



# DAKOTA GROWERS PASTA CO.

## VEGGIESERVE®

### Nutrition Facts

Serving Size 2 oz dry (56 g)

**Amount Per Serving**

**Calories** 200 **Calories From Fat** 10

**% Daily Value\***

<b>Total Fat</b>	1 g	<b>2 %</b>
Saturated Fat	0 g	<b>0 %</b>
Trans Fat	0g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	0 g	
<b>Cholesterol</b>	0 mg	<b>0 %</b>
<b>Sodium</b>	0 mg	<b>0 %</b>
<b>Total Carbohydrate</b>	41 g	<b>14 %</b>
Dietary Fiber	2 g	<b>24 %</b>
Sugars	2 g	
<b>Protein</b>	7 g	

Vitamin A	20%	Vitamin C	25%
Calcium	0%	Iron	10%
Vitamin D	20%	Vitamin E	25%
Thiamin	40%	Riboflavin	15%
Niacin	20%	Vitamin B6	25%
Folate	30%	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

Durum Wheat Semolina, [enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)], nutrients from whole food concentrates (spinach, broccoli, carrot, tomato, beet, shiitake mushrooms), Color (paprika oleoresin, fruit juice concentrate (watermelon, huito), turmeric oleoresin), maltodextrin, gum arabic, ascorbic acid.