

Statistics Report 16108, Soybeans, mature seeds, raw
Report Date: September 18, 2019 20:15 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	8.54	433	0.140	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Energy	kcal	446	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2006
Energy	kJ	1866	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2006
Protein	g	36.49	454	0.200	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Total lipid (fat)	g	19.94	364	0.180	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Ash	g	4.87	190	0.090	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Carbohydrate, by difference	g	30.16	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2006
Fiber, total dietary	g	9.3	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Sugars, total	g	7.33	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Minerals													
Calcium, Ca	mg	277	71	5.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	15.70	78	0.740	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Magnesium, Mg	mg	280	49	9.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phosphorus, P	mg	704	82	11.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Potassium, K	mg	1797	56	28.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Sodium, Na	mg	2	5	1.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Zinc, Zn	mg	4.89	60	0.070	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Copper, Cu	mg	1.658	60	0.029	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Manganese, Mn	mg	2.517	58	0.099	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Selenium, Se	µg	17.8	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	6.0	3	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.874	50	0.039	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Riboflavin	mg	0.870	21	0.196	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Niacin	mg	1.623	32	0.303	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Pantothenic acid	mg	0.793	6	0.189	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin B-6	mg	0.377	6	0.065	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folate, total	µg	375	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	375	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/2006
Folate, DFE	µg	375	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2007
Choline, total 1	mg	115.9	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/2006
Betaine 1	mg	2.1	2	--	2.1	2.1	1.0	--	--	1	Analytical or derived from analytical	--	11/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin A, RAE	µg	1	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2007
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	13	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Vitamin A, IU	IU	22	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2007
Lycopene	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Vitamin E (alpha-tocopherol)	mg	0.85	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
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	47.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2003
Lipids													
Fatty acids, total saturated	g	2.884	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
14:0	g	0.055	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	2.116	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:0	g	0.712	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total monounsaturated	g	4.404	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
16:1 undifferentiated	g	0.055	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:1 undifferentiated	g	4.348	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total polyunsaturated	g	11.255	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:2 undifferentiated	g	9.925	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:3 undifferentiated	g	1.330	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phytosterols	mg	161	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Amino Acids													
Tryptophan	g	0.591	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Threonine	g	1.766	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Isoleucine	g	1.971	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Leucine	g	3.309	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Lysine	g	2.706	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Methionine	g	0.547	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Cystine	g	0.655	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Phenylalanine	g	2.122	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Tyrosine	g	1.539	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Valine	g	2.029	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Arginine	g	3.153	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Histidine	g	1.097	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Alanine	g	1.915	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Aspartic acid	g	5.112	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Glutamic acid	g	7.874	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Glycine	g	1.880	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Proline	g	2.379	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	2.357	--	--	0	0	--	--	--	--	Calculated or imputed	16109	11/2006
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2006
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2006
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2006
Flavonoids													
Isoflavones													
Daidzein 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52	mg	62.90	951	19.89	2.64	191.43	--	--	--	--	--	--	--
Genistein 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52	mg	81.35	951	22.63	5.56	276.21	--	--	--	--	--	--	--
Glycitein 4 5 7 11 12 13 15 16 18 19 21 22 24 26 27 28 29 31 32 34 35 37 39 40 43 44 45 46 48 49 50 51 52	mg	15.28	717	7.58	0	121.69	--	--	--	--	--	--	--
Total isoflavones 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 42 43 44 45 46 47 48 49 50 51 52	mg	155.76	950	43.23	10.04	440.72	--	--	--	--	--	--	--
Biochanin A	mg	0.00	--	0.01	0	0.01	--	--	--	--	--	--	--
Formononetin	mg	8.45	--	14.55	0	39.4	--	--	--	--	--	--	--
Coumestrol	mg	0.01	--	0.05	0	0.18	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 2 3	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers 2 3	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 2 3	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 2 3	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 2 3	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

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