

Information about Sunflower Oil

WHAT IS SUNFLOWER OIL?

Sunflower oil is obtained from the seeds of the sunflower plant, primarily grown in temperate regions, such as Russia, Ukraine and Argentina. Russia and Ukraine produce more than 50% of the total global sunflower crop. Sunflower seeds typically contain 40 - 45% oil. After removal of the oil, the remaining dry product is a protein meal, used in animal feed compounds.

Sunflower seeds are found within the brown hub in the centre of the sunflower plant. Each flower can develop up to 2000 sunflower seeds. The oil is pale yellow in colour but contains a level of natural waxes that give the oil a 'cloudy' appearance at cooler temperatures. These waxes can be removed by a process commonly known as winterisation.

Nutritional Values

	Saturates	Mono-unsaturates	Poly-unsaturates
Classic Sunflower Oil	11.5g	20.5g	63g
High Oleic Sunflower Oil	7.5g	80g	7.5g

SUNFLOWER OIL INSIGHTS

Sunflower oil is produced through a process that typically involves cleaning, dehulling, and grinding the seeds. The oil is extracted either by cold-pressing or by solvent extraction for higher yields.

Other varieties of sunflower seed available, such as High Oleic, Mid Oleic and High Stearic / High Oleic. These were developed with standard breeding techniques and have differing fatty acid and nutritional compositions, with each one offering unique properties. The most common of these other varieties is the High Oleic Sunflower Oil, sometimes called 'HOSO' or 'HOSUN'.

Oleic Acid (C18.1) Content

Over the past few years there has been a big increase in the use of HOSO as it has an increased monounsaturated fatty acid content, which gives better heat stability during frying than that of classic sunflower oil. Moreover, the saturated fatty acids are reduced, whereas the vitamin E content does not change.

Quick Facts



RUSSIA & UKRAINE

are the biggest producers



720 KILOS

of sunflower oil per annum from one hectare of trees



9.6% OF MARKET SHARE

KEY FEATURES

- Classic sunflower oil is rich in polyunsaturated Omega-6 fatty acids.
- It is a natural source of vitamin E.
- The oil is pale yellow but may appear cloudy at cooler temperatures.
- HOSO has lower levels of saturated fats.

USES AND APPLICATIONS

- Used for shallow frying, pan frying, cooking, baking, and salad dressings.
- High Oleic Sunflower Oil is widely used in industrial frying, particularly for crisps, due to its robustness and stability.
- Sunflower oil is widely used in industrial bakery applications.
- Used in cosmetic formulations as an emollient to moisturise and soften skin.
- Used in high poly-unsaturated spreads.