

Unrefined oil from roasted peanuts



Groundnut oil comes from carefully selected peanuts. Its delicate, nutty flavour and a slightly sweet taste make it a perfect fit for desserts, ice cream, dressings and for pouring over a bowl of rice with fruits, a pudding, pancakes and crumpets. It may be used for cold-served dishes of any kind. Groundnut oil is high in unsaturated fat,

including monounsaturated 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: unrefined oil from roasted peanuts.

Nutrition declaration per 100 ml:	
Energy value	3370 kJ/820 kcal
Fat, of which:	91.1 g
Saturates	12.6 g
Mono-unsaturates	72.6 g
Polyunsaturates	5.9 g
Carbohydrate, of which:	og
sugars	og
Protein	og
Salt	og
Omega – 6 (linoleic acid)	5.8 g
Omega – 9 (oleic acid)	70 g

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

Place of provenance: E∪

Volume:

• 250 ml netto

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