



*The fat you eat is
the fat you wear.*



VIRGIN PEANUT OIL

KADALAI MITTAI

"Virgin peanut oil has several health benefits that save us from heart disease, cancer, hair loss, and blood pressure."



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VIRGIN PEANUT OIL

Peanut oil is a vegetable-derived oil prepared from the edible seeds of the peanut plant. Peanut or groundnut oil is usually used in cooking because it has a unique taste, especially when it is roasted. It is often used in deep-frying, baking, frying, and other types of cooking. Along with that, virgin peanut oil is also healthier than other types of oils. Before obtaining you must know about Kadalai Mittai that trading quality peanuts and spices worldwide at an affordable and cheap price in the market.



Deep Frying



Salad Dressing



Stir - Fry



Shallow Frying



Sauteing

For more details visit: <https://www.kadalai.in/>

