

Basic Report 04707, Oil, flaxseed, contains added sliced flaxseed

Report Date: August 24, 2019 00:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tablespoon 13.7g	1 cup 219g
Proximates				
Water	g	0.16	0.02	0.35
Energy	kcal	878	120	1923
Protein	g	0.37	0.05	0.81
Total lipid (fat)	g	99.01	13.56	216.83
Carbohydrate, by difference	g	0.39	0.05	0.85
Minerals				
Calcium, Ca	mg	9	1	20
Iron, Fe	mg	0.34	0.05	0.74
Magnesium, Mg	mg	15	2	33
Phosphorus, P	mg	27	4	59
Potassium, K	mg	31	4	68
Sodium, Na	mg	6	1	13
Zinc, Zn	mg	0.31	0.04	0.68
Vitamins				
Vitamin E (alpha-tocopherol)	mg	0.71	0.10	1.55
Vitamin K (phylloquinone)	µg	3.3	0.5	7.2
Lipids				
Fatty acids, total saturated	g	9.047	1.239	19.813
Fatty acids, total monounsaturated	g	20.634	2.827	45.188
Fatty acids, total polyunsaturated	g	64.876	8.888	142.078
Fatty acids, total trans	g	0.184	0.025	0.403
Cholesterol	mg	0	0	0

Amino Acids

Other