

**B428– ROTINI , WHOLE GRAIN, DRY, 20 LB CARTON**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Grains/Breads</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Rotini (1” to 1¾” in length) made from whole grain semolina or durum flour.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>20 lb case.</li> <li>One 20 lb case AP yields about 107½ cups dry rotini OR about 170 cups cooked rotini and provides about 676.0 ¼-cup servings cooked rotini OR about 338.0 ½-cup servings cooked rotini OR about 224.0 ¾-cup servings cooked rotini.</li> <li>One lb AP yields about 5¾ cups dry rotini OR about 8½ cups cooked rotini and provides about 33.8 ¼-cup servings cooked rotini OR about 16.9 ½-cup servings cooked rotini OR about 11.2 ¾-cup servings cooked rotini.</li> <li>CN Crediting: ½ cup cooked spaghetti provides 1 serving grains/breads.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store pasta off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%).</li> <li>If ideal storage conditions are not available, store pasta under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Spaghetti, whole wheat, dry and cooked, no salt added

	2 oz, dry (57 g)	½-cup, cooked (70 g)
Calories	198	87
Protein	8.34 g	3.7 g
Carbohydrate	42.77 g	18.60 g
Dietary Fiber		3.1 g
Sugars		0.56 g
Total Fat	0.80 g	0.4 g
Saturated Fat	0.15 g	0.07 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	2.07 mg	0.74 mg
Calcium	23 mg	10 mg
Sodium	5 mg	2 mg
Magnesium	82 mg	21 mg
Potassium	123 mg	31 mg
Vitamin A	0 IU	2 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.0 mg	0.0 mg
Vitamin E	N/A	0.21 mg



## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• For 100 ½-cup servings: Boil 10 gal water (optional, add 3½ oz OR ⅓ cup salt to water). Add 9 lb 8 oz spaghetti to boiling water and slowly stir spaghetti until water boils again. Cook uncovered about 8 minutes for <i>al dente</i> spaghetti. DO NOT OVERCOOK. Drain and rinse in cool water to stop cooking. When pasta is not to be served immediately, drain off water and toss lightly with a small amount of salad oil to prevent sticking and drying out.</li> <li>• Pasta is done when tender, but firm. If pasta is to be used in a dish requiring further cooking or held on a steam table, undercook it slightly. Cover tightly and store. To reheat pasta, place in a colander and immerse in rapidly boiling water just long enough to heat thoroughly. DO NOT OVERCOOK.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Spaghetti may be combined with a tomato or meat sauce.</li> <li>• Use in recipes for soup, casseroles, or salads.</li> <li>• Combine with eggs, fish, fowl, vegetables, meat, or cheese.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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