

Oil, industrial, palm kernel (hydrogenated), confection fat, int

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NDB No: 04658 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points
Proximates			
Water	g	0.04	1
Energy	kcal	884	0
Energy	kJ	3699	0
Protein	g	0	1
Total lipid (fat)	g	100	1
Ash	g	0.01	1
Carbohydrate, by difference	g	0	0
Fiber, total dietary	g	0	0
Sugars, total	g	0	0
Minerals			
Calcium, Ca	mg	1	1
Iron, Fe	mg	0.15	1
Magnesium, Mg	mg	0	1
Phosphorus, P	mg	0	1
Potassium, K	mg	1	1
Sodium, Na	mg	6	1
Zinc, Zn	mg	0.04	1
Copper, Cu	mg	0	1
Manganese, Mn	mg	0	1
Selenium, Se	mcg	0	0
Vitamins			
Vitamin C, total ascorbic acid	mg	0	0
Thiamin	mg	0	0
Riboflavin	mg	0	0
Niacin	mg	0	0
Pantothenic acid	mg	0	0
Vitamin B-6	mg	0	0
Folate, total	mcg	0	0
Folic acid	mcg	0	0
Folate, food	mcg	0	0
Folate, DFE	mcg_DFE	0	0
Choline, total	mg	0.2	0

Vitamin B-12	mcg	0	0
Vitamin B-12, added	mcg	0	0
Vitamin A, RAE	mcg_RAE	0	0
Retinol	mcg	0	0
Carotene, beta	mcg	0	0
Carotene, alpha	mcg	0	0
Cryptoxanthin, beta	mcg	0	0
Vitamin A, IU	IU	0	0
Lycopene	mcg	0	0
Lutein + zeaxanthin	mcg	0	0
Vitamin E (alpha-tocopherol)	mg	3.81	0
Vitamin E, added	mg	0	0
Vitamin K (phylloquinone)	mcg	24.7	0
Lipids			
Fatty acids, total saturated	g	96.6	0
6:00	g	0.2	1
8:00	g	3.26	1
10:00	g	3.2	1
12:00	g	46.9	1
14:00	g	16.205	1
16:00	g	8.7	1
18:00	g	18.1	1
Fatty acids, total monounsaturated	g	3.3	0
18:1	g	3.3	1
Fatty acids, total polyunsaturated	g	0.037	0
18:3	g	0.1	1
Fatty acids, total trans	g	2.6	0
Cholesterol	mg	0	0
Amino acids			
Tryptophan	g	0	0
Threonine	g	0	0
Isoleucine	g	0	0
Leucine	g	0	0
Lysine	g	0	0
Methionine	g	0	0
Cystine	g	0	0
Phenylalanine	g	0	0
Tyrosine	g	0	0
Valine	g	0	0
Arginine	g	0	0

Histidine	g	0	0
Alanine	g	0	0
Aspartic acid	g	0	0
Glutamic acid	g	0	0
Glycine	g	0	0
Proline	g	0	0
Serine	g	0	0
Other			
Alcohol, ethyl	g	0	0
Caffeine	mg	0	0
Theobromine	mg	0	0



