



1203 HALL AVENUE • RIVERSIDE • CALIFORNIA • 92509
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Vegetable oil, canola

Refuse: 0%

NDB No: 04582 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error	1.00 X 1 tbsp ----- 14g
Proximates					
Water	g	0.00	1		0.00
Energy	kcal	884	0		124
Energy	kJ	3699	0		518
Protein	g	0.00	1		0.00
Total lipid (fat)	g	100.00	1		14.00
Ash	g	0.00	1		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
Copper, Cu	mg	0.000	0		0.000

Manganese, Mn	mg	0.000	0		0.000
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 B-12, added	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	17.10	7	1.506	2.39
Vitamin E, added	mg	0.00	0		0.00
Tocopherol, beta	mg	0.02	7	0.016	0.00
Tocopherol, gamma	mg	30.35	7	3.104	4.25
Tocopherol, delta	mg	0.97	7	0.098	0.14
Vitamin K (phylloquinone)	mcg	122.0	4	3.157	17.1
Lipids					
Fatty acids, total saturated	g	7.100	0		0.994
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
14:0	g	0.000	0		0.000
16:0	g	4.000	45		0.560
18:0	g	1.800	45		0.252
20:0	g	0.700	1		0.098
22:0	g	0.400	1		0.056
24:0	g	0.200	1		0.028
Fatty acids, total monounsaturated	g	58.900	0		8.246
16:1 undifferentiated	g	0.200	22		0.028
18:1 undifferentiated	g	56.100	45		7.854

20:1	g	1.700	22		0.238
22:1 undifferentiated	g	0.600	45		0.084
Fatty acids, total polyunsaturated	g	29.600	0		4.144
18:2 undifferentiated	g	20.300	45		2.842
18:3 undifferentiated	g	9.300	45		1.302
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
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)