

Statistics Report 11203, Cress, garden, raw
Report Date: September 15, 2019 20:21 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	89.40	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	32	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Energy	kJ	134	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Protein	g	2.60	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.70	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	1.80	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	5.50	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2003
Fiber, total dietary	g	1.1	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Sugars, total	g	4.40	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca	mg	81	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Iron, Fe	mg	1.30	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	38	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Phosphorus, P	mg	76	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	606	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	14	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	0.23	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Copper, Cu	mg	0.170	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Manganese, Mn	mg	0.553	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Selenium, Se	µg	0.9	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	69.0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.080	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.260	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Niacin	mg	1.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.242	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Vitamin B-6	mg	0.247	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folate, total	µg	80	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	80	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Folate, DFE	µg	80	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Choline, total	mg	19.5	--	--	0	0	--	--	--	--	Calculated or imputed	11251	02/2007
Betaine	mg	0.2	--	--	0	0	--	--	--	--	Calculated or imputed	11251	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	--	09/2004
Vitamin A, RAE	µg	346	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	4150	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2003
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin A, IU	IU	6917	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003

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Lutein + zeaxanthin	µg	12500	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.70	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2003
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)	µg	541.9	--	--	0	0	--	--	--	--	Calculated or imputed	11591	01/2003
Lipids													
Fatty acids, total saturated	g	0.023	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995

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16:0	g	0.016	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:0	g	0.007	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total monounsaturated	g	0.239	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:1 undifferentiated	g	0.087	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
20:1	g	0.061	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
22:1 undifferentiated	g	0.091	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total polyunsaturated	g	0.228	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:2 undifferentiated	g	0.152	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:3 undifferentiated	g	0.076	--	--	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
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Flavanones													
Hesperetin 1	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 1	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Luteolin 1	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Isorhamnetin 1	mg	1.0	--	--	1	1	--	--	--	--	--	--	--
Kaempferol 1	mg	13.0	--	--	13	13	--	--	--	--	--	--	--
Quercetin 1	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Isoflavones													
Daidzein 2	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein 2	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 2	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

¹Justesen, 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

²Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. **Daidzein and genistein content of vegetables.**, 2000 Brit. J. Nutr. 84 pp.717-725