

Statistics Report 11974, Grape leaves, raw
Report Date: September 19, 2019 15:22 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	73.32	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
Energy	kcal	93	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	390	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	5.60	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
Total lipid (fat)	g	2.12	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
Ash	g	1.65	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
Carbohydrate, by difference	g	17.31	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Fiber, total dietary	g	11.0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
Sugars, total	g	6.30	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	363	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
Iron, Fe	mg	2.63	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
Magnesium, Mg	mg	95	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
Phosphorus, P	mg	91	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
Potassium, K	mg	272	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
Sodium, Na	mg	9	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
Zinc, Zn	mg	0.67	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
Copper, Cu	mg	0.415	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
Manganese, Mn	mg	2.855	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
Selenium, Se	µg	0.9	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997

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	mg	11.1	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
Thiamin	mg	0.040	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
Riboflavin	mg	0.354	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
Niacin	mg	2.362	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
Pantothenic acid	mg	0.231	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
Vitamin B-6	mg	0.400	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
Folate, total	µg	83	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	83	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	83	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	12.8	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	01/1994

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	µg	1376	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	16194	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
Carotene, alpha	µg	629	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Cryptoxanthin, beta	µg	9	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
Vitamin A, IU	IU	27521	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	1747	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E (alpha-tocopherol)	mg	2.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	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	108.6	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Lipids													
Fatty acids, total saturated	g	0.336	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996

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	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
6:0	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
8:0	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
10:0	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
12:0	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
14:0	g	0.005	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
15:0	g	0.010	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
16:0	g	0.243	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
17:0	g	0.002	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
18:0	g	0.026	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:0	g	0.012	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
22:0	g	0.008	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
24:0	g	0.013	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
Fatty acids, total monounsaturated	g	0.081	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
14:1	g	0.003	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
16:1 undifferentiated	g	0.035	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
18:1 undifferentiated	g	0.039	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
20:1	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
22:1 undifferentiated	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
Fatty acids, total polyunsaturated	g	1.065	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.148	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
18:3 undifferentiated	g	0.856	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
18:4	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
20:4 undifferentiated	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
20:5 n-3 (EPA)	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
22:5 n-3 (DPA)	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
22:6 n-3 (DHA)	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/1994
Phytosterols	mg	21	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
Stigmasterol	mg	2	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Beta-sitosterol	mg	20	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/1996
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	01/1994
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003