

Full Report (All Nutrients) 11947, Pickles, cucumber, dill, reduced sodium
Report Date: July 20, 2019 22:20 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 spear, small 35g	1 slice 7g	1 large (4" long) 135g	1 cup, chopped or diced 143g	1 cup, (about 23 slices) 155g
Proximates									
Water 1	g	94.34	18	0.090	33.02	6.60	127.36	134.91	146.23
Energy	kcal	12	--	--	4	1	16	17	19
Energy	kJ	52	--	--	18	4	70	74	81
Protein 1	g	0.50	18	0.010	0.17	0.04	0.68	0.71	0.78
Total lipid (fat) 1	g	0.30	18	0.010	0.10	0.02	0.41	0.43	0.47
Ash 1	g	2.45	18	0.050	0.86	0.17	3.31	3.50	3.80
Carbohydrate, by difference	g	2.41	--	--	0.84	0.17	3.25	3.45	3.74
Fiber, total dietary 1	g	1.0	9	0.038	0.3	0.1	1.4	1.4	1.6
Sugars, total	g	1.07	--	--	0.37	0.07	1.44	1.53	1.66
Sucrose 1	g	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00
Glucose (dextrose) 1	g	0.52	5	0.020	0.18	0.04	0.70	0.74	0.81
Fructose 1	g	0.55	5	0.006	0.19	0.04	0.74	0.79	0.85
Lactose 1	g	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00
Maltose 1	g	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00
Galactose	g	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Minerals									
Calcium, Ca 1	mg	57	18	1.000	20	4	77	82	88
Iron, Fe 1	mg	0.26	18	0.010	0.09	0.02	0.35	0.37	0.40
Magnesium, Mg 1	mg	7	18	0.000	2	0	9	10	11
Phosphorus, P 1	mg	16	18	0.000	6	1	22	23	25
Potassium, K 1	mg	117	18	3.000	41	8	158	167	181
Sodium, Na	mg	18	1	--	6	1	24	26	28

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Zinc, Zn 1	mg	0.10	18	0.004	0.04	0.01	0.14	0.14	0.15
Copper, Cu 1	mg	0.028	18	0.001	0.010	0.002	0.038	0.040	0.043
Manganese, Mn 1	mg	0.062	18	0.003	0.022	0.004	0.084	0.089	0.096
Selenium, Se	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Fluoride, F 2 3 4	µg	30.1	18	5.900	10.5	2.1	40.6	43.0	46.7
Vitamins									
Vitamin C, total ascorbic acid 1	mg	2.3	3	--	0.8	0.2	3.1	3.3	3.6
Thiamin 1 5	mg	0.045	10	0.002	0.016	0.003	0.061	0.064	0.070
Riboflavin 1	mg	0.057	9	0.001	0.020	0.004	0.077	0.082	0.088
Niacin 1	mg	0.109	9	0.007	0.038	0.008	0.147	0.156	0.169
Pantothenic acid 1	mg	0.201	6	0.012	0.070	0.014	0.271	0.287	0.312
Vitamin B-6 1	mg	0.035	9	0.002	0.012	0.002	0.047	0.050	0.054
Folate, total 1	µg	8	1	--	3	1	11	11	12
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	8	1	--	3	1	11	11	12
Folate, DFE	µg	8	--	--	3	1	11	11	12
Choline, total 5	mg	3.4	--	--	1.2	0.2	4.6	4.9	5.3
Betaine 5	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	6	--	--	2	0	8	9	9
Retinol	µg	0	--	--	0	0	0	0	0
Carotene, beta	µg	53	--	--	19	4	72	76	82
Carotene, alpha	µg	13	--	--	5	1	18	19	20
Cryptoxanthin, beta	µg	30	--	--	10	2	40	43	46
Vitamin A, IU	IU	125	--	--	44	9	169	179	194
Lycopene	µg	0	--	--	0	0	0	0	0
Lutein + zeaxanthin	µg	28	--	--	10	2	38	40	43
Vitamin E (alpha-tocopherol)	mg	0.03	--	--	0.01	0.00	0.04	0.04	0.05
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0	0
Vitamin K (phylloquinone) 1	µg	17.3	5	0.300	6.1	1.2	23.4	24.7	26.8

