Item # VGCJ184

monaco®
PREMIUM QUALITY

Artichoke Hearts

CANNED VEGETABLES

PACK	MANUFAC ITEM#	UPC#	VENDOR TI/HI	BOX DIMENSION
24 x 14 Oz	GRO-VEG-ART-004	856840001185	14/5	L:12" / H:9" / W:9"
6 x 3 Kg	GRO-VEG-ART-003	856840001666	7/7	L:19"/ H:6"/ W:13"

Nutrition Facts / Datos de Nutrición
Serv. Size: 1/2cup / Tamaño por Ración: 126g
Servings per Container about 12 / Raciones por Envase: 12 aprox.

Amount per Serving / Cantidad por Ración	
Calories / Calorías 70	
Calories from Fat / Calorías de Grasa	0
	% Daily Value* / % Valor diario*
Total Fat / Grasa Total 0g	0%
Saturated Fat / Grasa Saturada 0g	0%
Trans Fat / Grasa Trans 0g	
Cholesterol / Colesterol 0mg	0%
Sodium / Sodio 480mg	20%
Total Carbohidrato / Carboh. Total 13g	4%
Dietary Fiber / Fibra dietética 7g	28%
Sugars / Azúcares 1g	
Protein / Proteínas 4g	

Vitamin / Vitamina A 0%	Iron / Hierro 6%
Vitamin / Vitamina C 60%	Calcium / Calcio 4%

(*) Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Los porcentajes de Valores diarios están basados en una dieta de 2.000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de sus necesidades calóricas:

	Calories / Calorías	2000	2800
Total Fat / Grasa Total	Less than/Menos de	65g	80g
Sat. Fat / Grasa Saturada	Less than/Menos de	20g	25g
Cholesterol / Colesterol	Less than/Menos de	300mg	300mg
Sodium / Sodio	Less than/Menos de	2400mg	2400mg
Total Carbohydrate / Carbohidrato		300g	375g
Dietary Fiber / Fibra Dietética		25g	30g

Calories per gram / Calorías por gramo:
Fat/Grasa 9 • Carbohydrate/Carbohidrato 4 • Protein/Proteínas 4

Product: ARTICHOKE HEARTS
Product Description: NATURAL ARTICHOKE HEARTS
Brand: MONACO
Ingredients: Artichoke Hearts, Water, Salt, Citric Acid, Calicium Chloride and Ascorbic Acid.
Country of Origin: Spain - Peru - Chile
Temp. Zone: Room Temperature
Shelf Life: 3 Years

Benefits:
Artichokes are a delicious way to get nutrients that research shows we typically lack in our diets — fiber, vitamin C, magnesium and potassium.

Additional Information:
The Artichoke is a low-calorie, nutrient-rich vegetable. According to the USDA, one medium Artichoke is an excellent source of fiber and vitamin C, and a good source of folate and magnesium. Artichokes also are a natural source of antioxidants. In fact, recent research shows cooked artichokes are the highest antioxidant source among all fresh vegetables.

Manufacturer Product Spec Sheet Distributed by
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