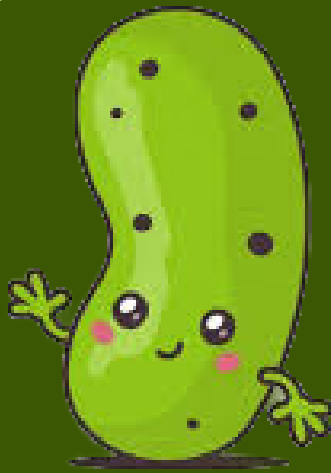


# PICKLES



Pickles likely originated in ancient Mesopotamia around 2400 BCE. Mason Jars were invented for pickling.

## Proteins

Pickles have very little protein.  
.68 grams in one large pickle



## Lipids

The lipids themselves come from the cucumber. They contain small amounts of lipids in their cell membrane, but then the lipids are altered and distributed differently during the pickling process.

## Carbohydrates

Pickles contain about 3.3 grams of carbohydrates. Pickles have small amount of natural sugar, but some is added during the pickling process.



## DNA

Pickles don't actually contain DNA, the pickling process destroys DNA in cucumbers.

## Essential Nutrients

Small amounts of fiber and Vitamin A are found in pickles. Pickles are a good source of Vitamin K and are high in sodium.

