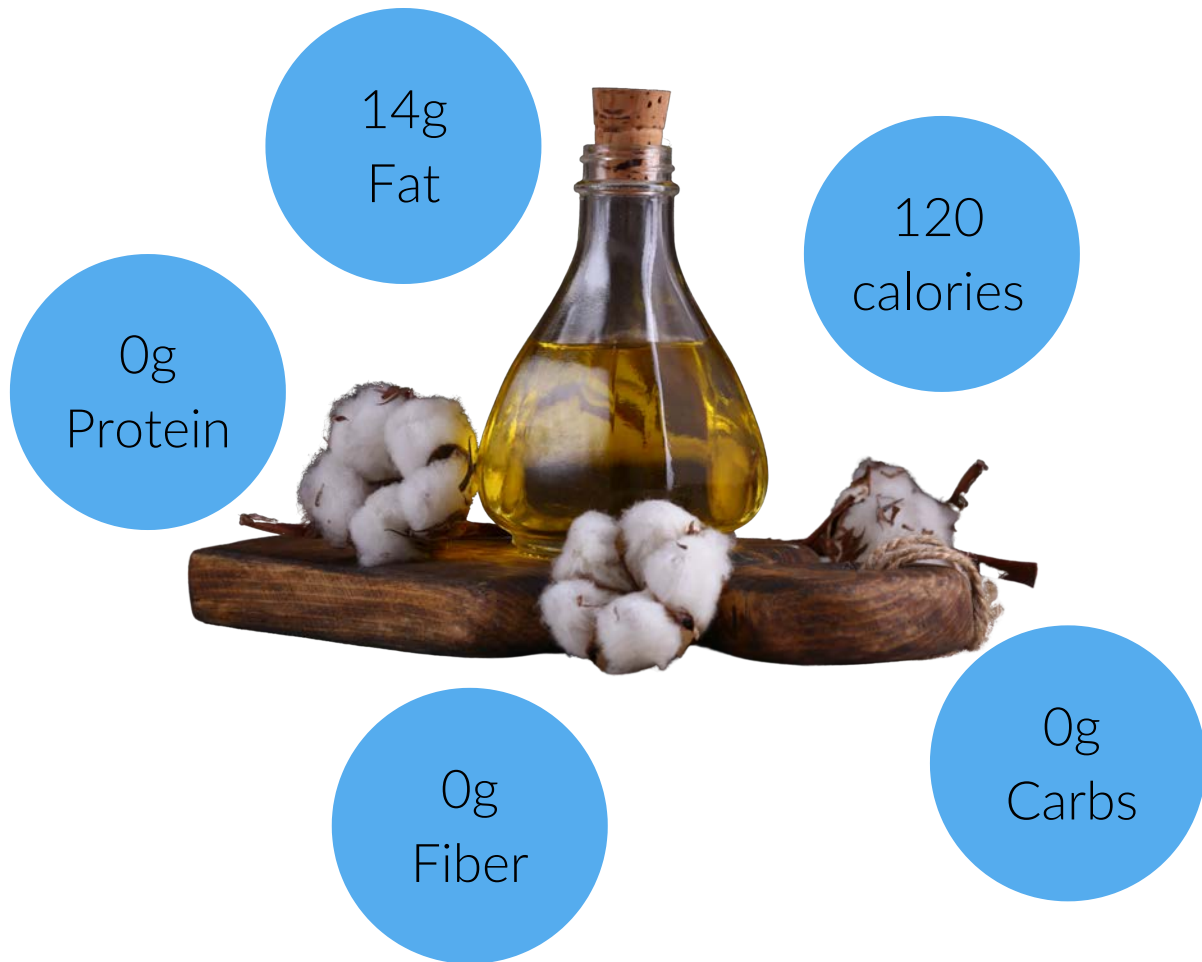


Cottonseed Oil Nutrition Facts



One tablespoon of cottonseed oil (13.6g) provides 120 calories, 0 grams of carbohydrates, 0 grams of fiber, 0 grams of protein, 14 grams of fat, and 0 grams of sugars. Cottonseed oil contains vitamin E, antioxidants, and unsaturated fats. It's also a good source of omega-3 fatty acids.

- Calories: 120
- Fat: 14g
- Carbohydrate: 0g
- Fiber: 0g
- Sugars: 0g
- Protein: 0g

Cottonseed Oil Health Benefits

May Reduce the Risk of Heart Disease

Cottonseed oil contains omega-6, which helps reduce the risk of heart disease and may also help reduce the risk of cancer.



Contributes to Heart Health

Cottonseed oil contains vitamin E, antioxidants, and unsaturated fats, which can contribute to heart health.



Reduces Inflammation

The omega-3 fatty acids found in cottonseed oil may have anti-inflammatory properties. Omega-3 fatty acids also help to reduce blood clotting, dilate blood vessels, and lower blood pressure.



Aid in Wound Healing

Cottonseed oil contains high amounts of vitamin E, which helps wounds heal faster. Vitamin E has also been shown to have a positive effect on skin ulcers, psoriasis, and other skin conditions and injuries.

