

Basic Report 04511, Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)

Report Date: September 18, 2019 01:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tablespoon 13.6g	1 cup 218g	1 tsp 4.5g
Proximates					
Water	g	0.00	0.00	0.00	0.00
Energy	kcal	884	120	1927	40
Protein	g	0.00	0.00	0.00	0.00
Total lipid (fat)	g	100.00	13.60	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
Vitamin E (alpha-tocopherol)	mg	34.10	4.64	74.34	1.53

Nutrient	Unit	1 Value Per100 g	1 tablespoon 13.6g	1 cup 218g	1 tsp 4.5g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	7.1	1.0	15.5	0.3
Lipids					
Fatty acids, total saturated	g	7.541	1.026	16.439	0.339
Fatty acids, total monounsaturated	g	75.221	10.230	163.982	3.385
Fatty acids, total polyunsaturated	g	12.820	1.744	27.948	0.577
Fatty acids, total trans	g	0.096	0.013	0.209	0.004
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0