



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.



* 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.

Nutrition Facts	
Servings per Container	27
Serving size	0.25cup (0.25GS21)
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 14mg	0%
Iron 2.2mg	10%
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.

Ingredients	Allergens
FARRO. CONTAINS: WHEAT.	<p>Contains:</p> <ul style="list-style-type: none"> wheat <p>Free From:</p> <ul style="list-style-type: none"> crustaceans eggs fish milk peanuts sesame soy tree nuts

Handling Suggestions
Store in a cool and dry place. UNIT UPC: 041224721425
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.

Product Specifications						
Brand			Manufacturer			
Roland			American Roland Food Corp			
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



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Nutrition Analysis - By Measure

Calories	160	Total Fat	0.5g	Sodium	30mg
Protein	7	Trans Fats	0g	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

