



ACEITE DE LINAZA / LINSEED OIL

Ficha técnica / Specification sheet

ANALYSIS	METHODS	ACEITE EXTRA VIRGEN
Color	Gardner	
Densidad a 20 C° Density at 20 C° in g/cm ³	PE 2.2.5	about 0,93 l
Indice de acidez Acid value in mg KOH/g	PE 2.5.1	max. 4,5
Indice de yodo Iodine value	PE 2.5.4	160-200
Indice de peroxido Peroxide value in meq.O ₂ /Kg	PE 2.5.5	max. 20
Indice de refracción refractive index	PE 2.2.6	about 1,480
Materia insaponificable / Unsaponifiable matter in %	PE 2.5.6	188-195
Materia insaponificable en %	PE 2.5.7	max. 1,5
Cadmio/Cadmium	PE 4.4.27	max 0,5

Fatty acids composition (in %)	PE 2.4.22	
C16:0 (palmitic acid)		5-7
C16:1 (palmitoleic acid)		max.0,5
C18:0 (stearic acid)		3-6
C18:1 (oleic acid) Omega 9		15-35
C18:2 (linoleic acid) Omega 6		15-20
C18:3 (linolenic acid) Omega 3		35-60

INFORMACION NUTRICIONAL NUTRITIONAL FACTS

1 Porción: 1 cucharada (14 ml) 1 Portion: 1 tablespoon (14 ml)		
Porciones por envase: 18 Aprox. Servings per package: 18 Aprox.	100 Grs.	1 Porción 1 Portion
Kcal./100 gramos Kcal./100 gr	896	39
G.Total (g) G.Total Fat (g)	100	14
G.Saturada (g) Saturated Fat (g)	14,68	2,1
G.Monoinsaturada (g) Monounsaturated Fat (g)	18	2,5
G.Poliinsaturada (g) Polyunsaturated Fat(g)	67,3	9,4
Omega 3 (g)	55,0	7,7
Omega 6 (g)	18,0	0,4
Proteínas (g) Proteins (g)	0	0
Fibra (g) Fiber (g)	0	0
H. de Carbono (g) Carbohydrates (g)	0	0
Colesterol (mg) Cholesterol (mg)	0	0
Sodio (mg) Sodium (mg)	0	0
Acidez Máxima (% ac. Oleico) Maximum acidity(% Oleic acid)	6	