

#### How to Use Culinary Argan Oil

Culinary Argan Oil is used as flavoring in salad dressings, drizzled on rice, cous cous, pasta, steamed vegetables, warm goat cheese, poached eggs, quinoa, hummus or freshly cooked fish before serving or added to a pesto sauce, pie crust or muffin recipe. Its distinctive nutty flavor enhances any dish and is ideal for bread dipping. Add some honey to the oil and your breakfast experience will never be the same.

Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

#### INGREDIENTS

ARGANIA SPINOSA KERNEL OIL;  
(ROASTED)



Keep out from direct sunlight

Discontinue use if an allergic reaction occurs



## ORGANIC CULINARY — ARGAN OIL —

MADE IN MOROCCO

30ML - 1.01 FL.OZ

#### NUTRITION FACTS :

1 Tablespoon (14g) = 120Kcal

Total Fat	14 g (21%)
Saturated Fat	2.5 g (12%)
Polyunsaturated Fat	5 g
Monounsaturated Fat	6 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	0 mg
Dietary Fiber	0 mg
Sugars	0 mg
Protein	0 mg
Vitamin E	46 mg (100g)

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