

United States Department of Agriculture Food Composition Databases with PowerShell

[crayon-6a9d4f86bbbbee651740666/]

Food Composition Data

Es seguro | <https://ndb.nal.usda.gov/ndb/foods/show/85167>

Full Report (All Nutrients): 45120133, CENTO, FLAT FILLET ANCHOVIES, UPC: 070796700033

Manufacturer: Alanric Food Distributors, Inc.

Powered by Label Insight

Return to Search Results Download (CSV) Print (PDF)

Food Group: Branded Food Products Database

Manufacturer: Alanric Food Distributors, Inc.

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 g from values per serving.

Search nutrient table:

Nutrient	Unit	6.0 PIECES 16 g	1 Value per 100 g
Proximates			
Energy	kcal	25	156
Protein	g	4.00	25.00
Total lipid (fat)	g	1.00	6.25
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	40	250

Windows PowerShell ISE

```
1 [Net.ServicePointManager]::SecurityProtocol = [Net.SecurityProtocolType]::Tls12
2 $web = Invoke-WebRequest "https://ndb.nal.usda.gov/ndb/foods/show/85167"
3 $usda = ($web.AllElements | where id -eq "nutdata").innerHTML | % {
4     $_ -replace "<TD class=cspan>", "#" -replace "</TR>", "#" -replace "</TD>", "|" -replace "<.*?>" -split "`n" -join "" | ? {$_ -trim} -ne ""
5 }
6
7 $productos = @{}
8
9 $usda.split("#") -split "`n" | ? {$_ -trim} -ne "" | % {
10     $productos.Add($_.split("|")[1].trim(), $_.split("|")[4].trim())
11 }
12
13 $productos.GetEnumerator()
```

Name	value
Cholesterol	100
Fiber, total dietary	0.0
Vitamin A, IU	0
Vitamin C, total ascorbic acid	0.0
Iron, Fe	11.95
Fatty acids, total trans	0.000
Sugars, total	0.00
Energy	156
Total lipid (fat)	6.25
Fatty acids, total saturated	0.000
Sodium, Na	5375
Protein	25.00
Calcium, Ca	250
Carbohydrate, by difference	0.00

PS C:\Users\juan>

Completado

Lín. 5 Col. 2 105 %