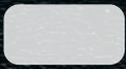


Cucina & Amore

NATIONAL CATALOG





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Pasta Sauces

Made in Italy

4 Authentic Italian Sauces

No Water Added,
No Artificial Flavors

1 Jar Pairs Perfectly
with 1 lb of Pasta





SB T



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Nutrition Facts	
4 Serving Per Container	
Serving Size 1/2 cup (125g)	
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	10%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	10%
Total Sugars 6g	
Includes <1g Added Sugars	0%
Protein 2g	
Vitamin D 0.6mcg 3%	Calcium 32mg 2%
Iron 0.6mg 4%	Potassium 440mg 10%



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6 x 1 g 8 C C C C C C C C C C

Nutrition Facts	
4 Serving Per Container	
Serving Size 1/2 cup (125g)	
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 610mg	26%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 5g Added Sugars	10%
Protein 2g	
Vitamin D 0.7mcg 4%	Calcium 32mg 2%
Iron 0.6mg 2%	Potassium 420mg 8%



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6 x 1 g 8 C C C C C C C C C C

Nutrition Facts	
4 Serving Per Container	
Serving Size 1/2 cup (125g)	
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 2.4g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	10%
Total Sugars 6g	
Includes <1g Added Sugars	0%
Protein 3g	
Vitamin D 0.7mcg 4%	Calcium 35mg 4%
Iron 0.8mg 4%	Potassium 470mg 10%



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Nutrition Facts	
4 Serving Per Container	
Serving Size 1/2 cup (125g)	
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 440mg	19%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D 0.6mcg 4%	Calcium 110mg 8%
Iron 5mg 27%	Potassium 379mg 8%



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Pesto Sauces



Made With Fresh Basil

4 Delicious Flavors

No Artificial Flavors

Shelf Stable





NA



Nutrition Facts	
8 servings per container	
Serving size	1oz (28g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 8g	11%
Saturated 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg 0%	Calcium 50mg 4%
Iron 0.5mg 4%	Potas. 70mg 2%

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Nutrition Facts	
4.5 servings per container	
Serving size	1/4 cup (50g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 17g	21%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	6%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg 0%	Calcium 17mg 2%
Iron 0.3mg 2%	Potas. 30mg 0%

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Nutrition Facts	
8 servings per container	
Serving size	1oz (28g)
Amount per serving	
Calories	55
% Daily Value*	
Total Fat 4g	5%
Saturated <0.5g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	6%
Total Sugars 1g	
Includes <1g Added Sugars	1%
Protein 2g	
Vitamin D 0mcg 0%	Calcium 70mg 6%
Iron 2mg 12%	Potas. 130mg 4%

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Nutrition Facts	
4.5 servings per container	
Serving size	1/4 cup (50g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 1g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg 0%	Calcium 46mg 4%
Iron 0.8mg 4%	Potas. 85mg 2%

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Organic Italian Pasta

Made in Italy



**Made with
Organic Durum
Wheat Semolina**



**Made with
Bronze Dies**





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INGREDIENTS: Organic Durum Wheat Semolina
 SHELF LIFE: 36 months
 UNIT SIZE: 16oz

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Total Fat	1g	1%	Total Carbohydrate
Saturated Fat	0g	1%	Dietary Fiber	2g 7%
Trans Fat	0g		Total Sugars	1g
Cholesterol	0mg	0%	Includes 0g Added Sugars	0%
Sodium	0mg	0%	Protein	7g
Calories per serving	200		Vitamin D	0%
			Calcium	0%
			Iron	4%
			Potassium	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Italian Gnocchi

Made in Italy

High Quality 80%
Potato Recipe

Shelf Stable





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Nutrition Facts

4 servings per container
Serving size 1 cup (100g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 0.3 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 560 mg	24%
Total Carbohydrate 36 g	13%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 3 g	
Vitamin D 0 mcg	0%
Calcium 20 mg	2%
Iron 0.3 mg	2%
Potassium 127 mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





Extra Virgin Olive Oil

FRUTTATO

Product of Greece

Made from Koroneiki Olives

Fresh Fruity Aroma

Ideal for Poultry, Seafood,
Baking & Everyday Use

ROBUSTO

Product of Italy

Made from Coratina Olives

Full Flavored with
Slight Peppery Finish

Ideal for Grilled Meat &
Vegetables, Salads & Soups





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Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Total Fat 14g	18%	Total Carbohydrate 0g	0%
Saturated Fat 2g	10%	Dietary Fiber 0g	0%	
<i>Trans</i> Fat 0g		Total Sugars 0g		
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%	
Sodium 0mg	0%	Protein 0g	0%	

50 Servings Per Container
Serv. Size 1 Tbsp (15 ml)
Calories 130 per serving

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Total Fat 14g	18%	Total Carbohydrate 0g	0%
Saturated Fat 2g	10%	Dietary Fiber 0g	0%	
<i>Trans</i> Fat 0g		Total Sugars 0g		
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%	
Sodium 0mg	0%	Protein 0g	0%	

50 Servings Per Container
Serv. Size 1 Tbsp (15 ml)
Calories 130 per serving

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Grapeseed Oil

Product of Italy



Low in Saturated Fat



No Cholesterol,
No Trans Fats



High Smoke Point



Ideal for Frying



High in Vitamin E





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Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
50 Servings Per Container		Total Fat	14g 18%	Total Carbohydrate	0g 0%
Serving Size 1 Tbsp (15 ml)		Saturated Fat	1.5g 7%	Dietary Fiber	0g 0%
Calories 124		Trans Fat	0g	Total Sugars	0g
		Cholesterol	0mg 0%	Includes 0g Added Sugars	0%
		Sodium	0mg 0%	Protein	0g 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Balsamic Vinegar

**Product of
Modena, Italy**

I.G.P. Certified

**Made from the Must
of Trebbiano &
Lambrusco grapes**

Aged in Oak Barrels





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Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carb. 12.0g	2.5%	
Sat. Fat 0g	0%	Dietary Fiber 0g	0%	
Trans Fat 0g		Sugars 12.6g		
Cholesterol 0mg	0%	Protein 0.2g		
Sodium 4mg	0%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
Not a significant source of vitamin A, vitamin C, calcium and iron.



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Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carb. 4.2g	1%	
Sat. Fat 0g	0%	Dietary Fiber 0g	0%	
Trans Fat 0g		Sugars 4.2g		
Cholesterol 0mg	0%	Protein 0.1g		
Sodium 3mg	0%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
Not a significant source of vitamin A, vitamin C, calcium and iron.



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Bruschetta

**Delicious & Healthy
Appetizers**

4 Delicious Flavors

**Also use as Side Dish or
Sandwich Spread**





A R



Nutrition Facts	
8 servings per container	
Serving size 1oz (28g)	
Amount per serving	25
Calories	% Daily Value*
Total Fat 2g	3%
Saturated 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	6%
Total Carbohydrate 2g	1%
Dietary Fiber <1g	3%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mg 0%	Calcium 10mg 0%
Iron 0.1mg 0%	Potas. 25mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Nutrition Facts	
8 servings per container	
Serving size 2 tsp (28g)	
Amount per serving	45
Calories	% Daily Value*
Total Fat 4g	5%
Saturated 2g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein <1g	
Vitamin D 0mg 0%	Calcium 20mg 2%
Iron 0.3mg 2%	Potas. 90mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Nutrition Facts	
8 servings per container	
Serving size 1oz (28g)	
Amount per serving	60
Calories	% Daily Value*
Total Fat 5g	6%
Saturated 0.5g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein <1g	
Vitamin D 0mg 0%	Calcium 10mg 0%
Iron 0.1mg 0%	Potas. 65mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Nutrition Facts	
8 servings per container	
Serving size 2 tsp (28g)	
Amount per serving	50
Calories	% Daily Value*
Total Fat 4.5g	6%
Saturated 0.5g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mg 0%	Calcium 35mg 2%
Iron 0.3mg 2%	Potas. 65mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Artichoke Hearts

