

Extra Virgin Sunflower Oil



General oil profile

Food applications:

Sunflower oil contains vitamins A, B, D and E and is high in monounsaturated oleic fatty acids.

Suitable for high heat cooking and behaves well as frying oil.

- Used widely as a bread making ingredient and salad oil.

Due to sunflower oils ability not to cloud, use as a marinade base for cheese such as fetta is common.

Being very stable and protected against oxidation, use in snack foods and dips is suited.

Unrefined cold pressed oil, such as this, can taste slightly bitter on rare occasions. This is caused by a migration of waxes from the seed hulls.

Other applications:

Sunflower oil has diuretic properties, is expectorant and contains inulin which is used in the treatment of asthma.

Sunflower oil is popular in skin care products, hair conditioners and bath oils.

Cold pressed sunflower oil is light in texture and leaves the skin feeling satin-smooth.

Typical Fatty Acid Profile:

C12:0 Lauric Acid	<0.1%
C14:0 Myristic Acid	<0.1%
C16:0 Palmitic Acid	2.9%
C16:1 Palmitoleic Acid	<0.1%
C18:0 Stearic Acid	4.2%
C18:1 Oleic Acid	86.2%
C18:2 Linoleic Acid	3.3%
C18:3 Linolenic Acid	1.1%
C20:0 Arachidic Acid	0.3%
C20:1 Eicosenoic Acid	<0.1%
C22:0 Behenic Acid	1.1%

Typical analysis:

Additives	Nil
Colour	Light Yellow
Appearance	Clear
Free Fatty Acid	2%(Max)
Peroxide Value	<5 mEq
Aroma	Mild
Flavour/Taste	Typical Sunflower / Mild
Refractive index at 25 °C	1.472 - 1.474
Saponification Value	188
Specific Gravity at 25 °C	.915-.925
Iodine Value	75-90
CAS number	8001-21-6
Shelf life	36mths
Extraction method	Expeller (cold pressed)
Botanical name	Helianthus annuus
Smoke point	160 °C
Unsaponifiable matter	<1.3%