

Statistics Report 11492, Squash, winter, spaghetti, raw
Report Date: July 23, 2019 01:04 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 | 91.60 | 3 | 0.560 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Energy | kcal | 31 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 03/1997 |
| Energy | kJ | 130 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 01/2012 |
| Protein | g | 0.64 | 3 | 0.040 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Total lipid (fat) | g | 0.57 | 3 | 0.030 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Ash | g | 0.28 | 3 | 0.010 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Carbohydrate, by difference | g | 6.91 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 08/1984 |
| Fiber, total dietary | g | 1.5 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 11870 | 02/2011 |
| Sugars, total | g | 2.76 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 11870 | 08/2011 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 23 | 3 | 2.000 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |

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|--------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Iron, Fe | mg | 0.31 | 3 | 0.010 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Magnesium, Mg | mg | 12 | 3 | 0.000 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Phosphorus, P | mg | 12 | 3 | 1.000 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Potassium, K | mg | 108 | 3 | 6.000 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Sodium, Na | mg | 17 | 3 | 0.000 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Zinc, Zn | mg | 0.19 | 3 | 0.010 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Copper, Cu | mg | 0.037 | 3 | 0.009 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Manganese, Mn | mg | 0.125 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 08/1984 |
| Selenium, Se | µg | 0.3 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 12/1997 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.1 | 3 | 0.100 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Thiamin | mg | 0.037 | 3 | 0.003 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |

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|------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Riboflavin | mg | 0.018 | 3 | 0.001 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Niacin | mg | 0.950 | 3 | 0.040 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Pantothenic acid | mg | 0.360 | 3 | 0.002 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Vitamin B-6 | mg | 0.101 | 3 | 0.008 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Folate, total | µg | 12 | 3 | 2.000 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 01/2001 |
| Folate, food | µg | 12 | 3 | 2.000 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1984 |
| Folate, DFE | µg | 12 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 01/2001 |
| Choline, total | mg | 8.2 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 11870 | 08/2011 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 08/1984 |
| Vitamin A, RAE | µg | 6 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 08/2011 |
| Retinol | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 06/2002 |
| Carotene, beta | µg | 64 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 11870 | 08/2011 |
| Carotene, alpha | µg | 16 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 11870 | 08/2011 |

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|------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 11870 | 08/2011 |
| Vitamin A, IU | IU | 120 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 08/2011 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 11870 | 08/2011 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 11870 | 08/2011 |
| Vitamin E (alpha-tocopherol) | mg | 0.13 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 11870 | 08/2011 |
| 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 | 0.9 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 11870 | 08/2011 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.117 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| 12:0 | g | 0.002 | -- | -- | 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 | 0.101 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| 18:0 | g | 0.011 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |

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|------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Fatty acids, total monounsaturated | g | 0.042 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| 16:1 undifferentiated | g | 0.002 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| 18:1 undifferentiated | g | 0.039 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Fatty acids, total polyunsaturated | g | 0.239 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| 18:2 undifferentiated | g | 0.090 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| 18:3 undifferentiated | g | 0.149 | -- | -- | 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 | 0.009 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Threonine | g | 0.018 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Isoleucine | g | 0.024 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |

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|---------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Leucine | g | 0.034 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Lysine | g | 0.022 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Methionine | g | 0.007 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Cystine | g | 0.005 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Phenylalanine | g | 0.024 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Tyrosine | g | 0.020 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Valine | g | 0.026 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Arginine | g | 0.033 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Histidine | g | 0.011 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Alanine | g | 0.025 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |

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|----------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Aspartic acid | g | 0.064 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Glutamic acid | g | 0.105 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Glycine | g | 0.022 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Proline | g | 0.021 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Serine | g | 0.024 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1984 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 08/2011 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 08/2011 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 08/2011 |