Marinated, Grilled &
In Brine Artichokes
Available

Whole & Quartered
Sizes Available

Use as Appetizer,
Salad Topping,
Ingredient,
Snack or Side Dish





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Nutrition Facts	
About 15 servings per container	
Serving size 1oz (28g/ 2 pieces with liquid)	
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein <1g	
Vitamin D 0mcg 0%	Calcium 10mg 0%
Iron 0.1mg 0%	Potas. 50mg 2%

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Nutrition Facts	
About 15 servings per container	
Serving size 1oz (28g/ 1 piece with liquid)	
Amount per serving	
Calories	20
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein <1g	
Vitamin D 0mcg 0%	Calcium 10mg 0%
Iron 0.1mg 0%	Potas. 50mg 2%

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Nutrition Facts	
About 2 servings per container.	
Serving size 1/2 cup (130 g)	
Amount per serving	
Calories	25
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	10%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg 0%	Calcium 45mg 4%
Iron 0.7mg 4%	Potas. 251mg 6%

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Nutrition Facts	
3 servings per container	
Serving size 1/2 cup (130g)	
Amount per serving	
Calories	25
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 389mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 5g	20%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	

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Nutrition Facts	
3 servings per container	
Serving size 1/2 cup (130g)	
Amount per serving	
Calories	25
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 389mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 5g	20%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	



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Tricolor Jalapenos

**Colorful, Flavorful,
Versatile**

**Use on sandwiches,
pasta, salads & pizza**





Nutrition Facts

Serving Size 1/4 Cup (30 g)
Servings Per Container 8

Amount Per Serving	
Calories 5	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carb 1g	0%
Dietary Fiber 0g	0%
Sugars <1g	
Protein 0g	
Vitamin A 0%	Vitamin C 30%
Calcium 2%	Iron 0%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

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Hearts of Palm

Hand-selected at
the peak of freshness

Versatile Ingredient
for appetizer, salads
& side dishes

Sustainably
Farmed

Low in Calories
& Sugar





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Nutrition Facts	
8 servings per container	
Serving size	30g
Amount per serving	
Calories	5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 1g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Not a significant source of Vitamin D, Calcium, Iron and Potassium.	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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Nutrition Facts	
7 servings per container	
Serving size	30g
Amount per serving	
Calories	5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 1g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Not a significant source of Vitamin D, Calcium, Iron and Potassium.	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

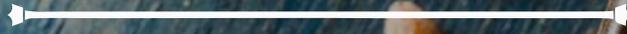


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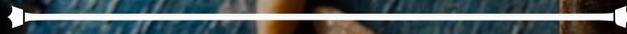


Dry Beans & Grains

**Eye-Catching
Elegant Labeling**



Vacuum Packed



Easy to Display



Imported from Italy





A



8 y l f 8
x B B



Nutrition Facts	
Servings Per Container about 10	
Serving Size 1/4 cup (59g)	
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat	1g 2%
Saturated Fat	0.5g 2%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	0mg 0%
Total Carbohydrate	33g 12%
Dietary Fiber	5g 18%
Total Sugars	1g
Includes 0g Added Sugars	0%
Protein	7g
Vitamin D	0mcg 0%
Calcium	10mg 1%
Iron	2mg 11%
Potassium	140mg 3%

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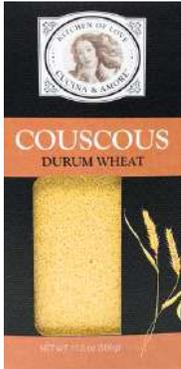


8 y l f 8
B C B



Nutrition Facts	
Servings Per Container about 8	
Serving Size 1/4 cup (54g)	
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat	0.5g 1%
Saturated Fat	0.2g 1%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	0mg 0%
Total Carbohydrate	43g 16%
Dietary Fiber	1g 2%
Total Sugars	1g
Includes 0g Added Sugars	0%
Protein	4g
Vitamin D	0mcg 0%
Calcium	0mg 0%
Iron	0.2mg 1%
Potassium	49mg 1%

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Nutrition Facts	
Servings Per Container about 9	
Serving Size 2/3 cup (55g)	
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat	1g 1%
Saturated Fat	Less than 1g 1%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	0mg 0%
Total Carbohydrate	39g 14%
Dietary Fiber	2g 3%
Total Sugars	1g
Includes 0g Added Sugars	0%
Protein	7g
Vitamin D	0mcg 0%
Calcium	0mg 0%
Iron	0mg 0%
Potassium	143mg 3%

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Nutrition Facts	
Servings Per Container about 6	
Serving Size 1/2 cup (83g)	
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat	1.5g 2%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	0mg 0%
Total Carbohydrate	43g 16%
Dietary Fiber	13g 46%
Total Sugars	2g
Includes 0g Added Sugars	0%
Protein	15g
Vitamin D	0mcg 0%
Calcium	73mg 0%
Iron	5.4mg 26%
Potassium	602mg 15%

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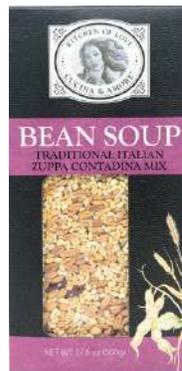


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Nutrition Facts	
Servings Per Container about 7	
Serving Size 1/3 cup (65g)	
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat	1g 1%
Saturated Fat	1g 1%
Trans Fat	1g
Cholesterol	0mg 0%
Sodium	0mg 0%
Total Carbohydrate	50g 18%
Dietary Fiber	1g 4%
Total Sugars	Less than 1g
Includes 0g Added Sugars	0%
Protein	4g
Vitamin D	0mcg 0%
Calcium	12mg 0%
Iron	0.3mg 2%
Potassium	65mg 1%

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Nutrition Facts	
Servings Per Container about 6	
Serving Size 1/2 cup (83g)	
Amount Per Serving	
Calories	270
% Daily Value*	
Total Fat	1g 1%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	2mg 0%
Total Carbohydrate	51g 19%
Dietary Fiber	3g 11%
Total Sugars	2g
Includes 0g Added Sugars	0%
Protein	14g
Vitamin D	0mcg 0%
Calcium	43mg 3%
Iron	4.5mg 25%
Potassium	747mg 15%

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Wafer Rolls

Product of Greece

Made with Coconut Oil, No Palm Oil

Crunchy with a Delicious Creamy Center

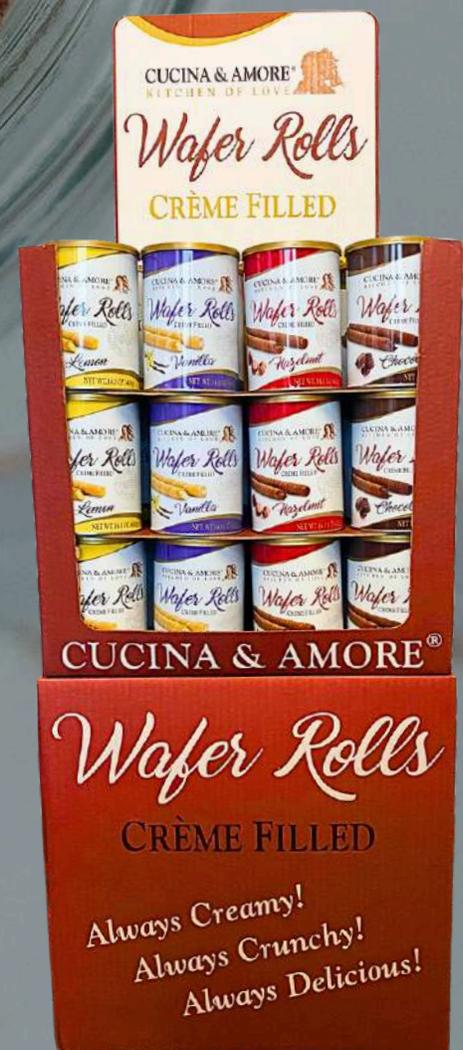
No High Fructose Corn Syrup





Wafer Roll Shippers

- Perfect for Holidays
- Includes all 4 Flavors
- Pre-packed with 36 Units (9 units of each flavor)
- Made with Coconut Oil
No Palm Oil
- Product of Greece
- Crunchy with a
Delicious Creamy Center
- No High Fructose
Corn Syrup





Saffron

**Hand Picked, Premium,
Spanish Saffron**

Colorful, Aromatic & Flavorful

**Category 1 Rating
(Color Strength > 250)**

**12-pack Tray for Effective
Product Display**

**Eye-Catching 0.5gr
Blister Card**





Bruschetta Gift Packs

Best Sellers Trio

Great holiday or
year round gift

Also use as Side Dish or
Sandwich Spread





Pesto Gift Pack

Best Sellers Trio

Great holiday or year round gift

A pesto flavor for every palate

Great for pasta, pizza, spread, dip and more!





