Tên thực phẩm (Vietnamese):BƠSTT:265Tên tiếng Anh (English):Butter, unsaltedMã số:6001Thành phần dinh dưỡng trong 100g phần ăn được (100 grams edible portion)Thải bỏ (%):0.0

Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)	Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)
Nước (Water)	g	15.4	1	Tổng số isoflavon (Total isoflavone)	mg	0	3
Năng lượng (Energy)	KCal	756		Daidzein	mg	0	3
	KJ	3161		Genistein	mg	0	3
Protein	g	0.5	1	Glycetin	mg	0	3
Lipid (Fat)	g	83.5	1	Tổng số acid béo no	g	51.370	3
Glucid (Carbohydrate)	g	0.5	1	(Total saturated fatty acid)			
Celluloza (Fiber)	g	0.0	1	Palmitic (C16:0)	g	21.700	3
Tro (Ash)	g	0.1	1	Margaric (C17:0)	g	0.560	3
Đường tổng số (Sugar)	g	-		Stearic (C18:0)	g	10.000	3
Galactoza (Galactose)	g	-		Arachidic (C20:0)	g	0.140	3
Maltoza (Maltose)	g	-		Behenic (22:0)	g	0.000	3
Lactoza (Lactose)	g	-		Lignoceric (C24:0)	g	0.000	3
Fructoza (Fructose)	g	-		TS acid béo không no 1 nối đôi	g	21.020	3
Glucoza (Glucose)	g	-		(Total monounsaturated fatty acid)			
Sacaroza (Sucrose)	g	-		Myristoleic (C14:1)	g	0.000	3
Calci (Calcium)	mg	12	1	Palmitoleic (C16:1)	g	0.960	3
Sắt (Iron)	mg	0.10	1	Oleic (C18:1)	g	16.980	3
Magiê (Magnesium)	mg	2	3	TS acid béo không no nhiều nối đôi	g	3.040	3
Mangan (Manganese)	mg	0.000	3	(Total polyunsaturated fatty acid)			
Phospho (Phosphorous)	mg	12	1	Linoleic (C18:2 n6)	g	2.170	3
Kali (Potassium)	mg	24	3	Linolenic (C18:2 n3)	g	0.320	3
Natri (Sodium)	mg	11	3	Arachidonic (C20:4)	g	0.000	3
Kẽm (Zinc)	mg	0.09	3	Eicosapentaenoic (C20:5 n3)	g	0.000	3
Đồng (Copper)	μg	16	3	Docosahexaenoic (C22:6 n3)	g	0.000	3
Selen (Selenium)	μg	1	3	TS acid béo trans (Total trans fatty acid)	g	2.982	3
Vitamin C (Ascorbic acid)	mg	0	1	Cholesterol	mg	270	1
Vitamin B1 (Thiamine)	mg	0.01	1	Phytosterol	mg	4	3
Vitamin B2 (Riboflavin)	mg	0.04	1	Lysin	mg	-	
Vitamin PP (Niacin)	mg	0.0	1	Methionin	mg	-	
Vitamin B5 (Pantothenic acid)	mg	0.11	3	Tryptophan	mg	-	
Vitamin B6 (Pyridoxine)	mg	0.003	3	Phenylalanin	mg	-	
Folat (Folate)	μg	3	3	Threonin	mg	-	
Vitamin B9 (Folic acid)	μg	0	3	Valin	mg	-	
Vitamin H (Biotin)	μg	-		Leucin	mg	-	
Vitamin B12 (Cyanocobalamine)	μg	0	3	Isoleucin	mg	-	
Vitamin A (Retinol)	μg	600	1	Arginin	mg	-	
Vitamin D (Calciferol)	μg	-		Histidin	mg	-	
Vitamin E (Alpha-tocopherol)	mg	2.32	3	Cystin	mg	-	
Vitamin K (Phylloquinone)	μg	7	3	Tyrosin	mg	-	
Beta-caroten	μg	158	3	Alanin	mg	-	
Alpha-caroten	μg	0	3	Acid aspartic	mg	-	
Beta-cryptoxanthin	μg	0	3	Acid glutamic	mg	-	
Lycopen	μg	0	3	Glycin	mg	-	
Lutein + Zeaxanthin	μg	0	3	Prolin	mg	-	
Purin	mg	-		Serin	mg	-	

DẦU THẢO MỘC (LẠC, VỪNG, CÁM...) Tên thực phẩm (Vietnamese):

STT: 266 Vegetable oil, mix Tên tiếng Anh (English): Mã số: 6002 Thành phần dinh dưỡng trong 100g phần ăn được (100 grams edible portion) Thải bỏ (%): 0.0

Thành phần dinh dưỡng	ĐV	Hàm lượng	TLTK	Thành phần dinh dưỡng	ĐV	Hàm lượng	TLTK
(Nutrients)	(Unit)	(Value)	(Source)	- ,	(Unit)	(Value)	(Source)
Nước (Water)	g	0.3	1	Tổng số isoflavon (Total isoflavone)	mg	0	3
Năng lượng (Energy)	KCal	897		Daidzein	mg	0	3
.	KJ	3754	4	Genistein	mg	0	3
Protein	g	0.0	1	Glycetin	mg	0	3
Lipid (Fat)	g	99.7	1	Tổng số acid béo no	g	-	
Glucid (Carbohydrate)	g	0.0	1	(Total saturated fatty acid)			
Celluloza (Fiber)	g	0.0	1	Palmitic (C16:0)	g	-	
Tro (Ash)	g	0.0	1	Margaric (C17:0)	g	-	
Đường tổng số (Sugar)	g	0	3	Stearic (C18:0)	g	-	
Galactoza (Galactose)	g	0	3	Arachidic (C20:0)	g	-	
Maltoza (Maltose)	g	0	3	Behenic (22:0)	g	-	
Lactoza (Lactose)	g	0	3	Lignoceric (C24:0)	g	-	
Fructoza (Fructose)	g	0	3	TS acid béo không no 1 nối đôi	g	-	
Glucoza (Glucose)	g	0	3	(Total monounsaturated fatty acid)			
Sacaroza (Sucrose)	g	0	3	Myristoleic (C14:1)	g	-	
Calci (Calcium)	mg	-		Palmitoleic (C16:1)	g	-	
Sắt (Iron)	mg	-		Oleic (C18:1)	g	-	
Magiê (Magnesium)	mg	-		TS acid béo không no nhiều nối đôi	g	-	
Mangan (Manganese)	mg	-		(Total polyunsaturated fatty acid)			
Phospho (Phosphorous)	mg	-		Linoleic (C18:2 n6)	g	-	
Kali (Potassium)	mg	-		Linolenic (C18:2 n3)	g	-	
Natri (Sodium)	mg	-		Arachidonic (C20:4)	g	-	
Kẽm (Zinc)	mg	-		Eicosapentaenoic (C20:5 n3)	g	-	
Đồng (Copper)	μg	-		Docosahexaenoic (C22:6 n3)	g	-	
Selen (Selenium)	μg	-		TS acid béo trans (Total trans fatty acid)	g	-	
Vitamin C (Ascorbic acid)	mg	0	1	Cholesterol	mg	-	
Vitamin B1 (Thiamine)	mg	-		Phytosterol	mg	-	
Vitamin B2 (Riboflavin)	mg	-		Lysin	mg	0	1
Vitamin PP (Niacin)	mg	-		Methionin	mg	0	1
Vitamin B5 (Pantothenic acid)	mg	-		Tryptophan	mg	0	1
Vitamin B6 (Pyridoxine)	mg	-		Phenylalanin	mg	0	1
Folat (Folate)	μg	-		Threonin	mg	0	1
Vitamin B9 (Folic acid)	μg	-		Valin	mg	0	1
Vitamin H (Biotin)	μg	-		Leucin	mg	0	1
Vitamin B12 (Cyanocobalamine)	μg	-		Isoleucin	mg	0	1
Vitamin A (Retinol)	μg	-		Arginin	mg	0	1
Vitamin D (Calciferol)	μg	-		Histidin	mg	0	1
Vitamin E (Alpha-tocopherol)	mg	-		Cystin	mg	0	1
Vitamin K (Phylloquinone)	μg	-		Tyrosin	mg	0	1
Beta-caroten	μg	0	3	Alanin	mg	0	1
Alpha-caroten	μg	0	3	Acid aspartic	mg	0	1
Beta-cryptoxanthin	μg	0	3	Acid glutamic	mg	0	1
Lycopen	μg	0	3	Glycin	mg	0	1
Lutein + Zeaxanthin	μg	0	3	Prolin	mg	0	1
Purin	mg	0	4	Serin	mg	0	1

Tên tiếng Anh (English):Lard, saltedMã số:6003Thành phần dinh dưỡng trong 100g phần ăn được (100 grams edible portion)Thải bỏ (%):0.0

STT:

Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)	Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)
Nước (Water)	g	3.0	1	Tổng số isoflavon (Total isoflavone)	mg	0	3
Năng lượng (Energy)	KCal	827		Daidzein	mg	0	3
	KJ	3460		Genistein	mg	0	3
Protein	g	2.0	1	Glycetin	mg	0	3
Lipid (Fat)	g	91.0	1	Tổng số acid béo no	g	-	
Glucid (Carbohydrate)	g	0.0	1	(Total saturated fatty acid)			
Celluloza (Fiber)	g	0.0	1	Palmitic (C16:0)	g	-	
Tro (Ash)	g	4.0	1	Margaric (C17:0)	g	-	
Đường tổng số (Sugar)	g	0	3	Stearic (C18:0)	g	-	
Galactoza (Galactose)	g	0	3	Arachidic (C20:0)	g	-	
Maltoza (Maltose)	g	0	3	Behenic (22:0)	g	-	
Lactoza (Lactose)	g	0	3	Lignoceric (C24:0)	g	-	
Fructoza (Fructose)	g	0	3	TS acid béo không no 1 nối đôi	g	-	
Glucoza (Glucose)	g	0	3	(Total monounsaturated fatty acid)			
Sacaroza (Sucrose)	g	0	3	Myristoleic (C14:1)	g	-	
Calci (Calcium)	mg	-		Palmitoleic (C16:1)	g	-	
Sắt (Iron)	mg	-		Oleic (C18:1)	g	-	
Magiê (Magnesium)	mg	-		TS acid béo không no nhiều nối đôi	g	-	
Mangan (Manganese)	mg	-		(Total polyunsaturated fatty acid)			
Phospho (Phosphorous)	mg	-		Linoleic (C18:2 n6)	g	-	
Kali (Potassium)	mg	-		Linolenic (C18:2 n3)	g	-	
Natri (Sodium)	mg	-		Arachidonic (C20:4)	g	-	
Kẽm (Zinc)	mg	-		Eicosapentaenoic (C20:5 n3)	g	-	
Đồng (Copper)	μg	-		Docosahexaenoic (C22:6 n3)	g	-	
Selen (Selenium)	μg	-		TS acid béo trans (Total trans fatty acid)	g	-	
Vitamin C (Ascorbic acid)	mg	0	1	Cholesterol	mg	-	
Vitamin B1 (Thiamine)	mg	-		Phytosterol	mg	-	
Vitamin B2 (Riboflavin)	mg	-		Lysin	mg	-	
Vitamin PP (Niacin)	mg	-		Methionin	mg	-	
Vitamin B5 (Pantothenic acid)	mg	-		Tryptophan	mg	-	
Vitamin B6 (Pyridoxine)	mg	-		Phenylalanin	mg	-	
Folat (Folate)	μg	-		Threonin	mg	-	
Vitamin B9 (Folic acid)	μg	-		Valin	mg	-	
Vitamin H (Biotin)	μg	-		Leucin	mg	-	
Vitamin B12 (Cyanocobalamine)	μg	-		Isoleucin	mg	-	
Vitamin A (Retinol)	μg	-		Arginin	mg	-	
Vitamin D (Calciferol)	μg	-		Histidin	mg	-	
Vitamin E (Alpha-tocopherol)	mg	-		Cystin	mg	-	
Vitamin K (Phylloquinone)	μg	-		Tyrosin	mg	-	
Beta-caroten	μg	0	3	Alanin	mg	-	
Alpha-caroten	μg	0	3	Acid aspartic	mg	-	
Beta-cryptoxanthin	μg	0	3	Acid glutamic	mg	-	
Lycopen	μg	0	3	Glycin	mg	-	
Lutein + Zeaxanthin	μg	0	3	Prolin	mg	-	
Purin	mg	0	4	Serin	mg	-	

