



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-03-12)

Visit us at www.fns.usda.gov/fdd

100442 – OIL, SOYBEAN, LOW SATURATED FAT, 1 GAL

CATEGORY	<ul style="list-style-type: none"> Other Foods
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Refined, bleached, and deodorized soybean oil, containing one gram of saturated fat per serving (50% less than regular soybean oil). This soybean oil retains the benefits and properties of traditional soybean oil.
PACK/YIELD	<ul style="list-style-type: none"> 6/1 gallon plastic bottles per case. One 1 gallon bottle AP yields 16 cups oil and provides 256 1-Tbsp servings oil. CN Crediting: This product does not meet crediting requirements for food-based menu planning for Child Nutrition Programs.
STORAGE	<ul style="list-style-type: none"> Store bottles of oil in a cool, dry place. Carefully clean spout; replace and screw cap tightly after each use. When held below 32 °F, oil may form solid material that disappears when the oil is warmed. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Oil, vegetable, low saturated fat

	1 Tbsp (14 g)	1 cup (218 g)
Calories	120	1927
Protein	0 g	0 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	13.60 g	218 g
Saturated Fat	1.0 g	34 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0 mg	0.04 mg
Calcium	0 mg	0 mg
Sodium	0 mg	0 mg
Magnesium	0 mg	0 mg
Potassium	0 mg	0 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	1.11 mg	17.83 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Use as directed in recipes specifying oil, salad oil, or vegetable oil. • For general use, vegetable oil and hydrogenated shortening are interchangeable by weight, but not by volume.
USES AND TIPS	<ul style="list-style-type: none"> • Use in recipes specifying oil, melted fat, or hydrogenated shortening such as biscuits, cornbread, muffins, rolls, pie dough, and quick bread recipes. Oil can also be used for deep fat frying, pan greasing, oiling baked potatoes, and in salad dressing.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Store properly and use as soon as possible to prevent rancidity.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.