

# COTTONSEED OIL

## AMERICA'S ORIGINAL VEGETABLE OIL










Cottonseed oil is the healthiest, most stable cooking oil you'll never taste! With its naturally high smoke point and neutral flavor, cottonseed oil is the perfect frying choice. It enhances – never masks – the natural flavor of food. And, it stands up to the heat.

With continued pressure to reduce and eliminate trans-fats, cottonseed oil is a smart choice in culinary development for foodservice operators, chefs and food manufacturers.



With its high smoke point and neutral flavor, cottonseed oil is the ideal choice for tempura and ethnic foods.

### WHY COTTONSEED OIL?

-  **Trans-free**
-  **Neutral flavor**
-  **Highly stable**
-  **Cost effective**
-  **Low fryer turnover**
-  **Low flavor reversion**
-  **Strong shelf life**
-  **Commercially available**
-  **Kosher**

Read more ...



NATIONAL COTTONSEED PRODUCTS ASSOCIATION

Established 1897

866 WILLOW TREE CIRCLE | CORDOVA, TENNESSEE 38018-6376 | TEL. 901-682-0800

For more information, contact your liquid oil supplier or the NCPA at [info@cottonseed.com](mailto:info@cottonseed.com) or visit [www.cottonseedoil.com](http://www.cottonseedoil.com)

















More reasons why ...

## COTTONSEED OIL

### HEALTHY

-  Trans-free
-  Moderate saturated fat levels of 22-28% provide built-in stability. No hydrogenation required.
-  "Heart healthy" in moderation, according to the American Heart Association.
-  Good source of essential fatty acids (70% unsaturated, 26% saturated).
-  Good source of Vitamin E.
-  Cholesterol free.



### VERSATILE

-  **FRIED FOODS:** Extends fry life, while ensuring great-tasting fries, chicken, catfish and more.
-  **SNACK FOODS:** Uniquely brings out the natural flavor of potato chips and other snack foods.
-  **BAKERY:** Stable in the beta-prime crystal form, promoting a smooth, workable consistency.
-  **ETHNIC CUISINE:** Perfect for sautéing and stir-frying vegetables and seafood.
-  **SALAD DRESSINGS:** Sturdy, yet delicate enough to avoid coating a diner's mouth.
-  **KOSHER FOR PASSOVER:** Contains no animal byproducts and originates from cottonseed, rather than one of the five grains that are forbidden during Passover.





Cottonseed oil helps maintain taste and mouth-feel in zero-trans bakery products.

### NEUTRAL FLAVOR

-  Low flavor reversion – ideal for cooking at high temperatures.
-  Develops a pleasant nutty, buttery flavor.

### COST-EFFECTIVE

-  Stability in the fryer means less turnover and greater cost efficiencies.
-  Resists rancidity, offering a longer shelf life within the distribution system and more shelf-stable finished products.



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