Nutrition Facts	
4.5 servings per container	
Serving size	1/4 cup (50g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	1%
Total Sugars <1g	
Includes <1g Added Sugars	0%
Protein 2g	
Vitamin D 0.6mcg 2%	Calcium 78mg 6%
Iron 0.8mg 4%	Potas. 90mg 2%

Nutrition Facts	
4.5 servings per container	
Serving size	1/4 cup (50g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg 0%	Calcium 46mg 4%
Iron 0.8mg 4%	Potas. 85mg 2%

Nutrition Facts	
4.5 servings per container	
Serving size	1/4 cup (50g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 17g	21%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	6%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg 0%	Calcium 17mg 2%
Iron 0.3mg 2%	Potas. 30mg 0%

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Monday to Friday, 7 AM to 4 PM (PST)



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Richmond, CA 94806



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OFFERS, AND MORE!



**KITCHEN &
LOVE**

Cucina Et Amore

Kitchen & Love

2025 National Catalog



At Kitchen & Love, our mission is to enhance the lives of busy individuals by offering a range of convenient, high-quality, and wholesome products. We are committed to providing food that is not only delicious but also good for you, all while ensuring quick and easy preparation for those on the go.

Table of Contents

Chocolate Almond Stuffed Dates & Sweet Nests	3
Organic Jackfruit	7
Veggie Rice	9
Ready-to-Heat Pouches	11
Hearts of Palm Pasta & Stir Fry Rice	13
Quick Cup Meals, Bi-Color Quinoa 2 Packs	15
Artisan Preserves & Preserves with Honey	21
Artichokes, Peppers, Capers	25
Tuna Meals	31
Flatbread Crackers	33
Shippers & Gift Boxes	35

Chocolate Covered Almond Stuffed Dates

Extra Dark (85% Cocoa),
Milk, & Assorted

8 Individually
Wrapped Pieces

Resealable Pouch





85% COCOA EXTRA DARK CHOCOLATE

INGREDIENTS:

Dates, Dark Chocolate [Cocoa Mass, Sugar, Cocoa Butter, Cocoa Powder, Soy Lecithin (Emulsifier), Natural Vanilla], Almonds, Salt.

Contains: Tree Nuts and Soy.

Dark Chocolate contains cocoa solids (85%) minimum.



Nutrition Facts	
8 servings per container	
Serving size	1 piece (13g)
Amount Per Serving	
Calories	50
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber <1g	2%
Total Sugars 8g	
Includes <1g Added Sugars	2%
Protein <1g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 0.3mg	2%
Potassium 65mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,900 calories a day is used for general nutrition advice.

MILK CHOCOLATE

INGREDIENTS:

Dates, Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Skimmed Milk Powder, Cocoa Powder, Milk Fat, Emulsifier, Soya Lecithin, Natural Vanilla), Almond, Salt. Contains: Tree Nuts, Milk and Soy.



Nutrition Facts	
8 servings per container	
Serving size	1 piece (13g)
Amount Per Serving	
Calories	50
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber <1g	2%
Total Sugars 8g	
Includes <1g Added Sugars	2%
Protein <1g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 0.3mg	2%
Potassium 65mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,900 calories a day is used for general nutrition advice.

EXTRA DARK, MILK & WHITE CHOCOLATE (ASSORTED)

INGREDIENTS:

Extra Dark Chocolate: Dates, Dark Chocolate [Cocoa Mass, Sugar, Cocoa Butter, Cocoa Powder, Soy Lecithin (Emulsifier), Natural Vanilla], Almonds, Salt. Contains: Tree Nuts and Soy. Dark Chocolate contains cocoa solids (85%) minimum.

Milk Chocolate: Dates, Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Skin hed Milk Powder, Cocoa Powder, Milk Fat, Emulsifier: Soy Lecithin, Natural Vanilla), Almond, Salt. Contains: Tree Nuts, Milk and Soy.

White Chocolate: Dates, White Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Skimmed Milk Powder, Milk Fat, Emulsifier: Soy Lecithin, Natural Vanilla), Almond, Salt. Contains: Tree Nuts, Milk and Soy.



Nutrition Facts	
8 servings per container	
Serving size	1 piece (13g)
Amount Per Serving	
Calories	50
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber <1g	2%
Total Sugars 8g	
Includes <1g Added Sugars	2%
Protein <1g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 0.3mg	2%
Potassium 65mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,900 calories a day is used for general nutrition advice.

CASE PACK:	UNIT SIZE:	UNIT DIMENSION:	CASE WEIGHT:	CASE DIMENSION:	SHELF LIFE:	TxH:
8	3.5oz	5.5" x 2.4" x 7.5"	2.5lbs	10.4" x 7.9" x 5.3"	18 months	22x16

Sweet Nests

Coming
soon

Q1
2025



Guilt-Free Treat

Sweetened With
Agave Syrup

Handmade &
7 Individually
Wrapped Pieces

Resealable Pouch



CASHEW WITH DATES

INGREDIENTS:

Wheat Flour, Organic Agave Syrup, Vegetable Ghee (from Palm Oil*), Cashews, Water, Dates, Ghee (clarified butter), Corn Starch, Unsalted Butter, Dry Whole Milk, Salt

Contains: Wheat, Tree Nuts (Cashew), Milk

*Sustainably Sourced & Non-Hydrogenated



Nutrition Facts	
About 3.5 servings per container	
Serving size 2 pieces (28g)	
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 9g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 3g Added Sugars	6%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 0.5mg	2%
Potassium 30mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PISTACHIO WITH DATES

INGREDIENTS:

Wheat Flour, Organic Agave Syrup, Vegetable Ghee (from Palm Oil*), Pistachios, Water, Dates, Ghee (clarified butter), Corn Starch, Unsalted Butter, Dry Whole Milk, Salt

Contains: Wheat, Tree Nuts (Pistachio), Milk

*Sustainably Sourced & Non-Hydrogenated



Nutrition Facts	
About 3.5 servings per container	
Serving size 2 pieces (28g)	
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	6%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 50mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ALMOND WITH DARK CHOCOLATE

INGREDIENTS:

Wheat Flour, Organic Agave Syrup, Vegetable Ghee (from Palm Oil*), Almonds, Water, Dark Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, Soy Lecithin (emulsifier), Skimmed Milk Powder, Natural Vanilla Flavor), Ghee (clarified butter), Corn Starch, Unsalted Butter, Dry Whole Milk, Salt

Contains: Wheat, Tree Nuts (Almond), Milk & Soy

*Sustainably Sourced & Non-Hydrogenated



Nutrition Facts	
About 3.5 servings per container	
Serving size 2 pieces (28g)	
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 0.7mg	4%
Potassium 55mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CASE PACK: 8 **UNIT SIZE:** 3.5oz **UNIT DIMENSION:** 5.5" x 2.1" x 7.9" **CASE WEIGHT:** 2.5 lbs **CASE DIMENSION:** 12.1" x 8.6" x 5.1" **SHELF LIFE:** 12 months **TxH:** 15x10

KITCHEN &
LOVE

Cucina Et Amore



Organic Jackfruit

Verstaile Plant Based,
Meat Alternative

Organic, Vegan,
& Gluten Free

Ready To Heat
in 90 seconds

High in Fiber

Shelf Stable



LIGHTLY SEASONED - PULLED JACKFRUIT



INGREDIENTS:
Organic jackfruit shreds, water, organic seasoning powder (organic onion flakes, organic garlic powder, organic sea salt, organic tomato powder, organic paprika, organic coriander powder, organic cumin powder, organic dry oregano, organic arrow root starch, organic chickpea)

