

Roland 721500 - Quick Cooking Medium Grain Polenta



Ready in under 10 minutes, Roland Quick Cooking Polenta is a convenient and hearty grain with a sunny yellow shade and creamy texture. This versatile gluten-free grain can be served in meals for any time of day, as a side dish or snack, or as a binder for baking and proteins.

- Saturday of	N- NN N- N, NN N N-	Nutrition FactsServings per Container8Serving size30grams (3G24)			
	of Italy				
PULL	BINI LA	Amount per serving Calories	110		
QUICK O	OOKING	% Daily Value*			
		Total Fat 1g	1%		
	GRAIN	Saturated Fat 0g	0%		
	Trans Fat				
		Cholesterol 0mg	0%		
★ Benefits		Sodium 10mg	0%		
	Total Carbohydrate 23g	8%			
Ready in under 10 minutes, Roland Quick Cooking Po yellow shade and creamy texture. Using corn grown our Quick Cooking Polenta is produced in Brescia, Ita	Dietary Fiber 2g	7%			
practices to guarantee the most consistently texture served in meals for any time of day, as a side dish or	Total Sugars 0g				
served in means for any time of day, as a side distror	Includes 0g Added Sugar	0%			
Ingredients	Protein 2g				
	Allergens				
Cornmeal	Free From:	Vitamin D 0mcg	0%		
commedi	(🕎 crustaceans 🕧 eggs 🔊 fish (🎒 milk	Calcium 1.8mg	0%		
	(S) peanuts (S) soy (D) tree nuts (S) wheat	Iron 1mg	6%		
	Operations () soy () recentus () wheat	Potassium 86mg	2%		
		* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. a day is used for general nutrition advice.			

Handling Suggestions

Store in a dry place

Serving Suggestions

Roland Polenta can be served as an appetizer, first course, or side dish in a main meal. It is often used as a base for grilled vegetables or meats. At its simplest, it is topped with butter and parmesan cheese. Can also be served for breakfast.

Prep & Cooking Suggestions

Add 1 cups of Roland Polenta, 4 cups of water, 1 tsp. salt, to a pot and bring to a boil, then simmer for 5-8 mins.

Product Specifications

Brand		Manufacturer						Product Category		
Roland	ł	American Roland Food Corp				orp	Fr	Fruit, Canned & Frozen		
UPC	-	MFG #	SI	PC #	GTIN		F	Pack Pack Des		
04122472	21500	72150	72	1500	100	412247	721507			12/8.8 OZ
Gross We	eight	Net Weight Country of Orig		Origin	Kosher Child Nutr		nild Nutrition			
8lb		6.61lb	o Italy				Yes			
Shipping Information										
Length	Width	Height	Volu	ume	TIxHI	xHI Shelf Life Storage Temp Fro		emp From/To		
15.25in	5in	7in	0.3´	1ft3	21x7	475da	days 60°F / 77°F			



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Nutrition Analysis - By Measure

Calories	110	Total Fat	1g	Sodium	10mg
Protein	2	Trans Fats		Calcium	1.8mg
Total Carbohydrates…	23g	Saturated Fat	Og	Iron	1mg
Sugars	Og	Added Sugars	Og	Potassium	86mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		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



