375	1.232
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	3.374	1.369

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.374	1.369
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.372	0.998
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	3.369	1.133
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	3.368	1.342
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	3.368	1.366
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	3.367	1.083
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	3.367	1.083
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	3.367	0.890
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.367	1.013
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	3.367	1.223
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.364	0.971
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	3.361	0.911
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3.361	1.363
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	3.361	0.919
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)	3.361	1.440
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	3.358	1.312
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.358	0.969
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	3.357	1.520
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	3.357	1.311
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)	3.356	1.361
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)	3.356	1.361
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.353	0.967
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	3.352	1.127
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	3.352	1.268
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	3.352	1.192

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	3.352	1.309
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	3.350	1.324
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	3.350	1.054
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	3.348	1.516
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	3.347	1.447
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	3.347	1.516
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	3.347	1.015
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3.346	1.000
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	3.345	1.306
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	3.345	1.125
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	3.345	1.125
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.345	0.881
15006	Fish, burbot, raw	116.0	1.0 fillet	3.344	1.075
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	3.343	1.023
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	3.343	1.097
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	3.341	0.964
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	3.340	1.321
19352	Syrups, malt	332.0	1.0 cup	3.340	0.837
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	3.340	1.074
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	3.340	1.238
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	3.339	1.511
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	3.338	1.304
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	3.338	1.354
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	3.337	0.987
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	3.337	0.987
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	3.336	1.073
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	3.336	0.518
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	3.335	0.953
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.335	1.084

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.335	0.989
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	3.332	0.881
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.332	0.881
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	3.330	1.048
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	3.330	1.048
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	3.329	1.483
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.328	0.987
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	3.327	1.119
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	3.327	1.300
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	3.326	1.069
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)	3.326	1.349
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	3.325	1.505
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.324	0.878
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.324	0.878
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	3.323	0.376
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	3.323	0.322
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	3.323	1.504
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3.321	0.875
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.321	0.875
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	3.320	0.998
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	3.320	0.998
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	3.318	1.015
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	3.318	1.016
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	3.317	0.983
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	3.317	1.083
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	3.315	1.295

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	3.312	0.992
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)	3.311	1.232
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	3.311	1.013
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	3.311	0.955
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	3.311	1.202
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	3.310	1.013
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	3.310	1.124
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	3.308	1.003
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	3.308	1.189
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3.307	0.980
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.307	0.980
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	3.307	0.889
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	3.307	1.206
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)	3.305	1.223
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.305	0.980
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	3.304	1.011
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.303	1.001
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	3.303	1.495
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	3.301	1.199
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	3.301	1.062
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	3.300	1.109
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	3.299	1.061
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.299	0.872
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	3.299	1.338
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	3.298	1.288

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	3.297	1.109
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	3.296	1.052
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	3.295	1.108
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	3.295	0.955
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.295	0.977
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	3.294	1.286
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	3.292	0.976
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	3.292	0.990
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.292	1.079
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	3.292	1.008
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	3.291	1.490
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	3.290	0.949
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	3.290	1.035
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	3.288	1.018
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.284	0.985
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.280	1.104
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	3.278	0.998
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.278	1.075
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	3.278	1.065
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	3.276	1.053
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3.274	1.328
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	3.273	1.101
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	3.270	0.894
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	3.268	1.000
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	3.267	0.625
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	3.265	0.980

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.265	0.983
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	3.263	1.049
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	3.261	1.273
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.261	0.860
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	3.261	0.981
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	3.261	1.476
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3.260	0.859
01115	Whey, sweet, dried	145.0	1.0 cup	3.260	0.406
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.259	0.981
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.257	1.097
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	3.257	0.997
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	3.257	1.248
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	3.256	1.474
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	3.256	0.997
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	3.256	1.474
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	3.254	0.986
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	3.253	0.996
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.252	0.977
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	3.250	0.982
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	3.249	0.974
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.248	0.984
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	3.248	1.268
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	3.245	1.283
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	3.245	0.961
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.244	0.983
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.244	0.857
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	3.242	1.266
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	3.241	0.992

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	3.241	0.992
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3.240	0.856
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	3.237	0.333
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	3.237	1.040
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	3.235	1.279
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.234	0.973
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.234	0.959
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	3.234	1.263
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	3.234	0.387
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	3.233	1.464
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.233	0.973
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	3.233	1.263
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	3.232	1.088
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	3.231	0.956
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	3.231	1.278
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	3.231	1.262
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	3.230	1.142
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	3.229	1.086
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	3.228	1.261
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	3.228	1.286
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.227	0.978
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	3.227	1.038
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)	3.227	1.309
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	3.227	0.988
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.227	1.085
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	3.226	1.171
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	3.225	0.988

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3.224	0.852
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	3.223	0.312
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	3.223	0.719
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	3.222	1.176
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	3.222	0.977
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.221	1.046
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	3.220	0.985
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	3.219	1.213
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.216	0.975
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	3.216	1.456
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	3.215	0.598
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	3.215	0.598
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	3.215	0.849
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	3.215	1.082
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	3.214	1.455
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.213	0.974
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	3.211	0.982
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	3.209	0.433
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	3.209	0.982
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.209	0.847
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	3.208	1.031
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	3.205	0.962
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	3.205	0.480
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	3.203	0.897
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3.201	0.844
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.199	0.953
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	3.199	0.839
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	3.195	1.092
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	3.194	1.005

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	3.194	1.005
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	3.194	1.005
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	3.194	0.921
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	3.191	1.262
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	3.189	0.976
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	3.188	0.311
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	3.188	0.545
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	3.187	1.245
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	3.185	1.107
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	3.183	0.958
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	3.182	0.974
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.181	1.155
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	3.179	0.744
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	3.179	1.177
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	3.178	1.256
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	3.176	1.068
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	3.175	1.240
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.171	1.040
20035	Quinoa, uncooked	170.0	1.0 cup	3.171	1.180
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	3.170	0.799
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	3.170	0.974
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	3.170	1.238
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	3.170	0.961
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	3.168	0.969
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	3.168	0.938
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	3.165	1.155
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	3.163	1.017
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	3.162	0.874

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.159	1.147
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	3.157	0.899
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.155	0.832
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.155	0.832
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.154	0.933
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	3.153	1.014
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	3.152	1.061
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)	3.152	1.278
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	3.151	1.129
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.150	0.832
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	3.150	1.059
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	3.150	0.740
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	3.148	1.369
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	3.147	0.749
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	3.147	1.059
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	3.145	1.057
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	3.143	1.228
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	3.142	1.057
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	3.142	0.746
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	3.142	0.860
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.141	1.057
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	3.140	0.952
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	3.138	1.226
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	3.138	0.961
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	3.136	1.419
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	3.136	0.927

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	3.133	1.224
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3.132	0.825
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.132	0.825
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	3.132	1.007
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	3.132	0.648
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	3.132	1.008
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	3.132	1.238
11212	Edamame, frozen, prepared	155.0	1.0 cup	3.131	0.673
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	3.131	1.270
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	3.128	1.416
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	3.127	1.011
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	3.126	1.052
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	3.125	1.236
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	3.124	0.956
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	3.119	1.271
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	3.119	0.955
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	3.117	0.938
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	3.115	1.048
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.115	0.924
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	3.115	1.131
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	3.114	1.047
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	3.112	1.001
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	3.110	1.000
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.109	0.922
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	3.108	0.978
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	3.108	0.978
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	3.108	0.978
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	3.108	1.168

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	3.108	1.264
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	3.106	0.999
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	3.105	1.045
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	3.103	1.044
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	3.102	0.781
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	3.102	0.781
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	3.101	0.750
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.098	1.016
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	3.093	1.195
20647	Millet flour	119.0	1.0 cup	3.093	0.322
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	3.092	1.148
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3.091	0.815
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	3.089	0.994
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	3.087	1.346
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	3.081	1.119
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	3.080	0.331
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	3.080	0.911
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.079	1.009
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	3.078	1.036
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.076	1.035
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	3.073	1.034
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	3.072	0.840
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	3.070	1.115
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	3.068	1.032
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	3.068	0.370
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.068	0.930
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3.066	0.909
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	3.064	1.171

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	3.063	0.938
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	3.063	0.924
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	3.063	0.918
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	3.062	1.386
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	3.059	1.029
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	3.059	1.198
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	3.057	0.906
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3.057	1.034
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.057	1.003
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	3.056	1.028
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	3.054	1.114
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	3.054	0.770
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	3.052	1.028
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	3.052	1.108
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	3.052	1.108
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	3.052	1.108
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	3.047	1.348
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	3.047	0.584
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	3.045	1.078
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	3.044	1.328
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	3.044	0.927
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	3.044	1.094
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	3.043	0.816
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	3.041	0.858
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	3.040	1.376
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	3.039	0.858
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.038	1.023
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	3.038	0.608
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.036	1.022

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.035	0.830
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	3.035	1.108
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.035	0.830
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	3.034	1.256
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	3.034	0.384
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	3.033	0.366
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	3.033	0.305
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	3.032	0.799
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	3.031	0.829
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	3.031	0.927
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	3.026	1.083
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	3.026	0.976
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.025	0.797
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	3.025	1.018
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	3.024	1.017
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.019	0.909
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	3.019	1.137
01173	Egg, white, dried	28.0	1.0 oz	3.016	0.796
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	3.015	1.174
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	3.015	1.015
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	3.012	1.014
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	3.012	1.014
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.011	0.906
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	3.011	1.013
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	3.011	1.047
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	3.011	1.094

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	3.010	0.823
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.010	0.823
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	3.010	0.967
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	3.009	0.947
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	3.009	0.947
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	3.009	1.190
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	3.009	0.947
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.005	1.091
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	3.004	1.136
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	3.003	0.919
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	3.002	0.616
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.999	1.089
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	2.997	0.964
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	2.997	0.964
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	2.996	0.963
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	2.996	0.819
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.995	0.819
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	2.995	1.114
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	2.995	0.895
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	2.995	0.917
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	2.995	0.270
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	2.993	0.723
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	2.988	1.085
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.988	0.884
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	2.985	1.056
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	2.984	0.914
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	2.983	0.842
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	2.983	1.289
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.983	0.904

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	2.981	1.350
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	2.981	1.087
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	2.980	1.120
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	2.980	1.341
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	2.979	0.937
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	2.979	0.937
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	2.979	0.937
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	2.978	0.912
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	2.978	1.299
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	2.978	0.490
22911	Chili, no beans, canned entree	240.0	1.0 cup	2.976	1.500
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	2.976	0.957
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.973	0.901
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	2.972	1.338
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	2.972	0.879
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.972	0.813
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	2.970	1.496
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	2.967	0.964
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	2.966	0.972
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	2.965	0.953
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	2.964	1.289
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	2.963	1.081
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.962	0.878
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	2.961	0.876
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	2.961	1.080
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	2.961	0.950
05154	Pheasant, raw, meat only	85.0	3.0 oz	2.961	0.887
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	2.960	1.287
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	2.960	0.952
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	2.959	0.891
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2.958	1.104
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.958	0.781

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	2.957	0.835
20131	Barley malt flour	162.0	1.0 cup	2.956	0.713
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.956	0.808
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	2.953	1.358
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	2.951	1.256
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	2.951	0.578
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	2.951	1.153
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	2.951	0.578
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.950	1.071
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.950	0.807
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	2.949	1.060
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.949	0.807
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.948	0.806
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.946	0.806
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.945	1.165
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.945	0.806
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	2.945	0.590
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	2.944	1.165
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.944	1.194
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	2.944	0.302
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	2.941	0.251
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	2.940	0.989
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	2.940	0.989
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	2.938	1.067
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	2.938	0.955
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	2.938	0.829
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.938	0.803
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	2.937	1.072

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	2.937	0.944
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.937	0.870
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2.936	0.774
20014	Corn grain, yellow	166.0	1.0 cup	2.935	0.641
20314	Corn grain, white	166.0	1.0 cup	2.935	0.641
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	2.935	1.072
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.934	0.802
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	2.934	0.502
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	2.933	0.882
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	2.933	0.828
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	2.929	1.139
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	2.927	0.866
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2.926	1.187
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	2.925	0.825
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	2.925	0.800
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	2.924	0.939
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2.923	1.186
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	2.923	1.165
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	2.921	0.886
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.921	0.799
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	2.921	0.864
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.920	0.842
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	2.919	1.060
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	2.919	1.140
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	2.918	0.893
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	2.917	0.948
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	2.917	1.272
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	2.917	0.824

