



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

Oil, vegetable, palm

Refuse: 0%

NDB No: 04055 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	0.00	0	0
Energy	kcal	884	0	0
Energy	kJ	3699	0	0
Protein	g	0.00	0	0
Total lipid (fat)	g	100.00	0	0
Ash	g	0.00	0	0
Carbohydrate, by difference	g	0.00	0	0
Fiber, total dietary	g	0.0	0	0
Sugars, total	g	0.00	0	0
Minerals				
Calcium, Ca	mg	0	0	0
Iron, Fe	mg	0.01	1	0
Magnesium, Mg	mg	0	0	0
Phosphorus, P	mg	0	1	0
Potassium, K	mg	0	0	0
Sodium, Na	mg	0	0	0
Zinc, Zn	mg	0.00	0	0
Copper, Cu	mg	0.000	0	0
Selenium, Se	mcg	0.0	0	0
Vitamins				

Vitamin C, total ascorbic acid	mg	0.0	0	0
Thiamin	mg	0.000	0	0
Riboflavin	mg	0.000	0	0
Niacin	mg	0.000	0	0
Pantothenic acid	mg	0.000	0	0
Vitamin B-6	mg	0.000	0	0
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
Choline, total	mg	0.3	0	0
Vitamin B-12	mcg	0.00	0	0
Vitamin B-12, added	mcg	0.00	0	0
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	15.94	6	3.16
Vitamin E, added	mg	0.00	0	0
Tocopherol, beta	mg	0.00	1	0
Tocopherol, gamma	mg	0.00	1	0
Tocopherol, delta	mg	0.00	1	0
Vitamin K (phylloquinone)	mcg	8.0	1	0
Lipids				
Fatty acids, total saturated	g	49.300	0	0
4:0	g	0.000	0	0
6:0	g	0.000	0	0
8:0	g	0.000	0	0
10:0	g	0.000	0	0
12:0	g	0.100	12	0.038
14:0	g	1.000	15	0.09
16:0	g	43.500	15	0.464
18:0	g	4.300	15	0.352
Fatty acids, total monounsaturated	g	37.000	0	0
16:1 undifferentiated	g	0.300	7	0.071
18:1 undifferentiated	g	36.600	15	0.635
20:1	g	0.100	4	0.072
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	9.300	0	0
18:2 undifferentiated	g	9.100	15	0.419

18:3 undifferentiated	g	0.200	9	0.046
18:4	g	0.000	0	0
20:4 undifferentiated	g	0.000	0	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	0	0
Amino acids				
Tryptophan	g	0.000	0	0
Threonine	g	0.000	0	0
Isoleucine	g	0.000	0	0
Leucine	g	0.000	0	0
Lysine	g	0.000	0	0
Methionine	g	0.000	0	0
Cystine	g	0.000	0	0
Phenylalanine	g	0.000	0	0
Tyrosine	g	0.000	0	0
Valine	g	0.000	0	0
Arginine	g	0.000	0	0
Histidine	g	0.000	0	0
Alanine	g	0.000	0	0
Aspartic acid	g	0.000	0	0
Glutamic acid	g	0.000	0	0
Glycine	g	0.000	0	0
Proline	g	0.000	0	0
Serine	g	0.000	0	0
Other				
Alcohol, ethyl	g	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