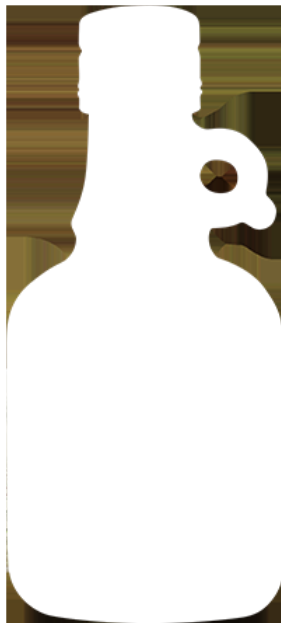




## *Walnut oil*



The oil is extracted from carefully selected walnuts. It is high in omega-3 fatty acids and has a subtle, nutty flavour. It goes perfectly with salads, pancakes and cold-served desserts. Walnut oil is high in unsaturated fat, including polyunsaturated fat (EFAs) which includes omega-3 and omega-6 fatty acids. 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 cold-pressed walnut oil to heat up or fry food.

**INGREDIENTS:** virgin walnut oil.

Nutrition declaration per 100 ml:	
Energy value	3407 kJ/829 kcal
Fat, of which:	92 g
Saturates	8.6 g
Mono-unsaturates	18 g
Polyunsaturates	65 g
Carbohydrate, of which:	0 g
sugars	0 g
Protein	0 g
Salt	0 g
Omega – 3 (alpha-linoleic acid)	10 g
Omega – 6 (linoleic acid)	55 g

Omega – 9 (oleic acid)	17 g
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**NOTE!** A natural sediment may form.

Store in room temperature.

Place of provenance or a country of origin: A – EU, B – USA

***Volume:***

- 250 ml netto

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