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	2.914	1.138
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	2.914	0.324
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.912	1.057
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	2.912	1.318
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.911	0.796
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	2.911	0.891
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	2.910	1.318
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	2.910	1.272
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	2.909	0.978
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	2.908	1.056
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	2.907	1.056
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2.906	1.179
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	2.905	0.795
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2.904	1.085
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	2.903	0.701
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	2.903	0.888
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	2.902	1.054
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.901	0.793
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	2.901	0.880
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	2.901	0.932
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	2.900	0.887
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	2.898	0.808
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	2.898	0.741
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	2.897	0.932
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	2.897	1.131
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	2.896	0.817
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	2.896	1.336
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	2.896	0.975

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	2.895	0.887
36031	DENNY'S, onion rings	166.0	1.0 serving	2.892	0.310
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.890	0.972
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	2.889	0.885
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	2.888	0.929
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.888	0.790
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.887	1.048
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	2.886	1.830
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	2.882	1.046
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	2.881	0.881
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.878	0.853
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	2.878	1.045
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	2.877	1.281
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	2.877	0.928
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2.876	0.872
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.876	0.830
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	2.876	1.254
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	2.874	0.493
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	2.873	1.044
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	2.873	0.924
12145	Nuts, pilinuts, dried	120.0	1.0 cup	2.872	0.780
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.870	0.966
19367	Toppings, nuts in syrup	328.0	1.0 cup	2.870	0.771
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	2.870	1.121
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	2.868	0.922
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	2.865	1.250
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	2.863	1.040

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.861	0.782
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	2.860	0.462
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	2.856	0.699
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	2.856	0.873
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.855	0.847
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	2.855	0.481
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.853	0.846
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	2.853	0.917
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	2.853	0.780
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	2.853	1.157
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	2.851	0.864
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.849	0.822
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	2.848	1.456
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2.848	0.857
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	2.847	1.242
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2.847	0.958
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.846	0.821
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	2.845	0.957
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	2.845	1.033
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	2.844	0.870
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	2.843	1.033
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	2.842	0.802
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	2.842	1.239
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.841	0.819
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.841	0.777
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.839	0.751

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	2.838	0.695
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	2.838	1.074
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	2.837	0.782
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.835	0.800
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	2.833	0.847
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.833	0.853
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	2.832	0.838
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.830	0.816
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	2.829	0.952
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	2.829	1.028
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.826	1.147
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	2.824	1.231
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	2.823	0.370
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.822	0.772
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	2.821	1.227
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.819	0.743
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.819	0.771
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	2.817	0.795
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.816	0.770
36019	APPLEBEE'S, chili	136.0	1.0 cup	2.815	1.134
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	2.815	1.134
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2.814	0.853
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	2.813	1.046
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	2.813	0.861
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	2.812	0.261
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	2.812	0.832
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)	2.810	1.068
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	2.810	0.793
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	2.810	0.831

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
11955	Tomatoes, sun-dried	54.0	1.0 cup	2.809	0.188
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	2.808	0.456
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	2.808	1.224
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	2.804	0.902
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	2.803	1.018
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	2.802	1.256
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	2.802	1.136
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	2.802	1.116
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	2.802	0.790
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	2.800	1.094
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	2.800	0.612
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	2.800	0.943
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	2.797	0.856
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	2.796	0.799
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2.796	0.842
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	2.795	0.277
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	2.795	0.277
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	2.795	0.727
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	2.795	0.727
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	2.794	0.901
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	2.792	1.046
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	2.791	0.898
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.790	0.939
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	2.789	0.658
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.788	0.762
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2.781	0.936
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	2.780	0.992
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	2.780	0.851
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2.780	0.936
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	2.779	0.785
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	2.778	1.208

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	2.777	0.829
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	2.776	0.934
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	2.775	0.823
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.774	0.841
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2.774	1.039
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	2.773	0.997
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	2.773	0.820
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	2.771	0.318
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	2.770	1.027
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	2.770	0.727
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	2.770	0.727
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.768	1.123
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	2.767	0.781
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2.766	0.838
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.766	0.797
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	2.766	0.832
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	2.764	0.236
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	2.763	1.008
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	2.762	1.079
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	2.759	0.726
05157	Quail, meat and skin, raw	109.0	1.0 quail	2.758	1.681
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	2.755	0.815
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.755	1.117
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	2.754	1.534
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.753	1.117
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	2.752	1.260
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	2.752	1.266
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	2.752	1.000

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
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	2.752	1.000
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	2.752	1.116
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	2.749	0.982
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	2.745	0.812
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2.744	0.923
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	2.743	0.882
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	2.743	1.376
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	2.740	0.890
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.735	1.109
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	2.735	0.772
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.732	1.108
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.731	0.788
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2.729	0.919
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.729	1.107
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	2.728	0.858
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	2.728	0.858
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	2.728	0.858
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.728	0.746
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	2.728	0.980
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.726	0.786
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2.725	1.017
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.725	0.745
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2.724	0.825
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	2.724	1.014
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	2.723	0.893
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	2.723	0.875
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.723	1.105
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	2.720	1.376
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	2.719	0.875
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	2.719	0.875
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	2.719	0.978

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
07008	Bologna, beef and pork	100.0	3.527 oz	2.718	0.805
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	2.713	0.881
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.712	1.100
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.711	0.715
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.710	0.781
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.710	1.099
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	2.710	1.024
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.709	0.781
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	2.709	1.214
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	2.709	0.494
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.708	1.098
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.707	1.098
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	2.706	0.887
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.703	0.982
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.702	1.096
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	2.701	1.210
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	2.700	1.009
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)	2.699	1.086
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.699	0.779
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	2.699	0.868
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	2.698	0.658
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	2.698	0.876
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	2.698	0.658
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	2.697	1.202
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	2.696	1.094
20126	Spaghetti, spinach, dry	57.0	2.0 oz	2.694	0.242
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	2.693	1.009
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.691	0.905
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.689	1.091
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	2.689	0.735
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	2.687	0.866
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	2.687	0.818

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	2.686	0.823
16008	Beans, baked, canned, with franks	259.0	1.0 cup	2.686	0.746
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	2.685	--
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	2.685	--
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	2.683	0.821
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	2.683	0.239
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.683	0.734
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	2.682	0.949
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	2.681	0.978
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	2.678	0.901
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.677	0.806
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.677	1.085
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)	2.676	1.068
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.675	0.706
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.672	1.084
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	2.670	1.209
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	2.668	0.817
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	2.667	0.789
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	2.667	0.502
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	2.665	0.824
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	2.663	0.967
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.662	0.728
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	2.661	0.856
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	2.659	0.855
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	2.658	0.864
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	2.656	1.118
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	2.655	0.680
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	2.655	0.680

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.655	1.077
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	2.652	0.938
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	2.649	0.825
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.649	1.074
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.646	1.074
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	2.641	0.849
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	2.641	0.753
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	2.640	0.849
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.639	1.070
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	2.638	1.070
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.638	1.070
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	2.638	0.963
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	2.638	0.958
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	2.636	0.856
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	2.634	0.420
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	2.634	0.420
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.634	1.068
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.634	1.068
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.634	1.068
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	2.632	0.573
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	2.632	0.573
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2.632	1.068
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	2.631	0.779
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2.630	1.067
10130	Canadian bacon, unprepared	85.0	3.0 oz	2.628	0.778
05152	Guinea hen, meat only, raw	85.0	3.0 oz	2.628	0.862
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	2.626	0.844
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	2.623	0.330
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	2.621	0.789
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	2.620	1.461
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	2.619	0.802
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	2.618	0.926

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
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	2.617	0.776
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.615	0.775
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.614	1.060
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	2.614	0.800
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.612	0.853
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	2.612	0.939
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	2.611	0.840
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	2.609	0.821
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	2.609	1.004
15053	Fish, milkfish, raw	85.0	3.0 oz	2.605	0.838
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	2.605	0.950
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2.604	0.876
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	2.604	0.882
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	2.602	0.836
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	2.602	1.056
05621	Emu, ground, raw	117.0	1.0 patty	2.601	0.839
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	2.599	0.261
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	2.598	0.836
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	2.598	0.836
16007	Beans, baked, canned, with beef	266.0	1.0 cup	2.596	0.753
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	2.596	0.795
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	2.595	0.836
05158	Quail, meat only, raw	92.0	1.0 quail	2.594	1.327
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	2.593	0.740
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	2.592	0.842
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2.591	1.051
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	2.591	0.815
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	2.588	0.944
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	2.588	0.848
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	2.587	0.746
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	2.587	0.866
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.584	0.783

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	2.584	1.029
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	2.583	0.839
15001	Fish, anchovy, european, raw	85.0	3.0 oz	2.582	0.830
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	2.581	0.662
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	2.581	0.662
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	2.581	0.745
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	2.581	0.745
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	2.581	0.763
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	2.580	1.514
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	2.579	0.744
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	2.578	0.465
20064	Rye flour, medium	102.0	1.0 cup	2.578	0.435
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	2.577	0.744
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	2.575	0.743
15049	Fish, mackerel, king, raw	85.0	3.0 oz	2.574	0.828
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.573	1.044
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	2.573	0.742
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	2.570	0.601
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	2.570	0.601
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	2.568	0.445
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	2.568	0.445
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.568	0.740
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	2.567	0.681
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	2.567	0.681
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	2.566	0.672
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	2.566	0.898
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	2.565	0.226
15097	Fish, sheepshead, raw	85.0	3.0 oz	2.564	0.825
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	2.562	0.929
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	2.561	0.655

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2.561	0.655
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	2.561	0.717
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	2.558	0.912
21083	Fast foods, taco salad	198.0	1.5 cup	2.556	0.645
15079	Fish, salmon, chum, raw	85.0	3.0 oz	2.555	0.822
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	2.555	0.830
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	2.553	0.782
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	2.553	0.736
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	2.553	0.781
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	2.551	0.836
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	2.551	0.858
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)	2.550	0.978
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.549	0.735
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	2.549	0.783
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	2.548	0.930
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	2.547	0.779
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	2.547	0.819
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	2.546	0.929
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	2.545	0.819
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	2.542	0.771
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	2.542	0.928
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	2.542	0.605
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	2.542	0.605
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	2.542	0.717
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	2.541	0.928
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	2.540	0.222
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.537	0.732
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	2.537	0.568
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	2.537	0.568
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	2.537	0.243

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	2.537	0.243
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	2.536	0.784
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	2.536	0.592
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	2.536	0.592
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	2.536	0.895
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	2.536	0.896
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.536	0.731
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.536	0.732
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.536	0.731
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	2.535	0.756
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	2.534	0.731
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2.530	1.026
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	2.525	0.741
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	2.524	0.892
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	2.524	0.811
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	2.523	0.940
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	2.520	0.646
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2.520	0.646
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	2.519	0.758
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	2.518	0.809
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	2.516	0.818
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	2.515	0.809
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	2.515	0.203
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	2.514	0.982
15110	Fish, swordfish, raw	85.0	3.0 oz	2.513	0.807
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	2.512	0.587
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	2.512	0.587
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	2.510	0.807
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	2.509	0.768
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	2.508	0.768
20065	Rye flour, light	102.0	1.0 cup	2.506	0.340
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	2.505	0.685
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.502	1.015

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	2.502	0.914
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	2.502	0.241
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	2.502	0.241
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	2.502	0.545
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	2.502	0.545
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2.502	1.015
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2.499	0.912
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.499	0.752
17142	Veal, ground, raw	85.0	3.0 oz	2.497	0.811
01109	Milk, sheep, fluid	245.0	1.0 cup	2.497	0.100
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.496	1.012
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	2.496	0.764
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	2.495	1.023
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	2.489	0.728
05159	Quail, breast, meat only, raw	85.0	3.0 oz	2.489	1.272
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	2.486	0.743
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	2.483	1.106
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	2.483	0.781
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	2.483	0.734
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	2.483	0.781
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	2.483	0.700
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	2.483	0.893
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	2.479	0.759
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	2.478	0.751
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	2.475	0.758
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	2.474	0.624
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.474	1.003
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	2.473	0.634

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2.473	0.634
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	2.471	0.965
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	2.470	0.949
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	2.469	0.264
15083	Fish, salmon, pink, raw	85.0	3.0 oz	2.468	1.074
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	2.468	0.793
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	2.468	1.073
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2.466	0.621
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	2.465	0.792
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2.464	0.630
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	2.464	0.630
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	2.461	0.429
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	2.461	0.792
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	2.460	0.884
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	2.460	0.417
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	2.458	0.790
10898	Pork, pickled pork hocks	117.0	3.0 oz	2.458	3.911
20143	Teff, cooked	252.0	1.0 cup	2.457	0.350
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	2.457	0.574
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2.457	0.996
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	2.456	0.881
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	2.456	0.671
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	2.454	0.189
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	2.453	0.772
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	2.453	0.772
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	2.450	0.474
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.450	0.825
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	2.449	0.788
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	2.449	0.626
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	2.449	0.626
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	2.447	0.787
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.445	0.741

