

American Roland Food Corp.

Roland Farro Semipearled-Italy

FARRO

Roland Farro is a whole grain, healthy product with a delicious, nutty flavor, and it is packed with vitamins and minerals. It has the ability to retain good texture after reheating.

Brand	Manufacturer	Product Category
Roland	American Roland Food Corp.	Farro

MFG #	GTIN	Pack	Pack Desc.
72140	10041224721408	0	12/17.6 oz

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
14.00 lbs	13.20 lbs	Italy		

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
10.00 inches	8.50 inches	9.00 inches	0.44 cu ft	22x5	720	45.00 / 68.00 FAH

INGREDIENTS

Farro. Contains: Wheat

HANDLING

Product is shelf stable.

SERVING

Add to stews & soups such as minestrone. Serve with tomato sauce and mushrooms or toss with olive oil and fresh herbs. Perfect when mixed with roasted vegetables and flavored with porcini mushrooms.

PREP & COOKING

In a pot of boiling water cook 8OZ Roland Farro until medium tender. Drain. Heat oil in saucepan, add onion, carrot, celery. Season with salt, pepper. Add meat, brown for 2 minutes. Add wine, reduce. Add tomato sauce, one cup of stock. Add cooked Farro, simmer

Nutrition Facts

120 servings per container

Serving size **50gr**

Amount Per Serving

Calories **160**

	% Daily Value*
Total Fat 0.5gr	**1** %
Saturated Fat 0gr	**0** %
Trans Fat 0gr	
Cholesterol 0mg	**0** %
Sodium 30mg	**1** %
Total Carbohydrate 33gr	**12**%
Dietary Fiber 6gr	**21**%
Total Sugars 0gr	
Includes 0 Added Sugars	%
Protein 7gr	
Vitamin D 0mcg	0%
Calcium 0	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.

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

ALLERGENS

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

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NUTRITION ANALYSIS

Calories	**160**	Total Fat	**0.5 gr**	Sodium	**30 mg**
Protein	**7 gr**	Trans Fats	**0 gr**	Calcium	**0**
Total Carbohydrates	**33 gr**	Saturated Fat	**0 gr**	Iron	**2.2 mg**
Sugars	**0 gr**	TPolyunsaturated Fat	**0**	Potassium	**264 mg**
Dietary Fiber	**6 gr**	Monounsaturated Fat	**0**	Zinc	**0**
Lactose		Cholesterol	**0 mg**	Phosphorus	**0**
Vitamin A(IU)	**0**	Vitamin D	**0 mcg**	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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