

Statistics Report 02012, Spices, coriander leaf, dried
Report Date: October 23, 2017 04:02 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	7.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Energy	kcal	279	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Energy	kJ	1167	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Protein	g	21.93	8	2.983	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Total lipid (fat)	g	4.78	9	0.702	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Ash	g	14.08	11	1.106	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Carbohydrate, by difference	g	52.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fiber, total dietary	g	10.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Sugars, total	g	7.27	--	--	--	--	--	--	--	--	Calculated or imputed	02029	02/2003
Minerals													
Calcium, Ca	mg	1246	10	95.412	--	--	--	--	--	--	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
Iron, Fe	mg	42.46	10	6.494	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Magnesium, Mg	mg	694	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2001
Phosphorus, P	mg	481	10	38.312	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Potassium, K	mg	4466	3	281.904	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Sodium, Na	mg	211	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Zinc, Zn	mg	4.72	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Copper, Cu	mg	1.786	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Manganese, Mn	mg	6.355	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Selenium, Se	µg	29.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1998
Vitamins													
Vitamin C, total ascorbic acid	mg	566.7	5	209.729	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Thiamin	mg	1.252	5	0.209	--	--	--	--	--	--	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
Riboflavin	mg	1.500	6	0.484	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Niacin	mg	10.707	6	1.896	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Vitamin B-6 1	mg	0.610	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2001
Folate, total	µg	274	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	274	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Folate, DFE	µg	274	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Choline, total	mg	97.1	--	--	--	--	--	--	--	--	Calculated or imputed	02029	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	293	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	3407	--	--	--	--	--	--	--	--	Calculated or imputed	11165	02/2003
Carotene, alpha	µg	31	--	--	--	--	--	--	--	--	Calculated or imputed	11165	02/2003
Cryptoxanthin, beta	µg	175	--	--	--	--	--	--	--	--	Calculated or imputed	11165	02/2003
Vitamin A, IU	IU	5850	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11165	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin	µg	2428	--	--	--	--	--	--	--	--	Calculated or imputed	02029	06/2009
Vitamin E (alpha-tocopherol)	mg	1.03	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	1359.5	--	--	--	--	--	--	--	--	Calculated or imputed	02029	02/2003
Lipids													
Fatty acids, total saturated	g	0.115	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	0.096	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	2.232	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.016	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	2.216	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.328	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.328	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2001

Sources of Data

¹S.W. Leonard, K. Hardin, J.E. Leklem **Vitamin B-6 Content of Spices**, 2001 Journal of Food Composition and Analysis 14 pp.163-167