

Statistics Report 09357, Apricots, canned, heavy syrup, drained
Report Date: September 17, 2019 00:30 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	77.56	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003
Energy	kcal	83	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
Energy	kJ	347	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
Protein	g	0.64	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003
Total lipid (fat)	g	0.11	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003
Ash	g	0.38	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003
Carbohydrate, by difference	g	21.31	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
Fiber, total dietary	g	2.7	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003
Sugars, total	g	18.65	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
Minerals													
Calcium, Ca	mg	10	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003
Iron, Fe	mg	0.30	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003
Magnesium, Mg	mg	7	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003
Phosphorus, P	mg	13	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003
Potassium, K	mg	143	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003
Sodium, Na	mg	4	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.11	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003
Copper, Cu	mg	0.097	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003
Selenium, Se	µg	0.1	--	--	0	0	--	--	--	--	Calculated or imputed	09021	01/2003
Vitamins													
Vitamin C, total ascorbic acid	mg	3.1	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003
Thiamin	mg	0.021	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003
Riboflavin	mg	0.024	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003
Niacin	mg	0.376	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003
Vitamin B-6	mg	0.055	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003
Folate, total	µg	2	--	--	0	0	--	--	--	--	Calculated or imputed	09027	01/2003
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Folate, food	µg	2	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
Folate, DFE	µg	2	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
Choline, total	mg	2.8	--	--	0	0	--	--	--	--	Calculated or imputed	09021	01/2007
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	146	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta 1 2 3 4 5	µg	1746	8	513.000	560	3,370	4.0	320.0	3172.0	5	Analytical or derived from analytical	--	01/2003
Carotene, alpha 4 5	µg	0	2	--	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Cryptoxanthin, beta 4 5	µg	16	2	--	1	32	1.0	--	--	2	Analytical or derived from analytical	--	01/2003
Vitamin A, IU	IU	2924	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin 4 5	µg	39	2	--	4	75	1.0	--	--	2	Analytical or derived from analytical	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.89	--	--	0	0	--	--	--	--	Calculated or imputed	09021	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	3.3	--	--	0	0	--	--	--	--	Calculated or imputed	09021	01/2003
Lipids													
Fatty acids, total saturated	g	0.007	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
4:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
6:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007

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8:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
10:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
12:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
14:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
16:0	g	0.007	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
18:0	g	0.001	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
Fatty acids, total monounsaturated	g	0.045	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
16:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
18:1 undifferentiated	g	0.045	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
20:1	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
Fatty acids, total polyunsaturated	g	0.021	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
18:2 undifferentiated	g	0.021	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
18:3 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
18:4	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2007
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2007
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003

Sources of Data

¹F W Quackenbush Reverse phase HPLC separation of cis- and trans-carotenoids and its application to beta-carotenes in food materials, 1987 J Liq Chrom 10 pp.643-653

²J P Sweeney, A C Marsh Effect of processing on provitamin A in vegetables, 1971 J Am Diet Assoc 59 pp.238-243

³T 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

⁴L.M. Heinonen, V. Ollilainen, E. Linkola, P. Varo, P. Koivistoinen Carotenoids in Finnish Foods: Vegetables, Fruits, and Berries, 1989 Journal of Agriculture and Food Chemistry 37 pp.655-659

⁵D.J. Hart, K.J. Scott Development and evaluation of an HPLC method for the analysis of carotenoids in foods, and the measurement of the carotenoid content of vegetables and fruits commonly consumed in the UK, 1995 Food Chemistry 54 pp.101-111