

Statistics Report 11581, Vegetables, mixed, canned, drained solids [a](#)
Report Date: July 17, 2019 23:24 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	87.01	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	49	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	204	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	2.59	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.25	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	0.89	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	9.26	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Fiber, total dietary	g	3.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/1994
Sugars, total	g	2.41	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Minerals													
Calcium, Ca	mg	27	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Iron, Fe	mg	1.05	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	16	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phosphorus, P	mg	42	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	291	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	214	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2013
Zinc, Zn	mg	0.41	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Copper, Cu	mg	0.073	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Manganese, Mn	mg	0.568	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Selenium, Se	µg	0.3	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1992
Fluoride, F ↓	µg	37.0	10	6.500	23.5	57.1	4.0	18.9	55.0	1	Analytical or derived from analytical	--	01/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	5.0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Thiamin	mg	0.046	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.048	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	0.577	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.143	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin B-6	mg	0.079	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folate, total	µg	24	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	24	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	24	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	18.6	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
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	583	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007

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Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	5670	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Carotene, alpha	µg	2636	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Cryptoxanthin, beta	µg	5	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin A, IU	IU	11651	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Lycopene	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Lutein + zeaxanthin	µg	493	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin E (alpha-tocopherol)	mg	0.29	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
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	18.2	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Lipids													
Fatty acids, total saturated	g	0.051	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995

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8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
14:0	g	0.001	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:0	g	0.044	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:0	g	0.005	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total monounsaturated	g	0.016	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:1 undifferentiated	g	0.001	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:1 undifferentiated	g	0.015	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
20:1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.119	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:2 undifferentiated	g	0.087	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:3 undifferentiated	g	0.032	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.026	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.104	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.126	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.172	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.154	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.031	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cystine	g	0.024	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.108	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Tyrosine	g	0.067	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Valine	g	0.135	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Arginine	g	0.174	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.066	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Alanine	g	0.111	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Aspartic acid	g	0.274	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glutamic acid	g	0.353	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glycine	g	0.094	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Proline	g	0.063	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Serine	g	0.123	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003

Sources of Data

¹J.D.B. Featherstone, Carol Shields A Study of Fluoride Intake in New York State Residents, 1988 New York State Fluoride Analysis Contract - report date 12/1/1988

Footnotes

^a Mixture includes carrots, green peas, snap beans, and lima beans.