



DAKOTA GROWERS PASTA CO.

WHOLE GRAIN - FOODSERVICE

Nutrition Facts

Serving size 2 oz (56 g) Dry

Amount per serving
Calories 190

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Trans 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 10mg	0%
Iron 1.9mg	10%
Potassium 180mg	4%
Thiamin 0.4mg	35%
Riboflavin 0.2mg	15%
Niacin 4.1mg	25%
Folate 115mcg DFE (55mcg folic acid)	30%
Phosphorus 100mg	8%
Magnesium 35mg	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.

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

Allergens Wheat