Statistics Report

Nutrient data for 11507, Sweet potato, raw, unprepared

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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 1	g	77.28	7	0.650	73.52	81.89	3.0	75.253	79.298	3	Aggregated data involving combinations of source codes 1 &12	--	05/2004
Energy	kcal	86	0	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Energy	kJ	359	0	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Protein 1	g	1.57	4	0.145	1.37	1.99	3.0	1.108	2.032	1	Analytical or derived from analytical	--	10/2002
Total lipid (fat) 1	g	0.05	4	0.033	0.02	0.15	3.0	--	0.156	1	Analytical or derived from analytical	--	10/2002
Ash 1	g	0.99	4	0.056	0.84	1.1	3.0	0.81	1.165	1	Analytical or derived from	--	10/2002

											analytical		
Carbohydrate, by difference	g	20.12	0	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Fiber, total dietary	g	3.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Sugars, total	g	4.18	0	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Sucrose **1**	g	2.52	6	0.126	1.88	3.34	4.0	2.153	2.891	2	Aggregated data involving combinations of source codes 1 &12	--	05/2004
Glucose (dextrose) **1**	g	0.96	6	0.269	0.3	1.88	4.0	0.204	1.716	2	Aggregated data involving combinations of source codes 1 &12	--	05/2004
Fructose **1**	g	0.70	6	0.171	0.24	1.13	3.0	0.181	1.219	2	Aggregated data involving combinations of source codes 1 &12	--	05/2004
Lactose **1**	g	0.00	4	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2004
Maltose **1**	g	0.00	4	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	10/2002
Galactose	g	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Starch **1**	g	12.65	4	2.709	7.2	20.1	3.0	4.029	21.271	1	Analytical or derived from analytical	--	05/2004
Minerals													
Calcium, Ca **1**	mg	30	3	4.632	24.0	40.0	2.0	10.571	50.429	1	Analytical or derived from analytical	--	10/2002
Iron, Fe **1**	mg	0.61	3	0.070	0.54	0.75	2.0	0.311	0.913	1	Analytical or derived from analytical	--	10/2002

Magnesium, Mg **1**	mg	25	3	3.180	19.0	30.0	2.0	11.185	38.548	1	Analytical or derived from analytical	--	10/2002
Phosphorus, P **1**	mg	47	3	7.413	38.0	62.0	2.0	15.037	78.829	1	Analytical or derived from analytical	--	10/2002
Potassium, K **1**	mg	337	3	27.552	282.0	370.0	2.0	218.12	455.213	1	Analytical or derived from analytical	--	10/2002
Sodium, Na **1**	mg	55	3	26.394	21.0	107.0	2.0	--	168.664	1	Analytical or derived from analytical	--	05/2004
Zinc, Zn **1**	mg	0.30	3	0.033	0.25	0.37	2.0	0.156	0.444	1	Analytical or derived from analytical	--	10/2002
Copper, Cu **1**	mg	0.151	3	0.015	0.126	0.178	2.0	0.086	0.216	1	Analytical or derived from analytical	--	10/2002
Manganese, Mn **1**	mg	0.258	3	0.052	0.156	0.327	2.0	0.034	0.481	1	Analytical or derived from analytical	--	10/2002
Selenium, Se	µg	0.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Vitamins													
Vitamin C, total ascorbic acid **1**	mg	2.4	4	1.038	0.1	4.9	3.0	--	5.705	1	Analytical or derived from analytical	--	05/2004
Thiamin **1**	mg	0.078	4	0.007	0.067	0.098	3.0	0.057	0.1	1	Analytical or derived from analytical	--	10/2002
Riboflavin **1**	mg	0.061	4	0.005	0.054	0.076	3.0	0.045	0.077	1	Analytical or derived from analytical	--	10/2002
Niacin **1**	mg	0.557	4	0.076	0.425	0.773	3.0	0.316	0.798	1	Analytical or derived from analytical	--	10/2002
Pantothenic acid **1**	mg	0.800	4	0.152	0.588	1.25	3.0	0.316	1.284	1	Analytical or derived from analytical	--	10/2002
Vitamin B-6 **1**	mg	0.209	4	0.014	0.183	0.247	3.0	0.166	0.253	1	Analytical or derived from analytical	--	10/2002

