

National Nutrient Database for Standard Reference
Release 24

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Statistics Report

Nutrient data for 16070, Lentils, mature seeds, cooked, boiled, without salt

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Nutrient values and weights are for edible portion

Nutrient	Unit	Value (100g)	Data Points	Std. Error	Min	Max	df	Lower error bound	Upper error bound	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	69.64	23	0.753	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Energy	kcal	116	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Energy	kJ	487	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Protein	g	9.02	23	0.191	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Total lipid (fat)	g	0.38	22	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Ash	g	0.83	22	0.040	--	--	--	--	--	--	Analytical or derived	--	12/1986

												from analytical		
Carbohydrate, by difference	g	20.13	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Fiber, total dietary	g	7.9	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Sugars, total	g	1.80	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Minerals														
Calcium, Ca	mg	19	20	0.369	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Iron, Fe	mg	3.33	20	0.239	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Magnesium, Mg	mg	36	20	1.850	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phosphorus, P	mg	180	20	11.314	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Potassium, K	mg	369	20	25.073	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Sodium, Na	mg	2	16	0.153	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Zinc, Zn	mg	1.27	21	0.057	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Copper, Cu	mg	0.251	21	0.011	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Manganese, Mn	mg	0.494	20	0.009	--	--	--	--	--	--	--	Analytical	--	12/1986

											or derived from analytical		
Selenium, Se	µg	2.8	0	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	1.5	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Thiamin	mg	0.169	20	0.022	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Riboflavin	mg	0.073	20	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Niacin	mg	1.060	20	0.092	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Pantothenic acid	mg	0.638	8	0.027	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin B-6	mg	0.178	8	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folate, total	µg	181	8	6.984	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folic acid	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	181	8	6.984	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Folate, DFE	mcg_DFE	181	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Choline, total	mg	32.7	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007

Vitamin B-12	µg	0.00	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin B-12, added	µg	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	mcg_RAE	0	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Retinol	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	5	0	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Carotene, alpha	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	8	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Lycopene	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.11	0	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E, added	mg	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	0	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	0	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	1.7	0	--	--	--	--	--	--	--	Calculated or imputed	16069	05/2003
Lipids													
Fatty acids, total saturated	g	0.053	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
4:0	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from	--	02/1995

												analytical		
6:0	g	0.000	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.001	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
16:0	g	0.045	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:0	g	0.005	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total monounsaturated	g	0.064	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
16:1 undifferentiated	g	0.001	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:1 undifferentiated	g	0.061	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
20:1	g	0.002	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986

22:1 undifferentiated	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.175	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:2 undifferentiated	g	0.137	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:3 undifferentiated	g	0.037	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:4	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	0	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Amino Acids													
Tryptophan	g	0.081	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986

Threonine	g	0.323	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Isoleucine	g	0.390	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Leucine	g	0.654	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Lysine	g	0.630	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Methionine	g	0.077	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Cystine	g	0.118	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phenylalanine	g	0.445	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Tyrosine	g	0.241	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Valine	g	0.448	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Arginine	g	0.697	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Histidine	g	0.254	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Alanine	g	0.377	0	--	--	--	--	--	--	--	Analytical or derived	--	12/1986

											from analytical		
Aspartic acid	g	0.998	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glutamic acid	g	1.399	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glycine	g	0.367	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Proline	g	0.377	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Serine	g	0.416	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Other													
Alcohol, ethyl	g	0.0	0	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Caffeine	mg	0	0	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	0	--	--	--	--	--	--	--	Assumed zero	--	02/2003