

# Bio Leinöl



## Virginly pressed linseed oil from organic cultivation.

Depending on the variety, linseed has a brown or yellow skin, tastes slightly nutty and contains about 40 % fat, with the unsaturated omega-3 fatty acid alpha-linolenic acid accounting for up to 56 % of this. The oil extracted from linseed contains one of the highest concentrations of omega-3 fatty acids compared to other known vegetable oils. The ripe and crushed linseeds are pressed natively without roasting or heat. During this gentle process, the oil reaches a maximum temperature of 40 °C. The smell of the oil is slightly toasty and spicy like hay, described as herbaceous to dull. In terms of taste, it is reminiscent of freshly cut grass, tasting slightly nutty and hay-like when fresh, but increasingly bitter and scratchy after storage. Organic linseed oil is particularly suitable for preparing cold dishes and is recommended for refining dairy products such as curd cheese or cottage cheese.

## Organic Linseed Oil

- Obtained from gentle native pressing
- Produced without roasting and heat
- From organic cultivation
- Contains high levels of unsaturated fatty acids and the omega-3 fatty acid alpha-linolenic acid

## Possible uses


- For the preparation of cold dishes
- Ideal for salads, potato and vegetable dishes, with yoghurt and muesli.

Not suitable for heating

## NUTRITIONAL VALUE TABLE:

Energy	3700 kJ / 883 kcal
Total fat	100 g
of which saturates	9 g
of which monounsaturated fatty acids	15 g
of which polyunsaturated fatty acids	76 g
Omega-3 fatty acids	61 g
Contains small amounts of carbohydrates, sugar, protein and salt.	0

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## NOTE

100% organic linseed oil from Austria


## PACKAGE SIZE AND CONTENT

250 ml

Natural product. Due to the absence of filtration, this cold-pressed edible oil may have slight turbidity or sediment. Store in the refrigerator before and after opening. From controlled organic cultivation AT-BIO-301 Austria Agriculture Manufactured by: farmgoodies GmbH, Am Emerberg 12, 4174 Niederwaldkirchen Subject to print or typographical errors. Version: 23.10.2023



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