

## Sesame Food Oil 500 ml

EAN: 8410885074362 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 and what is the Alimentary Oil of Sásamo? MARNYS Edible Sesame Oil is obtained by cold pressing the seeds of *Sesamum indicum*. This method ensures that all your properties are kept in top condition. Contains Omega 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. Sásamo oil is a highly unsaturated edible oil and rich in Omega essential fatty acids (40-60% of the total content), vitamin E (alpha-tocopherol) and lignans, such as sámina, sesamol and sesamol. It is obtained from S samo (*Sesamum indicum*), belonging to the Pedaliaceae family. It is the ninth most important oilseed crop in the world, with the main producers being India, China, Sudan, Ethiopia, Uganda and Pakistan. MARNYS Food Oil of S samo has a very special and light flavor. It is recommended to consume it raw, and if it is used for cooking, the maximum heating temperature should be 180 C. It is perfect for salads, stir-fries, fried dishes and Asian cuisine recipes, such as noodles or rice. What is the composition of edible sesame oil? 100% pure sesame oil How is the Sesame Alimentary 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.

