

Full Report (All Nutrients) 09195, Olives, pickled, canned or bottled, green

Report Date: June 19, 2019 15:28 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 olive 2.7g
Proximates					
Water 1 2 3	g	75.28	7	1.070	2.03
Energy	kcal	145	--	--	4
Energy	kJ	609	--	--	16
Protein 1 2	g	1.03	6	0.310	0.03
Total lipid (fat) 1 2 3	g	15.32	7	1.390	0.41
Ash 1	g	4.53	2	--	0.12
Carbohydrate, by difference	g	3.84	--	--	0.10
Fiber, total dietary 1 2	g	3.3	6	0.300	0.1
Sugars, total	g	0.54	--	--	0.01
Minerals					
Calcium, Ca 1 2	mg	52	6	3.000	1
Iron, Fe 1 2	mg	0.49	6	0.030	0.01
Magnesium, Mg 1	mg	11	2	--	0
Phosphorus, P 1	mg	4	2	--	0
Potassium, K 1 2	mg	42	6	8.000	1
Sodium, Na 1 2	mg	1556	6	146.000	42
Zinc, Zn 1	mg	0.04	2	--	0.00
Copper, Cu 1	mg	0.120	2	--	0.003
Selenium, Se	µg	0.9	--	--	0.0
Vitamins					
Vitamin C, total ascorbic acid 1 2	mg	0.0	6	0.000	0.0
Thiamin 1	mg	0.021	2	--	0.001

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Riboflavin 1	mg	0.007	2	--	0.000
Niacin 1	mg	0.237	2	--	0.006
Pantothenic acid 1	mg	0.023	2	--	0.001
Vitamin B-6 1	mg	0.031	2	--	0.001
Folate, total 1	µg	3	1	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	3	1	--	0
Folate, DFE	µg	3	--	--	0
Choline, total	mg	14.2	--	--	0.4
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE 1 4	µg	20	--	--	1
Retinol	µg	0	--	--	0
Carotene, beta 1 4	µg	231	3	27.000	6
Carotene, alpha 4	µg	0	1	--	0
Cryptoxanthin, beta 1 4	µg	9	3	4.000	0
Vitamin A, IU 1 2 4	IU	393	--	--	11
Lycopene 4	µg	0	1	--	0
Lutein + zeaxanthin 4	µg	510	1	--	14
Vitamin E (alpha-tocopherol) 3	mg	3.81	1	--	0.10
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta 3	mg	0.00	1	--	0.00
Tocopherol, gamma 3	mg	0.00	1	--	0.00
Tocopherol, delta 3	mg	0.00	1	--	0.00
Tocotrienol, alpha 3	mg	0.00	1	--	0.00
Tocotrienol, beta 3	mg	0.00	1	--	0.00
Tocotrienol, gamma 3	mg	0.00	1	--	0.00
Tocotrienol, delta 3	mg	0.00	1	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	1.4	--	--	0.0

Lipids

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 olive 2.7g
Fatty acids, total saturated	g	2.029	--	--	0.055
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	1.691	--	--	0.046
18:0	g	0.338	--	--	0.009
Fatty acids, total monounsaturated	g	11.314	--	--	0.305
16:1 undifferentiated	g	0.123	--	--	0.003
18:1 undifferentiated	g	11.144	--	--	0.301
20:1	g	0.046	--	--	0.001
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	1.307	--	--	0.035
18:2 undifferentiated	g	1.215	--	--	0.033
18:3 undifferentiated	g	0.092	--	--	0.002
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
Flavonoids					
Flavan-3-ols					
(+)-Catechin 5	mg	0.0	4	0	0.0
(-)-Epigallocatechin 5	mg	0.0	4	0	0.0

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(-)-Epicatechin 5	mg	0.0	4	0	0.0
(-)-Epicatechin 3-gallate 5	mg	0.0	4	0	0.0
(-)-Epigallocatechin 3-gallate 5	mg	0.0	4	0	0.0
(+)-Gallocatechin 5	mg	0.0	4	0	0.0
Flavones					
Luteolin 6	mg	0.6	7	0.13	0.0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Nutrient content of ethnic and geographic specific foods, Southern Testing and Research Laboratories, 1995 Beltsville MD

²Association of Spanish Exporters of Table Olives Analysis of Spanish Olives, 1993

³Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1992 Beltsville MD

⁴I.M. Heinonen, V. Ollilainen, E. Linkola, P. Varo, P. Koivistoinen Carotenoids in Finnish Foods: Vegetables, Fruits, and Berries, 1989 Journal of Agriculture and Food Chemistry 37 pp.655-659

⁵Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. Catechin content of foods commonly consumed in the Netherlands. 1. Fruits, vegetables, staple foods and processed foods., 2000 J. Agric. Food Chem. 48 pp.1746-1751

⁶Blekas, 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)
- B1169 GREEN OLIVE
- C0167 FRUIT
- E0131 WHOLE
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0190 PICKLED
- 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