Nutrition Facts	
1 serving per container	
Serving size	1 package (227g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 710mg	31%
Total Carbohydrate 25g	9%
Dietary Fiber 14g	50%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 4g	
Vit. D 0mcg 0% • Calcium 140mg 10%	
Iron 1.9mg 10% • Potas. 550mg 10%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



SWEET BBQ - PULLED JACKFRUIT



INGREDIENTS:
Organic smoked jackfruit shreds, organic tomato paste, organic onion paste, organic garlic paste, organic coconut sugar, organic smoked chili powder, organic sunflower oil, organic salt, organic cumin powder, organic coconut vinegar, organic arrow root starch

Nutrition Facts	
1 serving per container	
Serving size	1 package (227g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 760mg	33%
Total Carbohydrate 53g	19%
Dietary Fiber 12g	44%
Total Sugars 32g	
Includes 11g Added Sugars	23%
Protein 4g	
Vit. D 0mcg 0% • Calcium 112mg 8%	
Iron 1.6mg 8% • Potas. 830mg 20%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



JACKFRUIT CHUNKY CHILI



INGREDIENTS:
Organic jackfruit shreds, organic garbanzo beans, organic tomato, organic kidney beans, organic red & yellow bell pepper, organic onion, water, organic lemon juice, organic coconut oil, organic dry oregano, organic cumin powder, organic salt, organic paprika, organic black pepper powder, organic garlic powder

Nutrition Facts	
1 serving per container	
Serving size	1 package (227g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 36g	13%
Dietary Fiber 13g	45%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 9g	
Vit. D 0mcg 0% • Calcium 98mg 8%	
Iron 3.6mg 20% • Potas. 610mg 15%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



JACKFRUIT HEARTY STEW



INGREDIENTS:
Organic tomato, organic pumpkin cubes, organic kidney beans, water, organic jackfruit cubes, organic garbanzo beans, organic onion, organic green bell pepper, organic red bell pepper, organic coconut oil, organic salt, organic chili powder, organic dry oregano, organic garlic powder

Nutrition Facts	
1 serving per container	
Serving size	1 package (227g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 29g	11%
Dietary Fiber 12g	43%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 7g	
Vit. D 0mcg 0% • Calcium 83mg 6%	
Iron 2.3mg 15% • Potas. 670mg 15%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



CASE PACK: 6 **UNIT SIZE:** 8oz **UNIT DIMENSION:** 1" x 5.3" x 7" **CASE WEIGHT:** 3.5lbs **CASE DIMENSION:** 5.8" x 6" x 7.5" **SHELF LIFE:** 18 months **TxH:** 49x6

CAULIFLOWER
CONTAINS
83% FEWER
CALORIES
THAN RICE!

Ready-to-Eat Veggie Rice

**Organic Riced Cauliflower
& Riced Broccoli**

**Convenient,
Keto & Paleo Friendly**

Just Heat & Eat

**Use as a side dish,
base, or a protein bowl**

Shelf Stable





ORGANIC RICED CAULIFLOWER

INGREDIENTS:

Organic Cauliflower and lactic acid (non-dairy)



Nutrition Facts				
3 servings per package				
Serving size 1/2 cup (85g)				
	Per serving		Per package	
		20		40
		% DV*		% DV*
Calories				
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	25mg	1%	60mg	3%
Total Carb.	3g	1%	9g	3%
Dietary Fiber	<1g	3%	2g	9%
Total Sugars	0g		<1g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	<1g		2g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	94mg	8%	250mg	20%
Iron	0.2mg	2%	0.4mg	2%
Potassium	45mg	2%	125mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

RICED BROCCOLI

INGREDIENTS:

Broccoli, salt and lactic acid (non-dairy)



Nutrition Facts				
About 2.5 servings per package				
Serving size 1/2 cup (85g)				
	Per serving		Per package	
		25		60
		% DV*		% DV*
Calories				
Total Fat	0g	0%	0.5g	1%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	120mg	5%	320mg	14%
Total Carb.	4g	1%	10g	4%
Dietary Fiber	2g	7%	6g	21%
Total Sugars	1g		3g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	1g		4g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	12mg	1%	32mg	2%
Iron	0.3mg	2%	0.9mg	5%
Potassium	130mg	3%	350mg	7%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CASE PACK: 6 **UNIT SIZE:** 8oz **UNIT DIMENSION:** 5.4" x 1.2" x 7" **CASE WEIGHT:** 3.7lbs **CASE DIMENSION:** 7.7" x 5.7" x 7.3" **SHELF LIFE:** 18 months **TxH:** 49x6

Ready-to-Heat Pouches

Convenient

Pre-Cooked Grains &
Vegetables ready in minutes

Just Heat & Eat

Use as a side dish, base for
a protein bowl, in soups &
casseroles

Shelf Stable





BASMATI RICE



INGREDIENTS: Cooked basmati rice 98% (water, basmati rice), olive oil and salt.



Nutrition Facts	
1 serving per container	
Serving size 1 package (227g)	
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 65g	24%
Dietary Fiber 2g	6%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	
Vit. D 2mcg 10% • Calcium 52mg 4%	
Iron 0.7mg 4% • Potas. 135mg 2%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

VEGETABLE QUINOA



INGREDIENTS: Cooked white quinoa 77% (water, white quinoa), vegetable 20% (carrots, red peppers, sweetcorn, peas), sunflower oil, basil, salt, natural flavors and guar gum (stabilizer).



Nutrition Facts	
1 serving per container	
Serving size 1 package (227g)	
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 42g	15%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 10g	
Vit. D 0mcg 0% • Calcium 48mg 4%	
Iron 2.3mg 15% • Potas. 540mg 10%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

GOLDEN VEGETABLE RICE



INGREDIENTS: Cooked long grain rice 84% (water, long grain rice), vegetables 14% (red peppers, carrots, sweetcorn, peas), sunflower oil, natural flavors, salt, guar gum (stabilizer) and white pepper.



Nutrition Facts	
1 serving per container	
Serving size 1 package (227g)	
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 67g	25%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	
Vit. D 0mcg 0% • Calcium 14mg 2%	
Iron 0.2mg 2% • Potas. 210mg 4%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

TABBOULEH & QUINOA



INGREDIENTS: Cooked Wheat Bulgur (Water, Wheat Bulgur), Cooked Red Quinoa (Water, Red Quinoa), Tomato Juice, Red Bell Peppers, Tomatoes, Extra Virgin Olive Oil, Mint, Parsley, Lemon Juice, Parsley, Salt.

Contains: Wheat



Nutrition Facts	
1 serving per container	
Serving size 1 package (227g)	
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 64g	23%
Dietary Fiber 10g	36%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 12g	
Vit. D 0mcg 0% • Calcium 80mg 6%	
Iron 1.8mg 10% • Potas. 590mg 15%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

7 GRAIN MEDLEY



INGREDIENTS: Water, brown rice, red rice, green lentils, black rice, buckwheat, wild rice, red quinoa, sunflower oil and salt.



Nutrition Facts	
1 serving per container	
Serving size 1 package (227g)	
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	8%
Total Carbohydrate 65g	24%
Dietary Fiber 6g	23%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 10g	
Vit. D 0mcg 0% • Calcium 23mg 2%	
Iron 1.6mg 8% • Potas. 310mg 6%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SPANISH STYLE QUINOA



INGREDIENTS: Water, white quinoa, green lentils, tomato, tofu (water, soy, magnesium chloride (gelling agent)), vegetables (red peppers, sweetcorn, red beans), sunflower oil, salt, guar gum (stabilizer), chili powder and cumin powder.



Nutrition Facts	
1 serving per container	
Serving size 1 package (227g)	
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	21%
Total Carbohydrate 41g	15%
Dietary Fiber 10g	37%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 16g	
Vit. D 0mcg 0% • Calcium 70mg 6%	
Iron 4.8mg 25% • Potas. 800mg 15%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CASE PACK: 6 **UNIT SIZE:** 8oz **UNIT DIMENSION:** 5.4" x 1.2" x 7" **CASE WEIGHT:** 3.7lbs **CASE DIMENSION:** 7.7" x 5.7" x 7.3" **SHELF LIFE:** 18 months **TxH:** 40x10



Hearts of Palm Pasta

Plant Based, Non-GMO,
Low Calorie & Low Carb

Pasta & Rice
Alternative

Simply Heat and Eat!





