



DAKOTA GROWERS PASTA CO.

MULTIGRAIN WITH PROTEIN & OMEGA 3

Nutrition Facts

Serving Size (56g)

Servings Per Container

Amount Per Serving

Calories 180 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 32g **11%**

Dietary Fiber 8g **32%**

Sugars 1g

Protein 10g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

Thiamin 20% • Riboflavin 15%

Niacin 10% • Folate 20%

*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

Enriched semolina [iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)], modified wheat starch, wheat protein isolate, whole wheat flour, whole barley flour, whole oat flour, flaxseed.

- 10g of Protein per serving
- 258mg ALA Omega-3 per serving
- High in Fiber

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