

**Food ID:** D289**Food name and Description:** Pickles, whole, gherkins**Scientific name:****Alternate/Common name(s):****Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	67
Energy, calculated (kcal)	132
Protein (g)	0.4
Total Fat (g)	1.7
Carbohydrate, total (g)	28.7
Ash, total (g)	2.2

**Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	12.3
Sugars, total (g)	15.5

**Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	90
Phosphorus, P (mg)	12
Iron, Fe (mg)	0.9
Sodium, Na (mg)	3565

**Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
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)	0
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.36
Cholesterol (mg)	0