

Abeer® & Farah® Canola Oil



Abeer® Canola Oil

Ingredients: Canola Oil, Anti-Oxidant (T.B.H.Q.).

Available sizes: 14 Liter (Tin), 9 Liter (Tin).



Farah® Canola Oil

Ingredients: Canola Oil.

Available sizes: 5 Liter (HDPE Gallon), 3.5 Liter (PET Gallon), 1.8 Liter (PET Gallon).



Abeer® and Farah® Canola Oil are extracted from the seed of the canola plant, which is a cultivar of the rapeseed plant, they naturally contain Omega-3, Omega-6, Vitamin E, and Vitamin K.

Benefits of Abeer® and Farah® Canola Oil:

- It does not contain a high level of erucic acid.
- It has a high level of monounsaturated fatty acid. These acids reduce the risk of heart and cardiovascular diseases.
- It also provides a significant amount of Omega-3 fatty acid that may increase the level of HDL cholesterol in the body.
- It contains high levels of plant sterols especially beta-sitosterol, campesterol that inhibit the absorption of cholesterol in the gut and thus may help lower the risk of heart disease.
- It contains a small quantity of saturated fatty acid, which is much lower than the amount found in other cooking oils.

Uses of Abeer® and Farah® Canola Oil:

- **Baking:** perfect for baking and cooking,
- **Dressings:** used for different dressings.

Nutrition Facts

Nutrition Facts	
1 servings per container	
Serving size	(15g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 0.99g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 4.144g	
Monounsaturated Fat 8.246g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin C 2mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Allergenicity

As per FDA regulations, this product is free from the most common food allergens, including milk, peanuts, eggs, fish, crustacean shellfish, soy, tree nuts, and wheat.

Storage Conditions

Keep away from direct sunlight, heat source, and humidity.

TDS and MSDS

Kindly reach out to our quality control department using the email below:

quality.control@aqabavegoil.com

