

# GMLFS

## SPAGHETTI



1037 State Street  
Chester, IL 62233  
618-826-2361

### Nutrition Facts

Serving per container: about 162

**Serving Size: 2 oz. (56g)**

**Amount Per Serving**

**Calories: 200**

	% Daily Value*	
<b>Total Fat:</b>	0.5g	1%
Saturated Fat:	0g	0%
Trans Fat:	0g	
Polyunsaturated Fat:	0g	
Monounsaturated Fat:	0g	
<b>Cholesterol:</b>	0mg	0%
<b>Sodium:</b>	0mg	0%
<b>Total Carbohydrate:</b>	41g	15%
Dietary Fiber:	2g	8%
Total Sugars: less than 1g		
Includes 0g Added Sugars		8%
<b>Protein:</b>	7g	
Vitamin D:	0mcg	0%
Calcium:	10mg	0%
Iron:	2.5mg	15%
Potassium:	110mg	2%
Thiamine:	0.5mg	40%
Riboflavin:	0.2mg	15%
Niacin:	3.5mg	20%
Folate: 190mcg DFE (110mcg Folic Acid)		50%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

#### Storage and Handling Suggestions:

50°F to 85°F with a target temperature  
of 70°F with humidity under 50%



#### PRODUCT SPECIFICATIONS:

Brand	Pack	General Product Description	
GMLFS	1/20 lb.	Spaghetti	
MFG. Code	GTIN	UPC	
71923-54971	10071923549713		
Net Weight	Gross Weight	Country of Origin	Kosher
20 lbs.	21.5 lbs.	USA	Circle V Pareve
<b>Shipping Information:</b>			
Dimensions:	12.313 x 12.25 x 6.438	Cube:	0.562
TI x HI:	12 x 5	(TI = Amount on a Layer) (HI = Number of Layers High)	
Shelf Life:	730 Days from Date of Manufacture**	Date Code:	Best By

#### Ingredients:

DURUM WHEAT SEMOLINA, NIACIN, IRON [FERROUS SULFATE], THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID

#### Allergens:

Wheat

#### Benefits:

Excellent Source of Thiamine, Niacin, Folate

#### Directions:

1. Boil 4 quarts of water for each pound of spaghetti.
2. Salt to taste (optional).
3. Add spaghetti slowly and return to a boil.
4. Cook, uncovered, 8 to 12 minutes or until tender, stirring occasionally. Avoid overcooking.
5. Drain and rinse with hot water. Serve.

