

Native Forest® Organic Quartered Artichoke Hearts are sustainably grown, which replenishes soil nutrients and promotes biodiversity. Tender and delicious, they are superb in salads and side dishes, or as a quick and wholesome snack.

You and your family are sure to enjoy Native Forest Organic Quartered 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: Stir into pasta sauce or mix into salads. Add on top of pizza prior to baking.

Combine with sliced Native Forest Organic Hearts of Palm and drizzle with vinaigrette for a delicious "Hearts Salad."

Refrigerate unused portion and enjoy within 4 days.

Native Forest® is a trademark of Edward & Sons Trading Co., Inc.



We are a family-owned, vegetarian company offering Convenience Without Compromise® since 1978.
custserv@edwardandsons.com

NON-BPA CAN • BPANI



**NATIVE
FOREST®**

QUARTERED ORGANIC ARTICHOKE HEARTS



SERVING SUGGESTION

NET WT. 14 oz.
400g
DR. WT. 8.5 oz.
240g

Nutrition Facts

About 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

Vitamin D 0mcg 0% • Calcium 81mg 6%
Iron 0.6mg 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: Organic Artichoke Hearts,
Water, Sea Salt, Citric Acid.

Dist. by: Edward & Sons Trading Co., Inc.
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Certified organic by QAI
Product of Peru

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