

Statistics Report 11052, Beans, snap, green, raw

Report Date: July 24, 2019 01:12 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 1	g	90.32	165	0.270	90.27	93.13	161.0	89.77	90.85	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009
Energy	kcal	31	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2009
Energy	kJ	131	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2009
Protein	g	1.83	104	0.040	1.82	2.25	99.0	1.73	1.92	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009
Total lipid (fat) 1	g	0.22	14	0.030	0.12	0.61	10.0	0.15	0.28	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009
Ash 1	g	0.66	144	0.010	0.59	0.7	139.0	0.62	0.69	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carbohydrate, by difference	g	6.97	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2009
Fiber, total dietary 1	g	2.7	4	0.050	2.6	3.4	3.0	2.4	2.8	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009
Sugars, total	g	3.26	4	0.230	2.61	3.66	3.0	2.5	4.0	1	Analytical or derived from analytical	--	04/2009
Sucrose 1	g	0.36	4	0.160	0.07	0.66	3.0	-0.16	0.89	1	Analytical or derived from analytical	--	04/2009
Glucose (dextrose) 1	g	1.51	4	0.110	1.3	1.75	3.0	1.15	1.86	1	Analytical or derived from analytical	--	04/2009
Fructose 1	g	1.39	4	0.200	0.79	1.72	3.0	0.73	2.04	1	Analytical or derived from analytical	--	04/2009
Lactose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2009
Maltose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2009
Galactose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2009
Starch 1	g	0.88	4	0.140	0.74	1.3	3.0	0.43	1.32	1	Analytical or derived from analytical	--	04/2009
Minerals													
Calcium, Ca 1	mg	37	153	1.000	37	49	148.0	34.0	39.0	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe 1	mg	1.03	155	0.070	0.61	1.04	150.0	0.88	1.18	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009
Magnesium, Mg 1	mg	25	151	0.000	18	28	148.0	23.0	26.0	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009
Phosphorus, P 1	mg	38	140	0.000	36	45	136.0	36.0	39.0	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009
Potassium, K 1	mg	211	154	4.000	209	300	150.0	201.0	219.0	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009
Sodium, Na 1	mg	6	154	0.000	2	8	149.0	5.0	6.0	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009
Zinc, Zn 1	mg	0.24	152	0.020	0.24	0.35	147.0	0.2	0.28	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Copper, Cu 1	mg	0.069	161	0.004	0.06	0.09	157.0	0.061	0.077	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009
Manganese, Mn 1	mg	0.216	150	0.008	0.21	0.34	147.0	0.2	0.231	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009
Selenium, Se	µg	0.6	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1992
Fluoride, F 2 3 4 5	µg	19.0	36	6.600	3.8	62.2	9.0	4.0	33.9	4	Analytical or derived from analytical	--	01/2006
Vitamins													
Vitamin C, total ascorbic acid 1	mg	12.2	9	0.700	5.9	16.3	5.0	10.2	14.1	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009
Thiamin 1	mg	0.082	102	0.002	0.03	0.08	99.0	0.079	0.086	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009
Riboflavin 1	mg	0.104	102	0.003	0.05	0.1	99.0	0.098	0.109	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin 1	mg	0.734	12	0.030	0.49	0.92	3.0	0.637	0.831	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009
Pantothenic acid 1	mg	0.225	4	0.023	0.09	0.28	3.0	0.151	0.299	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009
Vitamin B-6 1	mg	0.141	4	0.002	0.07	0.15	3.0	0.134	0.147	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009
Folate, total 1	µg	33	8	2.000	19	37	5.0	25.0	39.0	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2009
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	33	8	2.000	19	37	5.0	25.0	39.0	2	Aggregated data involving combinations of source codes 1 & 12	--	05/2009
Folate, DFE	µg	33	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2009
Choline, total	mg	15.3	--	--	0	0	--	--	--	--	Calculated or imputed	11061	02/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Betaine	mg	0.1	--	--	0	0	--	--	--	--	Calculated or imputed	11061	02/2007
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	01/2005
Vitamin A, RAE	µg	35	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2009
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 6789	µg	379	77	48.000	252	510	4.0	243.0	515.0	1	Analytical or derived from analytical	--	08/2002
Carotene, alpha 789	µg	69	70	10.000	44	90	3.0	37.0	101.0	1	Analytical or derived from analytical	--	08/2002
Cryptoxanthin, beta 79	µg	0	21	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	08/2002
Vitamin A, IU	IU	690	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2009
Lycopene 9	µg	0	6	0.000	0	0	1.0	--	--	1	Analytical or derived from analytical	--	08/2002
Lutein + zeaxanthin 9	µg	640	6	50.000	590	690	1.0	4.0	1275.0	1	Analytical or derived from analytical	--	08/2002
Vitamin E (alpha-tocopherol)	mg	0.41	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2002
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)	µg	43.0	--	--	0	0	--	--	--	--	Calculated or imputed	11060	08/2015

