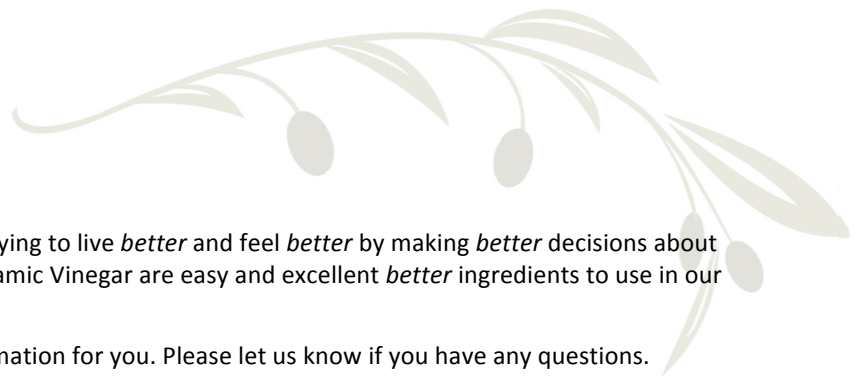


Prairie Oils & Vinegars

Nutritional Information



At Prairie Oils & Vinegars, we know so many people are trying to live *better* and feel *better* by making *better* decisions about what to put in their bodies. Extra Virgin Olive Oil and Balsamic Vinegar are easy and excellent *better* ingredients to use in our regular diets.

We are pleased to provide our products' nutritional information for you. Please let us know if you have any questions.

Ingredients - Oils

Extra Virgin Olive Oil, by definition, must have absolutely no additives. Once a flavouring has been added to an EVOO, it must only be called a flavour-infused olive oil, in order to protect the EVOO term.

At Prairie Oils & Vinegars, we stock EVOO, as well as a huge selection of Infused Olive Oils. The Infused Olive Oils are based on an Arbequina EVOO from Spain, selected for its mild profile so that the flavourings really shine through. The ingredients used to flavour our Infused Olive Oils are so simple, they are usually reflected right on the fusti label or online description. Each of the flavours used are all-natural, non-GMO, allergen-free essences. The essences we use are a highly concentrated form of the pure ingredient using the natural oils extracted from the flavouring-ingredient through expression or maceration, not through chemical processes.

For example, Lemon Olive Oil includes Arbequina Extra Virgin Olive Oil and a pure lemon essence. Chipotle Olive Oil uses natural smoke-dried chipotle pepper extract added to our Super Premium Extra Virgin Olive Oil to create a deep, rich flavour explosion. One label to note is our Butter Olive Oil, which actually has no butter in it. It is vegan-friendly and dairy-free, making it a perfect choice for those with lactose-free needs. It tastes very much like melted, unsalted butter. We invite you to stop in and try it! Additionally, our Gourmet Oils feature a selection of nut oils and seed oils, which are pure oils with no additives.

Ingredients - Vinegars

Balsamic Vinegars are certified from Modena, Italy, and have no sugar or sweetener, artificial flavours, or thickeners added. Our Traditional 18-Year Style Balsamic is made with an exceptionally high percentage of Italian Lambrusco, Sangiovese and Trebbiano grapes that are slowly cooked to create the highest quality grape must. The must is then combined with barrel aged Sangiovese wine vinegar to start the acetification process. The Traditional Balsamic forms our base for the flavoured Dark Balsamic Vinegars, while our White Balsamics use Pinot Grigio grape must. Our balsamics use four to five times the amount of grape must compared to what is used in supermarket vinegars, which results in a four per cent acidity level compared to a supermarket vinegar's acidity level of six per cent.

Our flavoured balsamics are all flavoured with real ingredients or extracts. Vinegars flavoured with extracts mean they are using the natural oils extracted from the ingredient through expression or maceration, not through chemical processes. If it is a whole fruit-flavoured balsamic, real fruit is cooked down to create a concentrated compote to flavour the vinegar. The result is a thick, smooth condiment with low acidity. Real fruit sediment can be seen in the vinegar and in every drop of this vinegar, you get an all-encompassing sensation of biting in to a ripe, fresh fruit. And our Espresso Balsamic is made with authentic decaffeinated espresso beans, roasted and ground into extremely fine powder; the result is that one serving has enough caffeine as a small cup of decaf coffee. Neat, huh?

We value your food safety, your nutritional requirements, and your taste experience above all else.

Please call us if you have any other questions!



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Nutritional Information Per 1 Tbsp. (15mL)

Balsamic Vinegars	Calories	Sodium	Sugar	Extra Virgin Olive Oils	Calories	Fat		
Blackberry Ginger	50	5mg	11g	All Extra Virgin Olive Oil	120	14g		
Black Currant				All Infused Olive Oils				
Blueberry				Gourmet Oils				
Bourbon Maple				& Speciality Vinegars	Cal	Fat	Sodium	Sugar
Cherry				Roasted Pumpkin Seed Oil	120	14g	0mg	0g
Chocolate				Roasted Almond Oil	130	14g	0mg	0g
Cinnamon Pear				Roasted Walnut Oil				
Gala Apple				Toasted Sesame Oil				
Italian Herbs				Butternut Squash Seed Oil	130	15g	0mg	0g
Lavender				Honey Pepper Vinegar	24	0g	2mg	6g
Maple				Apple Cider Vinegar	3	0g	0mg	<1g
Pomegranate				Moscatel Wine Vinegar				
Raspberry								
Strawberry								
Teriyaki								
Traditional								
Fig	50	10mg	11g					
Espresso	40	90mg	8g					
Apricot	40	0mg	9g					
Bianco								
Citrus Mint								
Coconut								
Garlic								
Gochujang								
Honeybell Orange								
Jalapeno								
Lime								
Oregano								
Peach								
Pineapple								
Pomegranate Quince								
Sicilian Lemon								
Vanilla								
Honey Ginger	40	<5mg	9g					
Mango	40	<5mg	8g					
Granny Smith Apple	36	0mg	8g					
Pink Grapefruit	35	0mg	8g					
Pinot Nero								
Passion Fruit Jalapeno	33	0mg	8g					
Cranberry Pear	30	0mg	7g					

“Sugar” is used as synonymous with “Carbohydrate” in the chart above. There are NO SUGARS ADDED to our oils and vinegars in any way. For complete Nutritional Labels for our oils and vinegars, please visit our website. Our oils and vinegars are not a significant source of fiber, sugars, cholesterol, sodium, potassium, calcium or iron. Sulfites in Balsamic Vinegars are naturally occurring.