



# WHOLE LOT BETTER PASTA

## EGG NOODLE NUTRITIONAL FACTS

<b>Nutrition Facts</b>	
Serving Size (56g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 210</b>	<b>Calories from Fat 20</b>
<b>% Daily Value*</b>	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 15mg</b>	<b>1%</b>
<b>Total Carbohydrate 39g</b>	<b>13%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 2g	
<b>Protein 8g</b>	
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.

