

Statistics Report 16001, Beans, adzuki, mature seeds, raw

Report Date: July 15, 2019 20:13 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	13.44	7	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Energy	kcal	329	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Energy	kJ	1377	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2012
Protein	g	19.87	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Total lipid (fat)	g	0.53	3	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Ash	g	3.26	3	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Carbohydrate, by difference	g	62.90	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Fiber, total dietary	g	12.7	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Minerals													
Calcium, Ca	mg	66	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Iron, Fe	mg	4.98	3	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Magnesium, Mg	mg	127	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

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Phosphorus, P	mg	381	3	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Potassium, K	mg	1254	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Sodium, Na	mg	5	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Zinc, Zn	mg	5.04	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Copper, Cu	mg	1.094	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Manganese, Mn	mg	1.730	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Selenium, Se	µg	3.1	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Thiamin	mg	0.455	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Riboflavin	mg	0.220	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Niacin	mg	2.630	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Pantothenic acid	mg	1.471	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Vitamin B-6	mg	0.351	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Folate, total	µg	622	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986

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Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	622	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Folate, DFE	µg	622	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin A, RAE	µg	1	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	17	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.191	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Fatty acids, total monounsaturated	g	0.050	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2011
18:1 undifferentiated	g	0.050	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Fatty acids, total polyunsaturated	g	0.113	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2011
18:2 undifferentiated	g	0.113	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phytosterols	mg	76	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

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Amino Acids													
Tryptophan	g	0.191	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Threonine	g	0.674	8	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Isoleucine	g	0.791	8	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Leucine	g	1.668	8	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Lysine	g	1.497	8	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Methionine	g	0.210	9	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Cystine	g	0.184	8	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phenylalanine	g	1.052	8	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Tyrosine	g	0.591	8	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Valine	g	1.023	8	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Arginine	g	1.284	8	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Histidine	g	0.524	8	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Alanine	g	1.160	8	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

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Aspartic acid	g	2.355	8	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glutamic acid	g	3.099	8	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glycine	g	0.756	8	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Proline	g	0.874	8	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Serine	g	0.976	8	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Flavonoids													
Isoflavones													
Daidzein 1 2	mg	0.35	--	0.15	0	0.57	--	--	--	--	--	--	--
Genistein 1 2	mg	0.23	--	0.1	0	0.36	--	--	--	--	--	--	--
Glycitein 2	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Total isoflavones 1 2	mg	0.58	--	0.25	0	0.91	--	--	--	--	--	--	--
Biochanin A	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Formononetin	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers	mg	19.4	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers	mg	18.1	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers	mg	80.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers	mg	75.7	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers)	mg	252.9	--	--	0	0	--	--	--	--	--	--	--

¹Mitani, K., Narimatsu, S., and Kataoka, H. **Determination of daidzein and genistein in soybean foods by automated on-line in-tube solid-phase microextraction coupled to high-performance liquid chromatography.**, 2003 J. Chromatogr. A 986 pp.169-177

²Nakamura, Y., Kaihara, A., Yoshii, K., Tsumura, Y., Ishimitsu, S., and Tonogai, Y. **Content and composition of isoflavones in mature or immature beans and bean sprouts consumed in Japan.**, 2001 J. Health Sci. 47 pp.394-406