MÕ LỢN NƯỚC Tên thực phẩm (Vietnamese):

STT: 268 Lard, liquid Tên tiếng Anh (English): Mã số: 6004 Thải bỏ (%): 0.0

Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)	Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)
Nước (Water)	g	0.4	1	Tổng số isoflavon (Total isoflavone)	mg	0	3
Năng lượng (Energy)	KCal	896		Daidzein	mg	0	3
	KJ	3751		Genistein	mg	0	3
Protein	g	0.0	1	Glycetin	mg	0	3
Lipid (Fat)	g	99.6	1	Tổng số acid béo no	g	39.100	3
Glucid (Carbohydrate)	g	0.0	1	(Total saturated fatty acid)			
Celluloza (Fiber)	g	0.0	1	Palmitic (C16:0)	g	23.800	3
Tro (Ash)	g	0.0	1	Margaric (C17:0)	g	0.000	3
Đường tổng số (Sugar)	g	0	3	Stearic (C18:0)	g	13.500	3
Galactoza (Galactose)	g	0	3	Arachidic (C20:0)	g	0.000	3
Maltoza (Maltose)	g	0	3	Behenic (22:0)	g	0.000	3
Lactoza (Lactose)	g	0	3	Lignoceric (C24:0)	g	0.000	3
Fructoza (Fructose)	g	0	3	TS acid béo không no 1 nối đôi	g	45.100	3
Glucoza (Glucose)	g	0	3	(Total monounsaturated fatty acid)			
Sacaroza (Sucrose)	g	0	3	Myristoleic (C14:1)	g	0.000	3
Calci (Calcium)	mg	2	1	Palmitoleic (C16:1)	g	2.700	3
Sắt (Iron)	mg	0.30	1	Oleic (C18:1)	g	41.200	3
Magiê (Magnesium)	mg	-		TS acid béo không no nhiều nối đôi	g	11.200	3
Mangan (Manganese)	mg	-		(Total polyunsaturated fatty acid)			
Phospho (Phosphorous)	mg	12	1	Linoleic (C18:2 n6)	g	10.200	3
Kali (Potassium)	mg	-		Linolenic (C18:2 n3)	g	1.000	3
Natri (Sodium)	mg	-		Arachidonic (C20:4)	g	0.000	3
Kẽm (Zinc)	mg	-		Eicosapentaenoic (C20:5 n3)	g	0.000	3
Đồng (Copper)	μg	-		Docosahexaenoic (C22:6 n3)	g	0.000	3
Selen (Selenium)	μg	-		TS acid béo trans (Total trans fatty acid)	g	-	
Vitamin C (Ascorbic acid)	mg	0	1	Cholesterol	mg	95	1
Vitamin B1 (Thiamine)	mg	0.02	1	Phytosterol	mg	-	
Vitamin B2 (Riboflavin)	mg	-		Lysin	mg	-	
Vitamin PP (Niacin)	mg	-		Methionin	mg	-	
Vitamin B5 (Pantothenic acid)	mg	-		Tryptophan	mg	-	
Vitamin B6 (Pyridoxine)	mg	-		Phenylalanin	mg	-	
Folat (Folate)	μg	-		Threonin	mg	-	
Vitamin B9 (Folic acid)	μg	-		Valin	mg	-	
Vitamin H (Biotin)	μg	-		Leucin	mg	-	
Vitamin B12 (Cyanocobalamine)	μg	-		Isoleucin	mg	-	
Vitamin A (Retinol)	μg	-		Arginin	mg	-	
Vitamin D (Calciferol)	μg	-		Histidin	mg	-	
Vitamin E (Alpha-tocopherol)	mg	-		Cystin	mg	-	
Vitamin K (Phylloquinone)	μg	-		Tyrosin	mg	-	
Beta-caroten	μg	0	3	Alanin	mg	-	
Alpha-caroten	μg	0	3	Acid aspartic	mg	-	
Beta-cryptoxanthin	μg	0	3	Acid glutamic	mg	-	
Lycopen	μg	0	3	Glycin	mg	-	
Lutein + Zeaxanthin	μg	0	3	Prolin	mg	-	
Purin	mg	0	4	Serin	mg	-	

Tên tiếng Anh (English): Butter-margarine blend, stick, unsalted

STT:

Mã số:

Thải bỏ (%): 0.0

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6005

Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)	Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)
Nước (Water)	g	18.5	3	Tổng số isoflavon (Total isoflavone)	mg	-	
Năng lượng (Energy)	KCal	729		Daidzein	mg	-	
	KJ	3049		Genistein	mg	-	
Protein	g	0.5	3	Glycetin	mg	-	
Lipid (Fat)	g	80.7	3	Tổng số acid béo no	g	15.000	3
Glucid (Carbohydrate)	g	0.1	3	(Total saturated fatty acid)			
Celluloza (Fiber)	g	0.0	3	Palmitic (C16:0)	g	9.500	3
Tro (Ash)	g	0.2	3	Margaric (C17:0)	g	0.000	3
Đường tổng số (Sugar)	g	-		Stearic (C18:0)	g	5.000	3
Galactoza (Galactose)	g	-		Arachidic (C20:0)	g	0.000	3
Maltoza (Maltose)	g	-		Behenic (22:0)	g	0.000	3
Lactoza (Lactose)	g	-		Lignoceric (C24:0)	g	0.000	3
Fructoza (Fructose)	g	-		TS acid béo không no 1 nối đôi	g	36.700	3
Glucoza (Glucose)	g	-		(Total monounsaturated fatty acid)			
Sacaroza (Sucrose)	g	-		Myristoleic (C14:1)	g	0.000	3
Calci (Calcium)	mg	17	3	Palmitoleic (C16:1)	g	0.000	3
Sắt (Iron)	mg	-	3	Oleic (C18:1)	g	36.700	3
Magiê (Magnesium)	mg	2	3	TS acid béo không no nhiều nối đôi	g	25.000	3
Mangan (Manganese)	mg	0.000	3	(Total polyunsaturated fatty acid)			
Phospho (Phosphorous)	mg	13	3	Linoleic (C18:2 n6)	g	24.700	3
Kali (Potassium)	mg	25	3	Linolenic (C18:2 n3)	g	0.300	3
Natri (Sodium)	mg	2	3	Arachidonic (C20:4)	g	0.000	3
Kẽm (Zinc)	mg	0.02	3	Eicosapentaenoic (C20:5 n3)	g	0.000	3
Đồng (Copper)	μg	0	3	Docosahexaenoic (C22:6 n3)	g	0.000	3
Selen (Selenium)	μ g	0	3	TS acid béo trans (Total trans fatty acid)	g	-	
Vitamin C (Ascorbic acid)	mg	0	3	Cholesterol	mg	0	1
Vitamin B1 (Thiamine)	mg	0.01	3	Phytosterol	mg	265	3
Vitamin B2 (Riboflavin)	mg	0.02	3	Lysin	mg	39	3
Vitamin PP (Niacin)	mg	0.0	3	Methionin	mg	12	3
Vitamin B5 (Pantothenic acid)	mg	0.049	3	Tryptophan	mg	7	3
Vitamin B6 (Pyridoxine)	mg	0.005	3	Phenylalanin	mg	24	3
Folat (Folate)	μg	1	3	Threonin	mg	22	3
Vitamin B9 (Folic acid)	μ g	0	3	Valin	mg	33	3
Vitamin H (Biotin)	μg	-		Leucin	mg	49	3
Vitamin B12 (Cyanocobalamine)	μg	0.06	3	Isoleucin	mg	30	3
Vitamin A (Retinol)	μg	768	3	Arginin	mg	18	3
Vitamin D (Calciferol)	μg	-		Histidin	mg	13	3
Vitamin E (Alpha-tocopherol)	mg	12.8	3	Cystin	mg	5	3
Vitamin K (Phylloquinone)	μg	93	3	Tyrosin	mg	24	3
Beta-caroten	μg	610	3	Alanin	mg	17	3
Alpha-caroten	μg	0	3	Acid aspartic	mg	38	3
Beta-cryptoxanthin	μg	0	3	Acid glutamic	mg	104	3
Lycopen	μg	0	3	Glycin	mg	11	3
Lutein + Zeaxanthin	μg	0	3	Prolin	mg	48	3
Purin	mg	0	4	Serin	mg	27	3

Tên thực phẩm (Vietnamese):

DẦU BÔNG

Tên tiếng Anh (English): Cottonseed oil, salad or cooking
Thành phần dinh dưỡng trong 100g phần ăn được (100 grams edible portion)

Mã số: 6006 Thải bỏ (%): 0.0

270

STT:

Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)	Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)
Nước (Water)	g	0.0	3	Tổng số isoflavon (Total isoflavone)	mg	0	3
Năng lượng (Energy)	KCal	900		Daidzein	mg	0	3
	KJ	3766		Genistein	mg	0	3
Protein	g	0.0	3	Glycetin	mg	0	3
Lipid (Fat)	g	100.0	3	Tổng số acid béo no	g	25.900	3
Glucid (Carbohydrate)	g	0.0	3	(Total saturated fatty acid)			
Celluloza (Fiber)	g	0.0	3	Palmitic (C16:0)	g	22.700	3
Tro (Ash)	g	0.0	3	Margaric (C17:0)	g	0.000	3
Đường tổng số (Sugar)	g	0	3	Stearic (C18:0)	g	2.300	3
Galactoza (Galactose)	g	0	3	Arachidic (C20:0)	g	0.000	3
Maltoza (Maltose)	g	0	3	Behenic (22:0)	g	0.000	3
Lactoza (Lactose)	g	0	3	Lignoceric (C24:0)	g	0.000	3
Fructoza (Fructose)	g	0	3	TS acid béo không no 1 nối đôi	g	17.800	3
Glucoza (Glucose)	g	0	3	(Total monounsaturated fatty acid)			
Sacaroza (Sucrose)	g	0	3	Myristoleic (C14:1)	g	0.000	3
Calci (Calcium)	mg	-		Palmitoleic (C16:1)	g	0.800	3
Sắt (Iron)	mg	-		Oleic (C18:1)	g	17.000	3
Magiê (Magnesium)	mg	-		TS acid béo không no nhiều nối đôi	g	51.900	3
Mangan (Manganese)	mg	-		(Total polyunsaturated fatty acid)			
Phospho (Phosphorous)	mg	-		Linoleic (C18:2 n6)	g	51.500	3
Kali (Potassium)	mg	-		Linolenic (C18:2 n3)	g	0.200	3
Natri (Sodium)	mg	-		Arachidonic (C20:4)	g	0.000	3
Kẽm (Zinc)	mg	-		Eicosapentaenoic (C20:5 n3)	g	0.000	3
Đồng (Copper)	μg	-		Docosahexaenoic (C22:6 n3)	g	0.000	3
Selen (Selenium)	μg	-		TS acid béo trans (Total trans fatty acid)	g	-	
Vitamin C (Ascorbic acid)	mg	-		Cholesterol	mg	0	1
Vitamin B1 (Thiamine)	mg	-		Phytosterol	mg	324	3
Vitamin B2 (Riboflavin)	mg	-		Lysin	mg	0	3
Vitamin PP (Niacin)	mg	-		Methionin	mg	0	3
Vitamin B5 (Pantothenic acid)	mg	-		Tryptophan	mg	0	3
Vitamin B6 (Pyridoxine)	mg	-		Phenylalanin	mg	0	3
Folat (Folate)	μg	-		Threonin	mg	0	3
Vitamin B9 (Folic acid)	μg	-		Valin	mg	0	3
Vitamin H (Biotin)	μg	-		Leucin	mg	0	3
Vitamin B12 (Cyanocobalamine)	μg	-		Isoleucin	mg	0	3
Vitamin A (Retinol)	μg	-		Arginin	mg	0	3
Vitamin D (Calciferol)	μg	-		Histidin	mg	0	3
Vitamin E (Alpha-tocopherol)	mg	35.3	3	Cystin	mg	0	3
Vitamin K (Phylloquinone)	μg	24.7	3	Tyrosin	mg	0	3
Beta-caroten	μg	0	3	Alanin	mg	0	3
Alpha-caroten	μg	0	3	Acid aspartic	mg	0	3
Beta-cryptoxanthin	μg	0	3	Acid glutamic	mg	0	3
Lycopen	μg	0	3	Glycin	mg	0	3
Lutein + Zeaxanthin	μg	0	3	Prolin	mg	0	3
Purin	mg	0	4	Serin	mg	0	3

STT: 271 Tên tiếng Anh (English): Rice bran oil Mã số: 6007 Thành phần dinh dưỡng trong 100g phần ăn được (100 grams edible portion) Thải bỏ (%): 0.0

