

Statistics Report 11429, Radishes, raw

Report Date: September 18, 2019 20:26 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 2	g	95.27	21	0.220	93.1	96.95	20.0	94.79	95.74	4	Aggregated data involving combinations of source codes 1 & 12	--	12/2002
Energy	kcal	16	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
Energy	kJ	66	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
Protein 1 2	g	0.68	19	0.060	0.3	1.51	18.0	0.53	0.81	3	Aggregated data involving comb. of codes other than 1,12 or 6	--	12/2002
Total lipid (fat) 1 2	g	0.10	14	0.010	0.07	0.2	13.0	0.08	0.12	3	Aggregated data involving combinations of source codes 1 & 12	--	12/2002
Ash 1 2	g	0.55	19	0.010	0.4	0.68	18.0	0.51	0.58	3	Aggregated data involving combinations of source codes 1 & 12	--	12/2002
Carbohydrate, by difference	g	3.40	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fiber, total dietary 1 2	g	1.6	8	0.058	0.7	2.7	4.0	1.4	1.7	2	Analytical or derived from analytical	--	12/2002
Sugars, total 2	g	1.86	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2006
Sucrose 1 2	g	0.10	10	0.080	0	0.81	9.0	-0.08	0.28	4	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Glucose (dextrose) 1 2	g	1.05	13	0.090	0.64	1.6	12.0	0.85	1.25	5	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Fructose 1 2	g	0.71	13	0.040	0.3	0.89	12.0	0.61	0.8	5	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Lactose 1 2	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2006
Maltose 1 2	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2006
Galactose 2	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
Starch 2	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002

