



PREMIUM EXTRA VIRGIN OLIVE OIL

Country of Origin: Greece
Cretan island **Shelf life:** 18 months

Storage conditions:

- Keep in cool and dry 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 Arodama premium extra virgin olive oil 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
- Tasteful and healthy
- Cold press extraction, low acidity 0,2-0,4 when bottled
- From Cretan Koroneiki olives, Kolymbari Chania origin
- Top quality, glass, dark coloured bottle to protect olive oil from light
- Silk printed label on the body of the bottle
- Wenge coloured, wooden cap with pyrography, including pourer.
- Safety thermo-capsule on the bottle-neck

Nutrition Facts

About 33 servings per container
Serving size 1 tbsp (15ml/0.5fl oz)

Amount per serving
Calories 124

	% DV*
Total Fat 14g	18%
Saturated Fat 2g	10%
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 / ΔΙΑΤΡΟΦΙΚΗ ΑΞΙΑ	PER / ΑΝΑ 100g
ENERGY/ ΕΝΕΡΓΕΙΑ	3389.2kJ/824.4kcal
FAT/ ΛΙΠΑΡΑ	91.6g
OF WHICH / ΕΚ ΤΩΝ ΟΠΟΙΩΝ	
SATURATES/ ΚΟΡΕΣΜΕΝΑ	12.8g
MONO-UNSATURATES/ΜΟΝΟΑΚΟΡΕΣΤΑ	70.5g
POLYUNSATURATES / ΠΟΛΥΑΚΟΡΕΣΤΑ	8.3g
CHOLESTEROL / ΧΟΛΥΣΤΕΡΟΛΗ	0.0g
CARBOHYDRATE/ ΥΔΑΤΑΝΘΡΑΚΕΣ	0.0g
OF WHICH / ΕΚ ΤΩΝ ΟΠΟΙΩΝ	
SUGARS/ ΣΑΚΧΑΡΑ	0.0g
PROTEIN/ ΠΡΩΤΕΪΝΕΣ	0.0g
SALT/ ΑΛΑΤΙ	0.0g

Logistics

Item code: 30001
Barcode: 5200394300013

Unit specs

500 ml
Gross weight: 0.98 kg

Carton specs

24x16x25 (LXWXH)
6 items
Gross weight: 6.0 kg

EU Pallet specs

80x120x160
6 layers / 126 cartons / 756 items
Gross weight: 750 kg

