

Soybean Oil Nutrition Facts



One tablespoon of soybean oil (13.6g) provides 120 calories, 0 grams of carbohydrates, 0 grams of fiber, 0 grams of protein, 13.6 grams of fat, and 0 grams of sugars. Soybean oil is a good source of vitamin K and vitamin E. It contains polyunsaturated fats, like omega-3 and omega-6 fatty acids, which are associated with heart health.

- Calories: 120
- Fat: 13.6g
- Carbohydrate: 0g
- Fiber: 0g
- Sugars: 0g
- Protein: 0g

Soybean Oil Health Benefits

Helps Wounds Heal

Soybean oil contains vitamin K, which makes the proteins used for blood clotting to help wounds heal. It also regulates bone metabolism and maintains bone mass.



Boosts Immune Function

Soybean oil is a good source of vitamin E, an antioxidant that helps fight disease and boosts immune function by assisting cells in fighting off infection. It also prevents blood clots from developing in heart arteries.



Improves Heart Health

Soybean oil contains polyunsaturated fats omega-3 and omega-6, which improve heart health when replacing saturated and trans fats. The linoleic acid is an omega-6 fatty acid, which lowers bad cholesterol and reduces risks of coronary heart disease.



Promotes Hair Growth

The vitamin E and omega-3 fats in soybean oil may help improve hair health and prevent hair loss.

