

Oil, cottonseed, salad or cooking

Refuse: 0%

NDB No: 04502 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error	1.00 X 1 tablespoon ----- 14g	1.00 X 1 teaspoon ----- 4.5g
Proximates						
Water	g	0.00	0	0.000	0.00	0.00
Energy	kcal	884	0	0.000	124	40
Energy	kJ	3699	0	0.000	518	166
Protein	g	0.00	0	0.000	0.00	0.00
Total lipid (fat)	g	100.00	0	0.000	14.00	4.50
Ash	g	0.00	0	0.000	0.00	0.00
Carbohydrate, by difference	g	0.00	0	0.000	0.00	0.00
Fiber, total dietary	g	0.0	0	0.000	0.0	0.0
Sugars, total	g	0.00	0	0.000	0.00	0.00
Minerals						
Calcium, Ca	mg	0	0	0.000	0	0
Iron, Fe	mg	0.13	0	0.000	0.02	0.01
Magnesium, Mg	mg	0	0	0.000	0	0
Phosphorus, P	mg	0	0	0.000	0	0
Potassium, K	mg	0	0	0.000	0	0
Sodium, Na	mg	0	0	0.000	0	0
Zinc, Zn	mg	0.02	0	0.000	0.00	0.00

Copper, Cu	mg	0.000	0	0.000	0.000	0.000
Manganese, Mn	mg	0.000	0	0.000	0.000	0.000
Selenium, Se	mcg	0.0	0	0.000	0.0	0.0
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	0	0.000	0.0	0.0
Thiamin	mg	0.000	0	0.000	0.000	0.000
Riboflavin	mg	0.000	0	0.000	0.000	0.000
Niacin	mg	0.000	0	0.000	0.000	0.000
Pantothenic acid	mg	0.000	0	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0	0.000	0.000	0.000
Folate, total	mcg	0	0	0.000	0	0
Folic acid	mcg	0	0	0.000	0	0
Folate, food	mcg	0	0	0.000	0	0
Folate, DFE	mcg_DFE	0	0	0.000	0	0
Choline, total	mg	0.2	0	0.000	0.0	0.0
Vitamin B-12	mcg	0.00	0	0.000	0.00	0.00
Vitamin B-12, added	mcg	0.00	0	0.000	0.00	0.00
Vitamin A, RAE	mcg_RAE	0	0	0.000	0	0
Retinol	mcg	0	0	0.000	0	0
Carotene, beta	mcg	0	0	0.000	0	0
Carotene, alpha	mcg	0	0	0.000	0	0
Cryptoxanthin, beta	mcg	0	0	0.000	0	0
Vitamin A, IU	IU	0	0	0.000	0	0
Lycopene	mcg	0	0	0.000	0	0

Lutein + zeaxanthin	mcg	0	0	0.000	0	0
Vitamin E (alpha-tocopherol)	mg	14.78	0	0.000	2.07	0.67
Vitamin E, added	mg	0.00	0	0.000	0.00	0.00
Vitamin D (D2 + D3)	mcg	0.0	0	0.000	0.0	0.0
Vitamin D	IU	0	0	0.000	0	0
Vitamin K (phylloquinone)	mcg	21.0	0	0.000	2.9	0.9
Lipids						
Fatty acids, total saturated	g	14.367	0	0.000	2.011	0.647
4:0	g	0.000	0	0.000	0.000	0.000
6:0	g	0.000	0	0.000	0.000	0.000
8:0	g	0.000	0	0.000	0.000	0.000
10:0	g	0.000	0	0.000	0.000	0.000
12:0	g	0.000	0	0.000	0.000	0.000
14:0	g	0.033	0	0.000	0.005	0.001
16:0	g	10.467	0	0.000	1.465	0.471
18:0	g	2.067	0	0.000	0.289	0.093
Fatty acids, total monounsaturated	g	48.033	0	0.000	6.725	2.161
16:1 undifferentiated	g	0.300	0	0.000	0.042	0.013
18:1 undifferentiated	g	47.167	0	0.000	6.603	2.123
20:1	g	0.533	0	0.000	0.075	0.024
22:1 undifferentiated	g	0.000	0	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	33.033	0	0.000	4.625	1.486

18:2 undifferentiated	g	32.633	0	0.000	4.569	1.468
18:3 undifferentiated	g	0.433	0	0.000	0.061	0.019
18:4	g	0.000	0	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	0	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	0	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	0	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0.000	0	0
Other						
Alcohol, ethyl	g	0.0	0	0.000	0.0	0.0
Caffeine	mg	0	0	0.000	0	0
Theobromine	mg	0	0	0.000	0	0

USDA National Nutrient Database for Standard Reference, Release 23 (2010)