



# WHOLE LOT BETTER WHOLE GRAIN PASTA

## ELBOW NUTRITIONAL FACTS

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>2 oz (56 g) Dry</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.9mg	10%
Potassium 180mg	4%
Thiamin 0.4mg	35%
Riboflavin 0.2mg	15%
Niacin 4.1mg	25%
Folate 115mcg DFE (55mcg folic acid)	30%
Phosphorus 100mg	8%
Magnesium 35mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredient Declaration** Whole Durum Wheat Flour, durum wheat semolina, durum wheat flour, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, and folic acid.

**Allergens** Wheat

**Manufactured in a facility that uses eggs**

