



303007C Artichoke Hearts (Cooks & Co)



Pack Size: 12 X 390G

Details: Artichoke hearts can be served as snacks, appetizers or as a tasty ingredient for salads and other side dishes.

Allergen Information

Free from:

Cereal, Celery, Crustaceans, Eggs, Fish, Gluten, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide, Soya

Suitable for:

Vegetarians, Vegan

Handling Information

Directions For Use:

Ready to eat

Storage Instructions:

Store in a cool, dry place. Once opened, transfer into a non-metallic container, keep refrigerated and consume within 3 days.

Product Ingredients

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Artichoke Hearts, Water, Salt, Acidity Regulator: Citric Acid.

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

34 kcal / 141 kJ

Fat:

0.5 g

of which saturates:

0.1 g

Carbohydrates:

5.7 g

of which sugars:

1.1 g

Fibre:

3 g

Protein:

1.2 g

Salt:

0.81 g

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.