Lipids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.050	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2015
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2009
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2009
8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2009
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2009
12:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2009
14:0	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2009
16:0	g	0.042	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2015
18:0	g	0.008	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2015
Fatty acids, total monounsaturated	g	0.010	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2015
16:1 undifferentiated	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2009
18:1 undifferentiated	g	0.008	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2015
20:1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2009
Fatty acids, total polyunsaturated	g	0.113	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2015
18:2 undifferentiated	g	0.044	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2015
18:3 undifferentiated	g	0.069	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2015
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2009
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2009
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2009
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2009
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2009
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	08/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Amino Acids													
Tryptophan	g	0.019	--	--	0	0	--	--	--	--	Analytical or derived from analytical	11722	05/2009
Threonine	g	0.079	--	--	0	0	--	--	--	--	Analytical or derived from analytical	11722	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine	g	0.066	--	--	0	0	--	--	--	--	Analytical or derived from analytical	11722	05/2009
Leucine	g	0.112	--	--	0	0	--	--	--	--	Analytical or derived from analytical	11722	05/2009
Lysine	g	0.088	--	--	0	0	--	--	--	--	Analytical or derived from analytical	11722	05/2009
Methionine	g	0.022	--	--	0	0	--	--	--	--	Analytical or derived from analytical	11722	05/2009
Cystine	g	0.018	--	--	0	0	--	--	--	--	Analytical or derived from analytical	11722	05/2009
Phenylalanine	g	0.067	--	--	0	0	--	--	--	--	Analytical or derived from analytical	11722	05/2009
Tyrosine	g	0.042	--	--	0	0	--	--	--	--	Analytical or derived from analytical	11722	05/2009
Valine	g	0.090	--	--	0	0	--	--	--	--	Analytical or derived from analytical	11722	05/2009
Arginine	g	0.073	--	--	0	0	--	--	--	--	Analytical or derived from analytical	11722	05/2009
Histidine	g	0.034	--	--	0	0	--	--	--	--	Analytical or derived from analytical	11722	05/2009
Alanine	g	0.084	--	--	0	0	--	--	--	--	Analytical or derived from analytical	11722	05/2009
Aspartic acid	g	0.255	--	--	0	0	--	--	--	--	Analytical or derived from analytical	11722	05/2009
Glutamic acid	g	0.187	--	--	0	0	--	--	--	--	Analytical or derived from analytical	11722	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine	g	0.065	--	--	0	0	--	--	--	--	Analytical or derived from analytical	11722	05/2009
Proline	g	0.068	--	--	0	0	--	--	--	--	Analytical or derived from analytical	11722	05/2009
Serine	g	0.099	--	--	0	0	--	--	--	--	Analytical or derived from analytical	11722	05/2009
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/2002
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Flavan-3-ols													
(+)-Catechin 10 11	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 10 11	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 10 11	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 10 11	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 10 11	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Galocatechin 10 11	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 12 13	mg	0.0	--	0	0	0.01	--	--	--	--	--	--	--
Luteolin 12 13 14	mg	0.1	--	0.13	0	1.01	--	--	--	--	--	--	--
Flavonols													
Kaempferol 12 13 14 15 16 17	mg	0.5	--	0.06	0	1.86	--	--	--	--	--	--	--
Myricetin 12 13 14 16	mg	0.1	--	0.12	0	1.11	--	--	--	--	--	--	--
Quercetin 12 13 14 15 16 17 18 19	mg	2.7	--	0.22	0.03	9.09	--	--	--	--	--	--	--
Isoflavones													
Daidzein 21 22 23	mg	0.01	--	0.01	0	0.01	--	--	--	--	--	--	--
Genistein 21 22 23	mg	0.01	--	0.01	0	0.03	--	--	--	--	--	--	--
Total isoflavones 21 22 23	mg	0.01	--	0.01	0	0.04	--	--	--	--	--	--	--
Biochanin A	mg	0.03	--	--	0.03	0.03	--	--	--	--	--	--	--
Formononetin	mg	0.15	--	--	0.15	0.15	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 20	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers 20	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

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