

Statistics Report 11215, Garlic, raw

Report Date: September 19, 2019 15:19 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	58.58	8	0.430	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	149	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	623	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	6.36	8	0.200	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.50	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	1.50	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	33.06	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Fiber, total dietary	g	2.1	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Sugars, total	g	1.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Minerals													
Calcium, Ca	mg	181	8	25.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Iron, Fe	mg	1.70	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	25	8	1.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phosphorus, P	mg	153	8	7.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	401	8	25.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	17	8	1.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	1.16	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Copper, Cu	mg	0.299	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Manganese, Mn	mg	1.672	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Selenium, Se	µg	14.2	5	3.100	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1992
Vitamins													
Vitamin C, total ascorbic acid	mg	31.2	11	1.600	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.200	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Riboflavin	mg	0.110	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	0.700	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.596	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Vitamin B-6	mg	1.235	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Folate, total	µg	3	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	3	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	3	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	23.2	--	--	0	0	--	--	--	--	Calculated or imputed	11282	03/2007
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
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	5	--	--	0	0	--	--	--	--	Calculated or imputed	11282	03/2007
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	11282	03/2007
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	11282	03/2007

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Vitamin A, IU	IU	9	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Lycopene	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	11282	03/2007
Lutein + zeaxanthin	µg	16	--	--	0	0	--	--	--	--	Calculated or imputed	11282	03/2007
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	0	0	--	--	--	--	Calculated or imputed	11282	03/2007
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	1.7	--	--	0	0	--	--	--	--	Calculated or imputed	11282	03/2007
Lipids													
Fatty acids, total saturated	g	0.089	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
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
8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.002	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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12:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.087	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total monounsaturated	g	0.011	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:1 undifferentiated	g	0.011	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
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	0.249	--	--	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
18:2 undifferentiated	g	0.229	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:3 undifferentiated	g	0.020	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
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	--	08/1984
Amino Acids													
Tryptophan	g	0.066	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.157	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Isoleucine	g	0.217	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.308	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.273	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.076	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cystine	g	0.065	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.183	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Tyrosine	g	0.081	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Valine	g	0.291	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Arginine	g	0.634	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.113	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Alanine	g	0.132	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Aspartic acid	g	0.489	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glutamic acid	g	0.805	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glycine	g	0.200	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Proline	g	0.100	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Serine	g	0.190	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	10/2002
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	10/2002

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Flavonoids													
Flavonols													
Kaempferol 1	mg	0.3	--	--	0.26	0.26	--	--	--	--	--	--	--
Myricetin 1	mg	1.6	--	--	1.61	1.61	--	--	--	--	--	--	--
Quercetin 1	mg	1.7	--	--	1.74	1.74	--	--	--	--	--	--	--
Isoflavones													
Daidzein 3 4	mg	0.01	--	--	0	0.01	--	--	--	--	--	--	--
Genistein 3 4	mg	0.01	--	--	0.01	0.02	--	--	--	--	--	--	--
Glycitein 4	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 3 4	mg	0.02	--	--	0.02	0.02	--	--	--	--	--	--	--
Biochanin A	mg	0.05	--	--	0.05	0.05	--	--	--	--	--	--	--
Formononetin	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 2	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers 2	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 2	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 2	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 2	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

¹Kevers, C., Falkowski, M., Tabart, J., Defraigne, J-O., Dommes, J., and Pincemail, J. **Evolution of antioxidant capacity during storage of selected fruits and vegetables**, 2007 J. Agric. Food Chem. 55 pp.8596-8603

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