

Dreamfields Elbows

Nutrition Facts

Serving Size: 2 oz (56g / 1/2 cup) Dry

Servings Per Conta	iner: About	6.5			
				5 (5 (4) 5 (4)	
Amount Per Servin	g	en la company de la company	and the second second to the second		
Calories 190			Calories From	Fat	10
		/	% Dally	Val	uoʻ
Total Fat 1g	er milit film ferhande men det den dien beschen der die die milit der der die die der der der der die die der			2	%
Saturated Fat	0g			0	%
Trans Fat 0g					
Polyunsaturate	d Fat 0.5g	till andre det all all all entertainment. Describes to be a		Total March 1	er year, say
Monounsaturat	ed Fat 0g			Tan daya sasana	and the second
Cholesterol 0m		en e		0	%
Sodium 10mg**		e national de la company de		1	%
Total Carbohyd	rate 41g	- <u> </u>	одел видому друговоромителя на наделения В не в нацентической стор не в не	14	%
Dietary Flber (***************************************		20	
Soluble Fib	-				
Insoluble F	•				
Sugars 1g					
Protein 7g		a facilità di casa del composito del composito del composito del composito del composito del composito del comp		T-10407110400	**********
					XXXX
Vitamin A 0%	0		Vitamin C 0%		
Calcium 0%	0	· · · · · · · · · · · · · · · · · · ·	Iron 10%		
Thiamin 40%	0		Riboflavin 15%		
Niacin 20%	0		Vitamin B ₈ 4%		
Folate 40%	9		Pantothenic acid	2%)
51 1 00/		·	H! 401		
Phosphorus 8%	0		Zinc 6%		
Copper 8%	0				
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Fat 9 · Carbohydrate 4 · Protein 4

** Without added salt in cooking water

Carbohydrate Facts

Total Carbs: 41 g

Fiber: -5 g

Protected Carbs: -31 g

Digestible Carbs*: 5 g

* Count 5 grams of carbohydrates per each 56 g serving when controlling carbohydrate intake and blood sugar levels to promote good health and weight control. Dreamfields offers significant health benefits, and has been clinically tested to establish digestible carbohydrate levels.

Ingredients

Enriched Semolina, [Semolina, Iron (Ferrous Sulfate), and B Vitamins (Niacin, Thiamine, Mononitrate, Riboflavin, Folic Acid)], Inulin (Vegetable Fiber), Wheat Gluten (Plant Protein), Xanthan Gum (Food Fiber), Pectin (Fruit Fiber), Potassium Chloride.

CONTAINS WHEAT INGREDIENTS

Pasta Cooking Directions

- 1) Bring 4 quarts of water to a rapid boil.
- 2) Add 1 box (13.25 oz) of Dreamfields Elbows into water and return to boll.
- 3) Cook uncovered, stirring occasionally, for 8 minutes. Do not overcook.
- 5) Drain well, Enjoy.

Cheese Sauce Information







A oz. Counts As A Meal Alternate Or As A LULL Vegetable



Nutrition Facts
Serving Size: 57g (2 oz.)
Servings Per Container: 64
Amount Per Serving
Calories 110 Calories from Fat 70
% Daily Value*
Total Fat 8g 12%
Saturated Fat 4.5g 23%
Trans Fat 0g
Colesterol 20mg 7%
Sodium 320mg 13%
Total Carbohydrates 4g 1%
Dietary Fiber 1g 4%
Sugare 1g
Protein 4g
XX 5 3 4 5 4 5 5 5 5 6 7 6 5 5 5 5 4 5 8 5 5 5 5 7 8 8 5 7 8 5 5 7 8 5 5 7 8 5 5 7 8 5 5 7 8 5 7 8 5 7 8 5 7 8
Vitamin A 30% • Vitamin C 2%
Vitamin A 30% • Vitamin C 2% Calcium 10% • Iron 2%
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INGREDIENTS

Cheese Sauce/Dip

INGREDIENTS: PROCESS CHEESE (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Sodium Citrate, Milk Fat, Salt, Sodium Phosphate), WATER, MILK, SWEET POTATO, BUTTERNUT SQUASH, BEANS, SUNFLOWER OIL, CREAM (Cream, Carrageenan, Mono & Diglycerides, Polysorbate 60), Contains 2% or less of: NATURAL FLAVORINGS, WHEAT FLOUR (Bleached & Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), SALT, MODIFIED FOOD STARCH, SPICES, ANNATTO (Color).

