

Statistics Report 01057, Egnog

Report Date: July 20, 2019 22:40 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	82.54	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kcal	88	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	367	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	4.55	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Total lipid (fat)	g	4.19	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Ash	g	0.67	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Carbohydrate, by difference	g	8.05	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Sugars, total	g	8.05	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2011
Sucrose	g	0.04	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2011
Glucose (dextrose)	g	0.07	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2011
Fructose	g	0.04	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2011
Lactose	g	7.84	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2011
Maltose	g	0.04	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2011
Galactose	g	0.04	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2011

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	130	7	4.000	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Iron, Fe	mg	0.20	3	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	19	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	109	6	4.000	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	165	6	9.000	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	54	6	2.000	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	0.46	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.013	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.005	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	4.2	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
Fluoride, F	µg	0.2	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	1.5	3	0.200	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.034	6	0.002	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.190	7	0.007	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.105	4	0.005	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.417	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.050	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	1	3	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Folate, food	µg	1	3	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	1	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	52.2	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Betaine	mg	0.6	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	0.45	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin A, RAE	µg	59	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	58	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	7	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2007
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin A, IU	IU	206	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2007
Lutein + zeaxanthin	µg	54	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin E (alpha-tocopherol)	mg	0.21	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Tocopherol, beta	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Tocopherol, gamma	mg	0.08	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Tocopherol, delta	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Tocotrienol, alpha	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Tocotrienol, beta	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Tocotrienol, gamma	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocotrienol, delta	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin D (D2 + D3)	µg	1.2	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin D3 (cholecalciferol)	µg	1.2	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin D	IU	49	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin K (phylloquinone)	µg	0.3	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Lipids													
Fatty acids, total saturated	g	2.591	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
4:0	g	0.129	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
6:0	g	0.076	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
8:0	g	0.044	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
10:0	g	0.100	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
12:0	g	0.112	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
14:0	g	0.401	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	1.131	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:0	g	0.511	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
Fatty acids, total monounsaturated	g	1.302	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
16:1 undifferentiated	g	0.101	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:1 undifferentiated	g	1.142	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
20:1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
Fatty acids, total polyunsaturated	g	0.198	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:2 undifferentiated	g	0.132	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:3 undifferentiated	g	0.059	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
20:4 undifferentiated	g	0.003	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
Cholesterol	mg	59	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.085	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Threonine	g	0.201	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Isoleucine	g	0.237	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Leucine	g	0.383	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Lysine	g	0.257	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Methionine	g	0.120	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Cystine	g	0.057	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.225	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Tyrosine	g	0.199	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Valine	g	0.289	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Arginine	g	0.191	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Histidine	g	0.108	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Alanine	g	0.199	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Aspartic acid	g	0.400	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Glutamic acid	g	0.775	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Glycine	g	0.128	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Proline	g	0.349	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Serine	g	0.241	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003