

Statistics Report 20655, Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST

Report Date: July 21, 2019 23:34 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	63.20	3	0.900	62.3	65	2.0	59.32	67.07	1	Analytical or derived from analytical	--	06/2015
Energy	kcal	152	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2015
Energy	kJ	638	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2015
Protein 1	g	3.23	3	0.020	3.2	3.27	2.0	3.13	3.32	1	Analytical or derived from analytical	--	06/2015
Total lipid (fat) 1	g	2.07	3	0.030	2	2.1	2.0	1.92	2.21	1	Analytical or derived from analytical	--	06/2015
Ash 1	g	0.39	3	0.020	0.34	0.44	2.0	0.26	0.51	1	Analytical or derived from analytical	--	06/2015
Carbohydrate, by difference	g	31.11	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2015
Fiber, total dietary 1	g	3.3	3	0.200	2.8	3.8	2.0	2.0	4.5	1	Analytical or derived from analytical	--	06/2015
Sugars, total 1	g	0.30	3	0.000	0.3	0.3	--	--	--	1	Analytical or derived from analytical	--	06/2015

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Sucrose 1	g	0.30	3	0.000	0.3	0.3	--	--	--	1	Analytical or derived from analytical	--	06/2015
Glucose (dextrose) 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Fructose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Lactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Maltose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Galactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Starch 1	g	27.93	3	1.110	25.7	29.1	2.0	23.12	32.74	1	Analytical or derived from analytical	--	06/2015
Minerals													
Calcium, Ca 1	mg	7	3	0.000	6	7	2.0	4.0	8.0	1	Analytical or derived from analytical	--	06/2015
Iron, Fe 1	mg	0.72	3	0.040	0.64	0.81	2.0	0.5	0.93	1	Analytical or derived from analytical	--	06/2015
Magnesium, Mg 1	mg	41	3	0.000	40	42	2.0	38.0	44.0	1	Analytical or derived from analytical	--	06/2015

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Phosphorus, P 1	mg	91	3	2.000	88	97	2.0	78.0	103.0	1	Analytical or derived from analytical	--	06/2015
Potassium, K 1	mg	63	3	2.000	58	67	2.0	52.0	74.0	1	Analytical or derived from analytical	--	06/2015
Sodium, Na 1	mg	4	3	0.000	4	4	2.0	3.0	3.0	1	Analytical or derived from analytical	--	06/2015
Zinc, Zn 1	mg	0.70	3	0.020	0.65	0.73	2.0	0.6	0.79	1	Analytical or derived from analytical	--	06/2015
Copper, Cu 1	mg	0.064	3	0.002	0.06	0.07	2.0	0.056	0.071	1	Analytical or derived from analytical	--	06/2015
Manganese, Mn 1	mg	0.206	3	0.003	0.2	0.21	2.0	0.192	0.219	1	Analytical or derived from analytical	--	06/2015
Selenium, Se 1	µg	2.2	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Thiamin 1	mg	0.120	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2015
Riboflavin 1	mg	0.093	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2015

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Niacin 1	mg	0.450	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2015
Pantothenic acid 1	mg	0.210	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin B-6 1	mg	0.050	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2015
Folate, total 1	µg	8	2	--	8	8	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Folic acid	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2015
Folate, food	µg	8	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2015
Folate, DFE	µg	8	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2015
Choline, total	mg	5.8	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2015
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Vitamin A, RAE	µg	1	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2015
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Carotene, beta 1	µg	3	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2015

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Carotene, alpha 1	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2015
Cryptoxanthin, beta 1	µg	6	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2015
Vitamin A, IU	IU	11	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2015
Lycopene 1	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2015
Lutein + zeaxanthin 1	µg	131	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2015
Vitamin E (alpha-tocopherol)	mg	0.23	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Vitamin K (phylloquinone)	µg	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2015
Lipids													
Fatty acids, total saturated	g	0.152	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2015
4:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
6:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015

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8:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
10:0 1	g	0.002	3	0.001	0	0	2.0	-0.003	0.007	1	Analytical or derived from analytical	--	06/2015
12:0 1	g	0.001	3	0.001	0	0	2.0	-0.003	0.005	1	Analytical or derived from analytical	--	06/2015
14:0 1	g	0.005	3	0.002	0	0.01	2.0	-0.003	0.013	1	Analytical or derived from analytical	--	06/2015
15:0 1	g	0.003	3	0.000	0	0	2.0	0.001	0.004	1	Analytical or derived from analytical	--	06/2015
16:0 1	g	0.088	3	0.088	0	0.26	2.0	-0.29	0.465	1	Analytical or derived from analytical	--	06/2015
17:0 1	g	0.002	3	0.000	0	0	2.0	0.001	0.004	1	Analytical or derived from analytical	--	06/2015
18:0 1	g	0.036	3	0.002	0.03	0.04	2.0	0.028	0.045	1	Analytical or derived from analytical	--	06/2015
20:0 1	g	0.007	3	0.000	0.01	0.01	2.0	0.006	0.009	1	Analytical or derived from analytical	--	06/2015
22:0 1	g	0.004	3	0.001	0	0.01	2.0	0.001	0.006	1	Analytical or derived from analytical	--	06/2015

