



ENRICHED ORGANIC SEMOLINA PASTA

Nutritional Information

Serving Size: 2 oz. (56g)

Amount Per Serving		Calories from Fat 10	
		% Daily Value*	
Calories	210		
Total Fat	1g		1%
Saturated Fat	0g		0%
<i>Trans Fat</i>	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	41g		14%
Dietary Fiber	2g		8%
Sugar	1g		
Protein	7g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:

		Calories:	2,000	2,500
Total Fat	Less Than		65g	80g
Sat. 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	•	Carbohydrates	4	•	Protein	4
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8/27/2010