



“FROM PACKAGE TO PALATE IN MINUTES”

March 1, 2010

**ORGANIC VEGAN
POTATO GNOCCHI - RETAIL**

Product Code: 70970

Pack Size: 12/1 lb. Pkgs. – Net Wt. 12 lbs.

Ingredients: Water, Organic Wheat Flour (Organic Extra Fancy Durum Flour), Organic Potato Flakes, Organic Canola Oil, and Organic Semolina Flour.
ALLERGENS: WHEAT.

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: 1 3/8" x 3/4" x 3/4"

Cooking Instructions - Stove Top (DO NOT THAW BEFORE COOKING)

1. Place frozen Gnocchi into 4 quarts of boiling (salted) water.
2. Stir gently until Gnocchi rise to the surface.
3. Approximate cooking time is 2-3 minutes.
4. Drain and serve with your favorite organic sauce.

ALWAYS HEAT PRODUCT TO INTERNAL TEMPERATURE OF 160° F.

Nutritional:

Serving Size: 3 oz./84g (13 pcs.)			
Servings Per Container: 5			
Amount Per Serving			
Calories: 200		Calories from Fat: 30	
		% Daily Value*	
Total Fat 3g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 37g			12%
Dietary Fiber 2g			7%
Sugars 0g			
Protein 5g			
Vitamin A	0%	•	Vitamin C 4%
Calcium	2%	•	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:			
Nutrients:	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
Dietary Fiber		25g	30g