

# SR Item Report - Amount in 100 gram Edible Portion

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Food Item ID 68364

NDB No 20001

Approved Y

## Edited Name

Amaranth grain, uncooked

## Scientific Name

Amaranthus spp.

## Common Name

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	Deriv Code	AddMod Date	df	Lower EB	Upper EB	Num Studies	Min	Max	Stat Comm
255	Water	11.29	g	4	0.111	1	A	05/28/08	1	9.883	12.696	2	10.64	12.15	2
208	Energy	371	kcal	0		4	NC	05/28/08							
268	Energy	1554	kJ	0		4	NC	05/28/08							
203	Protein	13.56	g	4	0.173	1	A	05/28/08	1	11.355	15.762	2	12.62	15.01	2
204	Total lipid (fat)	7.02	g	5	0.376	1	A	05/28/08	2	5.403	8.642	3	6.30	8.41	2
207	Ash	2.88	g	4	0.317	1	A	05/28/08	1	- 1.141	6.907	2	2.19	3.20	2
205	Carbohydrate, by difference	65.25	g	0		4	NC	05/28/08							
291	Fiber, total dietary	6.7	g	5	0.008	1	A	05/28/08	1	6.636	6.848	2	6.3	7.4	2
269	Sugars, total	1.69	g	3	0.146	1	A	05/28/08	2	1.066	2.320	1	1.45	1.95	4
210	Sucrose	1.40	g	3	0.152	1	A	05/28/08	2	0.744	2.048	1	1.12	1.65	4
211	Glucose (dextrose)	0.27	g	3	0.019	1	A	05/28/08	2	0.185	0.350	1	0.23	0.30	4
212	Fructose	0.01	g	3	0.000	1	A	05/28/08	2	0.015	0.015	1	0.01	0.01	1 4
213	Lactose	0.00	g	3	0.000	1	A	05/28/08	2	0.000	0.000	1	0.00	0.00	1 4
214	Maltose	0.01	g	3	0.000	1	A	05/28/08	2	0.015	0.015	1	0.01	0.01	1 4
287	Galactose	0.00	g	3	0.000	1	A	05/28/08	2	0.000	0.000	1	0.00	0.00	1 4
209	Starch	57.27	g	4	3.727	1	A	05/28/08	1	9.921	104.626	2	50.13	61.00	2
301	Calcium, Ca	159	mg	3	26.102	1	A	05/28/08	2	46.691	271.309	1	129	211	4
303	Iron, Fe	7.61	mg	3	0.830	1	A	05/28/08	2	4.036	11.177	1	5.96	8.61	4
304	Magnesium, Mg	248	mg	3	23.483	1	A	05/28/08	2	147.295	349.372	1	216	294	4
305	Phosphorus, P	557	mg	3	46.160	1	A	05/28/08	2	358.721	755.945	1	502	649	4
306	Potassium, K	508	mg	3	17.039	1	A	05/28/08	2	434.686	581.314	1	478	537	4
307	Sodium, Na	4	mg	3	0.000	1	A	05/28/08	2	3.690	3.690	1	4	4	1 4
309	Zinc, Zn	2.87	mg	3	0.118	1	A	05/28/08	2	2.360	3.380	1	2.66	3.07	4
312	Copper, Cu	0.525	mg	3	0.065	1	A	05/28/08	2	0.246	0.804	1	0.411	0.636	4
315	Manganese, Mn	3.333	mg	3	0.281	1	A	05/28/08	2	2.124	4.543	1	2.790	3.730	4
317	Selenium, Se	18.7	µg	3	13.964	1	A	05/28/08	2	- 41.346	78.823	1	2.2	46.5	1 4
401	Vitamin C, total ascorbic acid	4.2	mg	1		1		10/01/89							

