

**Statistics Report 11128, Carrots, canned, regular pack, drained solids**
**Report Date: July 22, 2019 19:20 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	92.95	11	0.290	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	25	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Energy	kJ	105	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Protein	g	0.64	11	0.020	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.19	11	0.010	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	0.68	11	0.060	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	5.54	--	--	0	0	--	--	--	--	Calculated or imputed	--	10/2002
Fiber, total dietary	g	1.5	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sugars, total	g	2.48	--	--	0	0	--	--	--	--	Calculated or imputed	11125	10/2002

**Minerals**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	25	6	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Iron, Fe	mg	0.64	6	0.020	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	8	6	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phosphorus, P	mg	24	6	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	179	6	14.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	242	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/1996
Zinc, Zn	mg	0.26	11	0.020	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Copper, Cu	mg	0.104	10	0.013	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Manganese, Mn	mg	0.450	6	0.027	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Selenium, Se	µg	0.4	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	2.7	6	0.062	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.018	6	0.002	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.030	6	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	0.552	6	0.021	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.135	6	0.005	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin B-6	mg	0.112	6	0.002	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folate, total	µg	9	6	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	9	6	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
Folate, DFE	µg	9	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Choline, total	mg	6.3	--	--	0	0	--	--	--	--	Calculated or imputed	11125	02/2007
Betaine	mg	0.1	--	--	0	0	--	--	--	--	Calculated or imputed	11125	02/2007
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	558	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	5331	15	84.000	3,322	7,487	1.0	4254.0	6406.0	1	Analytical or derived from analytical	--	10/2002
Carotene, alpha <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	2743	14	--	1,909	4,280	--	--	--	1	Analytical or derived from analytical	--	10/2002
Cryptoxanthin, beta <a href="#">3</a>	µg	0	4	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Vitamin A, IU	IU	11170	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
Lycopene <a href="#">3</a>	µg	0	4	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Lutein + zeaxanthin <a href="#">3</a>	µg	0	4	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Vitamin E (alpha-tocopherol)	mg	0.74	--	--	0	0	--	--	--	--	Calculated or imputed	11125	10/2002
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	9.8	--	--	0	0	--	--	--	--	Calculated or imputed	11125	10/2002

**Lipids**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.036	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
12:0	g	0.002	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
14:0	g	0.001	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:0	g	0.027	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:0	g	0.001	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total monounsaturated	g	0.009	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.002	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:1 undifferentiated	g	0.007	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
20:1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
Fatty acids, total polyunsaturated	g	0.092	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:2 undifferentiated	g	0.079	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:3 undifferentiated	g	0.011	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
<b>Amino Acids</b>													
Tryptophan <a href="#">5</a>	g	0.008	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Threonine <a href="#">5</a>	g	0.132	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Isoleucine <a href="#">5</a>	g	0.053	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Leucine <a href="#">5</a>	g	0.070	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Lysine <a href="#">5</a>	g	0.070	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Methionine <a href="#">5</a>	g	0.014	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Cystine <a href="#">5</a>	g	0.057	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Phenylalanine <a href="#">5</a>	g	0.042	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Tyrosine <a href="#">5</a>	g	0.029	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Valine <a href="#">5</a>	g	0.048	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Arginine <a href="#">5</a>	g	0.063	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Histidine <a href="#">5</a>	g	0.027	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Alanine <a href="#">5</a>	g	0.078	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid <a href="#">5</a>	g	0.131	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Glutamic acid <a href="#">5</a>	g	0.253	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Glycine <a href="#">5</a>	g	0.032	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Proline <a href="#">5</a>	g	0.037	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Serine <a href="#">5</a>	g	0.037	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	12/1993
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	10/2002
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	10/2002
<b>Flavonoids</b>													
<b>Flavones</b>													
Apigenin <a href="#">6</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin <a href="#">6</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
<b>Flavonols</b>													
Kaempferol <a href="#">6</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Myricetin <a href="#">6</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin <a href="#">6</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

**Sources of Data**

<sup>1</sup>F W Quackenbush Reverse phase HPLC separation of cis- and trans-carotenoids and its application to beta-carotenoids in food materials, 1987 J Liq Chrom 10 pp.643-653

<sup>2</sup>J P Sweeney, A C Marsh Effect of processing on provitamin A in vegetables, 1971 J Am Diet Assoc 59 pp.238-243

<sup>3</sup>F Khachik, G R Beecher Application of C-45-beta-carotene as an internal standard for the quantification of carotenoids in yellow/orange vegetables by liquid chromatography, 1987 J Agr Food Chem 35 pp.732-738

<sup>4</sup>A T Ogunlesi, C Y Lee Effect of thermal processing on the stereoisomerization of major carotenoids and vitamin A value of carrots, 1979 Food Chem 4 pp.311-318

<sup>5</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4a, 2001 Beltsville MD

<sup>6</sup>Hertog, M. G. L., Hollman, P. C. H., and Katan, M. B. Content of potentially anticarcinogenic flavonoids of 28 vegetables and fruits commonly consumed in The Netherlands., 1992 J. Agric. Food Chem. 40 pp.2379-2383