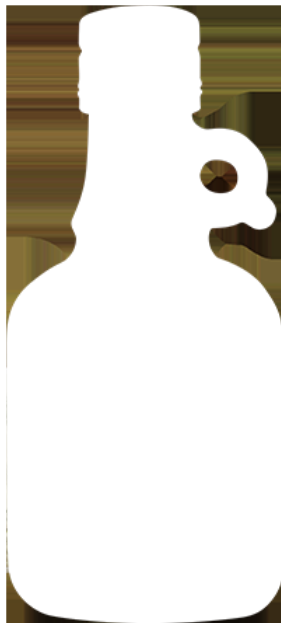




Halzenut Oil Unrefined



The oil is extracted from premium quality hazelnuts. It has a distinctive, subtle flavour and a delicate, nutty aroma. It goes perfectly with salads, ice cream, rice and fruit or chocolate desserts, adding a slightly nutty tinge to such dishes. Hazelnut 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 unrefined hazelnut oil to heat up or fry food.

INGREDIENTS: unrefined oil from roasted hazelnuts.

Nutrition declaration per 100 ml

NOTE! A natural sediment may form. Store in room temperature.	
Energy value	3378 kJ/822 kcal
Place of provenance: EU.	
Fat, of which:	91 g
Volume: saturates	8.8 g
• 250 ml netto mono-unsaturates	73 g
polyunsaturates	9.0 g
Carbohydrate, of which:	0 g
sugars	0 g
Protein	0 g
Salt	0 g
Omega – 6 (linoleic acid)	8.9 g
Omega – 9 (oleic acid)	72 g

Plik wygenerowany na stronie Oleofarm.pl