



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 Ecuadoran dishes.

Prized by chefs and food lovers worldwide, Organic Hearts of Palm are a delicious addition to any meal. Slice and toss them into your favorite salads. Sauté them with oil, onions and garlic to create a savory side dish. Blend them with roasted red pepper and mayonnaise for a delicious alternative to hummus. Or just enjoy them as a yummy, low-calorie snack, directly from the can.

See 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.



SERVING SUGGESTION



ORGANIC

Hearts of Palm

Palmitos Orgánicos



NET WT
14 OZ 400g
DRWT 7.7 OZ 220g

LOW CALORIE • DELICIOUS IN SALADS

Nutrition Facts

About 8 servings per container
Serving Size 1 oz (28g)

Amount per serving
Calories 5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 1g 0%

Dietary Fiber less than 1g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein less than 1g

Vit. D 0mcg 0% • Calcium 10mg 0%

Iron 0mg 0% • Potas. 55mg 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.

Dist. by: Edward & Sons Trading Co., Inc.

Edward & Sons
PO Box 1326
Carpinteria, CA 93014 USA
edwardandsons.com

Certified organic by QAI
Product of Ecuador

Ingredients:
Organic Hearts
of Palm, Water,
Citric Acid, Salt.

Also Try:



Refrigerate
unused portion
and enjoy within
4 days.

custserv@
edwardandsons.com

NON BPA (BPANI)

