

# Organic cold-pressed rapeseed oil

The rapeseed is harvested and threshed. The resulting rapeseed is then dried. Subsequently, the seeds are coarsely crushed and fed into a smooth roller mill. This opens the cells of the rapeseed and causes them to flake out. The very fine flakes are then used to extract the oil by mechanical pressing. The oil is clarified through unbleached paper filters and bottled. The cold-pressed oil has its typical slightly nutty flavour. Rapeseed oil is rich in unsaturated fatty acids and also has a particularly favourable ratio of Omega-3 to Omega-6 fatty acids. It is therefore excellent for cooking and baking as well as for salads and other cold dishes.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

Calorific value kj	3766 kj
Calorific value kcal	900 kcal
Fat	100 g
Of which saturated fatty acids	9.2 g

## Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein

Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein