



## Sesame Oil Roasted

### Useful information:

Our sesame oil is extracted from the seeds of the sesame plant (*Sesamum indicum L.*) through roasting, followed by a gentle pressing process. The plant which is reminiscent of a foxglove and can grow to up to one and a half metres has been cultivated for millennia and is now grown in many countries. Sesame oil has a high unsaturated fatty acid content. Roasting gives it an intensive, nutty flavour and it can be used as a subtle cooking oil for salads and in Asian and Oriental cooking and to refine dishes. The oil is also suitable for short frying up to 180 °C.

**Ingredients:** 100 % *sesame oil*, roasted.

Average nutritional values per 100 ml:	
Calorific content	3393 kJ/825 kcal
Fat	92 g
of which	
- saturated fatty acids	14 g
- unsaturated fatty acids	38 g
of this, oleic acid	36 g
- polyunsaturated fatty acids	40 g
of which linolenic acid	39 g
Carbohydrates	0 g
Protein	0 g
Salt	0 g

Please keep properly closed, and store in a dark and cool place.

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**Contents 500 ml**

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