



DAKOTA GROWERS PASTA CO.

REDUCED CALORIE

Nutrition Facts

Serving Size 2 oz dry (56 g) Dry

Amount Per Serving			
Calories	150	Calories From Fat	10
		% Daily Value*	
Total Fat	1 g		2 %
Saturated Fat	0 g		0 %
Trans Fat	0g		
Cholesterol	0 mg		0 %
Sodium	55 mg		3 %
Total Carbohydrate	41g		14 %
Dietary Fiber	13 g		52 %
Soluble Fiber	1 g		
Insoluble Fiber	12 g		
Sugars	1 g		
Protein	7 g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	8%
Thiamin	20%	Riboflavin	10%
Niacin	15%	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

Durum Wheat Semolina
 [enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)], modified wheat starch, wheat protein isolate.

1/27/16