



## ARTICHOKE WEDGES RICH TASTE 150 G



### *Ingredients*

Artichoke wedges 92%, sunflower oil, extra virgin olive oil, salt, rosemary, garlic.

## Product Sheet

Product Code	353145
EAN Confezione	8003495531457
Weight (G)	150
Packs Per Carton	12
Cartoni Per Strato	9
Cartoni Per Pallet	180

## Directions

### Pan

Put the Artichoke Wedges in a non-stick pan without thawing. Add a tablespoon of water and cook for about 6 minutes without the lid and stirring occasionally.

### Microwave

Place the sealed bag on a plate, with the back seal facing upwards. Put the plate in the microwave and cook for 3 minutes at 750 Watts or for 2 and a half minutes at 900 Watts. After cooking, remove plate and bag from the microwave, and wait another 1-2 minutes before opening. Pour the Artichoke Wedges into a bowl and use them as you prefer. **WARNING:** do not open or pierce the bag before microwaving. The bag is very hot after cooking; touch it only at the edges.

## Nutrition Facts

	For 100 G	Per Portion (150 G)
Energy	263 kJ / 64 kcal	394 kJ / 95 kcal
Total fat	4.5 g	6.8 g
Saturated fatty acids	0.6 g	0.9 g
Carbohydrate	3.2 g	4.8 g
Sugars	0.9 g	1.4 g
Fiber	3.1 g	4.7 g
Proteins	1 g	1.5 g
Salt	0.9 g	1.4 g