

Full Report (All Nutrients) 04055, Oil, palm

Report Date: September 24, 2019 05:06 EDT

Nutrient values and weights are for edible portion.

Food Group : Fats and Oils

Fat Factor: 8.84

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 13.6g	1 cup 216g	1 tsp 4.5g
Proximates							
Water	g	0.00	--	--	0.00	0.00	0.00
Energy	kcal	884	--	--	120	1909	40
Energy	kJ	3699	--	--	503	7990	166
Protein	g	0.00	--	--	0.00	0.00	0.00
Total lipid (fat)	g	100.00	--	--	13.60	216.00	4.50
Ash	g	0.00	--	--	0.00	0.00	0.00
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00	0.00
Minerals							
Calcium, Ca	mg	0	--	--	0	0	0
Iron, Fe	mg	0.01	1	--	0.00	0.02	0.00
Magnesium, Mg	mg	0	--	--	0	0	0
Phosphorus, P	mg	0	1	--	0	0	0
Potassium, K	mg	0	--	--	0	0	0
Sodium, Na	mg	0	--	--	0	0	0
Zinc, Zn	mg	0.00	--	--	0.00	0.00	0.00
Copper, Cu	mg	0.000	--	--	0.000	0.000	0.000
Selenium, Se	µg	0.0	--	--	0.0	0.0	0.0
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0
Thiamin	mg	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 13.6g	1 cup 216g	1 tsp 4.5g
Riboflavin	mg	0.000	--	--	0.000	0.000	0.000
Niacin	mg	0.000	--	--	0.000	0.000	0.000
Pantothenic acid	mg	0.000	--	--	0.000	0.000	0.000
Vitamin B-6	mg	0.000	--	--	0.000	0.000	0.000
Folate, total	µg	0	--	--	0	0	0
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	0	--	--	0	0	0
Folate, DFE	µg	0	--	--	0	0	0
Choline, total	mg	0.3	--	--	0.0	0.6	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	0	--	--	0	0	0
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol) 1	mg	15.94	6	3.160	2.17	34.43	0.72
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta 1	mg	0.00	1	--	0.00	0.00	0.00
Tocopherol, gamma 1	mg	0.00	1	--	0.00	0.00	0.00
Tocopherol, delta 1	mg	0.00	1	--	0.00	0.00	0.00
Vitamin K (phylloquinone) 2	µg	8.0	1	--	1.1	17.3	0.4
Lipids							
Fatty acids, total saturated	g	49.300	--	--	6.705	106.488	2.219
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.100	12	0.038	0.014	0.216	0.005
14:0	g	1.000	15	0.090	0.136	2.160	0.045

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 13.6g	1 cup 216g	1 tsp 4.5g
16:0	g	43.500	15	0.464	5.916	93.960	1.958
18:0	g	4.300	15	0.352	0.585	9.288	0.193
Fatty acids, total monounsaturated	g	37.000	--	--	5.032	79.920	1.665
16:1 undifferentiated	g	0.300	7	0.071	0.041	0.648	0.013
18:1 undifferentiated	g	36.600	15	0.635	4.978	79.056	1.647
20:1	g	0.100	4	0.072	0.014	0.216	0.005
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	9.300	--	--	1.265	20.088	0.419
18:2 undifferentiated	g	9.100	15	0.419	1.238	19.656	0.409
18:3 undifferentiated	g	0.200	9	0.046	0.027	0.432	0.009
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Tryptophan	g	0.000	--	--	0.000	0.000	0.000
Threonine	g	0.000	--	--	0.000	0.000	0.000
Isoleucine	g	0.000	--	--	0.000	0.000	0.000
Leucine	g	0.000	--	--	0.000	0.000	0.000
Lysine	g	0.000	--	--	0.000	0.000	0.000
Methionine	g	0.000	--	--	0.000	0.000	0.000
Cystine	g	0.000	--	--	0.000	0.000	0.000
Phenylalanine	g	0.000	--	--	0.000	0.000	0.000
Tyrosine	g	0.000	--	--	0.000	0.000	0.000
Valine	g	0.000	--	--	0.000	0.000	0.000
Arginine	g	0.000	--	--	0.000	0.000	0.000
Histidine	g	0.000	--	--	0.000	0.000	0.000
Alanine	g	0.000	--	--	0.000	0.000	0.000
Aspartic acid	g	0.000	--	--	0.000	0.000	0.000
Glutamic acid	g	0.000	--	--	0.000	0.000	0.000
Glycine	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 13.6g	1 cup 216g	1 tsp 4.5g
Proline	g	0.000	--	--	0.000	0.000	0.000
Serine	g	0.000	--	--	0.000	0.000	0.000
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1992 Beltsville MD

²M.J. Shearer, C. Bolton-Smith The UK Food Data-Base for Vitamin K and Why We Need It, 1999 Food Chemistry 68 pp.213-218