

Black seed (Nigella sativa) is commonly known as Egyptian black seed. The oil obtained from its seeds by cold pressing has a characteristic taste and smell.

Ingredients: cold pressed black cumin seed oil.

Nutritional value of 100 ml:

**Attention**: A natural precipitate may form.

**Storage**: at room temperature in a dry and dark place.

Energy value :	3403 kJ/828 kcal
Fats:	92 g, in which :
Saturated fatty acids	16 g
Monounsaturated fatty acids	25 g
Polyunsaturated fatty acids	51 g
Carbohydrates	o g
Proteins	o g
Salt	o g
Omega-6 ( linoleic acid)	49 g
Omega-9 (oleic acid)	23 g

Plik wygenerowany na stronie Oleofarm.pl