



DAKOTA GROWERS PASTA CO.

WHOLE GRAIN - FOODSERVICE PASTA

Nutrition Facts	
Serving size	2 oz (56 g) Dry
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 41g	15%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 2mg	10%
Potassium 185mg	4%
Thiamin	35%
Riboflavin	15%
Niacin	25%
Folate 143mcg DFE (69mcg folic acid)	35%
Phosphorus 98mg	8%
Magnesium 37mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS

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