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	2.445	0.321
15062	Fish, pike, northern, raw	85.0	3.0 oz	2.444	0.785
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	2.442	1.956
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	2.440	0.741
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2.437	0.911
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	2.436	1.241
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	2.432	0.745
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	2.429	1.099
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	2.429	0.718
15064	Fish, pike, walleye, raw	85.0	3.0 oz	2.428	0.781
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	2.428	0.858
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	2.427	1.116
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	2.427	0.254
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	2.426	0.972
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	2.426	0.881
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.423	0.983
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	2.422	0.779
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	2.414	0.714
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	2.412	0.778
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	2.409	1.208
15044	Fish, ling, raw	85.0	3.0 oz	2.409	0.774
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	2.408	0.897
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	2.405	0.816
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	2.405	0.757
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.404	1.334
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.403	0.693
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	2.401	0.736
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	2.399	0.442
15033	Fish, haddock, raw	85.0	3.0 oz	2.399	0.772
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	2.398	0.779
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	2.396	1.031
15090	Fish, scup, raw	85.0	3.0 oz	2.395	0.770
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	2.395	0.226
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	2.394	0.763

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.392	0.971
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.391	0.780
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	2.387	0.932
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	2.378	0.586
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.377	0.705
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	2.370	1.073
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	2.370	1.073
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	2.369	1.030
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	2.366	0.740
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	2.366	1.059
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	2.366	1.193
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	2.365	0.744
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	2.364	0.292
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	2.364	1.004
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	2.364	0.667
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2.357	0.891
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	2.355	0.757
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	2.352	0.994
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.350	0.677
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	2.350	0.910
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	2.349	0.254
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	2.349	0.254
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	2.349	0.254
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	2.349	0.254
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	2.349	0.719
15023	Fish, mahimahi, raw	85.0	3.0 oz	2.348	0.755
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	2.345	0.206
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2.342	0.600
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	2.342	0.600
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	2.342	0.600
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	2.341	0.914
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	2.341	1.049
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	2.340	0.752
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	2.339	0.698
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	2.338	0.722

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	2.338	0.722
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	2.338	1.177
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	2.337	0.751
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	2.337	0.633
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	2.334	0.598
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	2.334	0.598
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	2.332	0.205
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	2.332	0.658
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	2.328	1.477
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	2.327	0.896
20090	Rice flour, brown	158.0	1.0 cup	2.327	0.562
01033	Cheese, parmesan, hard	28.35	1.0 oz	2.327	0.176
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	2.326	0.586
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	2.326	0.586
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	2.324	0.595
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	2.324	0.595
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	2.323	1.011
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	2.319	0.940
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.315	0.667
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2.312	0.938
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	2.311	0.817
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	2.310	0.220
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	2.309	0.631
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	2.307	0.590
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	2.307	0.590
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	2.307	1.040
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	2.300	0.786
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	2.299	0.344
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	2.297	1.008
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	2.295	0.190
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	2.292	0.906
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	2.292	0.520
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	2.292	0.384
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	2.291	0.593
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	2.291	0.593

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	2.291	0.695
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	2.290	0.836
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	2.287	0.927
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	2.284	0.341
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	2.284	0.341
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	2.284	0.341
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	2.284	0.341
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	2.281	0.245
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	2.278	0.342
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	2.275	1.037
15073	Fish, roughy, orange, raw	85.0	3.0 oz	2.272	0.553
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	2.272	0.229
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	2.272	0.229
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	2.269	0.828
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	2.267	0.812
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.267	0.920
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	2.267	0.204
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	2.264	0.830
15008	Fish, carp, raw	85.0	3.0 oz	2.263	0.728
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	2.262	0.506
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	2.262	1.061
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	2.259	0.727
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	2.256	0.198
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	2.256	0.832
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	2.252	0.545
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	2.252	0.689
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	2.252	0.880
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2.251	0.861
15004	Fish, bass, striped, raw	85.0	3.0 oz	2.250	0.723
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2.248	0.575
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	2.248	0.575
11211	Edamame, frozen, unprepared	118.0	1.0 cup	2.246	0.483
16059	Chili with beans, canned	256.0	1.0 cup	2.245	0.668
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.245	0.676
15045	Fish, lingcod, raw	85.0	3.0 oz	2.241	0.721
21023	Fast foods, french toast with butter	135.0	2.0 slices	2.240	0.358

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
15013	Fish, cisco, raw	79.0	1.0 fillet	2.239	0.720
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	2.238	0.720
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	2.238	1.057
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	2.237	0.719
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	2.236	0.575
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	2.229	3.488
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	2.228	0.718
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	2.226	0.977
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	2.225	0.918
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	2.225	0.716
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	2.224	0.715
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	2.221	0.567
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	2.221	0.567
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	2.221	0.699
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	2.221	0.699
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	2.220	0.714
15112	Fish, tilefish, raw	85.0	3.0 oz	2.220	0.714
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	2.220	0.989
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	2.209	0.558
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	2.209	0.558
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	2.202	0.403
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	2.202	0.775
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	2.200	0.942
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	2.197	0.562
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	2.195	0.542
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	2.195	0.542
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2.190	0.856
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	2.188	0.798
20060	Rice bran, crude	118.0	1.0 cup	2.188	1.032
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	2.183	0.957
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	2.181	0.701
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	2.180	1.169
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	2.179	0.956
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.178	0.660
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	2.170	0.847

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	2.170	0.529
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	2.168	0.484
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	2.168	0.556
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	2.167	0.834
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	2.166	0.249
19041	Snacks, pork skins, plain	28.35	1.0 oz	2.162	3.378
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2.160	0.793
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	2.156	0.543
01094	Milk, buttermilk, dried	30.0	0.25 cup	2.155	0.218
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	2.153	0.470
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	2.149	0.759
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	2.148	0.193
15094	Fish, shad, american, raw	85.0	3.0 oz	2.148	0.691
20029	Couscous, cooked	157.0	1.0 cup, cooked	2.146	0.188
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	2.144	0.698
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	2.141	1.123
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	2.138	0.427
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	2.133	0.779
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	2.132	0.942
16005	Beans, baked, home prepared	253.0	1.0 cup	2.128	0.587
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)	2.127	0.762
15107	Fish, sucker, white, raw	85.0	3.0 oz	2.126	0.683
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	2.125	0.683
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	2.125	0.966
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	2.124	0.861
07005	Blood sausage	100.0	4.0 slices	2.120	0.910
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	2.119	0.970
11658	Spinach souffle	136.0	1.0 cup	2.116	0.294
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	2.114	0.772
15059	Fish, pout, ocean, raw	85.0	3.0 oz	2.111	0.679
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	2.110	0.770
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	2.109	0.236
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	2.109	0.243
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	2.108	0.286
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	2.108	0.213

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
20648	Sorghum flour, whole-grain	121.0	1.0 cup	2.107	0.379
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	2.105	0.599
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	2.105	0.599
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	2.105	0.485
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	2.104	0.676
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	2.102	0.875
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	2.100	0.592
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	2.097	0.675
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	2.088	0.465
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	2.088	0.869
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	2.088	0.869
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	2.080	0.637
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	2.080	0.669
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	2.080	1.321
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	2.078	0.494
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	2.078	0.494
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	2.078	0.668
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	2.076	0.619
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	2.076	0.619
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	2.073	0.619
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	2.073	0.619
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	2.072	0.188
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	2.070	3.129
01038	Cheese, romano	28.35	1.0 oz	2.070	0.157
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	2.065	0.957
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	2.062	0.520
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	2.056	0.254
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	2.056	0.736
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	2.053	0.736
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	2.051	0.138
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	2.049	0.659
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	2.046	0.785
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	2.045	2.642

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
15128	Fish, tuna salad	85.0	3.0 oz	2.042	0.652
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	2.039	0.207
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	2.038	0.708
15129	Fish, turbot, european, raw	85.0	3.0 oz	2.037	0.655
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	2.034	0.207
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	2.032	0.472
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	2.031	1.497
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	2.030	0.715
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	2.030	0.070
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	2.030	0.840
16009	Beans, baked, canned, with pork	253.0	1.0 cup	2.029	0.519
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	2.028	0.740
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	2.025	0.204
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	2.021	1.267
20087	Wheat, sprouted	108.0	1.0 cup	2.021	0.330
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	2.018	0.499
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	2.018	0.499
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	2.018	0.252
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	2.006	0.475
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	2.004	0.854
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.996	1.476
05150	Goose, liver, raw	94.0	1.0 liver	1.994	0.894
12142	Nuts, pecans	109.0	1.0 cup, chopped	1.994	0.494
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	1.992	0.509
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	1.980	0.182
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	1.980	0.628
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	1.977	0.909
01057	Eggnog	254.0	1.0 cup	1.968	0.325
19061	Snacks, trail mix, tropical	140.0	1.0 cup	1.964	0.374
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.949	1.290
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	1.946	0.598
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	1.934	0.184
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.931	1.404
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	1.929	0.331

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	1.929	1.189
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	1.917	0.758
05630	Emu, outside drum, raw	85.0	3.0 oz	1.915	0.618
35147	Tamales (Navajo)	186.0	1.0 piece	1.914	0.714
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	1.911	0.544
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.907	0.235
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	1.904	0.478
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	1.903	0.711
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.903	0.487
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.903	0.487
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	1.896	0.414
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	1.896	0.414
05626	Emu, full rump, raw	85.0	3.0 oz	1.894	0.611
05631	Emu, oyster, raw	85.0	3.0 oz	1.893	0.610
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	1.888	0.412
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)	1.885	0.759
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	1.881	0.483
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	1.879	0.535
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	1.879	0.763
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	1.877	0.685
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	1.877	0.864
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	1.871	0.631
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	1.867	0.602
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	1.867	0.773
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	1.864	1.922
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	1.860	0.406
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	1.860	0.406
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	1.859	0.604
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	1.858	0.769
11656	Corn pudding, home prepared	250.0	1.0 cup	1.857	0.360
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	1.857	0.482
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	1.855	0.164
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	1.855	0.164
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	1.853	0.429
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	1.853	0.887
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	1.852	0.194

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	1.848	0.077
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.848	0.785
05625	Emu, flat fillet, raw	85.0	3.0 oz	1.846	0.595
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	1.845	0.163
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	1.845	0.163
05628	Emu, inside drum, raw	85.0	3.0 oz	1.844	0.594
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	1.840	0.482
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	1.839	0.654
15054	Fish, monkfish, raw	85.0	3.0 oz	1.838	0.591
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	1.833	0.186
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	1.833	0.186
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	1.829	0.595
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	1.828	0.455
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	1.825	0.160
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	1.824	0.320
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	1.823	0.587
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	1.823	0.162
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	1.820	0.191
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.816	1.425
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	1.814	0.709
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	1.812	0.206
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	1.812	0.428
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	1.810	0.159
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	1.810	0.701
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	1.810	0.701
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	1.806	0.581
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	1.802	0.206
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)	1.802	0.670
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	1.800	0.168
07059	Polish sausage, pork	85.0	3.0 oz	1.799	0.843
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	1.799	0.550
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	1.798	0.357
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	1.798	0.357

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	1.798	0.357
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	1.798	0.186
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	1.798	0.140
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	1.794	0.238
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	1.794	0.209
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	1.788	0.547
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	1.786	0.181
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	1.786	0.181
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	1.782	0.411
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	1.780	0.158
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	1.779	1.424
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	1.778	0.513
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	1.774	0.537
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	1.772	0.570
20013	Bulgur, cooked	182.0	1.0 cup	1.771	0.226
15103	Fish, spot, raw	64.0	1.0 fillet	1.769	0.569
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	1.766	0.157
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	1.765	0.483
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	1.764	0.178
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1.761	0.643
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	1.758	0.501
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	1.755	0.429
07024	Frankfurter, chicken	85.0	3.0 oz	1.754	0.870
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	1.750	0.200
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	1.748	0.498
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.748	0.216
01008	Cheese, caraway	28.35	1.0 oz	1.746	0.124
01018	Cheese, edam	28.35	1.0 oz	1.744	0.138
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	1.740	0.188
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	1.740	0.188
01022	Cheese, gouda	28.35	1.0 oz	1.740	0.137
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	1.736	0.559
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	1.736	0.531
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	1.733	0.889
20061	Rice flour, white, unenriched	158.0	1.0 cup	1.733	0.422

