

# 72142 - Pearled Italian Farro



Farro is a hearty whole wheat grain with a firm texture and delicious nutty flavor. Our farro is pearled, which makes it quick and easy to prepare. Try it as a side dish or as the base of a grain bowl. Rinse 1 cup of Roland® Farro and drain. Combine 4 cups salted water or stock and 1 cup Farro in a pot and bring to a boil. Reduce heat and simmer for about 20 minutes or 5 minu...



## MARKETING

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## Nutrition Facts

29 Servings per container

**Serving Size** 45 grams

**Amount Per Serving**  
**Calories** 160

% Daily Value\*

**Total Fat** 1 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 0 mg 0%

**Total Carbohydrates** 32 g 11%

Dietary Fiber 3 g 11%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

**Protein** 7 g

Vitamin D 0 mcg 0%

Calcium 14 mg 0%

Iron 2 mg 10%

Potassium 230 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				
72142	10041224721422	4/3 LB				
Brand	Brand Owner	GPC Description				
Roland	American Roland Food Corp	Grains/Cereal - Not Ready to Eat - (Shelf Stable)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
13.5 LBR	11.98 LBR	No	Italy	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
9 INH	7.5 INH	9.25 INH	0.36 FTQ	25x04	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.---UNIT UPC: 041224721425---

## 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 - C
- Sesame - N
- Molluscs - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Crustaceans - N

## INGREDIENTS

FarroContains: Wheat

Roland

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### PREPARATION & COOKING SUGGESTIONS

Rinse 1 cup of Roland® Farro and drain. Combine 4 cups salted water or stock and 1 cup Farro in a pot and bring to a boil. Reduce heat and simmer for about 20 minutes or 5 minutes longer for a softer consistency.

### SERVING SUGGESTIONS

Try it as a side dish or as the base of a grain bowl.

### MORE INFORMATION