

Oil, flaxseed

Refuse: 0%

NDB No: 42231 (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
Proximates					
Water	g	0.00	0	0.000	0.00
Energy	kcal	884	0	0.000	120
Energy	kJ	3699	0	0.000	503
Protein	g	0.00	0	0.000	0.00
Total lipid (fat)	g	100.00	0	0.000	13.60
Ash	g	0.00	0	0.000	0.00
Carbohydrate, by difference	g	0.00	0	0.000	0.00
Fiber, total dietary	g	0.0	0	0.000	0.0
Sugars, total	g	0.00	0	0.000	0.00
Minerals					
Calcium, Ca	mg	0	0	0.000	0
Iron, Fe	mg	0.00	0	0.000	0.00
Magnesium, Mg	mg	0	0	0.000	0
Phosphorus, P	mg	0	0	0.000	0
Potassium, K	mg	0	0	0.000	0
Sodium, Na	mg	0	0	0.000	0
Zinc, Zn	mg	0.00	0	0.000	0.00

Copper, Cu	mg	0.000	0	0.000	0.000
Selenium, Se	mcg	0.0	0	0.000	0.0
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0	0.000	0.0
Thiamin	mg	0.000	0	0.000	0.000
Riboflavin	mg	0.000	0	0.000	0.000
Niacin	mg	0.000	0	0.000	0.000
Vitamin B-6	mg	0.000	0	0.000	0.000
Folate, total	mcg	0	0	0.000	0
Folic acid	mcg	0	0	0.000	0
Folate, food	mcg	0	0	0.000	0
Folate, DFE	mcg_DFE	0	0	0.000	0
Choline, total	mg	0.2	0	0.000	0.0
Vitamin B-12	mcg	0.00	0	0.000	0.00
Vitamin B-12, added	mcg	0.00	0	0.000	0.00
Vitamin A, RAE	mcg_RAE	0	0	0.000	0
Retinol	mcg	0	0	0.000	0
Carotene, beta	mcg	0	0	0.000	0
Carotene, alpha	mcg	0	0	0.000	0
Cryptoxanthin, beta	mcg	0	0	0.000	0
Vitamin A, IU	IU	0	0	0.000	0
Lycopene	mcg	0	0	0.000	0
Lutein + zeaxanthin	mcg	0	0	0.000	0
Vitamin E (alpha-tocopherol)	mg	17.50	0	0.000	2.38
Vitamin E, added	mg	0.00	0	0.000	0.00

Vitamin D (D2 + D3)	mcg	0.0	0	0.000	0.0
Vitamin D	IU	0	0	0.000	0
Vitamin K (phylloquinone)	mcg	0.0	0	0.000	0.0
Lipids					
Fatty acids, total saturated	g	9.400	0	0.000	1.278
4:0	g	0.000	0	0.000	0.000
6:0	g	0.000	0	0.000	0.000
8:0	g	0.000	0	0.000	0.000
10:0	g	0.000	0	0.000	0.000
12:0	g	0.000	0	0.000	0.000
14:0	g	0.000	0	0.000	0.000
16:0	g	5.300	0	0.000	0.721
18:0	g	4.100	0	0.000	0.558
Fatty acids, total monounsaturated	g	20.200	0	0.000	2.747
16:1 undifferentiated	g	0.000	0	0.000	0.000
18:1 undifferentiated	g	20.200	0	0.000	2.747
20:1	g	0.000	0	0.000	0.000
22:1 undifferentiated	g	0.000	0	0.000	0.000
Fatty acids, total polyunsaturated	g	66.000	0	0.000	8.976
18:2 undifferentiated	g	12.700	0	0.000	1.727
18:3 undifferentiated	g	53.300	0	0.000	7.249
18:4	g	0.000	0	0.000	0.000
20:4 undifferentiated	g	0.000	0	0.000	0.000
20:5 n-3 (EPA)	g	0.000	0	0.000	0.000

22:5 n-3 (DPA)	g	0.000	0	0.000	0.000
22:6 n-3 (DHA)	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0.000	0
Other					
Alcohol, ethyl	g	0.0	0	0.000	0.0
Caffeine	mg	0	0	0.000	0
Theobromine	mg	0	0	0.000	0

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