

**Statistics Report 02043, Spices, turmeric, ground**
**Report Date: July 15, 2019 20:14 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 <a href="#">1</a>	g	12.85	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Energy	kcal	312	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2013
Energy	kJ	1305	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2013
Protein <a href="#">1</a>	g	9.68	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Total lipid (fat) <a href="#">1</a>	g	3.25	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Ash <a href="#">1</a>	g	7.08	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Carbohydrate, by difference	g	67.14	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2013
Fiber, total dietary <a href="#">1</a>	g	22.7	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Sugars, total <a href="#">1</a>	g	3.21	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	2.38	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Glucose (dextrose) <a href="#">1</a>	g	0.38	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Fructose <a href="#">1</a>	g	0.45	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Lactose <a href="#">1</a>	g	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Maltose <a href="#">1</a>	g	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Galactose <a href="#">1</a>	g	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	168	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Iron, Fe <a href="#">1</a>	mg	55.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Magnesium, Mg <a href="#">1</a>	mg	208	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Phosphorus, P <a href="#">1</a>	mg	299	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">1</a>	mg	2080	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Sodium, Na <a href="#">1</a>	mg	27	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Zinc, Zn <a href="#">1</a>	mg	4.50	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Copper, Cu <a href="#">1</a>	mg	1.300	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Manganese, Mn <a href="#">1</a>	mg	19.800	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Selenium, Se <a href="#">1</a>	µg	6.2	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.7	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Thiamin <a href="#">1</a>	mg	0.058	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Riboflavin <a href="#">1</a>	mg	0.150	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Niacin <a href="#">1</a>	mg	1.350	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <a href="#">1</a>	mg	0.542	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Vitamin B-6 <a href="#">1</a> <a href="#">2</a>	mg	0.107	3	0.073	0.03	0.18	1.0	-0.821	1.035	2	Analytical or derived from analytical	--	06/2013
Folate, total <a href="#">1</a>	µg	20	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	20	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Folate, DFE	µg	20	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2013
Choline, total <a href="#">1</a>	mg	49.2	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/2006
Betaine <a href="#">1</a>	mg	9.7	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/2006
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	01/1977
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE <a href="#">1</a>	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta <a href="#">1</a>	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Carotene, alpha <a href="#">1</a>	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Cryptoxanthin, beta <a href="#">1</a>	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Vitamin A, IU <a href="#">1</a>	IU	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Lycopene <a href="#">1</a>	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Lutein + zeaxanthin <a href="#">1</a>	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	4.43	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <a href="#">1</a>	mg	0.01	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Tocopherol, gamma <a href="#">1</a>	mg	0.72	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta <a href="#">1</a>	mg	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Tocotrienol, alpha <a href="#">1</a>	mg	0.12	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Tocotrienol, beta <a href="#">1</a>	mg	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Tocotrienol, gamma <a href="#">1</a>	mg	0.05	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Tocotrienol, delta <a href="#">1</a>	mg	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
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) <a href="#">1</a>	µg	13.4	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	1.838	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2013
4:0 <a href="#">1</a>	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
6:0 <a href="#">1</a>	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0 <a href="#">1</a>	g	0.003	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
10:0 <a href="#">1</a>	g	0.848	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
12:0 <a href="#">1</a>	g	0.003	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
13:0 <a href="#">1</a>	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
14:0 <a href="#">1</a>	g	0.394	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
15:0 <a href="#">1</a>	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
16:0 <a href="#">1</a>	g	0.155	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
17:0 <a href="#">1</a>	g	0.335	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
18:0 <a href="#">1</a>	g	0.003	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
20:0 <a href="#">1</a>	g	0.097	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 <a href="#">1</a>	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
24:0 <a href="#">1</a>	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Fatty acids, total monounsaturated	g	0.449	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2013
14:1 <a href="#">1</a>	g	0.154	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
15:1 <a href="#">1</a>	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
16:1 undifferentiated <a href="#">1</a>	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
17:1 <a href="#">1</a>	g	0.164	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
18:1 undifferentiated <a href="#">1</a>	g	0.131	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
18:1 c <a href="#">1</a>	g	0.075	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
18:1 t <a href="#">1</a>	g	0.056	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013



Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 <a href="#">1</a>	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
22:1 undifferentiated <a href="#">1</a>	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
24:1 c <a href="#">1</a>	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Fatty acids, total polyunsaturated	g	0.756	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2013
18:2 undifferentiated <a href="#">1</a>	g	0.672	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
18:3 undifferentiated <a href="#">1</a>	g	0.084	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.003	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
18:3 n-6 c,c,c <a href="#">1</a>	g	0.081	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
18:4	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
20:2 n-6 c,c <a href="#">1</a>	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
20:3 undifferentiated <a href="#">1</a>	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated <a href="#">1</a>	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
20:5 n-3 (EPA) <a href="#">1</a>	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA) <a href="#">1</a>	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Fatty acids, total trans	g	0.056	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2013
Fatty acids, total trans-monoenoic	g	0.056	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2013
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/1977
<b>Amino Acids</b>													
Tryptophan <a href="#">1</a>	g	0.170	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Threonine <a href="#">1</a>	g	0.330	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Isoleucine <a href="#">1</a>	g	0.470	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Leucine <a href="#">1</a>	g	0.810	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Lysine <a href="#">1</a>	g	0.380	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine <a href="#">1</a>	g	0.140	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Cystine <a href="#">1</a>	g	0.150	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Phenylalanine <a href="#">1</a>	g	0.530	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Tyrosine <a href="#">1</a>	g	0.320	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Valine <a href="#">1</a>	g	0.660	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Arginine <a href="#">1</a>	g	0.540	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Histidine <a href="#">1</a>	g	0.150	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Alanine <a href="#">1</a>	g	0.330	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Aspartic acid <a href="#">1</a>	g	1.860	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Glutamic acid <a href="#">1</a>	g	1.140	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine <a href="#">1</a>	g	0.470	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Proline <a href="#">1</a>	g	0.480	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Serine <a href="#">1</a>	g	0.280	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
Hydroxyproline <a href="#">1</a>	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2013
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
<b>Flavonoids</b>													
Proanthocyanidin													
Proanthocyanidin dimers <a href="#">3</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers <a href="#">3</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <a href="#">3</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <a href="#">3</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) <a href="#">3</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6h, 2002 Beltsville MD

<sup>2</sup>S.W. Leonard, K. Hardin, J.E. Leklem **Vitamin B-6 Content of Spices**, 2001 Journal of Food Composition and Analysis 14 pp.163-167

<sup>3</sup>Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. **Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation**, 2003 J. Agric. Food Chem. 51 pp.7513-7521