



WHOLE LOT BETTER PASTA

RIDGED LASAGNA NUTRITIONAL FACTS

Nutrition Facts

Serving Size (56g)
Servings Per Container

Amount Per Serving

Calories 210 **Calories from Fat 10**

% Daily Value*

Total Fat 1.5g **2%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 41g **14%**

 Dietary Fiber 4g **16%**

 Sugars 2g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

Thiamin 25% • Riboflavin 10%

Niacin 15% • Folate 20%

Phosphorus 10% • 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.

