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100% PURE WILD MOUNTAIN THYME HONEY

Nutrition Facts Servings: 20, **Serv. size: 1 tbsp (20g / 0.7 oz)**, Amount per serving:
Calories 59. **Total Fat** 0g (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 15g (5% DV), Total Sugars 15g, Protein 0g. Computed from the per-100g values below. % DV = % Daily Value

NUTRITION VALUE PER / ΔΙΑΤΡΟΦΙΚΗ ΑΞΙΑ ΑΝΑ 100g	
ENERGY/ ΕΝΕΡΓΕΙΑ	1230kJ/293kcal
FAT/ ΛΙΠΑΡΑ	0g
OF WHICH / ΕΚ ΤΩΝ ΟΠΟΙΩΝ	
SATURATES/ ΚΟΡΕΣΜΕΝΑ	0g
CARBOHYDRATE/ ΥΔΑΤΑΝΘΡΑΚΕΣ	76g
OF WHICH / ΕΚ ΤΩΝ ΟΠΟΙΩΝ	
SUGARS/ ΣΑΚΧΑΡΑ	76g
PROTEIN/ ΠΡΩΤΕΪΝΕΣ	0g
SALT/ ΑΛΑΤΙ	0g

Country of Origin: Greece (Crete)

Shelf life: 24 months

Description

Arodamos is what Crete calls the fresh shoot of spring, a symbol of life and creation. Arodama honey, with the aroma of wild thyme and its amber colour, carries the story of the Greek land from mythology to today. Rich in thyme pollen grains, with an intensive thyme aroma.

Storage conditions:

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

Serving Suggestions:

- Start your day with a breakfast full of energy. In a bowl of Greek yoghurt add small pieces of banana, fresh blueberries or strawberries, whole almonds or walnuts and garnish with plenty of Arodama thyme honey
- Mix 2 to 3 tablespoons of honey, some finely chopped garlic and 50 g. of vinegar in a bowl. Add 3-4 tablespoons of Arodama Olive Oil, stir and pour over a green salad!
- Blend Arodama Honey with Arodama Extra Virgin Olive Oil and mustard to create a tasty marinade for chicken or roast pork

Additional Attributes:

- Cretan Product, Mediterranean diet
- 100% natural product without preservatives or additives
- Premium quality
- Awarded: Great Taste 2016
- Tasteful and Healthy
- Rich in thyme pollen grains, intensive thyme aroma
- Top quality Glass jar, Aluminium lid with security strip

Logistics	Unit specs	Carton specs	EU Pallet specs
Item code: 30065 **Barcode:** 5200394330652	314 ml Net weight: 400 g Gross weight: 630 g	23x16x13 (LXWXH) 6 items Gross weight: 4.0 kg	80x120x125 8 layers / 200 cartons / 1200 items Gross weight: 800 kg

Awards of the Arodama range