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Lipids									
Fatty acids, total saturated	g	0.079	--	--	0.028	0.006	0.107	0.113	0.122
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
12:0	g	0.003	3	--	0.001	0.000	0.004	0.004	0.005
14:0	g	0.003	3	--	0.001	0.000	0.004	0.004	0.005
16:0	g	0.065	3	--	0.023	0.005	0.088	0.093	0.101
18:0	g	0.008	3	--	0.003	0.001	0.011	0.011	0.012
Fatty acids, total monounsaturated	g	0.005	--	--	0.002	0.000	0.007	0.007	0.008
16:1 undifferentiated	g	0.000	3	--	0.000	0.000	0.000	0.000	0.000
18:1 undifferentiated	g	0.005	3	--	0.002	0.000	0.007	0.007	0.008
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.122	--	--	0.043	0.009	0.165	0.174	0.189
18:2 undifferentiated	g	0.052	3	--	0.018	0.004	0.070	0.074	0.081
18:3 undifferentiated	g	0.070	3	--	0.025	0.005	0.095	0.100	0.109
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0	0
Phytosterols	mg	14	3	0.000	5	1	19	20	22
Amino Acids									
Tryptophan	g	0.005	--	--	0.002	0.000	0.007	0.007	0.008
Threonine	g	0.017	--	--	0.006	0.001	0.023	0.024	0.026
Isoleucine	g	0.019	--	--	0.007	0.001	0.026	0.027	0.029
Leucine	g	0.026	--	--	0.009	0.002	0.035	0.037	0.040
Lysine	g	0.026	--	--	0.009	0.002	0.035	0.037	0.040
Methionine	g	0.005	--	--	0.002	0.000	0.007	0.007	0.008

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Cystine	g	0.004	--	--	0.001	0.000	0.005	0.006	0.006
Phenylalanine	g	0.017	--	--	0.006	0.001	0.023	0.024	0.026
Tyrosine	g	0.010	--	--	0.004	0.001	0.014	0.014	0.015
Valine	g	0.020	--	--	0.007	0.001	0.027	0.029	0.031
Arginine	g	0.040	--	--	0.014	0.003	0.054	0.057	0.062
Histidine	g	0.009	--	--	0.003	0.001	0.012	0.013	0.014
Alanine	g	0.021	--	--	0.007	0.001	0.028	0.030	0.033
Aspartic acid	g	0.037	--	--	0.013	0.003	0.050	0.053	0.057
Glutamic acid	g	0.177	--	--	0.062	0.012	0.239	0.253	0.274
Glycine	g	0.022	--	--	0.008	0.002	0.030	0.031	0.034
Proline	g	0.014	--	--	0.005	0.001	0.019	0.020	0.022
Serine	g	0.018	--	--	0.006	0.001	0.024	0.026	0.028
Other									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17h, 2013 Beltsville MD

²Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision

³A. Kingman Unpublished data. NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.

⁴RD Jackson, EJ Brizendine, SA Kelly, R Hinesley, GK Stookey, AJ Dumipace The fluoride content of foods and beverages from negligibly and optimally fluoridated communities., 2002 Community Dental Oral Epidemiology 30 5 pp.382-391

⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9k, 2005 Beltsville MD

Langual Code(s)

- A0271 VEGETABLE PICKLE (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1404 CUCUMBER
- C0140 FRUIT, PEEL PRESENT, CORE, PIT OR SEED PRESENT
- E0151 SOLID
- F0022 HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0190 PICKLED
- H0200 ACIDIFIED
- H0229 FLAVORING, SPICE OR HERB ADDED, NATURAL
- H0253 CURED OR AGED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0001 PACKING MEDIUM NOT KNOWN
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0156 LOW SODIUM FOOD