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
11432	Radishes, oriental, dried	116.0	1.0 cup	1.731	0.288
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	1.728	0.385
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	1.728	0.151
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	1.728	0.151
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	1.726	0.210
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	1.723	0.793
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	1.719	0.136
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	1.714	0.420
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	1.712	0.625
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	1.710	0.684
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	1.710	0.683
06165	Sauce, homemade, white, thin	250.0	1.0 cup	1.710	0.172
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	1.707	0.549
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	1.702	0.420
15074	Fish, sablefish, raw	85.0	3.0 oz	1.702	0.547
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	1.701	0.182
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	1.701	0.171
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	1.701	0.171
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	1.697	0.446
01023	Cheese, gruyere	28.35	1.0 oz	1.696	0.151
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	1.690	0.613
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.689	0.616
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.689	0.616
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	1.684	0.170
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	1.683	0.147
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	1.680	0.501
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	1.676	0.168
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	1.670	0.210
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	1.670	0.116
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	1.669	0.211
20077	Wheat bran, crude	58.0	1.0 cup	1.667	0.521
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	1.666	0.510
07052	Pastrami, turkey	57.0	2.0 slices	1.664	0.629
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	1.664	0.446

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	1.663	0.408
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	1.648	0.197
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	1.646	0.171
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	1.645	0.068
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	1.642	0.206
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	1.642	0.206
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	1.640	0.202
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.640	0.202
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.635	0.512
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	1.629	0.460
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	1.629	0.460
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	1.624	0.221
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	1.621	0.138
01010	Cheese, cheshire	28.35	1.0 oz	1.621	0.114
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.617	0.199
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	1.617	0.199
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	1.617	0.199
01156	Cheese, goat, hard type	28.35	1.0 oz	1.613	0.098
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	1.613	0.150
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	1.611	0.722
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	1.609	0.132
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	1.609	0.454
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	1.607	0.453
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	1.607	0.453
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	1.607	0.157
06166	Sauce, homemade, white, medium	250.0	1.0 cup	1.605	0.163
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	1.604	0.499
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	1.601	0.821
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	1.595	0.121
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	1.588	0.185
01089	Milk, low sodium, fluid	244.0	1.0 cup	1.584	0.161
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	1.582	0.182
11549	Tomato products, canned, sauce	245.0	1.0 cup	1.580	0.071
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	1.580	0.393
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	1.576	0.334
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	1.574	0.413

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	1.574	0.413
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	1.574	0.533
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	1.573	0.651
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	1.557	1.132
01041	Cheese, tilsit	28.35	1.0 oz	1.556	0.141
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	1.552	0.414
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	1.543	0.479
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	1.543	0.479
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)	1.532	0.624
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	1.531	0.698
16087	Peanuts, all types, raw	28.35	1.0 oz	1.528	0.441
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	1.521	0.332
20316	Corn flour, whole-grain, white	117.0	1.0 cup	1.521	0.332
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	1.515	0.651
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	1.513	0.113
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)	1.503	0.553
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	1.499	0.505
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	1.499	0.154
06167	Sauce, homemade, white, thick	250.0	1.0 cup	1.495	0.152
11413	Potato flour	160.0	1.0 cup	1.491	0.410
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	1.491	0.464
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	1.491	0.464
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	1.485	0.580
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	1.480	0.420
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	1.478	0.599
07015	Brotwurst, pork, beef, link	70.0	1.0 link	1.477	0.721
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	1.475	0.598
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	1.473	0.597
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	1.472	0.540
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	1.470	0.244
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	1.470	0.321
01004	Cheese, blue	28.35	1.0 oz	1.468	0.115

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.467	1.029
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	1.467	0.388
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	1.467	0.388
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	1.467	0.595
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	1.465	0.468
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	1.462	0.593
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	1.458	0.408
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	1.458	0.344
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	1.457	0.591
07939	Frankfurter, pork	76.0	1.0 link	1.456	0.562
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	1.455	0.147
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.455	0.178
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	1.455	0.178
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	1.453	0.789
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	1.452	0.608
07018	Chicken spread	56.0	1.0 serving (1 serving)	1.448	0.653
13166	USDA Commodity, beef, canned	45.0	1.0 serving	1.448	0.530
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	1.448	0.178
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	1.437	0.410
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	1.436	0.064
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	1.434	0.344
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	1.433	0.117
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	1.428	0.154
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	1.426	0.430
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	1.425	0.630
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	1.425	0.508
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	1.419	0.186
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	1.419	0.186
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	1.412	0.353
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	1.412	0.573
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	1.411	0.572
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	1.410	0.572

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	1.410	0.428
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	1.409	0.318
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	1.409	0.318
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	1.408	0.369
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	1.408	0.324
20034	Oat bran, cooked	219.0	1.0 cup	1.406	0.355
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	1.405	0.202
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	1.403	0.405
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	1.403	0.059
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	1.398	0.171
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.396	0.610
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	1.393	0.357
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	1.393	0.063
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	1.390	0.447
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	1.389	0.159
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	1.384	0.710
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	1.382	0.561
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	1.382	0.494
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	1.376	0.359
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	1.375	0.418
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	1.374	0.427
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	1.374	0.442
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	1.369	0.713
25046	Snacks, bagel chips, plain	28.35	1.0 oz	1.366	0.139
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	1.366	0.554
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	1.365	0.143
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	1.364	0.385
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	1.364	0.153
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	1.364	0.553
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")	1.360	0.307
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	1.355	0.549
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	1.353	0.328

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	1.350	0.547
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	1.348	0.141
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	1.346	0.218
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	1.345	0.546
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	1.344	0.537
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	1.339	0.523
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	1.337	0.173
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	1.334	0.388
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	1.329	0.413
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	1.329	0.413
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	1.329	0.225
20032	Millet, cooked	174.0	1.0 cup	1.328	0.160
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	1.324	0.163
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.324	0.163
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	1.322	0.150
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	1.321	0.270
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	1.321	0.425
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.320	0.428
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	1.318	0.410
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	1.316	0.566
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	1.314	0.533
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	1.310	0.128
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	1.310	0.517
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	1.309	0.369
25037	Snacks, pita chips, salted	28.35	1.0 oz	1.307	0.137
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	1.306	0.139
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	1.304	0.504
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	1.298	0.284
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	1.297	0.404
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	1.296	0.526
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	1.293	0.054
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	1.290	0.102
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	1.286	0.314

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	1.286	0.133
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	1.285	0.410
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	1.284	0.158
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	1.284	0.158
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	1.284	0.550
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	1.280	0.493
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	1.277	0.266
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	1.275	0.528
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	1.271	0.516
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	1.271	0.419
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	1.270	0.208
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	1.266	0.411
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	1.266	0.513
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	1.264	0.513
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	1.264	0.505
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	1.260	0.511
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	1.259	0.511
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	1.259	0.511
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	1.258	0.259
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	1.257	0.139
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	1.256	0.509
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	1.253	0.508
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	1.252	0.295
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	1.252	0.508
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	1.251	0.642
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	1.249	0.378
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	1.249	0.506
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	1.247	0.506

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	1.246	0.271
01006	Cheese, brie	28.35	1.0 oz	1.244	0.113
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	1.242	0.154
21419	KFC, biscuit	49.0	1.0 biscuit	1.241	0.125
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	1.241	0.503
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	1.238	0.120
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	1.237	0.502
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	1.237	0.119
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	1.236	0.501
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	1.235	0.405
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	1.235	0.501
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	1.232	0.130
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	1.232	0.500
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	1.229	0.374
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	1.228	0.242
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	1.228	0.136
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	1.225	0.394
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	1.224	0.158
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	1.222	0.393
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	1.222	0.235
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	1.221	0.263
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	1.220	0.250
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	1.219	0.393
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	1.216	0.153
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	1.211	0.491
13350	Beef, cured, dried	28.0	10.0 slices	1.208	0.490
07911	Liverwurst spread	55.0	0.25 cup	1.207	0.603
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	1.207	0.496
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	1.204	0.488
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.197	0.609
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	1.197	0.403

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	1.196	0.305
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	1.196	0.305
01113	Whey, acid, dried	57.0	1.0 cup	1.195	0.120
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	1.194	0.127
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	1.192	0.483
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	1.191	0.088
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.187	0.644
01007	Cheese, camembert	28.35	1.0 oz	1.187	0.107
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	1.185	0.308
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	1.183	0.250
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	1.183	0.250
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	1.183	0.579
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	1.181	0.258
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	1.177	0.176
11683	Carrot, dehydrated	74.0	1.0 cup	1.176	--
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	1.175	0.191
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	1.174	0.476
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	1.173	0.476
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	1.173	0.291
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	1.173	0.291
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	1.170	0.277
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	1.169	0.138
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)	1.168	0.462
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	1.167	0.428
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	1.166	0.673
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	1.165	0.748
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	1.165	0.306
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	1.164	0.546
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	1.164	0.195
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	1.162	0.391
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	1.162	1.116
01045	Cheese food, cold pack, American	28.35	1.0 oz	1.157	0.092
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	1.155	0.102

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	1.155	0.102
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.154	0.143
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	1.151	0.051
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	1.149	0.138
21415	POPEYES, biscuit	60.0	1.0 biscuit	1.149	0.113
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	1.147	0.468
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	1.142	0.264
01157	Cheese, goat, semisoft type	28.35	1.0 oz	1.140	0.069
20089	Wild rice, cooked	164.0	1.0 cup	1.140	0.298
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	1.132	0.305
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	1.130	0.178
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	1.130	0.051
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	1.118	0.170
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	1.112	0.108
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	1.107	0.448
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	1.103	0.292
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	1.103	0.292
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	1.103	0.200
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	1.102	0.118
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	1.100	0.214
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	1.098	0.428
11215	Garlic, raw	136.0	1.0 cup	1.095	0.272
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	1.089	0.350
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	1.087	0.288
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	1.083	0.381
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	1.083	0.323
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	1.083	0.389
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	1.082	0.046
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	1.082	0.046
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	1.078	0.183
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	1.078	0.092
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	1.076	0.165
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	1.076	0.236
11304	Peas, green, raw	145.0	1.0 cup	1.074	0.267
20137	Quinoa, cooked	185.0	1.0 cup	1.073	0.400
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	1.072	0.329

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	1.072	0.329
07926	Salami, Italian, pork	28.0	1.0 oz	1.072	0.435
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.071	0.351
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	1.071	0.171
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	1.070	0.173
07954	Beef sausage, pre-cooked	48.0	1.0 serving	1.070	0.557
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	1.069	0.266
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	1.068	0.479
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	1.068	0.343
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	1.068	0.213
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	1.068	0.213
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	1.067	0.118
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	1.066	0.763
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	1.063	0.257
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	1.059	0.279
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	1.057	0.322
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	1.057	0.206
16107	Sausage, meatless	25.0	1.0 link	1.054	0.205
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	1.050	0.137
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	1.049	0.286
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	1.046	0.404
18043	Bread, protein (includes gluten)	28.35	1.0 oz	1.046	0.126
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	1.044	0.217
01039	Cheese, roquefort	28.35	1.0 oz	1.040	0.042
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	1.040	0.335
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.040	0.470
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	1.035	0.114
17166	Game meat, elk, raw	28.35	1.0 oz	1.035	0.276
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	1.034	0.118
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	1.028	0.207
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.027	0.455
01069	Cream substitute, powdered	94.0	1.0 cup	1.023	0.090
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	1.021	0.164
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	1.021	0.157
17172	Game meat, moose, raw	28.35	1.0 oz	1.021	0.276
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	1.018	0.518

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	1.018	0.518
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	1.016	0.132
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	1.015	0.203
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	1.015	0.203
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	1.015	0.203
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	1.015	0.203
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	1.014	0.219
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	1.014	0.353
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.013	0.332
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	1.012	0.268
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	1.011	0.185
07019	Chorizo, pork and beef	28.35	1.0 oz	1.011	0.490
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	1.011	0.046
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	1.011	0.099
18339	Popovers, dry mix, enriched	28.35	1.0 oz	1.011	0.099
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	1.011	0.318
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	1.010	0.233
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	1.009	0.112
17162	Game meat, caribou, raw	28.35	1.0 oz	1.007	0.269
18003	Bagels, egg	28.35	1.0 oz	1.006	0.105
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	1.001	0.322
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	1.000	0.265
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.998	0.199
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.998	0.199
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.998	0.199
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.998	0.199
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.993	0.106
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.993	0.106
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.993	0.106
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.992	0.267
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.992	0.362
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.991	0.335
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.990	0.571
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.990	0.139
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.989	0.318
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.989	0.116

