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Mustard Seed Oil

(Brassica rapa. L)

Mustard seed oil has the aroma of cabbage. While it is used as cooking oil in India, it is generally not recommended for consumption because of the high level of erucic acid. It has a low level of saturated fat content, of 5%. It is primarily monounsaturated fat at 67%, about half of which is erucic acid. Polyunsaturated fats are 21%. Mustard seed oil has applications in personal care products like massage oils and muscle rubs.

Monounsaturated fat lowers bad cholesterol (LD) and helps control blood glucose.

For long term storage, please refrigerate.

Fatty Acid Composition		GM/100G
Saturated Fatty Acids		5.4
Palmitic Acid	2.7	
Stearic Acid	1.0	
Behenic	.6	
Other	1.1	
Monounstaurated Fatty Acids		67.3
Oleic	23.3	
Gadoleic	10.0	
Eruccic	33.8	
Polyunsaturated Fatty Acids		20.6
Linoleic Acid	9.4	
Alpha Linolenic Acid	9.9	
Other	1.3	