



**ROLAND**

# F5F009 - Artichoke Hearts 40/50 Ct 40530 Spec

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



## 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	17%
Total Carbohydrate	15g	5%
Dietary Fiber	7g	25%
Total Sugars	1g	
Includes Added Sugar	0g	0%

<b>Protein</b>	4g	
Vitamin D	0mcg	0%
Calcium	27mg	2%
Iron	0.8mg	4%
Potassium	372mg	8%

\* 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 and Citric acid and/or ascorbic 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 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	Manufacturer	Product Category
ROLAND	American Roland Food Corp.	Vegetables, Canned & Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
40530	F5F009	10041224405308	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	TlxHI	Shelf Life	Storage Temp From/To
18.75in	12.75in	6.5in	0.9ft3	7x8	1440DAYS	40°F / 75°F



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## 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-12	
Monosodium		Sulphites		Nitrates	

### Additional Images

