

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for PHYTATE

Plant	Part	Low PPM	High PPM	StdDev	Reference
Abelmoschus esculentus	Fruit	50.0	2900.0	-0.36066152801713924	--
Avena sativa	Seed	8970.0	10000.0	-0.30876780753705974	--
Bertholletia excelsa	Seed	17990.0	19660.0	0.9178382325484765	--
Beta vulgaris	Root	30.0	370.0		--
Brassica oleracea var. italica	Leaf	180.0	1640.0		--
Carum carvi	Seed	10190.0	10900.0	-0.19448774169058122	--
Cicer arietinum	Seed	2080.0	8260.0	-0.5297092681735847	USDA's Ag Handbook 8 and sequelae)
Cocos nucifera	Seed	2300.0	2370.0	-1.2776088102133165	--
Coffea arabica	Seed	7.0	370.0	-1.5315645120943797	--
Corylus avellana	Seed	16200.0	17200.0	0.6054727192347685	--
Cucurbita foetidissima	Seed		19000.0	0.8340328509277256	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Cynara cardunculus	Flower	90.0	900.0		--
Ficus carica	Fruit	3850.0	5570.0	-0.009783126468480976	--
Fragaria spp	Fruit	60.0	230.0	-0.7115399295657975	--
Glycine max	Seed	2480.0	25800.0	1.6974822373233411	--
Helianthus annuus	Seed	16000.0	17030.0	0.5838864845748781	--
Hordeum vulgare	Seed	1640.0	10000.0	-0.30876780753705974	--
Juglans regia	Seed	7600.0	9930.0	-0.31765625710289697	--
Juglans nigra	Seed	19770.0	20400.0	1.01180184224447	--
Lens culinaris	Seed	4340.0	4940.0	-0.9512757332961499	--
Malus domestica	Fruit	630.0	4040.0	-0.2108482779177121	--
Musa x paradisiaca	Fruit	320.0	1110.0	-0.595894613699573	--
Olea europaea	Fruit	20.0	170.0	-0.7194248374657674	--
Papaver somniferum	Seed	21890.0	23290.0	1.3787678314626066	--
Persea americana	Fruit	10.0	30.0	-0.7378229558990302	--
Phaseolus vulgaris	Seed	2220.0	11160.0	-0.16147350044604297	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phaseolus acutifolius	Seed	6150.0	10200.0	-0.2833722373489534	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Phaseolus vulgaris	Fruit	600.0	12230.0	0.8654416504281724	--
Prunus dulcis	Seed	12800.0	13640.0	0.15343156988647566	--
Sesamum indicum	Seed	16160.0	17240.0	0.6105518332723898	--
Solanum tuberosum	Tuber	810.0	4010.0		--
Theobroma cacao	Seed	10.0	530.0	-1.5112480559438948	Phytate in Food. Harland & Oberleas. Wld. Rev. Nutr. Diet, 52: 235-259.
Trigonella foenum-graecum	Seed	6450.0	29760.0	2.200314527047847	Singh, J., Gupta, K., and Arora, S.K. 1993. Changes in the anti-nutritional factors of developing seeds and pod walls of fenugreek (Trigonella foenum graecum L.). Plant Foods for Human Nutrition. 46: 77-84, 1994.
Trigonella foenum-graecum	Fruit	6600.0	24520.0	2.4805336186053295	Singh, J., Gupta, K., and Arora, S.K. 1993. Changes in the anti-nutritional factors of developing seeds and pod walls of fenugreek (Trigonella foenum graecum L.). Plant Foods for Human Nutrition. 46: 77-84, 1994.
Vicia faba	Seed	180.0	1100.0	-1.4388706809077916	--
Vigna unguiculata	Seed	8150.0	9180.0	-0.41288964530829575	--
Zea mays	Seed	310.0	6400.0	-0.7658880709229736	--