

# COLD PRESSED EXTRA VIRGIN OLIVE OIL

## Nutrition Facts

About 33 servings per container

**Serving size**

**1 Tbsp (15 mL)**

Amount per serving

**Calories**

**120**

**% Daily Value\***

**Total Fat** 14g **18%**

Saturated Fat 2g **10%**

Monounsaturated Fat 10g

Polyunsaturated Fat 1.5g

*Trans* Fat 0g **0%**

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 0g

Vitamin E 1.9mg **15%**

Vitamin K 8mcg **6%**

Not a significant source of vitamin D, calcium, iron, and potassium.

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.