

GREEN OLIVES STUFFED WITH WALNUTS 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.
- **Walnuts** and walnuts oil are also rich in antioxidants and are one of the best antioxidant sources among the tree nuts.

PACKING DETAILS

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

NUTRITION FACTS:

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

INGREDIENTS:

Green Fresh Olives	Walnuts
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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.