

Canola Oil Nutrition Facts



One tablespoon of canola oil (14g) provides 124 calories, 0 grams of carbohydrates, 0 grams of fiber, 0 grams of protein, 14 grams of fat, and 0 grams of sugars. Canola oil is low in saturated fat, high in monounsaturated fats and is a good source of vitamin E and omega-3 fatty acids.

- Calories: 124
- Fat: 14g
- Carbohydrate: 0g
- Fiber: 0g
- Sugars: 0g
- Protein: 0g

Canola Oil Health Benefits

May Boost Heart Health

Canola oil is low in saturated fats and high in monounsaturated fats, which may contribute to heart health by lowering LDL cholesterol levels.



Helps Protects Cells

Canola oil is a good source of vitamin E, an antioxidant that helps protect cells from damage.



Reduces Inflammation

Fatty acids found in canola oil may reduce biomarkers of inflammation, so it's recommended for inclusion in an anti-inflammatory diet.



May Help Prevent Disease

Canola oil contains omega-3 fatty acids that may help prevent cardiovascular disease, Alzheimer's, cancer, age-related macular degeneration, rheumatoid arthritis, and dry eye disease.