PASTA PRIMAVERA - HOP PASTA

INGREDIENTS:
 Hearts of Palm, Roasted Red Pepper, Broccoli, Fava Beans, , Artichoke, Cauliflower, Sweet Basil, Garlic, Salt, Black Pepper, Lactic Acid (Non-Dairy)



Nutrition Facts			
About 2.5 servings per pouch			
Serving size 1/2 cup (95g)			
Calories	Per serving	Per pouch	
	40	100	
	% DV*	% DV*	
Total Fat	0g 0%	0g 0%	
Saturated Fat	0g 0%	0g 0%	
Trans Fat	0g	0g	
Cholesterol	0mg 0%	0mg 0%	
Sodium	230mg 10%	550mg 24%	
Total Carb.	7g 3%	17g 6%	
Dietary Fiber	3g 11%	7g 25%	
Total Sugars	2g	5g	
Ind. Added Sugars	0g 0%	0g 0%	
Protein	2g	6g	
Vitamin D	0mcg 0%	0mcg 0%	
Calcium	19mg 1%	49mg 4%	
Iron	0.5mg 2%	1.3mg 8%	
Potassium	180mg 4%	420mg 8%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

VEGGIE RICE - HOP STIR FRY

INGREDIENTS:
 Hearts of Palm, Broccoli, Roasted Red Pepper, Green Peas, Sweet Corn, Carrots, Scallions, Garlic, Sesame Seeds, Ginger, Salt, Crushed Red Pepper, Lactic Acid (Non-Dairy) Contains: Sesame Seeds



Nutrition Facts			
About 2.5 servings per pouch			
Serving size 1/2 cup (95g)			
Calories	Per serving	Per pouch	
	40	100	
	% DV*	% DV*	
Total Fat	1g 3%	2g 3%	
Saturated Fat	0g 0%	0g 0%	
Trans Fat	0g	0g	
Cholesterol	0mg 0%	0mg 0%	
Sodium	150mg 7%	350mg 15%	
Total Carb.	6g 2%	15g 5%	
Dietary Fiber	3g 11%	7g 25%	
Total Sugars	2g	5g	
Ind. Added Sugars	0g 0%	0g 0%	
Protein	2g	5g	
Vitamin D	0mcg 0%	0mcg 0%	
Calcium	17mg 1%	41mg 4%	
Iron	0.6mg 4%	1.4mg 8%	
Potassium	200mg 4%	490mg 10%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

HEARTS OF PALM LINGUINE

INGREDIENTS:
 Hearts of Palm, Salt, Lactic Acid (Non-Dairy)



Nutrition Facts			
About 2.5 servings per package			
Serving size 1/2 cup (95g)			
Calories	Per serving	Per pouch	
	30	70	
	% DV*	% DV*	
Total Fat	0g 0%	0.5g 1%	
Saturated Fat	0g 0%	0g 0%	
Trans Fat	0g	0g	
Cholesterol	0mg 0%	0mg 0%	
Sodium	75mg 3%	180mg 8%	
Total Carb.	6g 2%	13g 5%	
Dietary Fiber	2g 7%	6g 21%	
Total Sugars	<1g	2g	
Ind. Added Sugars	0g 0%	0g 0%	
Protein	1g	2g	
Vitamin D	0mcg 0%	0mcg 0%	
Calcium	34mg 2%	82mg 8%	
Iron	0.5mg 2%	1.2mg 8%	
Potassium	170mg 4%	410mg 8%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CASE PACK: 6 **UNIT SIZE:** 8oz **UNIT DIMENSION:** 1.6" x 5.5" x 6.9" **CASE WEIGHT:** 3.8lbs **CASE DIMENSION:** 9.9" x 5.7" x 7.4" **SHELF LIFE:** 18 months **TxH:** 30x6

Quinoa Quick Cups

Innovative & Convenient

**Pre-Cooked Quinoa
with 4 Delicious Sauces**

**Just Stir & Eat
Serve Hot or Cold**

**Good source of
Fiber & Protein**

Shelf Stable





ARTICHOKE & ROASTED PEPPERS



INGREDIENTS:
Cooked quinoa, artichoke, roasted pepper (red & yellow), onion, sunflower oil, lemon juice, salt, garlic, parsley, lactic acid, citric acid and black pepper.

35% LESS Sodium

Nutrition Facts	
1 serving per container Serving size 1 Package (225g)	
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	22%
Total Carbohydrate 28g	10%
Dietary Fiber 6g	22%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg 0%	Calcium 50mg 4%
Iron 1.7mg 10%	Potassium 290mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



SPICY JALAPEÑO & ROASTED PEPPERS



INGREDIENTS:
Cooked quinoa, red pepper, sunflower oil, cane vinegar, potato starch, salt, jalapeño, black pepper, red hot pepper, lactic acid, citric acid, garlic, parsley and spices.

14% LESS Sodium

Nutrition Facts	
1 serving per container Serving size 1 Package (225g)	
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430 mg	19%
Total Carbohydrate 31g	11%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg 0%	Calcium 60mg 4%
Iron 1.8mg 10%	Potassium 160mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



MANGO & ROASTED PEPPERS



INGREDIENTS:
Cooked quinoa, piquillo pepper, water, mango, sugar, jalapeño, cane vinegar, sunflower oil, salt, onion, lemon juice, lactic acid, parsley, garlic, cumin and potato starch.

40% LESS Sodium

Nutrition Facts	
1 serving per container Serving size 1 Package (225g)	
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	20%
Total Carbohydrate 36g	13%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 3g Added Sugars	6%
Protein 6g	
Vitamin D 0mcg 0%	Calcium 28mg 2%
Iron 1.5mg 8%	Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



BASIL PESTO



INGREDIENTS:
Cooked quinoa, basil, water, sunflower oil, brazil nut, Grana Padano cheese, parmesan cheese, potato starch, garlic, salt, pine nuts, sugar, lactic acid, citric acid and ascorbic acid.

40% LESS Sodium

Nutrition Facts	
1 serving per container Serving size 1 Package (225g)	
Amount per serving	
Calories	450
% Daily Value*	
Total Fat 33g	43%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	19%
Total Carbohydrate 27g	10%
Dietary Fiber 5g	17%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0.03mcg 0%	Calcium 225mg 15%
Iron 2.5mg 15%	Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



CASE PACK: 6 **UNIT SIZE:** 7.9oz **UNIT DIMENSION:** 3.6" x 3.6" x 4.5" **CASE WEIGHT:** 3.8lbs **CASE DIMENSION:** 11.8" x 7.7" x 4.6" **SHELF LIFE:** 18 months **TxH:** 20x9

Farro ***Quick Cups***

Innovative & Convenient

Pre-Cooked Farro & Quinoa
with 2 savory Sauces

Just Stir & Eat
Serve Hot or Cold

Good source of
Fiber & Protein

Shelf Stable



spoon
included



KITCHEN & LOVE

Cucina Et Amore

FULLY COOKED

JUST STIR & GO
FARRO
WITH QUINOA
QUICK CUP

with vegetables & herbs
Cal Fat 540mg 25% DV
Sodium 4g
Sugars 4g
NET WT 7.9 OZ (225g)
Per 1 Package

GRILLED VEGETABLES & HERBS

INGREDIENTS:

Cooked farro, tomato, eggplant, cooked white quinoa, zucchini, cooked red quinoa, piquillo pepper, artichoke, water, sunflower oil, red onion, lime juice, salt, celery, garlic, lactic acid, capers, basil, oregano, thyme and crushed red pepper.



Nutrition Facts

1 Serving Per Container	
Serving Size 1 Package (225g)	
Amount Per Serving	
Calories	300
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 540mg	23%
Total Carbohydrate 50g	18%
Dietary Fiber 8g	28%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 9g	17%
Vitamin D 0mcg	0%
Calcium 70mg	4%
Iron 3.2mg	20%
Potassium 420mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ARTICHOKE, LEMON & ROASTED GARLIC

INGREDIENTS:

Cooked farro, artichoke, cooked white quinoa, cooked red quinoa, bell peppers, sunflower oil, red onion, lemon juice, water, salt, lactic acid, parsley, roasted garlic and black pepper.



