

Basic Report 04053, Oil, olive, salad or cooking

Report Date: January 24, 2019 03:49 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tablespoon 13.5g	1 cup 216g	1 tsp 4.5g
Proximates					
Water	g	0.00	0.00	0.00	0.00
Energy	kcal	884	119	1909	40
Protein	g	0.00	0.00	0.00	0.00
Total lipid (fat)	g	100.00	13.50	216.00	4.50
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00
Minerals					
Calcium, Ca	mg	1	0	2	0
Iron, Fe	mg	0.56	0.08	1.21	0.03
Magnesium, Mg	mg	0	0	0	0
Phosphorus, P	mg	0	0	0	0
Potassium, K	mg	1	0	2	0
Sodium, Na	mg	2	0	4	0
Zinc, Zn	mg	0.00	0.00	0.00	0.00
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000	0.000
Riboflavin	mg	0.000	0.000	0.000	0.000
Niacin	mg	0.000	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000	0.000
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	14.35	1.94	31.00	0.65

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	60.2	8.1	130.0	2.7
Lipids					
Fatty acids, total saturated	g	13.808	1.864	29.825	0.621
Fatty acids, total monounsaturated	g	72.961	9.850	157.596	3.283
Fatty acids, total polyunsaturated	g	10.523	1.421	22.730	0.474
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0