

EXTRA VIRGIN OLIVE OIL

Benvolio 1938 extra virgin olive oil is the result of a careful and rigorous selection of the **best olives** and a cultivation process that guarantees top quality and flavor.

Every bottle contains the secret of great Italian cuisine, and it **only takes a few drops to transform an everyday dish into a special occasion.**

It's a **versatile and healthy oil** thanks to its vitamin E and polyphenol content, which guarantee stability and nutritional quality by their protective role as an antioxidant for our bodies.

Piave's extra virgin olive oil is ideal to **enrich dishes that require a fresh and decisive touch.**

Like other gamma oils, Benvolio's extra virgin olive oil is gluten free and is therefore recommended to those with celiac disease.

SOURCE OF OMEGA 6 POLYPHENOLS and VITAMIN E

NUTRITIONAL INFORMATION

| AVERAGE VALUES RELATIVE TO 100ml OF PRODUCT | 1 TABLESPOON (13ml) | |
|---|---------------------|--------------------|
| CALORIES | 3378kJ 822kcal | 439kJ 106kcal |
| FATS | 92g | 11,9g |
| saturated | 14g | 1,8g |
| polyunsaturated | 69g | 8,9g |
| monounsaturated | 9g | 1,2g |
| CARBOHYDRATES | 0g | 0g |
| sugars | 0g | 0g |
| FIBER | 0g | 0g |
| PROTEIN | 0g | 0g |
| SODIUM | 0g | 0g |
| VITAMIN E | 12mg (120% RDA) | 1,6mg (16% RDA) |

*RDA = RECOMMENDED RATION: % RECOMMENDED QUANTITY FOR AN ADULT, CALCULATED BASED ON DAILY BASE OF 2000 KCAL; MAY DIFFER BASED ON GENDER, AGE, AND PHYSICAL ACTIVITY.

FLAVOUR

Fruity and full-bodied

SCENT

Delicate and balanced with a very slight spicy sensation.

COLOUR

Intense green



COUPLING

Benvolio's extra virgin olive oil is ideal for all everyday uses. It's well suited for cooked and raw vegetables as well as legumes and barbecued meat.



SEED VARIETY

Leccino
Frantoio
Ogliarola
Nocellara del Belice

SMOKE POINT

210° (410° F)

SHELF-LIFE

18 months

CONSERVATION

Conserve the product in a dry and cool location

INGREDIENTS

Extra virgin Olive Oil

PACKAGING

In order to maintain the product's highest quality and its characteristics intact, we have chosen an aluminum container that protects it from oxidation and is 100% recyclable.

USAGE

Ideal as dressing and for flavorful dishes. To take advantage of its dietary properties and to maintain its nutritional properties, it's recommended to consume it raw.