



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

March 1, 2010  
Revised: August 19, 2010

**GLUTEN FREE MANICOTTI  
WITH MARINARA SAUCE ENTRÉE 11 OZ.  
SPECIFICATIONS**

**Product Code:** 71006

**Pack Size:** 6 Trays – Net Wt. 4.13 lbs.

**Ingredients:** Water, Concentrated Crushed Tomatoes, Onions, Whole Milk Ricotta Cheese (Pasteurized Cheese Whey, Whole Milk, Distilled Vinegar, and Salt), Flour (Rice Flour, Corn Starch, Tapioca Flour, and Xanthan Gum), Potato Flakes, Canola Oil, Organic Evaporated Cane Juice, Pasteurized Whole Eggs, Garlic, Part Skim Mozzarella Cheese (Pasteurized Milk, Cheese Cultures, Salt, and Enzymes), Pasteurized Egg Whites, Salt, Basil, Red Pepper, Black Pepper, Oregano, and Parsley. **ALLERGEN INFORMATION: CONTAINS MILK, 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:** 7 11/16” x 5 7/8” x 1 1/2”

**Cooking Instructions - \*Due to differences in oven & microwave design cooking time may vary.**  
**Keep Frozen Until Ready to Heat. Do Not Use in Toaster Oven.**

**Microwave Oven:**

1. Cooking time based on 800 watt oven
2. Remove tray from box
3. Cut a one inch slit in the plastic wrap
4. Place completely frozen product in microwave oven
5. Cook on High for 7 minutes
6. Let stand 2 minutes
7. Carefully remove wrap and serve

**Conventional Oven:**

1. Preheat oven to 375° F.
2. Remove tray from box
3. Remove the plastic wrap and cover with foil
4. Place tray on cookie sheet in center of oven
5. Bake for 40-45 minutes or until 160° F.
6. Let stand for 2-3 minutes

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

**Nutritional:**

Serving Size: 1 Container (312g)			
Servings Per Container: 1			
<b>Amount Per Serving</b>			
Calories: 390		Calories from Fat: 160	
% Daily Value*			
<b>Total Fat</b> 18g			27%
Saturated Fat 9g			45%
Trans Fat 0g			
<b>Cholesterol</b> 105mg			34%
<b>Sodium</b> 640mg			26%
<b>Total Carbohydrate</b> 42g			14%
Dietary Fiber 3g			14%
Sugars 10g			
<b>Protein</b> 16g			
Vitamin A	25%	•	Vitamin C
Calcium	30%	•	Iron
* 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