

Native Forest® Whole Artichoke Hearts are grown with sustainable practices that replenish soil nutrients and promote biodiversity. Tender and delicious, they are superb in salads and side dishes, or treat yourself to a light and wholesome artichoke snack straight from the jar. Your whole family is sure to enjoy Native Forest Whole Artichoke Hearts! The quality you see and taste is only a hint of the care that goes into every Native Forest product.

Directions: Drain, rinse and serve.

Serving Suggestions: Slice into pasta sauce, salads or pizza topping.

Refrigerate unused portion and enjoy within 4 days.



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*Delicious on  
Salad &  
Antipasto*



# WHOLE ARTICHOKE HEARTS

NET WT 9.9 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).

### Ingredients:

Artichoke Hearts, Water, Sea Salt, Citric Acid.

Artichoke Hearts are a gluten free food.

Edward & Sons Trading Co., Inc.

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Convenience Without Compromise®

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