

Statistics Report 11617, Dock, cooked, boiled, drained, without salt

Report Date: September 21, 2019 20:01 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	93.60	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	20	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Energy	kJ	84	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2012
Protein	g	1.83	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.64	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	1.01	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	2.93	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Fiber, total dietary	g	2.6	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/1996
Minerals													
Calcium, Ca	mg	38	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Iron, Fe	mg	2.08	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	89	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Phosphorus, P	mg	52	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	321	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	3	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	0.17	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Copper, Cu	mg	0.114	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Manganese, Mn	mg	0.303	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Selenium, Se	µg	0.9	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	26.3	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.034	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.086	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	0.411	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.036	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Vitamin B-6	mg	0.100	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Folate, total	µg	8	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	8	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1984

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Folate, DFE	µg	8	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Vitamin A, RAE	µg	174	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	3474	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
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 trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Amino Acids													
Threonine	g	0.086	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.093	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.152	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.105	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.032	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.104	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Tyrosine	g	0.075	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Valine	g	0.121	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Arginine	g	0.098	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.049	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Alanine	g	0.121	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Aspartic acid	g	0.166	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glutamic acid	g	0.197	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glycine	g	0.104	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Proline	g	0.106	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Serine	g	0.070	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984