

Arodama

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100% PURE THYME HONEY

| Nutrition Facts | |
|---|-----------|
| 20 servings per container | |
| Serving size 1 tbsp (20 g / 0.7 oz) | |
| Amount per serving | |
| Calories | 65 |
| | % DV* |
| Total Fat 0g | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 16g | 6% |
| Total Sugars 15g | |
| Not a significant source of Saturated fat, Trans Fat, Cholesterol, Dietary Fiber, Added Sugars Protein, Vitamin D, Calcium, Iron and Potassium. | |
| * %DV = %Daily Value | |

Country of Origin: Greece
Island of Crete

Shelf life: 24 months

Storage conditions:

- Keep in 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

NUTRITION VALUE PER / ΔΙΑΤΡΟΦΙΚΗ ΑΞΙΑ ΑΝΑ 100g

| | |
|----------------------------|----------------|
| ENERGY/ ΕΝΕΡΓΕΙΑ | 1377kJ/324kcal |
| FAT/ ΛΙΠΑΡΑ | 0.0g |
| OF WHICH / ΕΚ ΤΩΝ ΟΠΟΙΩΝ | |
| SATURATES/ ΚΟΡΕΣΜΕΝΑ | 0.0g |
| CARBOHYDRATE/ ΥΔΑΤΑΝΘΡΑΚΕΣ | 81.0g |
| OF WHICH / ΕΚ ΤΩΝ ΟΠΟΙΩΝ | |
| SUGARS/ ΣΑΚΧΑΡΑ | 76.0g |
| PROTEIN/ ΠΡΩΤΕΪΝΕΣ | 0.0g |
| SALT/ ΑΛΑΤΙ | 0.0g |

Additional Attributes:

- Cretan Product, Mediterranean diet
- 100% natural product without preservatives or additives
- Premium quality
- Awarded
- 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: 300143 Barcode: 5200394300143 | 212 ml Net weight: 250 g Gross weight: 390 g | 22x15x10 (LXWXH) 6 items Gross weight: 2.54 kg | 80x120x140 12 layers / 300 cartons/ 1800 items Gross weight: 762 kg |
| Item code: 30003 Barcode: 5200394300037 | 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 |

