



# WHOLE GRAIN MEDIUM SQUARE CHEESE RAVIOLI

ITEM NO.	PACK SIZE	FOOD BASED STATEMENT	CS/PALLET	GROSS WEIGHT
225GS	10 lb.	2 M/MA, 1.25 Grain EQ	150 cs	12 lb.

## INGREDIENTS

Ultragrain Durum Semolina (51/49) Blend (Whole Wheat Flour, Semolina (Wheat), Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Fat Free Ricotta Cheese (Whey, Skim Milk, Vinegar, Carrageenan, And Xanthan Gum), Low-moisture Part Skim Mozzarella Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Cellulose Powder To Prevent Caking, Natamycin To Inhibit Mold), Whole Egg, Whey Protein Isolate, Sodium Caseinate, Romano Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes), Modified Food Starch, Sugar, Salt, Garlic Powder.

## ALLERGENS

Wheat, Milk, Egg.

## PRODUCT HANDLING

- Stove Top: Add frozen ravioli to slow boiling salted water. Simmer approximately 3-4 minutes, or until heated through. Drain and serve with sauce.
- Microwave: Place frozen ravioli in dish and cover generously with additional sauce. Cover and microwave on high for 3 minutes, stir, cook 1 additional minute.
- Pasta should reach 165°F for 15 seconds.



FULLY COOKED



WHOLE GRAIN

## FEATURES

Whole Grain  
Smart Snack Compliant

# Nutrition Facts

Serving Size  
4.56 oz. (129g)

Calories per serving **230**

Percent daily values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Amount/Serving	% Daily Value*
<b>Total Fat 3.5g</b>	5%
Saturated Fat 1.5g	7%
Trans Fat 0g	
<b>Cholesterol 50mg</b>	16%
Sodium 260mg	12%
Vitamin D 0%	Calcium 10%

Amount/Serving	% Daily Value*
<b>Total Carbohydrate 33g</b>	12%
Dietary Fiber 3g	11%
Sugars 4g	
<b>Protein 17g</b>	
Iron 8%	Potassium 2%

\*\* The information on this panel is for general purposes only. Nutrition information is based on current data. The possibility exists that manufacturers may change their formulation without Gold Star's knowledge.