



Canola oil, originally known as low erucic acid rapeseed, is a vegetable oil derived from a variety of rapeseed that is low in erucic acid, as opposed to colza oil.

There are three distinct methods of extracting oil from canola: One is cold-pressed, where the seed goes in with no heating. Another is expeller crush, where the seed is heated to bring better extraction rates, and the third is solvent extraction, where the seed goes through a pre-press and is then washed with hexane.

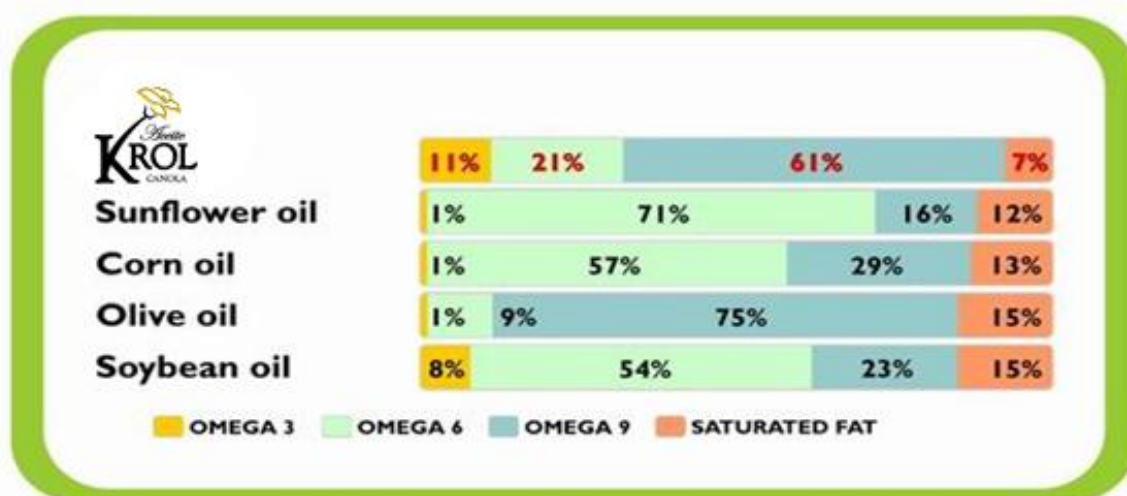
KROL is naturally cold-pressed, no heat added, no chemicals added.

Moreover, it is a wonderfully balanced and nutritionally significant oil containing a healthy ratio of omega-6 to omega-3 essential fatty acids. Canola oil has a unique fatty acid profile very similar to extra virgin olive oil. Based on the fact that this oil has half the amount of saturated fat found in olive oil, many say it has the best fatty acid profile of any edible oil. Very low levels of saturated fats and high level of monounsaturated fats make this cold-pressed oil a staple for every health-conscious chef or home cook.



Health benefits of canola oil

- ✓ Canola oil has very low saturated fats. It contains linoleic (omega-6) and α -linolenic acid (omega-3) essential fatty acids at 2:1 ratio, marking it as one of the healthiest cooking oils.
- ✓ It has highest levels of plant sterols, especially β -sitosterol and campesterol. The US FDA has approved the following claim for phytosterols: "Foods containing at least 0.4 gram per serving of plant sterols, eaten twice a day with meals for a **daily total intake of at least 0.8 gram, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.**" Phyto-sterols competitively inhibit cholesterol absorption in the gut and thereby can reduce cholesterol levels by 10% to 15%.
- ✓ Canola oil is especially rich in mono-unsaturated fatty acids (MUFA) like oleic acid (18:1) which constitutes about 61% of total fats. MUFA helps in lowering LDL or "bad cholesterol" and increase HDL or "good cholesterol" in the blood.
- ✓ It contains valuable amounts of anti-oxidant **vitamin E**. Vitamin E is a powerful lipid soluble antioxidant, required for maintaining the integrity of cell membrane of mucus membranes and skin by protecting it from harmful oxygen-free radicals.
- ✓ Canola oil has the highest smoke point oil is also an ideal choice for deep frying because it can be heated to a higher temperature (smoke point -450 °F). This results in less oil retention in the fried foods.



Our products



Canola Oil
Premium
500ml



Canola Oil
with virgin Olive Oil
500 мл-250 мл



Canola Oil
with chia seed oil
250ml



Canola Oil
500ml-250ml
(gluten free)



Canola Oil
with basil oil
500ml



Canola Oil
with garlic oil
500ml



Canola Oil
with lemon
500ml



Canola Oil
5L.
(gluten free)