Number N	Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)	Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)
Protein	Nước (Water)	g	0.0	3	Tổng số isoflavon (Total isoflavone)	mg	0	3
Protein	Năng lượng (Energy)	KCal	900		Daidzein	mg	0	3
Lipid (Fat)		KJ	3766		Genistein	mg	0	3
Calcuical (Carbonydrate)	Protein	g	0.0	3	Glycetin	mg	0	3
Colluloza (Fibor) g 0.0 3 Palmitic (C16:0) g 16:000 3 Tro (Ash) g 0.0 3 Margaric (C17:0) g 0.000 3 Dubring fongs of (Sugar) g 0 3 Starcic (C18:0) g 0.000 3 Galactoza (Galactose) g 0 3 Behenic (22:0) g 0.000 3 Lactoza (Lactose) g 0 3 Elignoceric (C24:0) g 0.000 3 Fructoza (Fructose) g 0 3 Lignoceric (C24:0) g 0.000 3 Glucoza (Glucose) g 0 3 TS acid bek không no 1 nối đỏi g 3.000 3 Sacaroza (Sucrose) g 0 3 Palmitoleic (C18:1) g 0.000 3 Sát (ron) mg - TS acid bek không no nhiều nối đỏi g 3.500 3 Nati (Sodium) mg - TS acid beo không no nhiều nối đỏi g 3.3,00	Lipid (Fat)	g	100.0	3	Tổng số acid béo no	g	19.700	3
Tro (Ash)	Glucid (Carbohydrate)	g	0.0	3	(Total saturated fatty acid)			
Duồng tổng số (Sugar) g 0 3 Staric (C18:0) g 1.600 3 3 Staric (C18:0) g 0.000 3 3 Staric (C18:0) g 0.000 3 3 Staric (C18:0) g 0.000 3 3 Staric (C20:0) g 0.000 3 3 Staric (C18:0) g 0.000 3 3 Staric (C18:0) g 0.000 Staric (C18:0) g 0.000 Staric (C18	Celluloza (Fiber)	g	0.0	3	Palmitic (C16:0)	g	16.900	3
Galactoza (Galactose) g 0 3 Arachidic (C20:0) g 0.000 3 Maltoza (Maltose) g 0 3 Behenic (22:0) g 0.000 3 Lactoza (Lactose) g 0 3 Lignoceric (C24:0) g 0.000 3 Fructoza (Fructose) g 0 3 TS acid béc không no 1 nổi đôi g 39.300 3 Glucoza (Slucose) g 0 3 TS acid béc không no 1 nổi đôi g 39.300 3 Sacaroza (Sucrose) g 0 3 Myristoleic (C14:1) g 0.000 3 Sát (ron) mg -	Tro (Ash)	g	0.0	3	Margaric (C17:0)	g	0.000	3
Maltoza (Maltose) g 0 3 Behenic (22·0) g 0.000 3 Lactoza (Lactose) g 0 3 Lignoceric (C24·0) g 0.000 3 Fructoza (Fructose) g 0 3 TS acid béo không no 1 nói đôi g 3.93.00 3 Sacaroza (Sucrose) g 0 3 Myristoleic (C14:1) g 0.000 3 Sát (Iron) mg -	Đường tổng số (Sugar)	g	0	3	Stearic (C18:0)	g	1.600	3
Lactoza (Lactose) g 0 3 Lignoceric (C24:0) g 0.000 3 Fructoza (Fructose) g 0 3 TS acid béo không no 1 nối đối g 39,300 3 Glucoza (Glucose) g 0 3 Myristoleic (C14:1) g 0.000 3 Sát (Iron) mg 0.07 3 Oleic (C18:1) g 0.000 3 Magiê (Magnesium) mg - 4 Palmitoleic (C18:1) g 35,000 3 Mangan (Manganese) mg - 4 Linoleic (C18:2 n6) g 33,400 3 Natri (Scdium) mg - 4 Linoleic (C18:2 n6) g 33,400 3 Natri (Scdium) mg - 4 Arachidonic (C20:4) g 0.000 3 Sèlen (Sclumium) µg - Eicosapentaenoic (C20:5 n3) g 0.000 3 Sèlen (Selenium) µg - TS acid béo trans (Total trans fatty acid) 1	Galactoza (Galactose)	g	0	3	Arachidic (C20:0)	g	0.000	3
Fructoza (Fructose) g 0 3 3 TS acid béo không no 1 nói dôi g 39,300 3 3 3 3 3 3 3 3 3	Maltoza (Maltose)	g	0	3	Behenic (22:0)	g	0.000	3
Glucoza (Glucose) g 0 3 (Total monounsaturated fatty acid) g 0.000 3 3 Sacaroza (Sucrose) g 0 3 Myristoleic (C14:1) g 0.000 3 3 Sacit (Calcium) mg 0.07 3 Palmitoleic (C16:1) g 39.100 3 3 Magía (Magnesium) mg 0.07 3 TS acid béo không no nhiều nổi đổi g 35.000 3 Mangan (Manganese) mg 0 (Total polyunsaturated fatty acid) g 33.400 3 Kali (Potassium) mg 0 Linoleic (C18:2 n6) g 33.400 3 Kali (Potassium) mg 0 Linoleic (C18:2 n6) g 33.400 3 Kali (Potassium) mg 0 Linoleic (C18:2 n6) g 33.400 3 Kali (Potassium) mg 0 Linoleic (C18:2 n6) g 0.000 3 Kam (Zinc) mg 0 Linoleic (C20:4) g 0.000 3 Selen (Solenium) μg 0 TS acid béo trans (Total trans fatty acid) g 0.000 3 Vitamin C (Ascorbic acid) mg 0 TS acid béo trans (Total trans fatty acid) g 0.000 3 Vitamin Pe (Niacin) mg 0 Tylotosterol mg 0 1 Vitamin Pe (Niacin) mg 0 Tylotosterol mg 0 3 Vitamin B (Pridoxine) μg 0 Tylotosterol mg 0 3 Vitamin B (Pridoxine) μg 0 Tylotosterol mg 0 3 Vitamin B (Pridoxine) μg 0 Tylotosterol mg 0 3 Vitamin B (Pridoxine) μg 0 Tylotosterol mg 0 3 Vitamin B (Pridoxine) μg 0 Tylotosterol mg 0 3 Vitamin B (Pridoxine) μg 0 Tylotosterol mg 0 3 Vitamin B (Pridoxine) μg 0 Tylotosterol mg 0 3 Vitamin B (Pridoxine) μg 0 Tylotosterol mg 0 3 Vitamin B (Pridoxine) μg 0 Tylotosterol mg 0 3 Vitamin A (Retinol) μg 0 Tylotosterol mg 0 3 Vitamin A (Retinol) μg 0 Tylotosterol mg 0 3 Vitamin A (Retinol) μg 0 Tylotosterol mg 0 3 Vitamin A (Retinol) μg 0 Tylotosterol mg 0 3 Vitamin A (Retinol) μg 0 Tylotosterol mg 0 Tylotoste	Lactoza (Lactose)	g	0	3	Lignoceric (C24:0)	g	0.000	3
Sacaroza (Sucrose) g 0 3 Myristoleic (C14:1) g 0.000 3 Calci (Calcium) mg - a Palmitoleic (C16:1) g 0.000 3 Sắt (Iron) mg 0.07 3 Oleic (C18:1) g 3.9100 3 Manga (Manganese) mg - TS acid bôo không no nhiều nổi đổi g 35,000 3 Phospho (Phosphorous) mg - Linoleic (C18:2 n3) g 33,400 3 Kâli (Potassium) mg - Linoleic (C18:2 n3) g 1,000 3 Natri (Sodum) mg - Arachidonic (C20:4) g 0,000 3 Kêm (Zinc) mg - Arachidonic (C20:4) g 0,000 3 Bòng (Copper) μg - TS acid béo trans (Total wans fatty acid) g 0,000 3 Selen (Selenium) μg - TS acid béo trans (Total wans fatty acid) g 0,000 3 Vitamin E (Ribofla	Fructoza (Fructose)	g	0	3	TS acid béo không no 1 nối đôi	g	39.300	3
Calci (Calcium) mg - Palmitoleic (C16:1) g 0.200 3 Sắt (Iron) mg 0.07 3 Oleic (C18:1) g 39.100 3 Magiê (Magnesium) mg - TS acid béo không no nhiều nổi đối g 35.000 3 Mangan (Manganese) mg - (Total polyunsaturated fatty acid) v ************************************	Glucoza (Glucose)	g	0	3	(Total monounsaturated fatty acid)			
Sát (Iron) mg 0.07 3 Oleic (C18:1) g 3,9100 3 Magiê (Magnesium) mg - TS acid béo không no nhiều nổi đổi g 3,5000 3 Mangan (Manganese) mg - (Total polyunsaturated fatty acid) - - Phospho (Phosphorous) mg - Linoleic (C18:2 n6) g 33,400 3 Kali (Potassium) mg - Linoleinic (C18:2 n3) g 1,600 3 Natri (Sodium) mg - Arachidonic (C20:4) g 0,000 3 Kêm (Zinc) mg - Eicosapentaenoic (C20:5 n3) g 0,000 3 Selen (Selenium) µg - TS acid béo trans (Total trans fatty acid) g 0,000 3 Vitamin B (Ascorbic acid) mg - Cholesterol mg 0 1 Vitamin B2 (Riboflavin) mg - Phytosterol mg 0 3 Vitamin B5 (Pantothenic acid) mg -	Sacaroza (Sucrose)	g	0	3	Myristoleic (C14:1)	g	0.000	3
Magié (Magnesium) mg - TS acid béo không no nhiều nối đôi g 35.000 3 Mangan (Manganese) mg - (Total polyunsaturated fatty acid) - - Linoleic (C18:2 n6) g 33.400 3 Kali (Potassium) mg - Linolenic (C18:2 n6) g 33.400 3 Natri (Sodium) mg - Linolenic (C18:2 n3) g 0.000 3 Kêm (Zinc) mg - Eicosapentaenoic (C20:4) g 0.000 3 Selen (Selenium) μg - Docosahexaenoic (C22:6 n3) g 0.000 3 Selen (Selenium) mg - Cholesterol mg 0 1 Vitamin C (Ascorbic acid) mg - Cholesterol mg 0 1 Vitamin B1 (Thiamine) mg - Phytosterol mg 0 1 Vitamin B2 (Riboflavin) mg - Lysin mg 0 3 Vitamin B6 (Paridoxine)	Calci (Calcium)	mg	-		Palmitoleic (C16:1)	g	0.200	3
Mangan (Manganese) mg - (Total polyunsaturated fatty acid) g 3 33.400 3 Kali (Potassium) mg - Linoleic (C18:2 n6) g 33.400 3 Kali (Potassium) mg - Linolenic (C18:2 n3) g 1.600 3 Natri (Sodium) mg - Arachidonic (C20:4) g 0.000 3 Këm (Zinc) mg - Eicosapentaenoic (C20:5 n3) g 0.000 3 Dòng (Copper) µg - Docosahexaenoic (C22:6 n3) g 0.000 3 Selen (Selenium) µg - Cholesterol mg 0 1 Vitamin C (Ascorbic acid) mg - Cholesterol mg 0 1 Vitamin B1 (Thiamine) mg - Phytosterol mg 0 3 Vitamin B2 (Riboflavin) mg - Methionin mg 0 3 Vitamin B5 (Pantothenic acid) µg - Tryptophan mg	Sắt (Iron)	mg	0.07	3	Oleic (C18:1)	g	39.100	3
Phospho (Phosphorous) mg - Linoleic (C18:2 n6) g 33.400 3 Kali (Potassium) mg - Linolenic (C18:2 n3) g 1.600 3 Natri (Sodium) mg - Arachidonic (C20:4) g 0.000 3 Kêm (Zinc) mg - Eicosapentaenoic (C20:5 n3) g 0.000 3 Pòng (Copper) μg - Docosahexaenoic (C20:5 n3) g 0.000 3 Selen (Selenium) μg - TS acid béo trans (Total trans fatty acid) g - Vitamin C (Ascorbic acid) mg - Cholesterol mg 0 1 Vitamin B1 (Thiamine) mg - Phytosterol mg 1 1 Vitamin B2 (Riboflavin) mg - Lysin mg 0 3 Vitamin B5 (Pantothenic acid) mg - Phenylalanin mg 0 3 Vitamin B9 (Folic acid) μg - Valin mg 0 </th <th>Magiê (Magnesium)</th> <th>mg</th> <th>-</th> <th></th> <th>TS acid béo không no nhiều nối đôi</th> <th>g</th> <th>35.000</th> <th>3</th>	Magiê (Magnesium)	mg	-		TS acid béo không no nhiều nối đôi	g	35.000	3
Kali (Potassium) mg - Linolenic (C18:2 n3) g 1.600 3 Natri (Sodium) mg - Arachidonic (C20:4) g 0.000 3 K\u00e4m (Zinc) mg - Eicosapentaenoic (C20:4) g 0.000 3 Selen (Selenium) μg - Docosahexaenoic (C22:6 n3) g 0.000 3 Selen (Selenium) μg - Cholesterol mg 0 1 Vitamin C (Ascorbic acid) mg - Cholesterol mg 0 1 Vitamin B1 (Thiamine) mg - Cholesterol mg 0 1 Vitamin B2 (Riboflavin) mg - Lysin mg 0 3 Vitamin B5 (Pantothenic acid) mg - Methionin mg 0 3 Vitamin B6 (Pyridoxine) μg - Phenylalanin mg 0 3 Folat (Folate) μg - Valin mg 0 3	Mangan (Manganese)	mg	-		(Total polyunsaturated fatty acid)			
