

Basic Report 04042, Oil, peanut, salad or cooking

Report Date: October 17, 2014 12:02 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1.0 tbsp 13.5g	1.0 cup 216g	1.0 tsp 4.5g
Proximates					
Water	g	0.00	0.00	0.00	0.00
Energy	kcal	884	119	1909	40
Protein	g	0.00	0.00	0.00	0.00
Total lipid (fat)	g	100.00	13.50	216.00	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	0.03	0.00	0.06	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	0.01	0.00	0.02	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	15.69	2.12	33.89	0.71

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.7	0.1	1.5	0.0
Lipids					
Fatty acids, total saturated	g	16.900	2.282	36.504	0.760
Fatty acids, total monounsaturated	g	46.200	6.237	99.792	2.079
Fatty acids, total polyunsaturated	g	32.000	4.320	69.120	1.440
Cholesterol	mg	0	0	0	0
Other					
Caffeine	mg	0	0	0	0