

JCC CAMPS AT MEDFORD

NUTRITIONAL INFORMATION –BAKED ZITI

Bruno Elardi **Baked Ziti**

Nutrition Facts

Serving Size: 100g

Calories: 70

Calories from Fat: 20

Total Fat: 2.5g

Saturated Fat: 1g

Transfat: 0g

Polyunsaturated Fat: 0g

Monounsaturated Fat: .5g

Cholesterol: 15mg

Sodium: 180mg

Total Carbohydrate: 9g

Dietary Fiber: 1g

Sugars: 2g

Protein: 4g

Ingredients: Cooked macaroni product (durum semolina, enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), marinara sauce (tomato puree, water, tomato paste, olive oil, garlic, salt, sugar, onions & seasoning), ricotta cheese mix (ricotta [whey, milk, vinegar, xanthan/locust bean/guar gums, stabilizers], pasteurized whole eggs, bread crumbs (bleached whea flour, dextrose, yeast, salt), modified food starch, salt, parmesan cheese (cows milk, cheese culture, salt, enzymes), romano cheese (cows milk, cheese culture, salt, enzymes), & seasoning), part skim mozzarella: pasteurized part-skim milk, cheese culture, salt and enzyme