

Nutrition Facts

Olives Serving size (100g)

Amount Per Serving

Calories **140**

| | www.ihcare.ae | % Daily Value* |
|-----------------------|---------------|----------------|
| Total Fat | 15g | 19% |
| Saturated Fat | 2g | 10% |
| <i>Trans</i> Fat | 0g | |
| Cholesterol | 0mg | 0% |
| Sodium | 1560mg | 68% |
| Total Carbohydrate | 4g | 1% |
| Dietary Fiber | 3g | 11% |
| Total Sugars | < 1g | |
| Includes Added Sugars | 0g | 0% |
| Protein | 1g | 2% |
| Vitamin D | 0mcg | 0% |
| Calcium | 65mg | 4% |
| Iron | 0.54mg | 4% |
| Potassium | 282mg | 6% |
| Vitamin A | | 8% |
| Vitamin E | | 20% |
| Vitamin K | | 2% |
| Magnesium | | 4% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.