



A Comparative

GUIDE TO

SOYBEAN

AND

PEANUT OIL

ABOUT US

Amoli International is a leading International Business Consultant established in the year 2003. We offer the best quality agro-products at competitive prices. Our varied range of products has fulfilled the requirements of buyers from India and abroad. As exclusive International business consultants, we present several companies. We are well-specialized in Soybean acid oil.



SOYBEAN OIL OVERVIEW

- Derived from soybeans, soybean oil is widely used for its neutral flavor and high smoke point.
- It contains a balanced ratio of unsaturated fats, including omega-6 and omega-3 fatty acids, making it heart-healthy.
- Soybean acid oil is versatile and suitable for frying, sautéing, baking, and salad dressings.





PEANUT OIL OVERVIEW

- Extracted from peanuts, peanut oil has a distinct nutty flavor and a high smoke point.
- It is rich in monounsaturated fats, particularly oleic acid, which offers various health benefits.
- Peanut oil is commonly used in Asian and African cuisines for stir-frying, deep-frying, and in sauces.



FLAVOR PROFILE

- Soybean Oil: Neutral flavor, allowing it to adapt well to various dishes without overpowering other ingredients.
- Peanut Oil: Distinct nutty flavor, adding depth and richness to dishes, especially in Asian and African cuisines.

HEALTH BENEFITS



- Soybean Oil: Contains polyunsaturated and monounsaturated fats, which may help reduce the risk of heart disease when used in moderation.
- Peanut Oil: Rich in monounsaturated fats and antioxidants, offering potential cardiovascular benefits and aiding in lowering bad cholesterol levels.

CULINARY USES

- Soybean Oil: Versatile oil used in a wide range of culinary applications, including frying, baking, sautéing, and salad dressings.
- Peanut Oil: Commonly used in Asian and African cuisines for stir-frying, deep-frying, and in sauces due to its unique nutty flavor.





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