

## Styrian Pumpkinseed Oil

(inv-OCPA)



Pumpkinseed oil is extracted from husk-less seeds of the pumpkin (*Cucurbita pepo convar. citrullina var. styriaca*). The cold pressed oil has a dark green color with a distinctive pumpkinseed taste. This pumpkin seed oil has been a specialty of Styrian oil mills for generations. It is used primarily in salads (adheres better to the salad if it is added before the vinegar), but is also added to soups and sauces to give them a distinctive flavor.

Appearance	Dark green oil		
Aroma	Nutty, earthy, unobjectionable, not rancid		
Typical Nutritional information per 100g	<b>Fat: 90 g</b> Saturated Fat: 15 g Monounsaturated Fat: 33 g Polyunsaturated Fat: 42 g	<b>Protein: 0 g</b> <b>Salt: 0 g</b> <b>Sugars: 0 g</b>	
Microbiological	Salmonella: absent	Staphylococcus: < 10	
	E. coli: < 1	Listeria: Absent	
Ingredient Statement	100% pure pumpkinseed oil		
Suggested Applications	Use as salad dressing, add to enhance the flavor of other oil based salad dressing; can also be added to soups and sauces.		
Storage	Keep in a cool, dry place away from direct sunlight.		
Shelf life	Minimum of 18 months from its original unsealed container if stored in a cool, dark place.		
Origin	Austria		
Lot code:	YYN – YY is the year of production and N is the Nth production of year YY.		

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Pumpkin seed oil is a power-packed food rich in vitamin A, K, E, as well as both omega-3 and omega-6 fatty acids. It has a rich green color and nutty flavor that can make the perfect addition to a dish.

**How to Cook With It:** It's best to use pumpkin seed oil for light sautéing or low-heat baking since it may lose some nutritional value when heated. It makes for a delicious salad dressing, dip or marinade base, and even pairs well with ice cream.