

# 11813 - Polenta Fine Vegan

Roland® Polenta, a staple of Northern Italy, is a grain made from cornmeal. This is a "quick cook" polenta, fine grained. It is also gluten-free. Polenta can be served as a first course, or side dish of the main meal, as well as for breakfast. Shelf Stable. Store in a cool and dry place. Boil salted water in a large saucepan. Cook for 6-8 minutes. Product is shelf stable.



## MARKETING

Roland® Polenta, a staple of Northern Italy, is a grain made from cornmeal. This is a "quick cook" polenta, fine grained. It is also gluten-free. Polenta can be served as a first course, or side dish of the main meal, as well as for breakfast. Sh

## Nutrition Facts

76 Servings per container

**Serving Size** 3 Tbsp

**Amount Per Serving**  
**Calories** 110

% Daily Value\*

**Total Fat** 1 g 1%

Saturated Fat 0 g 1%

Trans Fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 10 mg 0%

**Total Carbohydrates** 23 g 8%

Dietary Fiber 2 g 8%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

**Protein** 2 g

Vitamin D 0 mcg 0%

Calcium 1.8 mg 0%

Iron 1 mg 6%

Potassium 86 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		GTIN		Pack Description			
72162		10041224721620		4/5 LB			
Brand	Brand Owner			GPC Description			
Roland	American Roland Food Corp			Baking/Cooking Supplies (Shelf Stable)			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition		
21 LBR	20 LBR	No	Italy	Undeclared	No		
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
11.9 INH	15 INH	6.6 INH	0.68 FTQ	10x08	532 Days	60 FAH / 77 FAH	
Traceability Regulation							
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors			
N/A	N/A	N/A		N/A			

## HANDLING SUGGESTIONS

Product is shelf stable. ---UNIT UPC: 041224721623---

## ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = '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

CORNMEAL

## 11813 - Polenta Fine Vegan

Roland® Polenta, a staple of Northern Italy, is a grain made from cornmeal. This is a "quick cook" polenta, fine grained. It is also gluten-free. Polenta can be served as a first course, or side dish of the main meal, as well as for breakfast. Shelf Stable. Store in a cool and dry place. Boil salted water in a large saucepan. Cook for 6-8 minutes. Product is shelf stable.



### PREPARATION & COOKING SUGGESTIONS

Boil salted water in a large saucepan. Slowly pour in the polenta stirring continuously with a wooden spoon to avoid lumps. Cook for 6-8 minutes. Season as desired.

### SERVING SUGGESTIONS

Polenta can be served as a first course, or side dish of the main meal, as well as for breakfast.

### MORE INFORMATION