Nutrition Facts

1 Serving Per Container	
Serving Size 1 Package (225g)	
Amount Per Serving	
Calories	330
% Daily Value*	
Total Fat 8g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	26%
Total Carbohydrate 53g	19%
Dietary Fiber 10g	34%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 0mcg	0%
Calcium 60mg	6%
Iron 3.2mg	20%
Potassium 410mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CASE PACK: 6 **UNIT SIZE:** 7.9oz **UNIT DIMENSION:** 3.6" x 3.6" x 4.5" **CASE WEIGHT:** 3.8lbs **CASE DIMENSION:** 11.8" x 7.7" x 4.6" **SHELF LIFE:** 18 months **TxH:** 20x9

Bi-Color Quinoa **2 Packs**



Innovative & Convenient

**Pre-Cooked
Bi-color Quinoa**

**Just Open & Eat
Serve Hot or Cold**

**Use with salads, as a side dish,
base for a protein bowl,
in soups & casseroles**

Shelf Stable



**KITCHEN &
LOVE**

Cucina Et Amore



INGREDIENTS:

Cooked white quinoa (water & white quinoa), cooked red quinoa (water & red quinoa), lactic acid (non-dairy) and salt.

CASE PACK: 6

UNIT SIZE: 10.6oz

UNIT DIMENSION: 7.1" x 3.6" x 3.25"

CASE WEIGHT: 5lbs

CASE DIMENSION: 10.9" x 7.4" x 6.9"

SHELF LIFE: 18 months

TxH: 20x6



Nutrition Facts

2 serving per Package	
Serving size	1 Cup (150g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2mg	11%
Potassium 250mg	5%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



7 28119 49100 6

Artisan Preserves

Product of Italy

**Made with 70%
Sun-Ripened Fruit**

**Hand-Crafted in
Small Batches**

**No High Fructose
Corn Syrup**





KITCHEN & LOVE

Cucina Et Amore

Strawberry

FIG



INGREDIENTS:
Figs (70%), sugar,
fruit-pectin and
citric acid.



Nutrition Facts	
18 Servings Per Container	
Serving Size	1 Tbsp (20g)
Amount Per Serving	
Calories	40
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 0g	

* Percent Daily Values are based on a 2000 calorie diet.

APRICOT



INGREDIENTS:
Apricots (70%),
sugar, fruit-
pectin and
citric acid.



Nutrition Facts	
18 Servings Per Container	
Serving Size	1 Tbsp (20g)
Amount Per Serving	
Calories	40
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 0g	

* Percent Daily Values are based on a 2000 calorie diet.

SOUR CHERRY



INGREDIENTS:
Sour cherries
(70%), sugar,
fruit-pectin and
citric acid.



Nutrition Facts	
18 Servings Per Container	
Serving Size	1 Tbsp (20g)
Amount Per Serving	
Calories	40
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 0g	

* Percent Daily Values are based on a 2000 calorie diet.

STRAWBERRY



INGREDIENTS:
Strawberries
(70%), sugar,
fruit-pectin and
citric acid.



Nutrition Facts	
18 Servings Per Container	
Serving Size	1 Tbsp (20g)
Amount Per Serving	
Calories	40
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 0g	

* Percent Daily Values are based on a 2000 calorie diet.

RASPBERRY



INGREDIENTS:
Raspberries
(70%), sugar,
fruit-
pectin and
citric acid.



Nutrition Facts	
18 Servings Per Container	
Serving Size	1 Tbsp (20g)
Amount Per Serving	
Calories	40
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 0g	

* Percent Daily Values are based on a 2000 calorie diet.

BLUEBERRY



INGREDIENTS:
Blueberries
(70%), sugar,
fruit-pectin and
citric acid.



Nutrition Facts	
18 Servings Per Container	
Serving Size	1 Tbsp (20g)
Amount Per Serving	
Calories	40
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	2%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 0g	

* Percent Daily Values are based on a 2000 calorie diet.

LINGONBERRY



INGREDIENTS:
Lingonberries
(70%), sugar,
fruit-pectin and
citric acid.



Nutrition Facts	
18 Servings Per Container	
Serving Size	1 Tbsp (20g)
Amount Per Serving	
Calories	40
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 0g	

* Percent Daily Values are based on a 2000 calorie diet.

BLACKBERRY



INGREDIENTS:
Blackberries
(70%), sugar,
fruit-pectin and
citric acid.



Nutrition Facts	
18 Servings Per Container	
Serving Size	1 Tbsp (20g)
Amount Per Serving	
Calories	40
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 0g	

* Percent Daily Values are based on a 2000 calorie diet.

MIXED BERRY



INGREDIENTS:
Blackberries,
strawberries,
blueberries,
raspberries,
sugar, fruit-
pectin and citric
acid.



Nutrition Facts	
18 Servings Per Container	
Serving Size	1 Tbsp (20g)
Amount Per Serving	
Calories	40
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 0g	

* Percent Daily Values are based on a 2000 calorie diet.

CASE PACK: 6 UNIT SIZE: 12.3oz UNIT DIMENSION: 2.75" x 2.8" x 4.4" CASE WEIGHT: 7.3lbs CASE DIMENSION: 8.6" x 5.7" x 4.5" SHELF LIFE: 36 months TxH: 34x8

Preserves with Honey

Product of Switzerland

Made with 70%
Sun-Ripened Fruit

Hand-Crafted in
Small Batches

Sweetened Only
With Honey

Lower Glycemic-Index
than traditional preserves



APRICOT & HONEY



INGREDIENTS: Apricot, honey, lemon juice and pectin.



Nutrition Facts	
18 Servings Per Container	
Serving Size	1 Tbsp (20g)
Amount Per Serving	Calories 40
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 8g Added Sugars	16%
Protein 0g	
Not a significant source of Vitamin D, Calcium, Iron, or Potassium.	
* Percent Daily Values are based on a 2000 calorie diet.	

FIG & HONEY



INGREDIENTS: Fig, honey, lemon juice and pectin.



Nutrition Facts	
18 Servings Per Container	
Serving Size	1 Tbsp (20g)
Amount Per Serving	Calories 40
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 7g Added Sugars	15%
Protein 0g	
Not a significant source of Vitamin D, Calcium, Iron, or Potassium.	
* Percent Daily Values are based on a 2000 calorie diet.	

STRAWBERRY & HONEY



INGREDIENTS: Strawberry, honey, lemon juice and pectin.



Nutrition Facts	
18 Servings Per Container	
Serving Size	1 Tbsp (20g)
Amount Per Serving	Calories 40
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 8g Added Sugars	16%
Protein 0g	
Not a significant source of Vitamin D, Calcium, Iron, or Potassium.	
* Percent Daily Values are based on a 2000 calorie diet.	

SOUR CHERRY & HONEY



INGREDIENTS: Sour cherry, honey, lemon juice and pectin.



Nutrition Facts	
18 Servings Per Container	
Serving Size	1 Tbsp (20g)
Amount Per Serving	Calories 40
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 7g Added Sugars	15%
Protein 0g	
Not a significant source of Vitamin D, Calcium, Iron, or Potassium.	
* Percent Daily Values are based on a 2000 calorie diet.	

CASE PACK: 6 **UNIT SIZE:** 12.3oz **UNIT DIMENSION:** 2.75 x 2.75 x 4.38 **CASE WEIGHT:** 7.3lbs **CASE DIMENSION:** 8.6" x 6" x 4.5" **SHELF LIFE:** 36 months **TxH:** 34x8

Artichokes

**Marinated, Grilled &
in Brine Available**

**Colorful, Flavorful,
Versatile**

**Use on sandwiches,
pasta, salads & pizza**



KITCHEN & LOVE

Cucina Et Amore

QUARTER MARINATED



INGREDIENTS: Artichokes, water, sunflower oil, distilled cane vinegar, salt, spices, garlic and ascorbic acid (vitamin C).



Nutrition Facts	
11 Servings Per Container	
Serving size (with liquid)	1oz (28g)
Amount Per Serving	
Calories	20
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein <1g	
Potassium 50mg	2%

Not a significant source of Vit D, Calcium or Iron * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WHOLE GRILLED MARINATED



INGREDIENTS: Artichokes, water, sunflower oil, distilled cane vinegar, salt, spices, garlic, ascorbic acid (vitamin C).



