

Statistics Report 09052, Blueberries, canned, heavy syrup, solids and liquids
Report Date: September 19, 2019 15:15 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 |
|-----------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 76.78 | 3 | 0.570 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Energy | kcal | 88 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Energy | kJ | 368 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 01/2007 |
| Protein | g | 0.65 | 3 | 0.050 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Total lipid (fat) | g | 0.33 | 3 | 0.030 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Ash | g | 0.17 | 3 | 0.006 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Carbohydrate, by difference | g | 22.06 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Fiber, total dietary | g | 1.6 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 09050 | 12/2002 |
| Sugars, total | g | 20.46 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 01/2007 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 5 | 3 | 0.000 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |

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|--------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Iron, Fe | mg | 0.33 | 3 | 0.060 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Magnesium, Mg | mg | 4 | 3 | 0.000 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Phosphorus, P | mg | 10 | 3 | 0.000 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Potassium, K | mg | 40 | 3 | 5.000 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Sodium, Na | mg | 3 | 3 | 0.000 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Zinc, Zn | mg | 0.07 | 3 | 0.009 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Copper, Cu | mg | 0.053 | 3 | 0.003 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Manganese, Mn | mg | 0.203 | 3 | 0.019 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Selenium, Se | µg | 0.1 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 09050 | 12/2002 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.1 | 3 | 0.200 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |

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|---------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Thiamin | mg | 0.034 | 3 | 0.001 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Riboflavin | mg | 0.053 | 3 | 0.006 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Niacin | mg | 0.113 | 3 | 0.022 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Pantothenic acid | mg | 0.089 | 3 | 0.008 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Vitamin B-6 | mg | 0.036 | 3 | 0.005 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Folate, total | µg | 2 | 3 | 0.000 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 01/2001 |
| Folate, food | µg | 2 | 3 | 0.000 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 01/2007 |
| Folate, DFE | µg | 2 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 01/2007 |
| Choline, total | mg | 4.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 09050 | 01/2007 |
| 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 | µg | 2 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 01/2007 |

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|---|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Retinol | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 06/2002 |
| Carotene, beta | µg | 22 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 09050 | 12/2002 |
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 09050 | 12/2002 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 09050 | 12/2002 |
| Vitamin A, IU | IU | 36 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 01/2007 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 09050 | 12/2002 |
| Lutein + zeaxanthin | µg | 53 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 09050 | 12/2002 |
| Vitamin E (alpha-tocopherol) | mg | 0.38 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 09050 | 12/2002 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| 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) 1 | µg | 6.4 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2002 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.027 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 4:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 6:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 8:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 10:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 12:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|-----------------------|---------|---------------|
| 14:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 16:0 | g | 0.016 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 18:0 | g | 0.006 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| Fatty acids, total monounsaturated | g | 0.047 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 16:1 undifferentiated | g | 0.001 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 18:1 undifferentiated | g | 0.045 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 20:1 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| Fatty acids, total polyunsaturated | g | 0.144 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 18:2 undifferentiated | g | 0.086 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 18:3 undifferentiated | g | 0.058 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 18:4 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| Fatty acids, total trans | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 06/2015 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 08/1982 |

Amino Acids

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|---------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Tryptophan | g | 0.003 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Threonine | g | 0.018 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Isoleucine | g | 0.020 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Leucine | g | 0.039 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Lysine | g | 0.012 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Methionine | g | 0.010 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Cystine | g | 0.007 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Phenylalanine | g | 0.023 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Tyrosine | g | 0.008 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Valine | g | 0.027 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |

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|----------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Arginine | g | 0.033 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Histidine | g | 0.010 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Alanine | g | 0.028 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Aspartic acid | g | 0.051 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Glutamic acid | g | 0.081 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Glycine | g | 0.027 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Proline | g | 0.024 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Serine | g | 0.020 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 04/1985 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 09/2002 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 09/2002 |

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|---|------|-------------------|----------------|------------|------|------|----|----|----|-----------|--------|---------|------------------|
| Flavonoids | | | | | | | | | | | | | |
| Proanthocyanidin | | | | | | | | | | | | | |
| Proanthocyanidin dimers 2 | mg | 4.8 | -- | 0.53 | 3.69 | 6.39 | -- | -- | -- | -- | -- | -- | -- |
| Proanthocyanidin trimers 2 | mg | 2.0 | -- | 0.31 | 1.38 | 2.91 | -- | -- | -- | -- | -- | -- | -- |
| Proanthocyanidin 4-6mers 2 | mg | 3.5 | -- | 0.86 | 0.93 | 5.21 | -- | -- | -- | -- | -- | -- | -- |
| Proanthocyanidin 7-10mers 2 | mg | 0.3 | -- | 0.1 | 0 | 0.53 | -- | -- | -- | -- | -- | -- | -- |

Sources of Data

¹G. Ferland, D. MacDonald, J.A. Sadowski **Development of a diet low in vitamin K (phylloquinone)**, 1992 J. American Dietetic Assoc 92 5 pp.593-597

²Brownmiller, C., Howard, L.R., and Prior, R.L. **Processing and storage effects on procyanidin composition and concentration of processed blueberry products**, 2009 J. Agric. Food Chem. 57 pp.1896-1902