



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

March 1, 2010

**ORGANIC FOUR CHEESE  
RAVIOLI - RETAIL**

**Product Code:** 70903

**Pack Size:** 12/10.4 oz. – Net Wt. 7.8 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), Sea Salt, Organic Parsley and Organic Black Pepper. **ALLERGENS: WHEAT, 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:** 3” x 3” x ¾”

**Baking Instructions - Oven:**

1. Place frozen Ravioli into 6 quarts of moderately boiling (salted) water.
2. Stir gently with a wooden spoon until Ravioli rise to the surface. Bring to a boil.
3. Simmer gently for 6 minutes while stirring occasionally.
4. Drain and serve with your favorite organic sauce.

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

**Nutritional:**

Serving Size: 4 pieces (146g)			
Servings Per Container: 2			
<b>Amount Per Serving</b>			
Calories: 280		Calories from Fat: 70	
% Daily Value*			
<b>Total Fat</b> 8g			13%
Saturated Fat 5g			24%
Trans Fat 0g			
<b>Cholesterol</b> 55mg			18%
<b>Sodium</b> 260mg			11%
<b>Total Carbohydrate</b> 38g			13%
Dietary Fiber 2g			4%
Sugars 1g			
<b>Protein</b> 13g			
Vitamin A	6%	Vitamin C	0%
Calcium	15%	Iron	15%
* 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