

Full Report (All Nutrients) 09193, Olives, ripe, canned (small-extra large)

Report Date: July 15, 2019 20:19 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 8.4g	1 large 4.4g	1 small 3.2g
Proximates							
Water	g	79.99	2	--	6.72	3.52	2.56
Energy	kcal	116	--	--	10	5	4
Energy	kJ	485	--	--	41	21	16
Protein	g	0.84	2	--	0.07	0.04	0.03
Total lipid (fat) 1	g	10.90	1	--	0.92	0.48	0.35
Ash	g	2.23	2	--	0.19	0.10	0.07
Carbohydrate, by difference	g	6.04	--	--	0.51	0.27	0.19
Fiber, total dietary 1	g	1.6	1	--	0.1	0.1	0.1
Sugars, total	g	0.00	--	--	0.00	0.00	0.00
Minerals							
Calcium, Ca	mg	88	2	--	7	4	3
Iron, Fe 1	mg	6.28	1	--	0.53	0.28	0.20
Magnesium, Mg	mg	4	2	--	0	0	0
Phosphorus, P	mg	3	2	--	0	0	0
Potassium, K	mg	8	2	--	1	0	0
Sodium, Na 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16	mg	735	51	16.000	62	32	24
Zinc, Zn	mg	0.22	2	--	0.02	0.01	0.01
Copper, Cu	mg	0.251	2	--	0.021	0.011	0.008
Manganese, Mn	mg	0.020	2	--	0.002	0.001	0.001
Selenium, Se	µg	0.9	2	--	0.1	0.0	0.0
Vitamins							
Vitamin C, total ascorbic acid	mg	0.9	2	--	0.1	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 8.4g	1 large 4.4g	1 small 3.2g
Thiamin	mg	0.003	2	--	0.000	0.000	0.000
Riboflavin	mg	0.000	2	--	0.000	0.000	0.000
Niacin	mg	0.037	2	--	0.003	0.002	0.001
Pantothenic acid	mg	0.015	--	--	0.001	0.001	0.000
Vitamin B-6	mg	0.009	2	--	0.001	0.000	0.000
Folate, total	µg	0	2	--	0	0	0
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	0	2	--	0	0	0
Folate, DFE	µg	0	--	--	0	0	0
Choline, total	mg	10.3	--	--	0.9	0.5	0.3
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	17	--	--	1	1	1
Retinol	µg	0	--	--	0	0	0
Carotene, beta 1	µg	198	1	--	17	9	6
Carotene, alpha 1	µg	0	1	--	0	0	0
Cryptoxanthin, beta 1	µg	0	1	--	0	0	0
Vitamin A, IU	IU	330	--	--	28	15	11
Lycopene 1	µg	0	1	--	0	0	0
Lutein + zeaxanthin	µg	510	--	--	43	22	16
Vitamin E (alpha-tocopherol) 17	mg	1.65	1	--	0.14	0.07	0.05
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta 17	mg	0.00	1	--	0.00	0.00	0.00
Tocopherol, gamma 17	mg	0.00	1	--	0.00	0.00	0.00
Tocopherol, delta 17	mg	0.00	1	--	0.00	0.00	0.00
Tocotrienol, alpha 17	mg	0.00	1	--	0.00	0.00	0.00
Tocotrienol, beta 17	mg	0.00	1	--	0.00	0.00	0.00
Tocotrienol, gamma 17	mg	0.00	1	--	0.00	0.00	0.00
Tocotrienol, delta 17	mg	0.00	1	--	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) 18	µg	1.4	1	--	0.1	0.1	0.0

