Dreamfields Elbows

Nutrition Facts

Serving Size: 2 oz (56g / 1/2 cup) Dry
Servings Per Container: About 6.5

Amount Per Serving	
Calories 190	Calories From Fat 10
	% Daily Value*
Total Fat 1g	2 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0 %
Sodium 10mg**	1 %
Total Carbohydrate 41g	14 %
Dietary Fiber 5g	20 %
Soluble Fiber 3g	
Insoluble Fiber 2g	
Sugars 1g	
Protein 7g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 10%
Thiamin 40%	•	Riboflavin 15%
Niacin 20%	•	Vitamin B_6 4%
Folate 40%	•	Pantothenic acid 2%
Phosphorus 8%	•	Zinc 6%
Copper 8%	•	

* 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
Saturated 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

** 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 boil.
3) Cook uncovered, stirring occasionally, for 8 minutes. Do not overcook.
5) Drain well. Enjoy.

Cheese Sauce Information

hidden HEALTHIES™

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%**
Sugars 1g	
Protein 4g	

Vitamin A 30%	• Vitamin C 2%
Calcium 10%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calorie	2,000	2,500
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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

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°F.

Steamer
Heat unopened bag in steamer until internal temperature reaches 165°F.

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

Kid tested, mom approved!

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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

Nutrition Facts

Serving Size:	1/4 cup (1oz)(28g)	
Servings per Container:	80	
Amount Per Serving:		
Calories	70	
Calories 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%
Fiber	0 gm	0%
Sugar	0 gm	
Protein	7 gm	
Vitamin A		6%
Calcium		20%
Vitamin C		0%
Iron		0%

*%Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Land O'Lakes, Inc., Foodservice Division, P.O. Box 64101, St. Paul, MN 55164
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11/19/2010

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Product Bulletin

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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 in.
Case Tare Weight	1.5 LB		
Case Net Weight	20 LB		
Case Gross Weight	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		
Package Dimensions	(H) 2 in.	(L) 15 in.	(W) 9.5 in.

Shipping and Storage

Product must be shipped and stored Refrigerated

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.

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