

Full Report (All Nutrients) 11941, Pickles, cucumber, sour

Report Date: November 22, 2017 13:27 EST

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 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	6	0.057	145.82	127.01	61.15	6.59	34.81	28.22
Energy	kcal	11	--	--	17	15	7	1	4	3
Energy	kJ	44	--	--	68	59	29	3	16	13
Protein	g	0.33	6	0.021	0.51	0.45	0.21	0.02	0.12	0.10
Total lipid (fat)	g	0.20	6	0.000	0.31	0.27	0.13	0.01	0.07	0.06
Ash	g	3.13	6	0.021	4.85	4.23	2.03	0.22	1.16	0.94
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	6	0.000	0	0	0	0	0	0
Iron, Fe	mg	0.40	6	0.000	0.62	0.54	0.26	0.03	0.15	0.12
Magnesium, Mg	mg	4	6	0.000	6	5	3	0	1	1
Phosphorus, P	mg	14	6	0.224	22	19	9	1	5	4
Potassium, K	mg	23	6	0.671	36	31	15	2	9	7
Sodium, Na	mg	1208	6	10.062	1872	1631	785	85	447	362
Zinc, Zn	mg	0.02	6	0.002	0.03	0.03	0.01	0.00	0.01	0.01
Copper, Cu	mg	0.085	6	0.002	0.132	0.115	0.055	0.006	0.031	0.026
Manganese, Mn	mg	0.011	--	--	0.017	0.015	0.007	0.001	0.004	0.003
Selenium, Se	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Vitamins										
Vitamin C, total ascorbic acid	mg	1.0	6	0.000	1.6	1.4	0.7	0.1	0.4	0.3

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Thiamin	mg	0.000	6	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Riboflavin	mg	0.010	6	0.000	0.015	0.014	0.007	0.001	0.004	0.003
Niacin	mg	0.000	6	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Pantothenic acid	mg	0.038	--	--	0.059	0.051	0.025	0.003	0.014	0.011
Vitamin B-6	mg	0.009	--	--	0.014	0.012	0.006	0.001	0.003	0.003
Folate, total	µg	1	--	--	2	1	1	0	0	0
Folic acid	µg	0	--	--	0	0	0	0	0	0
Folate, food	µg	1	--	--	2	1	1	0	0	0
Folate, DFE	µg	1	--	--	2	1	1	0	0	0
Choline, total	mg	3.6	--	--	5.6	4.9	2.3	0.3	1.3	1.1
Betaine	mg	0.0	--	--	0.0	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	0.00
Vitamin B-12, added	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
Retinol	µg	0	--	--	0	0	0	0	0	0
Carotene, beta	µg	81	--	--	126	109	53	6	30	24
Carotene, alpha	µg	20	--	--	31	27	13	1	7	6
Cryptoxanthin, beta	µg	47	--	--	73	63	31	3	17	14
Vitamin A, IU	IU	191	--	--	296	258	124	13	71	57
Lycopene	µg	0	--	--	0	0	0	0	0	0
Lutein + zeaxanthin	µg	43	--	--	67	58	28	3	16	13
Vitamin E (alpha-tocopherol)	mg	0.09	--	--	0.14	0.12	0.06	0.01	0.03	0.03
Vitamin E, added	mg	0.00	--	--	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	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
4:0	g	0.000	--	--	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	0.000
8:0	g	0.000	--	--	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	0.000
12:0	g	0.002	1	--	0.003	0.003	0.001	0.000	0.001	0.001

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14:0	g	0.002	1	--	0.003	0.003	0.001	0.000	0.001	0.001
16:0	g	0.043	1	--	0.067	0.058	0.028	0.003	0.016	0.013
18:0	g	0.005	1	--	0.008	0.007	0.003	0.000	0.002	0.002
Fatty acids, total monounsaturated	g	0.003	--	--	0.005	0.004	0.002	0.000	0.001	0.001
16:1 undifferentiated	g	0.000	1	--	0.000	0.000	0.000	0.000	0.000	0.000
18:1 undifferentiated	g	0.003	1	--	0.005	0.004	0.002	0.000	0.001	0.001
20:1	g	0.000	--	--	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	0.000
Fatty acids, total polyunsaturated	g	0.081	--	--	0.126	0.109	0.053	0.006	0.030	0.024
18:2 undifferentiated	g	0.034	1	--	0.053	0.046	0.022	0.002	0.013	0.010
18:3 undifferentiated	g	0.046	1	--	0.071	0.062	0.030	0.003	0.017	0.014
18:4	g	0.000	--	--	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	0.000
20:5 n-3 (EPA)	g	0.000	--	--	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	0.000
22:6 n-3 (DHA)	g	0.000	--	--	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	0.000
Cholesterol	mg	0	--	--	0	0	0	0	0	0
Phytosterols	mg	14	1	--	22	19	9	1	5	4
Amino Acids										
Tryptophan	g	0.003	--	--	0.005	0.004	0.002	0.000	0.001	0.001
Threonine	g	0.009	--	--	0.014	0.012	0.006	0.001	0.003	0.003
Isoleucine	g	0.010	--	--	0.015	0.014	0.007	0.001	0.004	0.003
Leucine	g	0.014	--	--	0.022	0.019	0.009	0.001	0.005	0.004
Lysine	g	0.014	--	--	0.022	0.019	0.009	0.001	0.005	0.004
Methionine	g	0.003	--	--	0.005	0.004	0.002	0.000	0.001	0.001
Cystine	g	0.002	--	--	0.003	0.003	0.001	0.000	0.001	0.001
Phenylalanine	g	0.009	--	--	0.014	0.012	0.006	0.001	0.003	0.003
Tyrosine	g	0.006	--	--	0.009	0.008	0.004	0.000	0.002	0.002
Valine	g	0.011	--	--	0.017	0.015	0.007	0.001	0.004	0.003
Arginine	g	0.021	--	--	0.033	0.028	0.014	0.001	0.008	0.006
Histidine	g	0.005	--	--	0.008	0.007	0.003	0.000	0.002	0.002
Alanine	g	0.011	--	--	0.017	0.015	0.007	0.001	0.004	0.003

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Aspartic acid	g	0.020	--	--	0.031	0.027	0.013	0.001	0.007	0.006
Glutamic acid	g	0.095	--	--	0.147	0.128	0.062	0.007	0.035	0.029
Glycine	g	0.012	--	--	0.019	0.016	0.008	0.001	0.004	0.004
Proline	g	0.008	--	--	0.012	0.011	0.005	0.001	0.003	0.002
Serine	g	0.010	--	--	0.015	0.014	0.007	0.001	0.004	0.003
Other										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0