

Olives, green

Portion: 100g

Name	Amount	Unit
Water	75.28	g
Energy	145	kcal
Protein	1.03	g
Total lipid (fat)	15.32	g
Carbohydrate, by difference	3.84	g
Fiber, total dietary	3.3	g
Sugars, total including NLEA	0.54	g
Calcium, Ca	52	mg
Iron, Fe	0.49	mg
Magnesium, Mg	11	mg
Phosphorus, P	4	mg
Potassium, K	42	mg
Sodium, Na	1556	mg
Zinc, Zn	0.04	mg
Copper, Cu	0.12	mg
Selenium, Se	0.9	µg
Vitamin C, total ascorbic acid	0	mg
Thiamin	0.021	mg
Riboflavin	0.007	mg
Niacin	0.237	mg
Vitamin B-6	0.031	mg
Folate, total	3	µg
Folic acid	0	µg
Folate, food	3	µg
Folate, DFE	3	µg
Choline, total	14.2	mg
Vitamin B-12	0	µg
Vitamin B-12, added	0	µg
Vitamin A, RAE	20	µg
Retinol	0	µg
Carotene, beta	231	µg
Carotene, alpha	0	µg
Cryptoxanthin, beta	9	µg
Lycopene	0	µg
Lutein + zeaxanthin	510	µg
Vitamin E (alpha-tocopherol)	3.81	mg
Vitamin E, added	0	mg
Vitamin D (D2 + D3)	0	µg

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Name	Amount	Unit
Vitamin K (phylloquinone)	1.4	µg
Fatty acids, total saturated	2.029	g
Fatty acids, total monounsaturated	11.314	g
Fatty acids, total polyunsaturated	1.307	g
20:5 n-3 (EPA)	0	g
22:5 n-3 (DPA)	0	g
22:6 n-3 (DHA)	0	g
Cholesterol	0	mg
Alcohol, ethyl	0	g
Caffeine	0	mg
Theobromine	0	mg

"Olive, green." *FoodData Central*, 1 Apr. 2019, U.S.D.A, Agricultural Research Service, fdc.nal.usda.gov/index.html. Accessed 1 Feb. 2020.