

Sesame Food Oil 125 ml

EAN: 8410885074355 FABRICANTE: MARNYS



MARNYS® Edible Sesame Oil has a very special and light flavor. It is recommended to take it raw, and if it is used for cooking, the maximum heating temperature is 180 °C. It is perfect to use in salads, stir-fries, fried dishes and Asian cuisine recipes such as noodles or rice. and, it is suitable for vegans.

DESCRIPTION

What is Sesame Food Oil and what is it for?

MARNYS® Edible Sesame Oil is obtained by cold pressing the seeds of *Sesamum indicum*. This method guarantees that all your properties are kept in optimal conditions.

Contains Omegas 6 and 9, being at least 36-48% linoleic acid (Omega 6) and 35-44% oleic acid (Omega 9). These Omegas are essential, since the human body does not produce them.

Sesame oil is a highly unsaturated edible oil and rich in Omega essential fatty acids (40-60% of total content), vitamin E (alpha-tocopherol) and lignans, such as sesamine, sesamol and sesamol.

It is obtained from Sesame (*Sesamum indicum*), belonging to the Pedaliaceae family. It is the ninth most important oilseed crop in the world, with India, China, Sudan, Ethiopia, Uganda and Pakistan being the main producers.

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What is the composition of edible sesame oil?

100% pure **sesame** oil

How is sesame Food Oil used?

Do not heat above 180 degrees. Ideal in salads, sauces, cakes, fried.

It is also recommended for external use as a skin moisturizer.

