



Roland

405120 - Artichoke Hearts Quartered

Artichokes, the immature flower buds of a plant in the sunflower family, have a delicious mild and nutty flavor. Roland Quartered Artichoke Hearts have a firm yet tender texture.



Nutrition Facts

Servings per Container 12
Serving size 0.5CP (0.5GS21)

Amount per serving
Calories 80

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 0g | 1% |
| Saturated Fat 0g | 1% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 380mg | 17% |
| Total Carbohydrate 15g | 5% |
| Dietary Fiber 7g | 26% |
| Total Sugars 1g | |
| Includes 0g Added Sugar | 0% |
| Protein 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 27mg | 2% |
| Iron 0.8mg | 4% |
| Potassium 372mg | 8% |

* 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

Artichokes, the immature flower buds of a plant in the sunflower family, have a delicious mild and nutty flavor. Roland Quartered Artichoke Hearts have a firm yet tender texture. Try them in dips and blended in hummus, or chopped and tossed with hot or cold pasta. Pairs well with crisp white summer wines. Antipasto: add as an attractive and delicious component to any antipasto plate.

Ingredients

ARTICHOKE HEARTS, WATER, SALT, CITRIC ACID AND/OR ASCORBIC ACID.

⚠ Allergens

Free From:

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

Handling Suggestions

After opening, transfer product to an airtight container and store in the refrigerator

Serving Suggestions

. Try them in dips and blended in hummus, or chopped and tossed with hot or cold pasta. Antipasto: add as an attractive and delicious component to any antipasto plate.

Prep & Cooking Suggestions

Open, drain, and use as an ingredient or featured item.

📄 Product Specifications

| Brand | Manufacturer |
|--------|---------------------------|
| Roland | American Roland Food Corp |

| UPC | MFG # | SPC # | GTIN | Pack | Pack Desc. |
|-----|-------|--------|----------------|------|------------|
| | 40512 | 405120 | 10041224405124 | | 6/5.51 LB |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 37lb | 33.06lb | Peru Spain | Yes | |

| Shipping Information | | | | | | |
|----------------------|--------|--------|---------|-------|------------|----------------------|
| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
| 18.75in | 12.5in | 6.25in | 0.85ft3 | 7x8 | 180days | 60°F / 77°F |



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Nutrition Analysis - By Measure

| | | | | | |
|------------------------|-----|---------------------|------|--------------|-------|
| Calories | 80 | Total Fat | 0g | Sodium | 380mg |
| Protein | 4 | Trans Fats | 0g | Calcium | 27mg |
| Total Carbohydrates... | 15g | Saturated Fat | 0g | Iron | 0.8mg |
| Sugars | 1g | Added Sugars | 0g | Potassium | 372mg |
| Dietary Fiber | 7g | Polyunsaturated Fat | | Zinc | |
| Lactose | | Monounsaturated Fat | | Phosphorus | |
| Sucrose | | Cholesterol | 0mg | | |
| Vitamin A(U) | | Vitamin D | 0mcg | Thiamin | |
| Vitamin A(RE) | | Vitamin E | | Niacin | |
| Vitamin C | | Folate | | Riboflavin | |
| Magnesium | | Vitamin B-6 | | Vitamin B-12 | |
| Monosodium | | Sulphites | | Nitrates | |

Additional Images

