



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:	0 g
sugars	0 g
Protein	0 g
Salt	0 g
Omega-3 (alpha-linolenic acid)	6 g

NOTE! A natural sediment may form. Store in room temperature. Omega-6 (linoleic acid)	16 g
Country of origin: EU. Omega-9 (oleic acid)	59 g

Volume:

- 500 ml netto

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