DIRECTIONS:
1. Bring 4 quarts of water to a boil.
2. Stir in 2 cups of macaroni and return to a boil.
3. Cook uncovered for 8–10 minutes, stirring occasionally.

For best results avoid overcooking, quickly drain and serve.

INGREDIENTS: Semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid.

Contains allergens: Wheat.

SHELF LIFE: Best when stored in a cool dry place at temperatures between 55 and 70 degrees F.

Sealed to 30 years • Opened to 1 year

Please note: heat, moisture, oxygen and light will deteriorate this product if not stored properly.

Harveston™ FARMS

ELBOW MACARONI

NET WT 3 LBS 2.0 OZ (1.41 kg)

Nutrition Facts

Serving Size 1/2 cup uncoked (60g)
Servings Per Container 23

Amount Per Serving	
Calories 230	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 2g	**9%**
Sugars 2g	
Protein 8g	

Vitamin A	0%	• Vitamin C	0%
Calcium	0%	• Iron	80%

*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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram: Fat 9 Carbs 4 Protein 4

Harveston™ FARMS

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www.harvestonfarms.com

Shelf life estimates are based on industry studies from sources deemed reputable. Since Harveston Farms™ has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

AFTER OPENING: Reseal unused contents with plastic resealable lid. Refrigerate reconstituted items in an airtight container.

An oxygen absorbing packet is enclosed to preserve freshness. Please remove and discard when opening can.

This package is sold by weight, not volume. Some settling may have occurred due to shipping, handling or variation in product density.

Processed in a plant that handles wheat, eggs, dairy, soy, peanut and tree nuts.

Date opened_____

DH19-0811