

# Wheat Pasta Nutritional Information

| Nutrition Facts                                                                                                                     |           |                      |         |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------|----------------------|---------|
| Serving Size 1 1/4 cup (60g)                                                                                                        |           |                      |         |
| Servings Per Container about 6                                                                                                      |           |                      |         |
| Amount per Serving                                                                                                                  |           |                      |         |
| Calories 220                                                                                                                        |           | Calories from Fat 10 |         |
| % Daily Value*                                                                                                                      |           |                      |         |
| Total Fat                                                                                                                           | 1.5g      | 2%                   |         |
| Saturated Fat                                                                                                                       | 0g        | 0%                   |         |
| Trans Fat                                                                                                                           | 0g        |                      |         |
| Cholesterol                                                                                                                         | 10mg      | 3%                   |         |
| Sodium                                                                                                                              | 5 mg      | 0%                   |         |
| Total Carbohydrates                                                                                                                 | 45g       | 15%                  |         |
| Dietary Fiber                                                                                                                       | 2g        | 8%                   |         |
| Sugars                                                                                                                              | 7g        |                      |         |
| Protein                                                                                                                             | 8g        |                      |         |
|                                                                                                                                     |           |                      |         |
| ° Vitamina A                                                                                                                        | 0%        | °Vitamina C          | 0%      |
| ° Calcium                                                                                                                           | 0%        | ° Iron               | 10%     |
| ° Thiamin                                                                                                                           | 40%       | ° Rivo flavin        | 15%     |
| ° Niacin                                                                                                                            | 20%       | ° Folate             | 35%     |
| * 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 | 65g                  | 80g     |
| Sat Fat                                                                                                                             | Less than | 20g                  | 25g     |
| Cholesterol                                                                                                                         | Less than | 300mg                | 300mg   |
| Sodium                                                                                                                              | Less than | 2,400mg              | 2,400mg |
| Total Carbohydrate                                                                                                                  |           | 300g                 | 375g    |
| Dietary Fiber                                                                                                                       |           | 25g                  | 30g     |