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PREMIUM
EXTRA VIRGIN OLIVE OIL

Nutrition Facts About 33 servings per container, **Serving size 1 tbsp (15ml/0.5fl oz)**. **Calories 124**. **Total Fat** 14g (18% DV), Saturated Fat 2g (10% DV), Trans Fat 0g, Polyunsaturated Fat 1g, Monounsaturated Fat 11g, **Cholesterol** 0mg (0%), **Sodium** 0mg (0%), **Total Carbohydrate** 0g (0%). Not a significant source of Dietary Fiber, Total Sugars, Added Sugars, Protein, Vitamin D, Calcium, Iron and Potassium. % DV = % Daily Value

NUTRITION VALUE PER / ΔΙΑΤΡΟΦΙΚΗ ΑΞΙΑ ΑΝΑ 100g	
ENERGY/ ΕΝΕΡΓΕΙΑ	3389.2kJ/824.4kcal
FAT/ ΛΙΠΑΡΑ	91.6g
SATURATES/ ΚΟΡΕΣΜΕΝΑ	12.8g
MONO-UNSAT./ ΜΟΝΟΑΚΟΡΕΣΤΑ	70.5g
POLYUNSAT./ ΠΟΛΥΑΚΟΡΕΣΤΑ	8.3g
CARBOHYDRATE/ ΥΔΑΤΑΝΘΡΑΚΕΣ	0.0g
PROTEIN/ ΠΡΩΤΕΪΝΕΣ	0.0g
SALT/ ΑΛΑΤΙ	0.0g

Country of Origin: Greece, Cretan island

Shelf life: 24 months

Description

From our family's olive trees: a superior category olive oil, obtained directly from olives and solely by mechanical means.

Storage conditions:

- Keep in a cool and dark place until date of expiration

Serving Suggestions:

- Serve Arodama premium extra virgin olive oil with the traditional Greek salad made with fresh tomatoes, cucumber, green pepper, onion and feta cheese.
- For a spicier flavour, enjoy it on top of “Cretan Dakos” (baked barley bread) with chopped tomatoes, Cretan farmer's or goat cheese (called "xinomizithra"), olives and fresh oregano or crushed capers and fresh basil.
- 'kaperada' recipe: choose rustic bread, preferably made with yeast. Cut thick slices and cook for 1-2 minutes until they begin to turn golden brown on both sides. Serve the bread hot, spreading over 1-2 tablespoons of Arodama premium extra virgin olive oil. For a spicier flavour, add a pinch of salt and finely sliced fresh oregano.

Additional Attributes:

- Cretan Product, Mediterranean diet
- 100% natural no preservatives or additives
- Premium quality
- Awarded: Athena International Olive Oil Competition 2018, Bronze Medal
- Tasteful and healthy
- Cold press extraction, low acidity when bottled
- From Cretan Koroneiki olives
- Top quality, dark glass bottle to protect olive oil from light

Logistics	Unit specs	Carton specs	EU Pallet specs
Item code: 30001 **Barcode:** 5200394300013	500 ml Gross weight: 0.98 kg	24x16x25 (LXWXH) 6 items Gross weight: 6.0 kg	80x120x160 6 layers / 126 cartons / 756 items Gross weight: 750 kg

Awards of the Arodama range