

Statistics Report 11216, Ginger root, raw
Report Date: September 18, 2019 08:10 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	78.89	5	--	70.45	84.56	--	--	--	1	Analytical or derived from analytical	--	01/2003
Energy	kcal	80	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	333	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	1.82	5	--	1.5	2.23	--	--	--	1	Analytical or derived from analytical	--	03/2007
Total lipid (fat)	g	0.75	3	--	0.73	0.76	--	--	--	1	Analytical or derived from analytical	--	01/2003
Ash	g	0.77	2	--	0.77	0.77	--	--	--	1	Analytical or derived from analytical	--	01/2003
Carbohydrate, by difference	g	17.77	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Fiber, total dietary	g	2.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Sugars, total	g	1.70	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca	mg	16	3	--	15	18	--	--	--	1	Analytical or derived from analytical	--	01/2003

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Iron, Fe	mg	0.60	3	--	0.5	0.69	--	--	--	1	Analytical or derived from analytical	--	01/2003
Magnesium, Mg	mg	43	2	--	43	43	--	--	--	1	Analytical or derived from analytical	--	01/2003
Phosphorus, P	mg	34	3	--	27	42	--	--	--	1	Analytical or derived from analytical	--	01/2003
Potassium, K	mg	415	2	--	415	415	--	--	--	1	Analytical or derived from analytical	--	01/2003
Sodium, Na	mg	13	2	--	13	13	--	--	--	1	Analytical or derived from analytical	--	01/2003
Zinc, Zn	mg	0.34	1	--	0.34	0.34	--	--	--	--	Analytical or derived from analytical	--	01/2003
Copper, Cu	mg	0.226	1	--	0.23	0.23	--	--	--	--	Analytical or derived from analytical	--	01/2003
Manganese, Mn	mg	0.229	1	--	0.23	0.23	--	--	--	--	Analytical or derived from analytical	--	01/2003
Selenium, Se	µg	0.7	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	5.0	1	--	5	5	--	--	--	--	Analytical or derived from analytical	--	01/2003

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Thiamin	mg	0.025	3	--	0.02	0.03	--	--	--	1	Analytical or derived from analytical	--	01/2003
Riboflavin	mg	0.034	3	--	0.03	0.04	--	--	--	1	Analytical or derived from analytical	--	01/2003
Niacin	mg	0.750	3	--	0.7	0.8	--	--	--	1	Analytical or derived from analytical	--	01/2003
Pantothenic acid	mg	0.203	1	--	0.2	0.2	--	--	--	--	Analytical or derived from analytical	--	01/2003
Vitamin B-6	mg	0.160	1	--	0.16	0.16	--	--	--	--	Analytical or derived from analytical	--	01/2003
Folate, total	µg	11	1	--	11	11	--	--	--	--	Analytical or derived from analytical	--	01/2003
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	11	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	11	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	28.8	--	--	0	0	--	--	--	--	Calculated or imputed	11429	03/2007
Vitamin B-12	µg	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004

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Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2007
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2007
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.26	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2003
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	0.1	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2003
Lipids													
Fatty acids, total saturated	g	0.203	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995

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6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.007	1	--	0.01	0.01	--	--	--	--	Analytical or derived from analytical	--	01/2003
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.039	1	--	0.04	0.04	--	--	--	--	Analytical or derived from analytical	--	01/2003
14:0	g	0.018	1	--	0.02	0.02	--	--	--	--	Analytical or derived from analytical	--	01/2003
16:0	g	0.120	1	--	0.12	0.12	--	--	--	--	Analytical or derived from analytical	--	01/2003
18:0	g	0.017	1	--	0.02	0.02	--	--	--	--	Analytical or derived from analytical	--	01/2003
Fatty acids, total monounsaturated	g	0.154	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:1 undifferentiated	g	0.021	1	--	0.02	0.02	--	--	--	--	Analytical or derived from analytical	--	01/2003
18:1 undifferentiated	g	0.119	1	--	0.12	0.12	--	--	--	--	Analytical or derived from analytical	--	01/2003

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20:1	g	0.007	1	--	0.01	0.01	--	--	--	--	Analytical or derived from analytical	--	01/2003
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.154	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:2 undifferentiated	g	0.120	1	--	0.12	0.12	--	--	--	--	Analytical or derived from analytical	--	01/2003
18:3 undifferentiated	g	0.034	1	--	0.03	0.03	--	--	--	--	Analytical or derived from analytical	--	01/2003
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

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Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Phytosterols	mg	15	1	--	15	15	--	--	--	--	Analytical or derived from analytical	--	01/2003
Amino Acids													
Tryptophan	g	0.012	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.036	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.051	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.074	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.057	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.013	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cystine	g	0.008	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Phenylalanine	g	0.045	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Tyrosine	g	0.020	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Valine	g	0.073	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Arginine	g	0.043	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.030	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Alanine	g	0.031	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Aspartic acid	g	0.208	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glutamic acid	g	0.162	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glycine	g	0.043	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Proline	g	0.041	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Serine	g	0.045	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2007
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003