

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

Report Date: July 17, 2019 07:25 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