



Cold-pressed sunflower oil



The oil is obtained through cold-pressing of sunflower seeds. It has a mild, slightly nutty flavour distinctive to sunflower seeds. It goes perfectly with cold-served dishes, sauerkraut and other salads, dips, dressings and cheese spreads. Sunflower 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.

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

INGREDIENTS: cold-pressed sunflower oil.

Nutrition declaration per 100 ml: <i>Volume:</i>	
• Energy value 500 ml netto	3374 kJ/821 kcal
Fat, of which:	91 g
Saturates	8.0 g
Mono-unsaturates	78 g
Polyunsaturates	5.0 g
Carbohydrate, of which:	0 g
sugars	0 g
Protein	0 g
Salt	0 g
Omega – 6 (linoleic acid)	5 g
Omega – 9 (oleic acid)	77 g

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