

27.10 Vitamin Content of Oilseeds

Constituent	Soybean	Rapeseed	Sunflower	Groundnut	Sesame
Vitamin A (g/g) (B-Carotene)	(0.2-2.4)	–	(1.1-1.6)	26 units	60 units
Thiamine (g/g)	11-17.4	5.2	15-29	9.9	10
Niacin(g/g)	–	160	80-150	128-167	44
Riboflavin (g/g)	2.3	3.7	3.6	1.32	3.4
Pantothenic acid	12.0	9.5	44.8	0.27	6.0
Pyridoxine acid	6.4	–	–	3.0	–
Biotin acid	0.6	–	–	0.03	–
Folic acid	2.3	2.3	–	2.8	–
Choline (mg/g)	3.4	6.7	–	1.7	13.4
Ascorbic acid	0.2	–	–	0.06	0.05
Tocopherols acid	1.2	0.27	0.63-0.70	2.6-5.9	0.30