



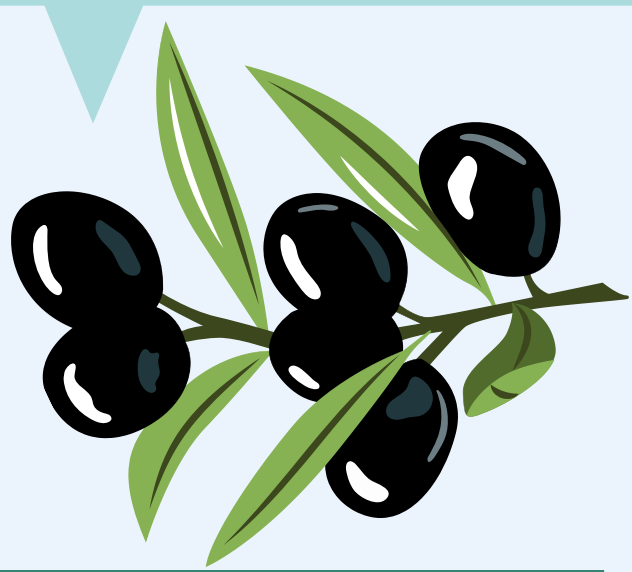
BLACK OLIVES NUTRITION FACTS



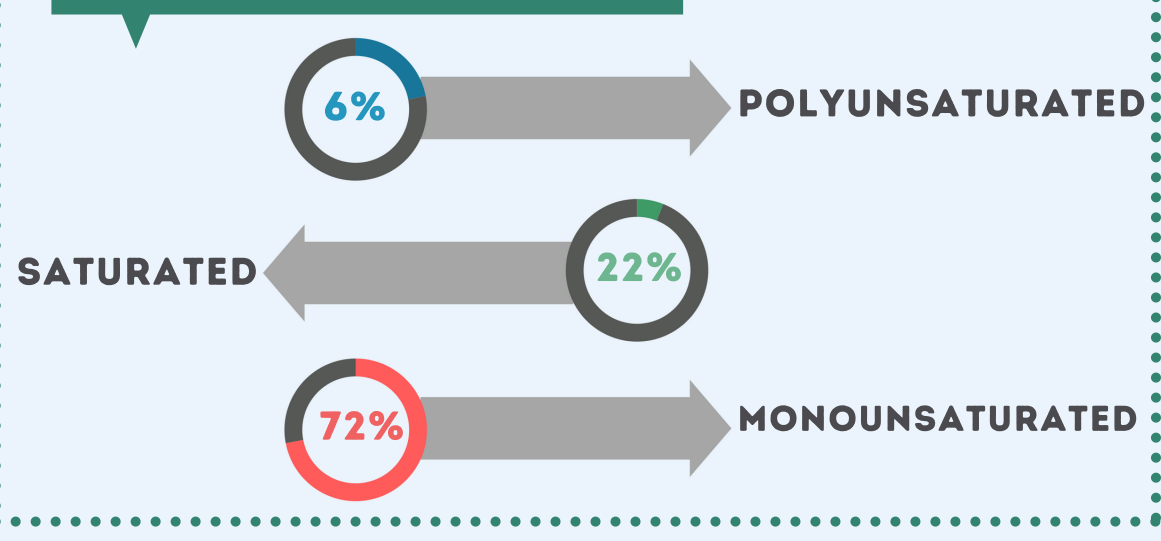
CALORIES 116/100GM

| | AMOUNT |
|--------------|----------|
| CARBOHYDRATE | 6.04 G |
| FAT | 10.90 G |
| PROTEIN | 0.84 G |
| CHOLESTEROL | 0.00 |
| FIBER | 1.6 G |
| RIBOFLAVIN | 0.00 |
| SODIUM, NA | 735 MG |
| THIAMIN | 0.003 MG |

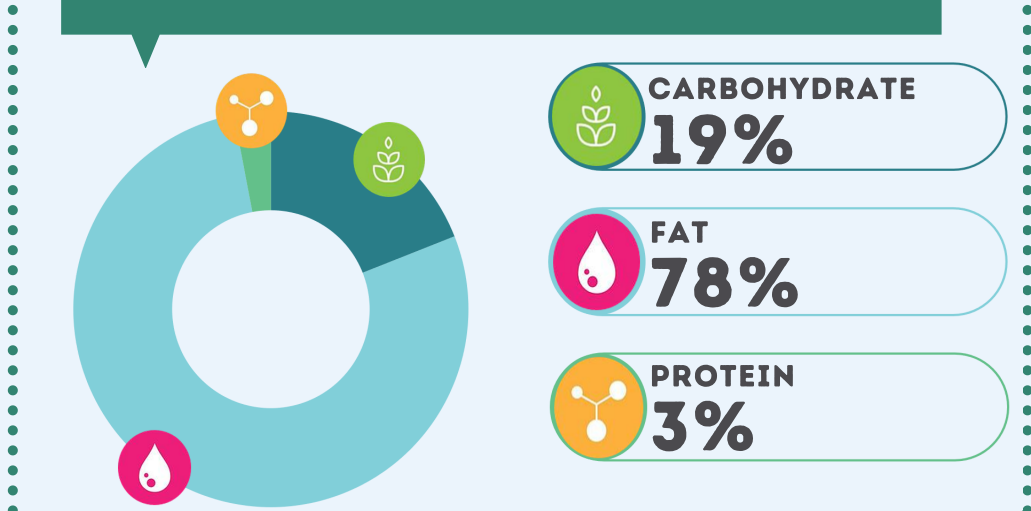
| | AMOUNT |
|-------------|----------|
| NIACIN | 0.037 MG |
| VITAMIN A | 17 MCG |
| VITAMIN B12 | 0.00 |
| VITAMIN B6 | 0.009 MG |
| VITAMIN C | 0.9 MG |
| VITAMIN D | 0.00 |
| FOLATE | 0.00 |



FATS AND FATTY ACIDS



CALORIES BY SOURCE



BLACK OLIVES OTHER NAMES

OLEA EUROPAEA

MINERALS IN BLACK OLIVES

| | | |
|----------|---------------|-----------|
| 88 MG | CALCIUM, CA | 7 % (DV) |
| 0.251 MG | COPPER, CU | 28 % (DV) |
| 6.28 MG | IRON, FE | 35 % (DV) |
| 4 MG | MAGNESIUM, MG | 1 % (DV) |
| 0.9 MCG | SELENIUM, SE | 2 % (DV) |
| 3 MG | PHOSPHORUS, P | 0 % (DV) |
| 8 MG | POTASSIUM, K | 0 % (DV) |
| 0.22 MG | ZINC, ZN | 2 % (DV) |

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.