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.988	0.507
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.988	0.225
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.986	0.195
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.986	0.195
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.986	0.195
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.985	0.323
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.985	0.123
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.984	0.399
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.983	0.196
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.983	0.108
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.981	0.316
01159	Cheese, goat, soft type	28.35	1.0 oz	0.979	0.059
17150	Game meat, beaver, raw	28.35	1.0 oz	0.974	0.259
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.974	0.395
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.973	0.110
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.971	0.085
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.971	0.236
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.969	0.246
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.968	0.129
11414	Potato salad, home-prepared	250.0	1.0 cup	0.968	0.215
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.966	0.294
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.966	0.392
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.965	0.352
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.964	0.175
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.964	0.188
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.962	0.390
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.960	0.390
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.959	0.095
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.959	0.137
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.959	0.389
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.958	0.238
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.957	0.254
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.954	0.310
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.954	0.237
17144	Game meat, antelope, raw	28.35	1.0 oz	0.954	0.285

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.954	0.275
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.950	0.385
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.950	0.385
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.948	0.384
07921	Bacon and beef sticks	28.0	1.0 oz	0.947	0.459
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.947	0.459
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.947	0.384
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.947	0.278
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.947	0.344
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.946	0.236
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.946	0.236
17164	Game meat, deer, raw	28.35	1.0 oz	0.946	0.333
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.945	0.384
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.944	0.383
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.944	0.383
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.943	0.062
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.943	0.062
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.943	0.221
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.943	0.194
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.942	0.286
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.942	0.265
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.942	0.382
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.942	0.382
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.941	0.382
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.941	0.382
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.941	0.306
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.940	0.381
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.940	0.099
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.939	0.381
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.939	0.381
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.937	0.365
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.935	0.186
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.935	0.125
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.934	0.379

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.934	0.099
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.934	0.379
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.933	0.158
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.932	0.378
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.932	0.297
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.932	0.251
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.930	0.303
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)	0.929	0.425
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.928	0.096
20006	Barley, pearled, cooked	157.0	1.0 cup	0.928	0.129
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.926	0.337
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.924	0.375
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.923	0.375
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.923	0.374
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.922	0.184
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.921	0.374
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.920	0.222
18236	Cracker meal	28.35	1.0 oz	0.919	0.090
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.918	0.372
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.915	0.103
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.915	0.371
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.913	0.301
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.913	0.370
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.912	0.309
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.912	0.130
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.909	0.295
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.909	0.276
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.908	0.298
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.907	0.368
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.906	0.294
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.906	0.294
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.906	0.110
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.904	0.288
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.904	0.116
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.904	0.339

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.903	0.105
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.903	0.366
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.903	0.263
19147	Candies, peanut bar	28.35	1.0 oz	0.901	0.260
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.900	0.108
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.899	0.167
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.899	0.267
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.899	0.079
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.899	0.292
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.897	0.224
18037	Bread, oat bran	28.35	1.0 oz	0.896	0.112
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.896	0.144
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.896	0.144
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.896	0.291
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.893	0.295
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.893	0.953
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.892	0.265
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.891	0.364
18028	Bread, egg, toasted	28.35	1.0 oz	0.890	0.105
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.887	0.059
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.887	0.288
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.887	0.608
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.886	0.104
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.884	0.291
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.884	0.095
17170	Game meat, horse, raw	28.35	1.0 oz	0.883	0.293
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.883	0.182
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.882	0.320
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.881	0.357
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.881	0.357
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.878	0.174
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.878	0.174
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.878	0.174
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.878	0.174

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.878	0.260
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.877	0.109
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.877	0.105
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.877	0.442
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.877	0.202
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.876	0.157
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.876	0.124
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.876	0.318
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.876	0.124
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.875	0.318
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.874	0.327
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.873	0.225
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.871	0.287
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.869	0.173
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.869	0.173
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.868	0.263
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.868	0.282
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.867	0.292
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.867	0.282
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.867	0.123
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.865	0.281
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.864	0.291
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.864	0.281
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.863	0.201
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.863	0.201
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.863	0.107
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.862	0.087
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.862	0.198
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.861	0.221
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.861	0.093
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.861	0.093
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.861	0.612
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.861	0.093
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.861	1.104
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.860	0.090
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.860	0.092

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.859	0.279
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.859	0.289
18235	Crackers, whole-wheat	28.0	1.0 serving	0.858	0.120
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.858	0.311
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.857	0.333
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.857	0.288
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.857	0.091
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.856	0.201
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.855	0.254
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.855	0.278
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.855	0.220
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.855	0.105
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.854	0.146
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.854	0.067
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.854	0.287
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.852	0.091
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.851	0.091
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.851	0.274
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.851	0.085
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.850	0.290
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.850	0.286
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.848	0.128
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.848	0.090
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.848	0.105
18033	Bread, italian	28.35	1.0 oz	0.848	0.087
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.847	0.167
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.846	0.285
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.846	0.275
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.845	0.285
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.844	0.284
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.843	0.318
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.843	0.092

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.842	0.089
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.842	0.283
16129	Tofu, fried	28.35	1.0 oz	0.842	0.190
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.842	0.283
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.841	0.283
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.841	0.305
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.841	0.204
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.840	0.283
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.840	0.050
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.838	0.225
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.838	0.123
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.838	0.123
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.837	0.134
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.837	0.134
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.837	0.216
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.836	0.089
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.836	0.215
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.835	0.281
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.835	0.303
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.834	0.089
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.834	0.215
36610	DENNY'S, french fries	165.0	1.0 serving	0.833	0.167
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.833	0.106
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.833	0.280
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.832	1.068
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	0.832	0.280
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.830	0.301
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)	0.828	0.147
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.828	0.147

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.828	0.279
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.828	0.193
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.828	0.193
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.828	0.193
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.828	0.193
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.828	0.092
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.828	0.092
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.827	0.266
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.826	0.175
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.826	0.099
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.826	0.266
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.824	0.334
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.823	0.260
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.823	0.113
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.823	0.334
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.823	0.102
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.822	0.142
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	0.822	0.334
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.822	0.277
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.822	0.277
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.819	0.263
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.819	0.111
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.819	0.111
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.818	0.275
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.817	0.376
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.816	0.248
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.816	0.103
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.815	0.242
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.815	0.420
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.814	0.261
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.813	0.329
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.812	0.160

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.811	0.295
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.811	0.091
18061	Bread, rye, toasted	28.35	1.0 oz	0.811	0.094
18027	Bread, egg	28.35	1.0 oz	0.810	0.095
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.809	0.372
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.808	0.090
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.808	0.260
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.807	0.079
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.806	0.148
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.806	0.176
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	0.805	0.259
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.805	0.101
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.804	0.271
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.801	0.081
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.801	0.196
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.799	0.324
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.798	0.077
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.796	0.268
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.796	0.162
11527	Tomatoes, green, raw	180.0	1.0 cup	0.796	0.054
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.795	1.247
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.795	0.302
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.795	0.267
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.794	0.322
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.794	0.267
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.792	0.345
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.791	0.094
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.791	0.112
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.789	0.111
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.789	0.351
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.789	0.288
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	0.788	0.265

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.788	0.253
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.786	0.287
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.786	0.077
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.786	0.139
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.786	0.079
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.786	0.264
18349	Rolls, french	28.35	1.0 oz	0.786	0.088
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.785	0.266
18025	Bread, cracked-wheat	28.35	1.0 oz	0.785	0.091
18344	Rolls, dinner, egg	28.35	1.0 oz	0.785	0.096
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.785	0.144
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.785	0.201
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.784	0.285
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.784	0.233
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.784	0.254
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.783	0.184
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.783	0.184
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.782	0.136
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.782	0.251
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.781	0.263
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.781	0.285
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.780	0.052
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.780	0.237
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.780	0.220
18066	Bread, wheat bran	28.35	1.0 oz	0.780	0.095
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.780	0.052
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.779	1.000
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.778	0.137
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.778	0.262
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.778	0.262
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.778	0.052
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.777	0.152
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.777	0.152
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.777	0.493
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.776	0.193

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.775	0.108
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.775	0.261
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.774	0.078
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.774	0.249
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.774	0.249
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.773	0.281
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.772	0.078
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	0.772	0.260
18044	Bread, pumpernickel	28.35	1.0 oz	0.771	0.096
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.770	0.196
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.770	0.301
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.767	0.193
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.767	0.193
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.767	0.145
18059	Bread, rice bran	28.35	1.0 oz	0.766	0.098
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.765	0.257
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.764	0.177
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.764	0.257
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.764	0.275
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.763	0.078
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.762	0.341
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.761	0.243
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.761	0.115
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.760	0.244
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.760	1.655
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.760	1.655
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.760	0.256
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.759	0.173
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.758	0.116
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.757	0.104
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.756	0.279
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.756	0.302

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.755	0.081
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.754	0.346
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.754	0.253
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.754	0.097
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.753	0.083
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.753	0.138
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.752	0.273
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.750	0.345
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	0.750	0.252
17174	Game meat, muskrat, raw	28.35	1.0 oz	0.750	0.287
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.750	0.301
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.749	0.330
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.749	0.227
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.748	0.076
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.747	0.281
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.747	0.240
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.746	0.271
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.745	0.091
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.744	0.105
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.743	0.136
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.743	0.171
07050	Mortadella, beef, pork	28.35	1.0 oz	0.742	0.374
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.742	0.079
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.742	0.094
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.742	0.250
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.742	0.107
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.741	0.270
18264	English muffins, wheat	28.35	1.0 oz	0.741	0.093
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.740	0.268
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.739	0.118
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.739	0.072

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.739	0.179
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.739	0.076
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.739	0.297
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.738	0.267
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	0.738	0.249
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.738	0.169
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.738	0.114
18060	Bread, rye	28.35	1.0 oz	0.738	0.086
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.737	0.116
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.737	0.248
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.736	0.504
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.735	0.209
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.735	0.169
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	0.734	0.247
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.733	0.941
18241	Croissants, cheese	28.35	1.0 oz	0.733	0.085
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.733	0.368
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.733	0.117
21268	TACO BELL, Nachos	80.0	1.0 serving	0.733	0.117
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.732	0.110
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.731	0.265
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.731	0.109
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.730	0.071
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.728	0.335
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.727	0.265
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.726	0.129
18266	English muffins, whole-wheat	28.35	1.0 oz	0.726	0.103
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.725	0.083
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)	0.725	0.382
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.723	0.263
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.723	0.282
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.723	0.079

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.723	0.140
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.723	0.140
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.722	0.243
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.715	0.237
11794	Lambquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.715	0.342
11245	Lambquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.715	0.342
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.714	0.259
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.713	0.259
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.710	0.239
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.708	0.219
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.708	0.238
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.708	0.164
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	0.707	0.238
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.707	0.238
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.707	0.238
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.706	0.238
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.704	0.165
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.704	0.256
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.704	0.255
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.703	0.266
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.703	0.248
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.702	0.081
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.702	0.236
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.702	0.236
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.700	0.236
07070	Salami, cooked, turkey	28.0	1.0 serving	0.699	0.213
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.698	0.157
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.697	0.076
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.697	0.234
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.696	0.253

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.695	0.234
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.694	0.180
15014	Fish, cisco, smoked	28.35	1.0 oz	0.693	0.223
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	0.692	0.251
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.692	0.078
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.691	0.254
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.691	0.109
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.691	0.232
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.690	0.309
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.690	0.151
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.690	0.198
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.690	0.046
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.689	0.232
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.688	0.191
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.688	0.176
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.688	0.250
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.687	0.082
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.687	0.099
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.686	0.079
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.686	0.071
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	0.686	0.231
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.686	0.079
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.686	0.079
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.686	0.079
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.685	0.091
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.685	0.099
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.684	0.230
18039	Bread, oatmeal	28.35	1.0 oz	0.684	0.097
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.684	0.160
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.684	0.067
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.684	0.192
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.684	0.180

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.684	0.180
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.683	0.143
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.683	0.248
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.683	0.099
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.682	0.741
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.682	0.230
17224	Lamb, ground, raw	28.35	1.0 oz	0.681	0.229
18338	Phyllo dough	28.35	1.0 oz	0.680	0.073
15109	Fish, surimi	28.35	1.0 oz	0.680	0.167
07025	Frankfurter, turkey	28.35	1.0 oz	0.680	0.237
16130	Okara	122.0	1.0 cup	0.678	0.154
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.678	0.228
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.678	0.348
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.678	0.153
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.677	0.076
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.676	0.115
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.675	0.046
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.673	0.172
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.673	0.162
07026	Ham, chopped, canned	28.35	1.0 oz	0.672	0.223
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.672	0.256
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.672	0.244
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.672	0.226
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.668	0.153
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.668	0.275
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.668	0.275
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.668	0.077
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.668	0.076
18047	Bread, raisin, enriched	28.35	1.0 oz	0.668	0.076
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.667	0.166
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.666	0.076
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.666	0.258
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.665	0.147
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.664	0.051

