



**Product Description**

[click here for](#)

**Nutrition Information**

[click here for](#)

**Recipe Collection**

## Whole Wheat/Grain Spaghetti, Trayed Nest

Item # 41308 31080

### Product Description:

Our Whole Wheat/Whole Grain Spaghetti is made with 100% whole wheat durum flour that contains fiber, nutrients and whole grains for a healthy lifestyle. The spaghetti is formed into 3 ounce trays prior to freezing.



---

<b>Case GTIN:</b>	10041308310801
<b>Pack:</b>	54
<b>Size:</b>	3 oz.
<b>Shelf Life:</b>	15 Months
<b>Package Format:</b>	Trayed Nests
<b>Servings Per Case:</b>	54
<b>Storage:</b>	Keep Frozen
<b>Product Preparation:</b>	For best results, add frozen pasta to boiling water, stirring with fork to separate, for 10 to 30 seconds. Or run under hot tap water until thawed. Drain. If using in 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.

<b>Operator Benefits:</b>	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/Grain Spaghetti, Trayed Nest

Item # 41308 31080

## INGREDIENTS:

WATER, WHOLE WHEAT  
DURUM FLOUR.  
**CONTAINS: WHEAT**

## Nutrition Facts

Serving Size 3 oz (85g)  
Servings Per Container about 54

Amount Per Serving		
<b>Calories</b>	110	Calories from Fat 6
<b>% Daily Value*</b>		
<b>Total Fat</b>	1 g	<b>1 %</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>	26 g	<b>9 %</b>
Dietary Fiber	4 g	<b>15 %</b>
Sugars	1 g	
<b>Protein</b>	4 g	

o Vitamin A 0 % o Vitamin C 0 % o Calcium 0 % o Iron 4 %

\* 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:

2.0 Bread/grain equivalents per serving



click here for  
**Product Description**

click here for  
**Nutrition Information**

**Recipe Collection**

## **Whole Wheat/Grain Spaghetti, Trayed Nest**

Item # 41308 31080

### **Recipes**

---

#### Spaghetti and Meatballs

Recipe Category: Entrees

Cook Time: Boil 1 minute. Bake 30 to 60 minutes.

- 3 lbs. Marzetti Frozen Pasta™ Spaghetti
- 2-3 28-oz. jars tomato-base pasta sauce
- 38 oz. package pre-cooked meatballs
- 1/2 cup shredded parmesan cheese

Preparation: Bring a large pot of water to boiling. Place frozen spaghetti in basket and lower into boiling water until thawed (about 1 minute); drain well. Place prepared spaghetti in pan. Pour sauce over spaghetti to coat (about two to three, 28 ounce jars). Place meatballs on top. Gently mix spaghetti, sauce and meatballs together. Transfer to ½ steam table pan. Sprinkle with Parmesan cheese. Bake in a convection oven at 350 degrees F. for 30 to 60 minutes or until heated throughout.



[click here for  
Product Description](#)

[click here for  
Nutrition Information](#)

[Recipe Collection](#)

## Whole Wheat/Grain Spaghetti, Trayed Nest

Item # 41308 31080

### Recipes

---

#### Seafood and Pasta Cakes with Cilantro-Lime Mayonnaise Dressing

Recipe Category: Entrees

Yields: 10 - 15

- 1 cup Marzetti Frozen Pasta™ Spaghetti
- 8 oz. Fish King Processors surimi imitation crab or Ore-Cal shrimp, chopped fine
- 2 eggs, beaten
- 3 finely chopped green onion
- 1/2 cup dry breadcrumbs
- 2 tbsp. snipped fresh cilantro
- 1 pepper Serrano pepper, finely chopped
- 1/4 cup chopped red pepper
- 1 tsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- Dressing\*

\* Miscellaneous: \*Marzetti Seafood and Pasta Dressing: ¼ cup mayonnaise 1 tablespoon finely snipped fresh cilantro ½ teaspoon finely shredded lime peel 1-tablespoon fresh lime juice.

Preparation: In a large mixing bowl combine eggs, green onions, breadcrumbs, cilantro, Serrano peppers, red pepper, olive oil, salt, and pepper. Add crabmeat and pasta. Mix well. In a large skillet heat 2 tablespoons olive oil. Spoon 2 tablespoons of mixture into skillet and use spoon to shape into patty. Cook a few patties at a time over medium heat for about 2-3 minutes on each side, or until golden brown. Cover and keep warm in 300 degree F. oven while preparing the remaining cakes. Serve with Marzetti Seafood and Pasta Dressing (see above). Makes 10-15 cakes.



[click here for  
Product Description](#)

[click here for  
Nutrition Information](#)

[Recipe Collection](#)

## Whole Wheat/Grain Spaghetti, Trayed Nest

Item # 41308 31080

### Recipes

---

#### Grilled Flank Steak with Oriental Noodles

Recipe Category: Entrees

Yields: 25

- 4 lbs Marzetti Frozen Pasta™ Spaghetti
- 2 cups Marzetti® Asian Sesame Dressing
- 7 lbs Flank Steak
- 1/4 cup Soy Sauce
- 1/4 cup Honey
- 1/4 cup Vegetable Oil
- 1 cup Green Onions, thinly sliced
- 1/8 cup Cilantro
- 3 Carrots, peeled and julienne cut
- 1/4 cup Red Pepper, diced

Preparation: Mix soy sauce, honey and vegetable oil together in a shallow pan; add flank steak to the mixture and marinate for at least 1 hour. Remove flank steak from marinade mixture and grill for 5 minutes on each side. Hold. Submerge frozen precooked spaghetti in boiling water for 30 seconds to 1 minute. Drain. Saute red peppers and carrots. Add cilantro and Marzetti Asian Sesame Dressing. Toss mixture with the hot Spaghetti to coat well. Slice the grilled flank steak into thin strips. Place pasta on platter or plate and surround with grilled flank steak. Garnish top with green onion and serve.