

Full Report (All Nutrients) 04582, Oil, canola [a](#)

Report Date: July 17, 2019 22:48 EDT

Nutrient values and weights are for edible portion.

Food Group : Fats and Oils

Common Name: low erucic acid rapeseed oil

Fat Factor: 8.84

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 tbsp 14g | 1 cup 218g | 1 tsp 4.5g |
|---|------|---------------------|----------------|------------|---------------|---------------|---------------|
| Proximates | | | | | | | |
| Water 1 | g | 0.00 | 5 | 0.000 | 0.00 | 0.00 | 0.00 |
| Energy | kcal | 884 | -- | -- | 124 | 1927 | 40 |
| Energy | kJ | 3699 | -- | -- | 518 | 8064 | 166 |
| Protein | g | 0.00 | 4 | 0.000 | 0.00 | 0.00 | 0.00 |
| Total lipid (fat) 1 2 | g | 100.00 | 8 | 0.000 | 14.00 | 218.00 | 4.50 |
| Ash | g | 0.00 | 4 | 0.000 | 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 | 0.00 | -- | -- | 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 |
| Copper, Cu | mg | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| Manganese, Mn | mg | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| Selenium, Se | µg | 0.0 | -- | -- | 0.0 | 0.0 | 0.0 |

Vitamins

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 tbsp 14g | 1 cup 218g | 1 tsp 4.5g |
|---|------|------------------|-------------|------------|------------|------------|------------|
| 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 |
| 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 ³ | mg | 0.2 | -- | -- | 0.0 | 0.4 | 0.0 |
| Betaine ³ | mg | 0.0 | 1 | -- | 0.0 | 0.0 | 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 2 3} | mg | 17.46 | 10 | 0.420 | 2.44 | 38.06 | 0.79 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta ^{1 2 3} | mg | 0.01 | 11 | 0.000 | 0.00 | 0.02 | 0.00 |
| Tocopherol, gamma ^{1 2 3} | mg | 27.34 | 11 | 2.720 | 3.83 | 59.60 | 1.23 |
| Tocopherol, delta ^{1 2 3} | mg | 0.99 | 11 | 0.070 | 0.14 | 2.16 | 0.04 |
| Tocotrienol, alpha ^{1 3} | mg | 0.03 | 5 | 0.000 | 0.00 | 0.07 | 0.00 |
| Tocotrienol, beta ^{1 3} | mg | 0.00 | 5 | 0.000 | 0.00 | 0.00 | 0.00 |
| Tocotrienol, gamma ^{1 3} | mg | 0.00 | 5 | 0.000 | 0.00 | 0.00 | 0.00 |
| Tocotrienol, delta ^{1 3} | mg | 0.01 | 5 | 0.000 | 0.00 | 0.02 | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 | 0 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 tbsp 14g | 1 cup 218g | 1 tsp 4.5g |
|---|------|------------------|-------------|------------|------------|------------|------------|
| Vitamin K (phylloquinone) 3 | µg | 71.3 | 4 | 5.100 | 10.0 | 155.4 | 3.2 |
| Lipids | | | | | | | |
| Fatty acids, total saturated | g | 7.365 | -- | -- | 1.031 | 16.056 | 0.331 |
| 4:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 8:0 3 | g | 0.000 | 4 | 0.000 | 0.000 | 0.000 | 0.000 |
| 10:0 3 | g | 0.000 | 4 | 0.000 | 0.000 | 0.000 | 0.000 |
| 12:0 3 | g | 0.000 | 4 | 0.000 | 0.000 | 0.000 | 0.000 |
| 14:0 3 | g | 0.000 | 4 | 0.000 | 0.000 | 0.000 | 0.000 |
| 15:0 3 | g | 0.000 | 4 | 0.000 | 0.000 | 0.000 | 0.000 |
| 16:0 3 | g | 4.298 | 4 | 0.021 | 0.602 | 9.370 | 0.193 |
| 17:0 3 | g | 0.000 | 4 | 0.000 | 0.000 | 0.000 | 0.000 |
| 18:0 3 | g | 2.087 | 4 | 0.014 | 0.292 | 4.550 | 0.094 |
| 20:0 3 | g | 0.650 | 4 | 0.004 | 0.091 | 1.417 | 0.029 |
| 22:0 3 | g | 0.330 | 4 | 0.002 | 0.046 | 0.719 | 0.015 |
| Fatty acids, total monounsaturated | g | 63.276 | -- | -- | 8.859 | 137.942 | 2.847 |
| 14:1 3 | g | 0.000 | 4 | 0.000 | 0.000 | 0.000 | 0.000 |
| 15:1 3 | g | 0.000 | 4 | 0.000 | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated 3 | g | 0.214 | 4 | 0.001 | 0.030 | 0.467 | 0.010 |
| 17:1 3 | g | 0.000 | 4 | 0.000 | 0.000 | 0.000 | 0.000 |
| 18:1 undifferentiated 3 | g | 61.744 | 4 | 0.338 | 8.644 | 134.602 | 2.778 |
| 18:1 c 3 | g | 61.714 | 4 | 0.354 | 8.640 | 134.537 | 2.777 |
| 18:1 t 3 | g | 0.030 | 4 | 0.030 | 0.004 | 0.065 | 0.001 |
| 20:1 3 | g | 1.317 | 4 | 0.015 | 0.184 | 2.871 | 0.059 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 28.142 | -- | -- | 3.940 | 61.350 | 1.266 |
| 18:2 undifferentiated 3 | g | 19.005 | 4 | 0.144 | 2.661 | 41.431 | 0.855 |
| 18:2 n-6 c,c 3 | g | 18.640 | 4 | 0.147 | 2.610 | 40.635 | 0.839 |
| 18:2 t,t 3 | g | 0.365 | 4 | 0.073 | 0.051 | 0.796 | 0.016 |
| 18:3 undifferentiated 3 | g | 9.137 | 49 | -- | 1.279 | 19.919 | 0.411 |
| 18:3 n-3 c,c,c (ALA) 3 | g | 9.137 | 4 | -- | 1.279 | 19.919 | 0.411 |
| 18:3 n-6 c,c,c 3 | g | 0.000 | 4 | 0.000 | 0.000 | 0.000 | 0.000 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 tbsp 14g | 1 cup 218g | 1 tsp 4.5g |
|------------------------------------|------|---------------------|----------------|------------|---------------|---------------|---------------|
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c ³ | g | 0.000 | 4 | 0.000 | 0.000 | 0.000 | 0.000 |
| 20:3 undifferentiated ³ | g | 0.000 | 4 | 0.000 | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated ³ | g | 0.000 | 4 | 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 |
| Fatty acids, total trans | g | 0.395 | -- | -- | 0.055 | 0.861 | 0.018 |
| Fatty acids, total trans-monoenoic | g | 0.030 | -- | -- | 0.004 | 0.065 | 0.001 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 | 0 |
| Stigmasterol ³ | mg | 3 | 4 | 0.000 | 0 | 7 | 0 |
| Campesterol ³ | mg | 241 | 4 | 9.000 | 34 | 525 | 11 |
| Beta-sitosterol ³ | mg | 413 | 4 | 14.000 | 58 | 900 | 19 |
| Amino Acids | | | | | | | |
| 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, 1990 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1997, 1997 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 9a, 2004 Beltsville MD

Footnotes

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