

Whole Wheat Pasta

Nutrition Facts

Serving Size 2 oz (56g) Dry

Amount Per Serving

Calories 180 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg** **0%**

Total Carbohydrate 41g **14%**

Dietary Fiber 6g **24%**

Sugars 2g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 10%

*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: 100% DURUM
WHOLE WHEAT FLOUR.**

**Without added salt in cooking water.

CONTAINS WHEAT INGREDIENTS