

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*
Total Fat:	0.5g	1%
Saturated Fat:	0g	0%
<i>Trans</i> Fat:	0g	
Polyunsaturated Fat:	0g	
Monounsaturated Fat:	0g	
Cholesterol:	0mg	0%
Sodium:	0mg	0%
Total Carbohydrate:	41g	15%
Dietary Fiber:	2g	8%
Total Sugars:	less than 1g	
Includes 0g Added Sugars		8%
Protein:	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	50%
(110mcg Folic Acid)		

*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

Shipping Information:

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.

