

# Artichoke hearts quarters



## Nutrition information (100g)

Energy 124kJ/30kcal

Fat 0.5g

Fat of which saturates 0.2g

Carbohydrate 1.9g

Carbohydrate of which sugars 1.9g

Fibre 4.9g

Protein 2.0g

Salt 0.45g

## Preparation



Place in boiling water and bring back to boil. For cooking time, follow the instructions on the packaging.



Put the desired quantity of product in a microwave bowl, cover and cook, stirring well.

## Logistical information (euro pallet)



10.0 kg

Item code: 10001409

Number and weight: 1x10.0 kg

Layer/cartons (subject to modification): 8x7

GTIN CU: 5411361058046

GTIN SU: 05411361058046

Packaging: polybag



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