



OLIVE OIL VERSUS BUTTER

EXTRA VIRGIN OLIVE OIL

1 TABLESPOON

BUTTER

✓ 10 grams	MONOUNSATURATED FAT	3 grams
✓ 1 gram	POLYUNSATURATED FAT	0.4 grams
✓ 10% 2 grams	SATURATED FAT	35% 7 grams
120	CALORIES	102
✓ 0% 0 mg	CHOLESTEROL	10% 31 mg



DID YOU KNOW

that extra virgin olive oil can be substituted for butter in any recipe? Use all natural infused oils for a new flavour twist!

Della Terra FRESH OLIVE OIL & BALSAMIC
TASTING BAR

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