

## Statistics Report 12205, Seeds, lotus seeds, raw

Report Date: September 20, 2019 05:54 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
<b>Proximates</b>													
Water	g	77.00	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Energy	kcal	89	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1984
Energy	kJ	372	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2012
Protein	g	4.13	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Total lipid (fat)	g	0.53	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Ash	g	1.07	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Carbohydrate, by difference	g	17.28	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1984
<b>Minerals</b>													
Calcium, Ca	mg	44	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Iron, Fe	mg	0.95	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Magnesium, Mg	mg	56	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Phosphorus, P	mg	168	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984

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Potassium, K	mg	367	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Sodium, Na	mg	1	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Zinc, Zn	mg	0.28	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1984
Copper, Cu	mg	0.094	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1984
Manganese, Mn	mg	0.621	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1984
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Thiamin	mg	0.171	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Riboflavin	mg	0.040	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Niacin	mg	0.429	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Pantothenic acid	mg	0.228	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1984
Vitamin B-6	mg	0.168	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1984
Folate, total	µg	28	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1984
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	28	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1984
Folate, DFE	µg	28	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/1984

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Vitamin A, RAE	µg	1	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	13	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2009
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	0.088	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
14:0	g	0.001	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
16:0	g	0.077	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Fatty acids, total monounsaturated	g	0.104	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
18:1 undifferentiated	g	0.062	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
20:1	g	0.012	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
22:1 undifferentiated	g	0.031	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Fatty acids, total polyunsaturated	g	0.312	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
18:2 undifferentiated	g	0.285	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984

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18:3 undifferentiated	g	0.027	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	09/1984
<b>Amino Acids</b>													
Tryptophan	g	0.059	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Threonine	g	0.200	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Isoleucine	g	0.205	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Leucine	g	0.326	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Lysine	g	0.264	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Methionine	g	0.072	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Cystine	g	0.054	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Phenylalanine	g	0.206	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Tyrosine	g	0.100	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Valine	g	0.266	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Arginine	g	0.338	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984

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Histidine	g	0.115	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Alanine	g	0.239	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Aspartic acid	g	0.505	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Glutamic acid	g	0.957	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Glycine	g	0.221	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Proline	g	0.344	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984
Serine	g	0.252	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1984