



**Food ID:** K009

**Food name and Description:** Oil, corn

**Scientific name:** *N/A*

**Alternate/Common name(s):** Langis, mais

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	0.4
Energy, calculated (kcal)	896
Protein (g)	0
Total Fat (g)	99.6
Carbohydrate, total (g)	0
Ash, total (g)	0

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	33
Phosphorus, P (mg)	0
Iron, Fe (mg)	0.2
Sodium, Na (mg)	0

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	25
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0
Ascorbic Acid, Vitamin C (mg)	0

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	12.9
Fatty acids, monounsaturated, total (g)	27.47
Fatty acids, polyunsaturated, total(g)	54.46
Cholesterol (mg)	0