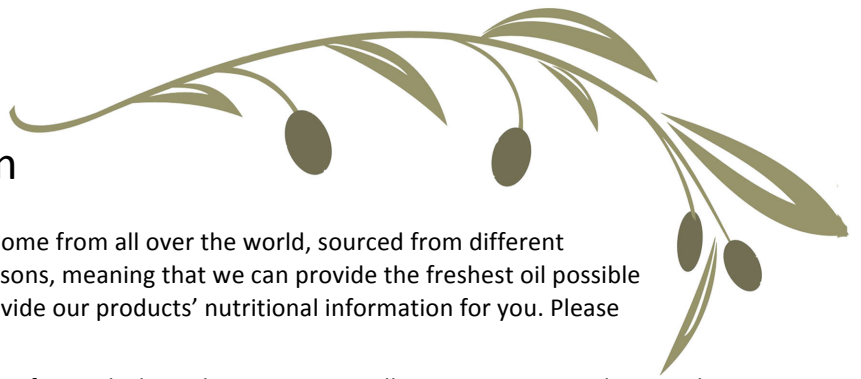


# Prairie Oils & Vinegars

## Nutritional Information



At Prairie Oils & Vinegars, our olive oils come from all over the world, sourced from different hemispheres based on their growing seasons, meaning that we can provide the freshest oil possible in North America. We are pleased to provide our products' nutritional information for you. Please let us know if you have any questions.

Fresh olive oil is the tastiest and healthiest for you! Olive oils contain naturally occurring antioxidants and anti-inflammatory agent, which can help with joint pain. Olive oil is a healthy fat, which aids in reducing bad cholesterol (LDL) and increasing good cholesterol (HDL). Extra Virgin Olive Oils have more monounsaturated fatty acids than any other olive oil and more polyphenols, which benefit heart health.

Our balsamic vinegars are from Modena, Italy, and are all natural, with no artificial flavours, colours, additives, or preservatives. Balsamic vinegar retains most of the nutrients present in the parent grapes. Recent studies have shown that this vinegar can help decelerate the aging process – antioxidants from the grape juice destroy free radicals and help prevent cells from being destroyed. It can also help control diabetes – consumption of at least five teaspoons per day can enhance insulin sensitivity. Consuming balsamic vinegar before your meal can help ensure blood sugar levels do not spike after your meal, while aiding with digestion.

### Ingredients - Oils

Extra Virgin Olive Oils..... Ultra Premium extra virgin olive oil from all over the world  
All Flavoured Olive Oils .....extra virgin olive oil, all natural flavours from real herbs, fruits, and foods (blood oranges, Persian limes, Eureka lemons, basil, cilantro and onion, wild mushroom and sage, essential oil of garlic, chipotle, plant-based butter flavour, herbes de provence, tuscan herbs, tarragon, black truffle, white truffle)  
Roasted Almond Oil .....roasted almond oil  
Roasted Walnut Oil .....roasted walnut oil  
Dark Toasted Sesame Oil .....roasted sesame oil  
Butternut Squash Seed Oil ..... 100% roasted butternut squash seed oil  
Roasted Pumpkin Seed Oil .....100% roasted non-GMO pumpkin seed oil

### Ingredients - Vinegars

Traditional Dark Balsamic .....grape must, wine vinegar, naturally occurring sulfites  
Maple Balsamic ..... grape must, wine vinegar, maple syrup, natural flavour, naturally occurring sulfites  
All Flavoured Dark Balsamics (except Maple) .....grape must, wine vinegar, all natural flavours from herbs, fruits, and foods (blackberries and ginger, dark chocolate, juniper berry, vanilla, cinnamon and pear, black currant, tangerine, wild blueberries, black cherries, raspberries, figs, strawberries, espresso, red apple), naturally occurring sulfites  
All Flavoured White Balsamics ..... grape must, white wine vinegar, all natural flavours from real herbs, fruits, and foods (grapefruit, honey and ginger, peaches, coconut, apricot, pineapple, Sicilian lemons, oregano, jalapeno, cranberry and pear, mango, pomegranates and quince), naturally occurring sulfites  
Serrano Honey Vinegar .....honey vinegar, honey, Serrano chilies

**Allergen Information** – A very small amount of our oils and vinegars are made in the same manufacturing facility as tree nuts, sesame, and soy. All balsamic vinegars contain naturally occurring sulfites; no sulfites are added to our products.