Natri (Sodium) mg - Arachidonic (C20:4) g 0.000 3 K\u00e4m (Zinc) mg - Eicosapentaenoic (C20:5 n3) g 0.000 3 B\u00e5ng (Copper) μg - Docosahexaenoic (C22:6 n3) g 0.000 3 Selen (Selenium) μg - TS acid b\u00e5o trans (Total trans fatty acid) g - Vitamin C (Ascorbic acid) mg - Cholesterol mg 0 1 Vitamin B1 (Thiamine) mg - Cholesterol mg 0 1 Vitamin B2 (Riboflavin) mg - Lysin mg 0 3 Vitamin B5 (Pantothenic acid) mg - Methionin mg 0 3 Vitamin B6 (Pyridoxine) mg - Phenylalanin mg 0 3 Folat (Folate) μg - Valin mg 0 3 Vitamin B1 (Cyanocobalamine) μg - Leucin mg 0	Phospho (Phosphorous)	mg	-		Linoleic (C18:2 n6)	g	33.400	3
Kēm (Zinc) mg - Eicosapentaenoic (C20:5 n3) g 0.000 3 Bồng (Copper) μg - Docosahexaenoic (C22:6 n3) g 0.000 3 Selen (Selenium) μg - TS acid béo trans (Total trans fatty acid) g - Vitamin C (Ascorbic acid) mg - Cholesterol mg 0 1 Vitamin B1 (Thiamine) mg - Cholesterol mg 0 1 Vitamin B2 (Riboflavin) mg - Phytosterol mg 1190 3 Vitamin B5 (Pantothenic acid) mg - Methionin mg 0 3 Vitamin B6 (Pyridoxine) mg - Tryptophan mg 0 3 Polat (Folate) μg - Tryptophan mg 0 3 Vitamin B9 (Folic acid) μg - Valin mg 0 3 Vitamin H (Biotin) μg - Leucin mg 0 3	Kali (Potassium)	mg	-		Linolenic (C18:2 n3)	g	1.600	3
Đồng (Copper) μg - Docosahexaenoic (C22:6 n3) g 0.000 3 Selen (Selenium) μg - TS acid béo trans (Total trans fatty acid) g - Vitamin C (Ascorbic acid) mg - Cholesterol mg 0 1 Vitamin B1 (Thiamine) mg - Phytosterol mg 1190 3 Vitamin B2 (Riboflavin) mg - Lysin mg 0 3 Vitamin B5 (Pantothenic acid) mg - Methionin mg 0 3 Vitamin B6 (Pyridoxine) mg - Phenylalanin mg 0 3 Folat (Folate) μg - Threonin mg 0 3 Vitamin B9 (Folic acid) μg - Valin mg 0 3 Vitamin H (Biotin) μg - Leucin mg 0 3 Vitamin A (Retinol) μg - Histidin mg 0 3 <	Natri (Sodium)	mg	-		Arachidonic (C20:4)	g	0.000	3
Selen (Selenium) μg - TS acid béo trans (Total trans fatty acid) g - Vitamin C (Ascorbic acid) mg - Cholesterol mg 0 1 Vitamin B1 (Thiamine) mg - Phytosterol mg 0 1 Vitamin B2 (Riboflavin) mg - Lysin mg 0 3 Vitamin PP (Niacin) mg - Methionin mg 0 3 Vitamin B5 (Pantothenic acid) mg - Phenylalanin mg 0 3 Vitamin B6 (Pyridoxine) μg - Phenylalanin mg 0 3 Vitamin B9 (Folic acid) μg - Valin mg 0 3 Vitamin H (Biotin) μg - Leucin mg 0 3 Vitamin B12 (Cyanocobalamine) μg - Arginin mg 0 3 Vitamin D (Calciferol) μg - Histidin mg 0 3	Kẽm (Zinc)	mg	-		Eicosapentaenoic (C20:5 n3)	g	0.000	3
Vitamin C (Ascorbic acid) mg - Cholesterol mg 0 1 Vitamin B1 (Thiamine) mg - Phytosterol mg 1190 3 Vitamin B2 (Riboflavin) mg - Lysin mg 0 3 Vitamin PP (Niacin) mg - Methionin mg 0 3 Vitamin B5 (Pantothenic acid) mg - Tryptophan mg 0 3 Vitamin B6 (Pyridoxine) mg - Phenylalanin mg 0 3 Folat (Folate) μg - Valin mg 0 3 Vitamin B9 (Folic acid) μg - Valin mg 0 3 Vitamin H (Biotin) μg - Leucin mg 0 3 Vitamin B12 (Cyanocobalamine) μg - Arginin mg 0 3 Vitamin D (Calciferol) μg - Histidin mg 0 3 Vitamin K (Đồng (Copper)	μg	-		Docosahexaenoic (C22:6 n3)	g	0.000	3
Vitamin B1 (Thiamine) mg - Phytosterol mg 1190 3 Vitamin B2 (Riboflavin) mg - Lysin mg 0 3 Vitamin PP (Niacin) mg - Methionin mg 0 3 Vitamin B5 (Pantothenic acid) mg - Phenylalanin mg 0 3 Vitamin B6 (Pyridoxine) μg - Phenylalanin mg 0 3 Folat (Folate) μg - Valin mg 0 3 Vitamin B9 (Folic acid) μg - Valin mg 0 3 Vitamin H (Biotin) μg - Leucin mg 0 3 Vitamin B12 (Cyanocobalamine) μg - Arglini mg 0 3 Vitamin D (Calciferol) μg - Histidin mg 0 3 Vitamin K (Phylloquinone) μg 24.7 3 Tyrosin mg 0 3	Selen (Selenium)	μg	-		TS acid béo trans (Total trans fatty acid)	g	-	
Vitamin B2 (Riboflavin) mg - Lysin mg 0 3 Vitamin PP (Niacin) mg - Methionin mg 0 3 Vitamin B5 (Pantothenic acid) mg - Tryptophan mg 0 3 Vitamin B6 (Pyridoxine) mg - Phenylalanin mg 0 3 Folat (Folate) μg - Valin mg 0 3 Vitamin B9 (Folic acid) μg - Valin mg 0 3 Vitamin H (Biotin) μg - Leucin mg 0 3 Vitamin B12 (Cyanocobalamine) μg - Leucin mg 0 3 Vitamin A (Retinol) μg - Histidin mg 0 3 Vitamin E (Alpha-tocopherol) μg 24.7 3 Tyrosin mg 0 3 Beta-caroten μg 0 3 Alanin mg 0 3	,	mg	-			mg	0	1
Vitamin PP (Niacin) mg - Methionin mg 0 3 Vitamin B5 (Pantothenic acid) mg - Tryptophan mg 0 3 Vitamin B6 (Pyridoxine) mg - Phenylalanin mg 0 3 Folat (Folate) μg - Threonin mg 0 3 Vitamin B9 (Folic acid) μg - Valin mg 0 3 Vitamin H (Biotin) μg - Leucin mg 0 3 Vitamin B12 (Cyanocobalamine) μg - Arginin mg 0 3 Vitamin D (Calciferol) μg - Histidin mg 0 3 Vitamin E (Alpha-tocopherol) μg 24.7 3 Tyrosin mg 0 3 Beta-caroten μg 0 3 Alanin mg 0 3 Alpha-caroten μg 0 3 Acid aspartic mg 0 3	·	mg	-			mg	1190	
Vitamin B5 (Pantothenic acid) mg - Tryptophan mg 0 3 Vitamin B6 (Pyridoxine) mg - Phenylalanin mg 0 3 Folat (Folate) μg - Threonin mg 0 3 Vitamin B9 (Folic acid) μg - Valin mg 0 3 Vitamin H (Biotin) μg - Leucin mg 0 3 Vitamin B12 (Cyanocobalamine) μg - Arginin mg 0 3 Vitamin A (Retinol) μg - Histidin mg 0 3 Vitamin E (Alpha-tocopherol) mg 32.3 3 Cystin mg 0 3 Vitamin K (Phylloquinone) μg 24.7 3 Tyrosin mg 0 3 Beta-caroten μg 0 3 Acid aspartic mg 0 3 Beta-caroten μg 0 3 Acid aspartic mg <t< th=""><th>•</th><th>mg</th><th>-</th><th></th><th></th><th>mg</th><th></th><th></th></t<>	•	mg	-			mg		
Vitamin B6 (Pyridoxine) mg - Phenylalanin mg 0 3 Folat (Folate) μg - Threonin mg 0 3 Vitamin B9 (Folic acid) μg - Valin mg 0 3 Vitamin H (Biotin) μg - Leucin mg 0 3 Vitamin B12 (Cyanocobalamine) μg - Isoleucin mg 0 3 Vitamin A (Retinol) μg - Histidin mg 0 3 Vitamin D (Calciferol) μg - Histidin mg 0 3 Vitamin K (Phylloquinone) μg 24.7 3 Tyrosin mg 0 3 Beta-caroten μg 0 3 Alanin mg 0 3 Alpha-caroten μg 0 3 Acid aspartic mg 0 3 Beta-cryptoxanthin μg 0 3 Acid glutamic mg 0 <t< th=""><th></th><th>mg</th><th>-</th><th></th><th>Methionin</th><th>mg</th><th></th><th></th></t<>		mg	-		Methionin	mg		
Folat (Folate) μg - Threonin mg 0 3 Vitamin B9 (Folic acid) μg - Valin mg 0 3 Vitamin H (Biotin) μg - Leucin mg 0 3 Vitamin B12 (Cyanocobalamine) μg - Arginin mg 0 3 Vitamin A (Retinol) μg - Histidin mg 0 3 Vitamin E (Alpha-tocopherol) mg 32.3 3 Cystin mg 0 3 Vitamin K (Phylloquinone) μg 24.7 3 Tyrosin mg 0 3 Beta-caroten μg 0 3 Alanin mg 0 3 Alpha-caroten μg 0 3 Acid aspartic mg 0 3 Beta-cryptoxanthin μg 0 3 Acid glutamic mg 0 3	·	mg	-		** *	mg		
Vitamin B9 (Folic acid) μg - Valin mg 0 3 Vitamin H (Biotin) μg - Leucin mg 0 3 Vitamin B12 (Cyanocobalamine) μg - Isoleucin mg 0 3 Vitamin A (Retinol) μg - Arginin mg 0 3 Vitamin D (Calciferol) μg - Histidin mg 0 3 Vitamin E (Alpha-tocopherol) mg 32.3 3 Cystin mg 0 3 Vitamin K (Phylloquinone) μg 24.7 3 Tyrosin mg 0 3 Beta-caroten μg 0 3 Acid aspartic mg 0 3 Beta-cryptoxanthin μg 0 3 Acid glutamic mg 0 3		_	-					
Vitamin H (Biotin) μg - Leucin mg 0 3 Vitamin B12 (Cyanocobalamine) μg - Isoleucin mg 0 3 Vitamin A (Retinol) μg - Arginin mg 0 3 Vitamin D (Calciferol) μg - Histidin mg 0 3 Vitamin E (Alpha-tocopherol) mg 32.3 3 Cystin mg 0 3 Vitamin K (Phylloquinone) μg 24.7 3 Tyrosin mg 0 3 Beta-caroten μg 0 3 Acid aspartic mg 0 3 Beta-cryptoxanthin μg 0 3 Acid glutamic mg 0 3	, ,		-					
Vitamin B12 (Cyanocobalamine) μg - Isoleucin mg 0 3 Vitamin A (Retinol) μg - Arginin mg 0 3 Vitamin D (Calciferol) μg - Histidin mg 0 3 Vitamin E (Alpha-tocopherol) mg 32.3 3 Cystin mg 0 3 Vitamin K (Phylloquinone) μg 24.7 3 Tyrosin mg 0 3 Beta-caroten μg 0 3 Alanin mg 0 3 Alpha-caroten μg 0 3 Acid aspartic mg 0 3 Beta-cryptoxanthin μg 0 3 Acid glutamic mg 0 3	, ,		-			_		
Vitamin A (Retinol) μg - Arginin mg 0 3 Vitamin D (Calciferol) μg - Histidin mg 0 3 Vitamin E (Alpha-tocopherol) mg 32.3 3 Cystin mg 0 3 Vitamin K (Phylloquinone) μg 24.7 3 Tyrosin mg 0 3 Beta-caroten μg 0 3 Alanin mg 0 3 Alpha-caroten μg 0 3 Acid aspartic mg 0 3 Beta-cryptoxanthin μg 0 3 Acid glutamic mg 0 3	·		-					
Vitamin D (Calciferol) μg - Histidin mg 0 3 Vitamin E (Alpha-tocopherol) mg 32.3 3 Cystin mg 0 3 Vitamin K (Phylloquinone) μg 24.7 3 Tyrosin mg 0 3 Beta-caroten μg 0 3 Alanin mg 0 3 Alpha-caroten μg 0 3 Acid aspartic mg 0 3 Beta-cryptoxanthin μg 0 3 Acid glutamic mg 0 3						_		
Vitamin E (Alpha-tocopherol) mg 32.3 3 Cystin mg 0 3 Vitamin K (Phylloquinone) μg 24.7 3 Tyrosin mg 0 3 Beta-caroten μg 0 3 Alanin mg 0 3 Alpha-caroten μg 0 3 Acid aspartic mg 0 3 Beta-cryptoxanthin μg 0 3 Acid glutamic mg 0 3						_		
Vitamin K (Phylloquinone) μg 24.7 3 Tyrosin mg 0 3 Beta-caroten μg 0 3 Alanin mg 0 3 Alpha-caroten μg 0 3 Acid aspartic mg 0 3 Beta-cryptoxanthin μg 0 3 Acid glutamic mg 0 3	,			2				
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Beta-cryptoxanthin μg 0 3 Acid glutamic mg 0 3								
	•				•	_		
	• •					_		
Lutein + Zeaxanthin μg 0 3 Prolin mg 0 3	•					_		
Purin mg 0 4 Serin mg 0 3						_		

