


GRACIAS  FOODS

AVOCADO OIL



ORGANIC
EXTRA VIRGIN

Cold-pressed 100% pure



Organic, Cold pressed, Raw, Vegan,
Gluten Free and Keto friendly Non-GMO,
Organic Avocado Oil by Gracias Foods

*This is one especially delicious
and healthy culinary oil.*

250 mL



Per 1/2 cup (125 mL)				
Total Fat	14g	Total Sugar	0g	
Sodium	0g	Total Fat	14g	
	0%		0%	
	0%		0%	

GRACIAS FOODS

Bright emerald green color is your assurance that our oil is cold-pressed, unrefined, and unfiltered. Green avocado oil is 100% all natural and healthy. And Avocado Oil can withstand high heat so it can be used for both salads and for cooking.

Gracias Foods avocado oil is grown, extracted, and bottled in Western Mexico countryside. **Gracias Foods Avocado oil** is an original project helping the local organic farmers and producers of Organic Avocado Oil. thriving to set the world's standard for quality.

Each bottle contains 15-20 avocados. One 250ml (8.5 oz) glass bottle.



250 mL

Gracias Foods avocado oil is a great source of vitamins A, B1, B2, D, E, K Omega-3 and monounsaturated Fatty Acids, Fiber, Lutein, and Oleic Acid. making it a great heart healthy, nutrient dense oil.

Gracias Foods avocado oil is 100% natural with no additives, preservatives, or refinement. No mixes, No blends.

WE ARE THE REAL DEAL
100% HASS AVOCADO.

Nutrition Facts

Servings per container 48
Serving size 1 Tbsp (15ml)

Amount per serving
Calories 130

% Daily Value*

Total Fat 14g	18%
Saturated Fat 2g	8%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 10g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 1g	0%

Not a significant source of dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium

*%DV=% Daily Value

Pack/Size	Description	UPC #	Case Dimensions	Gross Weight	Case Cube	Ti/Hi	Cases/Pallet
250 mL	Organic Avocado Oil	8-60004-89410-0	9.5" x 15.5" x 9.5"	37 lbs	.81	20 x 3	78

PRODUCT OF MEXICO

Distribution By: Gracias Foods Inc.

Des Plaines.IL 60018.

847-343-2542