Lipids

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 8.4g	1 large 4.4g	1 small 3.2g
Fatty acids, total saturated	g	2.279	--	--	0.191	0.100	0.073
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0 1	g	0.000	1	--	0.000	0.000	0.000
10:0 1	g	0.000	1	--	0.000	0.000	0.000
12:0 1	g	0.000	1	--	0.000	0.000	0.000
14:0 1	g	0.000	1	--	0.000	0.000	0.000
15:0 1	g	0.000	1	--	0.000	0.000	0.000
16:0 1	g	1.730	1	--	0.145	0.076	0.055
17:0 1	g	0.150	1	--	0.013	0.007	0.005
18:0 1	g	0.318	1	--	0.027	0.014	0.010
20:0 1	g	0.055	1	--	0.005	0.002	0.002
22:0 1	g	0.015	1	--	0.001	0.001	0.000
24:0 1	g	0.011	1	--	0.001	0.000	0.000
Fatty acids, total monounsaturated	g	7.652	--	--	0.643	0.337	0.245
14:1 1	g	0.000	1	--	0.000	0.000	0.000
15:1 1	g	0.000	1	--	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.150	1	--	0.013	0.007	0.005
17:1 1	g	0.000	1	--	0.000	0.000	0.000
18:1 undifferentiated 1	g	7.470	1	--	0.627	0.329	0.239
20:1 1	g	0.032	1	--	0.003	0.001	0.001
22:1 undifferentiated 1	g	0.000	1	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.629	--	--	0.053	0.028	0.020
18:2 undifferentiated 1	g	0.629	1	--	0.053	0.028	0.020
18:3 undifferentiated 1	g	0.000	--	--	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000
20:2 n-6 c,c 1	g	0.000	1	--	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.000	--	--	0.000	0.000	0.000
20:4 n-6 1	g	0.000	1	--	0.000	0.000	0.000
20:5 n-3 (EPA) 1	g	0.000	1	--	0.000	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	1	--	0.000	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	1	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 8.4g	1 large 4.4g	1 small 3.2g
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Threonine	g	0.026	4	--	0.002	0.001	0.001
Isoleucine	g	0.031	4	--	0.003	0.001	0.001
Leucine	g	0.050	4	--	0.004	0.002	0.002
Lysine	g	0.032	4	--	0.003	0.001	0.001
Methionine	g	0.012	4	--	0.001	0.001	0.000
Phenylalanine	g	0.029	4	--	0.002	0.001	0.001
Tyrosine	g	0.023	4	--	0.002	0.001	0.001
Valine	g	0.038	4	--	0.003	0.002	0.001
Arginine	g	0.067	4	--	0.006	0.003	0.002
Histidine	g	0.023	4	--	0.002	0.001	0.001
Alanine	g	0.043	4	--	0.004	0.002	0.001
Aspartic acid	g	0.092	4	--	0.008	0.004	0.003
Glutamic acid	g	0.093	4	--	0.008	0.004	0.003
Glycine	g	0.049	4	--	0.004	0.002	0.002
Proline	g	0.040	4	--	0.003	0.002	0.001
Serine	g	0.031	4	--	0.003	0.001	0.001
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							
Luteolin ¹⁹	mg	2.8	3	0.15	0.2	0.1	0.1

Sources of Data

- ¹California Olive Committee, KC Institute GM2029 California Olive Committee, 2016
- ²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995
- ³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996
- ⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997
- ⁵Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1998
- ⁶Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1999
- ⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2000
- ⁸Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2001
- ⁹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2002
- ¹⁰Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2003
- ¹¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2004

¹²Food and Drug Administration (FDA), DHHS **FDA Total Diet Study**, 2005

¹³Food and Drug Administration (FDA), DHHS **FDA Total Diet Study**, 1991

¹⁴Food and Drug Administration (FDA), DHHS **FDA Total Diet Study**, 1992

¹⁵Food and Drug Administration (FDA), DHHS **FDA Total Diet Study**, 1993

¹⁶Food and Drug Administration (FDA), DHHS **FDA Total Diet Study**, 1994

¹⁷Nutrient Data Laboratory, ARS, USDA **Determination of the Tocopherol Content of Selected Foods**, 1992 Beltsville MD

¹⁸S.L. Booth, J.A. Sadowski, J.A. T. Pennington **Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study**, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579

¹⁹Blekas, G., Vassilakis, C., Harizanis, C., Tsimidou, M., and Boskou, D. G. **Biophenols in table olives.**, 2002 J. Agric. Food Chem. 50 pp.3688-3692

Languag Code(s)

- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1170 BLACK OLIVE
- C0167 FRUIT
- E0131 WHOLE
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0253 CURED OR AGED
- J0123 STERILIZED BY HEAT
- K0018 PACKED IN SALT BRINE
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0052 RIPE OR MATURE