

STUFFED BLACK OLIVE WITH CHEESE, CARROTS IN OIL

- 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.
- Most Mediterranean's owe their smooth complexion to consumption of olives, which figure heavily in their diet. Olives aid in maintaining healthy, supple skin due to healthy oils found in it.
- Carrots are crunchy, tasty, and high nutritious. It's particularly good source of beta carotene, fiber, vitamin K1, potassium, and antioxidants.
- Orange carrots get their bright color from beta carotene, an antioxidant that your body converts into vitamin A.

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:

Slice Black Olive	Soya Oil
Salt	Lactic Acid
Sodium Metabisulfate	Carrots
Non-GMO products	



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.