

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

Report Date: July 16, 2019 07:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	0.00	5	0.000	0	0	--	--	--	2	Aggregated data involving comb. of codes other than 1,12 or6	--	03/2007
Energy	kcal	884	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/1979
Energy	kJ	3699	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
Protein	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2007
Total lipid (fat) 1 2	g	100.00	8	0.000	100	100	--	--	--	3	Aggregated data involving comb. of codes other than 1,12 or6	--	03/2007
Ash	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2007
Carbohydrate, by difference	g	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/1979
Sugars, total	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Minerals													
Calcium, Ca	mg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/1979

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Iron, Fe	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/1979
Magnesium, Mg	mg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/1979
Phosphorus, P	mg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/1979
Potassium, K	mg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/1979
Sodium, Na	mg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/1979
Zinc, Zn	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/1979
Copper, Cu	mg	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/1979
Manganese, Mn	mg	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/1979
Selenium, Se	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/1979
Thiamin	mg	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/1979
Riboflavin	mg	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/1979
Niacin	mg	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/1979
Pantothenic acid	mg	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/1979
Vitamin B-6	mg	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/1979
Folate, total	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Folate, DFE	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2009

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Choline, total 3	mg	0.2	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/2006
Betaine 3	mg	0.0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2007
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2007
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Vitamin A, IU	IU	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2007
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Vitamin E (alpha-tocopherol) 1 2 3	mg	17.46	10	0.420	13.66	20.99	6.0	16.43	18.48	3	Analytical or derived from analytical	--	03/2007
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1 2 3	mg	0.01	11	0.000	0	0.11	--	--	--	3	Analytical or derived from analytical	--	03/2007
Tocopherol, gamma 1 2 3	mg	27.34	11	2.720	10.39	42.16	6.0	20.59	34.08	3	Analytical or derived from analytical	--	03/2007

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Tocopherol, delta 1 2 3	mg	0.99	11	0.070	0.49	1.27	8.0	0.81	1.16	3	Analytical or derived from analytical	--	03/2007
Tocotrienol, alpha 1 3	mg	0.03	5	0.000	0	0.15	--	--	--	2	Analytical or derived from analytical	--	03/2007
Tocotrienol, beta 1 3	mg	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2007
Tocotrienol, gamma 1 3	mg	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2007
Tocotrienol, delta 1 3	mg	0.01	5	0.000	0	0.03	--	--	--	2	Analytical or derived from analytical	--	03/2007
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 3	µg	71.3	4	5.100	57.9	82	3.0	55.1	87.5	1	Analytical or derived from analytical	--	03/2007
Lipids													
Fatty acids, total saturated	g	7.365	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2007
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2007
8:0 3	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
10:0 3	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
12:0 3	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 3	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
15:0 3	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
16:0 3	g	4.298	4	0.021	4.25	4.35	3.0	4.231	4.365	1	Analytical or derived from analytical	--	03/2007
17:0 3	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
18:0 3	g	2.087	4	0.014	2.06	2.12	3.0	2.044	2.131	1	Analytical or derived from analytical	--	03/2007
20:0 3	g	0.650	4	0.004	0.64	0.66	3.0	0.637	0.664	1	Analytical or derived from analytical	--	03/2007
22:0 3	g	0.330	4	0.002	0.33	0.33	3.0	0.324	0.336	1	Analytical or derived from analytical	--	03/2007
Fatty acids, total monounsaturated	g	63.276	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
14:1 3	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
15:1 3	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
16:1 undifferentiated 3	g	0.214	4	0.001	0.21	0.21	3.0	0.212	0.216	1	Analytical or derived from analytical	--	03/2007
17:1 3	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
18:1 undifferentiated 3	g	61.744	4	0.338	61.08	62.43	3.0	60.667	62.821	1	Analytical or derived from analytical	--	03/2007
18:1 c 3	g	61.714	4	0.354	61.08	62.43	3.0	60.588	62.84	1	Analytical or derived from analytical	--	03/2007

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18:1 t 3	g	0.030	4	0.030	0	0.12	3.0	-0.065	0.125	1	Analytical or derived from analytical	--	03/2007
20:1 3	g	1.317	4	0.015	1.28	1.34	3.0	1.27	1.365	1	Analytical or derived from analytical	--	03/2007
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	04/2007
Fatty acids, total polyunsaturated	g	28.142	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
18:2 undifferentiated 3	g	19.005	4	0.144	18.63	19.27	3.0	18.546	19.464	1	Analytical or derived from analytical	--	03/2007
18:2 n-6 c,c 3	g	18.640	4	0.147	18.21	18.88	3.0	18.173	19.108	1	Analytical or derived from analytical	--	03/2007
18:2 t,t 3	g	0.365	4	0.073	0.2	0.54	3.0	0.134	0.596	1	Analytical or derived from analytical	--	03/2007
18:3 undifferentiated 3	g	9.137	49	--	6.03	9.3	--	--	--	1	Aggregated data involving combinations of source codes 1 & 12	--	04/2007
18:3 n-3 c,c,c (ALA) 3	g	9.137	4	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2007
18:3 n-6 c,c,c 3	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2007
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2007
20:2 n-6 c,c 3	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
20:3 undifferentiated 3	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007

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20:4 undifferentiated 3	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2007
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2007
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2007
Fatty acids, total trans	g	0.395	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Fatty acids, total trans-monoenoic	g	0.030	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Stigmasterol 3	mg	3	4	0.000	2	3	3.0	2.0	3.0	1	Analytical or derived from analytical	--	03/2007
Campesterol 3	mg	241	4	9.000	223	260	3.0	211.0	269.0	1	Analytical or derived from analytical	--	03/2007
Beta-sitosterol 3	mg	413	4	14.000	382	442	3.0	366.0	458.0	1	Analytical or derived from analytical	--	03/2007
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2001
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2001

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)