

Mediterranean Bar Nutrition Facts



Pitted Olives	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin A	Vitamin C	Vitamin D	Calcium	Iron	Potassium
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)		(g)	(g)							
Castelvetrano Olives - Pitted	3 olives (15g)	35	30	3.5	4	0	0	0	0	0	135	6	1	0	1	4	0	-	-	0	0	0	-	0	0	-
Gigante Olives - Pitted	2 olives (15g)	30	25	3	4	0	0	0	0	0	350	14	1	0	0	0	0	-	-	0	0	0	-	0	0	-
Greek Ripe Black Olives - Pitted	3 olives (15g)	30	25	3	4	0	0	0	0	0	125	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Kalamata Olives - Pitted	4 olives (15g)	45	40	4.5	6	0.5	3	0	0	0	220	10	1	0	1	4	0	0	0	0	0	2	0	0	0	0
Mt. Athos Green Pitted Olives	3 olives (15g)	20	20	2	3	0	0	0	0	0	290	13	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Nicoise-Coquillo Pitted Olives	9 olives (15g)	50	45	5	6	0	0	0	0	0	170	7	1	0	1	4	0	0	0	0	0	0	0	0	0	0
Oil Cured Olives - Pitted	8 olives (15g)	70	50	6	9	0	0	0	0	0	510	21	3	1	0	0	0	-	-	0	0	0	-	0	0	-
Verdial Pitted Olives	4 olives (15g)	25	25	3	5	1	5	0	0	0	280	12	0	0	0	0	0	-	-	0	0	0	-	0	0	-

Olives with Pits	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin A	Vitamin C	Vitamin D	Calcium	Iron	Potassium
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)		(g)	(g)							
Castelvetrano Olives	2 olives (15g)	35	30	3.5	4	0.5	3	0	0	0	240	11	1	0	1	4	0	0	0	0	0	0	0	0	0	0
Cerignola Black Olives	2 olives (20g)	2	20	2	3	0	0	0	0	0	200	9	1	0	1	4	0	0	0	0	0	0	0	2	0	0
Cerignola Green Olives	1-2 olives (15g)	20	15	2	3	0	0	0	0	0	200	9	1	0	1	4	0	0	0	0	0	0	0	0	0	0
Gaeta Olives	4 olives (15g)	35	35	4	6	0.5	3	0	0	0	300	13	1	0	1	2	0	-	-	0	0	0	-	0	0	-
Kalamata Olives	3 olives (15g)	45	40	4.5	6	0.5	3	0	0	0	220	10	1	0	1	4	0	0	0	0	0	0	0	0	0	0
Mammoth Black Greek Olives	3 olives (17g)	30	25	2.5	4	0.5	3	0	0	0	330	14	2	1	1	4	0	-	-	0	0	0	-	0	0	-
Oil Cured Olives	8 olives (16g)	70	50	6	9	0.5	3	0	0	0	540	23	3	1	1	2	0	-	-	0	0	0	-	0	0	-
Queen Olives	2 olives (18g)	20	20	2	3	0.5	3	0	0	0	160	7	0	0	0	0	0	-	-	0	0	0	-	0	0	-
Super Colossal Calabrese Olives	2 olives (20g)	20	15	1.5	2	0	0	0	0	0	260	11	2	1	0	0	0	-	-	0	0	0	-	0	0	-

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Olive Salads	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin A	Vitamin C	Vitamin D	Calcium	Iron	Potassium
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)		(g)	(g)							
Greek Feta Salad	1/2 cup (85g)	240	160	18	28	12	60	0	55	18	1280	53	2	1	0	0	0	-	-	15	10	0	-	20	0	-
Greek Olive Mix - Pitted	3 olives (15g)	35	30	3.5	4	0	0	0	0	0	230	10	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Greek Olive Mix - Contains Pits	3 olives (15g)	35	30	3.5	4	0	0	0	0	0	230	10	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Hot Pitted Olive Salad	2/3 cup (113g)	110	80	9	12	1.5	8	0	0	0	210	9	8	3	3	11	0	0	0	0	0	0	0	0	0	0
Mixed Medley Olive Salad - Contains Pits	8 olives (16g)	70	50	6	9	2	10	-	25	8	0	0	1	0	0	0	0	-	-	0	-	0	0	-	0	-
Mt. Athos Green Greek Olives with Sicilian Herbs	3 olives (15g)	20	20	2	3	0	0	0	0	0	290	13	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Mt. Athos Green Olives with Minced Garlic	3 olives (15g)	20	20	2	3	0	0	0	0	0	290	13	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Oil Cured Olives with Truffle Oil	8 olives (15g)	70	50	6	9	0	0	0	0	0	510	21	3	1	0	0	0	-	-	0	0	0	-	0	2	-
Olive, Jalapeno and Cheddar Salad	1/2 cup (100g)	240	200	22	34	7	35	0	30	10	1040	43	4	1	2	8	0	-	-	8	10	8	-	20	0	-
Olive Jubilee - Pitted	1 olive (17g)	50	50	6	9	1.5	8	0	0	0	95	4	0	0	0	0	0	-	-	0	0	0	-	0	0	-
Piccante Green Olives	3 olives (18g)	30	25	3	5	0	0	0	0	0	420	18	0	0	0	0	0	-	-	0	0	0	-	0	0	-
Provolini Antipasti	2/3 cup (100g)	250	180	20	26	7	35	0	25	8	1110	48	9	3	3	11	2	0	0	10	15	10	0	30	35	0

Stuffed Olives	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin A	Vitamin C	Vitamin D	Calcium	Iron	Potassium
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)		(g)	(g)							
Anchovy Stuffed Olives	1 olive (15g)	60	60	7	11	0.5	3	0	0	0	140	6	0	0	0	0	0	-	-	0	0	0	-	0	2	-
Feta Stuffed Olives	1 olive (17g)	60	60	7	11	1.5	8	0	0	0	110	5	0	0	0	0	0	-	-	0	0	0	-	2	2	-
Garlic Stuffed Kalamata Olives	2 olives (14g)	20	20	2	3	0.5	3	0	0	0	260	11	1	0	0	0	0	-	-	0	0	6	-	0	2	-
Gorgonzola Stuffed Olives	1 olive (15g)	60	60	7	11	1	5	0	0	0	190	8	0	0	0	0	0	-	-	0	2	0	-	2	0	-
Mt. Athos Green Olives with Almonds	2 olives (15g)	35	25	3	4	0	0	0	0	0	200	9	1	0	0	0	0	0	0	1	0	6	0	0	0	0
Mt. Athos Green Olives with Garlic	2 olives (15g)	20	20	2	3	0	0	0	0	0	230	10	1	0	0	0	0	0	0	0	0	6	0	0	0	0
Mt. Athos Green Olives with Red Pepper	2 olives (15g)	25	25	2.5	3	0	0	0	0	0	210	9	1	0	0	0	0	0	0	0	2	6	0	0	0	0
Piri Piri Stuffed Olives	2 olives (14g)	25	25	2.5	4	0.5	3	0	0	0	200	8	1	0	0	0	0	-	-	0	2	6	-	0	2	-

Selections vary by store and seasonality.