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404	Thiamin	0.116	mg	4	0.094	1	A	05/28/08	1	- 1.078	1.310	2	0.015	0.210	1 2
405	Riboflavin	0.200	mg	4	0.040	1	A	05/28/08	1	- 0.310	0.709	2	0.137	0.240	2
406	Niacin	0.923	mg	3	0.020	1	A	05/28/08	2	0.836	1.009	1	0.883	0.948	4
410	Pantothenic acid	1.457	mg	3	0.107	1	A	05/28/08	2	0.995	1.918	1	1.250	1.610	4
415	Vitamin B-6	0.591	mg	3	0.040	1	A	05/28/08	2	0.421	0.762	1	0.519	0.654	4
417	Folate, total	82	µg	3	14.380	1	A	05/28/08	2	20.462	144.204	1	66	111	4
431	Folic acid	0	µg	0		7	Z	01/31/01							
432	Folate, food	82	µg	3	14.380	1	A	05/28/08	2	20.462	144.204	1	66	111	4
435	Folate, DFE	82	µg	0		4	NC	05/28/08							
421	Choline, total	69.8	mg	0		1	AS	04/26/07							
454	Betaine	67.6	mg	1		1	A	05/28/08							
418	Vitamin B-12	0.00	µg	0		7	Z	10/01/89							
578	Vitamin B-12, added	0.00	µg	0		7	Z	09/21/04							
320	Vitamin A, RAE	0	µg	1		1	A	05/28/08							
319	Retinol	0	µg	0		7	Z	06/12/02							
321	Carotene, beta	1	µg	1		1	A	05/28/08							1
322	Carotene, alpha	0	µg	1		1	A	05/28/08							1
334	Cryptoxanthin, beta	0	µg	1		1	A	05/28/08							
318	Vitamin A, IU	2	IU	1		1	A	05/28/08							
337	Lycopene	0	µg	1		1	A	05/28/08							1
338	Lutein + zeaxanthin	28	µg	1		1	A	05/28/08							
323	Vitamin E (alpha-tocopherol)	1.19	mg	5	0.422	1	A	05/28/08	2	- 0.626	3.002	3	0.37	2.02	2
341	Tocopherol, beta	0.96	mg	5	0.487	1	A	05/28/08	2	- 1.132	3.054	3	0.00	1.94	2
342	Tocopherol, gamma	0.19	mg	5	0.111	1	A	05/28/08	2	- 0.290	0.669	3	0.01	0.39	2
343	Tocopherol, delta	0.69	mg	5	0.348	1	A	05/28/08	2	- 0.802	2.189	3	0.00	1.18	2
344	Tocotrienol, alpha	0.00	mg	5	0.000	1	A	05/28/08				3	0.00	0.00	1 2
345	Tocotrienol, beta	0.48	mg	4	0.479	1	A	05/28/08	1	- 5.601	6.558	2	0.00	0.96	1 2
346	Tocotrienol, gamma	0.29	mg	5	0.290	1	A	05/28/08	2	- 0.957	1.536	3	0.00	0.87	1 2
347	Tocotrienol, delta	0.00	mg	5	0.000	1	A	05/28/08				3	0.00	0.00	1 2
328	Vitamin D (D2 + D3)	0.0	µg	0		7	Z	11/15/08							
324	Vitamin D	0	IU	0		7	Z	02/03/09							
430	Vitamin K (phyloquinone)	0.0	µg	1		1	A	05/28/08							1
429	Dihydrophyloquinone	0.0	µg	1		1	A	05/28/08							1

