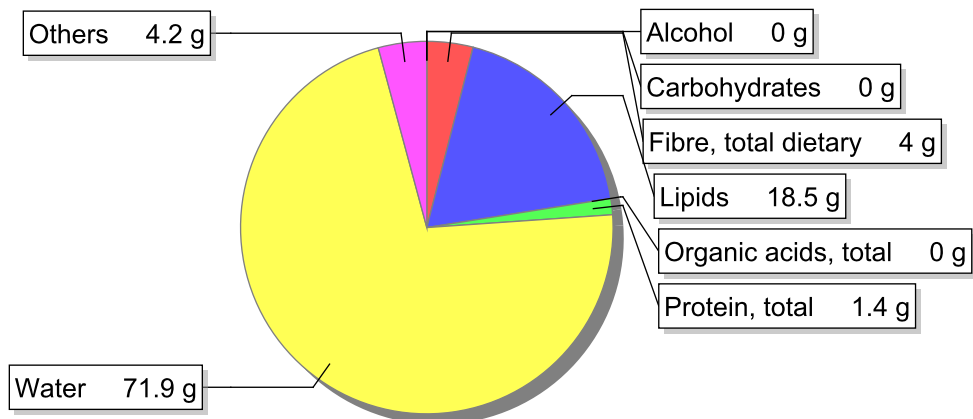


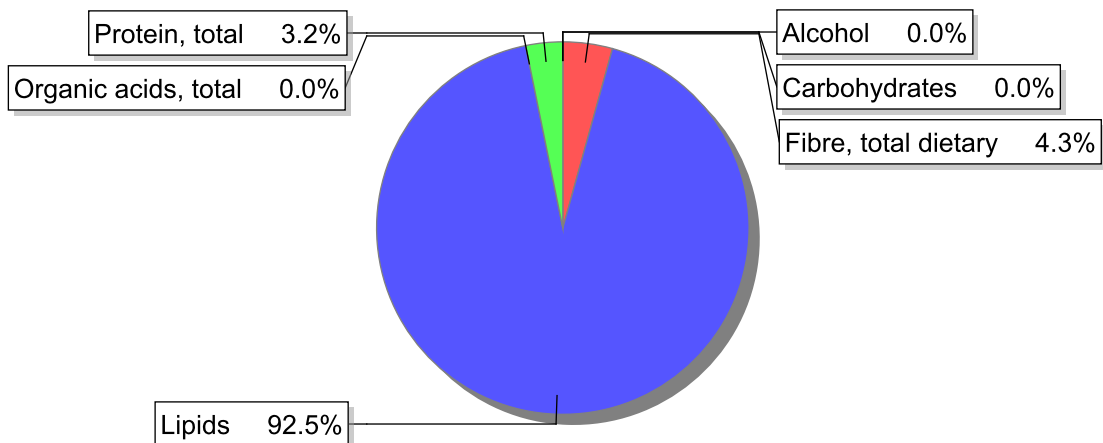
Food

Name: Olives
Group: Fruit
Subgroup: Fat and starchy fruit
Edible Part: 72%
Code: IS703
FoodEX2 Code: A01BQ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	180	kcal	
energy kJ, total metabolisable	740	kJ	
fatty acids, total saturated	2.9	g	
fatty acids, total monounsaturated	9.6	g	
fatty acids, total polyunsaturated	2.2	g	
fatty acid 18:2 n-6 cis,cis	2.0	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	5.3	g	
starch, total	0	g	
protein, total	1.4	g	57
alcohol	0	g	57
water	71.9	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	39	µg	
carotene, total (vitamin A precursors)	236	µg	
vitamin D	0	µg	57
alpha-tocopherol	2	mg	
thiamin	0.02	mg	
riboflavin	0.07	mg	57
niacin, preformed	0.5	mg	
niacin equivalents, total	0.7	mg	
niacin equivalents from tryptophan	0.2	mg	
vitamin B-6, total	0.02	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	
folate, total	0	µg	
ash	5.10	g	
sodium	2100	mg	
potassium	60	mg	
calcium	54	mg	57
phosphorus	14	mg	57
magnesium	22	mg	
iron, total	1.6	mg	57
zinc	0.2	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB