



The beautiful South American country of Ecuador boasts wonderful biodiversity, with thousands of species of plants and animals thriving in its lush tropical climate. Land formerly used to raise cattle has

been converted into certified organic farmland, where indigenous palms, known locally as *chontaduro*, are cultivated for their "hearts". These traditional vegetables, harvested from the inner buds of chontaduro, are enjoyed locally in fresh salads and featured in various Ecuadorian dishes.

We have cleverly crafted organic hearts of palm into low calorie, grain and gluten free pasta, perfectly in step with many popular diets. Packed only in water, organic palm pasta retains a naturally creamy color, resembling the grain-based pasta it typically replaces.

Organic Hearts of Palm Lasagna needs no boiling - simply remove it from the can, then layer it with ricotta, tomato sauce, spinach or mushrooms and shredded cheese. Cover and bake at 350°F for 30-45 minutes for a wonderful, piping hot entrée.

See [edwardandsonsrecipes.org](http://edwardandsonsrecipes.org) for delicious recipe ideas.



Ecuadoria™ is a trademark of Edward & Sons Trading Co., Inc. We are a family-owned, vegetarian company offering Convenience Without Compromise® since 1978.



Organic certification prohibits the use of GMOs and other unwelcome ingredients. Choosing organic foods benefits our farmers, our families and our planet.



NON BPA (BPANI)



ORGANIC | GRAIN FREE

HEARTS OF PALM

Lasagne  
SHEETS

SERVING SUGGESTION



PAREVE



NET WT  
14 OZ 400g  
DR WT 7.7 OZ 220g

NO BOIL • GLUTEN FREE PASTA

## Nutrition Facts

About 4 servings per container  
Serving Size 2 oz (56g)

Amount per serving  
**Calories 15**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 1g **4%**

Total Sugars less than 1g

Includes 0g Added Sugars **0%**

**Protein** less than 1g

Vit. D 0mcg **0%** • Calcium 19mg **2%**

Iron 0mg **0%** • Potas. 90mg **2%**

\*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:  
Organic  
Hearts of Palm,  
Water.

Also Try:



VB87 20

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Certified organic by QAI  
Product of Ecuador

Refrigerate  
unused portion  
and enjoy within  
4 days.

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