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.664	0.166
07030	Ham, minced	28.35	1.0 oz	0.663	0.250
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.662	0.086
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.661	0.286
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.660	0.251
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.659	0.264
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.659	0.134
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.659	0.155
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.657	0.987
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.654	0.060
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.653	0.220
18239	Croissants, butter	28.35	1.0 oz	0.652	0.082
07061	Mother's loaf, pork	28.35	1.0 oz	0.650	0.178
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.650	0.037
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.649	0.064
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.649	0.269
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.649	0.247
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.649	0.235
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.649	0.202
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.648	0.118
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.647	0.066
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.645	0.198
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.645	0.104
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.644	0.135
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.644	0.246
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.643	0.302
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.643	0.252
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.643	0.252
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.642	0.295
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.642	0.295
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.642	0.028
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.641	0.065
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.641	0.140
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.641	0.140
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.639	0.321
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.638	0.067

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.638	0.319
07068	Salami, cooked, beef	26.0	1.0 slice	0.637	0.327
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.636	0.076
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.636	0.076
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.635	0.200
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.635	0.036
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.634	0.242
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.634	0.086
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.634	0.080
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.633	0.065
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.633	0.064
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.632	0.102
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.632	0.157
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.632	0.157
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.631	0.815
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.631	0.272
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.630	0.212
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.630	0.120
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.629	0.083
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.629	0.115
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.627	0.161
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.627	0.098
20133	Rice noodles, dry	57.0	2.0 oz	0.626	0.152
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.625	0.119
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.624	0.137
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.624	0.137
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.624	0.227
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.623	0.279
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.623	0.090
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.622	0.106
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.622	0.065
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.621	0.067
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.619	0.076
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.618	0.594
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.617	0.065
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.616	0.317

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.616	0.066
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.613	0.223
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.613	0.127
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.613	1.333
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.611	0.130
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.611	0.130
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.609	0.126
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.606	0.064
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.606	0.108
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.605	0.215
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.604	0.278
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.604	0.669
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.603	0.181
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.603	0.266
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.601	0.351
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.601	0.178
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.600	0.276
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.600	0.096
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.598	0.069
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.597	0.201
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.597	0.110
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.597	0.069
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.596	0.127
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.596	0.225
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.596	0.183
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.595	0.218
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.594	0.164
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.593	0.058
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.593	0.194
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.592	0.232
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.592	0.232
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.591	0.122
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.590	0.093
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.589	0.180
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.588	0.148
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.588	0.174

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.587	0.068
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.586	0.235
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.586	0.068
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.585	0.263
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.585	0.069
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.585	0.246
18065	Bread, wheat, toasted	28.35	1.0 oz	0.584	0.074
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.584	0.077
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.583	0.117
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.583	0.117
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.583	0.117
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.583	0.117
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.583	0.075
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.583	0.115
11080	Beets, raw	136.0	1.0 cup	0.582	0.042
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.582	0.253
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.582	0.342
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.581	0.324
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.581	0.187
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsps	0.581	0.118
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.580	0.060
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.580	0.060
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.580	0.058
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.580	0.058
20134	Rice noodles, cooked	176.0	1.0 cup	0.579	0.141
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.577	0.158
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.575	0.153
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.574	0.290
18245	Danish pastry, cheese	28.35	1.0 oz	0.573	0.068
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.572	0.228
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.572	0.105
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.572	0.064
18242	Croutons, plain	14.2	0.5 oz	0.571	0.059
01031	Cheese, neufchatel	28.35	1.0 oz	0.571	0.062
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.570	0.208
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsps	0.570	1.240

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.570	1.240
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.569	0.175
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.569	0.133
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.568	0.317
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.567	0.157
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.567	0.231
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.567	0.081
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.566	0.058
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.564	0.140
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.564	0.140
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.564	0.070
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.564	0.217
01021	Cheese, gjetost	28.35	1.0 oz	0.563	0.054
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.563	0.126
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.562	0.244
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.562	0.063
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.561	0.060
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.560	0.172
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)	0.559	0.183
18240	Croissants, apple	28.35	1.0 oz	0.558	0.084
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.558	0.099
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.558	0.167
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.558	0.086
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.557	0.296
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.557	0.604
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.554	0.057
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.553	0.209
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.552	0.154
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.551	0.135
09139	Guavas, common, raw	165.0	1.0 cup	0.549	0.211
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.548	0.116
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.546	0.039
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.546	0.078
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.545	0.136

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.545	0.055
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.544	0.098
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.544	0.098
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.542	0.160
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.542	0.146
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.542	0.178
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.541	0.134
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.540	0.078
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.540	0.160
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.539	0.063
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.538	0.067
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.538	0.067
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.538	0.057
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.537	0.190
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.537	0.133
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.537	0.133
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.537	0.074
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.536	0.211
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.536	0.188
07007	Bologna, beef	30.0	1.0 slice	0.535	0.161
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.534	0.116
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.534	0.069
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.534	0.069
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.531	0.064
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.531	0.113
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.531	0.113
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.529	0.063
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.528	0.243
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.528	0.148
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.526	0.068
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.524	0.055
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.524	0.037
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.524	0.037
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.524	0.072
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.524	0.072
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.523	0.216

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.522	0.129
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.521	0.090
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.521	0.306
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.521	0.090
18218	Crackers, matzo, egg	14.2	0.5 oz	0.521	0.062
07040	Liver cheese, pork	28.35	1.0 oz	0.520	0.265
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.519	0.082
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.518	0.155
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.517	0.039
18172	Cookies, gingersnaps	28.35	1.0 oz	0.517	0.054
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.517	0.053
18177	Cookies, molasses	28.35	1.0 oz	0.517	0.053
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.517	0.145
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.517	0.092
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.514	0.065
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.514	0.108
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.514	0.108
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.513	0.128
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.512	0.083
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.512	0.083
01124	Egg, white, raw, fresh	33.0	1.0 large	0.511	0.136
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.511	0.068
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.511	0.086
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.510	0.060
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.509	0.399
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.508	0.076
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.508	0.094
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.506	0.152
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.506	0.068
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.504	0.051
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.504	0.049
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.504	0.061
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.503	0.058
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.503	0.071
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.502	0.066
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.501	0.059

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
07971	Bologna, meat and poultry	33.0	1.0 slice	0.500	0.230
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.499	0.033
18217	Crackers, matzo, plain	14.2	0.5 oz	0.498	0.049
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.498	0.053
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.498	0.147
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.497	0.277
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.497	0.105
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.497	0.067
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.497	0.054
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)	0.497	0.249
18103	Coffeecake, cheese	28.35	1.0 oz	0.496	0.060
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.495	0.071
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.495	0.071
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.495	0.227
20030	Hominy, canned, white	165.0	1.0 cup	0.493	0.086
11090	Broccoli, raw	91.0	1.0 cup chopped	0.493	0.081
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.492	0.180
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.491	0.060
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.491	0.062
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.491	0.533
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.490	0.214
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.490	0.214
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.489	0.208
18355	Sweet rolls, cheese	28.35	1.0 oz	0.489	0.063
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.488	0.047
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.487	0.071
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.486	0.149
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.484	0.259
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.481	0.034
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.481	0.119
18243	Croutons, seasoned	14.2	0.5 oz	0.480	0.051
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.479	0.118
01070	Dessert topping, powdered	43.0	1.5 oz	0.479	0.042
20330	Hominy, canned, yellow	160.0	1.0 cup	0.478	0.083
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.477	0.036
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.477	0.046

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.476	0.117
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.475	0.127
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.474	0.314
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.473	0.091
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.472	0.058
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.471	0.086
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.471	0.051
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.470	0.071
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.469	0.059
11124	Carrots, raw	128.0	1.0 cup chopped	0.468	0.060
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.467	0.046
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.466	0.051
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.466	0.080
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.466	0.104
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.464	0.093
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.464	0.205
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.462	0.049
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.462	0.059
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.462	0.251
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.462	0.120
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.462	0.120
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.462	0.121
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.462	0.068
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.461	0.058
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.461	0.109
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.459	0.043
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.459	0.055
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.459	0.077
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.459	0.055
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.459	0.077
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.459	0.197
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.457	0.050
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.456	0.108
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.455	0.115
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.454	0.050
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.454	0.050

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.454	0.050
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.454	0.050
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.454	0.048
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.454	0.103
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.453	0.184
18224	Crackers, rusk toast	14.2	0.5 oz	0.453	0.071
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.453	0.034
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.453	0.050
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.452	0.180
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.452	0.163
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.452	0.047
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.450	0.094
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.449	0.061
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.449	0.135
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.449	0.135
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.449	0.045
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.449	0.045
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.446	0.092
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.446	0.035
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.445	0.056
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.445	0.069
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.443	0.180
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.442	0.065
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.442	0.106
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.441	0.097
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.440	0.096
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.440	0.117
09094	Figs, dried, uncooked	149.0	1.0 cup	0.440	0.161
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.439	0.072
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.439	0.071
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.438	0.051
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.438	0.048
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.436	0.208
18021	Bread, boston brown, canned	28.35	1.0 oz	0.436	0.058

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.435	0.079
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.435	0.046
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.435	0.054
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.434	0.078
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.434	0.321
07960	Bologna, chicken, pork	28.0	1.0 serving	0.433	0.197
07033	Ham and cheese spread	15.0	1.0 tbsp	0.433	0.088
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.433	0.054
18971	Bread, potato	32.0	1.0 slice	0.433	0.065
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.432	0.115
11961	Hearts of palm, canned	146.0	1.0 cup	0.432	0.158
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.432	0.100
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.431	0.043
18214	Crackers, cheese, regular	14.2	0.5 oz	0.431	0.043
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.431	0.085
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.430	0.156
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.428	0.051
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.428	0.051
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.428	0.079
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.428	0.079
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.428	0.051
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.427	0.108
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.427	0.081
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.427	0.081
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.427	0.076
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.426	0.098
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.426	0.203
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.426	0.095
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.426	0.055
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.425	0.048
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.425	0.050
11134	Cassava, raw	206.0	1.0 cup	0.424	0.058
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.424	0.108
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.423	0.044
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.422	0.194
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.422	0.194

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.422	0.137
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.421	0.310
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.421	0.054
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.420	0.178
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.420	0.178
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.420	0.050
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.419	0.043
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.419	0.118
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.419	0.097
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.417	0.049
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.416	0.052
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.416	0.037
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.416	0.129
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.415	0.264
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.415	0.291
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.415	0.092
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.415	0.054
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.415	0.084
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.415	0.105
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.414	0.109
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.414	0.043
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.413	0.168
11282	Onions, raw	160.0	1.0 cup, chopped	0.413	0.040
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.412	0.447
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.410	0.127
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.410	0.076
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.410	0.089
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.410	0.195
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.409	0.053
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.409	0.046
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.408	0.089
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.408	0.038
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.407	0.053
18106	Coffeecake, fruit	28.35	1.0 oz	0.407	0.078
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.407	0.085
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.407	0.076

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.406	0.086
18283	Muffins, oat bran	28.35	1.0 oz	0.405	0.096
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.405	0.030
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.405	0.071
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.404	0.079
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.404	0.111
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.402	0.041
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.402	0.084
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.402	0.084
09110	Goji berries, dried	28.0	5.0 tbsp	0.401	0.085
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.401	0.107
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.401	0.119
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.400	0.044
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.399	0.190
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.398	0.048
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.398	0.051
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.398	0.096
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.397	0.102
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.397	0.077
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.397	0.047
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.396	0.060
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.396	0.041
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.396	0.082
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.396	0.162
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.395	0.197
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.395	0.054
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.395	0.046
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.393	0.062
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.393	0.047
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.392	0.058
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)	0.391	0.213
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	0.390	0.076
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.390	0.099
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.390	0.065
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.389	0.052
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.389	0.062

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.388	0.047
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.387	0.094
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.387	0.094
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.386	0.052
18171	Cookies, fortune	28.35	1.0 oz	0.385	0.041
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.384	0.046
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.384	0.084
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.384	0.097
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.384	0.097
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.384	0.576
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.383	0.045
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.383	0.054
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.383	0.113
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.383	0.113
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.380	0.045
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.380	0.028
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.380	0.076
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.380	0.095
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.379	0.028
11734	Beets, cooked, boiled, drained, with salt	85.0	0.5 cup slices	0.379	0.028
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.379	0.045
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.378	0.047
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.378	0.091
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.377	0.041
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.377	0.118
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.377	0.074
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.376	0.100
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.376	0.064
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.376	0.048
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.376	0.037
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.375	0.165
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.375	0.052
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.374	0.131
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.374	0.100
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.374	0.091
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.373	0.405

