Oil, vegetable, corn, industrial and retail, all purpose salad or cooking

New Search

NDB No: 04518

Nutrient	Units	Value per 11.2 grams of edible portion	Number of Data Points
Proximates			
Water	g	0.00	0
Energy	kcal	99	0
Energy	kj	414	0
Protein	g	0.00	0
Total lipid (fat)	g	11.20	0
Ash	g	0.00	0
Carbohydrate, by difference	g	0.00	0
Fiber, total dietary	g	0.0	0
Sugars, total	g	0.00	0
Minerals			
Calcium, Ca	mg	0	0
Iron, Fe	mg	0.00	0
Magnesium, Mg	mg	0	0
Phosphorus, P	mg	0	0
Potassium, K	mg	0	0
Sodium, Na	mg	0	0
Zinc, Zn	mg	0.00	0
Copper, Cu	mg	0.000	0
Selenium, Se	mcg	0.0	0
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0
Thiamin	mg	0.000	0
Riboflavin	mg	0.000	0
Niacin	mg	0.000	0
Pantothenic acid	mg	0.000	0
Vitamin B-6	mg	0.000	0
Folate, total	mcg	0	0
Folic acid	mcg	0	0
Folate, food	mcg	0	0

Folate, DFE	mcg_DFE	0	0
Vitamin B-12	mcg	0.00	0
Vitamin A, IU	IU	0	0
Vitamin A, RAE	mcg_RAE	0	0
Retinol	mcg	0	0
Vitamin E (alpha-tocopherol)	mg	1.60	46
Vitamin K (phylloquinone)	mcg	0.2	13
Lipids			
Fatty acids, total saturated	g	1.450	0
4:0	g	0.000	1
6:0	g	0.000	1
8:0	g	0.000	1
10:0	g	0.000	1
12:0	g	0.000	2
14:0	g	0.003	2
15:0	g	0.000	1
16:0	g	1.185	2
17:0	g	0.008	1
18:0	g	0.207	2
20:0	g	0.048	1
22:0	g	0.000	1
Fatty acids, total monounsaturated	g	3.089	0
16:1 undifferentiated	g	0.013	0
16:1 c	g	0.013	1
18:1 undifferentiated	g	3.061	0
18:1 c	g	3.061	1
18:1 t	g	0.000	1
20:1	g	0.014	1
22:1 undifferentiated	g	0.000	1
Fatty acids, total polyunsaturated	g	6.124	0
18:2 undifferentiated	g	5.994	0
18:2 n-6 c,c	g	5.962	1
18:2 i	g	0.032	1
18:3 undifferentiated	g	0.130	0
18:3 n-3 c,c,c	g	0.130	1
18:4	g	0.000	1
20:4 undifferentiated	g	0.000	1

20:5 n-3	g	0.000	1
22:5 n-3	g	0.000	1
22:6 n-3	g	0.000	1
Fatty acids, total trans	g	0.032	0
Fatty acids, total trans-monoenoic	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg	108	8
Amino acids			
Tryptophan	g	0.000	0
Threonine	g	0.000	0
Isoleucine	g	0.000	0
Leucine	g	0.000	0
Lysine	g	0.000	0
Methionine	g	0.000	0
Cystine	g	0.000	0
Phenylalanine	g	0.000	0
Tyrosine	g	0.000	0
Valine	g	0.000	0
Arginine	g	0.000	0
Histidine	g	0.000	0
Alanine	g	0.000	0
Aspartic acid	g	0.000	0
Glutamic acid	g	0.000	0
Glycine	g	0.000	0
Proline	g	0.000	0
Serine	g	0.000	0
Other			
Alcohol, ethyl	g	0.0	0
Caffeine	mg	0	0
Theobromine	mg	0	0
Carotene, beta	mcg	0	0
Carotene, alpha	mcg	0	0
Cryptoxanthin, beta	mcg	0	0
Lycopene	mcg	0	0
Lutein + zeaxanthin	mcg	0	0

USDA National Nutrient Database for Standard Reference, Release 17 (2004)