

FAT AND OILS READY RECKONER



	Canola	High Oleic Sunflower	Evening Primrose	Flaxseed	Kiwifruit Seed	Sunflower	Corn	Soya Bean	Avocado	Olive	Peanut	Part Hydro Soy 31
Saturated	7	8	9	9	10	11	12	14	14	17	19	20
Mono Unsaturated	61	81	11	17	13	22	27	25	75	71	40	72
Poly Unsaturated	32	11	80	74	77	67	61	61	11	12	41	8
Trans	0	0	0	0	0	0	0	0	0	0	0	36.8
Melt Point (°C)	-	-	-	-	-	-	-	-	-	-	-	30 - 36

	Cottonseed	Rice Bran Oil	Part Hydro Soy 44	Palm Olein	Oleo Tallow	Part Hydro Palm Olein 31	Palm Oil	Tallow	Stearine Tallow	Milkfat	Palm Stearine	Coconut
Saturated	26	26	28	44	46	46	49	52	66	70	69	90
Mono Unsaturated	17	41	69	44	46	45	42	43	29	25	28	8
Poly Unsaturated	57	33	3	12	8	9	9	5	5	5	3	2
Trans	0	0	41.1	0	3.5	4.6	0	4.5	5.5	5	0	0
Melt Point (°C)	-	-	42 - 46	22 - 26	38 - 41	30 - 36	37 - 41	41 - 48	54 - 59	30 - 35	53 - 57	25 - 29

	Fully Hydro Coconut 31	Fully Hydro Palm Stearine
Saturated	98	100
Mono Unsaturated	2	0
Poly Unsaturated	0	0
Trans	0	0
Melt Point (°C)	33 - 37	59 - 63

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The information provided is intended as a guide only and is subject to variances.

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