



Roland

72160 - Quick Cooking Polenta Medium Gluten

Polenta, a staple of Northern Italy, is made from ground cornmeal. Ready in less than 10 minutes, Roland Medium Grain Yellow Polenta is filling and versatile, and can be served as an appetizer, first course, or side dish in a main meal.



Nutrition Facts

Servings per Container 76
Serving size 3tbsp (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

Polenta, a staple of Northern Italy, is made from ground cornmeal. Ready in less than 10 minutes, Roland Medium Grain Yellow Polenta is filling and versatile, and can be served as an appetizer, first course, or side dish in a main meal. Boil salted water in a large saucepan. Slowly pour in the polenta stirring continuously with a wooden spoon to avoid lumps. Cook for 5-8 minutes. Season as desired. Store in a cool and dry place.

Ingredients

CORNMEAL.

⚠ Allergens

Free From:

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

Handling Suggestions

Store in a cool and dry place.

Serving Suggestions

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Prep & Cooking Suggestions

Boil salted water in a large saucepan. Slowly pour in the polenta stirring continuously with a wooden spoon to avoid lumps. Cook for 5-8 minutes. Season as desired.

📄 Product Specifications

Brand	Manufacturer	Product Category
Roland	American Roland Food Corp	Prepared Entrees

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	72160	72160	10041224721606		1/5 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
21lb	20lb	Italy	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15in	11.5in	6.25in	0.62ft3	10x8	365days	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(IU)•		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

