



Product Description

[click here for
Nutrition Information](#)

[click here for
Recipe Collection](#)

Gnocchi (Potato Dumplings)

Item # 41308 22000

Product Description:

Italian for "dumplings", Gnocchi are nugget shaped pieces of dough made with potatoes and enriched durum flour.



Case GTIN:	10041308220001
Pack:	2
Size:	5 lb
Shelf Life:	15 Months
Package Format:	Poly Bag
Servings Per Case:	About 40
Storage:	Keep Frozen
Product Preparation:	Do not defrost. Boil loosely for 5 minutes in water salted to taste. Drain and serve your favorite way.

Operator Benefits:

Quick prep time (3-5 minutes)
Quality with convenience - prep only what is needed and keep the rest frozen!
Little or no wasted product
Easy menu extensions
Consistently al dente results every time
Labor reduction - saves \$\$

Date Last Refreshed: 08/11/11

The information shown here may vary from the information on product currently in distribution. Keep in mind that ingredients, formulas, and labeling regulations may change, so nutrition information may also change. For the most accurate information for a particular product, please refer to the nutrition and ingredient information on the product package.



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INGREDIENTS:

WATER, ENRICHED DURUM WHEAT FLOUR (NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), POTATOES (CONTAINING: IDAHO RUSSET POTATO FLAKES, MONO AND DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE, CITRIC ACID) REAL MASHED POTATOES (POTATOES, WATER, DISODIUM DIHYDROGEN PYROPHOSHATE [TO MAINTAIN NATURAL COLOR]), SALT. CONTAINS: WHEAT

Nutrition Facts

Serving Size 5 oz (140 g)
Servings Per Container about 32

Amount Per Serving		
Calories	230	Calories from Fat 5
		% Daily Value*
Total Fat	0.5 g	1 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	210 mg	9 %
Total Carb.	49 g	16 %
Dietary Fiber	4 g	15 %
Sugars	1 g	
Protein	7 g	

o Vitamin A 0 % o Vitamin C 8 % o Calcium 0 % o Iron 8 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

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

Other Nutrition Information:

1.75 Bread/grain equivalents per serving

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Recipes

Lemon Rosemary Gnocchi Salad

Recipe Category: Salads

- 1-1/2 lbs. Marzetti Frozen Pasta™ Gnocchi (Potato Dumplings)
- 2 Cups Mayonnaise
- 2 Tbsp. Fresh Lemon Juice
- 1 tsp. Lemon Zest
- 2 Tbsp. Sugar
- 2 tsp. Fresh Rosemary, Chopped
- 1/3 Cup Red Onion, Chopped

Preparation: In a large bowl, combine ingredients except gnocchi; mix well. Add gnocchi; toss to coat. Refrigerate until served.



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Recipes

Gnocchi Alfredo with Ham & Asparagus

Recipe Category: Entrees

- 1-1/2 lbs. thawed Marzetti Frozen Pasta™ Gnocchi (Potato Dumplings)
- 1/2 lb. (8 oz.) Thin ham strips (julienne)
- 1 pkg. (10 oz.) Frozen asparagus cuts, thawed
- 1 pkg. (10 oz.) Refrigerated alfredo sauce

Preparation: In a large skillet coated with nonstick spray, sauté gnocchi, ham and asparagus over medium-high heat 5 to 7 minutes or until gnocchi is lightly browned, stirring frequently. Stir in alfredo sauce. Simmer over medium heat 5 to 10 minutes or until heated through.