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## Oil, peanut, salad or cooking

**Refuse:** 0%

**NDB No:** 04042 (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 -----<br>13.5g |
|--------------------------------|-------|---------------------|-----------------------|------------|------------------------------------|
| <b>Proximates</b>              |       |                     |                       |            |                                    |
| Water                          | g     | 0.00                | 0                     |            | 0.00                               |
| Energy                         | kcal  | 884                 | 0                     |            | 119                                |
| Energy                         | kJ    | 3699                | 0                     |            | 499                                |
| Protein                        | g     | 0.00                | 0                     |            | 0.00                               |
| Total lipid (fat)              | g     | 100.00              | 0                     |            | 13.50                              |
| 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                   | 9                     | 0.024      | 0                                  |
| Iron, Fe                       | mg    | 0.03                | 9                     | 0.004      | 0.00                               |
| Magnesium, Mg                  | mg    | 0                   | 8                     | 0.017      | 0                                  |
| Phosphorus, P                  | mg    | 0                   | 0                     |            | 0                                  |
| Potassium, K                   | mg    | 0                   | 6                     | 0.004      | 0                                  |
| Sodium, Na                     | mg    | 0                   | 11                    | 0.037      | 0                                  |
| Zinc, Zn                       | mg    | 0.01                | 1                     |            | 0.00                               |
| Copper, Cu                     | mg    | 0.000               | 0                     |            | 0.000                              |
| 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 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      | 15.69  | 6  | 0.395 | 2.12  |
| Vitamin E, added                   | mg      | 0.00   | 0  |       | 0.00  |
| Tocopherol, beta                   | mg      | 0.46   | 6  | 0.036 | 0.06  |
| Tocopherol, gamma                  | mg      | 15.91  | 6  | 0.749 | 2.15  |
| Tocopherol, delta                  | mg      | 1.37   | 6  | 0.166 | 0.18  |
| Vitamin K (phylloquinone)          | mcg     | 0.7    | 1  |       | 0.1   |
| <b>Lipids</b>                      |         |        |    |       |       |
| Fatty acids, total saturated       | g       | 16.900 | 0  |       | 2.281 |
| 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  | 4  | 0.092 | 0.014 |
| 16:0                               | g       | 9.500  | 15 | 0.233 | 1.282 |
| 18:0                               | g       | 2.200  | 15 | 0.165 | 0.297 |
| 20:0                               | g       | 1.400  | 0  |       | 0.189 |
| 22:0                               | g       | 2.800  | 0  |       | 0.378 |
| 24:0                               | g       | 0.900  | 0  |       | 0.121 |
| Fatty acids, total monounsaturated | g       | 46.200 | 0  |       | 6.237 |
| 16:1 undifferentiated              | g       | 0.100  | 4  | 0.072 | 0.014 |
| 18:1 undifferentiated              | g       | 44.800 | 15 | 1.835 | 6.048 |
| 20:1                               | g       | 1.300  | 14 | 0.097 | 0.176 |
| 22:1 undifferentiated              | g       | 0.000  | 0  |       | 0.000 |

|                                    |     |        |    |        |       |
|------------------------------------|-----|--------|----|--------|-------|
| Fatty acids, total polyunsaturated | g   | 32.000 | 0  |        | 4.320 |
| 18:2 undifferentiated              | g   | 32.000 | 15 | 1.744  | 4.320 |
| 18:3 undifferentiated              | g   | 0.000  | 0  |        | 0.000 |
| 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  | 207    | 8  | 43.078 | 28    |
| <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     |