

PRODUCT NUTRITION

EXPELLER-PRESSED CANOLA OIL (NON-GMO)

100g

| Nutrient | Units | Value per 100 grams |
|--------------------------------|---------|---------------------|
| Proximates | | |
| 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 |
| Minerals | | |
| 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 |
| Vitamins | | |
| 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 |
| Lipids | | |
| 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 |

Product Specifications: Expeller-Pressed Canola Oil (non-GMO)
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| | | |
|------------------------------------|----|-------|
| 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 |
| Other | | |
| 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.