

## NASOUHI CRACKED GREEN OLIVE IN OIL

- **Olives** are high in vitamin E and other powerful antioxidants. Good for heart and may protect against osteoporosis and cancer.
- **Fat:** Olives contain 11-15% fat, 74% of which is Oleic Acid, a type of monounsaturated fatty acid. Its main component of olive oil. Oleic Acid is linked to several health benefits, linked to several health benefits, including decreased inflammation and reduced risk of heart disease. It may help fight cancer.
- **Carbs and Fiber:** Carbs comprise 4-6% of olives, making a low-carb fruit. Most of these carbs are fiber. In fact, fibers make up 52-86% of the total carb content.
- **Health Benefits:** It has *Antioxidant properties* which ranging from fighting inflammation to reducing microorganism growth.

### PACKING DETAILS

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

### NUTRITION FACTS:

Calories	<b>115</b>
Water	<b>80%</b>
Protein	<b>0.8g</b>
Carbs	<b>6.3g</b>
Sugar	<b>0g</b>
Fiber	<b>3.2g</b>
Fat	<b>10.7g</b>
Saturated	<b>1.42g</b>
Monounsaturated	<b>7.89g</b>
Polyunsaturated	<b>0.91g</b>

### INGREDIENTS:

Green Olive	Water
Salt	Lactic Acid
Sodium Metabisulfate	Oil
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.