

monaco®
PREMIUM QUALITY

Quartered Artichokes



CANNED VEGETABLES

PACK	MANUFAC ITEM#	UPC#	VENDOR TI/HI	BOX DIMENSION
24 x 14 Oz	GRO-VEG-ART-002	811642021519	14/5	L:12" / H:9" / W:9"
6 x 2.5 Kg	GRO-VEG-ART-001	856840001161	7/7	L:19" / H:6" / W:13"

Nutrition Facts / Datos de Nutrición

Serv. Size: 1/2 Cup / Tamaño por Ración: 125g
Servings per Container about 12 / Raciones por Envase: 12 aprox.

Amount per Serving / Cantidad por Ración

Calories / Calorías 74

Calories from Fat / Calorías de Grasa 3

Total Fat / Grasa Total 0.4g 0%

Saturated Fat / Grasa Saturada 0g 0%

Trans fat / Grasa Trans 0g 0%

Cholesterol / Colesterol 0mg 0%

Sodium / Sodio 150mg 6%

Potassium / Potasio 0mg 0%

Total Carbohydrates / Carboh. Total 12g 4%

Dietary Fiber / Fibra Dietética 6g 24%

Sugar / Azúcares 1g

Protein / Proteínas 4g

Vitamin / Vitamina A 4% Vitamin / Vitamina C 4%

Calcium / Calcio 4% Iron / Hierro 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 menores o mayores dependiendo de sus necesidades calóricas:

	Calories / Calorías	2000	2500
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
Potassium / Potasio		3600mg	3500mg
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: QUARTERED ARTICHOKE HEARTS
Product Description: QUARTERED ARTICHOKE HEARTS
Brand: MONACO
Ingredients: Artichokes, Water, Salt, Citric Acid and Ascorbic Acid
Country of Origin: Spain - Peru - Chile
Temp. Zone: Room Temperature
Shelf Life: 3 Years

Benefits:

Artichoke hearts have a pleasant, slightly sweet taste and a creamy texture. You can class up a chicken or pasta dish right away with the addition of artichoke hearts.

Additional Information:

Not only are artichokes rather elegant and delicious, they're also full of nutritional benefits, such as the following:

- The flavonoids in artichokes might reduce the risk of developing prostate cancer, breast cancer and leukemia.
- Artichokes might help to regenerate liver tissue.
- Artichokes contain more antioxidants than any other vegetable.
- One single artichoke provides you with 25% of your daily recommended amount of fiber!

MANUFACTURER PRODUCT SPEC SHEET DISTRIBUTED BY

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