

Full Report (All Nutrients) 16055, Carob flour

Report Date: July 16, 2019 06:47 EDT

Nutrient values and weights are for edible portion.

Food Group : Legumes and Legume Products

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 103g	1 tbsp 6g
Proximates						
Water	g	3.58	12	0.740	3.69	0.21
Energy	kcal	222	--	--	229	13
Energy	kJ	929	--	--	957	56
Protein	g	4.62	40	0.700	4.76	0.28
Total lipid (fat)	g	0.65	32	0.060	0.67	0.04
Ash	g	2.27	40	0.090	2.34	0.14
Carbohydrate, by difference	g	88.88	--	--	91.55	5.33
Fiber, total dietary	g	39.8	--	--	41.0	2.4
Sugars, total	g	49.08	--	--	50.55	2.94
Minerals						
Calcium, Ca	mg	348	10	129.000	358	21
Iron, Fe	mg	2.94	10	0.310	3.03	0.18
Magnesium, Mg	mg	54	6	84.000	56	3
Phosphorus, P	mg	79	4	53.000	81	5
Potassium, K	mg	827	6	113.000	852	50
Sodium, Na	mg	35	2	--	36	2
Zinc, Zn	mg	0.92	7	0.180	0.95	0.06
Copper, Cu	mg	0.571	6	0.009	0.588	0.034
Manganese, Mn	mg	0.508	5	0.008	0.523	0.030
Selenium, Se	µg	5.3	1	--	5.5	0.3
Vitamins						
Vitamin C, total ascorbic acid	mg	0.2	1	--	0.2	0.0

Nutrient	Unit	1			1 cup 103g	1 tbsp 6g
		Value Per100 g	Data points	Std. Error		
Thiamin	mg	0.053	8	0.006	0.055	0.003
Riboflavin	mg	0.461	7	0.131	0.475	0.028
Niacin	mg	1.897	8	0.146	1.954	0.114
Pantothenic acid	mg	0.047	4	0.015	0.048	0.003
Vitamin B-6	mg	0.366	4	0.045	0.377	0.022
Folate, total	µg	29	1	--	30	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	29	1	--	30	2
Folate, DFE	µg	29	--	--	30	2
Choline, total	mg	11.9	--	--	12.3	0.7
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	1	--	--	1	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	8	--	--	8	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	14	--	--	14	1
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.63	--	--	0.65	0.04
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.090	--	--	0.093	0.005
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.001	--	--	0.001	0.000

Nutrient	Unit	1			1 cup 103g	1 tbsp 6g
		Value Per100 g	Data points	Std. Error		
16:0	g	0.072	--	--	0.074	0.004
18:0	g	0.014	--	--	0.014	0.001
Fatty acids, total monounsaturated	g	0.197	--	--	0.203	0.012
16:1 undifferentiated	g	0.004	--	--	0.004	0.000
18:1 undifferentiated	g	0.194	--	--	0.200	0.012
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.216	--	--	0.222	0.013
18:2 undifferentiated	g	0.212	--	--	0.218	0.013
18:3 undifferentiated	g	0.004	--	--	0.004	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.048	--	--	0.049	0.003
Threonine	g	0.271	--	--	0.279	0.016
Isoleucine	g	0.209	--	--	0.215	0.013
Leucine	g	0.442	--	--	0.455	0.027
Lysine	g	0.196	--	--	0.202	0.012
Methionine	g	0.081	--	--	0.083	0.005
Cystine	g	0.029	--	--	0.030	0.002
Phenylalanine	g	0.151	--	--	0.156	0.009
Tyrosine	g	0.120	--	--	0.124	0.007
Valine	g	0.446	--	--	0.459	0.027
Arginine	g	0.130	--	--	0.134	0.008
Histidine	g	0.122	--	--	0.126	0.007
Alanine	g	0.584	--	--	0.602	0.035
Aspartic acid	g	0.503	--	--	0.518	0.030
Glutamic acid	g	0.362	--	--	0.373	0.022

Nutrient	Unit	1			1 cup 103g	1 tbsp 6g
		Value Per100 g	Data points	Std. Error		
Glycine	g	0.267	--	--	0.275	0.016
Proline	g	0.354	--	--	0.365	0.021
Serine	g	0.304	--	--	0.313	0.018
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Flavan-3-ols						
(+)-Catechin ¹	mg	50.8	3	0	52.3	3.0
(-)-Epicatechin 3-gallate ¹	mg	30.1	3	0	31.0	1.8
(-)-Epigallocatechin 3-gallate ¹	mg	109.5	3	0	112.7	6.6
Flavonols						
Kaempferol ²	mg	0.4	3	0.31	0.5	0.0
Myricetin ²	mg	6.7	3	1.12	6.9	0.4
Quercetin ^{1,2}	mg	38.8	6	11.49	39.9	2.3

¹Sakakibara, H., Honda, Y., Nakagawa, S., Ashida, H., and Kanazawa, K. **Simultaneous determination of all polyphenols in vegetables, fruits, and teas**, 2003 J. Agric. Food Chem. 51 3 pp.571-581

²Papagiannopoulos, M., Wollseifen, H.R., Mellenthin, A., Haber, B., and Galensa, R. **Identification and quantification of polyphenols in carob fruits (Ceratonia siliqua L.) and derived products by HPLC-UV-ESI/MSn**, 2004 J. Agric. Food Chem. 52 pp.3784-3791

Langual Code(s)

- A0149 MILLED GRAIN OR STARCH PRODUCT (US CFR)
- A1286 1600 LEGUMES AND LEGUME PRODUCTS (USDA SR)
- B1366 CAROB BEAN
- C0112 POD WITH SEEDS REMOVED
- E0106 FINELY GROUND
- F0001 EXTENT OF HEAT TREATMENT NOT KNOWN
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION