

# SR Item Report - Amount in 100 gram Edible Portion

AUG-17-15 02:19 PM

Page 1 of 2

Food Item ID 396052

NDB No 09110

Approved Y

## Edited Name

Goji berries, dried

## Scientific Name

Lycium barbarum L.

## Common Name

wolfberries

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	7.50	g	0		4	BFZN	12/09/14							
208	Energy	349	kcal	0		8	LC	12/09/14				2	319	357	2
268	Energy	1461	kJ	0		8	LC	12/09/14							
203	Protein	14.26	g	0		8	LC	12/09/14				2	14.16	14.29	2
204	Total lipid (fat)	0.39	g	0		8	LC	12/09/14				2	0.00	1.79	2
207	Ash	0.78	g	0		4	NC	12/09/14							
205	Carbohydrate, by difference	77.06	g	0		8	LC	12/09/14				2	75.00	84.96	2
291	Fiber, total dietary	13.0	g	0		8	LC	12/09/14				2	10.7	17.9	2
269	Sugars, total	45.61	g	0		8	LC	12/09/14				2	42.48	46.43	2
301	Calcium, Ca	190	mg	0		8	LC	12/09/14				1	143	319	2
303	Iron, Fe	6.80	mg	0		8	LC	12/09/14				2	5.14	9.56	2
307	Sodium, Na	298	mg	0		8	LC	12/09/14				2	268	375	2
401	Vitamin C, total ascorbic acid	48.4	mg	0		8	LC	12/09/14				1	42.9	63.7	2
318	Vitamin A, IU	26822	IU	0		8	LC	12/09/14				1	25000	31858	2
606	Fatty acids, total saturated	0.000	g	0		8	LC	12/09/14				2	0.000	0.000	2
605	Fatty acids, total trans	0.000	g	0		8	LC	12/09/14				2	0.000	0.000	2
601	Cholesterol	0	mg	0		8	LC	12/09/14				2	0	0	2
502	Threonine	0.358	g	0		8	LC	12/09/14							
503	Isoleucine	0.261	g	0		8	LC	12/09/14							
504	Leucine	0.456	g	0		8	LC	12/09/14							
505	Lysine	0.233	g	0		8	LC	12/09/14							
506	Methionine	0.087	g	0		8	LC	12/09/14							
507	Cystine	0.144	g	0		8	LC	12/09/14							
508	Phenylalanine	0.271	g	0		8	LC	12/09/14							
509	Tyrosine	0.222	g	0		8	LC	12/09/14							

A\_Compiled\_F\_I\_Report\_SR

SR Item Report - Amount in 100 gram Edible Portion

AUG-17-15 02:19 PM

Food Item ID 396052 NDB No 09110 Approved Y

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
510	Valine	0.316	g	0		8	LC	12/09/14							
511	Arginine	0.722	g	0		8	LC	12/09/14							
512	Histidine	0.157	g	0		8	LC	12/09/14							
513	Alanine	0.698	g	0		8	LC	12/09/14							
514	Aspartic acid	1.711	g	0		8	LC	12/09/14							
515	Glutamic acid	1.431	g	0		8	LC	12/09/14							
516	Glycine	0.304	g	0		8	LC	12/09/14							
517	Proline	1.000	g	0		8	LC	12/09/14							
518	Serine	0.498	g	0		8	LC	12/09/14							

Refuse Percent Refuse Dissemination Text

Weights

Rank	Amount	Description	Gram Weight	n	STD
1	5.00	tbsp	28	1	

Factors

Carbohydrate Calorie	Fat Calorie	Protein Calorie	Food Degree Brix	Lipid Conversion	Alternate Nitrogen	Nitrogen to Protein Conversion	Retinol Equivalent
----------------------	-------------	-----------------	------------------	------------------	--------------------	--------------------------------	--------------------

SR Survey Food Supply  
Y

Number Footnotes