



American Roland Food Corp. **UniPro**  
FOODSERVICE  
**Roland Buckwheat Soba**  
**Noodl/Organic**  
BUCKWHEAT SOBA NOODLES ORGANIC

Roland Soba Noodles are easy to prepare and go with all Asian cuisines. Soba noodles are known for being both healthy and delicious.

| Brand        |              | Manufacturer               |            | Product Category        |              |                      |
|--------------|--------------|----------------------------|------------|-------------------------|--------------|----------------------|
| Roland       |              | American Roland Food Corp. |            | Pasta Long Shelf Stable |              |                      |
| MFG #        |              | GTIN                       |            | Pack                    | Pack Desc.   |                      |
| 72310        |              | 10041224723105             |            | 0                       | 3/10/12.8 oz |                      |
| Gross Weight |              | Net Weight                 |            | Country of Origin       |              | Kosher               |
| 25.00 lbs    |              | 24.00 lbs                  |            | China                   |              |                      |
| Length       | Width        | Height                     | Volume     | TlxHl                   | Shelf Life   | Storage Temp From/To |
| 10.75 inches | 10.75 inches | 8.75 inches                | 0.59 cu ft | 12x6                    | 720          | 45.00 / 68.00 FAH    |

#### INGREDIENTS

Organic Wheat Flour, Organic Buckwheat Flour, Salt. Contains: Wheat.

#### HANDLING

Product is shelf stable. Refrigerate after opening.

#### SERVING

Any stir-fried protein such as beef, chicken, or pork is a perfect accompaniment to Soba Noodles. Soba Noodles are very often coupled with soup or vegetables.

#### PREP & COOKING

Put 6 cups water in a large pot. Bring to a boil, put soba in and stir. When water comes to a rapid boil decrease heat and continue to simmer for 6-7 minutes until tender. Place in a colander and rinse thoroughly with cold water. After rinsing, drain water

## Nutrition Facts

180 servings per container

**Serving size** 56gr

**Amount Per Serving**  
**Calories** 180

% Daily Value\*

|                                |             |
|--------------------------------|-------------|
| <b>Total Fat</b> 1gr           | <b>1</b> %  |
| Saturated Fat 0gr              | <b>1</b> %  |
| Trans Fat 0gr                  | %           |
| <b>Cholesterol</b> 0mg         | <b>0</b> %  |
| <b>Sodium</b> 360mg            | <b>16</b> % |
| <b>Total Carbohydrate</b> 36gr | <b>13</b> % |
| Dietary Fiber 3gr              | <b>9</b> %  |
| Total Sugars 1gr               | %           |
| Includes 0 Added Sugars        | %           |

**Protein** 6gr

|                 |    |
|-----------------|----|
| Vitamin D 0mcg  | 0% |
| Calcium 9.8mg   | 0% |
| Iron 0.8mg      | 4% |
| Potassium 142mg | 4% |

\* 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            | 180   | Total Fat            | 1 gr  | Sodium       | 360 mg |
| Protein             | 6 gr  | Trans Fats           | 0 gr  | Calcium      | 9.8 mg |
| Total Carbohydrates | 36 gr | Saturated Fat        | 0 gr  | Iron         | 0.8 mg |
| Sugars              | 1 gr  | TPolyunsaturated Fat | 0     | Potassium    | 142 mg |
| Dietary Fiber       | 3 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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