



WHOLE LOT BETTER PASTA

EGG NOODLE NUTRITIONAL FACTS

| Nutrition Facts | |
|------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| Serving Size (56g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 210 | Calories from Fat 20 |
| % Daily Value* | |
| Total Fat 2.5g | 4% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Polyunsaturated Fat 0g | |
| Monounsaturated Fat 0g | |
| Cholesterol 55mg | 18% |
| Sodium 15mg | 1% |
| Total Carbohydrate 39g | 13% |
| Dietary Fiber 4g | 16% |
| Sugars 2g | |
| Protein 8g | |
| Vitamin A 0% | • Vitamin C 0% |
| Calcium 2% | • Iron 10% |
| Thiamin 25% | • Riboflavin 10% |
| Niacin 15% | • Folate 20% |
| Phosphorus 15% | • Magnesium 15% |
| *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 |
| Saturated 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 |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

INGREDIENTS

Whole wheat durum flour, Durum Wheat Semolina, Durum wheat flour, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, and folic acid, eggs.

