



# MARNAT

EXPORT • IMPORT S.A.

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# Olives

## Characteristics:

Olives have multiple benefits for the body: it is responsible for lowering the well-known bad cholesterol (LDL) and increasing good cholesterol (HDL). They are also rich in vitamin E, one of the most important, since it protects us against oxidative damage to cells.

## Nutritional information

Portion of 20 g (4 olives)

Amount Per Serving:		%VD*
Energy value:	44 kcal= 190KJ	2%
Carbohydrates	0,5 g	0%
Proteins	0,2 g	0%
Total Fat	4,0 g	7%
Saturated fat	0,9 g	4%
Trans Fat	0,0 g	0%
Monounsaturated fats	2,9 g	0%
Polyunsaturated fats	0,7 g	0%
Cholesterol	0,0 g	0%
Dietary fiber	0,1 g	4%
Sodium	320 mg	13%

(\* ) Daily reference value based on a diet of 2,000 Kcal or 8,400 KJ. Your daily values may be higher or lower depending on your energy needs.

## Green Olives

### With stones



PRESENTATION;  
DOYPACK 180 G  
JAR 200 G  
CARAFE 1 KG  
CARAFE 2 KG  
CARAFE 5 KG

### Sliced



PRESENTATION;  
JAR 200 G  
CARAFE 1 KG  
CARAFE 2 KG  
CARAFE 5 KG

### Pitted olives



PRESENTATION;  
DOYPACK 180 G  
JAR 200 G  
CARAFE 1 KG  
CARAFE 2 KG  
CARAFE 5 KG

### Stuffed olives



PRESENTATION;  
JAR 200 G  
CARAFE 1 KG  
CARAFE 2 KG  
CARAFE 5 KG

## Aceitunas negras

### With stones



PRESENTATION;  
DOYPACK 180 G  
JAR 200 G  
CARAFE 1 KG  
CARAFE 2 KG  
CARAFE 5 KG

### Greek type



PRESENTATION;  
JAR 200 G  
CARAFE 1 KG  
CARAFE 2 KG  
CARAFE 5 KG

PRESENTATION;



180G



200G



1KG



2KG



5KG



5KG



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