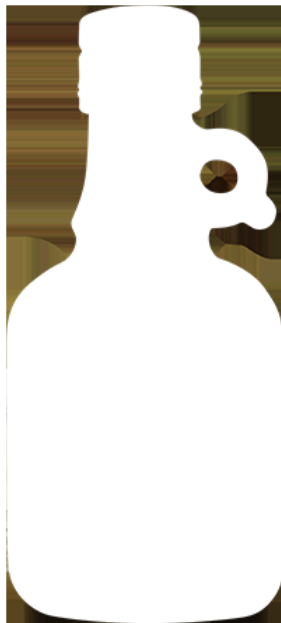




Avocado oil



Avocado oil is obtained through cold-pressing of the finest avocado fruits. It has a tempting, rich aroma and a subtle, fruity flavour. It perfectly highlights the flavour of cold-served dishes, especially salads, dips, dressings and spicy spreads. Avocado oil is high in unsaturated fat, including monounsaturated fat. Replacing saturated fats

with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol levels [MUFA and PUFA are unsaturated fats]. Maintaining normal health requires a varied and balanced diet and a healthy lifestyle.

INGREDIENTS: cold-pressed avocado fruit oil.

NOTE! A natural sediment may form. Store in room temperature. Nutrition declaration per 100 ml:	
Place of provenance or a country of origin: A – EU, B – Kenya, C – Republic of South Africa	
Energy value	3374 kJ/821 kcal
Fat, of which:	91.2 g
• Saturates	17.2 g
• 250 ml netto	
Mono-unsaturates	64.7 g
Polyunsaturates	9.3 g
Carbohydrate, of which:	0 g
sugars	0 g
Protein	0 g
Salt	0 g
Omega – 6 (linoleic acid)	8.7 g
Omega – 9 (oleic acid)	55 g

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