

## Seeds - Nuts Efficiency Table

Seeds - Nuts	Seeds - Nuts Quantity	Oil
Almond (Prunus dulcis)	1 Kg	0.6 liter
Argan (Argania spinosa L.)	1 Kg	0.5 liter
Babassu (Orbignya phalerata)	1 Kg	0.7 λίτρα
Beachnut (Fagus sylvatica)	1 Kg	0.3 liter
Cocoa beans (Theobroma cacao)	1 Kg	0.5 liter
Chia seed (Salvia hispanica)	1 Kg	0.3 liter
Coconut coprah (Cocos nucifera)	1 Kg	0.7 liter
Hazelnut (Corylus avellana)	1 Kg	0.6 liter
Hemp seed (Cannabis sativa subsp. sativa)	1 Kg	0.3 liter
Jatropha (decorticate) Jatropha curcas	1 Kg	0.8 liter
Jatropha (undecorticated) Jatropha curcas	1 Kg	0.4 liter
Rape seed - Canola (Brassica napus)	1 Kg	0.4 liter
Lin seed - Flax seed (Linum usitatissimum)	1 Kg	0.4 liter
Moringa (Moringa oleifera)	1 Kg	0.2 liter
Niger Seed (Guizotia abyssinica)	1 Kg	0.4 liter
Palm Oil Kernel (Elaeis quineensis)	1 Kg	0.5 liter
Peanut groundnut (Arachis hypogaea)	1 Kg	0.5 liter
Perilla (Perilla frutescens)	1 Kg	0.3 liter

Pistachio (Pistacia vera)	1 Kg	0.4 liter
Pumpkin seed (Cucurbita sp)	1 Kg	0.4 liter
Safflower (Carthamus tinctorius)	1 Kg	0.2 liter
Sesame seed Sesamum indicum	1 Kg	0.5 liter
Soy bean (Glycine max)	1 Kg	0.1 liter
Tea Tree (Camellia oleifera)	1 Kg	0.3 liter
Sunflower (black oil seed) (Helianthus annuus)	1 Kg	0.4 liter
Sunflower (stripped, low in oil) Helianthus annuus	1 Kg	0 liter
Walnut (Juglans sp)	1 Kg	0.7 liter