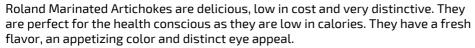


American Roland Food Corp.

44999 - Marinated Artichoke Hearts







* Benefits

Ingredients	A Allergens
Artichoke Hearts, Water, Sunflower Oil, Can Vinegar, Salt, Spices, Citric Acid and/or Ascorbic Acid.	Contains: Soy Free From: So crustaceans eggs fish milk peanuts so sesame tree nuts whea

Nutrition Facts

Servings per Container 228 Serving size 2pcs (30g)

Amount per serving Calories

15

% Da	aily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 1g	_
Vitamin D 0µg	0%
Calcium 7.8mg	1%
Iron 0.3mg	2%
Potassium 82mg	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 nutrition advice.

Handling Suggestions

Refrigerate after opening.

Serving Suggestions

Use Roland Marinated Artichoke Hearts in salads, appetizers, antipasto, pizza and dips. They go well with a variety of main and side dishes and maybe served hot or cold.

Prep & Cooking Suggestions

Use Roland Marinated Artichokes at room temperature.

Product Specifications

Brand	Manufacturer	Product Category		
Roland	American Roland Food Corp.	Vegetables, Canned & Frozen		

MFG #	SPC #	GTIN	Pack	Pack Desc.
40858	44999	10041224408583		6/67 oz

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
36lb	25.5lb	ESP	No	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15in	10.25in	8.5in	0.76ft3	11x6	1440DAYS	40°F / 75°F





American Roland Food Corp.

44999 - Marinated Artichoke Hearts



Roland Marinated Artichokes are delicious, low in cost and very distinctive. They are perfect for the health conscious as they are low in calories. They have a fresh flavor, an appetizing color and distinct eye appeal.

Nutrition Analysis - By Serving

Calories	15kcal	Total Fat	1g	Sodium	85mg
Protein	1g	Trans Fats	0g	Calcium	7.8mg
Total Carbohydrates	2g	Saturated Fat	0g	Iron	0.3mg
Sugars	1g	Added Sugars	0g	Potassium	82mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0µg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images