Tên thực phẩm (Vietnamese):

Tên tiếng Anh (English):

Palm oil

Thành phần dinh dưỡng trong 100g phần ăn được (100 grams edible portion)

STT:

Mã số:

Thải bỏ (%): 0.0

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Nước (Water) g 0.0 3 Tổng số isoflavon (Total isoflavone) mg 0 Năng lượng (Energy) KCal 900 Daidzein mg 0 Protein g 0.0 3 Glycetin mg 0 Lipid (Fat) g 100.0 3 Tổng số acid béo no g 49.300 Glucid (Carbohydrate) g 0.0 3 (Total saturated fatty acid) g 43.500 Tro (Ash) g 0.0 3 Palmitic (C16:0) g 43.500 Tro (Ash) g 0.0 3 Margaric (C17:0) g 0.000 Dường tổng số (Sugar) g 0 3 Stearic (C18:0) g 4.300 Galactoza (Galactose) g 0 3 Behenic (C20:0) g 0.000 Maltoza (Maltose) g 0 3 Lignoceric (C24:0) g 0.000	3 3 3 3 3 3 3 3 3
Protein g 0.0 3 Genistein mg 0 Lipid (Fat) g 100.0 3 Tổng số acid béo no g 49.300 Glucid (Carbohydrate) g 0.0 3 (Total saturated fatty acid) g 43.500 Celluloza (Fiber) g 0.0 3 Palmitic (C16:0) g 43.500 Tro (Ash) g 0.0 3 Margaric (C17:0) g 0.000 Đường tổng số (Sugar) g 0 3 Stearic (C18:0) g 4.300 Galactoza (Galactose) g 0 3 Arachidic (C20:0) g 0.000 Maltoza (Maltose) g 0 3 Behenic (22:0) g 0.000 Lactoza (Lactose) g 0 3 Lignoceric (C24:0) g 0.000	3 3 3 3 3 3 3 3
Protein g 0.0 3 Glycetin mg 0 Lipid (Fat) g 100.0 3 Tổng số acid béo no g 49.300 Glucid (Carbohydrate) g 0.0 3 Palmitic (C16:0) g 43.500 Celluloza (Fiber) g 0.0 3 Palmitic (C16:0) g 43.500 Tro (Ash) g 0.0 3 Margaric (C17:0) g 0.000 Đường tổng số (Sugar) g 0 3 Stearic (C18:0) g 4.300 Galactoza (Galactose) g 0 3 Arachidic (C20:0) g 0.000 Maltoza (Maltose) g 0 3 Lignoceric (C24:0) g 0.000	3 3 3 3 3 3 3
Lipid (Fat) g 100.0 3 Tổng số acid béo no g 49.300 Glucid (Carbohydrate) g 0.0 3 (Total saturated fatty acid) g 43.500 Celluloza (Fiber) g 0.0 3 Palmitic (C16:0) g 43.500 Tro (Ash) g 0.0 3 Margaric (C17:0) g 0.000 Đường tổng số (Sugar) g 0 3 Stearic (C18:0) g 4.300 Galactoza (Galactose) g 0 3 Arachidic (C20:0) g 0.000 Maltoza (Maltose) g 0 3 Behenic (22:0) g 0.000 Lactoza (Lactose) g 0 3 Lignoceric (C24:0) g 0.000	3 3 3 3 3 3
Glucid (Carbohydrate) g 0.0 3 (Total saturated fatty acid) Celluloza (Fiber) g 0.0 3 Palmitic (C16:0) g 43.500 Tro (Ash) g 0.0 3 Margaric (C17:0) g 0.000 Đường tổng số (Sugar) g 0 3 Stearic (C18:0) g 4.300 Galactoza (Galactose) g 0 3 Arachidic (C20:0) g 0.000 Maltoza (Maltose) g 0 3 Behenic (22:0) g 0.000 Lactoza (Lactose) g 0 3 Lignoceric (C24:0) g 0.000	3 3 3 3 3
Celluloza (Fiber) g 0.0 3 Palmitic (C16:0) g 43.500 Tro (Ash) g 0.0 3 Margaric (C17:0) g 0.000 Đường tổng số (Sugar) g 0 3 Stearic (C18:0) g 4.300 Galactoza (Galactose) g 0 3 Arachidic (C20:0) g 0.000 Maltoza (Maltose) g 0 3 Behenic (22:0) g 0.000 Lactoza (Lactose) g 0 3 Lignoceric (C24:0) g 0.000	3 3 3 3
Tro (Ash) g 0.0 3 Margaric (C17:0) g 0.000 Đường tổng số (Sugar) g 0 3 Stearic (C18:0) g 4.300 Galactoza (Galactose) g 0 3 Arachidic (C20:0) g 0.000 Maltoza (Maltose) g 0 3 Behenic (22:0) g 0.000 Lactoza (Lactose) g 0 3 Lignoceric (C24:0) g 0.000	3 3 3 3
Đường tổng số (Sugar) g 0 3 Stearic (C18:0) g 4.300 Galactoza (Galactose) g 0 3 Arachidic (C20:0) g 0.000 Maltoza (Maltose) g 0 3 Behenic (22:0) g 0.000 Lactoza (Lactose) g 0 3 Lignoceric (C24:0) g 0.000	3 3 3
Galactoza (Galactose) g 0 3 Arachidic (C20:0) g 0.000 Maltoza (Maltose) g 0 3 Behenic (22:0) g 0.000 Lactoza (Lactose) g 0 3 Lignoceric (C24:0) g 0.000	3
Maltoza (Maltose) g 0 3 Behenic (22:0) g 0.000 Lactoza (Lactose) g 0 3 Lignoceric (C24:0) g 0.000	3
Lactoza (Lactose) g 0 3 Lignoceric (C24:0) g 0.000	
	2
	J
Fructoza (Fructose) g 0 3 TS acid béo không no 1 nối đôi g 37.000	3
Glucoza (Glucose) g 0 3 (Total monounsaturated fatty acid)	
Sacaroza (Sucrose) g 0 3 Myristoleic (C14:1) g 0.000	3
Calci (Calcium) mg - Palmitoleic (C16:1) g 0.300	3
Sắt (Iron) mg - Oleic (C18:1) g 36.600	3
Magiê (Magnesium) mg - TS acid béo không no nhiều nối đôi g 9.300	3
Mangan (Manganese) mg - (Total polyunsaturated fatty acid)	
Phospho (Phosphorous) mg - Linoleic (C18:2 n6) g 9.100	3
Kali (Potassium) mg - Linolenic (C18:2 n3) g 0.200	3
Natri (Sodium) mg - Arachidonic (C20:4) g 0.000	3
Kẽm (Zinc) mg - Eicosapentaenoic (C20:5 n3) g 0.000	3
Đồng (Copper) μg - Docosahexaenoic (C22:6 n3) g 0.000	3
Selen (Selenium) μg - TS acid béo trans (Total trans fatty acid) g -	
Vitamin C (Ascorbic acid) mg - Cholesterol mg 0	1
Vitamin B1 (Thiamine) mg - Phytosterol mg -	
Vitamin B2 (Riboflavin) mg - Lysin mg 0	3
Vitamin PP (Niacin) mg - Methionin mg 0	3
Vitamin B5 (Pantothenic acid) mg - Tryptophan mg 0	3
Vitamin B6 (Pyridoxine) mg - Phenylalanin mg 0	3
Folat (Folate) μg - Threonin mg 0	3
Vitamin B9 (Folic acid) μg - Valin mg 0	3
Vitamin H (Biotin) μg - Leucin mg 0	3
Vitamin B12 (Cyanocobalamine) μg - Isoleucin mg 0	3
Vitamin A (Retinol) μg - Arginin mg 0	3
Vitamin D (Calciferol) μg - Histidin mg 0	3
Vitamin E (Alpha-tocopherol) mg 15.94 3 Cystin mg 0	3
Vitamin K (Phylloquinone) μg 8 3 Tyrosin mg 0	3
Beta-caroten μg 0 3 Alanin mg 0	3
Alpha-caroten μg 0 3 Acid aspartic mg 0	3
Beta-cryptoxanthin μg 0 3 Acid glutamic mg 0	3
Lycopen μg 0 3 Glycin mg 0	3
Lutein + Zeaxanthin μg 0 3 Prolin mg 0	_
Purin mg 0 4 Serin mg 0	3

Tên tiếng Anh (English): Coconut oil Mã số: 6009 Thải bỏ (%): 0.0

STT:

273

Thành phần dinh dưỡng	Đ۷	Hàm lượng	TLTK	Thành phần dinh dưỡng	ĐV	Hàm lượng	TLTK
(Nutrients)	(Unit)	(Value)	(Source)	(Nutrients)	(Unit)	(Value)	(Source)
Nước (Water)	g	0.0	3	Tổng số isoflavon (Total isoflavone)	mg	0	3
Năng lượng (Energy)	KCal	900		Daidzein	mg	0	3
	KJ	3766		Genistein	mg	0	3
Protein	g	0.0	3	Glycetin	mg	0	3
Lipid (Fat)	g	100.0	3	Tổng số acid béo no	g	86.500	3
Glucid (Carbohydrate)	g	0.0	3	(Total saturated fatty acid)			
Celluloza (Fiber)	g	0.0	3	Palmitic (C16:0)	g	8.200	3
Tro (Ash)	g	0.0	3	Margaric (C17:0)	g	0.000	3
Đường tổng số (Sugar)	g	0	3	Stearic (C18:0)	g	2.800	3
Galactoza (Galactose)	g	0	3	Arachidic (C20:0)	g	0.000	3
Maltoza (Maltose)	g	0	3	Behenic (22:0)	g	0.000	3
Lactoza (Lactose)	g	0	3	Lignoceric (C24:0)	g	0.000	3
Fructoza (Fructose)	g	0	3	TS acid béo không no 1 nổi đôi	g	5.800	3
Glucoza (Glucose)	g	0	3	(Total monounsaturated fatty acid)			
Sacaroza (Sucrose)	g	0	3	Myristoleic (C14:1)	g	0.000	3
Calci (Calcium)	mg	-		Palmitoleic (C16:1)	g	0.000	3
Sắt (Iron)	mg	0.04	3	Oleic (C18:1)	g	5.800	3
Magiê (Magnesium)	mg	-		TS acid béo không no nhiều nổi đôi	g	1.800	3
Mangan (Manganese)	mg	-		(Total polyunsaturated fatty acid)			
Phospho (Phosphorous)	mg	-		Linoleic (C18:2 n6)	g	1.800	3
Kali (Potassium)	mg	-		Linolenic (C18:2 n3)	g	0.000	3
Natri (Sodium)	mg	-		Arachidonic (C20:4)	g	0.000	3
Kem (Zinc)	mg	-		Eicosapentaenoic (C20:5 n3)	g	0.000	3
Đồng (Copper)	μg	-		Docosahexaenoic (C22:6 n3)	g	0.000	3
Selen (Selenium)	μg	-		TS acid béo trans (Total trans fatty acid)	g	-	
Vitamin C (Ascorbic acid)	mg	-		Cholesterol	mg	0	1
Vitamin B1 (Thiamine)	mg	-		Phytosterol	mg	86	3
Vitamin B2 (Riboflavin)	mg	-		Lysin	mg	0	3
Vitamin PP (Niacin)	mg	-		Methionin	mg	0	3
Vitamin B5 (Pantothenic acid)	mg	-		Tryptophan	mg	0	3
Vitamin B6 (Pyridoxine)	mg	-		Phenylalanin	mg	0	3
Folat (Folate)	μg	-		Threonin	mg	0	3
Vitamin B9 (Folic acid)	μg	-		Valin	mg	0	3
Vitamin H (Biotin)	μg	-		Leucin	mg	0	3
Vitamin B12 (Cyanocobalamine)	μg	-		Isoleucin	mg	0	3
Vitamin A (Retinol)	μg	-		Arginin	mg	0	3
Vitamin D (Calciferol)	μg	-		Histidin	mg	0	3
Vitamin E (Alpha-tocopherol)	mg	0.09	3	Cystin	mg	0	3
Vitamin K (Phylloquinone)	μg	0.5	3	Tyrosin	mg	0	3
Beta-caroten	μg	0	3	Alanin	mg	0	3
Alpha-caroten	μg	0	3	Acid aspartic	mg	0	3
Beta-cryptoxanthin	μg	0	3	Acid glutamic	mg	0	3
Lycopen	μg	0	3	Glycin	mg	0	3
Lutein + Zeaxanthin	μg	0	3	Prolin	mg	0	3
Purin	mg	0	4	Serin	mg	0	3