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24:0 1	g	0.004	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Fatty acids, total monounsaturated	g	0.663	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2015
14:1 1	g	0.000	3	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	06/2015
15:1 1	g	0.170	3	0.085	0	0.26	2.0	-0.195	0.535	1	Analytical or derived from analytical	--	06/2015
16:1 undifferentiated 1	g	0.003	3	0.000	0	0	2.0	0.001	0.004	1	Analytical or derived from analytical	--	06/2015
16:1 c 1	g	0.003	3	0.000	0	0	2.0	0.001	0.004	1	Analytical or derived from analytical	--	06/2015
16:1 t 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
17:1 1	g	0.001	3	0.001	0	0	2.0	-0.001	0.003	1	Analytical or derived from analytical	--	06/2015
18:1 undifferentiated 1	g	0.477	3	0.005	0.47	0.49	2.0	0.455	0.499	1	Analytical or derived from analytical	--	06/2015
18:1 c 1	g	0.474	3	0.005	0.47	0.48	2.0	0.452	0.495	1	Analytical or derived from analytical	--	06/2015

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18:1 t 1	g	0.004	3	0.000	0	0	2.0	0.002	0.005	1	Analytical or derived from analytical	--	06/2015
20:1 1	g	0.009	3	0.000	0.01	0.01	2.0	0.008	0.011	1	Analytical or derived from analytical	--	06/2015
22:1 undifferentiated 1	g	0.002	3	0.000	0	0	2.0	0.001	0.004	1	Analytical or derived from analytical	--	06/2015
22:1 c 1	g	0.002	3	0.000	0	0	2.0	0.001	0.004	1	Analytical or derived from analytical	--	06/2015
22:1 t 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
24:1 c 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Fatty acids, total polyunsaturated	g	0.947	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2015
18:2 undifferentiated 1	g	0.912	3	0.016	0.89	0.94	2.0	0.842	0.982	1	Analytical or derived from analytical	--	06/2015
18:2 n-6 c,c 1	g	0.909	3	0.015	0.89	0.94	2.0	0.843	0.976	1	Analytical or derived from analytical	--	06/2015
18:2 CLAs 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 t not further defined 1	g	0.003	3	0.001	0	0	2.0	-0.001	0.006	1	Analytical or derived from analytical	--	06/2015
18:3 undifferentiated 1	g	0.032	3	0.001	0.03	0.03	2.0	0.028	0.035	1	Analytical or derived from analytical	--	06/2015
18:3 n-3 c,c,c (ALA) 1	g	0.032	3	0.001	0.03	0.03	2.0	0.028	0.035	1	Analytical or derived from analytical	--	06/2015
18:3 n-6 c,c,c 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:3i 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:4 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:2 n-6 c,c 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:3 undifferentiated 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:3 n-6 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:4 undifferentiated 1	g	0.001	3	0.001	0	0	2.0	-0.002	0.004	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA) 1	g	0.003	3	0.000	0	0	2.0	0.001	0.004	1	Analytical or derived from analytical	--	06/2015
22:4 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
22:5 n-3 (DPA) 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
22:6 n-3 (DHA) 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Fatty acids, total trans	g	0.006	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2015
Fatty acids, total trans-monoenoic	g	0.004	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Amino Acids													
Tryptophan 1	g	0.020	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2015
Threonine 1	g	0.099	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2015
Isoleucine 1	g	0.089	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2015
Leucine 1	g	0.355	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2015

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Lysine 1	g	0.158	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2015
Methionine 1	g	0.059	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2015
Cystine 1	g	0.069	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2015
Phenylalanine 1	g	0.148	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2015
Tyrosine 1	g	0.118	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2015
Valine 1	g	0.108	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2015
Arginine 1	g	0.178	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2015
Histidine 1	g	0.089	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2015
Alanine 1	g	0.207	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2015
Aspartic acid 1	g	0.187	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2015

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Glutamic acid 1	g	0.464	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2015
Glycine 1	g	0.118	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2015
Proline 1	g	0.286	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2015
Serine 1	g	0.148	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2015
Hydroxyproline 1	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2015
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 19b, 2014 Beltsville MD