

Basic Report 11937, Pickles, cucumber, dill or kosher dill
Report Date: September 18, 2019 19:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	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	g	94.34	33.02	6.60	127.36	134.91	146.23
Energy	kcal	12	4	1	16	17	19
Protein	g	0.50	0.17	0.04	0.68	0.71	0.78
Total lipid (fat)	g	0.30	0.10	0.02	0.41	0.43	0.47
Carbohydrate, by difference	g	2.41	0.84	0.17	3.25	3.45	3.74
Fiber, total dietary	g	1.0	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
Minerals							
Calcium, Ca	mg	57	20	4	77	82	88
Iron, Fe	mg	0.26	0.09	0.02	0.35	0.37	0.40
Magnesium, Mg	mg	7	2	0	9	10	11
Phosphorus, P	mg	16	6	1	22	23	25
Potassium, K	mg	117	41	8	158	167	181
Sodium, Na	mg	809	283	57	1092	1157	1254
Zinc, Zn	mg	0.10	0.04	0.01	0.14	0.14	0.15
Vitamins							
Vitamin C, total ascorbic acid	mg	2.3	0.8	0.2	3.1	3.3	3.6
Thiamin	mg	0.045	0.016	0.003	0.061	0.064	0.070
Riboflavin	mg	0.057	0.020	0.004	0.077	0.082	0.088
Niacin	mg	0.109	0.038	0.008	0.147	0.156	0.169
Vitamin B-6	mg	0.035	0.012	0.002	0.047	0.050	0.054
Folate, DFE	µg	8	3	1	11	11	12
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	6	2	0	8	9	9
Vitamin A, IU	IU	125	44	9	169	179	194
Vitamin E (alpha-tocopherol)	mg	0.03	0.01	0.00	0.04	0.04	0.05

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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)	µg	17.3	6.1	1.2	23.4	24.7	26.8
Lipids							
Fatty acids, total saturated	g	0.079	0.028	0.006	0.107	0.113	0.122
Fatty acids, total monounsaturated	g	0.005	0.002	0.000	0.007	0.007	0.008
Fatty acids, total polyunsaturated	g	0.122	0.043	0.009	0.165	0.174	0.189
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
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0