



1203 HALL AVENUE • RIVERSIDE • CALIFORNIA • 92509  
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## Oil, vegetable, grapeseed, refined

Refuse: 0%

NDB No: 04517 (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
<b>Proximates</b>					
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
<b>Minerals</b>					
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
<b>Vitamins</b>					

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	28.80	0		3.92
<b>Lipids</b>					
Fatty acids, total saturated	g	9.600	0		1.306
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	0.100	10	0.016	0.014
16:0	g	6.700	19	0.14	0.911
18:0	g	2.700	19	0.191	0.367
Fatty acids, total monounsaturated	g	16.100	0		2.190
16:1 undifferentiated	g	0.300	3	0.16	0.041
18:1 undifferentiated	g	15.800	19	0.581	2.149
20:1	g	0.000	0		0.000
22:1 undifferentiated	g	0.000	0		0.000
Fatty acids, total polyunsaturated	g	69.900	0		9.506
18:2 undifferentiated	g	69.600	19	0.693	9.466
18:3 undifferentiated	g	0.100	13	0.061	0.014
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	180	0		24

<b>Amino acids</b>					
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
<b>Other</b>					
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)