SESAME OIL (Certified Organic)



The tiny seeds of sesame have been known as a source of food oil for over 4,000 years in many Asian countries. Unfortunately, in industrialized counties, Sesame Oil is mostly produced in vast quantities in what is called a chemical extraction method, using hexane, bleaching, refining, and deodorizing, which results in a bland and tasteless oil. In contrast, Flora Sesame Oil is a truly cold-pressed oil, pressed at temperatures below 45°C. Sesame seeds contain the natural preservatives known as sesamol and sasamolin. When refrigerated, Flora Sesame Oil will partially solidify, which shows that it has a high percentage of monounsaturated and saturated fatty acids. This makes Sesame Oil more stable with a longer shelf life.

Flora Sesame Oil contains: 43% polyunsaturated Linoleic acid (omega 6), 43% monounsaturated Oleic acid (omega 9), 12% saturated fatty acids.

Availability: 8.5 oz.

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