

FROZEN CHEESE RAVIOLI

CODE 45300

PRODUCT DESCRIPTION: IQF (Individually Quick Frozen),
Recipe E, PRE-COOKED

INGREDIENTS: Ricotta Cheese, (Whey, Milk, Cream, Vinegar), Enriched Durum Flour (Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Egg Whites (Egg Whites, Water, Guar Gum), Imported Pecorino Romano Cheese (Sheep's Milk, Rennet), Sea Salt, and Spices.

CONTAINS: MILK, EGGS, WHEAT

COOKING INSTRUCTIONS: Place frozen ravioli into 8 quarts of boiling water. Cook for 6 to 8 minutes or until tender. Stir occasionally with a wooden spoon. Drain and serve with Italian Sauce.

Nutrition Facts			
Serving Size 6 pieces (75 grams)			
Servings per container:			60
Amount per Serving			
Calories 171		Calories from Fat 27	
%			
			% Daily Value
Total Fat	3g		5%
Saturated Fat	1.5g		8%
Cholesterol	30mg		10%
Sodium	120mg		5%
Total Carbohydrate	27g		9%
Dietary Fiber	1g		4%
Sugars 2g			
Protein	9g		18%
Vitamin A	4%	*	Vitamin C 0%
Calcium	7%	*	Iron 7%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9 * Carbohydrate 4 * Protein 4			