



1203 HALL AVENUE • RIVERSIDE • CALIFORNIA • 92509  
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## Flaxseed oil

**Refuse:** 0%

**NDB No:** 42231 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
<b>Proximates</b>				
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
<b>Minerals</b>				
Calcium, Ca	mg	0	0	0
Iron, Fe	mg	0.00	0	0
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
Copper, Cu	mg	0.000	0	0
Selenium, Se	mcg	0.0	0	0
<b>Vitamins</b>				

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
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	0.2	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	17.50	0	0
Vitamin E, added	mg	0.00	0	0
Vitamin K (phylloquinone)	mcg	0.0	0	0
<b>Lipids</b>				
Fatty acids, total saturated	g	9.400	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	0.000	0	0
14:0	g	0.000	0	0
16:0	g	5.300	0	0
18:0	g	4.100	0	0
Fatty acids, total monounsaturated	g	20.200	0	0
16:1 undifferentiated	g	0.000	0	0
18:1 undifferentiated	g	20.200	0	0
20:1	g	0.000	0	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	66.000	0	0
18:2 undifferentiated	g	12.700	0	0
18:3 undifferentiated	g	53.300	0	0
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
<b>Other</b>				
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

USDA National Nutrient Database for Standard Reference, Release 20 (2007)