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**ALL Extra Virgin Olive Oils (Infused and Whole-Fruit Fused)**

Serving Size: 1 Tbsp (15mL)

Amount Per Serving	
Calories 120	Fat Cal 120
% Daily Value*	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 2g	<b>10%</b>
Polyunsaturated Fat 1g	
Monounsaturated Fat 10g	
Trans Fat 0g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carb</b> 0g	<b>0%</b>
<b>Protein</b> 0g	

Not a significant source of cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium and iron  
 \* Percent Daily Value are based on a 2000 calorie diet

**Almond Oil**

Serving Size: 1 Tbsp (15mL)

Amount Per Serving	
Calories 120	Fat Cal 120
% Daily Value*	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 1g	<b>5%</b>
Polyunsaturated Fat 3g	
Monounsaturated Fat 10g	
Trans Fat 0g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carb</b> 0g	<b>0%</b>
<b>Protein</b> 0g	

Not a significant source of cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium and iron  
 \* Percent Daily Value are based on a 2000 calorie diet

**Dark and White Balsamics**

Serving Size: 1 Tbsp (15mL)

Amount Per Serving	
Calories 10	Fat Cal 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbs</b> 3 g	<b>1%</b>
Dietary Fiber 0g	0%
Sugars 3 g	
<b>Protein</b> 0g	<b>0%</b>

Vitamin A 0% Vitamin C 0%  
 Calcium 0% Iron 2%  
 \* Percent Daily Value are based on a 2000 calorie diet

**Toasted Sesame Oil**

Serving Size: 1 Tbsp (15mL)

Amount Per Serving	
Calories 120	Fat Cal 120
% Daily Value*	
<b>Total Fat</b> 15g	<b>22%</b>
Saturated Fat 2g	<b>10%</b>
Polyunsaturated Fat 6g	
Monounsaturated Fat 7g	
Trans Fat 0g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carb</b> 0g	<b>0%</b>
<b>Protein</b> 0g	

Not a significant source of cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium and iron  
 \* Percent Daily Value are based on a 2000 calorie diet

**Butternut Squash Seed Oil**

Serving Size: 1 Tbsp (15mL)

Amount Per Serving	
Calories 130	Fat Cal 130
% Daily Value*	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 3g	<b>16%</b>
Polyunsaturated Fat 9g	
Monounsaturated Fat 2.5g	
Trans Fat 0g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carb</b> 0g	<b>0%</b>
<b>Protein</b> 0g	

Vitamin A 2% Vitamin C 0%  
 Vitamin E 40% Iron 0%  
 \* Percent Daily Value are based on a 2000 calorie diet

**Maple Balsamic**

Serving Size: 1 Tbsp (15mL)

Amount Per Serving	
Calories 39	Fat Cal 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbs</b> 10g	<b>3%</b>
Dietary Fiber 0g	0%
Sugars 8 g	
<b>Protein</b> 0g	<b>0%</b>

Vitamin A 0% Vitamin C 0%  
 Calcium 0% Iron 2%  
 \* Percent Daily Value are based on a 2000 calorie diet

**Roasted Walnut Oil**

Serving Size: 1 Tbsp (15mL)

Amount Per Serving	
Calories 120	Fat Cal 120
% Daily Value*	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 1g	<b>10%</b>
Polyunsaturated Fat 10g	
Monounsaturated Fat 2g	
Trans Fat 0g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carb</b> 0g	<b>0%</b>
<b>Protein</b> 0g	

Not a significant source of cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium and iron  
 \* Percent Daily Value are based on a 2000 calorie diet

**Roasted Pumpkin Seed Oil**

Serving Size: 1 Tbsp (15mL)

Amount Per Serving	
Calories 120	Fat Cal 120
% Daily Value*	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 2g	<b>10%</b>
Polyunsaturated Fat 6g	
Monounsaturated Fat 6g	
Trans Fat 0g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carb</b> 0g	<b>0%</b>
<b>Protein</b> 0g	

Not a significant source of cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium and iron  
 \* Percent Daily Value are based on a 2000 calorie diet

**Honey Vinegar, Serrano Honey Vinegar**

Serving Size: 1 Tbsp (15mL)

Amount Per Serving	
Calories 25	Fat Cal 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbs</b> 7 g	<b>2%</b>
Dietary Fiber 0g	0%
Sugars 6 g	
<b>Protein</b> 0g	<b>0%</b>

Vitamin A 0% Vitamin C 0%  
 Calcium 0% Iron 0%  
 \* Percent Daily Value are based on a 2000 calorie diet