

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

Report Date: October 22, 2017 11:34 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 |
|--------------------------------|------|---------------------|----------------|------------|---------------|
| Proximates | | | | | |
| 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 |
| Minerals | | | | | |
| 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 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 6.0 | 1 | -- | 14.7 |
| Thiamin | mg | 0.000 | 1 | -- | 0.000 |

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|------------------------------|------|------------------------|----------------|------------|---------------|
| 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 |
| Lipids | | | | | |
| 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 |

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|------------------------------------|------|------------------------|----------------|------------|---------------|
| 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 |
| Amino Acids | | | | | |
| Other | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 |
| Theobromine | mg | 0 | -- | -- | 0 |