



“FROM PACKAGE TO PALATE IN MINUTES”

March 1, 2010

**GLUTEN FREE POTATO GNOCCHI
SPECIFICATIONS**

Product Code: 71030

Pack Size: 6/12 oz. Pkg. – Net Wt. 4.5 lbs.

Ingredients: Water, Gluten Free Flour (Rice Flour, Corn Starch, Tapioca Flour, and Xanthan Gum), Potato Flakes, Canola Oil.
This facility is free from peanuts and tree nuts. Good manufacturing practices are used to segregate ingredients in a facility that also processes wheat, shellfish, and fish ingredients.

Physical Dimensions: 1 3/8” x 3/4” x 3/4”

Cooking Instructions – KEEP FROZEN UNTIL READY TO COOK. DO NOT OVER COOK!

1. Place frozen gnocchi into 3 to 4 quarts of salted boiling water.
2. Stir gently until gnocchi rise to the surface.
3. Remove immediately and drain.
4. Serve with you favorite sauce.

ALWAYS HEAT PRODUCT TO INTERNAL TEMPERATURE OF 160° F.

Nutritional:

Serving Size: 3 oz (84g)/15 pieces			
Servings Per Container: 4			
Amount Per Serving			
Calories: 180		Calories from Fat: 25	
% Daily Value*			
Total Fat 3g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 20mg			1%
Total Carbohydrate 35g			12%
Dietary Fiber 2g			8%
Sugars 0g			
Protein 3g			
Vitamin A 0%	•	Vitamin C 6%	
Calcium 2%	•	Iron 2%	
* 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