

## Full Report (All Nutrients) 04053, Oil, olive, salad or cooking

Report Date: November 20, 2018 21:33 EST

Nutrient values and weights are for edible portion.

Food Group : Fats and Oils

**Fat Factor: 8.84**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 13.5g	1 cup 216g	1 tsp 4.5g
<b>Proximates</b>							
Water <a href="#">1</a>	g	0.00	4	0.000	0.00	0.00	0.00
Energy	kcal	884	--	--	119	1909	40
Energy	kJ	3699	--	--	499	7990	166
Protein <a href="#">1</a>	g	0.00	4	0.000	0.00	0.00	0.00
Total lipid (fat) <a href="#">1</a> <a href="#">2</a>	g	100.00	--	--	13.50	216.00	4.50
Ash <a href="#">1</a>	g	0.00	4	0.000	0.00	0.00	0.00
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00	0.00
<b>Minerals</b>							
Calcium, Ca <a href="#">1</a>	mg	1	4	0.000	0	2	0
Iron, Fe <a href="#">1</a>	mg	0.56	4	0.080	0.08	1.21	0.03
Magnesium, Mg <a href="#">1</a>	mg	0	4	0.000	0	0	0
Phosphorus, P <a href="#">1</a>	mg	0	4	0.000	0	0	0
Potassium, K <a href="#">1</a>	mg	1	4	0.000	0	2	0
Sodium, Na <a href="#">1</a>	mg	2	4	0.000	0	4	0
Zinc, Zn <a href="#">1</a>	mg	0.00	4	0.000	0.00	0.00	0.00
Copper, Cu <a href="#">1</a>	mg	0.000	4	0.000	0.000	0.000	0.000
Manganese, Mn <a href="#">1</a>	mg	0.000	4	0.000	0.000	0.000	0.000
Selenium, Se <a href="#">1</a>	µg	0.0	2	--	0.0	0.0	0.0
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 13.5g	1 cup 216g	1 tsp 4.5g
Thiamin	mg	0.000	--	--	0.000	0.000	0.000
Riboflavin	mg	0.000	--	--	0.000	0.000	0.000
Niacin	mg	0.000	--	--	0.000	0.000	0.000
Pantothenic acid	mg	0.000	--	--	0.000	0.000	0.000
Vitamin B-6	mg	0.000	--	--	0.000	0.000	0.000
Folate, total	µg	0	--	--	0	0	0
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	0	--	--	0	0	0
Folate, DFE	µg	0	--	--	0	0	0
Choline, total	mg	0.3	--	--	0.0	0.6	0.0
Betaine	mg	0.1	--	--	0.0	0.2	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	0	--	--	0	0	0
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol) <a href="#">2</a>	mg	14.35	6	1.530	1.94	31.00	0.65
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta <a href="#">2</a>	mg	0.11	6	0.050	0.01	0.24	0.00
Tocopherol, gamma <a href="#">2</a>	mg	0.83	6	0.180	0.11	1.79	0.04
Tocopherol, delta <a href="#">2</a>	mg	0.00	6	0.000	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone) <a href="#">1</a>	µg	60.2	2	--	8.1	130.0	2.7
<b>Lipids</b>							
Fatty acids, total saturated	g	13.808	--	--	1.864	29.825	0.621
4:0 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000
6:0 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 13.5g	1 cup 216g	1 tsp 4.5g
8:0 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000
10:0 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000
12:0 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000
14:0 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000
16:0 <a href="#">1</a>	g	11.290	4	0.583	1.524	24.386	0.508
17:0 <a href="#">1</a>	g	0.022	3	0.023	0.003	0.048	0.001
18:0 <a href="#">1</a>	g	1.953	4	0.024	0.264	4.218	0.088
20:0 <a href="#">1</a>	g	0.414	4	0.003	0.056	0.894	0.019
22:0 <a href="#">1</a>	g	0.129	4	0.003	0.017	0.279	0.006
24:0 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	72.961	--	--	9.850	157.596	3.283
14:1 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000
16:1 undifferentiated <a href="#">1</a>	g	1.255	4	0.140	0.169	2.711	0.056
17:1 <a href="#">1</a>	g	0.125	4	0.014	0.017	0.270	0.006
18:1 undifferentiated <a href="#">1</a>	g	71.269	4	1.689	9.621	153.941	3.207
20:1 <a href="#">1</a>	g	0.311	4	0.017	0.042	0.672	0.014
22:1 undifferentiated <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	10.523	--	--	1.421	22.730	0.474
18:2 undifferentiated <a href="#">1</a>	g	9.762	4	0.720	1.318	21.086	0.439
18:3 undifferentiated <a href="#">1</a>	g	0.761	4	0.040	0.103	1.644	0.034
18:4 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000
20:4 undifferentiated <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000
20:5 n-3 (EPA) <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000
22:5 n-3 (DPA) <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000
22:6 n-3 (DHA) <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Phytosterols	mg	221	13	41.000	30	477	10
<b>Amino Acids</b>							
Tryptophan	g	0.000	--	--	0.000	0.000	0.000
Threonine	g	0.000	--	--	0.000	0.000	0.000
Isoleucine	g	0.000	--	--	0.000	0.000	0.000
Leucine	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 13.5g	1 cup 216g	1 tsp 4.5g
Lysine	g	0.000	--	--	0.000	0.000	0.000
Methionine	g	0.000	--	--	0.000	0.000	0.000
Cystine	g	0.000	--	--	0.000	0.000	0.000
Phenylalanine	g	0.000	--	--	0.000	0.000	0.000
Tyrosine	g	0.000	--	--	0.000	0.000	0.000
Valine	g	0.000	--	--	0.000	0.000	0.000
Arginine	g	0.000	--	--	0.000	0.000	0.000
Histidine	g	0.000	--	--	0.000	0.000	0.000
Alanine	g	0.000	--	--	0.000	0.000	0.000
Aspartic acid	g	0.000	--	--	0.000	0.000	0.000
Glutamic acid	g	0.000	--	--	0.000	0.000	0.000
Glycine	g	0.000	--	--	0.000	0.000	0.000
Proline	g	0.000	--	--	0.000	0.000	0.000
Serine	g	0.000	--	--	0.000	0.000	0.000
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0
<b>Flavonoids</b>							
<b>Flavones</b>							
Apigenin <a href="#">3 4 5 6</a>	mg	0.1	21	0.01	0.0	0.2	0.0
Luteolin <a href="#">3 4 5 6 7 8 9</a>	mg	0.1	456	0	0.0	0.3	0.0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2a, 1999 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1997, 1997 Beltsville MD