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428	Menaquinone-4	0.0	µg	1		1	A	05/28/08							1
606	Fatty acids, total saturated	1.459	g	0		4	NC	05/28/08							
609	8:0	0.000	g	3	0.000	1	A	05/28/08	2	0.000	0.000	1	0.000	0.000	1 4
610	10:0	0.000	g	3	0.000	1	A	05/28/08	2	0.000	0.000	1	0.000	0.000	1 4
611	12:0	0.000	g	3	0.000	1	A	05/28/08	2	0.000	0.000	1	0.000	0.000	1 4
612	14:0	0.011	g	3	0.001	1	A	05/28/08	2	0.009	0.015	1	0.011	0.013	4
652	15:0	0.000	g	3	0.000	1	A	05/28/08	2	0.000	0.000	1	0.000	0.000	1 4
613	16:0	1.154	g	4	0.123	1	A	05/28/08	1	- 0.376	2.751	2	1.016	1.310	2
653	17:0	0.000	g	3	0.000	1	A	05/28/08	2	0.000	0.000	1	0.000	0.000	1 4
614	18:0	0.223	g	4	0.009	1	A	05/28/08	1	0.119	0.340	2	0.212	0.252	2
615	20:0	0.052	g	3	0.003	1	A	05/28/08	2	0.039	0.067	1	0.047	0.057	4
624	22:0	0.018	g	3	0.001	1	A	05/28/08	2	0.016	0.021	1	0.018	0.020	4
645	Fatty acids, total monounsaturated	1.685	g	0		4	NC	05/28/08							
625	14:1	0.000	g	3	0.000	1	A	05/28/08	2	0.000	0.000	1	0.000	0.000	1 4
697	15:1	0.000	g	3	0.000	1	A	05/28/08	2	0.000	0.000	1	0.000	0.000	1 4
626	16:1 undifferentiated	0.000	g	3	0.000	1	A	05/28/08	2	0.000	0.000	1	0.000	0.000	1 4
687	17:1	0.000	g	3	0.000	1	A	05/28/08	2	0.000	0.000	1	0.000	0.000	1 4
617	18:1 undifferentiated	1.671	g	4	0.024	1	A	05/28/08	1	1.376	1.981	2	1.607	1.738	2
628	20:1	0.014	g	3	0.001	1	A	05/28/08	2	0.011	0.018	1	0.013	0.016	4
646	Fatty acids, total polyunsaturated	2.778	g	0		4	NC	05/28/08							
618	18:2 undifferentiated	2.736	g	4	0.120	1	A	05/28/08	3	2.244	3.009	2	2.397	2.962	4
619	18:3 undifferentiated	0.042	g	4	0.006	6	JA	05/28/08	1	- 0.035	0.115	2	0.034	0.051	2
851	18:3 n-3 c,c,c (ALA)	0.042	g	3	0.002	1	A	05/28/08	2	0.036	0.056	1	0.044	0.051	4
685	18:3 n-6 c,c,c	0.000	g	3	0.000	1	A	05/28/08	2	0.000	0.000	1	0.000	0.000	1 4
672	20:2 n-6 c,c	0.000	g	3	0.000	1	A	05/28/08	2	0.000	0.000	1	0.000	0.000	1 4
689	20:3 undifferentiated	0.000	g	3	0.000	1	A	05/28/08	2	0.000	0.000	1	0.000	0.000	1 4
620	20:4 undifferentiated	0.000	g	3	0.000	1	A	05/28/08	2	0.000	0.000	1	0.000	0.000	1 4
601	Cholesterol	0	mg	0		7	Z	10/01/89							
636	Phytosterols	24	mg	1		1		10/01/89							
501	Tryptophan	0.181	g	10		1		10/01/89							
502	Threonine	0.558	g	38		1		10/01/89							
503	Isoleucine	0.582	g	38		1		10/01/89							

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504	Leucine	0.879	g	38		1		10/01/89							
505	Lysine	0.747	g	38		1		10/01/89							
506	Methionine	0.226	g	32		1		10/01/89							
507	Cystine	0.191	g	28		1		10/01/89							
508	Phenylalanine	0.542	g	32		1		10/01/89							
509	Tyrosine	0.329	g	32		1		10/01/89							
510	Valine	0.679	g	38		1		10/01/89							
511	Arginine	1.060	g	30		1		10/01/89							
512	Histidine	0.389	g	32		1		10/01/89							
513	Alanine	0.799	g	30		1		10/01/89							
514	Aspartic acid	1.261	g	30		1		10/01/89							
515	Glutamic acid	2.259	g	30		1		10/01/89							
516	Glycine	1.636	g	32		1		10/01/89							
517	Proline	0.698	g	28		1		10/01/89							
518	Serine	1.148	g	32		1		10/01/89							
221	Alcohol, ethyl	0.0	g	0		7	Z	12/01/95							

Refuse Percent	Refuse Dissemination Text
0.00	

Weights

Rank	Amount	Description	Gram Weight	n	STD
1	1.00	cup	193	6	1.780

Factors

Carbohydrate Calorie	Fat Calorie	Protein Calorie	Food Degree Brix	Lipid Conversion	Alternate Nitrogen	Nitrogen to Protein Conversion	Retinol Equivalent
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Food Item ID	68364	NDB No	20001	Approved	Y
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Factors

Carbohydrate Calorie	Fat Calorie	Protein Calorie	Food Degree Brix	Lipid Conversion	Alternate Nitrogen	Nitrogen to Protein Conversion	Retinol Equivalent
4.0700	8.3700	3.4700		.9200		5.8500	
SR	Survey	Food Supply					
Y							

Number   Footnotes