

## More Than Fair® Quartered Artichoke Hearts

In Peru, rich fertile soil and abundant sunshine produce some of the world's most delicious artichokes. We work with farmers who prioritize sustainable practices that respect the environment. Select artichokes are washed and outer leaves trimmed before the tender hearts are sliced and packed at the peak of freshness. You will love their simple, clean taste and slightly "nutty" flavor.

Fairtrade International® certification documents that farmers receive a premium for their crop and protection from the risk of falling commodity prices. We are proud to return value and appreciation to the farmers who make these wonderful artichoke hearts possible. In addition, the Non-GMO Project Verified seal confirms our best practices avoid GMOs, delivering wholesome goodness to you and your family.

Directions: Rinse, drain and serve as a side dish or salad topping.

Serving Suggestions: Perfect in salads, side dishes or added to your favorite pizza prior to baking.

Refrigerate unused portion and enjoy within 4 days.



Our policy prohibits the use of genetically engineered ingredients, and encourages Fairtrade practices around the world.

Questions? email [custserv@edwardandsons.com](mailto:custserv@edwardandsons.com)

Delicious  
On Pizza &  
Salad



# QUARTERED

# Artichoke Hearts



NET WT 14 OZ 400g  
DR WT 8.4 OZ 240g



## Nutrition Facts

Serving Size 12 pieces (130g)  
Servings Per Container about 2

Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 340mg	<b>14%</b>
<b>Potassium</b> 210mg	<b>6%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs.

Ingredients: Artichoke Hearts,  
Water, Salt, Citric Acid.

Artichoke Hearts are a gluten free food.

Artichoke Hearts: traded in compliance  
with Fairtrade Standards, total 100%.

Visit [www.info.fairtrade.net](http://www.info.fairtrade.net)

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Product of Peru