

Frozen Italian Specialties



BERNARDI

A WINDSOR FOODS COMPANY

WHOLE GRAIN JUMBO CHEESE RAVIOLI

INSPECTED BY THE
U.S. DEPT. OF AGRICULTURE
IN ACCORDANCE WITH
FNS REQUIREMENTS

FILLING INGREDIENTS: Ricotta Cheese (Whey, Skim Milk, Vinegar, Xanthan Gum, Vitamin A Palmitate), Water, Egg, Low Moisture Part Skim Mozzarella Cheese (Cultured Part Skim Milk, Salt, Enzymes), Whey Protein Isolate, Sodium Caseinate, Parmesan Cheese (Part Skim Milk, Cheese Cultures, Salt, Enzymes), Bleached Wheat Flour, Garlic Salt (Salt, Dehydrated Garlic), Salt, Corn Starch-Modified, Sugar, Dehydrated Garlic.
PASTA INGREDIENTS: Whole Wheat Flour And Enriched Flour Blend (Whole Wheat Flour, Enriched Durum Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid)), Water, Egg.
Contains: Milk, Wheat, Egg

FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS.
BOILING (Preferred method): Place 1 pound frozen (-10°F to +10°F) ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully drain.
CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen (-10 F to +10 F) ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Bake in a preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.
Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting.

Each 3.78 serving (3 ravioli 1.26 oz. each) of Jumbo Cheese Ravioli provides 2.00 oz. equivalent meat alternate and 1.00 oz. equivalent grains for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 12-12).

NET WT. 5.2 LBS
(2.35kg)

DISTRIBUTED BY
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KEEP FROZEN
C5692273
R5159C

Nutrition Facts

Serving Size 3 Pieces (107g)
Servings Per Container About 22

Amount Per Serving

Calories 180 Calories from Fat 25

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 470mg 20%

Total Carbohydrate 23g 8%

Dietary Fiber 1g 4%

Sugars 1g

Protein 15g

Vitamin A 4% • Vitamin C 0%

Calcium 15% • Iron 6%

* 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



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