



La Medina
20165 - Black Oil Cured Beldi Olives Unpit

Our Moroccan black Beldi olives are equally rich in color and flavor. With each bite, notes of ripe fruit and freshly turned earth come together in delectable contrast, framed with a supple, almost meaty texture. Try them in a nutty quinoa salad or alongside roast lamb.



* Benefits

Our Moroccan black Beldi olives are equally rich in color and flavor. With each bite, notes of ripe fruit and freshly turned earth come together in delectable contrast, framed with a supple, almost meaty texture. Try them in a nutty quinoa salad or alongside roast lamb. Our philosophy is nature knows best. Sustainably grown and non-GMO, our black Beldi olives are carefully harvested and sorted before they are dry-cured in oil and salt. The result: authentic, pure flavors of the Mediterranean and North Africa in every bite.

Ingredients

olives, salt, olive oil. | olives, sel, huile d'olive.

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- soy
- tree nuts
- wheat

Nutrition Facts

Servings per Container 166.3
Serving size 30.0g (30g)

Amount per serving
Calories 15

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.2mg	1%
Potassium 40mg	1%

* The % Daily Value (DV) 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.

Handling Suggestions

Store ambient.
Keep refrigerated after opening.

Serving Suggestions

Serve alongside roasted meat and couscous
Serve with blue cheese or Gorgonzola and a strong/assertive red wine
Roast with mixed nuts and fresh herbs and serve with beer and a cheese plate

Prep & Cooking Suggestions

Ready to eat

✏ Product Specifications

Brand	Manufacturer	Product Category
La Medina	Foodmatch Dry	Olives

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
687250020165	2016	20165	10687250020162		2/11 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
23.2lb	22lb	Morocco	No	

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
12.4in	9.7in	9.1in	0.63ft3	15x7	360days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	15	Total Fat	1g	Sodium	115mg
Protein	0	Trans Fats		Calcium	0mg
Total Carbohydrates...	1g	Saturated Fat	0g	Iron	0.2mg
Sugars	1g	Added Sugars	0g	Potassium	40mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

 Additional Images

