



**AVC COSTA**  
extra virgin olive oil

## Nutritional Value

Per serving size 1 Tbsp (15ml)

## Health Claim

### (EU) 432/2012

Just 1.5 tablespoon (20g) of this olive oil, is a great source of antioxidants. Polyphenols contribute to the protection of blood lipids from oxidative stress.

	Per serving size 1 Tbsp (15ml)	% *
Energy	508KJ/124Kcal	6%
Fats	13.7g	20%
Saturates	2.2g	11%
Monounsaturates	11.0g	
Polyunsaturates	0.5g	
Carbohydrates of which	0.0g	0%
Sugars	0.0g	0%

\* Reference intake of an average adult (8400KJ/2000Kcal)

Acidity	0.3
Fats	> 65
Peroxide number	< 12
Ultraviolet absorption	K232 < 2.0
	K270 < 0.20
	DK < 0.01
Phenolic-polyphenol content	> 500