

# Organico

Organic

## RAPESEED OIL

Suitable for seasoning.

Ingredient: Virgin Rapeseed Oil\*

\*from Organic EU agriculture

### NUTRITION INFORMATION

Servings per package:33 - Serving size: 15ml

	Per serving	Typical value per 100ml
Energy	508kJ 124kcal	3385kJ 824kcal
Fats - Total	14g	91g
Of which saturates	1g	6g
Of which mono-unsaturated fat	9g	57g
Of which polyunsaturated fat	4g	28g
Carbohydrates	0g	0g
Of which sugar	0g	0g
Protein	0g	0g
Salt	0g	0g
Omega 3	1g	8g

Our nutritionally valuable organic cold pressed rapeseed oil is rich in mono-unsaturated fatty acids and Omega3.

Storage: Keep away from light and heat.

Batch number/ Best before:



FR-BIO-01

EU Agriculture

500ml



Organico Realfoods, 3 City Limits,  
Danehill, Lower Earley, Reading,  
RG6 4UP. Tel: 01189238760  
[www.organico.co.uk](http://www.organico.co.uk)