



THE OLIVE AND THE GRAPE

Grapeseed Oil

A very useful and healthy by-product of the wine industry

Whether as a salad dressing, for baking, grilling, frying, or for fondue, grapeseed oil (GSO) lets the original flavor of foods be enjoyed. It imparts no after-taste, permitting the full flavor of the dish to be savored. GSO is a great gourmet, and healthy alternative to olive oil. GSO is one of the most stable cooking oils. The stability of the oil is due to its unique properties, based on its fatty acid composition and antioxidant content. It will not smoke, splatter or burn like most other cooking oils. GSO is ideal for frying and fondue due to its remarkable heat stability and the desirable butter taste imparted to fried foods. Normal cooking usually requires only about one third to one half the quantity of GSO compared to the quantity of other cooking oils. Thus, the consumption of total oil (fats) in the meal is reduced.

Grapeseed oil is a polyunsaturated oil (olive oil differs in that it is a monounsaturated oil) that is rich in linoleic acid. It contains the highest amounts of linoleic acid among any oil or food source. Linoleic acid is one of two essential fatty acids that the human body cannot produce! One tablespoon of GSO provides almost the recommended daily allowance for Vitamin E. GSO contains proanthocyanidins, which are excellent antioxidants that protect tissues from a range of oxidative injuries. One tablespoon of GSO contains only 1 gram of saturated fat, 10 g of polyunsaturated fat, and 3 g of monounsaturated fat. It has the same total fat contents, 14g, and calories, 120, per serving as does olive oil. Also, like olive oil, GSO contains no cholesterol, no sodium, and no carbs.

GSO shares many of the health benefits as olive oil. Some examples include coronary health, cholesterol management, and prevention of vision impairment, among others.

Most Grapeseed oil available on the market comes from Italy and France. Quality GSO is also now available from Spain and Portugal. This is not surprising as these areas are major wine producing areas and GSO is a natural by-product of that industry.

The Olive and The Grape not only carries **pure, quality expeller pressed** GSO, it also has a line of naturally flavored GSO, including Blood Orange, Mint, Cinnamon, Chardonnay, Tangerine and Garlic Butter. All of our GSO products are made from the highest quality FOOD grade GSO. (There are more than one "grade" of GSO!) For recipes and more information on GSO, visit The Olive and The Grape, or e-mail us, putting "GSO" in the subject line.

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