

**Statistics Report 09042, Blackberries, raw**
**Report Date: September 18, 2019 07:48 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a> <a href="#">2</a>	g	88.15	5	0.770	85.5	91.9	3.0	85.33	90.95	2	Analytical or derived from analytical	--	02/2003
Energy	kcal	43	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	181	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2006
Protein <a href="#">1</a> <a href="#">2</a>	g	1.39	5	0.050	1.18	1.64	2.0	1.13	1.64	2	Analytical or derived from analytical	--	02/2003
Total lipid (fat) <a href="#">1</a> <a href="#">2</a>	g	0.49	5	0.040	0.37	0.63	3.0	0.34	0.62	2	Analytical or derived from analytical	--	02/2003
Ash <a href="#">1</a> <a href="#">2</a>	g	0.37	5	0.020	0.29	0.43	2.0	0.27	0.45	2	Analytical or derived from analytical	--	02/2003
Carbohydrate, by difference	g	9.61	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2006
Fiber, total dietary <a href="#">1</a> <a href="#">2</a>	g	5.3	4	1.100	2.3	6.7	1.0	-7.0	17.6	2	Analytical or derived from analytical	--	02/2003
Sugars, total <a href="#">1</a> <a href="#">2</a>	g	4.88	4	0.680	3.04	6.35	2.0	1.5	8.25	2	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a> <a href="#">2</a>	g	0.07	4	0.000	0	0.14	--	--	--	2	Analytical or derived from analytical	--	02/2003
Glucose (dextrose) <a href="#">1</a> <a href="#">2</a>	g	2.31	4	0.290	1.53	3.02	2.0	1.0	3.61	2	Analytical or derived from analytical	--	02/2003
Fructose <a href="#">1</a> <a href="#">2</a>	g	2.40	4	0.360	1.51	3.05	2.0	0.44	4.35	2	Analytical or derived from analytical	--	02/2003
Lactose <a href="#">1</a> <a href="#">2</a>	g	0.00	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Maltose <a href="#">1</a> <a href="#">2</a>	g	0.07	4	0.000	0	0.14	--	--	--	2	Analytical or derived from analytical	--	02/2003
Galactose <a href="#">1</a> <a href="#">2</a>	g	0.03	4	0.020	0	0.11	1.0	-0.32	0.37	2	Analytical or derived from analytical	--	02/2003
Starch <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">2</a>	mg	29	5	6.000	14	44	3.0	6.0	51.0	2	Analytical or derived from analytical	--	02/2003
Iron, Fe <a href="#">1</a> <a href="#">2</a>	mg	0.62	5	0.080	0.33	0.78	2.0	0.33	0.92	2	Analytical or derived from analytical	--	02/2003
Magnesium, Mg <a href="#">1</a> <a href="#">2</a>	mg	20	4	1.000	19	25	1.0	5.0	35.0	2	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P <a href="#">1</a> <a href="#">2</a>	mg	22	4	0.000	15	31	1.0	13.0	31.0	2	Analytical or derived from analytical	--	02/2003
Potassium, K <a href="#">2</a>	mg	162	2	--	159	164	1.0	--	--	1	Analytical or derived from analytical	--	05/2003
Sodium, Na <a href="#">2</a>	mg	1	2	--	1	1	1.0	--	--	1	Analytical or derived from analytical	--	05/2003
Zinc, Zn <a href="#">1</a> <a href="#">2</a>	mg	0.53	3	0.030	0.42	0.64	1.0	0.07	0.98	2	Analytical or derived from analytical	--	02/2003
Copper, Cu <a href="#">1</a> <a href="#">2</a>	mg	0.165	5	0.030	0.04	0.26	2.0	0.044	0.286	2	Analytical or derived from analytical	--	02/2003
Manganese, Mn <a href="#">1</a> <a href="#">2</a>	mg	0.646	5	0.230	0.23	1.44	2.0	-0.296	1.587	2	Analytical or derived from analytical	--	02/2003
Selenium, Se <a href="#">2</a>	µg	0.4	2	--	0.1	0.7	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	21.0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin <a href="#">1</a> <a href="#">2</a>	mg	0.020	5	0.000	0.01	0.03	--	--	--	2	Analytical or derived from analytical	--	02/2003
Riboflavin <a href="#">1</a> <a href="#">2</a>	mg	0.026	5	0.000	0.02	0.04	--	--	--	2	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <a href="#">1</a> <a href="#">2</a>	mg	0.646	4	0.028	0.49	0.74	1.0	0.288	1.004	2	Analytical or derived from analytical	--	02/2003
Pantothenic acid <a href="#">1</a> <a href="#">2</a>	mg	0.276	5	0.025	0.22	0.35	3.0	0.195	0.357	2	Analytical or derived from analytical	--	02/2003
Vitamin B-6 <a href="#">1</a> <a href="#">2</a>	mg	0.030	5	0.001	0.02	0.04	2.0	0.025	0.036	2	Analytical or derived from analytical	--	02/2003
Folate, total <a href="#">1</a> <a href="#">2</a>	µg	25	5	2.000	20	31	3.0	18.0	32.0	2	Analytical or derived from analytical	--	02/2003
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	25	5	2.000	20	31	3.0	18.0	32.0	2	Analytical or derived from analytical	--	04/2006
Folate, DFE	µg	25	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2006
Choline, total <a href="#">1</a>	mg	8.5	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2006
Betaine <a href="#">1</a>	mg	0.3	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE <a href="#">1</a> <a href="#">2</a>	µg	11	4	1.000	3	17	2.0	2.0	19.0	2	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta <a href="#">1</a> <a href="#">2</a>	µg	128	4	23.000	40	204	2.0	26.0	230.0	2	Analytical or derived from analytical	--	02/2003
Carotene, alpha <a href="#">1</a> <a href="#">2</a>	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Cryptoxanthin, beta <a href="#">1</a> <a href="#">2</a>	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Vitamin A, IU <a href="#">1</a> <a href="#">2</a>	IU	214	4	39.000	67	340	2.0	44.0	383.0	2	Analytical or derived from analytical	--	02/2003
Lycopene <a href="#">1</a> <a href="#">2</a>	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Lutein + zeaxanthin <a href="#">1</a> <a href="#">2</a>	µg	118	4	11.000	87	139	2.0	69.0	165.0	2	Analytical or derived from analytical	--	02/2003
Vitamin E (alpha-tocopherol) <a href="#">1</a> <a href="#">2</a>	mg	1.17	5	0.050	0.56	1.83	2.0	0.94	1.39	2	Analytical or derived from analytical	--	02/2003
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <a href="#">1</a> <a href="#">2</a>	mg	0.04	5	0.004	0.02	0.04	2.0	0.01	0.05	2	Analytical or derived from analytical	--	02/2003
Tocopherol, gamma <a href="#">1</a> <a href="#">2</a>	mg	1.34	5	0.100	1.03	1.58	2.0	0.94	1.72	2	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta <a href="#">1</a> <a href="#">2</a>	mg	0.90	5	0.100	0.46	1.05	2.0	0.43	1.36	2	Analytical or derived from analytical	--	02/2003
Tocotrienol, alpha <a href="#">1</a> <a href="#">2</a>	mg	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Tocotrienol, beta <a href="#">1</a> <a href="#">2</a>	mg	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Tocotrienol, gamma <a href="#">1</a> <a href="#">2</a>	mg	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Tocotrienol, delta <a href="#">1</a> <a href="#">2</a>	mg	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) <a href="#">1</a> <a href="#">2</a>	µg	19.8	5	2.000	14.7	25.1	3.0	12.8	26.7	2	Analytical or derived from analytical	--	02/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.014	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2006
4:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003
6:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003
8:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003
10:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003
14:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003
16:0	g	0.012	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003
18:0	g	0.003	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003
Fatty acids, total monounsaturated	g	0.047	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2006
16:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003
18:1 undifferentiated	g	0.044	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003
20:1	g	0.004	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003
Fatty acids, total polyunsaturated	g	0.280	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated	g	0.186	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003
18:3 undifferentiated	g	0.094	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003
18:4	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09302	02/2003
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1982

