



1203 HALL AVENUE • RIVERSIDE • CALIFORNIA • 92509
 T: 1(800) 988-OILS (951) 823-8490 • F: (951) 823-8495

Oil, vegetable, cottonseed, salad or cooking

Refuse: 0%

NDB No: 04502 (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
Copper, Cu	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	35.30	25	3.37	4.80
Vitamin E, added	mg	0.00	0		0.00
Vitamin K (phylloquinone)	mcg	24.7	69	5.831	3.4
Lipids					
Fatty acids, total saturated	g	25.900	0		3.522
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	0.800	115	0.016	0.109
16:0	g	22.700	121	0.198	3.087
18:0	g	2.300	121	0.044	0.313
Fatty acids, total monounsaturated	g	17.800	0		2.421
16:1 undifferentiated	g	0.800	120	0.031	0.109
18:1 undifferentiated	g	17.000	124	0.259	2.312
20:1	g	0.000	0		0.000
22:1 undifferentiated	g	0.000	0		0.000
Fatty acids, total polyunsaturated	g	51.900	0		7.058
18:2 undifferentiated	g	51.500	123	0.357	7.004
18:3 undifferentiated	g	0.200	59	0.03	0.027
18:4	g	0.000	0		0.000
20:4 undifferentiated	g	0.100	48	0.015	0.014
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	324	9	14.738	44
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)