

**PRODUCT NUTRITION**

**CANOLA SALAD OIL**

**100g**

Nutrient	Units	Value per 100 grams
<b>Proximates</b>		
Water	g	0.00
Energy	kcal	884
Energy	kJ	3699
Protein	g	0.00
Total lipid (fat)	g	100.00
Ash	g	0.00
Carbohydrate, by difference	g	0.00
Fiber, total dietary	g	0.0
Sugars, total	g	0.00
<b>Minerals</b>		
Calcium, Ca	mg	0
Iron, Fe	mg	0.00
Magnesium, Mg	mg	0
Phosphorus, P	mg	0
Potassium, K	mg	0
Sodium, Na	mg	0
Zinc, Zn	mg	0.00
Copper, Cu	mg	0.000
Manganese, Mn	mg	0.000
Selenium, Se	mcg	0.0
<b>Vitamins</b>		
Vitamin C, total ascorbic acid	mg	0.0
Thiamin	mg	0.000
Riboflavin	mg	0.000
Niacin	mg	0.000
Pantothenic acid	mg	0.000
Vitamin B-6	mg	0.000
Folate, total	mcg	0
Folic acid	mcg	0
Folate, food	mcg	0
Folate, DFE	mcg_DFE	0
Choline, total	mg	0.2
Betaine	mg	0.0
Vitamin B-12	mcg	0.00
Vitamin B-12, added	mcg	0.00
Vitamin A, RAE	mcg_RAE	0

Retinol	mcg	0
Carotene, beta	mcg	0
Carotene, alpha	mcg	0
Cryptoxanthin, beta	mcg	0
Vitamin A, IU	IU	0
Lycopene	mcg	0
Lutein + zeaxanthin	mcg	0
Vitamin E (alpha-tocopherol)	mg	17.46
Vitamin E, added	mg	0.00
Tocopherol, beta	mg	0.01
Tocopherol, gamma	mg	27.34
Tocopherol, delta	mg	0.99
Vitamin D (D2 + D3)	mcg	0.0
Vitamin D	IU	0
Vitamin K (phylloquinone)	mcg	71.3
<b>Lipids</b>		
Fatty acids, total saturated	g	7.365
4:0	g	0.000
6:0	g	0.000
8:0	g	0.000
10:0	g	0.000
12:0	g	0.000
14:0	g	0.000
15:0	g	0.000
16:0	g	4.298
17:0	g	0.000
18:0	g	2.087
20:0	g	0.650
22:0	g	0.330
Fatty acids, total monounsaturated	g	63.276
14:1	g	0.000
15:1	g	0.000
16:1 undifferentiated	g	0.214
17:1	g	0.000
18:1 undifferentiated	g	61.744
18:1 c	g	61.714
18:1 t	g	0.030
20:1	g	1.317
22:1 undifferentiated	g	0.000
Fatty acids, total polyunsaturated	g	28.142
18:2 undifferentiated	g	19.005
18:2 n-6 c,c	g	18.640
18:2 t,t	g	0.365
18:3 undifferentiated	g	9.137
18:3 n-3 c,c,c (ALA)	g	9.137
18:3 n-6 c,c,c	g	0.000
18:4	g	0.000
20:2 n-6 c,c	g	0.000
20:3 undifferentiated	g	0.000
20:4 undifferentiated	g	0.000
20:5 n-3 (EPA)	g	0.000

22:5 n-3 (DPA)	g	0.000
22:6 n-3 (DHA)	g	0.000
Fatty acids, total trans	g	0.395
Fatty acids, total trans-monoenoic	g	0.030
Cholesterol	mg	0
Stigmasterol	mg	3
Campesterol	mg	241
Beta-sitosterol	mg	413
<b>Other</b>		
Alcohol, ethyl	g	0.0
Caffeine	mg	0
Theobromine	mg	0

Data Source:

U.S. Department of Agricultural, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23.