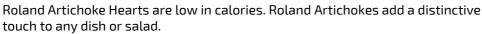


ROLAND

F5F009 - Artichoke Hearts 40/50 Ct 40530 Spec







* Benefits

Ingredients	▲ Allergens
Artichoke Hearts, Water, Salt and Citric acid and/or absorbic acid	Free From: Conception Conc

Nutrition Facts

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

Amount per serving

Calories	80
% Da	aily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	17%
Total Carbohydrate 15g	5%
Dietary Fiber 7g	25%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 0.8mg	4%
Potassium 372mg	8%

a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

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 Hearts may be braised, sauted, or baked since the leaves are very tender. Remember, they are precooked. Roland artichokes blend well with anchovies, mushrooms, olive oil, sun dried tomatoes, and Roland Olive Pastes or serve in a salad

Prep & Cooking Suggestions

Remove Roland Artichoke Hearts from brine and rinse briefly with cold water. They can be served hot or cold and do not toughen up when cooked.

Product Specifications

Brand	Mar	nufacturer		Product Category			
ROLAND	American Roland Food Corp.			Vegetables, Canned & Froze			
MFG #	SPC #	GTIN		Pack	Pack Desc.		
40530	F5F009	10041224405308	3	6	6 / / cs		

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
38lb	33lb	No	PER	Yes	No

Shipping Information								
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To		
18.75in	12.75in	6.5in	0.9ft3	7x8	1440DAYS	40°F / 75°F		





ROLAND

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Roland Artichoke Hearts are low in calories. Roland Artichokes add a distinctive touch to any dish or salad.

Nutrition Analysis - By Serving

Calories	80	Total Fat	0g	Sodium	380mg
Protein	4	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	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images







