

Statistics Report 09263, Persimmons, japanese, raw
Report Date: July 22, 2019 20:51 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	80.32	5	0.380	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	70	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	293	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Protein	g	0.58	3	0.020	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.19	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.33	3	0.050	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	18.59	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	3.6	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sugars, total 12	g	12.53	3	0.320	12.07	13.15	2.0	11.15	13.91	1	Analytical or derived from analytical	--	02/2003

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Sucrose 1 2	g	1.54	3	0.100	1.36	1.71	2.0	1.1	1.97	1	Analytical or derived from analytical	--	02/2003
Glucose (dextrose) 1 2	g	5.44	3	0.270	5.14	5.99	2.0	4.25	6.62	1	Analytical or derived from analytical	--	02/2003
Fructose 1 2	g	5.56	3	0.040	5.48	5.62	2.0	5.38	5.73	1	Analytical or derived from analytical	--	02/2003
Minerals													
Calcium, Ca	mg	8	4	2.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.15	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	9	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	17	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	161	3	28.000	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	0.11	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Copper, Cu	mg	0.113	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.355	3	0.109	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.6	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	7.5	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.030	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.020	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.100	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.100	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/1985
Folate, total	µg	8	4	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	8	4	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
Folate, DFE	µg	8	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007

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Choline, total	mg	7.6	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
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
Vitamin A, RAE	µg	81	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 3 4	µg	253	2	--	240	266	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta 3 4	µg	1447	2	--	1,234	1,660	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Vitamin A, IU	IU	1627	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
Lycopene 3	µg	159	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Lutein + zeaxanthin 3	µg	834	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.73	--	--	0	0	--	--	--	--	Calculated or imputed	09236	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

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Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	2.6	--	--	0	0	--	--	--	--	Calculated or imputed	09236	02/2003
Lipids													
Fatty acids, total saturated	g	0.020	--	--	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
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	0.001	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	0.016	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.003	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.037	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.037	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	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	0.043	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.039	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.004	--	--	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
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
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1982
Phytosterols	mg	4	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Amino Acids													
Tryptophan	g	0.010	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Threonine	g	0.030	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.025	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.042	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.033	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Methionine	g	0.005	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.013	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.026	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.016	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.030	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.025	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.012	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.029	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.057	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.076	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Glycine	g	0.025	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.022	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.022	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
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

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²Nutrient Data Laboratory, ARS, USDA **Variability of the sugar content of foods**, 1989 Beltsville MD

³T Philip, T S Chen **Quantitative analyses of major carotenoid fatty acid esters in fruits by liquid chromatography: Persimmon and Papaya.**, 1988 J. Food Science 53 6 pp.1720-1722

⁴T Philip, T S Chen **Development of a method for the quantitative estimation of provitamin A carotenoids in some fruits.**, 1988 J. Food Science 53 pp.1703-1707