

PRODUCT NUTRITION
EXPELLER-PRESSED CANOLA OIL
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
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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.