



INDIAN HARVEST

6202615 - Golden Jewel Blend Pasta

Pearled Couscous Combined With Quinoa, Tri Color Orzo Pasta, Split Baby Garbanzo Beans, Cooks In 10 - 15 Minutes. Great For Vegetarian Dishes, Very Colorful And Textural, Makes Great Salads, Due To The High Percentage Of Cous Cous And Orzo, Blend Should Be Treated Like A Pasta For Holding Time.



* Benefits

Nutrition Facts

Servings per Container
Serving size 0.25CP (0.25GS21)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugar	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 16mg	1%
Iron 1mg	6%
Potassium 105mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Ingredients: Israeli Couscous (Whole Wheat Flour, Rosemary Extract), Tri-Colored Orzo Pasta (Semolina Durum Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid, Red Bell Pepper Powder, Spinach Powder), Split Baby Garbanzo Beans, Red Quinoa.

Allergens

Free From:



Handling Suggestions

65 Degrees F Store In A Cool Dry Place

Serving Suggestions

Bring 1 Qts. Water Or Stock To A Boil. Stir In 2 Lbs. Golden Jewel Blend, Reduce Heat And Simmer Covered For 10 Mins.Steamer: In A Full Hotel Pan, Combine 1 Qts. Hot Water Or Stock With 2 Lbs. Golden Jewel Blend, Steam Uncovered For 15 Mins. Yield: 26 Half Cup Servings

Prep & Cooking Suggestions

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Product Specifications

Brand	Manufacturer	Product Category
INDIAN HARVEST	Dot Foods	Cereal

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	704407	6202615	0000030004162480		6/2 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13lb	12lb	United States		

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.75in	9.75in	5.75in	0.38ft3	16x9	180days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	160	Total Fat	1g	Sodium	0mg
Protein	6	Trans Fats		Calcium	16mg
Total Carbohydrates...	32g	Saturated Fat	0g	Iron	1mg
Sugars	2g	Added Sugars	0g	Potassium	105mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

