Kräuterhaus Sanct Bernhard

Der Spezialist für Naturheilmittel und Kosmetik. Seit **1903** im Dienste der Gesundheit.



## **Roasted Peanut Oil**

high heat stability ideal for cooking, baking and frying high proportion of moniunsaturated fatty acids

This delicious peanut oil is obtained from the seeds of the annual, subtropical peanut plant (Arachis hypogaea). The high proportion of monounsaturated fatty acids (oleic acid, Omega-9) make this product highly valuable in terms of a wholesome, balanced diet. Before pressing, the peanuts are roasted, which gives the oil its distinctive flavour. With its characteristically nutty taste, it offers a new flavour component for your kitchen. It is perfect for refining salads, dressings and cold meals, but also, thanks to its high heat stability, it is also suitable for cooking, roasting and frying. Our gourmet tip: Peanut oil gives Far Eastern cuisine and wok dishes extra flavour!

Ingredients: 100 % peanut oil, roasted.

Average nutritional values per 100 ml:	
Calorific content	3374 kJ / 821 kcal
Fat	92 g
of which	
- saturated fatty acids	13 g
<ul> <li>unsaturated fatty acids*</li> </ul>	75 g
- polyunsaturated fatty acids	4 g
Carbohydrates	0 g
- of which sugar	0 g
Protein	0 g
Salt	0 g

\*of which oleic acid

Please keep properly closed, and store in a dark and cool place. Under +8 °C, the peanut oil tends to become cloudy.

Made in Germany

Contents 500 ml

Art. No. 645

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