

## Full Report (All Nutrients) 11983, Pickles, chowchow, with cauliflower onion mustard, sweet

Report Date: March 22, 2018 15:27 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g
<b>Proximates</b>					
Water	g	68.90	1	--	168.81
Energy	kcal	121	--	--	296
Energy	kJ	505	--	--	1237
Protein	g	1.50	1	--	3.67
Total lipid (fat)	g	0.90	1	--	2.21
Ash	g	2.06	--	--	5.05
Carbohydrate, by difference	g	26.64	--	--	65.27
Fiber, total dietary	g	1.5	1	--	3.7
Sugars, total	g	23.88	--	--	58.51
<b>Minerals</b>					
Calcium, Ca	mg	23	1	--	56
Iron, Fe	mg	1.40	--	--	3.43
Magnesium, Mg	mg	21	--	--	51
Phosphorus, P	mg	22	1	--	54
Potassium, K	mg	200	1	--	490
Sodium, Na	mg	527	1	--	1291
Zinc, Zn	mg	0.23	--	--	0.56
Copper, Cu	mg	0.092	--	--	0.225
Manganese, Mn	mg	0.085	--	--	0.208
Selenium, Se	µg	2.0	--	--	4.9
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	6.0	1	--	14.7
Thiamin	mg	0.000	1	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g
Riboflavin	mg	0.020	1	--	0.049
Niacin	mg	0.000	1	--	0.000
Pantothenic acid	mg	0.067	--	--	0.164
Vitamin B-6	mg	0.010	--	--	0.025
Folate, total	µg	5	--	--	12
Folic acid	µg	0	--	--	0
Folate, food	µg	5	--	--	12
Folate, DFE	µg	5	--	--	12
Choline, total	mg	4.0	--	--	9.8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	5	--	--	12
Retinol	µg	0	--	--	0
Carotene, beta	µg	38	--	--	93
Carotene, alpha	µg	10	--	--	24
Cryptoxanthin, beta	µg	22	--	--	54
Vitamin A, IU	IU	90	--	--	220
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	222	--	--	544
Vitamin E (alpha-tocopherol)	mg	0.16	--	--	0.39
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	61.6	--	--	150.9
<b>Lipids</b>					
Fatty acids, total saturated	g	0.149	--	--	0.365
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.002	--	--	0.005
14:0	g	0.002	--	--	0.005
16:0	g	0.117	--	--	0.287

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g
18:0	g	0.027	--	--	0.066
Fatty acids, total monounsaturated	g	0.170	--	--	0.417
16:1 undifferentiated	g	0.003	--	--	0.007
18:1 undifferentiated	g	0.167	--	--	0.409
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.397	--	--	0.973
18:2 undifferentiated	g	0.275	--	--	0.674
18:3 undifferentiated	g	0.122	--	--	0.299
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0