

PICKLES

Nutrition Facts

1 Serving

Amount Per Serving: One 4" pickle

Calories	24.3
Total Fat	0.3 g
Saturated Fat	0.1 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.0 g
Cholesterol	0.0 mg
Sodium	1,730.7 mg
Potassium	156.6 mg
Total Carbohydrate	5.6 g
Dietary Fiber	1.6 g
Sugars	4.7 g
Protein	0.8 g
Vitamin A	4.9 %
Vitamin B-12	0.0 %
Vitamin B-6	0.9 %
Vitamin C	4.3 %
Vitamin D	0.0 %
Vitamin E	1.1 %
Calcium	1.2 %
Copper	5.3 %
Folate	0.3 %
Iron	4.0 %
Magnesium	3.7 %
Manganese	1.0 %
Niacin	0.4 %
Pantothenic Acid	0.7 %
Phosphorus	2.8 %
Riboflavin	2.3 %
Selenium	0.0 %
Thiamin	1.3 %
Zinc	1.3 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.