



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.



Nutrition Facts

Servings per Container **8**
Serving size **30grams (3G24)**

Amount per serving
Calories 110

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 1.8mg	0%
Iron 1mg	6%
Potassium 86mg	2%

* 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

Ready in under 10 minutes, Roland Quick Cooking Polenta is a convenient and hearty grain with a sunny yellow shade and creamy texture. Using corn grown in the world-renowned Po Valley in Northern Italy, our Quick Cooking Polenta is produced in Brescia, Italy utilizing traditional ancient stone-milling practices to guarantee the most consistently textured polenta. 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.

Ingredients

Cornmeal

⚠ Allergens

Free From:



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	American Roland Food Corp	Fruit, Canned & Frozen

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
041224721500	72150	721500	10041224721507		12/8.8 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
8lb	6.61lb	Italy	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.25in	5in	7in	0.31ft3	21x7	475days	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	0g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	86mg
Dietary Fiber	2g	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-12	
Monosodium		Sulphites		Nitrates	

Additional Images

