



## *Refined grapeseed oil*



Grape seed oil is extracted from grape seeds and has a subtle flavour. Its greatest advantage lies in its unique property of keeping the natural flavour of dishes fried on it. In the Mediterranean diet it is commonly added to salads and dressings and used for frying and braising. Grape seed oil is high in unsaturated fat, including

polyunsaturated fat (Essential Fatty Acids – EFAs). 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.

INGREDIENTS: refined grapeseed oil.

### Nutrition declaration per 100 ml

|  |                  |
|--|------------------|
| <b>NOTE!</b> A natural sediment may form. Store in room temperature. |                  |
| Energy value   | 3399 kJ/827 kcal |
| Country of origin: Italy.<br>Fat, of which:                          | 92 g             |
| <b>Volume:</b><br>saturates  | 11 g             |
| • 500 ml netto<br>mono-unsaturates                                   | 20 g             |
| polyunsaturates  | 61 g             |
| Carbohydrate, of which:  | 0 g              |
| sugars   | 0 g              |
| Protein  | 0 g              |
| Salt   | 0 g              |
| Omega – 3 (linoleic acid)  | 60 g             |
| omega – 6 (oleic acid)   | 19 g             |

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