

# 45840 - Cultivated Hearts Of Palm



Roland Cultivated Hearts of Palm consists of prized, edible hearts of young palm trees with a silky texture and ivory color. This product is grown on a government-approved farmlands. This cultivation method is designed to have no negative impact on the rainforest. Roland Cultivated Hearts of Palm are ready to use from the can. They can be chilled and served in salads and appet...



### MARKETING

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## Nutrition Facts

1 Servings per container	
<b>Serving Size</b>	<b>1 Can drained</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5 g	<b>2%</b>
Saturated Fat 1 g	<b>1%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 940 mg	<b>41%</b>
<b>Total Carbohydrates</b> 10 g	<b>4%</b>
Dietary Fiber 5 g	<b>19%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>

<b>Protein</b> 6 g	
Vitamin D 0 mcg	0%
Calcium 22 mg	2%
Iron 6.9 mg	40%
Potassium 229 mg	4%

\* 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				
45840	10041224458403	6/14 OZ				
Brand	Brand Owner	GPC Description				
Roland	American Roland Food Corp	Vegetables - Prepared/Processed (Perishable)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
6 LBR	5.25 LBR	No	Ecuador	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
8.75 INH	6 INH	4.25 INH	0.13 FTQ	32x10	949 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

After opening, transfer product to an airtight container and store in the refrigerator. ---UNIT UPC: 041224458185---

### 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

HEARTS OF PALM, WATER, SALT, CITRIC ACID.

Roland

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### PREPARATION & COOKING SUGGESTIONS

Ready to use

### SERVING SUGGESTIONS

Roland Cultivated Hearts of Palm can be chilled and served in salads and appetizers; delicious with seafood, avocado or olives and prosciutto. Their flaky texture also makes them a great alternative to seafood, try them in mock-fish tacos or seared like scallops.

### MORE INFORMATION