



DUET

074229 - Artichoke Heart In Water 40 50 Ct

Roland Artichoke Hearts are low in calories. Roland Artichokes add a distinctive touch to any dish or salad.



Nutrition Facts

Servings per Container 72
Serving size 0.5cup (130g)

Amount per serving
Calories 80

% Daily Value*	
Total Fat	0g 1%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	380mg 17%
Total Carbohydrate	15g 5%
Dietary Fiber	7g 25%
Total Sugars	1g
Includes Added Sugar	0g 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

Ingredients

Artichoke Hearts, Water, Salt and Citric acid and/or ascorbic acid

Allergens

Free From:

crustaceans eggs fish milk

peanuts sesame soy tree nuts

wheat

Handling Suggestions

Once opened, Roland Quartered Artichoke Hearts must be kept refrigerated with water added to cover them in order to retain moisture.

Serving Suggestions

Roland Artichoke Hearts may be braised, sauted, or baked since the leaves are very tender. Remember, they are precooked. Roland artichokes blend well with anchovies, mushrooms, olive oil, sun dried tomatoes, and Roland Olive Pastes or serve in a salad

Prep & Cooking Suggestions

Remove Roland Artichoke Hearts from brine and rinse briefly with cold water. They can be served hot or cold and do not toughen up when cooked.

Product Specifications

Brand		Manufacturer		Product Category		
DUET		REMA FOODS		Vegetables, Canned & Frozen		
MFG #		SPC #	GTIN		Pack	Pack Desc.
20029DUS		074229	10041224405308		6	6/88 OZ
Gross Weight		Net Weight	Country of Origin		Kosher	Child Nutrition
38.7lb		38.65lb	PER		Yes	No
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
18.5in	12.5in	6.3in	0.84ft3	8x1	0DAYS	40°F / 111°F



DUET

074229 - Artichoke Heart In Water 40 50 Ct

Roland Artichoke Hearts are low in calories. Roland Artichokes add a distinctive touch to any dish or salad.



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	0g	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

