

Monakrivo from Limnes region - Greek Extra Virgin Olive Oil

"Monakrivo" in Greek means "unique, precious, beloved", just like our olive oil. Produced in the sunny and mountainous groves of Geraki, Peloponnese. It is a 100% extra virgin olive oil of superior quality obtained from handpicked and sorted olives, cold extracted solely by mechanical means.

Limnes: of 100% Koroneiki variety, this olive oil has a perfect, satin texture, bright colour, full taste and low acidity.

Nutrition Values	100 ml
Energy value	828 kcal/3404 kj
FAT	91.6g
<i>Saturates</i>	14.3g
<i>Monounsaturates</i>	72.6g
<i>Polyunsaturates</i>	4.7g
CARBOHYDRATE	0.0g
of which <i>Sugars</i>	0.0g
DIETARY FIBER	0.0g
PROTEIN	0.0g
SALT	0.0g

Analysis 2013-2014 Production		
Acidity	0.24%	max 0.8%
Peroxides Value	7	max 20 meqO ₂ /kg
Waxes		max 250 mg/kg
K232	1.494	max 2.50
K270	0.132	max 0.22
ΔK	-0.003	max 0.01

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, calcium & iron.

Store in a cool place away from direct sunlight.
Avoid temperature fluctuations.