



## Walnut Oil

Roasted, cold-pressed  
Gourmet quality  
Ideal for cold dishes

The deliciously-fine nut flavour with aromatic roasted notes is the reason why this oil is gaining more and more fans! Ripe, partly roasted walnut kernels are gently cold pressed to obtain the exquisite oil. Walnut oil also has a lot to offer for health: it is a rich source of alpha-linolenic acid, a polyunsaturated omega-3 fatty acid. From a daily amount of just 2g, it helps maintain the normal cholesterol level in the blood.

Since walnut oil has a very low smoking point, it should not be used for frying. In the cold kitchen, it is ideal for refining salads, dressings, sweets and desserts - or just to dip with fresh bread. Please enjoy!

**Ingredients:** 100 % cold pressed *walnut oil*.

May contain traces of *almonds, hazelnuts, pistachios, macadamia nuts and sesame*.

Average nutritional values per 100 g:	
Calorific content	3700 kJ/900 kcal
Fat	100 g
of which	
- saturated fatty acids	10 g
- of which unsaturated fatty acids	17 g
- polyunsaturated fatty acids	73 g
of which alpha-linolenic acid	13 g
Carbohydrates	0 g
- of which sugars	0 g
Protein	0 g
Salt	0 g

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

### Contents 250 ml

Art. No.: 683

250 ml

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