

Pumpkin Seed Food Oil 125 ml

EAN: 8410885071149 FABRICANTE: MARNYS



MARNYS® Pumpkin Seed Oil for Food contains Pumpkin Seed oil obtained by cold pressing of *Curcubita pepo*. You have to eat it raw, being ideal to add to salads, soups or dressings.

DESCRIPTION

What is Pumpkin Seed Food Oil and what is it for?

MARNYS® Alimentary Pumpkin Seed Oil is composed of pumpkin seed oil obtained through a cold-pressing process from the *Curcubita pepo* plant. This extraction method ensures that all its properties are kept in optimal conditions.

This edible oil contains a minimum of 40-62% linoleic acid, which belongs to the Omega 6 family, and 18-38% oleic acid, which belongs to the Omega 9 family.

Pumpkin seeds are rich in protein, unsaturated fatty acids, phytosterols, and essential minerals such as zinc, potassium, calcium, magnesium, iron, copper, and phosphorus. The oil content in pumpkin seeds is around 40-60%, mainly made up of oleic, linoleic and stearic acids. After extracting the oil, the protein content in the seeds increases from 45-46% to 55-56%.

MARNYS® Pumpkin Seed Edible Oil has a brown color and a very pleasant flavor. It is not recommended to use it for cooking, but it is better to consume it raw. It is ideal to add to salads, soups or dressings, adding a touch of nutrition and flavor to your dishes.

What are the ingredients of pumpkin seed edible oil?

Pumpkin Seed Oil 100% pure.

How is pumpkin seed edible oil used?

Ideal as a food supplement to take directly or add according to taste to salads, soups, dressings, etc.

It is not suitable for cooking.

