

# 760125 - Roland Quartered Artichoke

Roland Artichoke Hearts are low in calories and will make any dish, pizza, soup or salad distinctive.



## MARKETING

Roland Artichoke Hearts are low in calories and will make any dish, pizza, soup or salad distinctive.

## Nutrition Facts

72 Servings per container

**Serving Size** .50 Cup Drained

**Amount Per Serving**

**Calories** **50**

**% Daily Value\***

<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 380 mg	<b>17%</b>
<b>Total Carbohydrates</b> 10 g	<b>4%</b>
Dietary Fiber 3 g	<b>11%</b>
Total Sugars 5 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 3 g	
Vitamin D 0 mcg	0%
Calcium 30 mg	2%
Iron 0.8 mg	4%
Potassium 370 mg	8%

\* 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
40512	760125	10041224405124	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
37 LBR	33.06 LBR	No	Spain	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	1080 Days	40 FAH / 75 FAH

## HANDLING SUGGESTIONS

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

## SERVING SUGGESTIONS

Roland Artichoke Quarters are used in party appetizers and dips. They are marinated for salads and used in deli trays. They go well in cream and cheese sauces and fit well on buffet trays; they complement chicken, and veal dishes.

## PREPARATION & COOKING SUGGESTIONS

Remove Roland Quartered Artichoke Hearts from brine and rinse briefly with cold water. May be served hot or cold.

## INGREDIENTS

ARTICHOKE HEARTS, WATER, SALT, CITRIC ACID.

## ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

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

## MORE INFORMATION

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## NUTRITIONAL ANALYSIS



Calories	50
Protein	3 g
Total Carbohydrates	10 g
Sugars	5 g
Dietary Fiber	3 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	380 mg
Calcium	30 mg
Iron	0.8 mg
Potassium	370 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

