



1203 HALL AVENUE • RIVERSIDE • CALIFORNIA • 92509
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NON GMO Expeller Canola

Refuse: 0%

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	0		0.00
Energy	kcal	884	0		124
Energy	kj	3699	0		518
Protein	g	0.00	0		0.00
Total lipid (fat)	g	100.00	1		14.00
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					
Sodium, Na	mg	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
Vitamin A, IU	IU	0	0		0
Vitamin E (alpha-tocopherol)	mg	21.80	1		3.05
Tocopherol, gamma	mg	21.80	1		3.05

Vitamin D	IU	0	0		0
Lipids					
Fatty acids, total saturated	g	6.511	0		0.912
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	0.047	1		0.007
16:0	g	3.437	1		0.481
18:0	g	1.918	1		0.269
20:0	g	0.674	1		0.094
22:0	g	0.290	1		0.041
24:0	g	0.145	1		0.020
Fatty acids, total monounsaturated	g	71.991	0		10.079
16:1 undifferentiated	g	0.286	0		0.040
16:1 c	g	0.286	1		0.040
18:1 undifferentiated	g	69.970	0		9.796
18:1 c	g	69.893	175		9.785
18:1 t	g	0.077	1		0.011
20:1	g	1.348	1		0.189
22:1 undifferentiated	g	0.241	1		0.034
24:1 c	g	0.145	1		0.020
Fatty acids, total polyunsaturated	g	17.098	0		2.394
18:2 undifferentiated	g	14.501	0		2.030
18:2 n-6 c,c	g	14.339	175		2.007
18:2 t not further defined	g	0.163	1		0.023
18:3 undifferentiated	g	2.597	0		0.364
18:3 n-3 c,c,c	g	2.070	175		0.290
18:3i	g	0.527	1		0.074
Fatty acids, total trans	g	0.767	0		0.107
Fatty acids, total trans-monoenoic	g	0.077	0		0.011
Cholesterol	mg	0	0		0
Campesterol	mg	202	1		28
Beta-sitosterol	mg	426	1		60