



ROLAND

004387 - Farro Italian Pearled

Roland Farro is a whole grain, healthy product with a delicious, nutty flavor, and it is packed with vitamins and minerals. It has the ability to retain good texture after reheating.



Nutrition Facts

Servings per Container **108**
Serving size **0.25cup (50g)**

Amount per serving
Calories 160

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 33g	12%
Dietary Fiber 6g	21%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium	0%
Iron 2.2mg	12%
Potassium 264mg	6%

* 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

Farro. Contains: Wheat

Allergens

Contains:



wheat

Free From:



crustaceans



eggs



fish



milk



peanuts



sesame



soy



tree nuts

Handling Suggestions

Product is shelf stable.

Serving Suggestions

Add to stews & soups such as minestrone. Serve with tomato sauce and mushrooms or toss with olive oil and fresh herbs. Perfect when mixed with roasted vegetables and flavored with porcini mushrooms.

Prep & Cooking Suggestions

In a pot of boiling water cook 8OZ Roland Farro until medium tender. Drain. Heat oil in saucepan, add onion, carrot, celery. Season with salt, pepper. Add meat, brown for 2 minutes. Add wine, reduce. Add tomato sauce, one cup of stock. Add cooked Farro, simmer

Product Specifications

Brand	Manufacturer	Product Category
ROLAND	American Roland Food Corp.	Cereal

MFG #	SPC #	GTIN	Pack	Pack Desc.
72142	004387	10041224721422	4	4 / / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
13lb	12lb	No	ITA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10.25in	7.75in	9in	0.41ft3	22x5	720DAYS	45°F / 68°F



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Nutrition Analysis - By Serving

Calories	160	Total Fat	0.5g	Sodium	30mg
Protein	7	Trans Fats	0g	Calcium	
Total Carbohydrates...	33g	Saturated Fat	0g	Iron	2.2mg
Sugars	0g	Added Sugars	0g	Potassium	264mg
Dietary Fiber	6g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		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

