PUMPKIN SEED OIL (Certified Organic)



Not all pumpkin seeds are suitable for oil pressing; the species predominantly used for Flora Pumpkin Seed Oil are cucurbita stilbo and cucurbita maxima, both of which are grown in pesticide free areas of Austria and Hungary. Pumpkin seeds produce a dark green yet excellent tasting oil. The unique Flora method of cold pressing retains the original rich flavor of pumpkin seeds and the dark color of the natural unrefined oil signifies a high content of chlorophyll. Flora Pumpkin Seed Oil has a high content of both the essential fatty acids which makes it a highly nutritious and valuable oil. Flora Pumpkin Seed Oil lends a delicate flavor to all kinds of salads, especially green leaf and potato salads.

Flora Pumpkin Seed Oil contains: 43% polyunsaturated Linoleic acid (omega 6), 36% monounsaturated Oleic acid (omega 9), 14% polyunsaturated Alpha-linolenic acid (omega 3), 8% saturated fatty acids.

Availability: 8.5 oz.

Top