



GREEN OLIVES NUTRITION FACTS



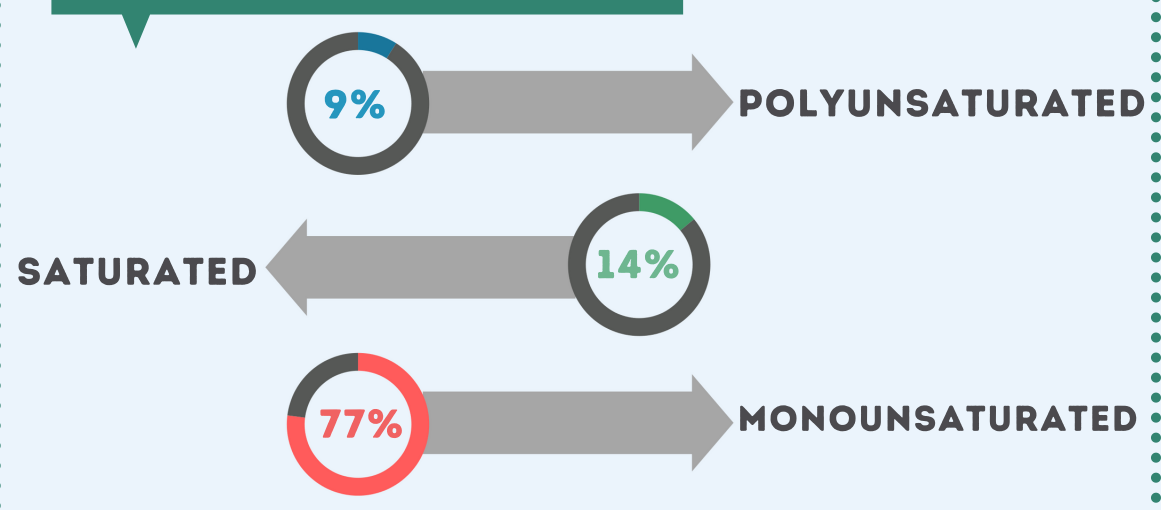
CALORIES 145/100GM

	AMOUNT
CARBOHYDRATE	3.84 G
FAT	15.32 G
PROTEIN	1.03 G
CHOLESTEROL	0.00
FIBER	3.3 G
RIBOFLAVIN	0.007 MG
SODIUM, NA	1556 MG
THIAMIN	0.021 MG

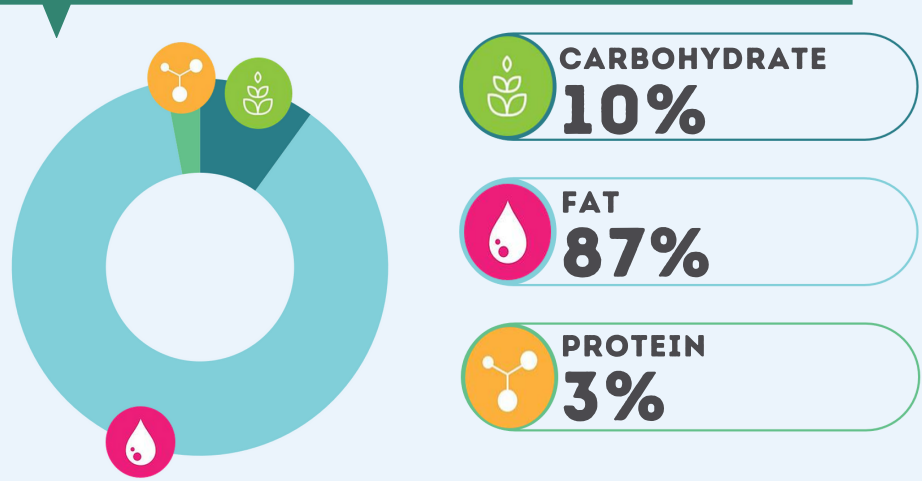
	AMOUNT
NIACIN	0.237 MG
VITAMIN A	20 MCG
VITAMIN B12	0.00
VITAMIN B6	0.031 MG
VITAMIN C	0.00
VITAMIN D	0.00
FOLATE	3 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



GREEN OLIVES OTHER NAMES

OLEA EUROPAEA

MINERALS IN GREEN OLIVES

52 MG	CALCIUM, CA	4 % (DV)
0.120 MG	COPPER, CU	13 % (DV)
0.49 MG	IRON, FE	3 % (DV)
11 MG	MAGNESIUM, MG	3 % (DV)
0.9 MCG	SELENIUM, SE	2 % (DV)
4 MG	PHOSPHORUS, P	1 % (DV)
42 MG	POTASSIUM, K	1 % (DV)
0.04 MG	ZINC, ZN	0 % (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.