



Frylight

the Little Book of Ingredients



THE LITTLE BOOK OF INGREDIENTS





IT ALL BEGINS WITH NATURE

Most of our ingredients start life on the farm*.

From olive cultivators to natural flavour blenders, we hold our suppliers to the highest standards – and individually assess each and every delivery for quality.

We take the same care in blending every barrel of Frylight – to make sure you receive your bottle in perfect condition.

While some of our ingredient names may sound unfamiliar, they are in fact based on everyday foods.

We hope that the following pages will help to explain what each ingredient is and how it works make Frylight the nation's favourite cooking spray.

**with the exception of water!*

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17 million bottles

leave our factory every year!



WHAT'S IN THAT BOTTLE?

Mostly **oil** (which will depend on the Frylight type being produced), then **water**, **sunflower lecithin**, **alcohol**, **natural flavourings** and **xanthan gum**.

Precise proportions of each are mixed together in our manufacturing kitchen by skilled blenders.

Mixing temperatures and processing time are both critical to getting the finished Frylight just right.





OILS



Frylight uses a range of seed oils:

- **Extra virgin olive** is from the first, mechanical pressing of the olives.
- **Sunflower and rapeseed oils** are extracted both by mechanical processing and using dissolving techniques.
- **Coconut oil** is extracted mechanically and purified by addition of lye (which can be made from everyday salt).





Frylight production uses around
8 million litres of water every year.



WATER

Water is the ingredient that allows Frylight to spray well and helps to disperse the other ingredients evenly in your pan.

Oil on its own is much thicker and it is very difficult to spray effectively without using a pressurised container.

35% of the water we use is pumped from natural underground reservoirs called aquifers and the remainder is pumped from rivers.

Water is filtered and treated before it reaches us and is subject to further treatment and checks before use.





Lecithin also helps Frylight to prevent food sticking.



SUNFLOWER LECITHIN

Sunflower lecithin is derived from sunflower oil refining. It is a natural portion of the oil (called phospholipids or gum) that has an affinity for water.

The sunflower seeds are crushed and treated with high temperature, then water is added under low pressure to separate lecithin. This refined lecithin is now hydrophilic (water attracted) and lipophilic (oil attracted).

That makes it perfect for keeping a blend of oil and water, like Frylight, together.





Made with beets straight from the farm.



BEET ALCOHOL

We use alcohol to keep Frylight fresh.

A simple ingredient that is very effective at preventing bacterial growth – it may be considered less processed than artificial preservatives.

Our alcohol is made by mashing up sugar beets with water, then adding yeast. The resulting 'brew' is distilled to produce alcohol at 96% purity (the rest being water).

The vast majority of this alcohol will evaporate at cooking temperatures, leaving food preservative free!





XANTHAN GUM



Xanthan gum is used in Frylight to help ensure the ingredients stay in emulsion. Microscopically it forms a criss-cross of strands (a bit like a bird's nest) that helps lock Frylight's structure together.

Based on glucose (from cane sugar) fermented with a bacteria naturally found in plants, it is very similar to the sticky transparent deposits that form on fermenting fruit.

The xanthan gum is collected and dried for use a powder in our factory.





NATURAL FLAVOURINGS

We use natural flavourings in our Garlic, Chilli and Coconut products – they are a distillation of essential oils (i.e. garlic flavour from crushed garlic).

Frylight Butter Flavour also employs natural flavouring composed of various vegetable based essential oils to lend it a distinct butter flavour, while maintaining its vegan status.

We use a little natural flavouring in the rest of the Frylight range too.



AND THAT'S IT!



Discover more at www.frylight.co.uk