

# Oil, peanut, salad or cooking

Refuse: 0%

NDB No: 04042 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error	1.00 X 1	1.00 X 1
					tbsp	tsp
					----- 13.5g	----- 4.5g
<b>Proximates</b>						
Water	g	0.00	0	0.000	0.00	0.00
Energy	kcal	884	0	0.000	119	40
Energy	kJ	3699	0	0.000	499	166
Protein	g	0.00	0	0.000	0.00	0.00
Total lipid (fat)	g	100.00	0	0.000	13.50	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
<b>Minerals</b>						
Calcium, Ca	mg	0	9	0.024	0	0
Iron, Fe	mg	0.03	9	0.004	0.00	0.00
Magnesium, Mg	mg	0	8	0.017	0	0
Phosphorus, P	mg	0	0	0.000	0	0
Potassium, K	mg	0	6	0.004	0	0
Sodium, Na	mg	0	11	0.037	0	0
Zinc, Zn	mg	0.01	1	0.000	0.00	0.00

Copper, Cu	mg	0.000	0	0.000	0.000	0.000
Selenium, Se	mcg	0.0	0	0.000	0.0	0.0
<b>Vitamins</b>						
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	0.1	0	0.000	0.0	0.0
Betaine	mg	0.0	1	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	15.69	6	0.395	2.12	0.71
Vitamin E, added	mg	0.00	0	0.000	0.00	0.00
Tocopherol, beta	mg	0.46	6	0.036	0.06	0.02
Tocopherol, gamma	mg	15.91	6	0.749	2.15	0.72
Tocopherol, delta	mg	1.37	6	0.166	0.18	0.06
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	0.7	1	0.000	0.1	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	16.900	0	0.000	2.281	0.760
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	0.100	4	0.092	0.014	0.005
16:0	g	9.500	15	0.233	1.282	0.427
18:0	g	2.200	15	0.165	0.297	0.099
20:0	g	1.400	0	0.000	0.189	0.063
22:0	g	2.800	0	0.000	0.378	0.126
24:0	g	0.900	0	0.000	0.121	0.041
Fatty acids, total monounsaturated	g	46.200	0	0.000	6.237	2.079

16:1 undifferentiated	g	0.100	4	0.072	0.014	0.005
18:1 undifferentiated	g	44.800	15	1.835	6.048	2.016
20:1	g	1.300	14	0.097	0.176	0.059
22:1 undifferentiated	g	0.000	0	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	32.000	0	0.000	4.320	1.440
18:2 undifferentiated	g	32.000	15	1.744	4.320	1.440
18:3 undifferentiated	g	0.000	0	0.000	0.000	0.000
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
Phytosterols	mg	207	8	43.078	28	9
<b>Amino acids</b>						
Tryptophan	g	0.000	0	0.000	0.000	0.000
Threonine	g	0.000	0	0.000	0.000	0.000
Isoleucine	g	0.000	0	0.000	0.000	0.000
Leucine	g	0.000	0	0.000	0.000	0.000
Lysine	g	0.000	0	0.000	0.000	0.000
Methionine	g	0.000	0	0.000	0.000	0.000
Cystine	g	0.000	0	0.000	0.000	0.000
Phenylalanine	g	0.000	0	0.000	0.000	0.000
Tyrosine	g	0.000	0	0.000	0.000	0.000

Valine	g	0.000	0	0.000	0.000	0.000
Arginine	g	0.000	0	0.000	0.000	0.000
Histidine	g	0.000	0	0.000	0.000	0.000
Alanine	g	0.000	0	0.000	0.000	0.000
Aspartic acid	g	0.000	0	0.000	0.000	0.000
Glutamic acid	g	0.000	0	0.000	0.000	0.000
Glycine	g	0.000	0	0.000	0.000	0.000
Proline	g	0.000	0	0.000	0.000	0.000
Serine	g	0.000	0	0.000	0.000	0.000
<b>Other</b>						
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)