

# Extra Virgin Olive Oil



## General oil profile

### Food applications:

Proteco olive oil is produced from locally grown fruit. Prominent varieties include; Paragon, correggiola and manzanillo.

This oil displays the fresh, full flavoured, cold pressed character needed for Mediterranean style diets and cooking.

Besides being a monounsaturated fat, it is rich in antioxidants and vitamins which help prevent body cells aging.

Use this oil for all extra virgin cold pressed requirements and uses in restaurants and home style cooking.

- Shallow frying foods
- Drizzle over cooked vegetables
- Rich green/yellow colour

### Other applications:

Olive Oil contains polyphenol compounds that act as antioxidants to help prevent and repair damage to the skin done by accidental sun exposure. Also used in the treatment of dandruff.

Commonly used for making soaps and skin conditioners.

### Typical Fatty Acid Profile:

C12:0 Lauric Acid	<0.1%
C14:0 Myristic Acid	0.8%
C16:0 Palmitic Acid	8.4%
C16:1 Palmitoleic Acid	18.1%
C18:0 Stearic Acid	3.5%
C18:1 Oleic Acid	60.9%
C18:2 Linoleic Acid	2.0%
C18:3 Linolenic Acid	0.2%
C20:0 Arachidic Acid	2.5%
C20:1 Eicosenoic Acid	2.3%
C22:0 Behenic Acid	0.7

### Typical analysis:

Additives	Nil
Colour	Rich Golden Green
Appearance	Clear
Free Fatty Acid	<2% (Max)
Peroxide Value	<5 mEq
Aroma	Mild / characteristic
Flavour/Taste	Light, fruity, spicy
Refractive index at 25 °C	1.4677 – 1.4705
Saponification Value	184 – 196
Specific Gravity at 25 °C	.915-.925
Iodine Value	75 – 94
CAS number	001-25-0
Shelf life	36mths
Extraction method	Expeller (cold pressed)
Botanical name	Olea europaea
Smoke point	160 °C
Unsaponifiable matter	0.4 – 1.1%