



## FROZEN MARINATED ARTICHOKE QUARTERS

Our frozen quarters start as artichoke hearts that have been uniformly quartered, marinated in oil, herbs and spices and then IQF frozen. Once thawed, no draining or rinsing is necessary, resulting in 100% usable product. Packed in bags to prevent risk of metal shavings in production.





# FROZEN MARINATED ARTICHOKE QUARTERS

Nutrition Facts	
About 12 servings per container	
Serving size	3/4 Cup (85g)
Amount per serving	
<b>Calories</b>	<b>35</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein 2g</b>	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.4mg	2%
Potassium 100mg	2%

\*The % Daily Value 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 nutrition advice.



## INGREDIENTS

Artichoke Quarters, Citric Acid, Salt, Vinegar, Lemon, Water, Olive Oil, Pepper, Dehydrated Parsley.

## STORAGE INSTRUCTIONS

Keep frozen until ready to use.  
Thawing Instructions: remove from freezer and leave in refrigerator overnight. Use within 3 days.

## SPECS

Product Name	Frozen Marinated Artichoke Quarters
Item Number	02141
UPC Number	818646021415
Case Pack	10 / 1 Kg
Case Net Wt	22 lbs.
TI x HI	9 x 10
Shelf Life	18 Months Frozen / 3 Days once Thawed