

## Low Caloric Dressing Oil 250 ml

EAN: 8426594130251    FABRICANTE: ORDESA



*Hypocaloric Oil is an excellent option for people who want to lose weight, since it helps to reduce the amount of calories consumed.*

### DESCRIPTION

#### What are the characteristics of Ordesa hypocaloric oil?

When we are following a diet to control weight, we are often advised to reduce the consumption of fats, including vegetable oils. However, Low Caloric Oil can be of great help to improve the flavor and appearance of our meals, adding variety to our diet with very few calories.

Compared to traditional oils, Low Caloric Oil has 80% fewer calories. This means that it only contains 25 kcal per tablespoon (15g), instead of the 135 kcal of a conventional oil.

In addition, the Low Caloric Oil is made up of 20% virgin olive oil, which gives it its characteristic flavor and aroma. So you can enjoy the delicious taste and pleasant aroma of a good table oil without worrying too much about calories.

The reduction in the energy value of Low Caloric Oil is achieved thanks to its paraffin oil content. This allows you to enjoy your meals without getting bored with monotonous diets and, at the same time, keep a check on your weight.

#### What are the ingredients of Ordesa hypocaloric oil?

- pure paraffin oil,
- virgin olive oil
- Coloring (beta-carotene).

#### How should Ordesa hypocaloric oil be used?

Use ONLY RAW and never for frying or cooking.

#### What is the recommended daily dose of Ordesa hypocaloric oil?



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The use that can be made of Low Caloric Oil is very diverse: Because Low Caloric Oil favors intestinal transit, the recommended daily amount is 1 to 3 tablespoons. It is not advisable to exceed this recommendation. Format In those situations in which weight control or weight loss is required.

### **When is Ordesa hypocaloric oil used?**

It is especially practical in weight control diets in which it is required to promote intestinal transit.

