

**Statistics Report 09286, Pomegranates, raw [a](#)**
**Report Date: July 24, 2019 01:36 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>	g	77.93	3	0.030	77.9	78	2.0	77.79	78.07	1	Analytical or derived from analytical	--	03/2008
Energy	kcal	83	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2008
Energy	kJ	346	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2008
Protein <a href="#">1</a>	g	1.67	3	0.260	1.2	2.1	2.0	0.54	2.78	1	Analytical or derived from analytical	--	03/2008
Total lipid (fat) <a href="#">1</a>	g	1.17	3	0.400	0.5	1.9	2.0	-0.57	2.91	1	Analytical or derived from analytical	--	03/2008
Ash <a href="#">1</a>	g	0.53	3	0.060	0.4	0.6	2.0	0.24	0.82	1	Analytical or derived from analytical	--	03/2008
Carbohydrate, by difference	g	18.70	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2008
Fiber, total dietary <a href="#">1</a>	g	4.0	3	0.900	2.7	5.8	2.0	-0.019	7.9	1	Analytical or derived from analytical	--	03/2008
Sugars, total <a href="#">1</a>	g	13.67	3	0.320	13.2	14.3	2.0	12.25	15.07	1	Analytical or derived from analytical	--	03/2008

**Minerals**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca <a href="#">1</a>	mg	10	3	0.000	9	11	2.0	7.0	13.0	1	Analytical or derived from analytical	--	03/2008
Iron, Fe <a href="#">1</a>	mg	0.30	3	0.030	0.24	0.35	2.0	0.16	0.43	1	Analytical or derived from analytical	--	03/2008
Magnesium, Mg <a href="#">1</a>	mg	12	3	1.000	10	15	2.0	6.0	18.0	1	Analytical or derived from analytical	--	03/2008
Phosphorus, P <a href="#">1</a>	mg	36	3	4.000	27	42	2.0	16.0	55.0	1	Analytical or derived from analytical	--	03/2008
Potassium, K <a href="#">1</a>	mg	236	3	12.000	212	249	2.0	183.0	288.0	1	Analytical or derived from analytical	--	03/2008
Sodium, Na <a href="#">1</a>	mg	3	3	0.000	3	3	2.0	2.0	3.0	1	Analytical or derived from analytical	--	03/2008
Zinc, Zn <a href="#">1</a>	mg	0.35	3	0.030	0.3	0.41	2.0	0.2	0.48	1	Analytical or derived from analytical	--	03/2008
Copper, Cu <a href="#">1</a>	mg	0.158	3	0.036	0.09	0.21	2.0	0.002	0.313	1	Analytical or derived from analytical	--	03/2008
Manganese, Mn <a href="#">1</a>	mg	0.119	3	0.014	0.1	0.14	2.0	0.056	0.181	1	Analytical or derived from analytical	--	03/2008
Selenium, Se <a href="#">1</a>	µg	0.5	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2008

