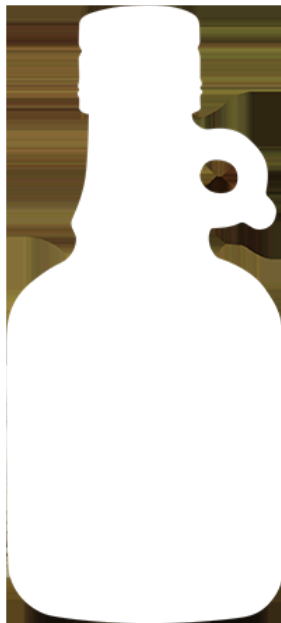




## *Cold-pressed pumpkin seed oil*



Pumpkin seed oil is extracted from pumpkin seeds. It has a dark-green colour and a flavour unique to pumpkin seeds. That's why it goes perfectly with soups, salads, cooked vegetables and other cold-served dishes. It is also an ideal fit for desserts. Pumpkin seed oil is high in unsaturated fat, including polyunsaturated fatty acids

(EFAs – Essential Fatty Acids). 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.

Pumpkin seed oil should be served cold. Do not use it to heat up or fry food.

**INGREDIENTS:** cold-pressed pumpkin seed oil.

Nutrition declaration per 100 ml:	
Energy value	3395 kJ/826 kcal
Fat, of which:	92 g
Saturates	18 g
Mono-unsaturates	32 g
Polyunsaturates	41 g
Carbohydrate, of which:	0 g
sugars	0 g
Protein	0 g
Salt	0 g
Omega-6 (linoleic acid)	41 g

Omega-9 oleic acid) 31 g	31 g
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**NOTE!** A natural sediment may form. Store in room temperature.

Country of origin: EU.

***Volume:***

- 250 ml netto
- 500 ml netto

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