

Statistics Report 11165, Coriander (cilantro) leaves, raw
Report Date: July 24, 2019 00:33 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	92.21	7	0.270	91.7	93.69	6.0	91.55	92.87	1	Analytical or derived from analytical	--	08/2002
Energy	kcal	23	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	95	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	2.13	3	0.220	1.69	2.36	2.0	1.17	3.09	1	Analytical or derived from analytical	--	03/2007
Total lipid (fat)	g	0.52	3	0.040	0.43	0.59	2.0	0.31	0.71	1	Analytical or derived from analytical	--	08/2002
Ash	g	1.47	3	0.180	1.1	1.66	2.0	0.67	2.27	1	Analytical or derived from analytical	--	08/2002
Carbohydrate, by difference	g	3.67	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Fiber, total dietary	g	2.8	2	--	2.8	2.8	--	--	--	1	Analytical or derived from analytical	--	08/2002
Sugars, total	g	0.87	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2002
Minerals													
Calcium, Ca	mg	67	2	--	50	84	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Iron, Fe	mg	1.77	3	0.640	0.58	2.78	2.0	-0.98	4.52	1	Analytical or derived from analytical	--	08/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Magnesium, Mg	mg	26	3	4.000	18	35	2.0	5.0	46.0	1	Analytical or derived from analytical	--	08/2002
Phosphorus, P	mg	48	3	7.000	36	61	2.0	17.0	78.0	1	Analytical or derived from analytical	--	08/2002
Potassium, K	mg	521	3	43.000	436	584	2.0	331.0	710.0	1	Analytical or derived from analytical	--	08/2002
Sodium, Na	mg	46	3	10.000	28	64	2.0	--	90.0	1	Analytical or derived from analytical	--	08/2002
Zinc, Zn	mg	0.50	2	--	0.49	0.51	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Copper, Cu	mg	0.225	2	--	0.19	0.26	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Manganese, Mn	mg	0.426	2	--	0.37	0.48	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Selenium, Se	µg	0.9	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2001
Vitamins													
Vitamin C, total ascorbic acid	mg	27.0	3	12.900	10.5	52.5	2.0	-28.6	82.6	1	Analytical or derived from analytical	--	08/2002
Thiamin	mg	0.067	3	0.023	0.03	0.1	2.0	-0.03	0.164	1	Analytical or derived from analytical	--	08/2002
Riboflavin	mg	0.162	3	0.033	0.12	0.23	2.0	0.021	0.302	1	Analytical or derived from analytical	--	08/2002
Niacin	mg	1.114	3	0.195	0.73	1.37	2.0	0.273	1.955	1	Analytical or derived from analytical	--	08/2002
Pantothenic acid	mg	0.570	2	--	0.54	0.6	1.0	--	--	1	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6	mg	0.149	3	0.019	0.12	0.18	2.0	0.066	0.233	1	Analytical or derived from analytical	--	08/2002
Folate, total	µg	62	2	--	58	66	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	62	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	62	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	12.8	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	337	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2 3 4	µg	3930	15	365.000	1,990	4,800	1.0	-398.0	8258.0	1	Aggregated data involving combinations of source codes 1 & 12	--	08/2002
Carotene, alpha 4	µg	36	3	27.000	0	126	1.0	-310.0	382.0	1	Aggregated data involving combinations of source codes 1 & 12	--	08/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta 4	µg	202	3	44.000	0	493	1.0	-361.0	765.0	1	Aggregated data involving combinations of source codes 1 & 12	--	08/2002
Vitamin A, IU	IU	6748	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Lycopene 4	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2001
Lutein + zeaxanthin 2 4	µg	865	6	--	770	1,339	--	--	--	1	Analytical or derived from analytical	--	03/2001
Vitamin E (alpha-tocopherol)	mg	2.50	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2002
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	310.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2002
Lipids													
Fatty acids, total saturated	g	0.014	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2001
4:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001
6:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001
8:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001
10:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001
12:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001
14:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.012	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001
18:0	g	0.001	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001
Fatty acids, total monounsaturated	g	0.275	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2001
16:1 undifferentiated	g	0.002	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001
18:1 undifferentiated	g	0.273	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001
20:1	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001
Fatty acids, total polyunsaturated	g	0.040	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2001
18:2 undifferentiated	g	0.040	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001
18:3 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001
18:4	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2001
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Phytosterols	mg	5	1	--	5	5	--	--	--	--	Analytical or derived from analytical	--	03/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Stigmasterol	mg	3	1	--	3	3	--	--	--	--	Analytical or derived from analytical	--	03/2001
Campesterol	mg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2001
Beta-sitosterol	mg	2	1	--	2	2	--	--	--	--	Analytical or derived from analytical	--	03/2001
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2001
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	05/2006
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	05/2006
Flavonoids													
Flavanones													
Hesperetin ⁵	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin ⁵	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Luteolin ⁵	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Isorhamnetin ⁵	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Kaempferol ⁵	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Quercetin ^{5,6}	mg	52.9	--	23.14	5	68.86	--	--	--	--	--	--	--

Sources of Data

¹K. Bhaskarachary, D.S. Sankar Rao, Y.G. Deosthale, Vinodini Reddy **Carotene content of some common and less familiar foods of plant origin.**, 1995 Food Chemistry 54 pp.189-193

²D.M. R. Ramos, D B Rodriguez **Determination of the vitamin A value of common Brazilian leafy vegetables.**, 1987 J. Micronutrient Analysis 3 pp.147-155

³A.J. Speek, S. Speek-Saichua, W.H. P. Schreurs **Total carotenoid and B-carotene contents of Thai vegetables and the effect of processing.**, 1988 Food Chemistry 27 pp.245-257

⁴E-Siong Tee, Chin-Lam Lim **Carotenoid composition and content of Malaysian vegetables and fruits by the AOAC and HPLC methods.**, 1991 Food Chemistry 41 pp.309-339

⁵Justesen, U., and Knuthsen, P. **Composition of flavonoids in fresh herbs and calculation of flavonoid intake by use of herbs in traditional Danish dishes.**, 2001 Food Chem. 73 pp.245-250

⁶Sakakibara, H., Honda, Y., Nakagawa, S., Ashida, H., and Kanazawa, K. **Simultaneous determination of all polyphenols in vegetables, fruits, and teas**, 2003 J. Agric. Food Chem. 51 3 pp.571-581