



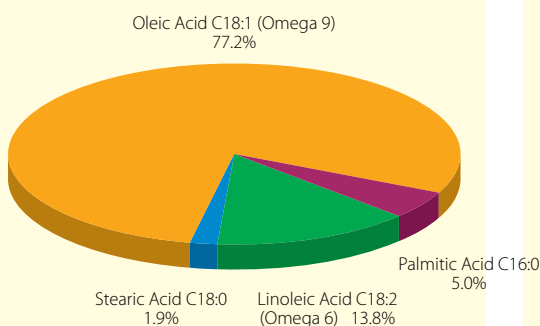
safflower oil high oleic



Safflower Oil High Oleic is Cold Pressed from the seeds of the Safflower plant (*Carthamus tinctorius*). This oil is high in Oleic Acid (Omega 9), and it is this high monounsaturated component which makes this oil ideal for high temperature cooking. This high monounsaturated component is complimented by a low polyunsaturated component, which reconfirms the oils stability at high temperatures. Its high smoke point means it can be used for both frying and cooking, and its mild taste and odour means it can be used across a wide range of food applications.

The characteristics that give High Oleic Safflower Oil its high degree of monounsaturations also provide this oil with stability levels otherwise seen only in saturated or hydrogenated oils, or oils with added antioxidants. Natural specialty oils containing monounsaturates such as Oleic Acid are commonly targeted as a healthier cooking alternative to saturated fats and hydrogenated oils. Monounsaturates appear to lower LDL (bad) cholesterol levels without changing HDL (good) cholesterol levels in the blood, thus reducing the risk of heart disease.

TYPICAL SAFFLOWER OIL HIGH OLEIC FATTY ACID PROFILE



The 'Typical Fatty Acid Profile' shown above represents the major fatty acids only and excludes other minor components. Please note the data for this product will vary across different batches and seasonal harvests. For a full Technical Specification please contact us or alternatively visit www.seedoils.co.nz.



TECHNICAL DATA

Product Name: Safflower Oil High Oleic

Botanical Name: *Carthamus tinctorius*

Active Ingredients: Oleic Acid (Omega 9)

Extraction Method: Cold Pressed

Appearance: A pale yellow clear oil

Shelf life: If stored in unopened containers at less than 20 Deg Celcius, this product can expect to have a shelf life of 12 months.

Common Dosage: Liquid

Product Variations:

- Safflower Oil High Oleic Cold Pressed Refined
- Safflower Oil High Oleic Cold Pressed Refined ORGANIC
- Safflower Oil High Oleic Cold Pressed Unrefined
- Safflower Oil High Oleic Cold Pressed Unrefined ORGANIC

STAR RATING

Nutritional **★★★★**
Culinary **★★★★★**

