



“FROM PACKAGE TO PALATE IN MINUTES”

March 1, 2010

ORGANIC FOUR CHEESE STUFFED SHELLS – RETAIL

Product Code: 70931

Pack Size: 12/10.5 oz. Pkg. – Net Wt. 7.87 lbs.

Ingredients: Organic Grass-Fed Whole Milk Ricotta Cheese, Organic Wheat Flour (Organic Semolina and/or Organic Extra Fancy Durum Flour), Water, Organic Cage-Free Pasteurized Whole Eggs, Organic Cheese Blend (Organic Asiago, Organic Romano, and Organic Parmesan Cheese), Organic Corn Starch, Sea Salt, Organic Parsley and Organic Black Pepper. **ALLERGENS: MILK, WHEAT, EGGS.**

This facility is free from peanuts and tree nuts. Good manufacturing practices are used to segregate ingredients in a facility that also processes foods containing wheat, shellfish, and fish ingredients.

Physical Dimensions: 3 1/2" x 1 3/4" x 1 5/8"

Baking Instructions (Recommended):

DO NOT THAW BEFORE BAKING. CAUTION: Due to differences in oven design, cooking time may vary slightly. When using more or less than 9 Shells, please increase or decrease cooking time accordingly.

1. Preheat oven to 425° F.
2. Cover bottom of baking dish or pan with your favorite organic sauce.
3. Remove Stuffed Shells individually from bag and place one by one into baking dish or pan, open side down.
4. Cover top of Stuffed Shells thoroughly with organic sauce and sprinkle with organic ramaro or organic parmesan cheese. Cover with aluminum foil.
5. Bake for 40-45 minutes.

Microwave Instructions:

Depending on your microwave, cooking times may vary. Cooking times are for the contents of this package.

1. Pour your favorite organic sauce in a microwave safe container, approximately 1/2 inch in depth of organic sauce.
2. Organic sauce is recommended to be at room temperature.
3. Place Stuffed Shells seam side down.
4. Completely cover Stuffed Shells with more organic sauce.
5. Attach microwave safe lid, lift one corner to vent.
6. Cook on high for approximately 8-12 minutes.
7. Rotate 1/4 turn after 4-6 minutes if microwave is not equipped with a turntable.
8. Let stand 2 minutes before serving.

CAUTION: CAREFULLY REMOVE COVER TO AVOID STEAM BURNS!

ALWAYS HEAT PRODUCT TO INTERNAL TEMPERATURE OF 160° F.

Nutritional:

Serving Size: 2 pieces (98g)	
Servings Per Container: 3	
Amount Per Serving	
Calories: 170	Calories from Fat: 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 190mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber less than 1g	3%
Sugars 0g	
Protein 8g	
Vitamin A 4%	•
Calcium 10%	•
Vitamin C 0%	
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:	
Nutrients:	Calories:
	2,000
	2,500
Total Fat	Less than 65g
Sat. Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g