Folate, total **1**	µg	11	4	1.685	8.0	15.0	3.0	5.511	16.238	1	Analytical or derived from analytical	--	05/2004
Folic acid	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	11	4	1.685	8.0	15.0	3.0	5.511	16.238	1	Analytical or derived from analytical	--	02/2007
Folate, DFE	mcg_DFE	11	0	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Choline, total	mg	12.3	0	--	--	--	--	--	--	--	Calculated or imputed	**11508**	02/2007
Vitamin B-12	µg	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	mcg_RAE	709	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Retinol	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta **1 2 3 4 5 6 7**	µg	8509	43	224.125	4030.0	16000.0	2.0	7544.354	9473.012	2	Analytical or derived from analytical	--	05/2004
Carotene, alpha **1 2 3 4**	µg	7	41	3.110	0.0	--	3.0	--	17.176	2	Analytical or derived from analytical	--	05/2004
Cryptoxanthin, beta **1 2 4**	µg	0	38	0.000	--	--	--	--	--	2	Analytical or derived from analytical	--	05/2004
Vitamin A, IU	IU	14187	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Lycopene **1 2**	µg	0	5	0.000	--	--	--	--	--	2	Analytical or derived from analytical	--	05/2004
Lutein + zeaxanthin **2**	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Vitamin E (alpha-tocopherol) **1**	mg	0.26	2	--	0.04	0.48	1.0	--	--	1	Analytical or derived from	--	10/2002

											analytical		
Vitamin E, added	mg	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta **1**	mg	0.01	2	--	0.0	--	1.0	--	--	1	Analytical or derived from analytical	--	10/2002
Tocopherol, gamma **1**	mg	0.00	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	10/2002
Tocopherol, delta **1**	mg	0.00	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	10/2002
Vitamin D (D2 + D3)	µg	0.0	0	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	0	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) **1**	µg	1.8	2	--	1.5	2.0	1.0	--	--	1	Analytical or derived from analytical	--	10/2002
Lipids													
Fatty acids, total saturated	g	0.018	0	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
4:0	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
6:0	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
8:0 **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
10:0 **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
12:0 **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
14:0 **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
15:0 **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or	--	02/2007

											derived from analytical		
16:0 **1**	g	0.018	2	--	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	02/2007
17:0 **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
18:0 **1**	g	0.001	2	--	0.0020	0.0020	--	--	--	1	Analytical or derived from analytical	--	02/2007
20:0 **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
22:0 **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
24:0 **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
Fatty acids, total monounsaturated	g	0.001	0	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
14:1 **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
15:1 **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
16:1 undifferentiated **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
17:1 **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
18:1 undifferentiated **1**	g	0.001	2	--	0.0020	0.0020	--	--	--	1	Analytical or derived from analytical	--	02/2007
20:1 **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
22:1 undifferentiated **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007

Fatty acids, total polyunsaturated	g	0.014	0	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
18:2 undifferentiated **1**	g	0.013	2	--	0.03	0.03	--	--	--	1	Analytical or derived from analytical	--	02/2007
18:3 undifferentiated **1**	g	0.001	2	--	0.0020	0.0020	--	--	--	1	Analytical or derived from analytical	--	02/2007
18:4 **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
20:2 n-6 c,c **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
20:3 undifferentiated **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
20:4 undifferentiated **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
20:5 n-3 (EPA) **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
22:5 n-3 (DPA) **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
22:6 n-3 (DHA) **1**	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2007
Cholesterol	mg	0	0	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Phytosterols	mg	12	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Amino Acids													
Tryptophan **1**	g	0.031	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Threonine **1**	g	0.083	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
	g	0.055	0	--	--	--	--	--	--	--	Analytical or	--	02/2007

Isoleucine **1**											derived from analytical		
Leucine **1**	g	0.092	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Lysine **1**	g	0.066	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Methionine **1**	g	0.029	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Cystine **1**	g	0.022	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Phenylalanine **1**	g	0.089	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Tyrosine **1**	g	0.034	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Valine **1**	g	0.086	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Arginine **1**	g	0.055	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Histidine **1**	g	0.031	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Alanine **1**	g	0.077	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Aspartic acid **1**	g	0.382	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Glutamic acid **1**	g	0.155	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Glycine **1**	g	0.063	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Proline **1**	g	0.052	0	--	--	--	--	--	--	--	Analytical or derived from	--	02/2007

											analytical		
Serine 1	g	0.088	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Other													
Alcohol, ethyl	g	0.0	0	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	0	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Theobromine	mg	0	0	--	--	--	--	--	--	--	Assumed zero	--	10/2002

Sources of Data

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