

## WORLD HORIZON

# 074211 - Artichoke Heart Quartered In Water

Roland Quartered Artichoke Hearts are low in calories and will make any dish, pizza, soup or salad distinctive.



		<b>Nutrition Fa</b>	cts
e la ser la s	Servings per Container 72 Serving size 0.5cup (130g)		
Art	Hearts	Amount per serving Calories	80
		% Da	aily Value*
		Total Fat Og	1%
NET WT. 51 B 9 OF	artered 5kg) DR. WT. 3 LB. 6 02. (1.55%)	Saturated Fat 0g	0%
	5Kg) DR. WI. 3 LB. 8 CL	Trans Fat 0g	
		Cholesterol 0mg	0%
<b>★</b> Benefits		Sodium 380mg	17%
		Total Carbohydrate 15g	5%
		Dietary Fiber 7g	25%
	Total Sugars 1g		
		Includes Added Sugar	%
Ingredients	Allergens	Protein 4g	
		Vitamin D 0mcg	0%
Artichoke Hearts, Water, Salt, Citric Acid.	Free From:	Calcium 27mg	2%
	crustaceans () eggs () fish () milk	Iron 0.8mg	4%
	Soy () peanuts () sesame () soy () tree nuts	Potassium 372mg	8%
	() wheat	* The % Daily Value (DV) tells you how muc a serving of food contributes to a daily diet. a day is used for general nutrition advice.	

#### Handling Suggestions

This product is shelf stable for 3 years unopened. Once opened, Roland Quartered Artichoke Hearts must be kept refrigerated with water added to cover them in order to retain moisture.

Serving Suggestions

Serve in salads or antipasto, puree for dips, chop and add to pizza, lasagna or casseroles, marinate and serve.

### Prep & Cooking Suggestions

Remove Artichoke Quarters from brine and rinse briefly with cold water. Roland Quartered Artichokes Hearts may be served hot or cold.

# Product Specifications

Brand Manuf		inufacture	facturer P		Product Category		
WORLD HORIZON REMA		MA FOODS	5 Fru	Fruits & Vegetables, Frozen or Canr			
MFG	i #	SPC #		GTIN		Pack	Pack Desc.
20038	WH	074211	100	10041224405100			6/88 OZ
Gross Weight Net Weight		ght Cou	Country of Origin		Kosher	Child Nutrition	
e. 033 .	reigni		0		00		
39.3		38.7lk		PER		Yes	
				PER			
				PER	mation	Yes	ge Temp From/To



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Nutrition Analysis - By Serving

Calories	80	Total Fat	Og	Sodium	380mg
Protein	4	Trans Fats	Og	Calcium	27mg
Total Carbohydrates…	15g	Saturated Fat	Og	Iron	0.8mg
Sugars	1g	Added Sugars		Potassium	372mg
Dietary Fiber	7g	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