COOKING INSTRUCTIONS

Cheese Sauce/Dip

To reduce cook time - thaw product in refrigerator overnight.

Stove Top

In a sauce pan, add desired amount of sauce and cover with a lid; cook on medium heat and stir periodically. Cook for 7-9 minutes or until internal temperature reaches 165°F.

Stove Top Boil in Bag

Boil unopened bag until internal temperature reaches 165°E.

Steamer

Heat unopened bag in steamer until internal temperature reaches 165°E

Microwave Oven

In a microwave approved dish, add desired amount of sauce and cover with plastic wrap. Cook on high; remove wrap allowing steam to escape then stir with spoon. Re-wrap with plastic wrap and cook on high until Internal temperature reaches 165°F.

Product is ready to ship. Call or email KRISTY for pricing at: 404.374.1791 or kristywilliams@hiddenhealthies.com. www.hiddenhealthies.com

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Product Bulletin

Product Code #25104

4 - 5 lb. Reduced Sodium, Reduced Fat Shredded Cheddar Cheese

Product Description

4 - 5 lb. - 50% Reduced Sodium. 50% Reduced Fat Shredded Cheddar Cheese Meal Contribution Credits per Serving: 1 m/ma

Ingredients

Cultured pasteurized reduced fat milk, salt, enzymes, annatto (color), vitamin A palmitate (not found in regular cheddar cheese), powdered cellulose added to prevent caking.

CONTAINS: MILK

N	lutrition	Facts
Serving Size: 1/4	cup (1oz)(28g)	
Servings per Contalner:	80	Avenue and the second s
Amount Per Serving:		
Calories 70		
Calorles from Fat 40		
		% Daily Value*
Total Fat	4.5 gm	7%
Saturated Fat	3 gm	15%
Trans Fat	0 gm	
Cholesterol	15 mg	5%
Sodium	90 mg	4%
Total Carbohydrate	<1 gm	0%
Flber	0 gm	0%
Sugar	0 gm	
Protein	7 gm	
Vitamin A		6%
Calcium		20%
Vitamin C		0%
Iron		0%
*%Daily Values are base may be higher or lower o		alorie diet. Your dally values our calorie needs.

11/19/2010

Land O'Lakes, Inc., Foodservice Division, P.O. Box 64101, St. Paul, MN 55164 Phone: 1-800-328-1322 FAX: 651-481-2285

email: foodservice@landolakes.com website: www.landolakesfoodservice.com



Product Bulletin

Product Code #25104

4 - 5 lb. Reduced Sodium, Reduced Fat Shredded Cheddar Cheese

Food Safety

Land O'Lakes, Inc. regards the Hazard Analysis Critical Control Program (HACCP) as the cornerstone of a food safety system. HACCP focuses on food safety by analysis and control of potential biological, chemical and physical hazards. An internationally recognized system that is required by many customers, HACCP has been mandated for some industries by the FDA and USDA. All Land O'Lakes, Inc. - Dairy Foods production facilities have approved Hazard Analysis Critical Control Point systems in place. The Dairy Foods manufacturing facilities at Land O'Lakes, Inc. have targeted assessment programs for HACCP. In addition, Land O'Lakes, Inc. provides corporate guidance, oversight and assesses compliance of the systems.

Packaging

Case Dimensions	(H) 14.63 in.	(L) 11.19 in.	(W) 8.94 ln.		
Case Tare Weight	1.5 LB				
Case Net Weight	20 LB				
Case Gross Welght	21.5 LB				
Case Cube	.846 Cubic Feet				
Units per Case	4 EA				
Cases per Pallet	68 EA				
Layers per Pallet	4 EA				
Cases per Layer	17 EA				

(H) 2 in.

(L) 15 ln.

(W) 9.5 ln.

Shipping and Storage

Product must be shipped and stored Refrigerated

Package Dimensions

Product Shipping Policy

Land O'Lakes products are coded with an Expiration Date. Land O'Lakes guarantees a minimum of 90 days of freshness from the date of shipment from Land O'Lakes warehouse facilities when product is handled and stored as recommended

Total Shelf Life

This product has a total shelf life of 150 days from date of manufacture.

Land O'Lakes, Inc., Foodservice Division, P.O. Box 64101, St. Paul, MN 55164
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