



Product Name Whole 9-Grain Orzo

JM Swank Product # 560001 07751

PMC Product # 054-61

Product Description

Dry pasta manufactured with un-enriched durum wheat semolina, whole 9-grain flour blend, and egg white

Analytical Measures

Moisture (as is basis) 11.5% ± 1.5%
 Length (tip to tip) 0.340" ± 0.045"
 Width 0.125" ± 0.025"
 Wall Thickness (cut length) 0.088" ± 0.025"

Packaging

Box weight 20 lbs (portion pack 4 x 5 lbs)
 Code Date Plant/Packaging Date/Pallet#/Time

Ingredients

Pasta [whole grain flours (wheat (Ultragrain®), barley (Sustagrain®), rye, oats, amaranth, quinoa, millet, sorghum, teff) durum wheat semolina, egg white]

Allergens

Contains wheat
 Contains egg

Storage Condition

Product should be kept sealed and away from other aromatic ingredients. Recommended storage condition is 50-80°F temperature and 55-65% relative humidity. Do not freeze.

Shelf Life

12 to 24 months dependent upon storage conditions

Recommended Cook Time 12 minutes ± 2 minutes

Refer to cooking recommendations below

Nutritional Profile		
Per 100 g dry pasta		
Calories	Kcal	358.99
Moisture	g	11.50
Ash (Minerals)	g	1.27
Protein	g	14.65
Calories from Fat	kcal	18.76
Total Carbohydrate	g	71.78
Total Fat	g	2.08
Total Dietary Fiber	g	8.48
Total Sugars	g	1.60
Minerals		
Calcium	mg	30.21
Iron	mg	2.63
Magnesium	mg	76.18
Phosphorous	mg	216.00
Potassium	mg	328.45
Sodium	mg	25.20
Zinc	mg	1.73
Copper	mg	0.28
Manganese	mg	1.80
Selenium	mcg	57.35
Vitamins		
Vitamin C	mg	0
Thiamine (Vitamin B1)	mg	0.20
Riboflavin (Vitamin B2)	mg	0.15
Niacin (Vitamin B3)	mg	3.11
Vitamin B6	mg	0.19
Folate, Total	mcg	24.66
Folic Acid	mcg	0
Vitamin B12	mcg	0
Vitamin A, IU	IU	3.24
Vitamin A, RE	mcg-RE	0
Vitamin E	mg-ATE	0.35
Pantothenic Acid	mg	0.68
Lipids		
Fatty Acids, Saturated	g	0.39
Fatty Acids, Monounsaturated	mg	0.24
Fatty Acids, Polyunsaturated	mcg	0.70
Cholesterol	mcg	0
Fatty Acids, Trans	mcg	0

*Source: USDA Nutritional Database



Cooking Recommendations

Steam Kettle/Stove Top Kettle Cooking

- Cooking water to dry pasta ratio is important in maintaining consistent cooking times. This ratio should be 10 parts water to 1 part dry pasta. If this isn't possible use as much water as you can. The ratio of water to dry pasta will affect the cooking time as it directly affects the heat transfer to the pasta during cooking. Not using enough water will result in stickier cooked pasta after draining as the water dilutes starch lost from pasta during cooking.
- Bring water to a rolling boil in a pot or appropriate cooking vessel before adding dry pasta
- Add corresponding weight of dry pasta to whatever weight of water is used
 - 1 liter = 2.2 lbs water : 1 quart = 2.1 lbs water : 1 gallon = 8.4 lbs water
 - Example: If cooking 5 lbs dry pasta, try to use 50 lbs (6 gallons) of water if possible
- Immediately stir for 10 seconds with a utensil to prevent dry pasta from burning/sticking to bottom of the vessel
- Stir again every 2 minutes of cooking until cooking is complete. Stirring assures cooked pasta has sufficient access to boiling water and prevents the pasta from forming a mass at the bottom of the cooking vessel.
- When designated cook time is reached, immediately drain pasta
- Allow pasta to drain for 1 minute
- If pasta will not be served immediately or if it will be held on a steam table over serving time, lightly coat pasta with desired oil (0.5 to 1% by weight). If placing pasta directly in sauce or cheese, oil coating is not needed.

Steam Oven

- If cooking pasta in a steam oven, use the same water to dry pasta ratio as stated above
- Bring trays of water to a boil in the steam oven before adding the dry pasta
 - Adding dry pasta to the trays of water before bringing to a boil will have a detrimental effect on the texture and stickiness of the cooked pasta. During this time pasta is hydrating and starch is leaching into the cooking water prior to the pasta cooking.
- After pasta is cooked to desired texture, drain the pasta as quickly as possible. Allowing pasta to sit in hot water even after removing from the steam oven, will continue to cook the pasta and result in overcooked mushy pasta