

Fresh artichokes are washed and outer leaves trimmed before we pack these tender whole artichoke hearts at their peak of flavor. Enjoy them straight from the jar, serve them as a side dish or create wonderful additions to salads and antipasto. **More Than Fair®** Whole Artichokes are certified by Fairtrade International® to provide fair compensation to farmers.

We partner with farmers who prioritize sustainable practices that nurture soil and respect the environment.

The Non-GMO Project Verified Seal certifies our avoidance of GMOs, delivering wholesome goodness to your family.

We're proud to be **More Than Fair.**

Directions: Rinse, drain and serve. Refrigerate unused portion in glass or plastic container and enjoy within 4 days.

Delicious
In Pasta &
Au Gratin



Whole Artichoke Hearts



NET WT 9.8 OZ 280g
DR WT 5.8 OZ 165g



Nutrition Facts Servings: 1, **Serv. size: 1 jar drained (165g).** Amount per serving: **Calories: 50,** **Total Fat:** 0g (0% DV), **Sat Fat:** 0g (0% DV), **Trans Fat:** 0g, **Cholest.:** 0mg (0% DV), **Sodium:** 530mg (23% DV), **Total Carb.:** 10g (4% DV), **Fiber:** 3g (11% DV), **Total Sugars:** 2g (Incl. 0g added sugars, 0% DV), **Protein:** 2g, **Vit. D:** (0% DV), **Calcium:**(4% DV), **Iron:** (2% DV), **Potas.:** (6% DV). V792_25

Ingredients: Artichoke Hearts, Water, Sea 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

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