



Savor

103388 - Hearts Of Palm

Hearts of palm bring a lot to the table when added to a salad, pureed into a creamy dip or turned into a gluten-free pasta. Pan fry as a vegan substitute



Nutrition Facts

Servings per Container 4
Serving size 130.0g (130g)

Amount per serving
Calories 30

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 234mg	20%
Iron 0.54mg	4%
Potassium 282mg	6%

* 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.

* Benefits

Hearts of Palm

Ingredients

Hearts Of Palm, Water, Salt, Citric Acid

Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Store unopened can in a dry cool place

Serving Suggestions

Perfect in salads or to saute, grill, or pan fry as a vegan substitute.

Prep & Cooking Suggestions

Ready To Eat - After opening, rinse, drain, and serve. Keep refrigerated and consume within 48 hours.

Product Specifications

Brand	Manufacturer
Savor	Dot Foods

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	352630	103388	10684476002712		12/28 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
25lb	21lb	Costa Rica	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.14in	12.28in	5.12in	0.59ft3	10x8	949days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	30	Total Fat	0g	Sodium	340mg
Protein	3	Trans Fats	0g	Calcium	234mg
Total Carbohydrates...	5g	Saturated Fat	0g	Iron	0.54mg
Sugars	0g	Added Sugars	0g	Potassium	282mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

