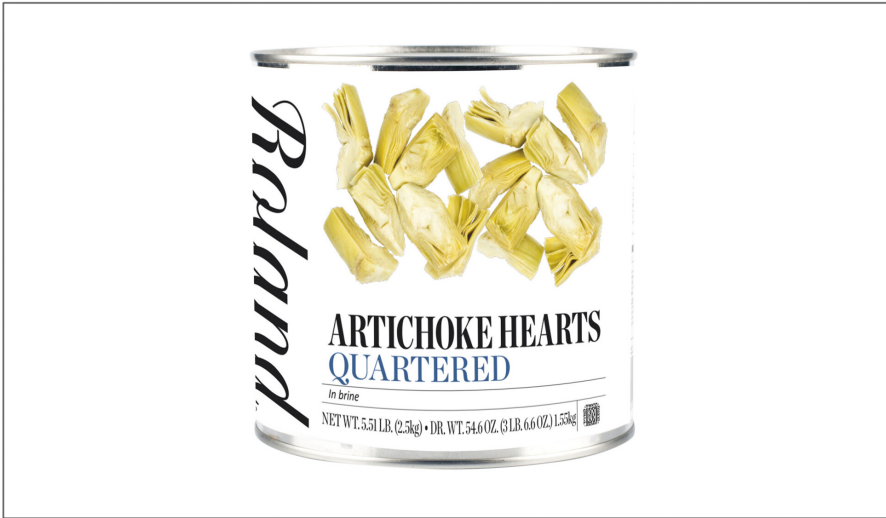




ROLAND

003486 - Artichoke Hearts Quartered 40512

Roland Artichoke Hearts are low in calories and will make any dish, pizza, soup or salad distinctive.



Nutrition Facts

Servings per Container **72**
Serving size **0.5cup (130g)**

Amount per serving
Calories 80

	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 15g	5%
Dietary Fiber 7g	25%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 4g	
Vitamin D 0µg	0%
Calcium 27mg	2%
Iron 0.8mg	4%
Potassium 372mg	7%

* 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.

* Benefits

Ingredients

Artichoke Hearts, Water, Salt, Ascorbic Acid and/or Citric Acid.

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Once opened, Roland Quartered Artichoke Hearts must be kept refrigerated with water added to cover them in order to retain moisture.

Serving Suggestions

Roland Artichoke Quarters are used in party appetizers and dips. They are marinated for salads and used in deli trays. They go well in cream and cheese sauces and fit well on buffet trays; they complement chicken, and veal dishes.

Prep & Cooking Suggestions

Remove Roland Quartered Artichoke Hearts from brine and rinse briefly with cold water. May be served hot or cold.

📄 Product Specifications

Brand	Manufacturer	Product Category
ROLAND	American Roland Food Corp.	Vegetables, Canned & Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
40512	003486	10041224405124	6	6 / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
39lb	33lb	No	ESP	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18.5in	12.5in	6.25in	0.84ft3	7x8	1080DAYS	40°F / 75°F



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Nutrition Analysis - By Serving

Calories	80kcal	Total Fat	0g	Sodium	380mg
Protein	4g	Trans Fats	0g	Calcium	27mg
Total Carbohydrates...	15g	Saturated Fat	0g	Iron	0.8mg
Sugars	1g	Added Sugars	0g	Potassium	372mg
Dietary Fiber	7g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D	0µg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

