



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*

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

* 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:



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(U) | | 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

