

Olive oil

Portion: 100g

Name	Amount	Unit
Water	0	g
Energy	884	kcal
Protein	0	g
Total lipid (fat)	100	g
Carbohydrate, by difference	0	g
Fiber, total dietary	0	g
Sugars, total including NLEA	0	g
Calcium, Ca	1	mg
Iron, Fe	0.56	mg
Magnesium, Mg	0	mg
Phosphorus, P	0	mg
Potassium, K	1	mg
Sodium, Na	2	mg
Zinc, Zn	0	mg
Copper, Cu	0	mg
Selenium, Se	0	µg
Vitamin C, total ascorbic acid	0	mg
Thiamin	0	mg
Riboflavin	0	mg
Niacin	0	mg
Vitamin B-6	0	mg
Folate, total	0	µg
Folic acid	0	µg
Folate, food	0	µg
Folate, DFE	0	µg
Choline, total	0.3	mg
Vitamin B-12	0	µg
Vitamin B-12, added	0	µg
Vitamin A, RAE	0	µg
Retinol	0	µg
Carotene, beta	0	µg
Carotene, alpha	0	µg
Cryptoxanthin, beta	0	µg
Lycopene	0	µg
Lutein + zeaxanthin	0	µg
Vitamin E (alpha-tocopherol)	14.35	mg
Vitamin E, added	0	mg
Vitamin D (D2 + D3)	0	µg
Vitamin K (phylloquinone)	60.2	µg

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Name	Amount	Unit
Fatty acids, total saturated	13.808	g
Fatty acids, total monounsaturated	72.961	g
Fatty acids, total polyunsaturated	10.523	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 oil." *FoodData Central*, 1 Apr. 2019, *U.S.D.A, Agricultural Research Service*, fdc.nal.usda.gov/index.html. Accessed 1 Feb. 2020.