



Organic Argan Oil roasted

Gourmet Quality
For cold and warm dishes
100 % unadulterated

Organic Argan Oil, roasted prepared in the traditional way of the Berber tribe, is produced from the roasted seeds of the Argan tree (*Argania Spinosa*) that grows in the south-western part of Morocco. As valuable gourmet cooking oil it established itself in the ambitious kitchen. It consists of approximately 80% of biologically active unsaturated fatty acids, particularly linoleic and oleic acid, that contribute to the preservation of a normal cholesterol level in the blood (from 10 g linoleic acid/day which corresponds to approx. 30 g Organic Argan oil roasted). With its slightly nutty flavour, it refines the flavour of salads and cooked dishes, but it can also be used undiluted (1-3 teaspoons daily).

Ingredients: 100 % Argan Oil roasted from controlled organic cultivation.

Average nutrition value	per 100 g
caloric content:	3770 kJ / 900 kcal
fat:	100 g
of which are:	
- saturated fatty acids:	< 20 g
- monounsaturated fatty acids:	ca. 45 g
of which is oleic acid:	ca. 43 g
- polyunsaturated fatty acids:	ca. 35 g
of which is linoleic acid:	ca. 30 g
carbohydrates:	0 g
protein:	0 g
salt:	0 g

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



DE-ÖKO-001
Non-EU Agriculture

Store well closed, cool and in a dark place.

Contents 250 ml

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