



## Twisted Elbows with 51% Whole Grain (Bulk)

Item # 41308 31013

---

Marzetti Frozen Pasta, Inc.

### Product Description:

Our Twisted Elbow pasta is made with 51% whole wheat flour that contains fiber, nutrients and whole grains for a healthy lifestyle.



---

**Case GTIN:** 10041308310139

**Pack:** Bulk

**Size:** 20 lb.

**Shelf Life:** 15 months

**Package Format:** Poly Bag

**Storage:** Keep frozen

**Servings Per Case:** About 64

**Product Preparation:** For best results, add frozen pasta to boiling water, stirring with fork to separate, for 10 to 30 seconds. 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:** Quick prep time (30-60 seconds)  
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 \$\$

**Date Last Refreshed:** 10/20/15



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

The information shown here may vary from the information on product currently in distribution. Keep in mind that ingredients, formulas, and labeling regulations may change, so nutrition information may also change. For the most accurate information for a particular product, please refer to the nutrition and ingredient information on the product package.



# Twisted Elbows with 51% Whole Grain (Bulk)

Item # 41308 31013

Marzetti Frozen Pasta, Inc.

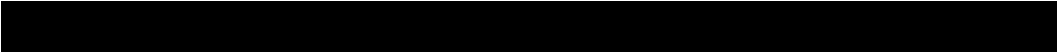
## INGREDIENTS:

WATER, WHOLE WHEAT DURUM FLOUR, ENRICHED DURUM SEMOLINA AND DURUM WHEAT FLOUR (DURUM WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID).

CONTAINS: WHEAT

## Nutrition Facts

Serving Size 5 oz. (140 g)  
Servings Per Container ABOUT 64



### Amount Per Serving

**Calories** 220 **Calories from Fat** 15



### % Daily Value\*

**Total Fat** 1.5 g **2 %**

Saturated Fat 0.5 g **2 %**

Trans Fat 0 g

**Cholesterol** 0 mg **0 %**

**Sodium** 30 mg **1 %**

**Total Carb.** 43 g **14 %**

Dietary Fiber 6 g **24 %**

Sugars 0 g

**Protein** 9 g



o Vitamin A 0 % o Vitamin C 0 % o Calcium 2 % o Iron 10 %

\* 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:

- 2 ounce equivalents per serving meeting the NSLP & SBP grain requirements



T. Marzetti Company  
1105 Schrock Rd, Ste 300  
Columbus, Ohio 43229

www.MarzettiFoodservice.com

The information shown here may vary from the information on product currently in distribution. Keep in mind that ingredients, formulas, and labeling regulations may change, so nutrition information may also change. For the most accurate information for a particular product, please refer to the nutrition and ingredient information on the product package.



## Twisted Elbows with 51% Whole Grain (Bulk)

Item # 41308 31013

---

Marzetti Frozen Pasta, Inc.

## Recipes

---

### Chicken Cacciatore

**Recipe Category:** Entrees

**Cook Time:** Cook 3-4 minutes. Bake 30 to 60 minutes.

- 3 lbs. Marzetti Frozen Pasta® Twisted Elbows made with 51% Whole Grain
- 2 tbsp. olive oil
- 1 cup chopped onions
- 1 cup chopped sweet green pepper
- 1 cup chopped sweet red pepper
- 1 cup sliced mushrooms
- 18 oz. (4 cups) precooked chicken breast, cut into strips
- 2 - 28 oz. jars tomato-base pasta sauce
- 1 - 28 oz. can diced tomatoes
- ½ cup shredded Parmesan cheese

**Preparation:** In a large skillet, heat the 2 tablespoons olive oil. Add the onion, green pepper, red pepper and sliced mushrooms. Cook over medium-heat three to four minutes, or until vegetables are crisp-tender. Add pasta sauce, chicken, and can of tomatoes; heat thoroughly. Meanwhile place frozen pasta in colander and run hot tap water over top, drain. Pour sauce-mixture over thawed pasta. Gently mix sauce and pasta together. Transfer to ½ steam table pan. Sprinkle with Parmesan cheese. Bake in convection oven at 350°F. for 30 to 60 minutes or until heated throughout.



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

The information shown here may vary from the information on product currently in distribution. Keep in mind that ingredients, formulas, and labeling regulations may change, so nutrition information may also change. For the most accurate information for a particular product, please refer to the nutrition and ingredient information on the product package.



## Twisted Elbows with 51% Whole Grain (Bulk)

Item # 41308 31013

---

Marzetti Frozen Pasta, Inc.

## Recipes

---

### Pasta with Beef Barbecue Sauce

**Recipe Category:** Entrees

**Cook Time:** Simmer 15 minutes.

**Yields:** 4 – 6

- 3 cups Marzetti Frozen Pasta® Twisted Elbows made with 51% Whole Grain
- 1 cup chopped onions
- 2 tsp. olive oil
- 1 lb. shredded pot roast
- 1 tsp. brown sugar
- ½ cup chopped red peppers
- ½ cup chopped green peppers
- ½ cup dry white wine
- 1 tsp. Worcestershire sauce
- ¾ cup ketchup
- ¼ cup water
- 1 cup tomato sauce
- 1 clove minced garlic
- 1 leaf Bay leaf

**Preparation:** Heat oil in large skillet. Add onions and garlic, sauté until soft. Add shredded meat, peppers, brown sugar, white wine, Worcestershire sauce, ketchup, water, tomato sauce, garlic and Bay leaf. Stir well. Simmer 15 minutes. Toss pasta with sauce and mix gently. Serve immediately  
Approximately 4 – 6 servings



© T. Marzetti Company  
1105 Schrock Rd, Ste 300  
Columbus, Ohio 43229

[www.MarzettiFoodservice.com](http://www.MarzettiFoodservice.com)

The information shown here may vary from the information on product currently in distribution. Keep in mind that ingredients, formulas, and labeling regulations may change, so nutrition information may also change. For the most accurate information for a particular product, please refer to the nutrition and ingredient information on the product package.



