



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

March 1, 2010

**ORGANIC FOUR CHEESE PASTA  
MANICOTTI - RETAIL**

**Product Code:** 70942

**Pack Size:** 12/10 oz. Pkg. – Net Wt. 7.5 lbs.

**Ingredients:** Organic Wheat Flour (Organic Semolina and/or Organic Extra Fancy Durum Flour), Organic Grass-Fed Whole Milk Ricotta Cheese, Water, Organic Cage-Free Pasteurized Whole Eggs, Organic Cheese Blend (Organic Asiago, Organic Romano, and Organic Parmesan Cheese), Organic Corn Starch, Sea Salt, Organic Parsley and Organic Black Pepper. **ALLERGENS: MILK, WHEAT, 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:** 5” x 1 3/8” x 3/4”

**Baking Instructions (Recommended):**

**DO NOT THAW BEFORE BAKING. CAUTION:** Due to differences in oven design, cooking time may vary slightly. When using more or less than 4 Manicotti please increase or decrease cooking time accordingly.

1. Preheat oven to 425° F.
2. Cover bottom of baking dish or pan with your favorite organic sauce.
3. Remove Manicotti individually from bag and place one by one into baking dish or pan.
4. Cover top of Manicotti thoroughly with organic sauce and sprinkle with organic Romano or organic Parmesan cheese. Cover with aluminum foil.
5. Bake for 30-35 minutes.

**Microwave Instructions:**

Depending on your microwave, cooking times may vary. Cooking times are for the contents of this package.

1. Pour your favorite organic sauce in a microwave safe container, approximately ½ inch in depth of organic sauce.
2. Organic sauce is recommended to be at room temperature.
3. Place Manicotti seam side down.
4. Completely cover Manicotti with more organic sauce.
5. Attach microwave safe lid, lifting one corner to vent.
6. Cook on high for approximately 8-12 minutes.
7. Rotate ¼ turn after 4-6 minutes if microwave is not equipped with a turntable.
8. Let stand 2 minutes before serving.

**CAUTION: CAREFULLY REMOVE COVER TO AVOID STEAM BURNS!**

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

**Nutritional:**

Serving Size: 1 piece (71g)			
Servings Per Container: 4			
<b>Amount Per Serving</b>			
Calories: 150	Calories from Fat: 50		
	% Daily Value*		
<b>Total Fat</b> 6g			9%
Saturated Fat 3.5g			17%
Trans Fat 0g			
<b>Cholesterol</b> 35mg			12%
<b>Sodium</b> 180mg			8%
<b>Total Carbohydrate</b> 16g			5%
Dietary Fiber less than 1g			3%
Sugars 1g			
<b>Protein</b> 8g			
Vitamin A	4%	•	Vitamin C 0%
Calcium	10%	•	Iron 6%
* 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