

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

Report Date: September 26, 2017 14:16 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<br>Per100 g | Data<br>points | Std.<br>Error | 1 cup<br>155g | 1 large (4" long)<br>135g | 1 medium (3-3/4"<br>long)<br>65g | 1 slice<br>7g | 1 small<br>37g | 1 spear<br>30g |
|--------------------------------|------|---------------------|----------------|---------------|---------------|---------------------------|----------------------------------|---------------|----------------|----------------|
| <b>Proximates</b>              |      |                     |                |               |               |                           |                                  |               |                |                |
| 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           |
| <b>Minerals</b>                |      |                     |                |               |               |                           |                                  |               |                |                |
| 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            |
| <b>Vitamins</b>                |      |                     |                |               |               |                           |                                  |               |                |                |
| 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        |
| <b>Lipids</b>                |      |                  |             |            |            |                        |                            |            |             |             |
| 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           |
| <b>Amino Acids</b>                 |      |                  |             |            |            |                        |                            |            |             |             |
| 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          |
| <b>Other</b>   |      |                     |                |               |               |                           |                                  |               |                |                |
| 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              |