



Roland

45840 - Cultivated Hearts Of Palm

Roland Cultivated Hearts of Palm consists of prized, edible hearts of young palm trees with a silky texture and ivory color. This product is grown on a government-approved farmlands. This cultivation method is designed to have no negative impact on the rainforest.



Nutrition Facts

Servings per Container 1
Serving size 1Candrained (1EA)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat	
Cholesterol 0mg	0%
Sodium 940mg	41%
Total Carbohydrate 10g	4%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 6.9mg	38%
Potassium 229mg	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

Roland Cultivated Hearts of Palm consists of prized, edible hearts of young palm trees with a silky texture and ivory color. This product is grown on a government-approved farmlands. This cultivation method is designed to have no negative impact on the rainforest. Roland Cultivated Hearts of Palm are ready to use from the can. They can be chilled and served in salads and appetizers; delicious with seafood, avocado or olives and prosciutto. After opening, transfer product to an airtight container and store in the refrigerator.

Ingredients

HEARTS OF PALM, WATER, SALT, CITRIC ACID.

⚠ Allergens

Free From:

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

Handling Suggestions

After opening, transfer product to an airtight container and store in the refrigerator.

Serving Suggestions

Roland Cultivated Hearts of Palm can be chilled and served in salads and appetizers; delicious with seafood, avocado or olives and prosciutto. Their flaky texture also makes them a great alternative to seafood, try them in mock-fish tacos or seared like scallops.

Prep & Cooking Suggestions

Ready to use

📄 Product Specifications

Brand	Manufacturer	Product Category
Roland	American Roland Food Corp	Vegetables, Other

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
041224458185	45840	45840	10041224458403		6/14 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
6lb	5.25lb	Ecuador	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
8.75in	6in	4.25in	0.13ft3	32x10	730days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	80	Total Fat	1.5g	Sodium	940mg
Protein	6	Trans Fats		Calcium	22mg
Total Carbohydrates...	10g	Saturated Fat	1g	Iron	6.9mg
Sugars	0g	Added Sugars	0g	Potassium	229mg
Dietary Fiber	5g	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-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

