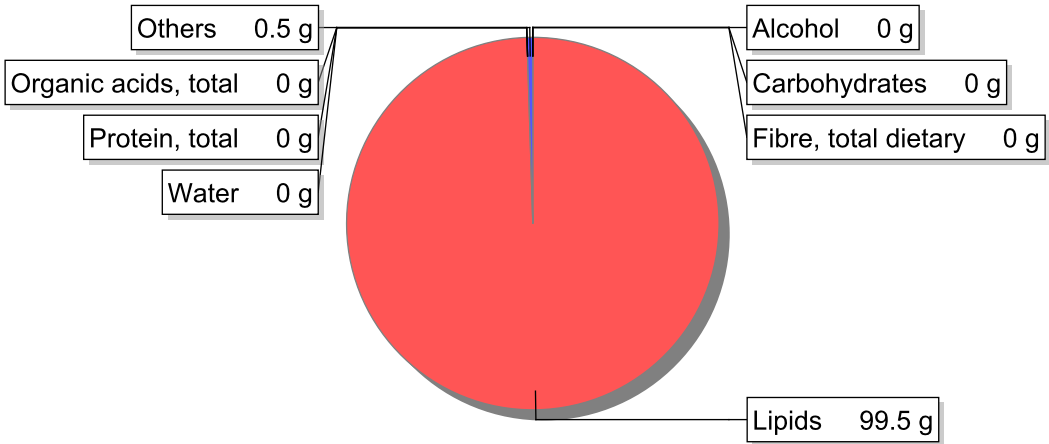


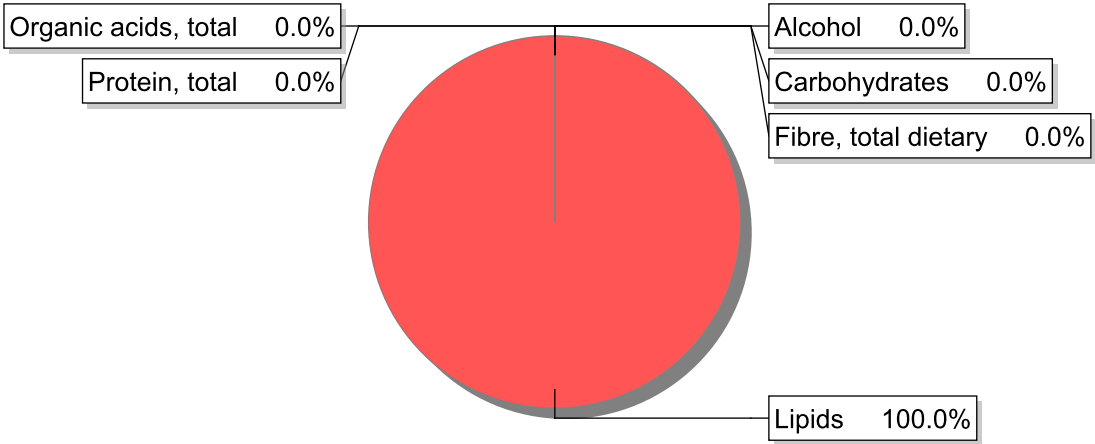
Food

Name: Oil, sunflower
Group: Olive oil, oils and fats
Subgroup: Oils
Edible Part: 100%
Code: IS390
FoodEX2 Code: A037D

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	896	kcal	
energy kJ, total metabolisable	3680	kJ	
fatty acids, total saturated	11.6	g	
fatty acids, total monounsaturated	22.3	g	
fatty acids, total polyunsaturated	62.2	g	
fatty acid 18:2 n-6 cis,cis	62.1	g	
fatty acids, total trans	0.1	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	0	g	
alcohol	0	g	
water	0	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	65	mg	1
thiamin	0	mg	
riboflavin	0	mg	
niacin, preformed	0	mg	
niacin equivalents, total	0	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	0	µg	
ash	0	g	
sodium	0	mg	57
potassium	0	mg	57
calcium	0	mg	57
phosphorus	0	mg	57
magnesium	0	mg	57
iron, total	0	mg	57
zinc	0	mg	57

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
1	Vasco, E; Dias, A; Bártoło, H; Moura, I; Oliveira, L (2007). Updating sunflower oil -tocopherol value for Portuguese Food Composition Database
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB