

American Roland Food Corp.

Roland Skin+Boneless Sardines/O.oil

SKINLESS+BONELESS SARDINES/O.O.

Roland Skinless & Boneless Sardines are ready to use and delicious. They are an instant meal with the addition of tomato, lettuce, and a good bread. They provide necessary protein and are packed in a flavorful olive oil.

Brand	Manufacturer	Product Category
Roland	American Roland Food Corp.	Sardines

MFG #	GTIN	Pack	Pack Desc.
15220	10041224152202	100	10/10/4.38 oz

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
37.00 lbs	27.55 lbs	Morocco	Yes	

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
23.50 inches	12.75 inches	5.75 inches	1.00 cu ft	6x9	1800	40.00 / 75.00 FAH

INGREDIENTS

Sardines, Olive Oil, Salt

HANDLING

Shelf stable. Refrigerate after opening. Best if this item is consumed shortly after opening.

SERVING

Use Roland sardines for an instant lunch or supper. They fit perfectly on a cold, seafood buffet. Roland Skinless & Boneless Sardines go equally well in a Nicoise salad or a sandwich(use rye or crusty Italian bread).

PREP & COOKING

Roland Skinless & Boneless Sardines may be eaten right out of the tin.

Nutrition Facts

100 servings per container

Serving size **88gr**

Amount Per Serving	
Calories	**180**
	% Daily Value*
Total Fat 10gr	**12%**
Saturated Fat 1.5gr	**7 %**
Trans Fat 0gr	
Cholesterol 125mg	**42%**
Sodium 270mg	**12%**
Total Carbohydrate 0gr	**0 %**
Dietary Fiber 0gr	**0 %**
Total Sugars 0gr	
Includes 0 Added Sugars	%
Protein 22gr	
Vitamin D 0	20%
Calcium 0	25%
Iron 0	15%
Potassium 0	8%

* 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

ALLERGENS

Free From
Milk, Eggs, Crustacean, Tree Nuts, Peanuts, Nuts, Sesame, Soy

Contains
Fish

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NUTRITION ANALYSIS

Calories	**180**	Total Fat	**10 gr**	Sodium	**270 mg**
Protein	**22 gr**	Trans Fats	**0 gr**	Calcium	**0**
Total Carbohydrates	**0 gr**	Saturated Fat	**1.5 gr**	Iron	**0**
Sugars	**0 gr**	TPolyunsaturated Fat	**0**	Potassium	**0**
Dietary Fiber	**0 gr**	Monounsaturated Fat	**0**	Zinc	**0**
Lactose		Cholesterol	**125 mg**	Phosphorus	**0**
Vitamin A(IU)	**0**	Vitamin D	**0**	Thiamin	**0**
Vitamin A(RE)		Vitamin E	**0**	Niacin	**0**
Vitamin C	**0**	Folate	**0**	Riboflavin	**0**
Magnesium	**0**	Vitamin B-6	**0**	Vitamin B-12	**0**

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