**Vitamins**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	10.2	3	1.000	8.6	12.1	2.0	5.8	14.5	1	Analytical or derived from analytical	--	03/2008
Thiamin <a href="#">1</a>	mg	0.067	3	0.007	0.06	0.08	2.0	0.038	0.095	1	Analytical or derived from analytical	--	03/2008
Riboflavin <a href="#">1</a>	mg	0.053	3	0.003	0.05	0.06	2.0	0.039	0.068	1	Analytical or derived from analytical	--	03/2008
Niacin <a href="#">1</a>	mg	0.293	3	0.007	0.28	0.3	2.0	0.265	0.322	1	Analytical or derived from analytical	--	03/2008
Pantothenic acid <a href="#">1</a>	mg	0.377	3	0.012	0.36	0.4	2.0	0.325	0.428	1	Analytical or derived from analytical	--	03/2008
Vitamin B-6 <a href="#">1</a>	mg	0.075	3	0.003	0.07	0.08	2.0	0.063	0.086	1	Analytical or derived from analytical	--	03/2008
Folate, total <a href="#">1</a>	µg	38	3	11.000	21	60	2.0	-10.0	86.0	1	Analytical or derived from analytical	--	03/2008
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	38	3	11.000	21	60	2.0	-10.0	86.0	1	Analytical or derived from analytical	--	06/2008
Folate, DFE	µg	38	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2008
Choline, total	mg	7.6	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2008
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	09442	06/2008
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	09442	06/2008
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	09442	06/2008
Vitamin A, IU	IU	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2008
Lycopene	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	09442	06/2008
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	09442	06/2008
Vitamin E (alpha-tocopherol)	mg	0.60	--	--	0	0	--	--	--	--	Calculated or imputed	09316	02/2003
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) <a href="#">1</a>	µg	16.4	3	6.000	5	25.7	2.0	-9.7	42.4	1	Analytical or derived from analytical	--	03/2008
<b>Lipids</b>													
Fatty acids, total saturated <a href="#">1</a>	g	0.120	3	0.039	0.07	0.2	2.0	-0.046	0.287	1	Analytical or derived from analytical	--	03/2008
4:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2008
6:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2008
10:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2008
12:0	g	0.006	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2012
14:0	g	0.006	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2012
16:0	g	0.070	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2012
18:0	g	0.038	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2012
Fatty acids, total monounsaturated <a href="#">1</a>	g	0.093	3	0.019	0.06	0.11	2.0	0.011	0.175	1	Analytical or derived from analytical	--	03/2008
16:1 undifferentiated	g	0.012	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2012
18:1 undifferentiated	g	0.077	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2012
20:1	g	0.004	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2012
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2008
Fatty acids, total polyunsaturated <a href="#">1</a>	g	0.079	3	0.013	0.06	0.1	2.0	0.025	0.133	1	Analytical or derived from analytical	--	03/2008
18:2 undifferentiated	g	0.079	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2012
18:3 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2008
18:4	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2008
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2008
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2008
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2008
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1982
Stigmasterol <a href="#">2</a>	mg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2008
Campesterol <a href="#">2</a>	mg	1	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2008
Beta-sitosterol <a href="#">2</a>	mg	4	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2008
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
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>													
Flavan-3-ols													
(+)-Catechin <sup>3</sup>	mg	0.4	--	0	0.4	0.4	--	--	--	--	--	--	--
(-)-Epigallocatechin <sup>3</sup>	mg	0.2	--	0	0.16	0.16	--	--	--	--	--	--	--
(-)-Epicatechin <sup>3</sup>	mg	0.1	--	0	0.08	0.08	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate <sup>3</sup>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate <sup>3</sup>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin <sup>3</sup>	mg	0.2	--	0	0.17	0.17	--	--	--	--	--	--	--
Flavones													
Apigenin <sup>4</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Luteolin <sup>4</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol <sup>4</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Myricetin <sup>4</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Quercetin <sup>4</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Isoflavones													
Daidzein <sup>6</sup>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein <sup>6</sup>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <sup>6</sup>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers <sup>5</sup>	mg	0.3	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers <sup>5</sup>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

**Sources of Data**

<sup>1</sup>Pom Wonderful **Nutrient Composition of California Wonderful Pomegranates**, 2007 CA  
<sup>2</sup>M. Kaufman, Z. Wiesman **Pomegranate oil analysis with emphasis on MALDI-TOF/MS triacylglycerol fingerprinting**, 2007 Journal of Agricultural and Food Chemistry 55 pp.10405-10413  
<sup>3</sup>de Pascual-Teresa, S., Santos-Buelga, C., & Rivas-Gonzalo, J.C. **Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages.**, 2000 J. Agric. Food Chem. 48 pp.5331-5337  
<sup>4</sup>Lugasi, A. and Hovari, J. **Flavonoid aglycons in foods of plant origin II. Fresh and dried fruits.**, 2002 Acta Alimentaria 31 1 pp.63-71  
<sup>5</sup>de Pascual-Teresa, S., Santos-Buelga, C., and Rivas-Gonzalo, J.C. **Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages**, 2000 J. Agric. Food Chem. 48 pp.5331-5337  
<sup>6</sup>Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331

**Footnotes**

<sup>a</sup> Based on samples of California Wonderful variety.