

Basic Report 42289, Oil, corn and canola [a](#)

Report Date: September 18, 2019 07:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 14g	1 cup 224g	1 teaspoon 4.5g
Proximates					
Water	g	0.00	0.00	0.00	0.00
Energy	kcal	884	124	1980	40
Protein	g	0.00	0.00	0.00	0.00
Total lipid (fat)	g	100.00	14.00	224.00	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 224g	1 teaspoon 4.5g
Vitamin E (alpha-tocopherol)	mg	14.84	2.08	33.24	0.67
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	42.2	5.9	94.5	1.9
Lipids					
Fatty acids, total saturated	g	8.026	1.124	17.978	0.361
Fatty acids, total monounsaturated	g	58.537	8.195	131.123	2.634
Fatty acids, total polyunsaturated	g	29.113	4.076	65.213	1.310
Fatty acids, total trans	g	0.334	0.047	0.748	0.015
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 (4.599) and delta-5 avenasterol (15.76)