



Organic Omega-3 Vegetable Oil

- With important Omega-3- and Omega-6-fatty acids
- from sunflower, canola and linseed oil
- for cooking and steaming

With omega-3 and omega-6 fatty acids from certified organic sunflower oil, canola and linseed oil. The high content of polyunsaturated fatty acids (Omega 3 and Omega 6) makes this mild, cold-pressed vegetable oil so precious. Excellent for salads and raw vegetables, cooking and steaming.

Ingredients: sunflower oil, canola oil, linseed oil (10%).
All ingredients are from controlled organic cultivation.

Average nutritional values:	per 100 ml
Calorific value	3404 kJ / 828 kcal
Fat	92 g
of which:	9 g
- saturated fatty acids	
- monounsaturated fatty acids	37 g
- polyunsaturated fatty acids	46 g*
Carbohydrates	0 g
of which sugar	0 g
Proteins	0 g
Salt	0 g
Vitamin E (alpha-TE)	41 mg **

* Content in:

Omega-6 fatty acids (linoleic acid): 38 g

Omega-3 fatty acids (linolenic acid): 8 g

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



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EU /Non-EU-agriculture

Contents 750 ml

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