

The perfect addition to salad and antipasto

Native Forest® Quartered Artichoke Hearts are grown by independent farmers, who farm sustainably and promote biodiversity by using natural predators to eliminate insect pests, and mulch their crop to conserve water and replenish soil nutrients.

You and your family will love the great taste of Native Forest Artichokes: consistently fresh, tender and delicious! The quality that you see and taste is only a hint of the care in this and every Native Forest product. Enjoy!

Directions: Drain, rinse and serve.

Serving Suggestions: Delicious sliced on salad, chopped in pasta sauce or eaten straight from the can. Add to pizza prior to baking. Combine with sliced Native Forest Organic Hearts of Palm and drizzle with vinaigrette for a delicious "Hearts Salad".

Refrigerate unused portion and enjoy within four days.



Native Forest® is a trademark of:



**A Family Owned
Vegetarian
Company
Since 1978**

Convenience Without Compromise®
Questions? email custserv@edwardandsons.com

*Delicious on
Salad &
Antipasto*



QUARTERED ARTICHOKE HEARTS



SERVING SUGGESTION



NET WT 14 OZ 400g / DR WT 8.5 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*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 340mg **14%**

Potassium 210mg **6%**

Total Carbohydrate 8g **3%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 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.

Edward & Sons Trading Co., Inc.

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Product of Peru

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