



Food ID: D284

Food name and Description: Olive, ripe, in brine

Scientific name:

Alternate/Common name(s): Aseytuna, hinog

Edible portion: 78%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.9
Energy, calculated (kcal)	158
Protein (g)	1
Total Fat (g)	16
Carbohydrate, total (g)	2.6
Ash, total (g)	2.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.5
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	87
Phosphorus, P (mg)	15
Iron, Fe (mg)	1.7
Sodium, Na (mg)	812

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	40
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.12
Fatty acids, monounsaturated, total (g)	11.82
Fatty acids, polyunsaturated, total(g)	1.36
Cholesterol (mg)	0