



American Roland Food Corp
Roland Polenta
Mediumitaly
 POLENTA MEDIUM



Roland Polenta provides a filling, satisfying alternative to potatoes or rice.

Brand		Manufacturer		Product Category		
Roland		American Roland Food Corp		Cereal Hot		
MFG #		GTIN		Pack	Pack Desc.	
72160		10041224721606		0	4/5 lbs	
Gross Weight		Net Weight		Country of Origin	Kosher	Child Nutrition
21.00 lbs		20.00 lbs		Italy		No
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.00 inches	12.00 inches	6.50 inches	0.68 cu ft	10x8	540 days	45.00 / 68.00 FAH

INGREDIENTS

Cornmeal.

HANDLING

Product is shelf stable.

SERVING

Roland Polenta can be served as an appetizer, first course, or side dish in a main meal. It is often used as a base for grilled vegetables or meats. At its simplest, it is topped with butter and parmesan cheese. Can also be served for breakfast.

PREP & COOKING

Use 4 cups water to 1 cup Roland Polenta. 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.

Nutrition Facts

304 servings per container

Serving size **30gr**

Amount Per Serving

Calories **110**

% Daily Value*

Total Fat 1gr **1%**

Saturated Fat 0gr **1%**

Trans Fat 0gr

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 23gr **8%**

Dietary Fiber 2gr **8%**

Total Sugars 0gr

Includes 0gr Added Sugars %

Protein 2gr

Vitamin D 0mcg **0%**

Calcium 1.8mg **0%**

Iron 1mg **6%**

Potassium 86mg **2%**

* The % Daily Value (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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

ALLERGENS

Free From

Milk, Eggs, Fish, Crustacean, Tree Nuts, Peanuts, Nuts, Sesame, Soy



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NUTRITION ANALYSIS

Calories	110	Total Fat	1 gr	Sodium	10 mg
Protein	2 gr	Trans Fats	0 gr	Calcium	1.8 mg
Total Carbohydrates	23 gr	Saturated Fat	0 gr	Iron	1 mg
Sugars	0 gr	TPolyunsaturated Fat	0	Potassium	86 mg
Dietary Fiber	2 gr	Monounsaturated Fat	0	Zinc	0
Lactose		Cholesterol	0 mg	Phosphorus	0
Vitamin A(IU)	0	Vitamin D	0 mcg	Thiamin	0
Vitamin A(RE)		Vitamin E	0	Niacin	0
Vitamin C	0	Folate	0	Riboflavin	0
Magnesium	0	Vitamin B-6	0	Vitamin B-12	0