



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.



## Nutrition Facts

Servings per Container	72
Serving size	0.5cup (130g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
<i>% Daily Value*</i>	
<b>Total Fat</b> 0g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 380mg	<b>17%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 1g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 27mg	<b>2%</b>
Iron 0.8mg	<b>4%</b>
Potassium 372mg	<b>8%</b>

\* 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

Ingredients	Allergens
Artichoke Hearts, Water, Salt, Citric Acid.	<b>Free From:</b> crustaceans  eggs  fish  milk peanuts  sesame  soy  tree nuts wheat

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	Manufacturer	Product Category				
WORLD HORIZON	REMA FOODS	Fruits & Vegetables, Frozen or Canned				
MFG #	SPC #	GTIN	Pack	Pack Desc.		
20038WH	074211	10041224405100		6/88 OZ		
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
39.3lb	38.7lb	PER	Yes			
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
18.7in	12.5in	6.3in	0.85ft3	8x7	0DAYS	40°F / 111°F



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## Nutrition Analysis - By Serving

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		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

