

## Avocado Food Oil 125 ml

EAN: 8410885070869    FABRICANTE: MARNYS



MARNYS® 100% pure edible Avocado Oil (*Persea americana*) is first cold-pressed, has a delicate and pleasant flavor and, when used, does not alter the original flavor of the food. It is rich in unsaturated fats. And, it has a smooth and delicate flavor, which enhances the flavor of food.

### DESCRIPTION

#### What is Avocado Food Oil and what is it for?

MARNYS® Avocado Oil is a 100% pure edible oil, extracted by first cold pressing from the fruit of the *Persea americana* tree, commonly known as avocado. This oil is characterized by having a delicate and pleasant flavor, and when used in the preparation of food, it does not alter its original flavor.

One of the main nutritional characteristics of this oil is its oleic acid content, also known as Omega 9, which represents between 50% and 70% of the minimum content. Oleic acid is a type of fatty acid essential for metabolism and is recognized for its health benefits.

The avocado is native to America and belongs to the Lauraceae family. Its name "avocado" comes from the Aztec word "ahucatl". Throughout time, this tropical fruit has been cultivated mainly for its high nutritional value. Evidence of its existence has been found dating back to the 8th century BC, when seeds were found buried next to a mummy in Peru.

Avocado is a fruit rich in nutrients such as fiber, potassium, sodium, magnesium, and vitamins A, C, K1, B5, and B3, as well as choline, lutein/zeaxanthin, and highly monounsaturated fatty acids.

Avocado oil is mainly composed of monounsaturated fatty acids, which gives it beneficial properties for the diet and offers several advantages:

- Its texture is very light, which makes it easy to mix with food.
- It has a smooth and delicate flavor, which enhances the flavor of dishes without dominating the other ingredients, unlike olive oil and other oils.
- In addition, avocado oil is capable of withstanding high cooking temperatures, since its "smoke point" is approximately 255°C, which makes it a suitable option for culinary preparations that require high temperatures.



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### What are the ingredients of Avocado Food Oil?

100% pure Avocado oil ( *Persea americana* ).

### How is Avocado Food Oil used?

Ideal for adding to salads, soups and dressings or frying foods.

