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An Overview on Traditional vs. Green Technology of Extraction Methods for Producing High Quality Walnut Oil

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An Overview on Traditional vs. Green Technology of Extraction Methods for Producing High Quality Walnut Oil

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Abstract: Walnut oil is extremely nutrient dense. It has plenty of oil and is high in fatty acids, which have positive biological properties and have a favorable impact on blood lipids and lipoproteins. Walnut oil is low in saturated fatty acids and high in unsaturated fatty acids as well as being high in other vital nutrients. Walnut oil can be extracted using traditional as well as new and green technologies. This paper is intended to provide a high-level overview of the extraction methods for walnut oil.

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