



Product Description

- This item is vegetable oil made from canola, corn, cottonseed, olive, safflower, soybean, sesame, sunflower, or any other vegetable oil or a combination of these oils. This blend may not include peanut oil. This product is available in cases containing six one-gallon bottles.

Crediting/Yield

- One case yields about 96 cups of oil.
- CN Crediting: This product is used as an ingredient and does not credit as a separate meal component.

Culinary Tips and Recipes

- Vegetable oil can be used for roasting vegetables, making salad dressings, or baking.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA’s Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

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Nutrition Facts

Serving size: 1 Tablespoon vegetable oil

Amount Per Serving

Calories 120

Total Fat 14g

Saturated Fat 2g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 0g

Source: [USDA FoodData Central](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer directly.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.