



Critida is a family company in Iraklio Crete with a long long history of producing extra virgin olive oil. For five generations our family continues to produce exceptional extra virgin olive oil. The extraction of the olive oil is performed in licensed manufacturing plants using only cold press extraction methods; this method ensures that the extra virgin olive oil retains all its natural health benefits and flavor. All the process, from the farmer to the picking, the subsequent crushing and the bottling of our extra virgin olive oil, is performed under E.U. manufacturing regulations

16.9 fl.oz. (500 ml)

Ingredients: 100% Extra Virgin Olive Oil

Nutrition Facts

33 servings per container

Serving size 1 tbsp (15 ml)

Amount Per Serving

Calories 120

% Daily Value*

Total Fat 14g 22%

Saturated Fat 2g 10%

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 10g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 0g 0%

Dietary Fiber 0g

Total Sugars 0g 0%

Includes 0g Added Sugars

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.