

Product Specification Sheet

Product Name	Fregola Sarda Medium		
Brand	La Casa del Grano		
Product Description	Oven Toasted Traditional Sardinian Pasta		
Country of Origin	Italy		
Storage Temperature	Store in a cool, dry place		
Packaging			
Pack Size	12/500g		
Unit Dimensions (inches)	Length	5.5	
	Width	1.5	
	Height	6.25	
Product Gross Weight (pounds)	1.1		
Product UPC	063857100224		
Unit Packaging Material	Polypropylene bag		
Case Packaging Material	Cardboard box		
Case Dimensions (inches)	Length	15.25	
	Width	7.5	
	Height	6.5	
Case Gross Weight (pounds)	14.14		
Cases Ti	15		
Cases Hi	12		
Cases per Pallet	180		
Case UPC/GTIN code	10063857100221		
Nutritional Information			
Ingredients	Durum wheat semolina, water		
Allergens	wheat		
Nutritional Panel	<u>Nutrient</u>	<u>Per g</u>	<u>%DV</u> - based on 2000 calorie diet
	Serving size	2oz (55g/1/3 cup)	
	Servings	About 9	
	Calories (kcal)	190	
	Calories from Fat (kcal)	5	
	Fat (g)	0.5g	1%
	Saturated Fat (g)	0g	0%
	Trans Fatty Acid (g)	0g	
	Cholesterol (mg)	0mg	0%
	Sodium (mg)	0mg	0%
	Carbohydrates (g)	41g	14%
	Dietary Fiber (g)	2g	7%
	Sugars (g)	2g	
	Protein (g)	6g	
	Vitamin A		0%
	Vitamin C		0%
	Calcium		0%
	Iron		4%

MANUFACTURER PRODUCT SPEC SHEET DISTRIBUTED BY

GauchtGourmet 17401 TRITON SCHERTZ TX 78154

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Sa Fregula Sarda media

Le Fregole



È una delle più antiche paste tipiche sarde che prende forma bagnando con l'acqua la semola contenuta in recipiente di terracotta (la caratteristica "scivedda") e sottoponendola con le mani ad un movimento circolare sino ad ottenere delle piccole sfere di pasta dalla forma irregolare. Le piccole sfere venivano differenziate in piccole, medie, grandi, e poi tostate al forno per conferirgli la doratura ed il sapore caratteristico. La nostra fregola viene offerta nelle tre misure e grazie alla particolare lavorazione si presenta rugosa e porosa, adatta ad assorbire i profumi e sapori caratteristici della nostra terra.

This is one of the most ancient and typical of Sardinian pasta types, traditionally made by wetting with water the semolina contained in a large terracotta bowl (the "scivedda") and rolling the grains between the palms to obtain tiny irregular balls of dough. The balls were sorted by size into small, medium and large and then baked in the oven to give the pasta its nice golden colour and distinctive taste. Our fregola is produced in three sizes; its rough porous texture makes it ideal to absorb the taste and flavour of sauces and soups.

Ingredienti: semola di grano duro, acqua.

Aspetto: rugoso e poroso.

Colore: giallo paglierino, ambrato.

Tempo di cottura: 8/10 minuti.

Imballo: 12 confezioni da g 500.

Ingredients: durum wheat semolina, water.

Appearance: rough and porous.

Colour: pale yellow, amber.

Cooking time: 8/10 minutes.

Packaging: 12 packets x 500 g (1.1 lb).

EAN 8005825000220

VALORI NUTRIZIONALI MEDI/ NUTRITION

Per 100 g di prodotto - Typical values per 100 g

Valore energetico - Energy 354 Kcal/1502 Kj

Proteine - Protein 13.5 g

Carboidrati - Carbohydrate 73.5 g

di cui zuccheri - of which sugars 0.6 g

Grassi - Fat 1.3 g

di cui saturi - of which saturates 0.2 g

Fibre alimentari - Fibre 4.0 g

Sodio - Sodium 0.003 g



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