

## Stainswick Farm Rapeseed Oil – Nutritional Analysis

Energy	3700 KJ ~ (N) 900 kcal ~
Protein	<0.1 g ~
Total Carbohydrate	<0.1 g ~
Of which Sugars	<0.1 g ~
Fat	91.51 g ~
Of which: Saturates	6.81 g ~
Monounsaturates	59.53 g ~
Of which: (Omega 9))	59.36 g ~
Polyunsaturates)	25.17 g ~
Of which:	
Alpha Linolenic Acid (Omega 3)	7.78 g ~
Linoleic Acid (Omega 6)	17.39 g ~
Dietary Fibre	<0.1 g ~
Sodium	<0.1 g ~
Ash	<0.1 g ~
Moisture & Volatile Matter	0.06 g ~
Vitamin E	211 mg/kg ~