

Statistics Report 11027, Bamboo shoots, cooked, boiled, drained, without salt

Report Date: July 19, 2019 06:19 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	95.92	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	12	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Energy	kJ	50	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2012
Protein	g	1.53	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.22	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	0.41	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	1.92	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Fiber, total dietary	g	1.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
Minerals													
Calcium, Ca	mg	12	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Iron, Fe	mg	0.24	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	3	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Phosphorus, P	mg	20	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	533	7	45.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	4	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	0.47	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Copper, Cu	mg	0.082	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Manganese, Mn	mg	0.113	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Selenium, Se	µg	0.4	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.020	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.050	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	0.300	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.066	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Vitamin B-6	mg	0.098	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Folate, total	µg	2	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	2	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1984

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Folate, DFE	µg	2	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.051	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
12:0	g	0.001	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
14:0	g	0.002	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:0	g	0.038	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:0	g	0.004	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total monounsaturated	g	0.005	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:1 undifferentiated	g	0.005	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.098	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:2 undifferentiated	g	0.083	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:3 undifferentiated	g	0.015	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Amino Acids													
Tryptophan	g	0.016	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.050	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.051	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.082	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.079	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.017	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cystine	g	0.013	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.053	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Valine	g	0.062	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Arginine	g	0.057	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.025	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Alanine	g	0.072	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Aspartic acid	g	0.249	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glutamic acid	g	0.145	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glycine	g	0.051	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Proline	g	0.129	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Serine	g	0.075	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984