



Refined rice oil



Rice oil is extracted from rice bran and has a subtle, yellow colour and a neutral flavour and scent. It is commonly used in Asian cuisine. It is perfect for frying, because dishes do not absorb it excessively. Thanks to that the foods retain their natural flavour. It can also be served cold by adding it to salads and all kinds of

dressings. Rice oil is high in unsaturated 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.

INGREDIENTS: refined rice oil.

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| NOTE! Store in room temperature. Nutrition declaration | per 100 ml |
| Country of origin: EU Energy value | 3386 kJ/824 kcal |
| Volume: Fat, of which: | 92 g |
| • 500 ml netto – saturates | 13 g |
| – mono-unsaturates | 45 g |
| – polyunsaturates | 33 g |
| Carbohydrate, of which: | 0 g |
| – sugars | 0 g |
| Protein | 0 g |
| Salt | 0 g |
| Omega-6 (linoleic acid) | 32 g |
| Omega-9 (oleic acid) | 44 g |

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