

Statistics Report 16135, Winged beans, mature seeds, raw
Report Date: July 19, 2019 18:55 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	8.34	83	0.360	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Energy	kcal	409	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Energy	kJ	1711	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2012
Protein	g	29.65	57	0.450	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Total lipid (fat)	g	16.32	95	0.180	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Ash	g	3.98	70	0.060	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Carbohydrate, by difference	g	41.71	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Fiber, total dietary	g	25.9	--	--	0	0	--	--	--	--	Calculated or imputed	16027	11/2011
Minerals													
Calcium, Ca	mg	440	48	24.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Iron, Fe	mg	13.44	56	1.020	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Magnesium, Mg	mg	179	43	5.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

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Phosphorus, P	mg	451	48	12.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Potassium, K	mg	977	30	45.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Sodium, Na	mg	38	30	1.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Zinc, Zn	mg	4.48	33	0.150	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Copper, Cu	mg	2.880	29	0.104	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Manganese, Mn	mg	3.721	20	0.326	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Selenium, Se	µg	8.2	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Thiamin	mg	1.030	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Riboflavin	mg	0.450	5	0.034	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Niacin	mg	3.090	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Pantothenic acid	mg	0.795	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Vitamin B-6	mg	0.175	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

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Folate, total	µg	45	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	45	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folate, DFE	µg	45	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	11/2011
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2011
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2011
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2011
Vitamin A, IU	IU	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2011
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2011
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	2.303	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

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14:0	g	0.028	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
16:0	g	1.255	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:0	g	0.745	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total monounsaturated	g	6.012	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
16:1 undifferentiated	g	0.055	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:1 undifferentiated	g	5.654	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
20:1	g	0.303	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total polyunsaturated	g	4.330	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:2 undifferentiated	g	4.068	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:3 undifferentiated	g	0.262	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2011
Amino Acids													
Tryptophan	g	0.762	30	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

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Threonine	g	1.179	38	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Isoleucine	g	1.468	38	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Leucine	g	2.497	38	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Lysine	g	2.136	37	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Methionine	g	0.356	41	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Cystine	g	0.545	32	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phenylalanine	g	1.429	38	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Tyrosine	g	1.457	31	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Valine	g	1.530	38	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Arginine	g	1.886	38	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Histidine	g	0.790	38	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Alanine	g	1.040	31	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Aspartic acid	g	3.187	31	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

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Glutamic acid	g	4.010	31	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glycine	g	1.140	31	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Proline	g	1.924	31	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Serine	g	1.235	31	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2011
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2011
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2011