

Pasta Alfredo

Nutrition Facts

Serving Size: 1/4 Pouch (65g)

Servings Per Container 4

Amount Per Serving

Calories 280 Calories from Fat 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 770mg **32%**

Total Carbohydrate 43g **14%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 5g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 8%

*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

Sodium lowered 28% from 1070 mg to 770 mg per serving.

Ingredients: Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch - Modified, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Nondairy Creamer (High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Dipotassium Phosphate, Mono and Diglycerides, Silicon Dioxide, Mixed Tocopherols [to preserve freshness]), Maltodextrin, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Hydrolyzed Soy Protein, Parmesan Flavor (Salt, Yeast Extract, Potato Maltodextrin, Coconut Oil), Partially Hydrogenated Soybean Oil, Salt, Garlic Powder, Spices, Dried Onion, Disodium Inosinate and Disodium Guanylate, Disodium Phosphate, Natural Flavor.

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN

NET WT. 260g (9.2 OZ)