395 Herky Street
North Liberty, IA 52317
319-626-3683

Product Name 51% Ultragrain® Whole Wheat 10″ Spaghetti

JM Swank Product # 560061 07751

UPC # **00049101000328**

Product Description
Dry pasta manufactured with Ultragrain® whole wheat flour, enriched durum wheat semolina, and egg white

Whole Grain Statement
Ultragrain® Whole Wheat 10″ Spaghetti contains 51 grams of whole grain in 100 grams dry pasta. A serving of pasta is ½ cup cooked (25 grams dry).

Analytical Measures

Moisture (as is basis)	11.5% ± 1.5%
Length	9.125″ ± 0.250″
Diameter	0.063″ ± 0.004″

Packaging

Box weight	20 lbs (portion pack 5 x 4 lbs)
	Plant ID(05= WRM/06 = SPK) Open Code
Code Date	Date MMDDYY; i.e. 05 010113 or 06 010113

Ingredients
Enriched Pasta [whole wheat flour (Ultragrain®), Wheat semolina, Egg white, Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid]

Allergens
Contains wheat
Contains egg

Storage Condition
Product should be kept sealed and away from other aromatic ingredients. . Recommended storage is <75 °F temperature and <50% relative humidity. Do not freeze.

Shelf Life
Shelf life is 24 months when stored properly as recommended under sanitary conditions.

Recommended Cook Time 9 minutes ± 2 minutes
Refer to cooking recommendations below

Nutritional Profile		
Per 100 g dry pasta		
Calories	Kcal	349.71
Moisture	g	11.00
Ash (Minerals)	g	1.26
Protein	g	14.20
Calories from Fat	kcal	13.16
Total Carbohydrate	g	72.09
Total Fat	g	1.45
Total Dietary Fiber	g	8.07
Total Sugars	g	1.10
Minerals		
Calcium	mg	26.35
Iron	mg	4.05
Magnesium	mg	94.03
Phosphorous	mg	242.73
Potassium	mg	311.78
Sodium	mg	22.23
Zinc	mg	1.99
Copper	mg	0.29
Manganese	mg	2.23
Selenium	mcg	80.40
Vitamins		
Vitamin C	mg	0
Thiamine (Vitamin B1)	mg	0.61
Riboflavin (Vitamin B2)	mg	0.42
Niacin (Vitamin B3)	mg	6.10
Vitamin B6	mg	0.22
Folate, Total	mcg	149.06
Folic Acid	mcg	104.98
Vitamin B12	mcg	0
Vitamin A, IU	IU	4.59
Vitamin A, RE	mcg-RE	0
Vitamin E	mg-ATE	0.54
Pantothenic Acid	mg	0.80
Lipids		
Fatty Acids, Saturated	g	0.23
Fatty Acids, Monounsaturated	g	0.17
Fatty Acids, Polyunsaturated	g	0.60
Cholesterol	mg	0
Fatty Acids, Trans	mg	0
*Source: USDA Nutritional Database		

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Last Revised: 8/19/13

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Cooking Recommendations

Steam Kettle/Stove Top Kettle Cooking

- Cooking water to dry pasta ratio is important in maintaining consistent cooking times. This ratio should be 10 parts water to 1 part dry pasta. If this isn't possible use as much water as you can. The ratio of water to dry pasta will affect the cooking time as it directly affects the heat transfer to the pasta during cooking. Not using enough water will result in stickier cooked pasta after draining as the water dilutes starch lost from pasta during cooking.
- Bring water to a rolling boil in a pot or appropriate cooking vessel before adding dry pasta
- Add corresponding weight of dry pasta to whatever weight of water is used
    - 1 liter = 2.2 lbs water : 1 quart = 2.1 lbs water : 1 gallon = 8.4 lbs water
    - Example: If cooking 5 lbs dry pasta, try to use 50 lbs (6 gallons) of water if possible
- Immediately stir for 10 seconds with a utensil to prevent dry pasta from burning/sticking to bottom of the vessel
- Stir again every 2 minutes of cooking until cooking is complete. Stirring assures cooked pasta has sufficient access to boiling water and prevents the pasta from forming a mass at the bottom of the cooking vessel.
- When designated cook time is reached, immediately drain pasta
- Allow pasta to drain for 1 minute
- If pasta will not be served immediately or if it will be held on a steam table over serving time, lightly coat pasta with desired oil (0.5 to 1% by weight). If placing pasta directly in sauce or cheese, oil coating is not needed.

Steam Oven

- If cooking pasta in a steam oven, use the same water to dry pasta ratio as stated above
- Bring trays of water to a boil in the steam oven before adding the dry pasta
    - Adding dry pasta to the trays of water before bringing to a boil will have a detrimental effect on the texture and stickiness of the cooked pasta. During this time pasta is hydrating and starch is leaching into the cooking water prior to the pasta cooking.
- After pasta is cooked to desired texture, drain the pasta as quickly as possible. Allowing pasta to sit in hot water even after removing from the steam oven, will continue to cook the pasta and result in overcooked mushy pasta

Signature _____ Date 8/19/13

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