

عنوان مقاله:

Rice bran oil: Healthy Oil

محل انتشار:

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خلاصه مقاله:

Rice bran oil is the oil extracted from the hard outer brown layer of rice called bran. It is known for its high smoke point of 232°C (450°F) and mild flavor, making it suitable for high-temperature cooking methods such as stir frying and deep frying. It is popular as a cooking oil in East Asia, the Indian subcontinent, and Southeast Asia including India, Nepal, Bangladesh, Indonesia, Japan, Southern China and Malaysia. Also present are tocopherols and tocotrienols (two types of vitamin E) and phytosterols. Practice using rice bran oil has increased due to its high nutritional value. Rice bran oil has about 30% linoleic acid, 44% oleic acid and 23% saturated fatty acids. This oil has a smoke point of 245 to 257 degrees Celsius and contains large amounts of non-biodegradable substances such as vitamin E complexes and gamma-oryzanol. The thermal stability of frying oil is controlled by factors such as fatty acid composition and the presence of antioxidants and antioxidant precursors. Also, the presence of natural substances such as squalene, sterols, quercetin, oryzanol and ferulic acid increases the thermal stability of the oil

کلمات کلیدی:

gamma-oryzanol , vitamin E ' linoleic ' phytosterols

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