



“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			
Amount Per Serving			
Calories: 280		Calories from Fat: 70	
% Daily Value*			
Total Fat 8g			13%
Saturated Fat 5g			24%
Trans Fat 0g			
Cholesterol 55mg			18%
Sodium 260mg			11%
Total Carbohydrate 38g			13%
Dietary Fiber 2g			4%
Sugars 1g			
Protein 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:			
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