

# Nutrition Facts

2.5 servings per container

**Serving size**

**about 1 cup (64g)**

	<b>Per serving</b>	<b>Per container</b>
<b>Calories</b>	<b>220</b>	<b>550</b>
	<b>% DV*</b>	<b>% DV*</b>
<b>Total Fat</b>	1g <b>1%</b>	3g <b>4%</b>
Saturated Fat	0g <b>0%</b>	0g <b>0%</b>
<i>Trans</i> Fat	0g	0g
<b>Cholesterol</b>	0mg <b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	710mg <b>31%</b>	1770mg <b>77%</b>
<b>Total Carb.</b>	46g <b>17%</b>	114g <b>42%</b>
Dietary Fiber	4g <b>15%</b>	11g <b>38%</b>
Total Sugars	9g	21g
Incl. Added Sugars	1g <b>3%</b>	3g <b>7%</b>
<b>Protein</b>	7g	18g
<b>Vitamin D</b>	0mcg 0%	0mcg 0%
<b>Calcium</b>	110mg 8%	290mg 20%
<b>Iron</b>	3mg 15%	7.6mg 40%
<b>Potassium</b>	840mg 20%	2100mg 45%

\* The % Daily Value (DV) 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.

**INGREDIENTS:** Pasta (Durum Semolina Flour, Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Dehydrated Vegetables (Cabbage, Onion, Carrot, Red and Green Bell Pepper, Garlic, Mushrooms, Red Pepper), Modified Corn Starch, Sugar, Tamari Sauce (Soy Sauce [Soybeans, Salt, Vinegar], Maltodextrin, Salt), Sea Salt, Flavor Enhancer (Maltodextrin, Salt, Natural Flavor), Molasses Powder (Molasses Powder, Silicon Dioxide [Prevents Caking]), Vinegar Powder (Maltodextrin, Vinegar, Modified Corn Starch), Paprika, Citric Acid, Black Pepper, Cayenne Pepper.

**CONTAINS: SOY, WHEAT.**

**VEGAN**