

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

Report Date: July 20, 2019 23:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3	g	75.28	7	1.070	71.89	80.56	6.0	72.64	77.92	3	Aggregated data involving combinations of source codes 1 & 12	--	02/2003
Energy	kcal	145	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	609	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Protein 1 2	g	1.03	6	0.310	0.4	2.43	5.0	0.21	1.83	2	Aggregated data involving combinations of source codes 1 & 12	--	02/2003
Total lipid (fat) 1 2 3	g	15.32	7	1.390	9.54	20.72	6.0	11.9	18.72	3	Aggregated data involving combinations of source codes 1 & 12	--	02/2003
Ash 1	g	4.53	2	--	3.81	5.26	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Carbohydrate, by difference	g	3.84	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007

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Fiber, total dietary 1 2	g	3.3	6	0.300	2.5	4.4	5.0	2.4	4.1	2	Aggregated data involving combinations of source codes 1 & 12	--	02/2003
Sugars, total	g	0.54	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Minerals													
Calcium, Ca 1 2	mg	52	6	3.000	35	58	5.0	42.0	61.0	2	Aggregated data involving combinations of source codes 1 & 12	--	02/2003
Iron, Fe 1 2	mg	0.49	6	0.030	0.35	0.57	5.0	0.4	0.57	2	Aggregated data involving combinations of source codes 1 & 12	--	02/2003
Magnesium, Mg 1	mg	11	2	--	9	14	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Phosphorus, P 1	mg	4	2	--	3	5	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Potassium, K 1 2	mg	42	6	8.000	23	77	5.0	19.0	64.0	2	Aggregated data involving combinations of source codes 1 & 12	--	02/2003

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Sodium, Na 1 2	mg	1556	6	146.000	1,105	1,961	5.0	1180.0	1932.0	2	Aggregated data involving combinations of source codes 1 & 12	--	02/2003
Zinc, Zn 1	mg	0.04	2	--	0.04	0.04	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Copper, Cu 1	mg	0.120	2	--	0.11	0.13	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Selenium, Se	µg	0.9	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	0.0	6	0.000	0	0	5.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	02/2003
Thiamin 1	mg	0.021	2	--	0.02	0.02	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Riboflavin 1	mg	0.007	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Niacin 1	mg	0.237	2	--	0.14	0.33	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Pantothenic acid 1	mg	0.023	2	--	0.02	0.03	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Vitamin B-6 1	mg	0.031	2	--	0.02	0.04	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Folate, total 1	µg	3	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003

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Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Folate, food	µg	3	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	3	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	14.2	--	--	0	0	--	--	--	--	Calculated or imputed	09037	03/2007
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE 1 4	µg	20	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2007
Carotene, beta 1 4	µg	231	3	27.000	184	280	2.0	111.0	351.0	2	Analytical or derived from analytical	--	02/2003
Carotene, alpha 4	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Cryptoxanthin, beta 1 4	µg	9	3	4.000	3	19	2.0	-12.0	30.0	2	Analytical or derived from analytical	--	02/2003
Vitamin A, IU 1 2 4	IU	393	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2007
Lycopene 4	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Lutein + zeaxanthin 4	µg	510	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Vitamin E (alpha-tocopherol) 3	mg	3.81	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003

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Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 3	mg	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Tocopherol, gamma 3	mg	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Tocopherol, delta 3	mg	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Tocotrienol, alpha 3	mg	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Tocotrienol, beta 3	mg	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Tocotrienol, gamma 3	mg	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Tocotrienol, delta 3	mg	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	1.4	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
Lipids													
Fatty acids, total saturated	g	2.029	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
4:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
6:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
8:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
10:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
14:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
16:0	g	1.691	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
18:0	g	0.338	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
Fatty acids, total monounsaturated	g	11.314	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
16:1 undifferentiated	g	0.123	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
18:1 undifferentiated	g	11.144	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
20:1	g	0.046	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
Fatty acids, total polyunsaturated	g	1.307	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
18:2 undifferentiated	g	1.215	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
18:3 undifferentiated	g	0.092	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
18:4	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	09193	02/2003
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003

Other

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003

Flavonoids

Flavan-3-ols

(+)-Catechin 5	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 5	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 5	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 5	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 5	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin 5	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

Flavones

Luteolin 6	mg	0.6	--	0.13	0.2	1.2	--	--	--	--	--	--	--
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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