

Statistics Report 09060, Carambola, (starfruit), raw
Report Date: July 17, 2019 22:36 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 1	g	91.38	4	0.680	89.9	93.2	3.0	89.2	93.54	1	Analytical or derived from analytical	--	09/2003
Energy	kcal	31	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	128	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Protein 1	g	1.04	4	0.120	0.69	1.23	3.0	0.64	1.42	1	Analytical or derived from analytical	--	09/2003
Total lipid (fat) 1	g	0.33	4	0.130	0.14	0.71	3.0	-0.09	0.75	1	Analytical or derived from analytical	--	09/2003
Ash 1	g	0.52	4	0.060	0.39	0.69	3.0	0.32	0.72	1	Analytical or derived from analytical	--	09/2003
Carbohydrate, by difference	g	6.73	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Fiber, total dietary 1	g	2.8	4	0.300	2.1	3.5	3.0	1.7	3.7	1	Analytical or derived from analytical	--	09/2003
Sugars, total	g	3.98	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2003

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca 1 2	mg	3	5	0.000	3	4	4.0	2.0	4.0	2	Analytical or derived from analytical	--	09/2003
Iron, Fe 1 2	mg	0.08	4	0.010	0.04	0.1	3.0	0.03	0.11	2	Analytical or derived from analytical	--	09/2003
Magnesium, Mg 1 2	mg	10	5	0.000	9	11	4.0	8.0	10.0	2	Analytical or derived from analytical	--	09/2003
Phosphorus, P 1	mg	12	4	0.000	9	13	3.0	8.0	14.0	1	Analytical or derived from analytical	--	09/2003
Potassium, K 1 2	mg	133	5	8.000	117	164	4.0	109.0	155.0	2	Analytical or derived from analytical	--	09/2003
Sodium, Na 1 2	mg	2	5	0.000	1	3	4.0	--	2.0	2	Analytical or derived from analytical	--	09/2003
Zinc, Zn 1 2	mg	0.12	5	0.060	0	0.36	4.0	-0.06	0.3	2	Analytical or derived from analytical	--	09/2003
Copper, Cu 1 2	mg	0.137	5	0.033	0.03	0.2	4.0	0.046	0.228	2	Analytical or derived from analytical	--	09/2003
Manganese, Mn 1 2	mg	0.037	5	0.002	0.03	0.04	4.0	0.031	0.043	2	Analytical or derived from analytical	--	09/2003
Selenium, Se	µg	0.6	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003

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 1	mg	34.4	4	6.100	24.3	52	3.0	14.9	53.8	1	Analytical or derived from analytical	--	09/2003
Thiamin 1	mg	0.014	4	0.004	0.01	0.03	3.0	0.001	0.028	1	Analytical or derived from analytical	--	09/2003
Riboflavin 1	mg	0.016	4	0.003	0.01	0.02	3.0	0.007	0.025	1	Analytical or derived from analytical	--	09/2003
Niacin 1	mg	0.367	4	0.078	0.2	0.53	3.0	0.117	0.616	1	Analytical or derived from analytical	--	09/2003
Pantothenic acid 1	mg	0.391	4	0.040	0.32	0.46	3.0	0.263	0.519	1	Analytical or derived from analytical	--	09/2003
Vitamin B-6 1	mg	0.017	4	0.006	0.01	0.03	3.0	-0.003	0.036	1	Analytical or derived from analytical	--	09/2003
Folate, total 1	µg	12	4	2.000	7	18	3.0	3.0	19.0	1	Analytical or derived from analytical	--	09/2003
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	12	4	2.000	7	18	3.0	3.0	19.0	1	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	12	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	7.6	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE 1	µg	3	4	0.000	1	5	3.0	--	6.0	1	Analytical or derived from analytical	--	02/2003
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 3	µg	25	4	24.000	0	49	1.0	-286.0	335.0	1	Analytical or derived from analytical	--	02/2003
Carotene, alpha 3	µg	24	4	8.000	16	33	1.0	-83.0	132.0	1	Analytical or derived from analytical	--	02/2003
Cryptoxanthin, beta 3	µg	0	4	0.000	0	0	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Vitamin A, IU 1	IU	61	4	19.000	17	96	3.0	-1.0	124.0	1	Analytical or derived from analytical	--	02/2003
Lycopene 4	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Lutein + zeaxanthin 4	µg	66	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.15	--	--	0	0	--	--	--	--	Calculated or imputed	09202	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

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone)	µg	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	09202	02/2003
Lipids													
Fatty acids, total saturated	g	0.019	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
4:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
6:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
8:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
10:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
12:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
14:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
16:0	g	0.011	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
18:0	g	0.008	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Fatty acids, total monounsaturated	g	0.030	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
16:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
18:1 undifferentiated	g	0.030	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
20:1	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Fatty acids, total polyunsaturated	g	0.184	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
18:2 undifferentiated	g	0.157	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
18:3 undifferentiated	g	0.027	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
18:4	g	0.000	--	--	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
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.008	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2003
Threonine	g	0.044	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2003
Isoleucine	g	0.044	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2003
Leucine	g	0.077	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2003
Lysine	g	0.077	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2003
Methionine	g	0.021	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2003
Phenylalanine	g	0.037	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2003
Tyrosine	g	0.044	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2003
Valine	g	0.050	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2003
Arginine	g	0.021	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2003
Histidine	g	0.008	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2003
Alanine	g	0.071	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2003
Aspartic acid	g	0.098	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid	g	0.148	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2003
Glycine	g	0.050	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2003
Proline	g	0.050	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2003
Serine	g	0.083	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2003
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

Sources of Data

- ¹University of Georgia, KC Institute GA0001 Nutrient Analysis of Specialty Fruit Marketed in the United States, 1987
- ²N.J. Miller-Ihli Atomic absorption and atomic emission spectrometry for the determination of the trace element content of selected fruits consumed in the United States, 1996 Journal of Food Composition and Analysis 9 4 pp.301-311
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- ⁴E-Siong Tee, Chin-Lam Lim Carotenoid composition and content of Malaysian vegetables and fruits by the AOAC and HPLC methods., 1991 Food Chemistry 41 pp.309-339