

Extraction-pressing method for producing amaranth oil involves grinding amaranth seeds, pressing ground amaranth seeds, and separating target product, wherein acetone is added to flour obtained after pressing ground amaranth seeds. Amaranth flour and acetone mixture is pressed, and acetone is extracted using a 4-5% NaCl solution, wherein 400-500 ml of acetone is used per 1 kg of amaranth flour.