

NUTRITIONAL INFORMATION - CAROTINO HEALTHIER COOKING OIL

Typical Values	(Per 100ml)	Per typical serving 30 ml	*RI
Energy	3400kJ/828kcal		
Total Fat	92.0g		
of which Saturates (under 16%)	14.3g		
Monounsaturates (more than 56%)	52.5g		
Polyunsaturates (more than 27%)	25.3g		
Carbohydrate	0g		
of which Sugar	0g		
Protein	0g		
Salt	0g		
Omega 3 Fatty Acids	6.6g		
Omega 6 Fatty Acids	20.0g		
Natural Carotenes	15.1mg	4.5mg	
Beta-Carotene (as Vitamin A equivalent)	7.8mg	2.3mg	163%
Alpha-Carotene (as Vitamin A equivalent)	6.4mg	1.9mg	67%
Other Carotenes	0.9mg	0.3mg	
Natural Vitamin E	16.0mg	4.8mg	133%
*Reference intake per 100ml serving of an average adult (8400kJ/2000kcal)			

Ingredients

Rapeseed Oil (75%), Red Palm Fruit Oil (25%)