Nutrition Facts	
11 Servings Per Container	
Serving size (with liquid)	1oz (28g)
Amount Per Serving	
Calories	20
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein <1g	
Potassium 50mg	2%

Not a significant source of Vit D, Calcium or Iron * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WHOLE IN BRINE



INGREDIENTS: Artichokes, water, salt, citric acid and ascorbic acid (vitamin C).



Nutrition Facts	
6 Servings Per Container	
Serving size (without liquid)	1oz (28g)
Amount Per Serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Potassium 50mg	2%

Not a significant source of Vit D, Calcium or Iron * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CASE PACK: 6 **UNIT SIZE:** 11oz **UNIT DIMENSION:** 2.8" x 2.8" x 4.4" **CASE WEIGHT:** 7.5lbs **CASE DIMENSION:** 8.7" x 6" x 5" **SHELF LIFE:** 36 months **TxH:** 34x8



Peppers

**Roasted Bell Pepper
& Whole Roasted
Piquillo Pepper**

**Colorful,
Flavorful,
Versatile**

**Use on
sandwiches,
pasta, salads
& pizza**



WHOLE RED BELL PEPPER



INGREDIENTS: Red bell peppers, water, salt, sugar, citric acid and calcium chloride.

Nutrition Facts	
7 Servings Per Container	
Serving size (without liquid) 1 oz (28g)	
Amount Per Serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber <1g	1%
Total Sugars 0g	
Includes <1g Added Sugars	0%
Protein 0g	
Potassium 50mg	2%

Not a significant source of Vit D, Calcium or Iron * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



WHOLE ROASTED PIQUILLO PEPPER



INGREDIENTS: Piquillo peppers, water, sugar, salt, citric acid and calcium chloride.

Nutrition Facts	
9 Servings Per Container	
Serving size (without liquid) 1 oz (28g)	
Amount Per Serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 2g	1%
Dietary Fiber <1g	1%
Total Sugars 2g	
Includes <1g Added Sugars	1%
Protein 0g	
Iron 1mg	5%
Potassium 50mg	2%

Not a significant source of Vit D or Calcium * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



CASE PACK:	UNIT SIZE:	UNIT DIMENSION:	CASE WEIGHT:	CASE DIMENSION:	SHELF LIFE:	TxH:
6	11oz	2.8" x 2.8" x 4.4"	7.5lbs	8.7" x 6" x 5"	36 months	34x8

Capers

Flavorful | Non-Pareil | Vegan | Gluten-Free



vegan
GLUTEN FREE!
★ K



**KITCHEN &
LOVE**

Cucina Et Amore



Nutrition Facts

Serving size: 1 piece (10g),
Amount Per Serving:
Calories 60, Fat Cal. 45,
Total Fat 5g (6% DV), Sat.
Fat 0.5g (2% DV), *Trans*
Fat 0g, **Cholest.** 0mg (0%
DV), **Sodium** 50mg (2%
DV), **Total Carb.** 3g (1%
DV), Fiber <1g (2% DV),
Sugars 2g, **Protein** 1g,
Vitamin D (0% DV), Calcium
(0% DV), Iron (2% DV),
Potas. (4% DV). Percent
Daily Values (DV) are based
on a 2,000 calorie Diet.



PRODUCT OF TURKEY

**INGREDIENTS: NON- PAREIL
CAPERS, WATER, SALT, CITRIC ACID**



CASE PACK:	UNIT SIZE:	UNIT DIMENSION:	CASE WEIGHT:	CASE DIMENSION:	SHELF LIFE:	TxH:
6	8.4oz	2.8" x 2.8" x 3.3"	6lbs	8.7" x 6" x 3.8"	2.5 Years	34x8



Tuna Meals

Convenient Source of Protein, Fiber & Minerals

21g-22g Protein per Can

Rich in Omega-3s

Dolphin Safe

Easy Open Lid





4 BEAN MEDLEY

INGREDIENTS:
Wild caught skipjack tuna (30%), lentils, sunflower oil, red beans, white beans, chickpeas, vinegar, olive oil, water, lemon juice, red pepper, onion, spices and garlic.



22G PROTEIN



Contains 306mg of EPA & DHA Omega 3's per serving

UNIT

Size: 6oz
Dim: 3.4"x3.4"x1.5"



TRAY

Pack: 8
Wt: 4lbs
Dim: 13.7"x3.7"x3.5"



MASTERCASE

Pack: 6x8x6oz
Dim: 14"x7.5"x10.8"
Wt: 25lbs



TxH: 22x3

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 27g	34%	Total Carbohydrate 20g	7%
Saturated Fat 3.5g	17%	Dietary Fiber 5g	18%	
Trans Fat 0g		Total Sugars 3g		
Cholesterol 35mg	12%	Includes 0g of Added Sugars	0%	
Sodium 580mg	30%	Protein 22g	33%	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1 serving per container
Serving size 1 Can (170g)
Calories per serving **410**
Vitamin D 0mcg 0% • Calcium 54mg 4% • Iron 2.9mg 15% • Potassium 410mg 8%



QUINOA & CHICKPEAS

INGREDIENTS:
Wild caught skipjack tuna (30%), lentils, chickpeas, sunflower oil, quinoa, water, vinegar, olive oil, green pepper, onion, turmeric, spices, garlic and lemon juice.



21G PROTEIN



Contains 255mg of EPA & DHA Omega 3's per serving

UNIT

Size: 6oz
Dim: 3.4"x3.4"x1.5"



TRAY

Pack: 8
Wt: 4lbs
Dim: 13.7"x3.7"x3.5"



MASTERCASE

Pack: 6x8x6oz
Dim: 14"x7.5"x10.8"
Wt: 25lbs



TxH: 22x3

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 23g	30%	Total Carbohydrate 23g	8%
Saturated Fat 3g	15%	Dietary Fiber 4g	15%	
Trans Fat 0g		Total Sugars 3g		
Cholesterol 35mg	12%	Includes 0g of Added Sugars	0%	
Sodium 730mg	32%	Protein 21g	29%	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1 servings per container
Serving size 1 Can (170g)
Calories per serving **390**
Vitamin D 0mcg 0% • Calcium 52mg 4% • Iron 3.4mg 20% • Potassium 380mg 8%

Passport Everything Flatbread



**Baked, Never Fried | Made in USA
Shelf Stable**



Nutrition Facts	
Approx 13 servings per container	
Serving size 3 crackers (28g)	
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.9mg	6%
Potassium 60mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS: Enriched wheat flour (wheat flour, unbleached malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sesame seeds, sunflower oil, malt, caraway seeds, salt, minced onions, minced garlic, chia seeds, yeast and sunflower extract (antioxidant).



CASE PACK:	UNIT SIZE:	UNIT DIMENSION:	CASE WEIGHT:	CASE DIMENSION:	SHELF LIFE:	TxH:
6	13.3oz	12.3" x 5.7" x 2"	5lbs	16.5" x 10.9" x 4.3"	12 months	10x15

Chocolate Covered Almond Stuffed Dates **SHIPPERS**

NEW!

Extra Dark (85% Cocoa),
Milk, & Assorted

54 Resealable Pouches

8 Individually
Wrapped Pieces





85% EXTRA DARK

ITEM # 12-600-1

54 UNITS

85% Extra Dark Chocolate
7-28119-51501-6



ASSORTED

ITEM # 12-600-3

54 UNITS (18 units of each)

85% Extra Dark 7-28119-51501-6
Milk Chocolate 7-28119-51506-1
Assorted Chocolate 7-28119-51507-8



Case GTIN#

10-728119-51702-4

Case UPC#

7-28119-51681-5

Case GTIN#

10-728119-51701-7

Case UPC#

7-28119-51680-8

**CASE
PACK:**

54

**UNIT
SIZE:**

3.5oz

**CASE
DIMENSION:**

26"x19.5"x10"
(LxWxH)

**ASSEMBLED
DIMENSION:**

16" x 19.75" x 53"
(LxWxH)

**CASE
WEIGHT:**

20.5lbs

CAULIFLOWER
CONTAINS
83% FEWER
CALORIES
THAN RICE!



