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**Oil, vegetable, industrial, mid-oleic,
sunflower, principal uses frying and salad
dressings**

Refuse: 0%

NDB No: 04642 (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	1		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	0.03	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
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	41.08	0		5.59
Vitamin E, added	mg	0.00	0		0.00
Vitamin K (phylloquinone)	mcg	5.4	0		0.7
Lipids					
Fatty acids, total saturated	g	9.009	0		1.225
4:0	g	0.000	1		0.000
6:0	g	0.000	1		0.000
8:0	g	0.000	1		0.000
10:0	g	0.000	1		0.000
12:0	g	0.000	1		0.000
14:0	g	0.057	1		0.008
15:0	g	0.000	1		0.000
16:0	g	4.219	1		0.574
17:0	g	0.037	1		0.005
18:0	g	3.564	1		0.485
20:0	g	0.297	1		0.040
22:0	g	0.836	1		0.114
Fatty acids, total monounsaturated	g	57.334	0		7.797
16:1 undifferentiated	g	0.095	0		0.013
16:1 c	g	0.095	1		0.013
18:1 undifferentiated	g	57.029	0		7.756
18:1 c	g	57.029	1		7.756
18:1 t	g	0.000	1		0.000
20:1	g	0.211	1		0.029
22:1 undifferentiated	g	0.000	1		0.000

Fatty acids, total polyunsaturated	g	28.962	0		3.939
18:2 undifferentiated	g	28.924	0		3.934
18:2 n-6 c,c	g	28.705	1		3.904
18:2 i	g	0.219	1		0.030
18:3 undifferentiated	g	0.037	0		0.005
18:3 n-3 c,c,c	g	0.037	1		0.005
18:3i	g	0.000	1		0.000
18:4	g	0.000	1		0.000
20:4 undifferentiated	g	0.000	1		0.000
20:5 n-3	g	0.000	1		0.000
22:5 n-3	g	0.000	1		0.000
22:6 n-3	g	0.000	1		0.000
Fatty acids, total trans	g	0.219	0		0.030
Fatty acids, total trans-monoenoic	g	0.000	0		0.000
Cholesterol	mg	0	0		0
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)