

Full Report (All Nutrients) 04053, Oil, olive, salad or cooking

Report Date: September 24, 2019 05:00 EDT

Nutrient values and weights are for edible portion.

Food Group : Fats and Oils

Fat Factor: 8.84

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 13.5g	1 cup 216g	1 tsp 4.5g
Proximates							
Water 1	g	0.00	4	0.000	0.00	0.00	0.00
Energy	kcal	884	--	--	119	1909	40
Energy	kJ	3699	--	--	499	7990	166
Protein 1	g	0.00	4	0.000	0.00	0.00	0.00
Total lipid (fat) 1 2	g	100.00	--	--	13.50	216.00	4.50
Ash 1	g	0.00	4	0.000	0.00	0.00	0.00
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 1	mg	1	4	0.000	0	2	0
Iron, Fe 1	mg	0.56	4	0.080	0.08	1.21	0.03
Magnesium, Mg 1	mg	0	4	0.000	0	0	0
Phosphorus, P 1	mg	0	4	0.000	0	0	0
Potassium, K 1	mg	1	4	0.000	0	2	0
Sodium, Na 1	mg	2	4	0.000	0	4	0
Zinc, Zn 1	mg	0.00	4	0.000	0.00	0.00	0.00
Copper, Cu 1	mg	0.000	4	0.000	0.000	0.000	0.000
Manganese, Mn 1	mg	0.000	4	0.000	0.000	0.000	0.000
Selenium, Se 1	µg	0.0	2	--	0.0	0.0	0.0
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 13.5g	1 cup 216g	1 tsp 4.5g
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
Pantothenic acid	mg	0.000	--	--	0.000	0.000	0.000
Vitamin B-6	mg	0.000	--	--	0.000	0.000	0.000
Folate, total	µg	0	--	--	0	0	0
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	0	--	--	0	0	0
Folate, DFE	µg	0	--	--	0	0	0
Choline, total	mg	0.3	--	--	0.0	0.6	0.0
Betaine	mg	0.1	--	--	0.0	0.2	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	0	--	--	0	0	0
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol) 2	mg	14.35	6	1.530	1.94	31.00	0.65
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta 2	mg	0.11	6	0.050	0.01	0.24	0.00
Tocopherol, gamma 2	mg	0.83	6	0.180	0.11	1.79	0.04
Tocopherol, delta 2	mg	0.00	6	0.000	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone) 1	µg	60.2	2	--	8.1	130.0	2.7
Lipids							
Fatty acids, total saturated	g	13.808	--	--	1.864	29.825	0.621
4:0 1	g	0.000	4	0.000	0.000	0.000	0.000
6:0 1	g	0.000	4	0.000	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 13.5g	1 cup 216g	1 tsp 4.5g
8:0 1	g	0.000	4	0.000	0.000	0.000	0.000
10:0 1	g	0.000	4	0.000	0.000	0.000	0.000
12:0 1	g	0.000	4	0.000	0.000	0.000	0.000
14:0 1	g	0.000	4	0.000	0.000	0.000	0.000
16:0 1	g	11.290	4	0.583	1.524	24.386	0.508
17:0 1	g	0.022	3	0.023	0.003	0.048	0.001
18:0 1	g	1.953	4	0.024	0.264	4.218	0.088
20:0 1	g	0.414	4	0.003	0.056	0.894	0.019
22:0 1	g	0.129	4	0.003	0.017	0.279	0.006
24:0 1	g	0.000	4	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	72.961	--	--	9.850	157.596	3.283
14:1 1	g	0.000	4	0.000	0.000	0.000	0.000
16:1 undifferentiated 1	g	1.255	4	0.140	0.169	2.711	0.056
17:1 1	g	0.125	4	0.014	0.017	0.270	0.006
18:1 undifferentiated 1	g	71.269	4	1.689	9.621	153.941	3.207
20:1 1	g	0.311	4	0.017	0.042	0.672	0.014
22:1 undifferentiated 1	g	0.000	4	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	10.523	--	--	1.421	22.730	0.474
18:2 undifferentiated 1	g	9.762	4	0.720	1.318	21.086	0.439
18:3 undifferentiated 1	g	0.761	4	0.040	0.103	1.644	0.034
18:4 1	g	0.000	4	0.000	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.000	4	0.000	0.000	0.000	0.000
20:5 n-3 (EPA) 1	g	0.000	4	0.000	0.000	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	4	0.000	0.000	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	4	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Phytosterols	mg	221	13	41.000	30	477	10
Amino Acids							
Tryptophan	g	0.000	--	--	0.000	0.000	0.000
Threonine	g	0.000	--	--	0.000	0.000	0.000
Isoleucine	g	0.000	--	--	0.000	0.000	0.000
Leucine	g	0.000	--	--	0.000	0.000	0.000

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Lysine	g	0.000	--	--	0.000	0.000	0.000
Methionine	g	0.000	--	--	0.000	0.000	0.000
Cystine	g	0.000	--	--	0.000	0.000	0.000
Phenylalanine	g	0.000	--	--	0.000	0.000	0.000
Tyrosine	g	0.000	--	--	0.000	0.000	0.000
Valine	g	0.000	--	--	0.000	0.000	0.000
Arginine	g	0.000	--	--	0.000	0.000	0.000
Histidine	g	0.000	--	--	0.000	0.000	0.000
Alanine	g	0.000	--	--	0.000	0.000	0.000
Aspartic acid	g	0.000	--	--	0.000	0.000	0.000
Glutamic acid	g	0.000	--	--	0.000	0.000	0.000
Glycine	g	0.000	--	--	0.000	0.000	0.000
Proline	g	0.000	--	--	0.000	0.000	0.000
Serine	g	0.000	--	--	0.000	0.000	0.000
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0
Flavonoids							
Flavones							
Apigenin 3 4 5 6	mg	0.1	21	0.01	0.0	0.2	0.0
Luteolin 3 4 5 6 7 8 9	mg	0.1	456	0	0.0	0.3	0.0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2a, 1999 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1997, 1997 Beltsville MD

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