



1203 HALL AVENUE • RIVERSIDE • CALIFORNIA • 92509
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Oil, vegetable, apricot kernel

Refuse: 0%

NDB No: 04530 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error	1.00 X 1 tablespoon ----- 13.6g
Proximates					
Water	g	0.00	0		0.00
Energy	kcal	884	0		120
Energy	kJ	3699	0		503
Protein	g	0.00	0		0.00
Total lipid (fat)	g	100.00	0		13.60
Ash	g	0.00	0		0.00
Carbohydrate, by difference	g	0.00	0		0.00
Fiber, total dietary	g	0.0	0		0.0
Sugars, total	g	0.00	0		0.00
Minerals					
Calcium, Ca	mg	0	0		0
Iron, Fe	mg	0.00	0		0.00
Magnesium, Mg	mg	0	0		0
Phosphorus, P	mg	0	0		0
Potassium, K	mg	0	0		0
Sodium, Na	mg	0	0		0
Zinc, Zn	mg	0.00	0		0.00
Selenium, Se	mcg	0.0	0		0.0
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0		0.0

Thiamin	mg	0.000	0		0.000
Riboflavin	mg	0.000	0		0.000
Niacin	mg	0.000	0		0.000
Pantothenic acid	mg	0.000	0		0.000
Vitamin B-6	mg	0.000	0		0.000
Folate, total	mcg	0	0		0
Folic acid	mcg	0	0		0
Folate, food	mcg	0	0		0
Folate, DFE	mcg_DFE	0	0		0
Vitamin B-12	mcg	0.00	0		0.00
Vitamin A, IU	IU	0	0		0
Vitamin A, RAE	mcg_RAE	0	0		0
Retinol	mcg	0	0		0
Vitamin E (alpha-tocopherol)	mg	4.00	0		0.54
Lipids					
Fatty acids, total saturated	g	6.300	0		0.857
4:0	g	0.000	0		0.000
6:0	g	0.000	0		0.000
8:0	g	0.000	0		0.000
10:0	g	0.000	0		0.000
12:0	g	0.000	0		0.000
16:0	g	5.800	54	0.117	0.789
18:0	g	0.500	53	0.057	0.068
Fatty acids, total monounsaturated	g	60.000	0		8.160
16:1 undifferentiated	g	1.500	51	0.071	0.204
18:1 undifferentiated	g	58.500	54	0.763	7.956
20:1	g	0.000	0		0.000
22:1 undifferentiated	g	0.000	0		0.000
Fatty acids, total polyunsaturated	g	29.300	0		3.985
18:2 undifferentiated	g	29.300	54	0.688	3.985
18:3 undifferentiated	g	0.000	0		0.000
18:4	g	0.000	0		0.000
20:4 undifferentiated	g	0.000	0		0.000
20:5 n-3	g	0.000	0		0.000
22:5 n-3	g	0.000	0		0.000
22:6 n-3	g	0.000	0		0.000
Cholesterol	mg	0	0		0
Phytosterols	mg	266	0		36
Amino acids					
Tryptophan	g	0.000	0		0.000

Threonine	g	0.000	0		0.000
Isoleucine	g	0.000	0		0.000
Leucine	g	0.000	0		0.000
Lysine	g	0.000	0		0.000
Methionine	g	0.000	0		0.000
Cystine	g	0.000	0		0.000
Phenylalanine	g	0.000	0		0.000
Tyrosine	g	0.000	0		0.000
Valine	g	0.000	0		0.000
Arginine	g	0.000	0		0.000
Histidine	g	0.000	0		0.000
Alanine	g	0.000	0		0.000
Aspartic acid	g	0.000	0		0.000
Glutamic acid	g	0.000	0		0.000
Glycine	g	0.000	0		0.000
Proline	g	0.000	0		0.000
Serine	g	0.000	0		0.000
Other					
Alcohol, ethyl	g	0.0	0		0.0
Caffeine	mg	0	0		0
Theobromine	mg	0	0		0
Carotene, beta	mcg	0	0		0
Carotene, alpha	mcg	0	0		0
Cryptoxanthin, beta	mcg	0	0		0
Lycopene	mcg	0	0		0
Lutein + zeaxanthin	mcg	0	0		0

USDA National Nutrient Database for Standard Reference, Release 19 (2006)