

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

NOTE! A natural sediment Energy value	t may form. Store in 3399 kJ/827 kcal	room temperature.
Country of origin: Italy. Fat, of which:	92 g	
Volume: saturates	11 g	
• 500 ml netto mono-unsaturates	20 g	
polyunsaturates Pl	ik Wygenerowany na	stronie Oleofarm.pl
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	