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.373	0.068
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.373	0.271
21249	BURGER KING, french fries	74.0	1.0 small serving	0.373	0.070
16055	Carob flour	103.0	1.0 cup	0.373	0.275
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.372	0.097
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.371	0.048
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.370	0.046
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.369	0.477
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.369	0.047
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.369	0.088
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.369	0.139
12059	Nuts, acorns, dried	28.35	1.0 oz	0.368	0.107
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.368	0.028
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.368	0.028
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.368	0.072
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.368	0.040
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.368	0.085
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.367	0.095
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.367	0.107
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.366	0.094
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.365	0.053
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.365	0.037
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.365	0.060
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.365	0.088
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.364	0.063
01114	Whey, sweet, fluid	246.0	1.0 cup	0.364	0.044
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.364	0.063
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.363	0.028
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.363	0.577
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.362	0.064
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.361	0.027
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.360	0.071
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.360	0.071
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.358	0.051
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.358	0.051

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.358	0.038
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.356	0.046
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.356	0.065
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.355	0.095
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.355	0.095
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.354	0.088
18223	Crackers, milk	14.2	0.5 oz	0.352	0.037
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.352	0.083
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.352	0.083
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.352	0.057
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.352	0.038
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.351	0.038
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.351	0.036
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.351	0.082
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.350	0.452
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.350	0.128
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.350	0.142
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.350	0.139
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.349	0.048
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.348	0.073
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.347	0.050
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.345	0.066
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.345	0.066
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.344	0.075
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.344	0.036
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.344	0.071
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.344	0.071
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.343	0.063
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.342	0.039
09040	Bananas, raw	225.0	1.0 cup, mashed	0.342	0.085
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.342	0.068
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.342	0.122
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.342	0.122
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.341	0.067
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.341	0.140

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.341	0.099
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.340	0.060
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.340	0.141
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.340	0.095
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.338	0.035
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.338	0.035
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.338	0.147
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.338	0.147
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.338	0.079
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.338	0.080
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.337	0.046
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.336	0.095
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.335	0.083
01112	Whey, acid, fluid	246.0	1.0 cup	0.335	0.034
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.334	0.154
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.334	0.154
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.333	0.042
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.333	0.042
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.332	0.059
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.332	0.059
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.332	0.059
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.331	0.108
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.330	0.149
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.330	0.149
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.329	0.127
09095	Figs, dried, stewed	259.0	1.0 cup	0.329	0.122
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.328	0.058
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.326	0.047
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.326	0.047
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.326	0.047
16112	Miso	17.0	1.0 tbsp	0.326	0.076
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.324	0.025
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.324	0.038
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.324	0.118
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.323	0.086
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.322	0.068

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.322	0.068
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.322	0.349
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.321	0.097
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.321	0.068
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.319	0.147
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.318	0.083
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.318	0.068
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.318	0.068
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.316	0.042
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.315	0.093
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.315	0.107
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.314	0.042
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.314	0.054
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.314	0.122
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.313	0.119
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.313	0.211
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.313	0.211
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.313	0.048
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.312	0.050
11011	Asparagus, raw	134.0	1.0 cup	0.312	0.125
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.312	0.058
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.312	0.142
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.312	0.036
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.311	0.031
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.311	0.041
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.311	0.039
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.310	0.039
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.310	0.068
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.309	0.057
28292	Crackers, multigrain	14.0	4.0 crackers	0.309	0.039
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.308	0.067
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.308	0.067
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.308	0.045
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.307	0.044
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.306	0.061
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.306	0.090

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.303	0.050
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.301	0.036
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.301	0.202
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.297	0.155
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.297	0.137
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.297	0.087
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.297	0.087
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.297	0.030
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.296	0.137
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.296	0.137
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.295	0.061
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.294	0.023
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.294	0.136
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.294	0.132
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.293	0.041
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.293	0.030
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.292	0.058
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.290	0.063
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.289	0.211
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.289	0.061
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.289	0.061
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.289	0.045
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.287	0.029
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.287	0.228
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.287	0.066
11616	Dock, raw	133.0	1.0 cup, chopped	0.287	0.152
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.287	0.058
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.287	0.037
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.286	0.092
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.286	0.035
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.285	0.036
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.285	0.096
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.284	0.029
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.283	0.120
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.283	0.045

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.281	0.082
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.281	0.120
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.281	0.120
12058	Nuts, acorns, raw	28.35	1.0 oz	0.280	0.081
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.279	0.118
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.279	0.118
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.279	0.036
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.278	0.030
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.278	0.030
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.277	0.064
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.277	0.057
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.276	0.121
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.276	0.050
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.275	0.076
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.275	0.048
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.275	0.048
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.274	0.083
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.274	0.096
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.274	0.096
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.274	0.054
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.274	0.068
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.273	0.092
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.273	0.036
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.273	0.036
11601	Yam, raw	150.0	1.0 cup, cubes	0.271	0.080
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.271	0.033
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.271	0.063
11278	Okra, raw	100.0	1.0 cup	0.271	0.044
09298	Raisins, seedless	165.0	1.0 cup, packed	0.271	0.132
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.270	0.042
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.270	0.050
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.270	0.046
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.270	0.088
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.270	0.048
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.269	0.032

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.269	0.052
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.269	0.052
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.269	0.062
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.269	0.062
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.266	0.094
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.266	0.067
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.266	0.055
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.265	0.068
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.265	0.092
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.265	0.092
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.264	0.112
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.263	0.043
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.262	0.030
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.262	0.027
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.260	0.042
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.260	0.072
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.260	0.027
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.259	0.053
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.259	0.117
18170	Cookies, fig bars	28.35	1.0 oz	0.259	0.035
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.259	0.077
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.259	0.028
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.258	0.035
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.258	0.087
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.258	0.110
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.257	0.128
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.257	0.028
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.257	0.028
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.257	0.028
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.256	0.038
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.255	0.037
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.253	0.048
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.253	0.030
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.252	0.090

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.252	0.079
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.252	0.030
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.252	0.053
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.252	0.053
11965	Cauliflower, green, raw	64.0	1.0 cup	0.252	0.061
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.251	0.061
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.250	0.029
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.250	0.089
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.249	0.055
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.248	0.059
07055	Pate, liver, not specified, canned	13.0	1.0 tbspc	0.248	0.177
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.247	0.085
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.247	0.114
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.247	0.103
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.246	0.111
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.246	0.057
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.246	0.069
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.245	0.052
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.245	0.037
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.245	0.044
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.245	0.044
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.244	0.091
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.244	0.122
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.244	0.122
09021	Apricots, raw	155.0	1.0 cup, halves	0.243	0.062
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.243	0.097
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.242	0.085
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.242	0.085
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.242	0.085
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.242	0.085
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.242	0.039
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.241	0.049
18354	Strudel, apple	28.35	1.0 oz	0.240	0.027
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.240	0.064
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.240	0.055
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.239	0.061

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.239	0.061
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.239	0.071
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.239	0.071
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.239	0.033
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.239	0.047
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.237	0.055
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.237	0.146
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.237	0.066
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.237	0.106
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.235	0.029
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.234	0.032
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.234	0.093
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.233	0.100
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.233	0.094
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.232	0.028
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.231	0.057
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.229	0.091
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.229	0.091
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.229	0.023
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.229	0.072
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.228	0.080
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.227	0.090
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.226	0.092
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.225	0.079
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.225	0.079
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.225	0.042
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.225	0.031
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.225	0.028
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.225	0.099
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.225	0.099
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.225	0.029
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.224	0.026
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.224	0.040
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.224	0.040
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.223	0.024
09205	Oranges, raw, with peel	170.0	1.0 cup	0.223	--

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.222	0.030
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.222	0.030
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.222	0.044
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.221	0.089
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.221	0.115
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.221	0.021
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.220	0.081
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.220	0.049
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.220	0.068
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.219	0.022
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.219	0.022
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.219	0.027
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.218	0.021
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.218	0.033
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.218	0.036
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.217	0.109
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.217	0.035
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.216	0.095
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.215	0.075
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.214	0.034
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.214	0.098
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.214	0.037
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.213	0.031
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.213	0.090
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.213	0.019
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.211	0.054
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.211	0.056
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.210	0.094
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.210	0.138
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.210	0.064
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.210	0.064
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.210	0.069
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.210	0.034
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.209	0.162
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.207	0.069
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.207	0.072

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.207	0.072
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.207	0.072
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.207	0.072
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.206	0.072
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.206	0.084
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.205	0.138
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.203	0.033
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.202	0.033
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.202	0.033
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.202	0.031
07031	Ham salad spread	15.0	1.0 tbsp	0.202	0.073
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.202	0.068
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.202	0.024
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	0.202	0.017
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.201	0.061
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.200	0.035
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.200	0.035
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.199	0.027
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.199	0.054
21140	Side dishes, potato salad	95.0	0.333 cup	0.199	0.056
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.198	0.082
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.197	0.074
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.197	0.077
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.197	0.077
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.197	0.067
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.196	0.102
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.196	0.041
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.196	0.022
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.195	0.066
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.194	0.027
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.194	0.051
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.192	0.086
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.192	0.086
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.191	0.048
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.191	0.015
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.190	0.034

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.190	0.022
01017	Cheese, cream	14.5	1.0 tbsp	0.189	0.021
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.189	0.412
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.189	--
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.189	0.043
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.189	0.016
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.188	0.027
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.187	0.065
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.187	0.065
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.187	0.042
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.187	0.064
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.186	0.042
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.186	0.041
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.186	0.041
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.185	0.071
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.185	0.037
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.185	0.031
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.185	0.031
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.185	0.063
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.184	0.060
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.183	0.073
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.183	0.018
11429	Radishes, raw	116.0	1.0 cup slices	0.182	0.030
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.181	0.018
21420	KFC, Coleslaw	112.0	1.0 package	0.181	0.028
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.181	0.035
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.181	0.026
11518	Taro, raw	104.0	1.0 cup, sliced	0.181	0.077
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.181	0.042
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.181	0.063
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.181	0.063
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.180	0.039
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.180	0.039
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.178	0.021
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.177	0.043
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.176	0.061

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.175	0.053
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.175	0.015
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.175	0.061
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.175	0.061
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.175	0.061
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.175	0.061
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.174	0.061
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.174	0.061
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.174	0.070
09277	Plantains, raw	148.0	1.0 cup, sliced	0.172	0.067
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.171	0.066
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.171	0.022
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.171	0.040
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.169	--
11564	Turnips, raw	130.0	1.0 cup, cubes	0.169	0.033
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.169	0.047
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.168	0.058
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.167	0.066
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.167	0.050
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.166	0.025
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.166	0.018
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.166	0.018
19081	Candies, sweet chocolate	28.35	1.0 oz	0.166	0.050
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.166	0.048
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.166	0.066
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.165	0.031
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.165	0.017
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.165	0.054
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.165	0.062
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.165	0.046
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.165	0.046
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.164	0.018
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.164	0.027
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.163	0.034
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.163	0.034
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.162	0.056

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
18360	Taco shells, baked	12.9	1.0 shell	0.162	0.032
09160	Lime juice, raw	242.0	1.0 cup	0.162	0.027
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.161	0.037
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.161	0.053
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.161	0.039
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.161	0.039
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.160	0.043
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.160	0.057
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.160	0.035
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.159	0.035
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.159	0.030
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.159	0.030
09176	Mangos, raw	165.0	1.0 cup pieces	0.158	0.056
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.158	0.052
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.157	0.048
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.156	0.046
01072	Dessert topping, pressurized	70.0	1.0 cup	0.156	0.014
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.155	0.035
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.155	0.022
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.155	0.014
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.154	--
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.154	0.037
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.154	0.037
18323	Pie, peach	28.35	1.0 oz	0.153	0.018
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.153	0.034
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.153	0.046
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.153	0.046
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.152	0.034
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.152	0.052
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.152	0.037
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.152	0.037
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.151	0.035
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.151	0.047
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.151	0.016
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.150	0.033
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.150	0.033

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.150	0.050
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.150	0.050
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.150	0.036
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.150	0.039
25059	Snacks, brown rice chips	9.0	1.0 cake	0.150	0.036
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.150	0.036
11297	Parsley, fresh	60.0	1.0 cup chopped	0.149	0.087
09316	Strawberries, raw	152.0	1.0 cup, halves	0.149	0.040
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.149	0.035
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.149	0.057
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.149	0.057
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.148	0.042
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.148	0.042
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.148	0.048
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsps	0.147	0.044
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.147	0.019
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.147	0.017
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.144	0.050
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.144	0.017
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsps	0.144	0.047
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.143	0.048
19419	Snacks, corn cakes	9.0	1.0 cake	0.143	0.033
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.143	0.033
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.142	0.050
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.142	0.094
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.142	0.051
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.141	0.054
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.141	0.055
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.141	0.054
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.141	0.053
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.140	0.027
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.140	0.054
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.140	0.011
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.140	0.034
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.140	0.034
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.139	0.041

