



American Roland Food Corp.
HEARTS OF PALM
CULTIVATED KOSHER
CULTIVATED HEARTS OF PALM



Roland Hearts of Palm are sustainably harvested and do not lead to damaging rainforests. They ready to serve out of the can and are an interesting addition to a salad or main dish as a vegetable with a unique flavor.

Brand		Manufacturer		Product Category		
Roland		American Roland Food Corp.		Hearts Of Palm		
MFG #		GTIN		Pack	Pack Desc.	
45840		10041224458403		0	6/14 oz	
Gross Weight		Net Weight		Country of Origin		Kosher
6.78 lbs		5.25 lbs		Ecuador		Yes
Length		Width		Height		Volume
5.00 inches		6.50 inches		9.25 inches		0.17 cu ft
TlxHl		Shelf Life		Storage Temp From/To		
29x10		1440		70.00 / 70.00 FAH		

INGREDIENTS

Hearts Of Palm, Water, Salt, Citric Acid.

HANDLING

This item is shelf stable until opened. Refrigerate after opening.

SERVING

Serve cold in salads, as a garnish or as an appetizer. They can also be served hot as a vegetable with butter and seasonings.

PREP & COOKING

Roland Cultivated Hearts of Palm are ready to use from the can. They can be chilled and served in salads and appetizers; delicious with seafood, avocado or olives and prosciutto

Nutrition Facts

6 servings per container

Serving size 220gr

Amount Per Serving
Calories 80

% Daily Value*

Total Fat 1.5gr 2%

Saturated Fat 0gr 1%

Trans Fat 0gr 0%

Cholesterol 0mg 0%

Sodium 940mg 41%

Total Carbohydrate 10gr 4%

Dietary Fiber 5gr 19%

Total Sugars 0gr

Includes 0 Added Sugars 0%

Protein 6gr

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 6.9mg 40%

Potassium 229mg 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	80	Total Fat	1.5 gr	Sodium	940 mg
Protein	6 gr	Trans Fats	0 gr	Calcium	22 mg
Total Carbohydrates	10 gr	Saturated Fat	0 gr	Iron	6.9 mg
Sugars	0 gr	TPolyunsaturated Fat	0	Potassium	229 mg
Dietary Fiber	5 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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