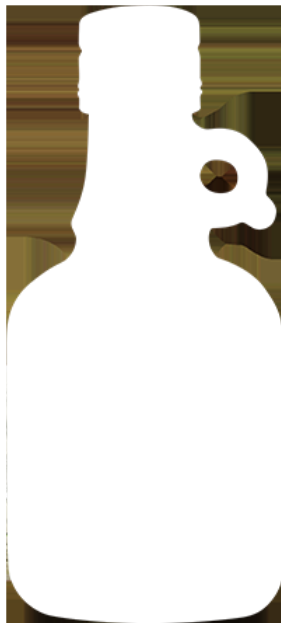




## *Refined sesame oil*



Sesame oil comes from carefully selected, roasted sesame seeds. It has a rich aroma and flavour. Because of its distinctive, spicy flavour and intense aroma it is one of the main ingredients used in Asian cuisine. It goes perfectly with salads, dressings and dips. Sesame 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.

Do not use unrefined sesame oil to heat up or fry food.

**INGREDIENTS:** unrefined oil from roasted sesame seeds.

**NOTE!** A natural sediment may form. Store in room temperature.  
Nutrition declaration per 100 ml.

**Place of provenance:** Mexico

Energy value

3393 kJ/825 kcal

**Volume:**

Fat, of which:

92 g

- 250 ml netto  
Saturates

15 g

Mono-unsaturates

38 g

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Polyunsaturates

39 g

Carbohydrate, of which:

0 g

sugars

0 g

Protein

0 g

Salt

0 g

Omega – 6 ( linoleic acid)

38 g

Omega – 9 (oleic acid)

37 g