



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
- polyunsaturated fatty acids**	40 g
Carbohydrates	0 g
- of which sugars	0 g
Protein	0 g
Salt	0 g

* of which 36 g oleic acid

** of which 39 g linolenic acid

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

Contents 500 ml

Art. No. 685

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