

# 72160 - Quick Cooking Polenta Medium



Polenta, a staple of Northern Italy, is made from ground cornmeal. Ready in less than 10 minutes, Roland® Medium Grain Yellow Polenta is filling and versatile, and can be served as an appetizer, first course, or side dish in a main meal. Boil salted water in a large saucepan. Slowly pour in the polenta stirring continuously with a wooden spoon to avoid lumps. Cook for 5-8 minu...



### MARKETING

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## Nutrition Facts

76 Servings per container

**Serving Size** 30 grams

**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			
72160		10041224721606		1/5 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		
5.5 LBR	5 LBR	No	Italy	Yes	No		
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
15 INH	11.5 INH	6.25 INH	0.62 FTQ	10x08	475 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

Store in a cool and dry place. -----

### ALLERGENS

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

Roland

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### 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 5-8 minutes. Season as desired.

### SERVING SUGGESTIONS

Roland® Medium Grain Yellow Polenta can be served as an appetizer, first course, or side dish in a main meal.

### MORE INFORMATION