

For more of our sun-drenched

100 Queensbury Rd, Wembley, Middlesex HAO 1QG. Cranswick Country Foods

STORAGE: Store in a cool dry place.

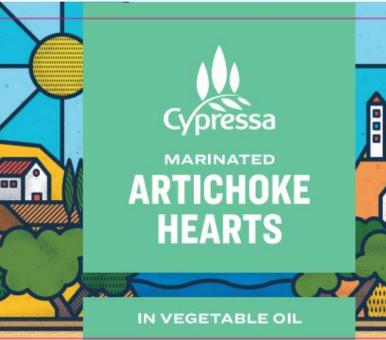
BEST BEFORE END: SEE JAR.











Artichoke hearts in a blend of vegetable oils.

INGREDIENTS: Marinated Artichoke Hearts (57%) (Artichoke Hearts, White Wine Vinegar, Salt, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Sunflower Oil, Extra Virgin Olive Oil (3%), Parsley.

ALLERGY ADVICE: May contain Nuts, Milk, Fish, Mustard.

NUTRITIONAL INFORMATION TYPICAL VALUES DRAINED PER 100g

Energy	239kJ/58kca
Fat	5.1g
of which saturates	0.5g
Carbohydrate	1.3g
- of which sugars Fibre	1.2g 1.9a
Protein	1.1g
Salt	2.00

net weight drained weight 280ge 160ge