

## Safflower seed oil



Safflower oil is obtained through cold-pressing of the safflower seeds. It's an excellent oil known since ancient times and produced to deliver new gustatory experiences. It is recommended to use with cold-served dishes, such as salads, dips, dressings and spreads. Safflower oil is high in unsaturated fat, including

polyunsaturated fatty acids (EFAs). Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol levels IMUFA and PUFA are unsaturated fats]. Maintaining normal health requires a varied and balanced diet and a healthy lifestyle.

INGREDIENTS: cold-pressed safflower seed oil.

Nutrition declaration per 100 ml:	
Energy value	3401 kJ/827 kcal
Fat, of which:	92 g
Saturates	8.5 g
Mono-unsaturates	10 g
Polyunsaturates	73 g
Carbohydrate, of which:	0 g
sugars	0 g
Protein	0 g
Salt	0 g
Omega-6 (linoleic acid)	73 g
Omega-9 (oleic acid)	9.6 g

**NOTE!** A natural sediment may form. Store in room temperature.

Place of provenance: A- EU, B-Australia, C-India

## Volume:

• 250 ml netto

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