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FoodData Central Food Details

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Yeast

Data Type: Survey (FNDDS) **FDC ID:** 2710005 **Food Code:** 75236000
Start Date: 1/1/2021 **End Date:** 12/31/2023
Food Category: Not included in a food category
FDC Published: 10/31/2024

Nutrients	Portions	Other Information	Ingredients	Ingredient Nutrient Values
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Details about FNDDS 2021-2023 development, content, and Excel files can be found at:
<https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/fndds-download-databases/>

Portion:

100g

Name	Amount	Unit
Water	5.08	g
Energy	325	kcal
Protein	40.44	g

Name	Amount	Unit
Total lipid (fat)	7.61	g
Carbohydrate, by difference	41.22	g
Fiber, total dietary	26.9	g
Total Sugars	0	g
Calcium, Ca	30	mg
Iron, Fe	2.17	mg
Magnesium, Mg	54	mg
Phosphorus, P	637	mg
Potassium, K	955	mg
Sodium, Na	51	mg
Zinc, Zn	7.94	mg
Copper, Cu	0.436	mg
Selenium, Se	7.9	µg
Vitamin C, total ascorbic acid	0.3	mg
Thiamin	10.99	mg
Riboflavin	4	mg
Niacin	40.2	mg
Vitamin B-6	1.5	mg
Folate, total	2340	µg
Folic acid	0	µg
Folate, food	2340	µg

Name	Amount	Unit
Folate, DFE	2340	µg
Choline, total	32	mg
Vitamin B-12	0.07	µg
Vitamin B-12, added	0	µg
Vitamin A, RAE	0	µg
Retinol	0	µg
Carotene, beta	0	µg
Carotene, alpha	0	µg
Cryptoxanthin, beta	0	µg
Lycopene	0	µg
Lutein + zeaxanthin	0	µg
Vitamin E (alpha-tocopherol)	0	mg
Vitamin E, added	0	mg
Vitamin D (D2 + D3)	0	µg
Vitamin K (phylloquinone)	0.4	µg
Fatty acids, total saturated	1.001	g
SFA 4:0	0	g
SFA 6:0	0	g
SFA 8:0	0	g
SFA 10:0	0	g
SFA 12:0	0.049	g

Name	Amount	Unit
SFA 14:0	0	g
SFA 16:0	0.706	g
SFA 18:0	0.246	g
Fatty acids, total monounsaturated	4.309	g
MUFA 16:1	2.289	g
MUFA 18:1	2.02	g
MUFA 20:1	0	g
MUFA 22:1	0	g
Fatty acids, total polyunsaturated	0.017	g
PUFA 18:2	0.017	g
PUFA 18:3	0	g
PUFA 18:4	0	g
PUFA 20:4	0	g
PUFA 20:5 n-3 (EPA)	0	g
PUFA 22:5 n-3 (DPA)	0	g
PUFA 22:6 n-3 (DHA)	0	g
Cholesterol	0	mg
Alcohol, ethyl	0	g
Caffeine	0	mg
Theobromine	0	mg

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