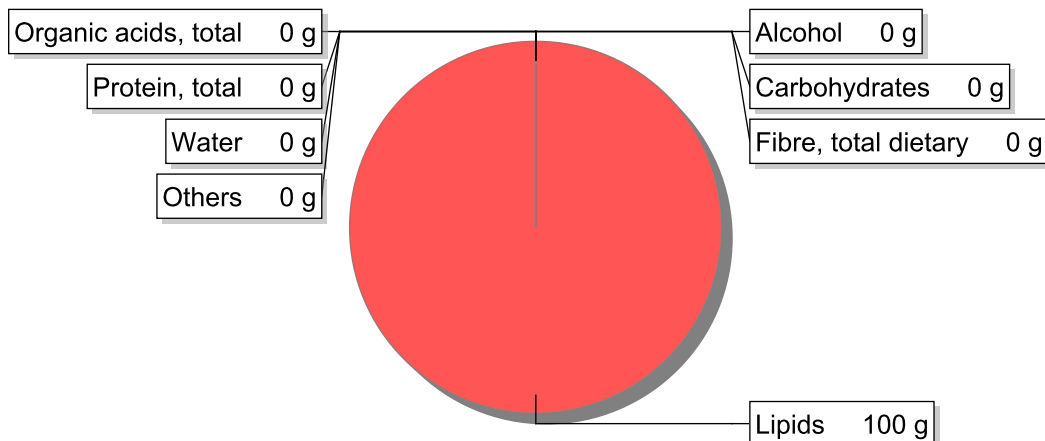


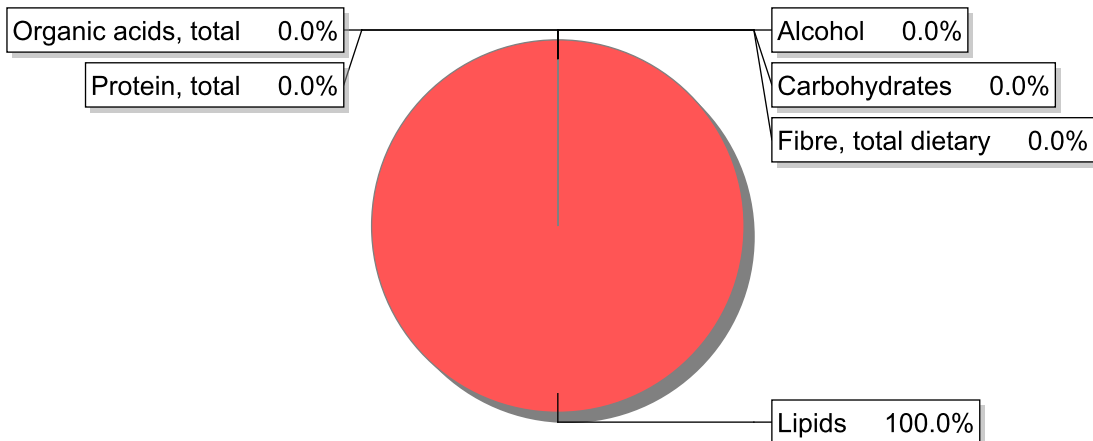
### Food

**Name:** Linseed oil  
**Group:** Todos  
**Subgroup:**  
**Edible Part:** 100%  
**Code:**  
**FoodEX2 Code:** A037G

### Composition [g/100g]



### Energy



### Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	900	kcal	
energy kJ, total metabolisable	3700	kJ	
fatty acids, total saturated	7.9	g	660
fatty acids, total monounsaturated	20.4	g	660
fatty acids, total polyunsaturated	66.9	g	660
fatty acid 18:2 n-6 cis,cis	14.4	g	
fatty acids, total trans	0	g	
sugars, total	0	g	660
sucrose	0	g	660

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0	g	
starch, total	0	g	660
protein, total	0	g	660
alcohol	0	g	660
water	0	g	660
organic acids, total	0	g	
cholesterol	0	mg	660
vitamin A; retinol equiv from retinol and carotenoid activities	10	µg	
carotene, total (vitamin A precursors)	61	µg	
vitamin D	0	µg	660
alpha-tocopherol	6.67	mg	
thiamin	0	mg	660
riboflavin	0	mg	660
niacin, preformed	0	mg	660
niacin equivalents, total	0	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0	mg	660
vitamin B-12	0	µg	660
vitamin C	0	mg	660
folate, total	0	µg	660
ash	0	g	660
sodium	0	mg	660
potassium	0	mg	660
calcium	0	mg	660
phosphorus	0	mg	660
magnesium	0	mg	660
iron, total	0	mg	660
zinc	0	mg	660
selenium, total	0	µg	660

## Legend

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

## References

Id	Reference
660	Swedish Food Composition Database 2013-01-10, FoodExplorer