

GREEK KALAMATA BLACK OLIVE IN OIL

- The most famous olives in Greece cannot be compared in taste and quality to any other, all over the world. Flesh is very strong due to tannin; color is black-purple-brown, and shape almost like almond distinctive.
- Kalamata variety is grown mainly in Aitolokarnania prefecture (western Greece) Fthiotis (central Greece) and Lakonia (Peloponnese-south Greece).
- The antioxidant nutrients in Kalamata Black Olives impede this oxidation of cholesterol; thereby helping to prevent heart disease.
- Are a good source of mono unsaturated fats and also a natural source of Vitamin E.
- These olives possess anti-bacterial and anti-fungal antioxidants.
- They help stimulate the immune system.

PACKING DETAILS

Weight	10Kg
Units/ Case	10Kg/ Drum
Cases/ Pallet	48
Shelf-life	12 Months
Pack Language	English & Arabic



NUTRITION FACTS:

Calories	116
Water	80%
Calcium	88mg
Iron	6.28mg
Magnesium	4mg
Potassium	8mg
Sodium	735mg
Zinc	0.22mg
Copper	0.25mg

INGREDIENTS:

Black Olive	Water
Salt	Lactic Acid
Sodium Metabisulfate	Non-GMO product

STORAGE AND HANDLING

Can be kept at room temperature in a cool and dry place.

Unopened olives may be stored for as long as 12 months.

Transfer the olives from the opened package along with the brine into a glass or plastic bowl. (Please do not place in a metal container for the brine might react negatively with the metal causing poisoning).

Cover with cling film and then store under refrigerated conditions.