

27.5 Fatty Acids of Oilseeds

Oil	16:0	18:0	20:0	18:1	18:2
Groundnut	8-10	1-3	1-2	40-52	26-37
Sesame	8.0	4.0	-	40	44
Niger	5.0	2.3	-	39	52
Sunflower	7-10	4-8	0-3	17-32	60-75
Castor	86-94*	-	-	0-8	0-4
Soybean	10-11	3-5	6-9**	20-25	48-53
Rapeseed	2-3	24-31	6-12	9-34	11-18
Safflower	6	3	-	13	78
Linseed	4-16	1-10	35-65	13-35	8-67

* Ricinoleic acid ** Linolenic *** Erucic acid