

Elbow Macaroni (Thick Wall)

K#35103



Elbow Macaroni

Product Last Saved Date:04 January 2013

Nutrition Facts

Serving Size: 65 GR
Servings Per Container: 140

Amount Per Serving

Calories: 220 Calories from Fat: 5

% Daily Value*

Total Fat	.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	46 g	16%
Dietary Fiber	2 g	1%
Sugars	0 g	
Protein	8 g	

Vitamin A	Per Srv	Vitamin C	Per Srv
	0%		0%
Calcium	0%	Iron	10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	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

Calories per gram

Fat	9	Carbohydrate	4	Protein	4
-----	---	--------------	---	---------	---

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Units/Case	Unit/Measure	Serving/Case
71923-54972		10071923549720	1	20 LB	140

Brand	Brand Owner	GPC Description
GMLFS	GILSTER-MARY LEE CORP	Pasta/Noodles - Not Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
21.5 LB	20 LB	USA	Yes	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.63 IN	11.38 IN	5.88 IN	0.683 CF	5x8	365 Days	33 FA / 95 FA

Ingredients :

DURUM WHEAT FLOUR, NIACIN, IRON (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID

Handling Suggestions :

Dry

Benefits :

Great value on excellent quality pasta

Serving Suggestions :

1/2 cup (65g)

Prep & Cooking Suggestions :

1. Bring to rapid boil 2 gallon water. (add salt if desired, 1-1/2 Tablespoons) . 2. Add 1 package (32 oz.) elbow macaroni. 3. Return water to rapid boil; Cook uncovered approximately 8 to 10 minutes, stirring frequently. 4. Drain and rinse. Yield: 1/2 cup=140 servings

More Information :

Wheat