

**Basic Report 11983, Pickles, chowchow, with cauliflower onion mustard, sweet**

Report Date: February 01, 2015 13:11 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 245g
<b>Proximates</b>			
Water	g	68.90	168.80
Energy	kcal	121	296
Protein	g	1.50	3.68
Total lipid (fat)	g	0.90	2.20
Carbohydrate, by difference	g	26.64	65.27
Fiber, total dietary	g	1.5	3.7
Sugars, total	g	23.88	58.51
<b>Minerals</b>			
Calcium, Ca	mg	23	56
Iron, Fe	mg	1.40	3.43
Magnesium, Mg	mg	21	51
Phosphorus, P	mg	22	54
Potassium, K	mg	200	490
Sodium, Na	mg	527	1291
Zinc, Zn	mg	0.23	0.56
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	6.0	14.7
Thiamin	mg	0.000	0.000
Riboflavin	mg	0.020	0.049
Niacin	mg	0.000	0.000
Vitamin B-6	mg	0.010	0.024
Folate, DFE	µg	5	12
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	5	12
Vitamin A, IU	IU	90	220
Vitamin E (alpha-tocopherol)	mg	0.16	0.39

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 245g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	61.6	150.9
<b>Lipids</b>			
Fatty acids, total saturated	g	0.149	0.365
Fatty acids, total monounsaturated	g	0.170	0.417
Fatty acids, total polyunsaturated	g	0.397	0.973
Cholesterol	mg	0	0
<b>Other</b>			
Caffeine	mg	0	0