

**Basic Report 04560, Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)**

Report Date: May 29, 2017 21:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 12.8g	1 cup 205g
<b>Proximates</b>				
Water	g	0.00	0.00	0.00
Energy	kcal	884	113	1812
Protein	g	0.00	0.00	0.00
Total lipid (fat)	g	100.00	12.80	205.00
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
<b>Minerals</b>				
Calcium, Ca	mg	0	0	0
Iron, Fe	mg	0.00	0.00	0.00
Magnesium, Mg	mg	0	0	0
Phosphorus, P	mg	0	0	0
Potassium, K	mg	0	0	0
Sodium, Na	mg	0	0	0
Zinc, Zn	mg	0.00	0.00	0.00
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000
Riboflavin	mg	0.000	0.000	0.000
Niacin	mg	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	6.13	0.78	12.57

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 tbsp 12.8g</b>	<b>1 cup 205g</b>
Vitamin K (phylloquinone)	µg	43.0	5.5	88.2
<b>Lipids</b>				
Fatty acids, total saturated	g	21.100	2.701	43.255
Fatty acids, total monounsaturated	g	73.700	9.434	151.085
Fatty acids, total polyunsaturated	g	0.400	0.051	0.820
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0