

Mediterranean Bar Nutrition Facts



Olives	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Cups
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Alfonso Olives	3 Olives (15g)	45	35	4	6	0	0	0	0	0	240	10	2	1	1	4	0	0	0	0	0	0	n/a
Castelvetrano Olives	2 Olives (15g)	25	25	2.5	4	0	0	0	0	0	160	7	1	0	0	0	0	0	0	0	0	0	n/a
Cerignola Black Olives	2 Olives (15g)	30	25	3	5	0	0	0	0	0	95	4	1	0	0	0	0	0	0	0	0	6	n/a
Cerignola Green Olives	2 Olives (15g)	25	20	2	3	0	0	0	0	0	150	6	1	0	0	0	0	0	0	0	0	0	n/a
Chopped Greek Olive Mix	1/2 Cup (60g)	120	90	10	15	1	4	0	0	0	1040	43	8	3	2	8	0	1	0	0	0	4	n/a
Feta Stuffed Olives	1 Olive (17g)	60	60	7	11	1.5	5	0	2	1	110	5	0	0	0	0	0	0	0	0	2	2	n/a
Garlic Stuffed Calamata Olives	3 Olives (14g)	20	20	2	3	0.6	3	0	0	0	257	11	1	0	0	0	0	0	0	6	0	2	n/a
Gorgonzola Stuffed Olives	1 Olive (15g)	60	60	7	11	1	5	0	2	1	140	6	0	0	0	0	0	0	2	0	2	0	n/a
Greek Feta Salad	1 oz (28g)	80	50	6	9	4	20	0	18	6	420	18	0.5	0	0	0	0	5	4	0	6	0	n/a
Greek Olive Mix	3 Olives (15g)	30	20	2.5	4	0	0	0	0	0	260	11	2	1	1	2	0	0	0	0	0	2	n/a
Green Gigante Olives	2 Olives (15g)	30	25	3	5	0	0	0	0	0	350	14	1	0	0	0	0	0	0	0	0	0	n/a
Hot Pitted Olive Salad	1/2 Cup (62g)	60	45	5	8	1	4	0	0	0	115	5	4	1	2	7	0	0	0	0	0	0	n/a
Italian Aglio Green Olives, Pitted	3 Olives (18g)	30	25	3	5	0	0	0	0	0	420	17	1	0	0	0	0	0	0	0	0	0	n/a
Jalapeño Stuffed Olives	2 Olives (14g)	15	15	1.5	2	0.2	1	0	0	0	302	13	0	1	1	4	0	0	0	4	0	0	n/a
Jumbo Sicilian Green Olives	3 Olives (18g)	30	25	3	5	0.5	3	0	0	0	420	18	1	0	0	0	0	0	0	0	0	0	n/a
Kalamata Olives - Kegs Large	3 Olives (15g)	15	15	1.5	2	0	0	0	0	0	250	10	1	0	0	0	0	0	0	0	0	0	n/a
Maddelena Olives	2 Olives (18g)	35	30	3.5	5	1	5	0	0	0	140	6	1	0	0	2	0	0	0	0	0	0	n/a
Mammoth Black Greek Olives	3 Olives (17g)	30	25	2.5	4	0	0	0	0	0	330	14	2	1	0.5	2	0	0	0	0	0	0	n/a
Mantequilla Green Olives	3 Olives (14g)	22	18	2	3	0	0	0	0	0	130	5	1	0	0	4	0	0	0	0	0	0	n/a
Mixed Medley Olive Salad	1/2 Cup (68g)	70	50	5	8	1	4	0	0	0	125	5	5	2	2	9	0	0	0	0	0	0	n/a

