



## Whole Wheat/Whole Grain Spaghetti, Trayed Nest

Item # 41308 31050

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Marzetti Frozen Pasta, Inc.

### Product Description:

Our Whole Wheat/Whole Grain Spaghetti is made with 100% whole wheat durum flour that contains fiber, nutrients and whole grains for a healthy lifestyle.



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**Case GTIN:** 10041308310504

**Pack:** 36

**Size:** 8 oz.

**Shelf Life:** 15 months

**Package Format:** Trayed Nests

**Storage:** Keep frozen

**Servings Per Case:** About 36

**Product Preparation:** For best results, add frozen pasta to boiling water, stirring with fork to separate, for 10 to 30 seconds or until heated through. Or run under hot tap water until thawed. Drain.

If using in cold salad follow with cold water rinse. Or use frozen precooked pasta directly in a casserole recipe in place of other cooked pasta. Adjust bake time to allow for frozen pasta.

**Operator Benefits:** Contains 93g of whole grain per serving  
Quality with convenience - prep only what is needed and keep the rest frozen!  
Little or no wasted product  
Easy menu extensions  
Consistently al dente results every time  
Labor reduction - saves \$\$



T. Marzetti Company  
1105 Schrock Rd, Ste 300  
Columbus, Ohio 43229  
[www.MarzettiFoodservice.com](http://www.MarzettiFoodservice.com)

**Date Last Refreshed:** 10/9/14

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### INGREDIENTS:

WATER, WHOLE WHEAT DURUM  
FLOUR.

CONTAINS: WHEAT

### Nutrition Facts

Serving Size 8 oz. (227 g)  
Servings Per Container ABOUT 36

#### Amount Per Serving

<b>Calories</b>	300	<b>Calories from Fat</b>	20
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#### % Daily Value\*

<b>Total Fat</b>	2.5 g	<b>4 %</b>
Saturated Fat	0 g	<b>0 %</b>
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	<b>0 %</b>
<b>Sodium</b>	35 mg	<b>1 %</b>
<b>Total Carb.</b>	68 g	<b>23 %</b>
Dietary Fiber	10 g	<b>40 %</b>
Sugars	3 g	

<b>Protein</b>	11 g
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o Vitamin A 0 % o Vitamin C 0 % o Calcium 4 % o 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:

Nutrient		2,000 Calories	2,500 Calories
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Fiber		25g	30g

1g Fat = 9 calories – 1g Carbohydrates = 4 calories – 1g Protein = 4 calories

#### Other Nutrition Information:

- 3.25 ounce equivalents per serving meeting the NSLP & SBP grain requirements
- Contains 100% whole grain
- Contains 93g of whole grain per serving



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## Recipes

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### Spaghetti and Meatballs

**Recipe Category:** Entrees

**Cook Time:** Boil 1 minute. Bake 30 to 60 minutes.

- 3 lbs. Marzetti Frozen Pasta® Whole Wheat/Whole Grain Spaghetti
- 2-3, 28-oz. jars tomato-base pasta sauce
- 38 oz. package pre-cooked meatballs
- ½ cup shredded parmesan cheese

**Preparation:** Preheat convection oven to 350°F. Boil a large pot of water. Place frozen spaghetti in boiling water for 30 seconds or until hot; drain well. In a half steam table pan, combine spaghetti, pasta sauce and meatballs; toss gently to coat. Sprinkle with parmesan cheese. Bake for 30-45 minutes or until heated through.



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## Recipes

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### Seafood and Pasta Cakes with Cilantro-Lime Mayonnaise Dressing

**Recipe Category:** Entrees

**Yields:** 10 – 15

- 1 cup Marzetti Frozen Pasta® Whole Wheat/Whole Grain Spaghetti
- 8 oz. Fish King Processors surimi imitation crab or Ore-Cal shrimp, finely chopped.
- 2 eggs, beaten
- 3 green onions, finely chopped
- ½ cup dry breadcrumbs
- 2 tbsp. snipped fresh cilantro
- 1 serrano pepper, finely chopped
- ¼ cup chopped red pepper
- 2⅓ Tbsp. olive oil
- ¼ tsp. salt
- ¼ tsp. black pepper
- Dressing\*

\*Marzetti Seafood and Pasta Dressing: ¼ cup mayonnaise, 1 tablespoon finely snipped fresh cilantro, ½ teaspoon finely shredded lime peel, 1-tablespoon fresh lime juice

**Preparation:** Preheat oven to 300°F. In a large bowl, combine eggs, green onion, breadcrumbs, cilantro, serrano pepper, red pepper, 1 tsp. olive oil, salt, pepper; mix well. Add crabmeat and pasta; mix well. Spoon 2 Tbsp. of mixture and form into patties. Heat 2 Tbsp. olive oil in a large skillet on medium heat. Cook patties in batches for 2-3 minutes on each side until heated through and golden brown. Transfer cooked patties to a baking pan and place in oven to keep warm. Serve with Marzetti Seafood and Pasta Dressing (see above). Makes 10-15 cakes.



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## Recipes

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### Grilled Flank Steak with Oriental Noodles

**Recipe Category:** Entrees

**Yields:** 25

- 4 lbs. Marzetti Frozen Pasta® Whole Wheat/Whole Grain Spaghetti
- 2 cups Marzetti® Asian Sesame Dressing
- 7 lbs. Flank Steak
- ¼ cup Soy Sauce
- ¼ cup Honey
- ¼ cup Vegetable Oil
- 1 cup Green Onions, thinly sliced
- ⅛ cup Cilantro
- 3 Carrots, peeled and julienne cut
- ¼ cup Red Pepper, diced

**Preparation:** Mix soy sauce, honey and vegetable oil together in a shallow pan; add flank steak to the mixture and marinate for at least 1 hour. Remove flank steak from marinade mixture and grill for 5 minutes on each side. Hold. Submerge frozen precooked spaghetti in boiling water for 30 seconds to 1 minute. Drain. Sauté red peppers and carrots. Add cilantro and Marzetti Asian Sesame Dressing. Toss mixture with the hot Spaghetti to coat well. Slice the grilled flank steak into thin strips. Place pasta on platter or plate and surround with grilled flank steak. Garnish top with green onion and serve.



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## Recipes

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### Pasta with Roasted Red Peppers

**Recipe Category:** Entrees

- 8 oz. Marzetti Frozen Pasta® Whole Wheat/Whole Grain Spaghetti
- Parmesan cheese, shredded
- Tomato based pasta sauce
- Red pepper slices (and other vegetables as desired)
- Fresh basil, chopped
- Fresh basil spring, for garnish

**Preparation:** Add Marzetti Frozen Pasta Precooked Whole Grain Spaghetti to boiling water for 10 to 30 seconds only, stirring with fork to separate (or run under hot tap water just until thawed). Drain. Toss hot spaghetti gently with red pepper slices and any other vegetables desired. Pour sauce over spaghetti to coat. Sprinkle with Parmesan cheese and chopped fresh basil. Garnish with a spring of fresh Basil.



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