



Safflower Oil

High quality oil - ideal for a cholesterol-conscious diet.

Safflower oil, also called safflower oil is extracted from the seeds of *safflower* (*Carthamus tinctorius* L.). Sanct Bernhard Safflower oil is a very high quality edible oil with a very high content of oleic acid (high oleic, minimum 74%) and natural vitamin E. Safflower oil is important for a cholesterol-conscious diet, as the replacement of saturated fat by unsaturated fatty acids in the diet helps to maintain a normal cholesterol level in the blood.

With its mild neutral taste it is ideal for making salads, raw food dishes, mayonnaise and the like. It has a high heat resistance, it can be well used for frying, boiling, baking and frying.

Average nutritional values	pro 100 ml
Calorific value	3.404 kJ/828 kcal
Fat	92 g
which of:	
- saturated fatty acids	7 g
- monounsaturated fatty acids	71 g*
- polyunsaturated fatty acids	14 g
Carbohydrates	0 g
- which of sugar	0 g
Proteins	0 g
Salt	0 g
Vitamin E (alpha-TE)	41 mg**

* content of oleic acid: minimum 68 g/100 ml safflower oil.

** corresponds to 342% of the recommended daily intake according to NRV (= Nutrient reference value)

The consumption of safflower oil does not replace a varied and balanced diet or a healthy lifestyle.

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

Contents 750 ml

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