

Basic Report 11941, Pickles, cucumber, sour

Report Date: June 24, 2017 16:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 155g	1 large (4" long) 135g	1 medium (3-3/4" long) 65g	1 slice 7g	1 small 37g	1 spear 30g
Proximates								
Water	g	94.08	145.82	127.01	61.15	6.59	34.81	28.22
Energy	kcal	11	17	15	7	1	4	3
Protein	g	0.33	0.51	0.45	0.21	0.02	0.12	0.10
Total lipid (fat)	g	0.20	0.31	0.27	0.13	0.01	0.07	0.06
Carbohydrate, by difference	g	2.26	3.50	3.05	1.47	0.16	0.84	0.68
Fiber, total dietary	g	1.2	1.9	1.6	0.8	0.1	0.4	0.4
Sugars, total	g	1.06	1.64	1.43	0.69	0.07	0.39	0.32
Minerals								
Calcium, Ca	mg	0	0	0	0	0	0	0
Iron, Fe	mg	0.40	0.62	0.54	0.26	0.03	0.15	0.12
Magnesium, Mg	mg	4	6	5	3	0	1	1
Phosphorus, P	mg	14	22	19	9	1	5	4
Potassium, K	mg	23	36	31	15	2	9	7
Sodium, Na	mg	1208	1872	1631	785	85	447	362
Zinc, Zn	mg	0.02	0.03	0.03	0.01	0.00	0.01	0.01
Vitamins								
Vitamin C, total ascorbic acid	mg	1.0	1.6	1.4	0.7	0.1	0.4	0.3
Thiamin	mg	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Riboflavin	mg	0.010	0.015	0.014	0.007	0.001	0.004	0.003
Niacin	mg	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Vitamin B-6	mg	0.009	0.014	0.012	0.006	0.001	0.003	0.003
Folate, DFE	µg	1	2	1	1	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	10	16	14	6	1	4	3
Vitamin A, IU	IU	191	296	258	124	13	71	57
Vitamin E (alpha-tocopherol)	mg	0.09	0.14	0.12	0.06	0.01	0.03	0.03

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	47.0	72.8	63.5	30.6	3.3	17.4	14.1
Lipids								
Fatty acids, total saturated	g	0.052	0.081	0.070	0.034	0.004	0.019	0.016
Fatty acids, total monounsaturated	g	0.003	0.005	0.004	0.002	0.000	0.001	0.001
Fatty acids, total polyunsaturated	g	0.081	0.126	0.109	0.053	0.006	0.030	0.024
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0