



Roland

152502 - Sardines Boneless Skinless In Soybe

Sardines are small, oily fish with a savory flavor and firm texture. Plump and flavorful, Roland Skinless & Boneless Sardines in Soybean Oil are delicious served cold as a topping for salads and crackers. They can also be added to cooked seafood dishes.



Nutrition Facts

Servings per Container 1
Serving size 88gramsdrained (1CN)

Amount per serving
Calories 200

	% Daily Value*
Total Fat 12g	16%
Saturated Fat 3g	15%
Trans Fat	
Cholesterol 60mg	20%
Sodium 270mg	12%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 23g	
Vitamin D 3.1mcg	16%
Calcium 90mg	7%
Iron 1.3mg	7%
Potassium 250mg	5%

* 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

Sardines are small, oily fish with a savory flavor and firm texture. Plump and flavorful, Roland Skinless & Boneless Sardines in Soybean Oil are delicious served cold as a topping for salads and crackers. They can also be added to cooked seafood dishes.
Pasta: sardines add a delicious, pungent taste to any pasta. Try them in the Sicilian classic, Pasta con le sarde.
Can be served right from the tin or used as an ingredient in hot dishes.

Ingredients

SKINLESS & BONELESS SARDINES, SOYBEAN OIL, SALT. CONTAINS:SARDINE

Allergens

Contains:



Free From:



Handling Suggestions

See label for suggestions

Serving Suggestions

Sardines can be eaten out of the can, or used in salads and pasta. Sardines add a delicious, pungent taste to any pasta. Try them in the Sicilian classic, Pasta con le sarde.

Prep & Cooking Suggestions

Can be served right from the tin or used as an ingredient in hot dishes.

Product Specifications

Brand	Manufacturer	Product Category
Roland	American Roland Food Corp	Bakery Mixes, Other

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
041224152502	15250	152502	10041224152509		100/4.4 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
36lb	27.55lb	Morocco	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
23.25in	12.75in	5.75in	0.99ft3	6x9	949days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	200	Total Fat	12g	Sodium	270mg
Protein	23	Trans Fats		Calcium	90mg
Total Carbohydrates...	0g	Saturated Fat	3g	Iron	1.3mg
Sugars	0g	Added Sugars	0g	Potassium	250mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	60mg		
Vitamin A(U)		Vitamin D	3.1mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

