



Twisted Elbows with Whole Grain

Item # 41308 31013

Marzetti Frozen Pasta, Inc.



Product Description:

Our Twisted Elbow pasta is made with 51% whole wheat flour that contains fiber, nutrients and whole grains for a healthy lifestyle.

Case GTIN: 10041308310139

Pack Size: 20 lb.

Shelf Life: 15 months

Package Type: Bulk

Storage: Keep frozen

Servings Per Case: About 64

Product Preparation: 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.

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: 7/7/16



T. Marzetti Company
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Columbus, Ohio 43229
www.MarzettiFoodservice.com

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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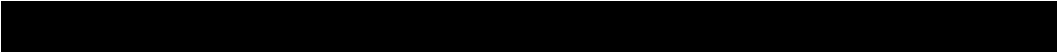
INGREDIENTS:

WATER, WHOLE WHEAT DURUM FLOUR, ENRICHED DURUM SEMOLINA AND DURUM WHEAT FLOUR (DURUM WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID).

CONTAINS: WHEAT

Nutrition Facts

Serving Size 5 oz. (140 g)
Servings Per Container ABOUT 64



Amount Per Serving

Calories 220 **Calories from Fat** 15



% Daily Value*

Total Fat 1.5 g **2 %**

Saturated Fat 0.5 g **2 %**

Trans Fat 0 g

Cholesterol 0 mg **0 %**

Sodium 30 mg **1 %**

Total Carb. 43 g **14 %**

Dietary Fiber 6 g **24 %**

Sugars 0 g

Protein 9 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:

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

1g Fat = 9 calories – 1g Carbohydrates = 4 calories – 1g Protein = 4 calories

Other Nutrition Information:

- 2 ounce equivalents per serving meeting the NSLP & SBP grain requirements



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