

Basic Report 04685, Oil, cooking and salad, ENOVA, 80% diglycerides

Report Date: August 16, 2017 23:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp (1 NLEA serving) 14g	1 cup 214g
Proximates				
Water	g	0.00	0.00	0.00
Energy	kcal	884	124	1892
Protein	g	0.00	0.00	0.00
Total lipid (fat)	g	100.00	14.00	214.00
Carbohydrate, by difference	g	0.00	0.00	0.00
Minerals				
Sodium, Na	mg	0	0	0
Vitamins				
Vitamin E (alpha-tocopherol)	mg	21.64	3.03	46.31
Lipids				
Fatty acids, total saturated	g	4.630	0.648	9.908
Fatty acids, total monounsaturated	g	37.016	5.182	79.214
Fatty acids, total polyunsaturated	g	53.370	7.472	114.212
Fatty acids, total trans	g	1.762	0.247	3.771
Amino Acids				
Other				