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.139	0.038
09088	Elderberries, raw	145.0	1.0 cup	0.139	0.052
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.139	0.021
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.139	0.048
11231	Jute, potherb, raw	28.0	1.0 cup	0.138	0.060
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.138	0.042
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.137	0.035
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.137	0.056
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.137	0.040
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.136	0.017
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.136	0.020
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.135	0.038
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.135	0.038
09050	Blueberries, raw	148.0	1.0 cup	0.135	0.046
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.134	0.041
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.132	0.033
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.132	0.036
21416	POPEYES, Coleslaw	120.0	1.0 package	0.132	0.024
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.131	--
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.131	0.022
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.130	0.040
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.130	0.039
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.129	0.028
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.129	0.028
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.128	0.044
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.128	0.042
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.126	0.013
11963	Nopales, raw	86.0	1.0 cup, sliced	0.125	0.040
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.124	0.026
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.123	0.042
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.122	0.043
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.122	0.024
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.122	0.032
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.121	0.031
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.121	0.017
02033	Spices, poppy seed	2.8	1.0 tsp	0.120	0.027

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.120	0.040
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.119	0.016
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.119	0.016
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.119	0.033
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.119	0.037
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.119	0.033
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.119	0.033
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.119	0.030
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.118	0.042
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.116	0.040
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.116	0.021
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.115	0.012
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.115	0.044
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.115	0.032
11190	Cornsalad, raw	56.0	1.0 cup	0.114	0.044
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.113	--
02020	Spices, garlic powder	3.1	1.0 tsp	0.113	0.016
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.113	0.024
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.113	0.037
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.113	0.126
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.112	0.018
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.112	0.050
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.112	0.020
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.109	0.028
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.109	0.020
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.108	0.031
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.106	0.022
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.105	0.032
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.104	0.036
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.104	0.036
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.104	0.017
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.104	0.036
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.104	0.208
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.103	0.035
11457	Spinach, raw	30.0	1.0 cup	0.103	0.040
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.102	0.040

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.102	0.030
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.102	0.030
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.102	0.030
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.102	0.030
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.102	0.012
11086	Beet greens, raw	38.0	1.0 cup	0.101	0.031
09143	Guava sauce, cooked	238.0	1.0 cup	0.100	0.038
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.100	0.035
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.099	0.020
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.098	0.034
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.098	0.034
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.098	0.034
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.098	0.034
09326	Watermelon, raw	154.0	1.0 cup, balls	0.097	0.015
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.097	0.014
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.097	0.035
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.097	0.013
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.096	0.034
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.096	0.033
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.095	0.009
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.095	0.009
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.094	0.036
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.094	0.034
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.093	0.015
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.092	0.009
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.092	0.028
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.092	0.041
11143	Celery, raw	101.0	1.0 cup chopped	0.091	0.021
09174	Loquats, raw	149.0	1.0 cup, cubed	0.091	0.030
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.088	0.013
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.088	0.015
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.087	0.024
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.087	0.024
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.086	0.032
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.086	0.014

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.084	0.023
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.083	0.032
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.083	0.022
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.083	0.033
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.083	0.024
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.083	0.021
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.082	0.020
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.082	0.031
09206	Orange juice, raw	248.0	1.0 cup	0.082	0.022
11003	Amaranth leaves, raw	28.0	1.0 cup	0.082	0.037
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.082	0.008
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.081	0.020
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.081	0.009
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.081	0.026
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.080	0.022
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.080	0.014
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.079	0.034
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.079	0.034
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.078	0.020
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.077	0.023
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.076	0.008
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.076	0.008
19524	Snacks, taro chips	28.35	1.0 oz	0.076	0.032
11161	Collards, raw	36.0	1.0 cup, chopped	0.073	0.034
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.073	0.029
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.072	0.019
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.072	0.018
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.071	0.027
19400	Snacks, banana chips	28.35	1.0 oz	0.070	0.023
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.069	0.000
20027	Cornstarch	128.0	1.0 cup	0.068	0.012
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.067	0.020
02005	Spices, caraway seed	2.1	1.0 tsp	0.067	0.028
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.066	0.007
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.066	0.021
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.065	0.016

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
11591	Watercress, raw	34.0	1.0 cup, chopped	0.065	0.038
20003	Arrowroot flour	128.0	1.0 cup	0.064	0.018
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.064	0.008
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.064	0.026
09421	Dates, medjool	24.0	1.0 date, pitted	0.064	0.022
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.062	0.025
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.062	0.009
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.062	0.008
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.062	0.008
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.062	0.023
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.061	0.022
19296	Honey	339.0	1.0 cup	0.061	0.024
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.061	0.020
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.060	0.020
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.060	0.017
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.060	0.024
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.060	0.012
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.059	0.076
11949	Catsup, low sodium	17.0	1.0 tbsp	0.059	0.003
11935	Catsup	17.0	1.0 tbsp	0.059	0.003
09221	Tangerine juice, raw	247.0	1.0 cup	0.059	0.017
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.059	0.022
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.059	0.022
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.058	0.016
09279	Plums, raw	165.0	1.0 cup, sliced	0.058	0.015
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.058	0.016
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.056	0.020
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.056	0.021
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.054	0.022
02028	Spices, paprika	2.3	1.0 tsp	0.052	0.018
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.052	0.008
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.052	0.012
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.052	0.019
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.051	0.011
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.050	0.021
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.050	0.057

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.050	0.057
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.050	0.020
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.050	0.019
02026	Spices, onion powder	2.4	1.0 tsp	0.050	0.006
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.050	0.009
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.049	0.019
09191	Nectarines, raw	143.0	1.0 cup slices	0.049	0.016
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.048	0.018
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.048	0.026
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.047	0.014
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.047	0.017
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.047	0.016
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.046	0.005
09077	Crabapples, raw	110.0	1.0 cup slices	0.046	0.018
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.046	0.016
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.046	0.008
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.046	0.008
02015	Spices, curry powder	2.0	1.0 tsp	0.045	0.016
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.045	0.015
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.045	0.018
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.044	0.013
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.044	0.012
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.044	0.006
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.044	0.017
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.044	0.015
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.043	0.013
02009	Spices, chili powder	2.7	1.0 tsp	0.043	0.016
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.043	0.015
09252	Pears, raw	140.0	1.0 cup, slices	0.042	0.018
11213	Endive, raw	25.0	0.5 cup, chopped	0.042	0.015
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.041	0.015
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.041	0.015
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.041	0.001
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.041	0.010
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.041	0.017

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.040	0.000
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.039	0.014
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.038	0.009
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.038	0.004
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.037	0.003
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.037	0.016
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.037	0.016
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.037	0.014
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.036	0.011
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.035	0.015
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.035	0.008
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.034	0.014
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.034	0.003
09413	Pears, raw, red anjou	126.0	1.0 small	0.034	0.014
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.032	0.010
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.032	0.009
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.032	0.012
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.032	0.017
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.031	0.011
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.030	0.007
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.029	0.004
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.029	0.004
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.029	0.008
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.029	0.010
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.028	0.010
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.028	0.010
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.027	0.010
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.026	0.006
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.026	0.009
11960	Carrots, baby, raw	15.0	1.0 large	0.025	0.004
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.023	0.005
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.022	0.004
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.022	0.004
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.022	0.004
19297	Jams and preserves	20.0	1.0 tbsp	0.022	0.006
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.021	0.005

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
11156	Chives, raw	3.0	1.0 tbsp chopped	0.020	0.005
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.020	0.004
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.020	0.000
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.020	0.003
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.020	0.011
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.020	0.005
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.020	0.005
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.019	0.002
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.019	0.006
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.018	0.005
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.018	0.005
02029	Spices, parsley, dried	0.5	1.0 tsp	0.018	0.009
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.018	0.009
11943	Pimento, canned	12.0	1.0 tbsp	0.017	0.005
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.017	0.004
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.016	0.009
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.016	0.001
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.016	0.002
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.015	0.005
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.015	0.004
02021	Spices, ginger, ground	1.8	1.0 tsp	0.014	0.009
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.014	0.004
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.014	0.004
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.014	0.002
09173	Longans, dried	1.7	1.0 fruit	0.013	0.003
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.013	0.003
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.013	0.007
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.012	0.004
02011	Spices, cloves, ground	2.1	1.0 tsp	0.012	0.006
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.012	0.003
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.011	0.003
02066	Spearmint, dried	0.5	1.0 tsp	0.011	0.005
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.010	0.002
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.010	0.002
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.010	0.005
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.010	0.005

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
11145	Celtuce, raw	8.0	1.0 leaf	0.010	0.003
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.009	0.003
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.009	0.003
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.009	0.002
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.009	0.002
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.009	0.001
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.009	0.001
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.009	0.002
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.008	0.001
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.008	0.002
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.008	0.004
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.008	0.001
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.007	0.002
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.007	0.002
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.007	0.001
02044	Basil, fresh	2.5	5.0 leaves	0.007	0.003
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.007	0.001
09172	Longans, raw	3.2	1.0 fruit without refuse	0.007	0.001
19018	Fruit syrup	334.0	1.0 cup	0.007	0.000
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.007	0.002
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.006	0.001
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.006	0.001
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.006	0.001
19303	Marmalade, orange	20.0	1.0 tbsp	0.006	--
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.006	0.002
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.006	0.001
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.006	0.001
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.005	0.001
11216	Ginger root, raw	2.0	1.0 tsp	0.003	0.001
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.003	0.001
02045	Dill weed, fresh	1.0	5.0 sprigs	0.003	0.002
02063	Rosemary, fresh	0.7	1.0 tsp	0.003	0.001
02065	Spearmint, fresh	0.3	2.0 leaves	0.001	0.000
02064	Peppermint, fresh	0.1	2.0 leaves	0.000	0.000
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.000	--
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.000	--

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.000	--
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000	--
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.000	--
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000	--
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.000	--
04516	Oil, teaseed	13.6	1.0 tablespoon	0.000	--
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.000	--
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.000	--
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.000	--
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.000	--
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000	--
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.000	--
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.000	--
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.000	--
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.000	--
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.000	--
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.000	--
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.000	--
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000	--
02047	Salt, table	6.0	1.0 tsp	0.000	--
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000	--
04576	Fat, goose	12.8	1.0 tbsp	0.000	--
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.000	--
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.000	--
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.000	--
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.000	--
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.000	--
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.000	--
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.000	--
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.000	--
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0.000	--
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.000	--
04528	Oil, walnut	13.6	1.0 tbsp	0.000	--
04055	Oil, palm	13.6	1.0 tbsp	0.000	--
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.000	--

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.000	--
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.000	--
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.000	--
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.000	--
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.000	--
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.000	--
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.000	--
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.000	--
04002	Lard	12.8	1.0 tbsp	0.000	--
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.000	--
04037	Oil, rice bran	13.6	1.0 tablespoon	0.000	--
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.000	--
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.000	--
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.000	--
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.000	--
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.000	--
02048	Vinegar, cider	14.9	1.0 tbsp	0.000	--
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.000	--
04542	Fat, chicken	12.8	1.0 tbsp	0.000	--
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.000	--
04574	Fat, duck	12.8	1.0 tbsp	0.000	--
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000	--
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.000	--
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000	--
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000	--
04534	Oil, babassu	13.6	1.0 tbsp	0.000	--
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.000	--
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.000	--
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000	--
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.000	--
04529	Oil, almond	13.6	1.0 tablespoon	0.000	--
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000	--
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.000	--
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.000	--
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.000	--

NDB_No	Description	Weight(g)	Measure	Glutamic acid(g) Per Measure	Glycine(g) Per Measure
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.000	--
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.000	--
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.000	--
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.000	--
04047	Oil, coconut	13.6	1.0 tbsp	0.000	--
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.000	--
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.000	--
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.000	--
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.000	--
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.000	--
04038	Oil, wheat germ	4.5	1.0 tsp	0.000	--
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.000	--
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.000	--
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000	--
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.000	--
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.000	--
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.000	--
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.000	--
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000	--
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.000	--
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.000	--
04575	Fat, turkey	12.8	1.0 tbsp	0.000	--
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.000	--
04536	Oil, sheanut	13.6	1.0 tablespoon	0.000	--
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.000	--
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.000	--
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.000	--
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.000	--
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.000	--
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.000	--
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.000	--