

# Oil, corn, industrial and retail, all purpose salad or cooking

Refuse: 0%

NDB No: 04518 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error	1.00 X 1 tbsp ----- 13.6g	1.00 X 1 tsp ----- 4.5g
<b>Proximates</b>						
Water	g	0.00	0	0.000	0.00	0.00
Energy	kcal	884	0	0.000	120	40
Energy	kJ	3699	0	0.000	503	166
Protein	g	0.00	0	0.000	0.00	0.00
Total lipid (fat)	g	100.00	0	0.000	13.60	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	0	0.000	0	0
Iron, Fe	mg	0.00	0	0.000	0.00	0.00
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	0.00	0	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	0.2	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	14.30	46	1.040	1.94	0.64
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	1.9	13	0.294	0.3	0.1
<b>Lipids</b>						
Fatty acids, total saturated	g	12.948	0	0.000	1.761	0.583
4:0	g	0.000	1	0.000	0.000	0.000
6:0	g	0.000	1	0.000	0.000	0.000
8:0	g	0.000	1	0.000	0.000	0.000
10:0	g	0.000	1	0.000	0.000	0.000
12:0	g	0.000	2	0.000	0.000	0.000
14:0	g	0.024	2	0.000	0.003	0.001
15:0	g	0.000	1	0.000	0.000	0.000
16:0	g	10.579	2	0.000	1.439	0.476
17:0	g	0.067	1	0.000	0.009	0.003
18:0	g	1.848	2	0.000	0.251	0.083
20:0	g	0.431	1	0.000	0.059	0.019
22:0	g	0.000	1	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	27.576	0	0.000	3.750	1.241
16:1 undifferentiated	g	0.114	0	0.000	0.016	0.005
16:1 c	g	0.114	1	0.000	0.016	0.005

18:1 undifferentiated	g	27.333	0	0.000	3.717	1.230
18:1 c	g	27.333	1	0.000	3.717	1.230
18:1 t	g	0.000	1	0.000	0.000	0.000
20:1	g	0.129	1	0.000	0.018	0.006
22:1 undifferentiated	g	0.000	1	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	54.677	0	0.000	7.436	2.460
18:2 undifferentiated	g	53.515	0	0.000	7.278	2.408
18:2 n-6 c,c	g	53.230	1	0.000	7.239	2.395
18:2 i	g	0.286	1	0.000	0.039	0.013
18:3 undifferentiated	g	1.161	0	0.000	0.158	0.052
18:3 n-3 c,c,c (ALA)	g	1.161	1	0.000	0.158	0.052
18:3i	g	0.000	1	0.000	0.000	0.000
18:4	g	0.000	1	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	1	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	1	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	1	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	1	0.000	0.000	0.000
Fatty acids, total trans	g	0.286	0	0.000	0.039	0.013
Fatty acids, total trans-monoenoic	g	0.000	0	0.000	0.000	0.000
Fatty acids, total trans-polyenoic	g	0.286	0	0.000	0.039	0.013
Cholesterol	mg	0	0	0.000	0	0
Phytosterols	mg	968	8	84.091	132	44
<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)