



Cooks & Co Artichoke Hearts FC (12x390-400g)

Additional Information

Product Code	528547
Product Description	Artichoke Hearts in brine. Oven roast, add to a pizza topping, or stir through pasta.
Height (mm)	114.0000
Length (mm)	312.0000
Width (mm)	226.0000
Outer EAN 1	5060016820042
Storage Type	Ambient
Brand	Cooks & Co

Ingredients

Ingredients	Artichoke Hearts, Water, Salt, Acidity Regulator: Citric Acid.
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Dietary Information

Approved for a Halal Diet	No
Approved for a Kosher Diet	No
Suitable for Coeliacs	No
Suitable for Lactose-Free Diet	Yes
Suitable for a Vegan Diet	Yes
Suitable for a Vegetarian Diet	Yes

Allergens

Celery	No
Gluten	No
Crustacea	No
Egg	No
Fish	No
Lupin	No
Milk	No
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No
Sesame	No
SOYA	No
Sulphites	No

Nutritional Information

Carbohydrate Per 100g (g)	5.7 g
Carbohydrate of which Sugars per 100g (g)	1.1 g
Fat per 100g (g)	0.5 g
Fat of which Saturates per 100g (g)	0.1 g
Fibre per 100g	3 g
Energy per 100g (kcal)	34 kcal
Energy per 100g (kJ)	141 kJ
Protein per 100g (g)	1.2 g
Salt per 100g (g)	0.81 g

Disclaimer:

While we endeavour to ensure the accuracy of all product, pricing and nutritional data at all times, and that information is provided in good faith, we are not the manufacturers of these products and any such information we provide is therefore reliant on the accuracy and completeness of information provided to us by our suppliers.

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