

## Ghee Easy Organic Jar 500 g

EAN: 8717953206428 FABRICANTE: GHEE EASY



*Authentic and pure Ayurvedic ghee, without additives. Certified organic and biological. Lactose and gluten free.*

### DESCRIPTION

Clarified Butter Bio 500g Ghee Easy. Ghee is a clarified butter, which is extracted by separating the butter (without salt) from all the milk solids at low temperatures. Clarified Butter Ghee is a very nutritious food, as it contains fat-soluble vitamins and at the same time helps the digestion and absorption of other nutrients present in food. It is rich in vitamins essential for health, such as vitamin A, D, E and K; involved in the correct mineralization of bones, a powerful antioxidant and essential for coagulation.

### Ingredients

Butterfat \*From organic farming.

### Instructions for use

It is ideal for cooking. Thanks to its high smoking point (the temperature at which fat begins to smoke in the pan is 250 ° C) it is excellent for frying, browning and stir-frying at high temperatures. Ghee does not require refrigeration and according to Ayurvedic tradition, the older it is, the greater its medicinal properties. It can be stored outside the refrigerator, in a dark place.

### Nutritional information:

per 100g

Energy value 3681 kJ/895 kcal.

Fats 99.8g of which 62.5% are saturated.

