



Organic Almond Oil

cold pressed

rich in valuable unsaturated fatty acids

subtle nutty, mild flavour

High-quality edible oil obtained from unroasted, blanched organic sweet almonds (*Prunus dulcis*) by gentle cold pressing. Its high content of healthy contents materials, as for example the monounsaturated fatty acid oil acid, makes it particularly valuable. The substitution of saturated fatty acids with unsaturated fatty acids in the diet is proven to support maintenance of normal cholesterol level in the blood. Almond oil is characterised by a clear, light yellow colour and a subtle nutty, mild flavour, which makes it the ideal base for dressings and marinades. It is also ideal for the preparation of salads, raw vegetables, baked goods, muesli, desserts, light foods as well as baby and infant food.

Ingredients: 100 % **almond oil** from controlled organic cultivation.

Average nutritional values per 100 g:	
Calorific content	3693 kJ/882 kcal
Fat	100 g
of which	
- saturated fatty acids	8 g
- of which unsaturated fatty acids*	71 g
- polyunsaturated fatty acids	21 g
Carbohydrates	0 g
- of which sugar	0 g
Protein	0 g
Salt	0 g

* of which 70 % oleic acid

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

The consumption of organic almond oil does not replace a varied, balanced diet and a healthy lifestyle.



DE-ÖKO-001
EU / non-EU agriculture

Contents 250 ml

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