



Organic Linseed Oil

cold pressed, of controlled biological cultivation

This precious linseed oil is made from the ripe seeds of selected linseeds (*Linum usitatissimum*). The oil is produced from organically grown linseeds and extracted by mechanical cold pressing. As a result, all valuable vital substances and the characteristic aromatic flavour remain preserved. It is characterized by a particularly high proportion of linolenic acid as well as the highest natural omega-3-fat content of around 56%. In the fine cuisine, linseed oil is appreciated for its nutty, slightly bitter flavour. Linseed oil goes well with salad, potatoes, tender vegetables, curd cheese.

Use: Since linseed oil is very sensitive and prone to oxidation, you should not heat it. Only add to cold foods after they have been cooked. Once opened, linseed oil should be stored in a cool and dark place, best in the refrigerator or freezer. Consume within a short time.

Average nutritional values:	per 100 ml
Calorific value:	3682 kJ/896 kcal
Fat:	92 g
Of which:	
- saturated fatty acids:	9 g
- monounsaturated fatty acids:	17 g
- polyunsaturated fatty acids*:	66 g
Carbohydrates:	0 g
- of which sugar	0 g
Proteins:	0 g
Salt:	0 g

*Content of:

Omega-3-fatty acid (Alpha-Linolenic acid): 52 g

Omega-6-fatty acid (Linoleic acid): 14 g



DE-ÖKO-006

EU-/Non-EU-Agriculture

Content 250 ml

Art. No. 658

Eti0922