

FoodData Central Food Details

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SUBWAY, tuna sub on white bread with lettuce and tomato

SR Legacy, released in April 2018, is the final release of this data type and will not be updated. For more recent data, users should search other data types in FoodData Central.

Data Type: SR Legacy

Food Category: Fast Foods

FDC ID: 170316

NDB Number: 21214

FDC Published: 4/1/2019

Nutrients

Measures

Portion:

100g

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	
Water	58.2	g	Analytical	6		55.6	60.4			
Energy	221	kcal	Calculated							
Energy	927	kJ	Calculated							
Protein	12.3	g	Analytical	6		11.2	13.9			
Total lipid (fat)	12	g	Analytical	6		10.4	15			
Ash	1.51	g	Analytical	6		0.99	1.79			
Carbohydrate, by difference	16	g	Calculated							
Fiber, total dietary	0.7	g	Analytical	3		0.6	0.9			
Total Sugars	1.93	g	Analytical	3		1.7	2.1			
Sucrose	0	g	Analytical	3		0	0			
Glucose	0.47	g	Analytical	3		0.4	0.5			
Fructose	1.1	g	Analytical	3		1	1.2			
Lactose	0	g	Analytical	3		0	0			
Maltose	0.37	g	Analytical	3		0.3	0.4			

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	
Galactose	0	g	Analytical	3		0	0			
Starch	12.4	g	Analytical	3		11.8	12.9			
Calcium, Ca	136	mg	Analytical	6		127	147			
Iron, Fe	1.57	mg	Analytical	6		1.53	1.6			
Magnesium, Mg	22	mg	Analytical	6		22	23			
Phosphorus, P	109	mg	Analytical	6		102	126			
Potassium, K	177	mg	Analytical	6		164	183			
Sodium, Na	329	mg	Analytical	6		297	367			
Zinc, Zn	0.67	mg	Analytical	6		0.61	0.76			
Copper, Cu	0.075	mg	Analytical	6		0.074	0.077			
Manganese, Mn	0.214	mg	Analytical	6		0.188	0.245			
Selenium, Se	39.2	µg	Analytical	3		34	47.9			
Vitamin C, total ascorbic acid	0	mg	Analytical	3		0	0			
Thiamin	0.19	mg	Analytical	3		0.18	0.2			
Riboflavin	0.217	mg	Analytical	3		0.2	0.23			
Niacin	7.73	mg	Analytical	3		7.04	8.17			
Pantothenic acid	0.35	mg	Analytical	2		0.35	0.35			
Vitamin B-6	0.271	mg	Analytical	3		0.268	0.276			
Folate, total	51	µg	Analytical	3		40	56			
Choline, total	30.5	mg								
Betaine	16.1	mg	Analytical	1						
Vitamin B-12	1.06	µg	Analytical	3		0.39	1.4			
Vitamin A, RAE	11	µg								
Retinol	9	µg	Analytical	1						
Carotene, beta	29	µg	Analytical	1						
Carotene, alpha	0	µg	Analytical	1						
Cryptoxanthin, beta	1	µg	Analytical	1						
Vitamin A, IU	78	IU								
Lycopene	143	µg	Analytical	1						
Lutein + zeaxanthin	51	µg	Analytical	1						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	
Vitamin E (alpha-tocopherol)	1.57	mg	Analytical	2		1.55	1.58			
Tocopherol, beta	0.17	mg	Analytical	2		0.15	0.19			
Tocopherol, gamma	7.06	mg	Analytical	2		6.6	7.53			
Tocopherol, delta	2.35	mg	Analytical	2		2.24	2.47			
Tocotrienol, alpha	0.04	mg	Analytical	2		0.03	0.04			
Tocotrienol, beta	0.24	mg	Analytical	2		0.24	0.25			
Tocotrienol, gamma	0	mg	Analytical	2		0	0			
Tocotrienol, delta	0	mg	Analytical	2		0	0			
Fatty acids, total saturated	2.19	g	Calculated							
SFA 4:0	0.005	g	Analytical	3		0	0.016			
SFA 6:0	0.003	g	Analytical	3		0	0.01			
SFA 8:0	0.002	g	Analytical	3		0	0.006			
SFA 10:0	0.008	g	Analytical	3		0	0.019			
SFA 12:0	0.006	g	Analytical	3		0	0.018			
SFA 14:0	0.038	g	Analytical	3		0.019	0.072			
SFA 15:0	0.008	g	Analytical	3		0.006	0.01			
SFA 16:0	1.37	g	Analytical	3		1.34	1.58			
SFA 17:0	0.017	g	Analytical	3		0.016	0.02			
SFA 18:0	0.644	g	Analytical	3		0.644	0.721			
SFA 20:0	0.039	g	Analytical	3		0.034	0.046			
SFA 22:0	0.039	g	Analytical	3		0.034	0.045			
SFA 24:0	0.016	g	Analytical	3		0.015	0.019			
Fatty acids, total monounsaturated	2.84	g	Calculated							
MUFA 14:1	0.002	g	Analytical	3		0	0.006			
MUFA 15:1	0	g	Analytical	3		0	0			
MUFA 16:1	0.037	g				0.034	0.045			
MUFA 16:1 c	0.035	g	Analytical	3		0.032	0.042			
MUFA 17:1	0.008	g	Analytical	3		0.008	0.01			
MUFA 18:1	2.74	g				2.52	3.18			
MUFA 18:1 c	2.73	g	Analytical	3		2.5	3.17			