<sup>3</sup>Brenes, M., Garcia, A., Garcia, P., and Garrido, A. **Rapid and complete extraction of phenols from olive oil and determination by means of a coulometric electrode array system.**, 2000 J. Agric. Food Chem. 48 pp.5178-5183

<sup>4</sup>De la Torre-Carbot, K., Jauregui, O., Gimeno, E., Castellote, A. J., Lamuela-Ravents, R. M., and Lopez-Sabater, M. C. **Characterization and quantification of phenolic compounds in olive oil by solid-phase extraction, HPLC-DAD, and HPLC-MS/MS.**, 2005 J. Agric. Food Chem. 53 pp.4331-4340

<sup>5</sup>Morell, J-R., Romero, M-P., and Motilva, M-J. **Effect of the maturation process of the olive fruit on the phenolic fraction of drupes and oils from Arbequina, Farga, and Morrut cultivars.** J. Agric. Food Chem., 2004 J. Agric. Food Chem. 52 pp.6002-6009

<sup>6</sup>Yousfi, K., Cert, R. M., and Garcia, J. M. **Changes in quality and phenolic compounds of virgin olive oils during objectively described fruit maturation**, 2006 Eur. Food Res. Technol. 223 pp.117-124

<sup>7</sup>Artajo, L.S., Romero, M. P., and Motilva, M. J. **Transfer of phenolic compounds during olive oil extraction in relation to ripening stage of the fruit.**, 2006 J. Sci. Food Agric. 86 pp.518-527

<sup>8</sup>Garcia, A., Brenes, M., Romero, C., Garcia, P. and Garrido, A. **Study of phenolic compounds in virgin olive oil of the Picual variety.**, 1998 Phytochem. Anal. 9 pp.274-277

<sup>9</sup>Kachouri, F., and Hamdi, M. **Use Lactobacillus planarum in olive oil process and improvement of phenolic compounds content.**, 2006 J. Food Engineering 77 pp.746-752