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	25	26	1.000	15	35	18.0	21.0	28.0	3	Aggregated data involving combinations of source codes 1 & 12	--	12/2002
Iron, Fe 1 2	mg	0.34	24	0.030	0.15	0.8	17.0	0.26	0.41	3	Aggregated data involving combinations of source codes 1 & 12	--	12/2002
Magnesium, Mg 1 2	mg	10	25	0.000	7	14	18.0	9.0	11.0	3	Aggregated data involving combinations of source codes 1 & 12	--	12/2002
Phosphorus, P 1 2	mg	20	25	1.000	12	34	18.0	16.0	23.0	3	Aggregated data involving combinations of source codes 1 & 12	--	12/2002
Potassium, K 1 2	mg	233	25	10.000	177	308	18.0	210.0	256.0	3	Aggregated data involving combinations of source codes 1 & 12	--	12/2002
Sodium, Na 1 2	mg	39	30	3.000	20	66	18.0	32.0	46.0	3	Aggregated data involving combinations of source codes 1 & 12	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn 1 2	mg	0.28	25	0.080	0.1	1.81	18.0	0.1	0.46	3	Aggregated data involving combinations of source codes 1 & 12	--	12/2002
Copper, Cu 1 2	mg	0.050	17	0.013	0.01	0.22	16.0	0.022	0.078	3	Aggregated data involving combinations of source codes 1 & 12	--	12/2002
Manganese, Mn 1 2	mg	0.069	19	0.015	0.03	0.32	18.0	0.038	0.1	3	Aggregated data involving combinations of source codes 1 & 12	--	12/2002
Selenium, Se 2	µg	0.6	4	0.096	0.3	0.8	3.0	0.2	0.8	1	Analytical or derived from analytical	--	12/2002
Fluoride, F 3	µg	6.0	9	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	14.8	16	1.900	3.8	25.1	15.0	10.7	18.9	3	Aggregated data involving combinations of source codes 1 & 12	--	12/2002
Thiamin 1 2	mg	0.012	13	0.002	0	0.02	12.0	0.008	0.015	3	Aggregated data involving combinations of source codes 1 & 12	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin 1 2	mg	0.039	13	0.002	0.03	0.05	12.0	0.034	0.044	3	Aggregated data involving combinations of source codes 1 & 12	--	12/2002
Niacin 1 2	mg	0.254	13	0.014	0.16	0.35	12.0	0.224	0.285	3	Aggregated data involving combinations of source codes 1 & 12	--	12/2002
Pantothenic acid 1 2	mg	0.165	13	0.068	0.07	0.98	12.0	0.016	0.314	3	Aggregated data involving combinations of source codes 1 & 12	--	12/2002
Vitamin B-6 1 2	mg	0.071	19	0.007	0.05	0.19	18.0	0.056	0.087	3	Aggregated data involving combinations of source codes 1 & 12	--	12/2002
Folate, total 1 2	µg	25	19	3.000	7	64	18.0	16.0	32.0	3	Aggregated data involving combinations of source codes 1 & 12	--	12/2002
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	25	19	3.000	7	64	18.0	16.0	32.0	3	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Folate, DFE	µg	25	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2006
Choline, total 1 2	mg	6.5	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine 1 2	mg	0.1	2	--	0.1	0.1	--	--	--	2	Analytical or derived from analytical	--	03/2006
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2006
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2	µg	4	4	1.000	1	10	1.0	-11.0	20.0	2	Analytical or derived from analytical	--	12/2002
Carotene, alpha 1 2	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Cryptoxanthin, beta 1 2	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Vitamin A, IU	IU	7	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2006
Lycopene 1 2	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin 1 2	µg	10	4	0.000	6	14	1.0	2.0	16.0	2	Analytical or derived from analytical	--	12/2002
Vitamin E (alpha-tocopherol) 2	mg	0.00	4	0.004	0	0.01	3.0	-0.008	0.01	1	Analytical or derived from analytical	--	12/2002
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 2	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Tocopherol, gamma 2	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Tocopherol, delta 2	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Tocotrienol, alpha 2	mg	0.02	4	0.006	0.01	0.04	3.0	0.002	0.04	1	Analytical or derived from analytical	--	12/2002
Tocotrienol, beta 2	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Tocotrienol, gamma 2	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Tocotrienol, delta 2	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
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) 1 2	µg	1.3	7	0.100	0.5	3.1	3.0	0.7	1.9	2	Analytical or derived from analytical	--	12/2002
Lipids													
Fatty acids, total saturated	g	0.032	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
12:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
14:0	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
16:0	g	0.027	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:0	g	0.004	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Fatty acids, total monounsaturated	g	0.017	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
16:1 undifferentiated	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:1 undifferentiated	g	0.017	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Fatty acids, total polyunsaturated	g	0.048	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.017	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:3 undifferentiated	g	0.031	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Phytosterols	mg	7	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Amino Acids													
Tryptophan 1 2	g	0.009	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine 1 2	g	0.023	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Isoleucine 1 2	g	0.020	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Leucine 1 2	g	0.031	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Lysine 1 2	g	0.033	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Methionine 1 2	g	0.010	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Cystine 1 2	g	0.010	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine 1 2	g	0.036	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Tyrosine 1 2	g	0.009	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Valine 1 2	g	0.035	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Arginine 1 2	g	0.038	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Histidine 1 2	g	0.013	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Alanine 1 2	g	0.026	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid 1 2	g	0.064	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Glutamic acid 1 2	g	0.157	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Glycine 1 2	g	0.026	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Proline 1 2	g	0.022	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Serine 1 2	g	0.027	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2006
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Petunidin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin 4 5	mg	63.1	--	10.2	7.4	128.05	--	--	--	--	--	--	--
Peonidin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 4 6 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin 4 6 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol 6 7 8	mg	0.9	--	0.15	0.4	2.11	--	--	--	--	--	--	--
Myricetin 4 6 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin 4 6 7 8	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Isoflavones													
Daidzein 11	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein 11	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 11	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 9 10	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers 9 10	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 9 10	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 9 10	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 9 10	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5n, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5c, 2001 Beltsville MD

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