

More Than Fair® Quartered Artichoke Hearts

We trim away the outer leaves of fresh artichokes and quarter their tender hearts, before packing them in a simple brine. To best enjoy these delicacies, rinse the artichoke hearts in cool water removing excess salt, then drain and serve them as a side dish or toss them into a salad. Bake them with a breadcrumb topping as a side dish, or garnish your favorite pizza with quartered artichoke hearts prior to cooking. However you serve them, you and your family will love their clean taste and slightly “nutty” flavor.

More Than Fair partners with farmers who prioritize sustainable practices that nurture soil and promote biodiversity. We contract with Fairtrade International® to ensure our farmers receive fair prices for their crop and protection from the risk of falling commodity prices. In addition, the Non-GMO Project Verified seal certifies that our best practices avoid GMOs, delivering wholesome goodness to you and your family. We're proud to be ... **More Than Fair**.

Refrigerate unused portion and enjoy within 4 days.

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

BPANI / NON BPA CAN

Questions? Email custserv@edwardandsons.com



Delicious
On Pizza &
Salad



QUARTERED

Artichoke Hearts



NET WT 14 OZ 400g
DR WT 8.5 OZ 240g



Nutrition Facts

1 serving per container
Serving Size 1 can, drained (240g)

Amount per serving
Calories 60

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 770mg **33%**

Total Carbohydrate 15g **5%**

Dietary Fiber 5g **18%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 3g

Vit. D 0mcg 0% • Calcium 81mg 6%

Iron 1mg 4% • Potas. 380mg 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 nutritional advice.

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

Fairtrade contributes to sustainable development for certified producers by enabling fairer trading conditions, social change and environmental protection.

Artichoke Hearts are Fairtrade certified, traded, audited and sourced from Fairtrade producers, total 100%.

For more information, visit info.fairtrade.net/sourcing

More Than Fair® is a trademark of and distributed by Edward & Sons Trading Co., Inc.
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Convenience
Without Compromise®

Product of Peru

Also Try:



More Than Fair®
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Coconut Milk

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