



























































# BIO PLANÈTE Olie index

Originalen fra oliemøllen.



**BIO PLANÈTE**  
Huilerie Moog fondée en 1984

www.bioplanete.com

Kategori	BIO PLANÈTE Olier	 <b>vegan</b>	 <b>RAW FOOD</b>	 <b>PÂTISSERIE EN DESSERTS</b>	 <b>WARME GERECHTEN</b>	fedtsyrer g/100 ml
<b>classic</b> Olier til daglig madlavning	<b>Kokosolie, neutral</b>					83 heraf laurinsyre = ca. 50 % 
	<b>Olivenolie</b>					15 
	<b>Rapsolie</b>					7 
	<b>Salatolie</b>					9 
	<b>Solsikkeolie</b>					9 
	<b>Stegeolie</b>					7 
	<b>Stegeolie-oliven</b>					9 
	<b>Stegeolie med ghee</b>					18 
<b>vitality</b> Olier til dit velbefindende	<b>Camelinaolie</b>					8 
	<b>Hampolie</b>					10 
	<b>Hørfrøolie</b>					11 
	<b>Mælktdselolie</b>					18 
	<b>Omega-Color-Serie</b>					11 
	<b>Sortkommenolie</b>					14 

 mættede fedtsyrer (FS)  enkeltumættede fedtsyrer  Omega 6 (linolensyre): flerumættede fedtsyrer  Omega 3 (linolensyre): flerumættede fedtsyrer

 Dampning & smagsgiver  Stegning  Stegning & Wok stegning  Må ikke opvarmes



DE-ÖKO-006

# BIO PLANÈTE Olie index








































































Originalen fra  
oliemøllen.



**BIO PLANÈTE**

Huilerie Moog fondée en 1984

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Kategori	BIO PLANÈTE Olier	 Vegan	 RAW FOOD	 PÂTISSERIE EN DESSERTS	 WARME GERECHTEN	fedtsyrer g/100 ml
 gourmet Olier til det kreative og gourmetkøkkenet	Abrikoskerneolie					6 65 21
	Arganolie					17 42 33
	Avocadoolie					14 69 7
	Græskarkerneolie					15 31 44
	Hasselnødolie					7 72 12
	Jordnøddeolie					17 40 34
	Kokosolie, jomfru					86 heraf laurinsyre = ca. 50% 4
	Krydrede olier					15 69 7
	Lokale olivenolier					15 68 7
	Mandelolie					9 62 21
	Oliven citronolie					16 60 31
	Olivenolie & Balsamico					50% Olivenolie 50% Balsamico
	Olivenolie & Trøffel					15 69 6
	Sennepsolie					6 62 11 14
	Sesamolie					15 40 37
	Tidselolie					9 12 71
Valmuefrøolie					12 12 68	
Valnøddeolie					9 17 56 9	

\*Den ristede variant er ikke egnet til raw food.