



**USDA Foods Fact Sheet for Schools & Child Nutrition Institutions**

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**100432 – MACARONI, SPIRAL (ROTINI), ENRICHED, DRY, 20 LB**

**Nutrition Information**

<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 semolina or durum flour. Each piece is spiral or twist-shaped. Enriched with thiamin, riboflavin, niacin, folic acid, and iron.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>20 lb bag.</li> <li>One 20 lb bag AP yields about 107½ cups dry spiral pasta OR about 169 cups cooked pasta and provides about 676.0 ¼-cup servings cooked spiral pasta OR about 338.0 ½-cup servings cooked spiral pasta OR about 224.0 ¾-cup servings cooked spiral pasta.</li> <li>One lb AP yields about 5¾ cups dry spiral pasta OR about 8½ cups cooked spiral pasta and provides about 33.8 ¼-cup servings cooked spiral pasta OR about 16.9 ½-cup servings cooked spiral pasta OR about 11.2 ¾-cup servings cooked spiral pasta.</li> <li>CN Crediting: ½ cup cooked spiral pasta 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>

Macaroni, spiral, enriched, dry and cooked, no salt added

	½ cup dry (42 g)	½ cup cooked (67 g)
Calories	156	106
Protein	5.48 g	3.89 g
Carbohydrate	31.36 g	20.68 g
Dietary Fiber	1.3 g	1.2 g
Sugars	1.12 g	0.38 g
Total Fat	0.63 g	0.62 g
Saturated Fat	0.12 g	0.12 g
Trans Fat	0 mg	0 mg
Cholesterol	0 mg	0 mg
Iron	1.39 mg	0.86 mg
Calcium	9 mg	5 mg
Sodium	3 mg	1 mg
Magnesium	22 mg	12 mg
Potassium	94 mg	29 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.05 mg	0.04 mg