MIDLANDS

Rapeseed

As a specialty oilseed, Rapeseed is predominantly pressed for oil. Rapeseed Oil is an Extra Virgin Cold Pressed oil that is produced from the seeds Brassica napus.

This high quality oil is derived from blended varietal seed lines, batch pressed and fully sedimented and then double filtered to enhance the natural colour and nutty flavour. It is a truly versatile oil with a high smoke point of 220ºC, well suited to cooking.

Rapeseed Oil is a healthy oil, with a low level of saturated fat per total fat content, one of the lowest of oils derived from plants. Rapeseed oil contains a high percentage (61%) of monounsaturated fat, and moderate amounts of polyunsaturated fat (32%). Polyunsaturated fat includes essential fatty acids, such as the Omega 3 – Alpha-Linolenic Acid (ALA).

Alpha Linolenic Acid is an essential fatty acid that our body is unable to produce and should therefore be present in our diet for the maintenance of good health. Current food trends have resulted in a depletion of available Omega 3 in our diets. Adding Rapeseed Oil to our daily food intake through a variety of recipes, helps rebalance this deficiency.

Technical Data

Product Name: Rapeseed

Botanical Name: *Brassica napus*

Food Safety: This product has been produced in accordance with HACCP principles

Shelf life: 12 months from production date

Allergen Statement: No allergens. Gluten may be present

GM Status: Produced in a GM free production process

Certifications available: HACCP. Kosher and Halal available on request

Product Variations:
• Rapeseed

All of the information supplied (the "Data") has been prepared for general information purposes only, and in preparing the Data the Midlands group of companies (Midlands) have relied upon independent laboratory testing and technical services from third parties. Midlands assumes no responsibility whatsoever for any errors or omissions in the Data. As a result the Data is not to be relied upon, and the receiving party should conduct their own investigations with respect to the product and the Data in order to satisfy themselves that it is suitable for their intended purpose.

midlandsnz.com