## Twisted Elbows with 51% Whole Grain (Bulk)

Item # 41308 31013

---

Marzetti Frozen Pasta, Inc.

## Recipes

---

### Macaroni and Cheese

**Recipe Category:** Entrees

**Cook Time:** Bake 30 - 60 minutes.

- 3 lbs. Marzetti Frozen Pasta® Twisted Elbows made with 51% Whole Grain
- 8 tbsp. butter
- ½ cup all-purpose flour
- 1 tbsp. salt
- ½ tsp. black pepper
- ½ tbsp. dried mustard
- 2 tbsp. Worcestershire sauce
- 8 cups milk
- 1 lb. shredded cheddar cheese
- 1 lb. shredded American cheese
- 2 lb. frozen mixed vegetables

**Preparation:** In a large pot, melt butter over low heat. Stir in flour, salt, pepper, mustard, and Worcestershire sauce. Add milk gradually, stirring with wire whisk. Cook over medium heat until mixture begins to boil, then cook 1 minute more or until slightly thickened. Add shredded cheeses to sauce. Stir until cheese melts. Add macaroni, frozen vegetables and pepper. Transfer to ½ steam table pan. Bake at 350° F. for 30 to 60 minutes or until heated through.



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

The information shown here may vary from the information on product currently in distribution. Keep in mind that ingredients, formulas, and labeling regulations may change, so nutrition information may also change. For the most accurate information for a particular product, please refer to the nutrition and ingredient information on the product package.



## Twisted Elbows with 51% Whole Grain (Bulk)

Item # 41308 31013

---

Marzetti Frozen Pasta, Inc.

## Recipes

---

### Tuna Macaroni Salad

**Recipe Category:** Salads

**Yields:** 25 – 30

- 3 lb. bag Marzetti Frozen Pasta<sup>®</sup> Twisted Elbows made with 51% Whole Grain
- 3 cups Marzetti<sup>®</sup> Slaw Dressing
- 4 cups canned tuna, drained and flaked
- 1 ½ cups diced cheddar cheese
- 1 ½ cups frozen green peas, thawed
- 3 hard cooked eggs, chopped
- 6 tbsp. chopped onion
- 8 tbsp. pickle relish
- 3 tsp. dill weed

**Preparation:** Thaw pasta under warm running water. Drain well. Combine all ingredients in a bowl. Chill to blend flavors. Stir before serving.



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

The information shown here may vary from the information on product currently in distribution. Keep in mind that ingredients, formulas, and labeling regulations may change, so nutrition information may also change. For the most accurate information for a particular product, please refer to the nutrition and ingredient information on the product package.



## Twisted Elbows with 51% Whole Grain (Bulk)

Item # 41308 31013

---

Marzetti Frozen Pasta, Inc.

## Recipes

---

### Savory Macaroni Salad

**Recipe Category:** Salads

**Yields:** 16 – 20

- 8 cups Marzetti Frozen Pasta® Twisted Elbows made with 51% Whole Grain
- 2 cups Marzetti® Slaw Dressing
- 2 cups chopped celery
- ½ cup sliced green onion
- ½ cup chopped green pepper
- ¼ cup chopped pimento
- 2 tbsp. prepared mustard
- ¼ tsp. garlic powder
- To taste salt and pepper

**Preparation:** Rinse macaroni under warm water to thaw. Drain well. Combine all ingredients in large bowl. Mix thoroughly. Chill to blend flavors. Stir before serving.



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

The information shown here may vary from the information on product currently in distribution. Keep in mind that ingredients, formulas, and labeling regulations may change, so nutrition information may also change. For the most accurate information for a particular product, please refer to the nutrition and ingredient information on the product package.



## Twisted Elbows with 51% Whole Grain (Bulk)

Item # 41308 31013

---

Marzetti Frozen Pasta, Inc.

## Recipes

---

### Creamy Pasta and Cheese

**Recipe Category:** Entrees

- 3 lb. bag Marzetti Frozen Pasta® Twisted Elbows made with 51% Whole Grain
- ¼ cup olive oil
- ½ cup chopped onion
- 2 garlic cloves, minced
- 2 tablespoons snipped fresh parsley
- 2 ¼ cups whipping cream
- 1½ cups milk
- 1 teaspoon salt
- 1 teaspoon black pepper
- ½ teaspoon nutmeg
- 2 ½ cups shredded Fontina cheese (about 10 ounces)
- 1 ½ cups shredded sharp cheddar cheese
- ¼ cup Parmesan cheese

**Preparation:** Heat olive oil in a large pot or Dutch oven. Cook onion, garlic, and parsley for 3 minutes or until onions are tender. Add cream, milk, salt, black pepper, and nutmeg. Cook 10 minutes over medium heat; stirring occasionally. Add pasta to sauce mixture. Stir gently to combine. Add Fontina cheese, and cheddar cheese to pasta mixture; stir until cheese is melted. Transfer to a greased half pan. Sprinkle Parmesan cheese over top. Bake at 350 F uncovered for 25 to 30 minutes or until hot and bubbly. Let stand 5 minutes before serving.



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

The information shown here may vary from the information on product currently in distribution. Keep in mind that ingredients, formulas, and labeling regulations may change, so nutrition information may also change. For the most accurate information for a particular product, please refer to the nutrition and ingredient information on the product package.