

Nutrition Facts for Fats & Oils

Fats & Oils	Calories Tbsp (15ml)*	% Saturated	% Poly	% Mono	Cholesterol (mg)
Oils					
Avocado	124	12	14	71	0
Canola oil	124	8	29	59	0
Coconut oil	117	87	2	6	0
Corn oil	124	13	55	28	0
Cottonseed oil	120	26	52	28	0
Olive oil	120	14	11	73	0
Palm kernel oil	117	82	2	11	0
Peanut oil	119	17	32	46	0
Safflower oil	120	6	75	14	0
Soybean oil	120	16	57	23	0
Sunflower oil	120	10	66	20	0
Fats					
Beef fat (suet)	120	52	3	32	10
Butter	102	51	7	21	31
Chicken fat	115	30	21	45	11
Margarine, hard	102	17	21	39	12
Margarine, soft (80% fat)	101	14	27	36	0
Pork fat (lard)	120	39	11	45	0
Shortening	110	25	26	45	0

* All calories are from fat. Actual values can vary slightly be brand depending on the type of processing.