

# Oakville Grocery Heart Healthy Grapeseed Duo

## Grapeseed Oil

**Nutrition Facts** Servings: about 13, **Serv. size: 1 Tbs (15mL)**, Amount per serving: **Calories 130**, Fat. Cal. 120, **Total Fat** 15g (19% DV), Sat. Fat 1.5g (8% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 0g (0% DV), Dietary Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, Vit. E 5.1mg (35% DV). Not a significant source of Vit. D, Calcium, Iron, and Potassium. \*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Roasted Garlic Grapeseed Oil

**Nutrition Facts** Servings: about 14, **Serv. size: 1 Tbs (15mL)**, Amount per serving: **Calories 130**, Fat. Cal. 120, **Total Fat** 15g (19% DV), Sat. Fat 1.5g (8% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 0g (0% DV), Dietary Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, Vit. E 5.1mg (35% DV). Not a significant source of Vit. D, Calcium, Iron, and Potassium. \*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.