



Food ID: D283

Food name and Description: Olive, green, in brine

Scientific name: *Olea europaea* L.

Alternate/Common name(s): Aseytuna, berde

Edible portion: 70%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76.2
Energy, calculated (kcal)	132
Protein (g)	1.3
Total Fat (g)	12.6
Carbohydrate, total (g)	3.4
Ash, total (g)	6.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.2
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	52
Phosphorus, P (mg)	13
Iron, Fe (mg)	1.9
Sodium, Na (mg)	1498

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	245
Retinol Activity Equivalent, RAE (µg)	20
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.67
Fatty acids, monounsaturated, total (g)	9.31
Fatty acids, polyunsaturated, total(g)	1.07
Cholesterol (mg)	0