

Basic Report 09193, Olives, ripe, canned (small-extra large)

Report Date: June 19, 2019 15:14 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 tbsp 8.4g | 1 large 4.4g | 1 small 3.2g |
|--------------------------------|------|------------------------|----------------|-----------------|-----------------|
| Proximates | | | | | |
| Water | g | 79.99 | 6.72 | 3.52 | 2.56 |
| Energy | kcal | 116 | 10 | 5 | 4 |
| Protein | g | 0.84 | 0.07 | 0.04 | 0.03 |
| Total lipid (fat) | g | 10.90 | 0.92 | 0.48 | 0.35 |
| Carbohydrate, by difference | g | 6.04 | 0.51 | 0.27 | 0.19 |
| Fiber, total dietary | g | 1.6 | 0.1 | 0.1 | 0.1 |
| Sugars, total | g | 0.00 | 0.00 | 0.00 | 0.00 |
| Minerals | | | | | |
| Calcium, Ca | mg | 88 | 7 | 4 | 3 |
| Iron, Fe | mg | 6.28 | 0.53 | 0.28 | 0.20 |
| Magnesium, Mg | mg | 4 | 0 | 0 | 0 |
| Phosphorus, P | mg | 3 | 0 | 0 | 0 |
| Potassium, K | mg | 8 | 1 | 0 | 0 |
| Sodium, Na | mg | 735 | 62 | 32 | 24 |
| Zinc, Zn | mg | 0.22 | 0.02 | 0.01 | 0.01 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | 0.1 | 0.0 | 0.0 |
| Thiamin | mg | 0.003 | 0.000 | 0.000 | 0.000 |
| Riboflavin | mg | 0.000 | 0.000 | 0.000 | 0.000 |
| Niacin | mg | 0.037 | 0.003 | 0.002 | 0.001 |
| Vitamin B-6 | mg | 0.009 | 0.001 | 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 | 17 | 1 | 1 | 1 |
| Vitamin A, IU | IU | 330 | 28 | 15 | 11 |
| Vitamin E (alpha-tocopherol) | mg | 1.65 | 0.14 | 0.07 | 0.05 |

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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 | 1.4 | 0.1 | 0.1 | 0.0 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 2.279 | 0.191 | 0.100 | 0.073 |
| Fatty acids, total monounsaturated | g | 7.652 | 0.643 | 0.337 | 0.245 |
| Fatty acids, total polyunsaturated | g | 0.629 | 0.053 | 0.028 | 0.020 |
| Fatty acids, total trans | g | 0.000 | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 | 0 | 0 |
| Amino Acids | | | | | |
| Other | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 |