**Other**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003



Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Flavonoids</b>													
Anthocyanidins													
Cyanidin <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	mg	100.0	62	6.96	44.17	317.18	--	--	--	--	--	--	--
Petunidin <a href="#">4</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin <a href="#">4</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin <a href="#">4</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin <a href="#">4</a> <a href="#">6</a>	mg	0.5	--	0.25	0	1.7	--	--	--	--	--	--	--
Peonidin <a href="#">4</a> <a href="#">6</a>	mg	0.2	--	0.21	0	1.05	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin <a href="#">4</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a>	mg	37.1	--	24.71	0	312.86	--	--	--	--	--	--	--
(-)-Epigallocatechin <a href="#">4</a> <a href="#">7</a> <a href="#">8</a>	mg	0.1	--	0.01	0	0.36	--	--	--	--	--	--	--
(-)-Epicatechin <a href="#">4</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a>	mg	4.7	--	0.47	0	18.08	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate <a href="#">4</a> <a href="#">7</a> <a href="#">8</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate <a href="#">4</a> <a href="#">7</a> <a href="#">8</a>	mg	0.7	--	0.68	0	7.44	--	--	--	--	--	--	--
(+)-Gallocatechin <a href="#">4</a> <a href="#">7</a> <a href="#">8</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin <a href="#">4</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin <a href="#">4</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin <a href="#">4</a> <a href="#">11</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin <a href="#">4</a> <a href="#">11</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol <a href="#">5</a> <a href="#">9</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a>	mg	0.3	--	0.2	0	3.13	--	--	--	--	--	--	--
Myricetin <a href="#">4</a> <a href="#">9</a> <a href="#">12</a>	mg	0.7	--	0.67	0	9.99	--	--	--	--	--	--	--
Quercetin <a href="#">4</a> <a href="#">5</a> <a href="#">9</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a>	mg	3.6	--	0.7	0	11.9	--	--	--	--	--	--	--
Isoflavones													
Daidzein <a href="#">17</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein <a href="#">17</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <a href="#">17</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers <a href="#">15</a> <a href="#">16</a>	mg	4.5	--	3	1.46	9.5	--	--	--	--	--	--	--
Proanthocyanidin trimers <a href="#">15</a> <a href="#">16</a>	mg	2.1	--	2.03	0.06	5.84	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <a href="#">16</a>	mg	7.3	--	5.02	3.47	14.56	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <a href="#">16</a>	mg	4.2	--	4.47	0.64	10.76	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) <a href="#">16</a>	mg	1.5	--	3.02	0	6.04	--	--	--	--	--	--	--

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4e, 2001 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5L, 2001 Beltsville MD

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<sup>14</sup>Cho, M. J., Howard, L. R., Prior, R. L., and Clark, J. R. **Flavonol glycosides and antioxidant capacity of various blackberry and blueberry genotypes determined by high-performance liquid chromatography/mass spectrometry.**, 2005 J. Sci. Food Agric. 85 pp.2149-2158

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<sup>16</sup>Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. **Concentrations of proanthocyanidins in common foods and estimations of normal consumption**, 2004 J. Nutr. 134 pp.613-617

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