

Basic Report 04582, Oil, canola [a](#)

Report Date: June 15, 2019 20:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 14g	1 cup 218g	1 tsp 4.5g
Proximates					
Water	g	0.00	0.00	0.00	0.00
Energy	kcal	884	124	1927	40
Protein	g	0.00	0.00	0.00	0.00
Total lipid (fat)	g	100.00	14.00	218.00	4.50
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	0.00	0.00	0.00	0.00
Magnesium, Mg	mg	0	0	0	0
Phosphorus, P	mg	0	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
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
Riboflavin	mg	0.000	0.000	0.000	0.000
Niacin	mg	0.000	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000	0.000
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0

Nutrient	Unit	1 Value Per100 g	1 tbsp 14g	1 cup 218g	1 tsp 4.5g
Vitamin E (alpha-tocopherol)	mg	17.46	2.44	38.06	0.79
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	71.3	10.0	155.4	3.2
Lipids					
Fatty acids, total saturated	g	7.365	1.031	16.056	0.331
Fatty acids, total monounsaturated	g	63.276	8.859	137.942	2.847
Fatty acids, total polyunsaturated	g	28.142	3.940	61.350	1.266
Fatty acids, total trans	g	0.395	0.055	0.861	0.018
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0

Footnotes

^a Other phytosterols and phytostanols identified include: beta-sitosterol (0.925 mg), campestanol (0.811 mg) and delta-5 avenasterol (11.721 mg)