

ENRICHED MACARONI PRODUCT

# Alphabets®

Made from 100% No. 1 Hard Amber Durum Semolina

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By \_\_\_\_\_

## PLAIN PASTA

# Nutrition Facts

Serving Size 2 oz (56g or 1/3 cup) Dry  
Servings Per Container 80

### Amount Per Serving

**Calories 210**      Calories from Fat 10

**% Daily Value\***

<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg**	<b>0%</b>
<b>Total Carbohydrate</b> 42g	<b>14%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein</b> 7g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 10%
Thiamin 30%	•	Riboflavin 10%
Niacin 15%	•	Folate 30%

\* 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)].

\*\*Without added salt in cooking water.  
**CONTAINS WHEAT INGREDIENTS**