

# Arodama

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## PLUM & HONEY PREMIUM SPREAD

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

**Storage conditions:**

- Keep in cool and dry place until date of expiration
- After opening keep in refrigerator for 4 weeks

**Nutrition Facts** Servings: 11, **Serv. size:**  
**1 tbsp (20g / 0.7 oz),** Amount per serving: **Calories 51,**  
**Total Fat** 0.34g (0.44% DV), **Sodium** 0mg (0% DV), **Total Carb.**  
11.9g (4% DV), **Total Sugars** 9.2g (Incl. 9.2g Added Sugars, 18% DV).  
Not a significant source of Saturated fat, Trans Fat, Cholesterol, Dietary Fiber,  
Protein, Vitamin D, Calcium, Iron and Potassium. % DV = % Daily Value

**Serving Suggestions:**

- Use Plum & Honey spread to make a sweet, duck sauce whether it is with red wine, balsamic or port!
- Mix Plum & Honey spread with blue cheese for a chicken breast stuffing

### NUTRITION VALUE PER / ΔΙΑΤΡΟΦΙΚΗ ΑΞΙΑ ΑΝΑ 100g

ENERGY/ ΕΝΕΡΓΕΙΑ	1103.1kJ/260.3kcal
FAT/ ΛΙΠΑΡΑ	1.7g
OF WHICH / ΕΚ ΤΩΝ ΟΠΟΙΩΝ	
SATURATES/ ΚΟΡΕΣΜΕΝΑ	0.3g
CARBOHYDRATE/ ΥΔΑΤΑΝΘΡΑΚΕΣ	59.5g
OF WHICH / ΕΚ ΤΩΝ ΟΠΟΙΩΝ	
SUGARS/ ΣΑΚΧΑΡΑ	46.2g
PROTEIN/ ΠΡΩΤΕΪΝΕΣ	0.7g
SALT/ ΑΛΑΤΙ	0.0g

**Additional Attributes:**

- Cretan Product, Mediterranean diet
- 100% natural no preservatives or additives, Pasteurized
- Premium quality
- Awarded
- Tasteful and Healthy
- Home-made
- Innovative recipe
- "Super food"
- Only from fresh fruit
- Top quality Glass jar, Aluminum lid with security strip

**90%**  
**Fruit content**

Logistics	Unit specs	Carton specs	EU Pallet specs
<b>Item code:</b> 300198 <b>Barcode:</b> 5200394300198	125 ml Net weight: 120 g Gross weight: 220 g	22x15x13 (LXWXH) 12 items Gross weight: 2.89 kg	80x120x160 11 layers / 275 cartons/ 3300 items Gross weight: 795 kg
<b>Item code:</b> 30008 <b>Barcode:</b> 5200394300082	212 ml Net weight: 230 g Gross weight: 370 g	23x15x10 (LXWXH) 6 items Gross weight: 2.42 kg	80x120x140 12 layers / 300 cartons/ 1800 items Gross weight: 726 kg

