



Product Specification

SKU	72106	Pack Size	(1X12) 17.6 OZ.	Effective Date	7/13/2021
Product Name	Roland® Pre-Cooked Couscous	Item UPC	041224721043	Supersedes	6/18/2021
		Case GTIN	10041224721064	Effective Batch	
				Reason for Change	Updated Name

Nutritional Data, Per Serving

Serving Size for Labeling	1/3 Cup Dry (60g)
Servings Per Container	About 8
Calories (kcal)/Serving	220
Total Fat (g)/Serving	0
Total Fat (%DV)	0
Saturated Fat (g)/Serving	0
Saturated Fat (%DV)	0
Unsaturated Fat (g)/Serving	0
Polyunsaturated Fat (g)/Serving	0
Monounsaturated Fat (g)/Serving	
Trans Fat (g)/Serving	0
Cholesterol (mg)/Serving	0
Cholesterol (%DV)	0
Sodium (mg)/Serving	5
Sodium (%DV)	0
Total Carbs (g)/Serving	46
Total Carb (%DV)	17
Dietary Fiber (g)/Serving	3
Dietary Fiber (%DV)	11
Total Sugar (g)/Serving	0
Added Sugar (g)/Serving	0
Added Sugars (%DV)	0
Protein (g)/Serving	8
Vitamin D (mcg)/Serving	0
Vitamin D (%DV)	0
Calcium (mg)/Serving	14
Calcium (DV%)	0
Iron (mg)/Serving	0.6
Iron (DV%)	4
Potassium (mg)/Serving	100
Potassium (DV%)	2
Vitamin A (mcg)/Serving	0
Vitamin A (%DV)	0
Vitamin C (mg)/Serving	0
Vitamin C (%DV)	0

Nutritional Data, Ingredients & Allergens

Calories (kcal)/100g	366.52
Calories From Fat (kcal)/100g	5.76
Total Fat (g)/100g	0.64
Saturated Fat (g)/100g	0.12
Unsaturated Fat (g)/100g	0.52
Polyunsaturated Fat (g)/100g	0
Monounsaturated Fat (g)/100g	
Trans Fat (g)/100g	0
Cholesterol (mg)/100g	0
Sodium (mg)/100g	10
Total Carbohydrate(g)/100g	77.43
Dietary Fiber (g)/100g	5
Total Sugar (g)100g	0
Added Sugar (g)/100g	0
Protein (g)/100g	12.76
Vitamin D (mcg)/100g	0
Calcium (mg)/100g	24
Iron (mg)/100g	1.08
Potassium (mg)/100g	166
Vitamin A (mcg)/100g	0
Vitamin C (mg)/100g	0
Moisture/Ash (g)/100g	9.17

Ingredient Statement

WHEAT FLOUR. CONTAINS: WHEAT.

Allergen Declaration

Under the guidance of the U.S. FDA Food Allergy Labeling and Consumer Protection Act (FALCPA), Roland Foods, LLC uses a CONTAINS statement in the ingredient statement section of its product specifications to indicate any of the “Big 8” allergens recognized by the U.S. FDA that are in the product. The MAY CONTAIN statement is used to indicate any of the “Big 8” allergens that may be in the product due to cross contamination.



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Physical Dimensions

Case Length (in)	14.25
Case Width (in)	10.5
Case Height (in)	6.75
Case Cube (ft3)	0.58
Case Net Weight (lb)	13.22
Case Gross Weight (lb)	15
Pallet Configuration	98 Cases (14X7)
Gross Pallet Weight (lb)	1470
DR Weight (Unit Label)	
Net Weight (Unit Label)	17.6 OZ. (1 LB. 1.6 OZ.) 500g
Packaging Tare Weight (g)	Null
Shelf Life Days (Unopened)	1095
Shelf Life After Opening (Days)	730
Unopened Storage Condition	Cool (50-77F) & Dry (RU 40-60%)
Opened Storage Condition	Cool (50-77F) & Dry (RU 40-60%)
Ship Condition (Sales)	Ambient; Rotate stock
Packaging Type	Plastic/Bag
Count per Unit	
Unit Length (in)	
Unit Width (in)	
Unit Height (in)	
Size/Dimensions of Product	

Label Comments

Store in a cool and dry place.
Good Source of Fiber

Production Code: Explanation

PRODUCTION CODE: T0102 - Jan. 2nd, 2019
YEAR: R(2017); S(2018); T(2019); U(2020); V(2021)
Subsequent Years in sequence as letters.
MONTH: 01(Jan); 02(Feb)
Subsequent Months in sequence as two digits.
DAY: 01(First of Month); 02(Second of Month)
Subsequent Days in sequence as two digits.

Bioengineered Labeling

This product does not require BE labeling

Bioengineered Ingredients

None.



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Quality Attributes

		Test	Range	Method
Defects Allowed	0 % Foreign Material	1 HUMIDITY	<13.5 %	Humidity Scale
		2 AEROBIC PLATE COUNT	<50,000 CFU/G	MFHPB-18
		3 YEAST & MOLD	<1,000 CFU/G	MFHPB-22
		4 E. COLI	<10 CFU/G	X
Appearance	Pre-Cooked	5 S. AUREUS	<100 CFU/G	MFLP-21
Color	Yellow to golden	6 SALMONELLA	Negative/25g	MFHPB-20
		7		
Aroma / Smell	Earthy	8		
		9		
Flavor / Taste	Neutral	10		
		11		
Texture/Feel	Crisp	12		
		13		
Halal	Not Certified	14		
		15		
Vegan	Yes	16		
		17		
Lacto-Ovo-Vegetarian	Yes	18		
		19		
Organic Certifying Body	Not Organic	20		
Gluten Status	This product contains gluten containing ingredients			
Additional Storage Comments				



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Supplier Details

	Supplier	Supplier COO	Supplier Kosher	Bioengineered Status
1	V00002146	CANADA	MK PAREVE 567	THIS PRODUCT DOES NOT CONTAIN ANY USDA DEFINED BIOENGINEERED INGREDIENTS.
2	V00002507	USA	OU	THIS PRODUCT DOES NOT CONTAIN ANY USDA DEFINED BIOENGINEERED INGREDIENTS.
3				
4				
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