

High Oleic Sunflower Oil

Foodservice Fact Sheet

65% of consumers look for products that can help them live a more sustainable & socially responsible life.¹

As a result, chefs and restaurant operators are seeking cleaner and more sustainable ingredients for their recipes. Whether you are creating new menu items or prepared meals, or your takeout and delivery services are growing, **high oleic sunflower oil is one of the most versatile and sustainable oils for foodservice.**

Key Attributes of High Oleic Sunflower Oil:

- ✓ **High smoke point** (450°F), less smoke in the kitchen
- ✓ **Longer fry life** than many other oils, therefore fewer oil changes²
- ✓ **Blends very well** with other oils and solid fats
- ✓ **Flavour neutral** so true taste of food comes through
- ✓ **Extended shelf life** – longer than many other oils
- ✓ **Non-GMO**
- ✓ **Kosher and Halal Certified**
- ✓ **Low/no/reduced allergen ingredient**
- ✓ **High in monosaturated fats and low in saturated fats**



Cooking & Food Preparation with High Oleic Sunflower Oil:

Here are some practical culinary applications where high oleic sunflower oil out-performs the more costly and heavier tasting oils:

- **A light oil base when formulating BBQ-style glazes** used on chicken or pork dishes
- **A neutral tasting oil for vinaigrettes** used in fresh green salads or bowls and wraps
- **A long-lasting fry life and high smoke point** for shallow or deep-fried foods like fish tacos, root vegetable fries, fried artichokes, etc.
- **A fabulous emulsifier** for a variety of flavoured dips like aioli and spicy mayos e.g., lemon garlic aioli or Wasabi mayo to accompany fries or sushi
- **Herb-based marinades** for grilled meats or shrimp e.g., chimichurri sauce, pesto, etc.

For more information on why high oleic sunflower oil is the right choice for your foodservice needs,

CHECK OUT OUR WHITEPAPER (PDF)

OR

CONTACT A SUPPLIER



Buy USA High Oleic
Sunflower Oil
SunflowerNSA.com

1. <https://www.forbes.com/sites/jefffromm/2020/11/10/sustainable-food-trends-will-become-center-of-the-plate-with-modern-consumers/?sh=743c0a3c4fe6>
2. Fry life study conducted by Cargill, spring 2009.
3. https://www2.deloitte.com/content/dam/Deloitte/ca/Documents/consumer-business/ca_futureoffood_pov_en_AODA.pdf
4. <https://www.technomic.com/newsroom/technomics-take-2021-global-trends-outlook>