



CALIFORNIA EXTRA VIRGIN AVOCADO OIL



MEDIUM
HEAT



8.5 FL OZ (250 mL)

- ✓ EXTRA VIRGIN
- ✓ UNREFINED
- ✓ CALIFORNIA GROWN AVOCADOS
- ✓ FIRST COLD PRESSED
- ✓ HIGH IN MONO-UNSATURATED FATS

Made exclusively with premium California avocados, our 100% pure avocado oil is Extra Virgin and unrefined yielding an emerald green, nutrient rich, buttery oil. Minimal processing allows Primal Kitchen Extra Virgin Avocado Oil to retain the original fatty acid profile of fresh avocados including beneficial monounsaturated fats. Ideal for baking, sautéing, grilling, dipping or as an ingredient in homemade salad dressing, our avocado oil is the perfect staple for all your cooking needs.



MARK SISSON

Founder, PRIMAL KITCHEN®
Author of *The Primal Blueprint*
and *MarksDailyApple.com*

INGREDIENTS:
100% Pure Avocado Oil

Nutrition Facts Serv. Size: 1 Tbsp (14g),
Servings: 16.5, Amount Per Serving: **Calories** 124,
Fat Cal. 124, **Total Fat** 14g (22% DV), Sat. Fat 2g
(8% DV), Monosat. Fat 10g, Cholest. 0mg (0% DV),
Sodium 0mg (0% DV). Not a significant source of
Trans Fat, Total Carbohydrates, Fiber, Sugar, Protein,
Vitamin A, Vitamin C, Calcium and Iron. Percent Daily
Values (DV) are based on a 2,000 calorie diet.

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