

Statistics Report 20137, Quinoa, cooked

Report Date: July 22, 2019 18:38 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 1 | g | 71.61 | 3 | 3.950 | 63.83 | 76.69 | 2.0 | 54.61 | 88.61 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Energy | kcal | 120 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 05/2008 |
| Energy | kJ | 503 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 05/2008 |
| Protein 1 | g | 4.40 | 3 | 0.820 | 3.13 | 5.94 | 2.0 | 0.85 | 7.93 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Total lipid (fat) 1 | g | 1.92 | 3 | 0.270 | 1.5 | 2.43 | 2.0 | 0.75 | 3.09 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Ash 1 | g | 0.76 | 3 | 0.100 | 0.65 | 0.97 | 2.0 | 0.31 | 1.2 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Carbohydrate, by difference | g | 21.30 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 05/2008 |
| Fiber, total dietary 1 | g | 2.8 | 3 | 0.300 | 2.3 | 3.5 | 2.0 | 1.1 | 4.3 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Sugars, total | g | 0.87 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 05/2012 |
| Starch 1 | g | 17.63 | 3 | 2.180 | 15.4 | 22 | 2.0 | 8.23 | 27.02 | 1 | Analytical or derived from analytical | -- | 03/2007 |

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|---------------------------------|------|----------------|-------------|------------|------|------|-----|-------|-------|-----------|---------------------------------------|---------|---------------|
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca 1 | mg | 17 | 3 | 2.000 | 14 | 23 | 2.0 | 4.0 | 29.0 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Iron, Fe 1 | mg | 1.49 | 3 | 0.290 | 1.14 | 2.08 | 2.0 | 0.22 | 2.76 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Magnesium, Mg 1 | mg | 64 | 3 | 12.000 | 47 | 88 | 2.0 | 11.0 | 117.0 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Phosphorus, P 1 | mg | 152 | 3 | 29.000 | 111 | 209 | 2.0 | 25.0 | 278.0 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Potassium, K 1 | mg | 172 | 3 | 25.000 | 129 | 216 | 2.0 | 63.0 | 279.0 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Sodium, Na 1 | mg | 7 | 3 | 3.000 | 4 | 13 | 2.0 | -6.0 | 20.0 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Zinc, Zn 1 | mg | 1.09 | 3 | 0.210 | 0.85 | 1.51 | 2.0 | 0.18 | 1.99 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Copper, Cu 1 | mg | 0.192 | 3 | 0.031 | 0.14 | 0.24 | 2.0 | 0.06 | 0.324 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Manganese, Mn 1 | mg | 0.631 | 3 | 0.145 | 0.43 | 0.91 | 2.0 | 0.007 | 1.254 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Selenium, Se 1 | µg | 2.8 | 3 | 0.500 | 2.2 | 3.9 | 2.0 | 0.3 | 5.1 | 1 | Analytical or derived from analytical | -- | 03/2007 |

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|---------------------------------|------|----------------|-------------|------------|------|------|-----|-------|-------|-----------|---------------------------------------|---------|---------------|
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 04/2007 |
| Thiamin 1 | mg | 0.107 | 3 | 0.022 | 0.08 | 0.15 | 2.0 | 0.012 | 0.201 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Riboflavin 1 | mg | 0.110 | 3 | 0.021 | 0.07 | 0.14 | 2.0 | 0.02 | 0.199 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Niacin 1 | mg | 0.412 | 3 | 0.073 | 0.34 | 0.56 | 2.0 | 0.099 | 0.726 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Vitamin B-6 1 | mg | 0.123 | 3 | 0.033 | 0.09 | 0.19 | 2.0 | -0.02 | 0.267 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Folate, total 1 | µg | 42 | 3 | 3.000 | 35 | 48 | 2.0 | 25.0 | 57.0 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 04/2007 |
| Folate, food 1 | µg | 42 | 3 | 3.000 | 35 | 48 | 2.0 | 25.0 | 57.0 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Folate, DFE | µg | 42 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 05/2008 |
| Choline, total | mg | 23.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 04/2007 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 05/2012 |
| Vitamin A, RAE | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 04/2007 |

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|--|------|----------------|-------------|------------|------|------|-----|--------|------|-----------|---------------------------------------|---------|---------------|
| Retinol | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 04/2007 |
| Carotene, beta | µg | 3 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| Vitamin A, IU | IU | 5 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 04/2007 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| Lutein + zeaxanthin | µg | 53 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| Vitamin E (alpha-tocopherol) 1 | mg | 0.63 | 3 | 0.120 | 0.45 | 0.88 | 2.0 | 0.08 | 1.18 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 05/2012 |
| Tocopherol, beta 1 | mg | 0.03 | 3 | 0.007 | 0.02 | 0.04 | 2.0 | -0.002 | 0.05 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Tocopherol, gamma 1 | mg | 1.19 | 3 | 0.330 | 0.7 | 1.82 | 2.0 | -0.23 | 2.61 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Tocopherol, delta 1 | mg | 0.11 | 3 | 0.030 | 0.06 | 0.18 | 2.0 | -0.05 | 0.26 | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Tocotrienol, alpha 1 | mg | 0.00 | 3 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Tocotrienol, beta 1 | mg | 0.00 | 3 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 03/2007 |

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|--------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Tocotrienol, gamma 1 | mg | 0.00 | 3 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Tocotrienol, delta 1 | mg | 0.00 | 3 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 03/2007 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 05/2012 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 08/2012 |
| Vitamin K (phylloquinone) | µg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.231 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| 4:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 05/2012 |
| 6:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 05/2012 |
| 8:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| 10:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| 12:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| 14:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| 16:0 | g | 0.196 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| 18:0 | g | 0.012 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| Fatty acids, total monounsaturated | g | 0.528 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| 16:1 undifferentiated | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| 18:1 undifferentiated | g | 0.465 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 20:1 | g | 0.031 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| 22:1 undifferentiated | g | 0.027 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| Fatty acids, total polyunsaturated | g | 1.078 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| 18:2 undifferentiated | g | 0.974 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| 18:3 undifferentiated | g | 0.085 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| 18:4 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| 20:4 undifferentiated | g | 0.003 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| 22:6 n-3 (DHA) | g | 0.015 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 20035 | 05/2012 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 04/2007 |
| Amino Acids | | | | | | | | | | | | | |
| Tryptophan 1 | g | 0.052 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2008 |
| Threonine 1 | g | 0.131 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2008 |
| Isoleucine 1 | g | 0.157 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2008 |
| Leucine 1 | g | 0.261 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2008 |

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|---------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Lysine 1 | g | 0.239 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2008 |
| Methionine 1 | g | 0.096 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2008 |
| Cystine 1 | g | 0.063 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2008 |
| Phenylalanine 1 | g | 0.185 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2008 |
| Tyrosine 1 | g | 0.083 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2008 |
| Valine 1 | g | 0.185 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2008 |
| Arginine 1 | g | 0.340 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2008 |
| Histidine 1 | g | 0.127 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2008 |
| Alanine 1 | g | 0.183 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2008 |
| Aspartic acid 1 | g | 0.353 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2008 |

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|---------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Glutamic acid 1 | g | 0.580 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2008 |
| Glycine 1 | g | 0.216 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2008 |
| Proline 1 | g | 0.240 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2008 |
| Serine 1 | g | 0.176 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2007 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 05/2012 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 05/2012 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 05/2012 |

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9a, 2005 Beltsville MD