



Roland

# 72142 - Pearled Italian Farro

Farro is a hearty whole wheat grain with a firm texture and delicious nutty flavor. Our farro is pearled, which makes it quick and easy to prepare. Try it as a side dish or as the base of a grain bowl.



## Nutrition Facts

Servings per Container 27  
Serving size 0.25cup (0.25GS21)

Amount per serving  
**Calories 160**

	% Daily Value*
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 14mg	<b>1%</b>
Iron 2.2mg	<b>12%</b>
Potassium 264mg	<b>6%</b>

\* 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

Farro is a hearty whole wheat grain with a firm texture and delicious nutty flavor. Our farro is pearled, which makes it quick and easy to prepare. Try it as a side dish or as the base of a grain bowl. Rinse 1 cup of Roland Farro and drain. Combine 4 cups salted water or stock and 1 cup Farro in a pot and bring to a boil. Reduce heat and simmer for about 20 minutes or 5 minutes longer for a softer consistency. Store in a cool and dry place.

### Ingredients

FARRO. CONTAINS: WHEAT.

### ⚠ Allergens

#### Contains:



wheat

#### Free From:



crustaceans



eggs



fish



milk



peanuts



soy



tree nuts

### Handling Suggestions

Store in a cool and dry place.

### 📄 Product Specifications

Brand	Manufacturer	Product Category
Roland	American Roland Food Corp	Cereal

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
041224721425	72142	72142	10041224721422		4/3 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13.5lb	11.98lb	Italy	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
9in	7.5in	9.25in	0.36ft3	25x4	480days	60°F / 77°F

### Serving Suggestions

Try it as a side dish or as the base of a grain bowl.

### Prep & Cooking Suggestions

Rinse 1 cup of Roland Farro and drain. Combine 4 cups salted water or stock and 1 cup Farro in a pot and bring to a boil. Reduce heat and simmer for about 20 minutes or 5 minutes longer for a softer consistency.



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### Nutrition Analysis - By Measure

Calories	160	Total Fat	0.5g	Sodium	30mg
Protein	7	Trans Fats		Calcium	14mg
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-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

