Ministère de l'agriculture, des ressources hydrauliques et de la pêche



# Screening of Different Classes of Olive Oil to Provide a Potential

## **Healthiest Alternative for Deep Frying**

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UNSPECIFIED VOO CHETOUI	13.4	71.4	12.6	14.0	72.3	11.0
UNSPECIFIED VOO ARBEQUINA	16.7	69.2	10.4	16.4	68.3	9.2
HIGH QUALITY EVOO CHEMLALI	16.0	60.0	13.4	15.6	63.5	12.0
HIGH QUALITY EVOO CHETOUI	10.7	69.7	13.7	11.2	68.9	14.6
HIGH QUALITY EVOO ARBEQUINA	15.4	63.2	12.2	15.7	65.4	11.4

 Table 1. Evolution of major fatty acid composition after 4 Days treatment



## Conclusions

- Better resistance of all classes of olive oil compared to the studied seeds oils
- Polar compounds evolution after a prolonged intermittent 180°C treatment depend on the intrinsic quality of each olive oil as well as the cultivar
- After the decrease in phenolic compounds due to the treatment, higher quality extra virgin olive oils maintain considerable concentration even after 8 days of heat application

#### So Changes are reported in Fatty acid composition after the treatment

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