

**Statistics Report 16055, Carob flour**
**Report Date: September 17, 2019 01:02 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	3.58	12	0.740	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Energy	kcal	222	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kJ	929	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	4.62	40	0.700	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Total lipid (fat)	g	0.65	32	0.060	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Ash	g	2.27	40	0.090	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Carbohydrate, by difference	g	88.88	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Fiber, total dietary	g	39.8	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Sugars, total	g	49.08	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003

**Minerals**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	348	10	129.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Iron, Fe	mg	2.94	10	0.310	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Magnesium, Mg	mg	54	6	84.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phosphorus, P	mg	79	4	53.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Potassium, K	mg	827	6	113.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Sodium, Na	mg	35	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Zinc, Zn	mg	0.92	7	0.180	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Copper, Cu	mg	0.571	6	0.009	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Manganese, Mn	mg	0.508	5	0.008	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Selenium, Se	µg	5.3	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1997

**Vitamins**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.2	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Thiamin	mg	0.053	8	0.006	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Riboflavin	mg	0.461	7	0.131	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Niacin	mg	1.897	8	0.146	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Pantothenic acid	mg	0.047	4	0.015	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin B-6	mg	0.366	4	0.045	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folate, total	µg	29	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	29	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/2006
Folate, DFE	µg	29	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2008
Choline, total	mg	11.9	--	--	0	0	--	--	--	--	Calculated or imputed	19165	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	1	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2008
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	8	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	14	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2008
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.63	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
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	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.090	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
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
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	--	02/1995
14:0	g	0.001	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
16:0	g	0.072	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:0	g	0.014	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total monounsaturated	g	0.197	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
16:1 undifferentiated	g	0.004	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.194	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
20:1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.216	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:2 undifferentiated	g	0.212	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:3 undifferentiated	g	0.004	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
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

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
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	--	--	--	--	Analytical or derived from analytical	--	12/1986
<b>Amino Acids</b>													
Tryptophan	g	0.048	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Threonine	g	0.271	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Isoleucine	g	0.209	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Leucine	g	0.442	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Lysine	g	0.196	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Methionine	g	0.081	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Cystine	g	0.029	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.151	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Tyrosine	g	0.120	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Valine	g	0.446	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Arginine	g	0.130	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Histidine	g	0.122	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Alanine	g	0.584	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Aspartic acid	g	0.503	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glutamic acid	g	0.362	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glycine	g	0.267	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Proline	g	0.354	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986



Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	0.304	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	12/1986
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
<b>Flavonoids</b>													
Flavan-3-ols													
(+)-Catechin <a href="#">1</a>	mg	50.8	--	0	50.75	50.75	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate <a href="#">1</a>	mg	30.1	--	0	30.06	30.06	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate <a href="#">1</a>	mg	109.5	--	0	109.46	109.46	--	--	--	--	--	--	--
Flavonols													
Kaempferol <a href="#">2</a>	mg	0.4	--	0.31	0	1.03	--	--	--	--	--	--	--
Myricetin <a href="#">2</a>	mg	6.7	--	1.12	5.03	8.83	--	--	--	--	--	--	--
Quercetin <a href="#">1</a> <a href="#">2</a>	mg	38.8	--	11.49	5.92	69.76	--	--	--	--	--	--	--

<sup>1</sup>Sakakibara, 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

<sup>2</sup>Papagiannopoulos, 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