



**“FROM PACKAGE TO PALATE IN MINUTES”**

March 1, 2010

## GLUTEN FREE SPINACH GNOCCHI SPECIFICATIONS

**Product Code:** 71035

**Pack Size:** 6/12 oz. Pkg. – Net Wt. 4.5 lbs.

**Ingredients:** Water, Gluten Free Flour (Rice Flour, Corn Starch, Tapioca Flour, and Xanthan Gum), Potato Flakes, Canola Oil, Spinach Powder. **This facility is free from peanuts and tree nuts. Good manufacturing practices are used to segregate ingredients in a facility that also processes wheat, shellfish, and fish ingredients.**

**Physical Dimensions:** 1 3/8" x 3/4" x 3/4"

**Cooking Instructions – KEEP FROZEN UNTIL READY TO COOK. DO NOT OVER COOK!**

1. Place frozen gnocchi into 3 to 4 quarts of salted boiling water.
2. Stir gently until gnocchi rise to the surface.
3. Remove immediately and drain.
4. Serve with you favorite sauce.

**ALWAYS HEAT PRODUCT TO INTERNAL TEMPERATURE OF 160° F.**

**Nutritional:**

Serving Size: 3 oz (84g)/15 pieces			
Servings Per Container: 4			
<b>Amount Per Serving</b>			
Calories: 170		Calories from Fat: 25	
% Daily Value*			
<b>Total Fat</b> 3g			4%
Saturated Fat 0g			0%
Trans Fat 0g			
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 50mg			2%
<b>Total Carbohydrate</b> 34g			11%
Dietary Fiber 2g			9%
Sugars 0g			
<b>Protein</b> 3g			
Vitamin A	15%	•	Vitamin C 8%
Calcium	2%	•	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
<b>Nutrients:</b>	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
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
Dietary Fiber		25g	30g