

Statistics Report 09048, Blackberries, frozen, unsweetened

Report Date: July 22, 2019 20:43 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	82.21	3	0.460	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	64	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	268	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	1.18	3	0.050	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.43	3	0.040	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.51	3	0.060	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	15.67	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	5.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1982
Sugars, total	g	10.67	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Minerals													
Calcium, Ca	mg	29	3	4.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.80	3	0.060	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	22	3	2.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	30	3	3.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	140	3	13.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	1	3	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.25	3	0.010	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.120	3	0.015	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	1.223	3	0.429	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.4	--	--	0	0	--	--	--	--	Calculated or imputed	09042	02/2003
Vitamins													
Vitamin C, total ascorbic acid	mg	3.1	3	0.800	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Thiamin	mg	0.029	3	0.003	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.046	3	0.001	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	1.207	3	0.163	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.151	3	0.023	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.061	3	0.003	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	34	3	3.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	34	3	3.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/2006
Folate, DFE	µg	34	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	8.5	--	--	0	0	--	--	--	--	Calculated or imputed	09042	12/2006
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1982
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	6	3	1.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/2006
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	68	--	--	0	0	--	--	--	--	Calculated or imputed	09042	02/2003
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	09042	02/2003
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	09042	02/2003
Vitamin A, IU	IU	114	3	23.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	09042	02/2003
Lutein + zeaxanthin	µg	118	--	--	0	0	--	--	--	--	Calculated or imputed	09042	02/2003
Vitamin E (alpha-tocopherol)	mg	1.17	--	--	0	0	--	--	--	--	Calculated or imputed	09042	02/2003
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	19.8	--	--	0	0	--	--	--	--	Calculated or imputed	09042	02/2003
Lipids													
Fatty acids, total saturated	g	0.015	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	0.010	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.002	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.041	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.038	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.003	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.245	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.163	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.082	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2000
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2000