



## *Corn oil, cold-pressed virgin*



Corn oil is obtained through cold-pressing of the maize germs. It has a subtle flavour and an orange-gold colour. It goes perfectly with cold-served dishes as well as with salads, dips and a mayonnaise. Corn oil is high in unsaturated fat, including polyunsaturated fat (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.

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

**Ingredients:** cold-pressed virgin corn oil.

**Nutrition declaration per 100 ml**

Energy value	3393 kJ/825 kcal
Fat, of which:	92 g
saturates	13 g
mono-unsaturates	30 g
polyunsaturates	49 g
Carbohydrate, of which:	0 g
sugars	0 g
Protein	0 g
Salt	0 g
Omega – 6 (linoleic acid)	48 g
Omega – 9 (oleic acid)	29 g

**NOTE!** A natural sediment may form. Store in room temperature.

Country of origin: EU.

***Volume:***

- 500 ml netto

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