

## Statistics Report 09322, Tamarinds, raw

Report Date: September 17, 2019 06:40 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
<b>Proximates</b>													
Water	g	31.40	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	239	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	1000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Protein	g	2.80	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.60	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	2.70	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	62.50	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	5.1	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1982
Sugars, total <a href="#">1</a>	g	38.80	1	--	0	0	--	--	--	--	Analytical data from the literature, partial documentation	--	06/2014
<b>Minerals</b>													
Calcium, Ca	mg	74	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	2.80	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Magnesium, Mg	mg	92	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	113	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	628	3	106.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	28	3	17.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.10	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/1985
Copper, Cu	mg	0.086	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/1985
Selenium, Se	µg	1.3	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	3.5	6	1.100	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.428	6	0.199	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.152	5	0.029	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	1.938	5	0.330	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.143	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.066	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	14	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001

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Folate, food	µg	14	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Folate, DFE	µg	14	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Choline, total	mg	8.6	--	--	0	0	--	--	--	--	Calculated or imputed	09421	02/2007
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	2	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2014
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	18	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	30	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.10	--	--	0	0	--	--	--	--	Calculated or imputed	09298	02/2003
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	2.8	--	--	0	0	--	--	--	--	Calculated or imputed	09298	02/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.272	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
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

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
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	0.007	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.168	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.060	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.181	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:1 undifferentiated	g	0.181	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.059	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.059	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
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	--	08/1982
<b>Amino Acids</b>													
Tryptophan	g	0.018	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.139	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.014	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003

**Sources of Data**

<sup>1</sup>A.A. JOSHI Studies on Standardization of Enzyme Concentration and Process for Extraction of Tamarind, 2012 J Food Process Technol 3 2 pp.141-143