

Basic Report 09195, Olives, pickled, canned or bottled, green

Report Date: July 24, 2019 00:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 olive 2.7g
Proximates			
Water	g	75.28	2.03
Energy	kcal	145	4
Protein	g	1.03	0.03
Total lipid (fat)	g	15.32	0.41
Carbohydrate, by difference	g	3.84	0.10
Fiber, total dietary	g	3.3	0.1
Sugars, total	g	0.54	0.01
Minerals			
Calcium, Ca	mg	52	1
Iron, Fe	mg	0.49	0.01
Magnesium, Mg	mg	11	0
Phosphorus, P	mg	4	0
Potassium, K	mg	42	1
Sodium, Na	mg	1556	42
Zinc, Zn	mg	0.04	0.00
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.021	0.001
Riboflavin	mg	0.007	0.000
Niacin	mg	0.237	0.006
Vitamin B-6	mg	0.031	0.001
Folate, DFE	µg	3	0
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	20	1
Vitamin A, IU	IU	393	11
Vitamin E (alpha-tocopherol)	mg	3.81	0.10

Nutrient	Unit	1 Value Per100 g	1 olive 2.7g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.4	0.0
Lipids			
Fatty acids, total saturated	g	2.029	0.055
Fatty acids, total monounsaturated	g	11.314	0.305
Fatty acids, total polyunsaturated	g	1.307	0.035
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0