

## Cold-pressed rapeseed oil



Rapeseed oil is cold-pressed from selected canola varieties. Thanks to that it has a subtle scent and a distinctive, slightly herbal flavour which makes it a perfect fit for cold-served dishes and sauerkraut salads, Greek salads, dips, dressings and spreads. Rapeseed oil is high in unsaturated fat, including omega-3 fatty acids and

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.

Do not use cold-pressed rapeseed oil to heat up or fry food.

INGREDIENTS: cold-pressed rapeseed oil.

Nutrition declaration per 100 ml:		
Energy value	3382 kJ/823 kcal	
Fat, of which:	91.4 g	
Saturates	5.8 g	
Mono-unsaturates	63.6 g	
Polyunsaturates	22 g	
Carbohydrate, of which:	o g	
sugars	o g	
Protein	0 g	
Salt	0 g	
Omega-3 (alpha-linolenic acid)	6 g	

<b>NOTE!</b> A natural sediment may fo Omega-6 (linoleic acid)	rm. Store in room te 16 g	emperature.
Country of origin: EU. Omega-9 (oleic acid)	59 g	

## Volume:

• 500 ml netto

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