Tên thực phẩm (Vietnamese):

DẦU ĐẬU TƯƠNG

Tên tiếng Anh (English): Soybean oil, salad or cooking

Thành phần dinh dưỡng trong 100g phần ăn được (100 grams edible portion)

Thải bỏ (%): 0.0

274

6010

STT:

Mã số:

Đ۷ Hàm lượng TLTK Thành phần dinh dưỡng Đ۷ TLTK Thành phần dinh dưỡng Hàm lượng (Unit) (Nutrients) (Unit) (Value) (Source) (Nutrients) (Value) (Source) Tổng số isoflavon (Total isoflavone) Nước (Water) 0.0 3 0 3 g 3 Năng lượng (Energy) **KCal** 900 Daidzein 0 3766 Genistein 0 3 KJ ma 3 Protein 0.0 3 Glycetin 0 g mg Lipid (Fat) 100.0 3 Tổng số acid béo no 14.400 3 g Glucid (Carbohydrate) 3 (Total saturated fatty acid) q 0.0 Celluloza (Fiber) 0.0 3 Palmitic (C16:0) 10.300 3 g g Tro (Ash) 0.0 3 Margaric (C17:0) 0.000 3 g g Đường tổng số (Sugar) g 3 Stearic (C18:0) 3.800 3 g Galactoza (Galactose) 0 3 Arachidic (C20:0) 0.000 3 g g 0 0.000 3 Maltoza (Maltose) g 3 Behenic (22:0) g Lactoza (Lactose) 0 3 Lignoceric (C24:0) 0.000 3 g g Fructoza (Fructose) 0 3 TS acid béo không no 1 nối đôi 23.300 3 g q Glucoza (Glucose) 0 3 (Total monounsaturated fatty acid) g Sacaroza (Sucrose) 0 3 Myristoleic (C14:1) 0.000 3 g a Calci (Calcium) Palmitoleic (C16:1) 0.200 3 mg g Sắt (Iron) mg 0.02 3 Oleic (C18:1) 22.800 3 q Magiê (Magnesium) TS acid béo không no nhiều nối đôi 57.900 3 mg g (Total polyunsaturated fatty acid) Mangan (Manganese) mg Phospho (Phosphorous) Linoleic (C18:2 n6) 51.000 3 mg g Kali (Potassium) mg Linolenic (C18:2 n3) g 6.800 3 Natri (Sodium) Arachidonic (C20:4) 0.000 3 mg g Kem (Zinc) 0.000 3 Eicosapentaenoic (C20:5 n3) mg g Đồng (Copper) Docosahexaenoic (C22:6 n3) 0.000 3 μg g Selen (Selenium) μg TS acid béo trans (Total trans fatty acid) g Vitamin C (Ascorbic acid) Cholesterol mg mg 0 1 **Phytosterol** 3 Vitamin B1 (Thiamine) mg 250 mg Vitamin B2 (Riboflavin) mg Lysin 0 3 ma Vitamin PP (Niacin) Methionin 0 3 mg mg Vitamin B5 (Pantothenic acid) **Tryptophan** 0 3 mq Vitamin B6 (Pyridoxine) Phenylalanin 3 0 mq mq Folat (Folate) Threonin O 3 μg mg Valin Vitamin B9 (Folic acid) 0 3 μg Vitamin H (Biotin) Leucin 0 3 μq mq Vitamin B12 (Cyanocobalamine) Isoleucin 0 3 ma μg Vitamin A (Retinol) Arginin 0 3 Vitamin D (Calciferol) μg Histidin mg 0 3 Cystin Vitamin E (Alpha-tocopherol) 9.21 3 0 3 mq mg Vitamin K (Phylloquinone) 197.6 3 **Tyrosin** O 3 mg μg Beta-caroten 0 3 Alanin 0 3 mg μg Alpha-caroten 0 3 Acid aspartic 0 3 μg mq Beta-cryptoxanthin 0 3 Acid glutamic 3 0 μg mg Lycopen 0 3 Glycin 0 3 mg μg Lutein + Zeaxanthin 0 3 **Prolin** 0 3 μg ma 4 3 Purin 0 0 mg Serin mg

Tên tiếng Anh (English):

Peanut oil, salad or cooking

STT:

Mã số:

Thải bỏ (%): 0.0

275

6011

Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)	Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)
Nước (Water)	g	0.0	3	Tổng số isoflavon (Total isoflavone)	mg	0	3
Năng lượng (Energy)	KCal	900		Daidzein	mg	0	3
	KJ	3766		Genistein	mg	0	3
Protein	g	0.0	3	Glycetin	mg	0	3
Lipid (Fat)	g	100.0	3	Tổng số acid béo no	g	16.900	3
Glucid (Carbohydrate)	g	0.0	3	(Total saturated fatty acid)			
Celluloza (Fiber)	g	0.0	3	Palmitic (C16:0)	g	9.500	3
Tro (Ash)	g	0.0	3	Margaric (C17:0)	g	0.000	3
Đường tổng số (Sugar)	g	0	3	Stearic (C18:0)	g	2.200	3
Galactoza (Galactose)	g	0	3	Arachidic (C20:0)	g	1.400	3
Maltoza (Maltose)	g	0	3	Behenic (22:0)	g	2.800	3
Lactoza (Lactose)	g	0	3	Lignoceric (C24:0)	g	0.900	3
Fructoza (Fructose)	g	0	3	TS acid béo không no 1 nối đôi	g	46.200	3
Glucoza (Glucose)	g	0	3	(Total monounsaturated fatty acid)			
Sacaroza (Sucrose)	g	0	3	Myristoleic (C14:1)	g	0.000	3
Calci (Calcium)	mg	-		Palmitoleic (C16:1)	g	0.100	3
Sắt (Iron)	mg	0.03	3	Oleic (C18:1)	g	44.800	3
Magiê (Magnesium)	mg	-		TS acid béo không no nhiều nối đôi	g	32.000	3
Mangan (Manganese)	mg	-		(Total polyunsaturated fatty acid)			
Phospho (Phosphorous)	mg	-		Linoleic (C18:2 n6)	g	32.000	3
Kali (Potassium)	mg	-		Linolenic (C18:2 n3)	g	0.000	3
Natri (Sodium)	mg	-		Arachidonic (C20:4)	g	0.000	3
Kẽm (Zinc)	mg	-		Eicosapentaenoic (C20:5 n3)	g	0.000	3
Đồng (Copper)	μg	-		Docosahexaenoic (C22:6 n3)	g	0.000	3
Selen (Selenium)	μg	-		TS acid béo trans (Total trans fatty acid)	g	-	
Vitamin C (Ascorbic acid)	mg	-		Cholesterol	mg	0	1
Vitamin B1 (Thiamine)	mg	-		Phytosterol	mg	207	3
Vitamin B2 (Riboflavin)	mg	-		Lysin	mg	0	3
Vitamin PP (Niacin)	mg	-		Methionin	mg	0	3
Vitamin B5 (Pantothenic acid)	mg	-		Tryptophan	mg	0	3
Vitamin B6 (Pyridoxine)	mg	-		Phenylalanin	mg	0	3
Folat (Folate)	μg	-		Threonin	mg	0	3
Vitamin B9 (Folic acid)	μg	-		Valin	mg	0	3
Vitamin H (Biotin)	μg	-		Leucin	mg	0	3
Vitamin B12 (Cyanocobalamine)	μg	-		Isoleucin	mg	0	3
Vitamin A (Retinol)	μg	-		Arginin	mg	0	3
Vitamin D (Calciferol)	μg	-		Histidin	mg	0	3
Vitamin E (Alpha-tocopherol)	mg	15.69	3	Cystin	mg	0	3
Vitamin K (Phylloquinone)	μg	0.7	3	Tyrosin	mg	0	3
Beta-caroten	μg	0	3	Alanin	mg	0	3
Alpha-caroten	μg	0	3	Acid aspartic	mg	0	3
Beta-cryptoxanthin	μg	0	3	Acid glutamic	mg	0	3
Lycopen	μg	0	3	Glycin	mg	0	3
Lutein + Zeaxanthin	μg	0	3	Prolin	mg	0	3
Purin	mg	0	4	Serin	mg	0	3

Tên thực phẩm (Vietnamese): DẦU MÈ

Tên tiếng Anh (English): Sesame oil, salad or cooking

Thành phần dinh dưỡng trong 100g phần ăn được (100 grams edible portion)

Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)	Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)
Nước (Water)	g	0.0	3	Tổng số isoflavon (Total isoflavone)	mg	0	3
Năng lượng (Energy)	KCal	900		Daidzein	mg	0	3
	KJ	3766		Genistein	mg	0	3
Protein	g	0.0	3	Glycetin	mg	0	3
Lipid (Fat)	g	100.0	3	Tổng số acid béo no	g	14.200	3
Glucid (Carbohydrate)	g	0.0	3	(Total saturated fatty acid)			
Celluloza (Fiber)	g	0.0	3	Palmitic (C16:0)	g	8.900	3
Tro (Ash)	g	0.0	3	Margaric (C17:0)	g	0.000	3
Đường tổng số (Sugar)	g	0	3	Stearic (C18:0)	g	4.800	3
Galactoza (Galactose)	g	0	3	Arachidic (C20:0)	g	0.000	3
Maltoza (Maltose)	g	0	3	Behenic (22:0)	g	0.000	3
Lactoza (Lactose)	g	0	3	Lignoceric (C24:0)	g	0.000	3
Fructoza (Fructose)	g	0	3	TS acid béo không no 1 nối đôi	g	39.700	3
Glucoza (Glucose)	g	0	3	(Total monounsaturated fatty acid)			
Sacaroza (Sucrose)	g	0	3	Myristoleic (C14:1)	g	0.000	3
Calci (Calcium)	mg	-		Palmitoleic (C16:1)	g	0.200	3
Sắt (Iron)	mg	-		Oleic (C18:1)	g	39.300	3
Magiê (Magnesium)	mg	-		TS acid béo không no nhiều nối đôi	g	41.700	3
Mangan (Manganese)	mg	-		(Total polyunsaturated fatty acid)			
Phospho (Phosphorous)	mg	-		Linoleic (C18:2 n6)	g	41.300	3
Kali (Potassium)	mg	-		Linolenic (C18:2 n3)	g	0.300	3
Natri (Sodium)	mg	-		Arachidonic (C20:4)	g	0.000	3
Kẽm (Zinc)	mg	-		Eicosapentaenoic (C20:5 n3)	g	0.000	3
Đồng (Copper)	μg	-		Docosahexaenoic (C22:6 n3)	g	0.000	3
Selen (Selenium)	μg	-		TS acid béo trans (Total trans fatty acid)	g	-	
Vitamin C (Ascorbic acid)	mg	-		Cholesterol	mg	0	1
Vitamin B1 (Thiamine)	mg	-		Phytosterol	mg	865	3
Vitamin B2 (Riboflavin)	mg	-		Lysin	mg	0	3
Vitamin PP (Niacin)	mg	-		Methionin	mg	0	3
Vitamin B5 (Pantothenic acid)	mg	-		Tryptophan	mg	0	3
Vitamin B6 (Pyridoxine)	mg	-		Phenylalanin	mg	0	3
Folat (Folate)	μg	-		Threonin	mg	0	3
Vitamin B9 (Folic acid)	μg	-		Valin	mg	0	3
Vitamin H (Biotin)	μg	-		Leucin	mg	0	3
Vitamin B12 (Cyanocobalamine)	μg	-		Isoleucin	mg	0	3
Vitamin A (Retinol)	μg	-		Arginin	mg	0	3
Vitamin D (Calciferol)	μg	-		Histidin	mg	0	3
Vitamin E (Alpha-tocopherol)	mg	1.4	3	Cystin	mg	0	3
Vitamin K (Phylloquinone)	μg	13.6	3	Tyrosin	mg	0	3
Beta-caroten	μg	0	3	Alanin	mg	0	3
Alpha-caroten	μg	0	3	Acid aspartic	mg	0	3
Beta-cryptoxanthin	μg	0	3	Acid glutamic	mg	0	3
Lycopen	μg	0	3	Glycin	mg	0	3
Lutein + Zeaxanthin	μg	0	3	Prolin	mg	0	3
Purin	mg	-		Serin	mg	0	3

STT:

Mã số:

Thải bỏ (%): 0.0

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STT: Corn oil, salad or cooking Tên tiếng Anh (English): Mã số: Thải bỏ (%): 0.0

Thành phần dinh dưỡng trong 100g phần ăn được (100 grams edible portion)

Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)	Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)
Nước (Water)	g	0.0	3	Tổng số isoflavon (Total isoflavone)	mg	0	3
Năng lượng (Energy)	KCal	900		Daidzein	mg	0	3
	KJ	3766		Genistein	mg	0	3
Protein	g	0.0	3	Glycetin	mg	0	3
Lipid (Fat)	g	100.0	3	Tổng số acid béo no	g	12.950	3
Glucid (Carbohydrate)	g	0.0	3	(Total saturated fatty acid)			
Celluloza (Fiber)	g	0.0	3	Palmitic (C16:0)	g	10.580	3
Tro (Ash)	g	0.0	3	Margaric (C17:0)	g	0.070	3
Đường tổng số (Sugar)	g	0	3	Stearic (C18:0)	g	1.850	3
Galactoza (Galactose)	g	0	3	Arachidic (C20:0)	g	0.430	3
Maltoza (Maltose)	g	0	3	Behenic (22:0)	g	0.000	3
Lactoza (Lactose)	g	0	3	Lignoceric (C24:0)	g	-	
Fructoza (Fructose)	g	0	3	TS acid béo không no 1 nối đôi	g	27.580	3
Glucoza (Glucose)	g	0	3	(Total monounsaturated fatty acid)			
Sacaroza (Sucrose)	g	0	3	Myristoleic (C14:1)	g	0.000	3
Calci (Calcium)	mg	-		Palmitoleic (C16:1)	g	0.110	3
Sắt (Iron)	mg	-		Oleic (C18:1)	g	27.330	3
Magiê (Magnesium)	mg	-		TS acid béo không no nhiều nối đôi	g	54.680	3
Mangan (Manganese)	mg	-		(Total polyunsaturated fatty acid)			
Phospho (Phosphorous)	mg	-		Linoleic (C18:2 n6)	g	53.230	3
Kali (Potassium)	mg	-		Linolenic (C18:2 n3)	g	1.160	3
Natri (Sodium)	mg	-		Arachidonic (C20:4)	g	0.000	3
Kẽm (Zinc)	mg	-		Eicosapentaenoic (C20:5 n3)	g	0.000	3
Đồng (Copper)	μg	-		Docosahexaenoic (C22:6 n3)	g	0.000	3
Selen (Selenium)	μg	-		TS acid béo trans (Total trans fatty acid)	g	0.286	3
Vitamin C (Ascorbic acid)	mg	-		Cholesterol	mg	0	1
Vitamin B1 (Thiamine)	mg	-		Phytosterol	mg	968	3
Vitamin B2 (Riboflavin)	mg	-		Lysin	mg	0	3
Vitamin PP (Niacin)	mg	-		Methionin	mg	0	3
Vitamin B5 (Pantothenic acid)	mg	-		Tryptophan	mg	0	3
Vitamin B6 (Pyridoxine)	mg	-		Phenylalanin	mg	0	3
Folat (Folate)	μg	-		Threonin	mg	0	3
Vitamin B9 (Folic acid)	μg	-		Valin	mg	0	3
Vitamin H (Biotin)	μg	-		Leucin	mg	0	3
Vitamin B12 (Cyanocobalamine)	μg	-		Isoleucin	mg	0	3
Vitamin A (Retinol)	μg	-		Arginin	mg	0	3
Vitamin D (Calciferol)	μg	-		Histidin	mg	0	3
Vitamin E (Alpha-tocopherol)	mg	14.3	3	Cystin	mg	0	3
Vitamin K (Phylloquinone)	μg	1.9	3	Tyrosin	mg	0	3
Beta-caroten	μg	0	3	Alanin	mg	0	3
Alpha-caroten	μg	0	3	Acid aspartic	mg	0	3
Beta-cryptoxanthin	μ g	0	3	Acid glutamic	mg	0	3
Lycopen	μg	0	3	Glycin	mg	0	3
Lutein + Zeaxanthin	μ g	0	3	Prolin	mg	0	3
Purin	mg	0	4	Serin	mg	0	3

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DÂU OLIU Tên thực phẩm (Vietnamese):

Olive oil, salad or cooking Tên tiếng Anh (English): Mã số: 6014 Thải bỏ (%): 0.0

STT:

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Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)	Thành phần dinh dưỡng (Nutrients)	ĐV (Unit)	Hàm lượng (Value)	TLTK (Source)
Nước (Water)	g	0.0	3	Tổng số isoflavon (Total isoflavone)	mg	0	3
Năng lượng (Energy)	KCal	900		Daidzein	mg	0	3
	KJ	3766		Genistein	mg	0	3
Protein	g	0.0	3	Glycetin	mg	0	3
Lipid (Fat)	g	100.0	3	Tổng số acid béo no	g	13.810	3
Glucid (Carbohydrate)	g	0.0	3	(Total saturated fatty acid)			
Celluloza (Fiber)	g	0.0	3	Palmitic (C16:0)	g	11.290	3
Tro (Ash)	g	0.0	3	Margaric (C17:0)	g	0.020	3
Đường tổng số (Sugar)	g	0	3	Stearic (C18:0)	g	1.950	3
Galactoza (Galactose)	g	0	3	Arachidic (C20:0)	g	0.410	3
Maltoza (Maltose)	g	0	3	Behenic (22:0)	g	0.130	3
Lactoza (Lactose)	g	0	3	Lignoceric (C24:0)	g	0.000	3
Fructoza (Fructose)	g	0	3	TS acid béo không no 1 nối đôi	g	72.960	3
Glucoza (Glucose)	g	0	3	(Total monounsaturated fatty acid)			
Sacaroza (Sucrose)	g	0	3	Myristoleic (C14:1)	g	0.000	3
Calci (Calcium)	mg	1	3	Palmitoleic (C16:1)	g	1.260	3
Sắt (Iron)	mg	0.56	3	Oleic (C18:1)	g	71.270	3
Magiê (Magnesium)	mg	-		TS acid béo không no nhiều nối đôi	g	10.520	3
Mangan (Manganese)	mg	-		(Total polyunsaturated fatty acid)			
Phospho (Phosphorous)	mg	-		Linoleic (C18:2 n6)	g	9.760	3
Kali (Potassium)	mg	1	3	Linolenic (C18:2 n3)	g	0.760	3
Natri (Sodium)	mg	2	3	Arachidonic (C20:4)	g	0.000	3
Kẽm (Zinc)	mg	-		Eicosapentaenoic (C20:5 n3)	g	0.000	3
Đồng (Copper)	μg	-		Docosahexaenoic (C22:6 n3)	g	0.000	3
Selen (Selenium)	μg	-		TS acid béo trans (Total trans fatty acid)	g	-	
Vitamin C (Ascorbic acid)	mg	-		Cholesterol	mg	0	1
Vitamin B1 (Thiamine)	mg	-		Phytosterol	mg	221	3
Vitamin B2 (Riboflavin)	mg	-		Lysin	mg	0	3
Vitamin PP (Niacin)	mg	-		Methionin	mg	0	3
Vitamin B5 (Pantothenic acid)	mg	-		Tryptophan	mg	0	3
Vitamin B6 (Pyridoxine)	mg	-		Phenylalanin 	mg	0	3
Folat (Folate)	μg	-		Threonin	mg	0	3
Vitamin B9 (Folic acid)	μg	-		Valin	mg	0	3
Vitamin H (Biotin)	μg	-		Leucin	mg	0	3
Vitamin B12 (Cyanocobalamine)	μg	-		Isoleucin	mg	0	3
Vitamin A (Retinol)	μg	-		Arginin	mg	0	3
Vitamin D (Calciferol)	μg	14.05		Histidin	mg	0	3
Vitamin E (Alpha-tocopherol)	mg	14.35	3	Cystin	mg	0	3
Vitamin K (Phylloquinone) Beta-caroten	μg	60.2	3	Tyrosin Alanin	mg	0	3
Alpha-caroten	μg	0	3	Acid aspartic	mg	0	3
Beta-cryptoxanthin	μg	0	3	Acid glutamic	mg mg	0	3
Lycopen	μg μg	0	3	Glycin	mg	0	3
Lutein + Zeaxanthin	μg	0	3	Prolin	mg	0	3
Purin	mg	0	4	Serin	mg	0	3
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