

- Roland Artichoke Hearts 40/50 Ct

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MARKETING

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Nutrition Facts

72 Servings per container

Serving Size (80 g)

Amount Per Serving

Calories 25

% Daily Value*

Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 260 mg	11%
Total Carbohydrates 5 g	2%
Dietary Fiber 2 g	6%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 1 g	
Vitamin D 0 mcg	0%
Calcium 30 mg	2%
Iron 0.2 mg	0%
Potassium 130 mg	2%

* The % Daily Values (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.

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack			
40530	074229	10041224405308	6/88 oz			
Brand	Brand Owner	GPC Description				
Roland	American Roland Food Corp.	Vegetables - Prepared/Processed (Shelf Stable)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
38.6 LBR	33.06 LBR	No	Peru	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18.75 INH	12.5 INH	6.25 INH	0.85 FTQ	7x8	1440 Days	40 FAH / 75 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
TRACEABILITY_REGULATION	FSMA204	TRUE	N/A			

HANDLING SUGGESTIONS

Once opened, Roland Quartered Artichoke Hearts must be kept refrigerated with water added to cover them in order to retain moisture.

ALLERGENS

C = 'Contains'; **MC** = 'May Contain'; **N** = 'Free From'; **UN** = 'Undeclared'; **NI** = 'Intentionally nor Inherently Included'; **50** = 'Derived from Ingredients'; **60** = 'Not Derived From Ingredients'; **NI** = 'No Info'

- Milk - N
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - N
- Molluscs - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Crustaceans - N

INGREDIENTS

ARTICHOKE HEARTS, WATER, SALT, CITRIC ACID.

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PREPARATION & COOKING SUGGESTIONS

Remove Roland Artichoke Hearts from brine and rinse briefly with cold water. They can be served hot or cold and do not toughen up when cooked.

SERVING SUGGESTIONS

Roland Artichoke Hearts may be braised, sautéed, or baked since the leaves are very tender. Remember, they are precooked. Roland artichokes blend well with anchovies, mushrooms, olive oil, sun dried tomatoes, and Roland Olive Pastes or serve in a salad

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	25
Protein	1 g
Total Carbohydrates	5 g
Sugars	1 g
Dietary Fiber	2 g
Lactose	
Sucrose	
Vitamin A (IU)	0
Vitamin A (RE)	0
Vitamin C	0 mg
Magnesium	
Monosodium	

Total Fat	0 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	260 mg
Calcium	30 mg
Iron	0.2 mg
Potassium	130 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

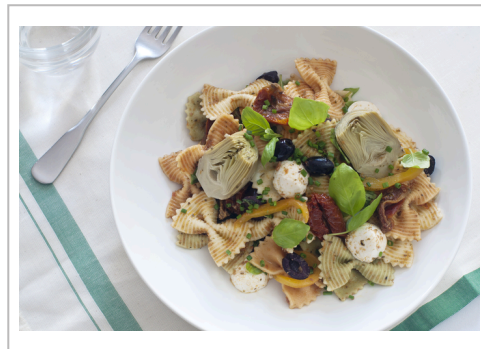
NUTRITIONAL CLAIMS

FAT	LOW
KOSHER	YES

SUGARS	NO_ADDED
VEGETARIAN	YES

TRANS_FAT	FREE_FROM
VEGAN	YES

MORE IMAGES



Roland

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