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	
MUFA 20:1	0.046	g	Analytical	3		0.035	0.07			
MUFA 22:1	0.003	g				0.002	0.004			
MUFA 22:1 c	0.003	g	Analytical	3		0.002	0.004			
MUFA 24:1 c	0	g	Analytical	3		0	0			
Fatty acids, total polyunsaturated	6.9	g	Calculated							
PUFA 18:2	5.94	g				5.26	7.02			
PUFA 18:2 n-6 c,c	5.9	g	Analytical	3		5.23	6.99			
PUFA 18:2 CLAs	0.005	g	Analytical	3		0.004	0.006			
PUFA 18:3	0.77	g				0.681	0.918			
PUFA 18:3 n-3 c,c,c (ALA)	0.736	g	Analytical	3		0.653	0.88			
PUFA 18:3 n-6 c,c,c	0.034	g	Analytical	3		0.028	0.041			
PUFA 18:3i	0	g	Analytical	3		0	0			
PUFA 18:4	0.003	g	Analytical	3		0.001	0.007			
PUFA 20:2 n-6 c,c	0.006	g	Analytical	3		0.006	0.007			
PUFA 20:3	0.001	g				0	0.003			
PUFA 20:3 n-3	0	g	Analytical	3		0	0			
PUFA 20:3 n-6	0.001	g	Analytical	3		0	0.003			
PUFA 20:4	0.022	g	Analytical	3		0.02	0.027			
PUFA 20:5 n-3 (EPA)	0.025	g	Analytical	3		0.015	0.044			
PUFA 22:4	0.003	g	Analytical	3		0.003	0.004			
PUFA 22:5 n-3 (DPA)	0.004	g	Analytical	3		0.003	0.007			
PUFA 22:6 n-3 (DHA)	0.123	g	Analytical	3		0.104	0.179			
Fatty acids, total trans	0.046	g	Calculated							
Fatty acids, total trans-monoenoic	0.014	g	Calculated							
TFA 16:1 t	0.003	g	Analytical	3		0.002	0.003			
TFA 18:1 t	0.011	g	Analytical	3		0.008	0.019			
TFA 22:1 t	0	g	Analytical	3		0	0			
TFA 18:2 t not further defined	0.032	g	Analytical	3		0.024	0.049			
Fatty acids, total trans-polyenoic	0.032	g	Calculated							
Cholesterol	28	mg	Analytical	3		24	32			

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	
Tryptophan	0.118	g	Analytical	0						
Threonine	0.44	g	Analytical	0						
Isoleucine	0.547	g	Analytical	0						
Leucine	0.901	g	Analytical	0						
Lysine	0.729	g	Analytical	0						
Methionine	0.3	g	Analytical	0						
Phenylalanine	0.515	g	Analytical	0						
Tyrosine	0.343	g	Analytical	0						
Valine	0.643	g	Analytical	0						
Arginine	0.601	g	Analytical	0						
Histidine	0.686	g	Analytical	0						
Alanine	0.59	g	Analytical	0						
Aspartic acid	0.965	g	Analytical	0						
Glutamic acid	2.43	g	Analytical	0						
Glycine	0.493	g	Analytical	0						
Proline	0.965	g	Analytical	0						
Serine	0.482	g	Analytical	0						
Hydroxyproline	0	g	Analytical	1						

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