



Kryssos

59144 - Olives Kalamata Halves Large Mini K

Kalamata olives are a good source of nutrition. Although, they are usually a bit salty due to brine, they contain a good source of fiber, calcium and other beneficial nutrients.



Nutrition Facts

Servings per Container 20  
Serving size 3Olives (100g)

Amount per serving  
**Calories 260**

% Daily Value*	
<b>Total Fat</b> 23g	<b>29%</b>
Saturated Fat 3.1g	<b>16%</b>
Trans Fat	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 0mg	<b>0%</b>

\* 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.

\* Benefits

Kalamata olives are a good source of nutrition. Although, they are usually a bit salty due to brine, they contain a good source of fiber, calcium and other beneficial nutrients. They are traditionally eaten in salads or paired with fresh cheeses. This 4.4lb. pail of Pitted Kalamata Olive Halves from Kryssos is enough to last your family for a good while, and because they are preserved in brine, they have an incredibly long shelf life in the refrigerator.

Ingredients

Kalamata Olives, Water, Sea Salt, Vinegar, Extra Virgin Olive Oil,

⚠ Allergens

Free From:

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

Handling Suggestions

Keep refrigerated

Serving Suggestions

Kalamata olives are delicious with lemon and feta cheese, with sun-dried tomatoes, or even baked into bread or used as a pizza topping.

Prep & Cooking Suggestions

Portion Desired Amount

📄 Product Specifications

Brand	Manufacturer	Product Category
Kryssos	Romeo Ficacci S.R.L.	Olives

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
820581591441	59144	59144	10820581591448		1/4.4 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
7.71lb	4.4lb	Greece	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
5.9in	5.9in	9.4in	0.19ft3	7x7	540days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	260	Total Fat	23g	Sodium	200mg
Protein	1	Trans Fats		Calcium	0mg
Total Carbohydrates...	12g	Saturated Fat	3.1g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	6g	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-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

