



**Product Description**

[click here for](#)

**Nutrition Information**

[click here for](#)

**Recipe Collection**

## Whole Wheat Rotini

Item # 41308 31070



### Product Description:

Our Whole Wheat/Whole Grain Rotini is made with 100% whole wheat durum flour that contains fiber, nutrients and whole grains for a healthy lifestyle.

**Case GTIN:** 10041308310702

**Pack:** 4

**Size:** 3 lb

**Shelf Life:** 15 Months

**Package Format:** Poly Bag

**Servings Per Case:** About 39

**Storage:** Keep Frozen

**Product Preparation:** For best results, add frozen pasta to boiling water, stirring with fork to separate, for 10 to 30 seconds. Or run hot tap water over frozen pasta until thawed; drain. If using pasta in a cold salad, follow with cold water rinse. Or use frozen precooked pasta directly in a casserole recipe in place of other cooked pasta. Adjust bake time to allow for frozen pasta.

### Operator Benefits:

Quick prep time (30-60 seconds)

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:** 01/12/12

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.



[click here for  
Product Description](#)

[Nutrition Information](#)

[click here for  
Recipe Collection](#)

# Whole Wheat Rotini

Item # 41308 31070

## INGREDIENTS:

WATER, WHOLE WHEAT DURUM FLOUR. CONTAINS: WHEAT

## Nutrition Facts

Serving Size 5 oz (140 g)  
Servings Per Container about 38

Amount Per Serving		
<b>Calories</b>	200	Calories from Fat 15
		<b>% Daily Value*</b>
<b>Total Fat</b>	1.5 g	<b>2 %</b>
Saturated Fat	0 g	<b>0 %</b>
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	<b>0 %</b>
<b>Sodium</b>	0 mg	<b>0 %</b>
<b>Total Carb.</b>	44 g	<b>15 %</b>
Dietary Fiber	7 g	<b>26 %</b>
Sugars	2 g	
<b>Protein</b>	7 g	

o Vitamin A 0 % o Vitamin C 0 % o Calcium 2 % o Iron 10 %

\* 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:

4.25 Bread/grain equivalents per serving

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.



[click here for  
Product Description](#)

[click here for  
Nutrition Information](#)

[Recipe Collection](#)

---

## Whole Wheat Rotini

Item # 41308 31070

### Recipes

---

#### Dilled Pasta and Potato Salad

Recipe Category: Salads Yields: 20

- 3 lb. bag Marzetti Frozen Pasta™ Whole Wheat Rotini
- 1/3 cup Jack Daniel's® Honey Dijon Mustard
- 2-1/2 cups Marzetti® Parmesan Peppercorn Dressing
- 1/2 cup Marzetti® Sour Cream
- 2 lbs. baby red potatoes
- 1 cup chopped sweet red pepper
- 1 cup sliced cucumber
- 1/2 cup chopped sweet yellow pepper
- 1/2 cup snipped fresh dill (or 1/4 cup dried dill weed)

Preparation: In a large pot, boil potatoes for 10-20 minutes or until tender; drain and cool. Place frozen pre-cooked pasta in large colander. Rinse with hot tap water until thawed. Rinse with cold water; drain well. In an extra-large bowl combine pasta, potatoes, peppers and cucumber. In medium bowl combine dressing, sour cream, mustard, and dill. Pour dressing over pasta mixture; toss gently to coat.



[click here for  
Product Description](#)

[click here for  
Nutrition Information](#)

[Recipe Collection](#)

---

## Whole Wheat Rotini

Item # 41308 31070

### Recipes

---

Just 1-2-3 Greek Pasta Salad

Recipe Category: Salads Yields: 30

- 3 lb. bag Marzetti Frozen Pasta™ Whole Wheat Rotini
- 2 cups Marzetti® Greek Vinaigrette with Olive Oil & Feta Cheese
- 3 medium tomatoes, chopped
- 2 medium cucumbers, quartered and sliced
- 1 cup sweet yellow pepper, chopped
- 1 - 1/2 cups black olives, sliced
- 3/4 cup green onions, sliced
- fresh oregano, snipped (optional)

Preparation: Place frozen pre-cooked pasta in colander rinse with hot tap water until thawed; Rinse with cold water; drain well. In a large bowl, combine pasta, tomatoes, cucumbers, pepper, olives and green onions. Add dressing; toss gently to coat. Garnish with snipped fresh oregano, if desired.



[click here for  
Product Description](#)

[click here for  
Nutrition Information](#)

[Recipe Collection](#)

## Whole Wheat Rotini

Item # 41308 31070

### Recipes

---

Whole Grain Rotini with Creamy Blue Cheese, Cranberries and Almonds

Recipe Category: Entrees

- 1 bag (3 lbs) Marzetti Frozen Pasta™ Whole Wheat Rotini
- 3 cups Marzetti® Blue Cheese Dressing
- 1 cup slivered almonds, toasted
- 2 tbsp olive oil
- 1/4 cup white wine
- 1 yellow onion, thinly sliced
- 1 cup dried cranberries
- 1/3 cup celery, finely chopped

Preparation: Thaw Marzetti Frozen Pasta Whole Grain Rotini by running under warm water. Drain and set aside. Place almonds in a large skillet in a single layer. Cook over medium heat, stirring occasionally for 5 minutes or until golden brown. Remove almonds from skillet; set aside. In the same skillet, heat olive oil over medium high heat. Add onion and wine; cook, stirring occasionally, until onion is golden brown and tender. In a large bowl, combine pasta, almonds, onion, cranberries and celery; stir gently until well blended. Pour dressing over pasta mixture; toss gently to coat. Refrigerate until serving.