

# Extra Virgin Avocado Oil



## General oil profile

### Food applications:

Avocado oil is extracted from the flesh of the avocado fruit. Sometimes a cloudy appearance will occur due to the crystallization of the low melting point triglycerides. This should be regarded as a good sign and not a fault as it indicates unrefined oil. (Refined avocado oil is yellow and lacks the rich green colour of cold pressed oil)

Avocado oil has excellent keeping qualities because of an inbuilt antioxidant system.

- High percentage monounsaturates
- Vitamins A, B and D
- Rich in lecithin

Use in salads and marinades, best not to heat as bitter flavours will develop.

### Other applications:

Avocado oil is a unique oil since it has the ability to penetrate the upper layers of the skin. Avocado oil is valuable for its effects on dry and wrinkled skin and is an excellent nappy rash oil.

- regenerative and moisturizing

### Typical Fatty Acid Profile:

C12:0 Lauric Acid	<0.1%
C14:0 Myristic Acid	0.1%
C16:0 Palmitic Acid	21.8%
C16:1 Palmitoleic Acid	10.7%
C18:0 Stearic Acid	1.0%
C18:1 Oleic Acid	50.0%
C18:2 Linoleic Acid	14.5%
C18:3 Linolenic Acid	<0.1%
C20:0 Arachidic Acid	0.1%
C20:1 Eicosenoic Acid	<0.1%
C22:0 Behenic Acid	<0.1%

### Typical analysis:

Additives	Nil
Colour	Dark green
Appearance	Clear
Free Fatty Acid	<2% (Max)
Peroxide Value	<5 mEq
Aroma	Mild
Flavour/Taste	Mild / can be bitter if heated
Refractive index at 25 °C	1.460 - 1.479
Saponification Value	177 - 198
Specific Gravity at 25 °C	.915-925
Iodine Value	65 - 95
CAS number	8024-32-6
Shelf life	36mths
Extraction method	Expeller (cold pressed)
Botanical name	Persea americana
Smoke point	272 °C
Unsaponifiable matter	<1%