Riced Veggies Shippers

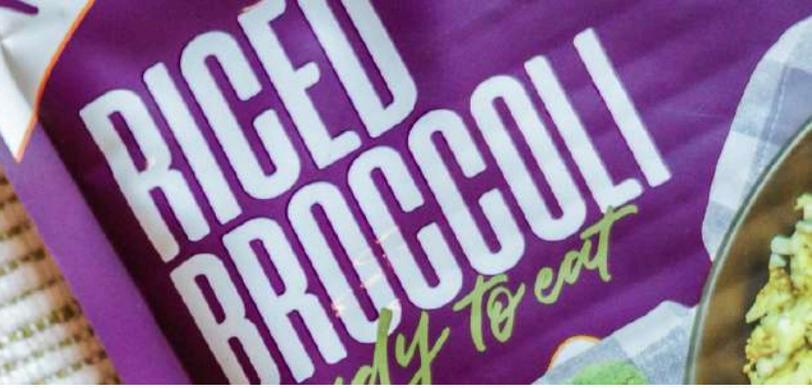


**Organic Riced Cauliflower
&
Riced Broccoli**

**Convenient,
Keto & Paleo Friendly**

Just Heat & Eat

**Use as a side dish, base,
or a protein bowl**



ORGANIC RICED CAULIFLOWER

CAULIFLOWER & BROCCOLI

ITEM # 8-920-1

ITEM # 8-290-2

54 UNITS

54 UNITS

Riced Cauliflower

36 Riced Cauliflower 7-28119-51536-8

7-28119-51536-8

18 Riced Broccoli 7-28119-51593-1



Case GTIN#
10-728119-51703-1

Case UPC#
7-28119-51682-2

Case GTIN#
10-728119-51704-8

Case UPC#
7-28119-51683-9

CASE PACK:
54

UNIT SIZE:
8oz

CASE DIMENSION:
26"x19.5"x10"
(LxWxH)

ASSEMBLED DIMENSION:
16" x 19.75" x 53"
(LxWxH)

CASE WEIGHT:
40.7lbs

**KITCHEN &
LOVE**
Cucina Et Amore

Ready-to-Heat Grain Pouches Shippers





3 VARIETY

ITEM # 8-900-1

54 UNITS (18 units of each)

- Vegetable Quinoa 7-28119-51534-4
- Tabbouleh Quinoa 7-28119-51535-1
- Golden Vegetable Rice 7-28119-51531-3

6 VARIETY

ITEM # 8-900-2

54 UNITS

- 12 Vegetable Quinoa 7-28119-51534-4
- 12 Tabbouleh Quinoa 7-28119-51535-1
- 12 Golden Vegetable Rice 7-28119-51531-3
- 6 Seven Grain Medley 7-28119-51532-0
- 6 Basmati Rice 7-28119-51530-6
- 6 Spanish Style Quinoa 7-28119-51533-7



Case GTIN#
10-728119-51707-9

Case UPC#
7-28119-51686-0

Case GTIN#
10-728119-51708-6

Case UPC#
7-28119-51687-7

CASE PACK:
54

UNIT SIZE:
8oz

CASE DIMENSION:
26"x19.5"x10"
(LxWxH)

ASSEMBLED DIMENSION:
16" x 19.75" x 53"
(LxWxH)

CASE WEIGHT:
35.9lbs

KITCHEN &
LOVE

Cucina Et Amore



Organic Jackfruit Shipper





Hearts of Palm **Pasta** **SHIPPER**





HEARTS OF PALM PASTA & RICE

Plant-Based Pasta & Rice Alternative

Low Calorie & Low Carb

Ready To Heat & Eat

ITEM # 17-200-1

45 UNITS (15 units of each)

Linguine	7-28119-51595-5
Primavera	7-28119-51591-7
Stir-Fry Rice	7-28119-51592-4

Case GTIN#	Case UPC#
10-728119-51706-2	7-28119-51685-3



CASE PACK:
54

UNIT SIZE:
8oz

CASE DIMENSION:
26"x19.5"x10"
(LxWxH)

ASSEMBLED DIMENSION:
16" x 19.75" x 53"
(LxWxH)

CASE WEIGHT:
32.2lbs



Quick Cup Shippers





QUINOA MEALS

12 UNITS OF EACH FLAVOR

- Artichoke & Roasted Pepper
- Spicy Jalapeño & Roasted Pepper
- Mango & Roasted Pepper
- Basil Pesto

FARRO MEALS

24 UNITS OF EACH FLAVOR

- Grilled Vegetables & Herbs
- Artichoke, Lemon & Roasted Garlic



BUILT SHIPPER DIMENSION: 16.75" X 15.5" X 46.25"

CASE PACK:	UNIT SIZE:	UNIT DIMENSION:	CASE WEIGHT:	CASE DIMENSION:	SHELF LIFE:	TxH:
48	7.9oz	3.6" x 3.6" x 4.5"	35.3lbs	22.4" x 15.7" x 11.4"	18 months	5x3

Vegetable Gift Pack

Colorful, Flavorful, Versatile

Use on sandwiches,
pasta & salads



QUARTER MARINATED ARTICHOKES

Nutrition Facts	
11 Servings Per Container	
Serving size (with liquid)	1oz (28g)
Amount Per Serving	
Calories	20
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein <1g	
Potassium 50mg	2%
<small>Not a significant source of Vit D, Calcium or Iron * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

ROASTED BELL PEPPER

Nutrition Facts	
7 Servings Per Container	
Serving size (without liquid)	1oz (28g)
Amount Per Serving	
Calories	10
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber <1g	1%
Total Sugars 0g	
Includes <1g Added Sugars	0%
Protein 0g	
Potassium 50mg	2%
<small>Not a significant source of Vit D, Calcium or Iron * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

WHOLE GRILLED MARINATED ARTICHOKES

Nutrition Facts	
11 Servings Per Container	
Serving size (with liquid)	1oz (28g)
Amount Per Serving	
Calories	20
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein <1g	
Potassium 50mg	2%
<small>Not a significant source of Vit D, Calcium or Iron * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Artichokes, water, sunflower oil, distilled cane vinegar, salt, spices, garlic and ascorbic acid (vitamin C).

INGREDIENTS: Red bell peppers, water, salt, sugar, citric acid and calcium chloride.

INGREDIENTS: Artichokes, water, sunflower oil, distilled cane vinegar, salt, spices, garlic, ascorbic acid (vitamin C).



CASE PACK: 8 **UNIT SIZE:** 3x11oz **UNIT DIMENSION:** 8.6" x 2.8" x 4.6" **CASE WEIGHT:** 20lbs **CASE DIMENSION:** 12.2" x 9" x 10.1" **SHELF LIFE:** 36 months **TxH:** 16x4

Preserve Gift Pack

Great holiday or year round gift.

Made with 70% Sun-Ripened
Fruit in small batches.

Product of Switzerland.





APRICOT

SOUR CHERRY

FIG

Nutrition Facts	
18 Servings Per Container	
Serving Size	1 Tbsp (20g)
Amount Per Serving	
Calories	40
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 8g Added Sugars	16%
Protein 0g	

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts	
18 Servings Per Container	
Serving Size	1 Tbsp (20g)
Amount Per Serving	
Calories	40
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 0g	

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts	
18 Servings Per Container	
Serving Size	1 Tbsp (20g)
Amount Per Serving	
Calories	40
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 8g Added Sugars	16%
Protein 0g	

* Percent Daily Values are based on a 2000 calorie diet.

INGREDIENTS: Apricots (70%), sugar, fruit-pectin and citric acid.

INGREDIENTS: Sour cherries (70%), sugar, fruit-pectin and citric acid.

INGREDIENTS: Figs (70%), sugar, fruit-pectin and citric acid.



CASE PACK: 8 **UNIT SIZE:** 3/12.3oz **UNIT DIMENSION:** 8.6" x 2.8" x 4.6" **CASE WEIGHT:** 20lbs **CASE DIMENSION:** 12.2" x 9" x 10.1" **SHELF LIFE:** 36 months **TxH:** 16x4



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