

Palm Kernel Oil (Fats and Oils)

Interesting facts: As the name suggests, this oil is derived from the kernel or seed of the fruit in palms. It contains more saturated fats than palm oil and is very commonly used in commercial cooking since the higher saturated fat content allows for greater stability at higher temperatures and better shelf life. Palm kernel oil is normally extracted from the palm kernel seeds. While unmodified palm kernel oil is trans-fat-free, about 80 percent of its fat is saturated, with about 22 grams saturated fat in each 2-tablespoon serving (for comparison there are 14 grams of saturated fat in two tablespoons of butter).

How to store: Does not need refrigeration but keep cool.

How to use: Can be used in high temperature cooking. Always purchase organic only.