

PRODUCT NUTRITION

SOYBEAN 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	0.05
Magnesium, Mg	mg	0
Phosphorus, P	mg	0
Potassium, K	mg	0
Sodium, Na	mg	0
Zinc, Zn	mg	0.01
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	8.18
Vitamin E, added	mg	0.00
Tocopherol, beta	mg	0.90
Tocopherol, gamma	mg	64.26
Tocopherol, delta	mg	21.30
Vitamin D (D2 + D3)	mcg	0.0
Vitamin D	IU	0
Vitamin K (phylloquinone)	mcg	183.9
Lipids		
Fatty acids, total saturated	g	15.650
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	10.455
17:0	g	0.034
18:0	g	4.435
20:0	g	0.361
22:0	g	0.366
Fatty acids, total monounsaturated	g	22.783
14:1	g	0.000
15:1	g	0.000
16:1 undifferentiated	g	0.000
17:1	g	0.000
18:1 undifferentiated	g	22.550
18:1 c	g	22.550
18:1 t	g	0.000
20:1	g	0.233
22:1 undifferentiated	g	0.000
Fatty acids, total polyunsaturated	g	57.740
18:2 undifferentiated	g	50.952
18:2 n-6 c,c	g	50.418
18:2 t,t	g	0.533
18:3 undifferentiated	g	6.789
18:3 n-3 c,c,c (ALA)	g	6.789
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	0.533
Fatty acids, total trans-monoenoic	g	0.000
Cholesterol	mg	0
Stigmasterol	mg	59
Campesterol	mg	62
Beta-sitosterol	mg	172
Amino acids		
Tryptophan	g	0.000
Threonine	g	0.000
Isoleucine	g	0.000
Leucine	g	0.000
Lysine	g	0.000
Methionine	g	0.000
Cystine	g	0.000
Phenylalanine	g	0.000
Tyrosine	g	0.000
Valine	g	0.000
Arginine	g	0.000
Histidine	g	0.000
Alanine	g	0.000
Aspartic acid	g	0.000
Glutamic acid	g	0.000
Glycine	g	0.000
Proline	g	0.000
Serine	g	0.000
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.