OLIVE POMACE OILTHE INTELLIGENT BUY



Olive pomace oil comes from olive groves, the best guarantee of quality.

Our olive groves make Spain the world's leading producer of Olive Pomace Oil. Countries all over the world, such as the United Kingdom, Portugal, Italy, Mexico, the United States and the United Arab Emirates, already enjoy the benefits it delivers.

CSIC



HEALTH

Olive pomace oil is classified among the so-called "good fats" or monounsaturated fats which makes it ideal for a balanced diet.

Up to 80% of its composition is oleic acid and it has 2% of bioactive components with healthy potential.



TASTE

Olive pomace oil is excellent for frying due to its resistance, finish and durability.

Versatile and mild in flavour, it works very well in sauces, stews, stir-fries and desserts. It's an essential ingredient for cooking.



VALUE FOR MONEY

Olive Pomace Oil is a more cost-effective option as it withstands many frying operations.

Research by the Spanish National Research Council (CSIC) confirms that olive pomace oil withstands more than double the number of frying operations in comparison to sunflower oil.



SUSTAINABILITY

Olive pomace oil makes the country's entire olive oil production sustainable.

The olive pomace sector puts to effective use 100% of the by-products from the olive grove, converting 10.5 million tonnes of wet fatty pomace into olive pomace oil and other useful products, such as biomass or compost.