

# Italian Pasta with Marinara

**POUCH MAKES  
6 PREPARED CUPS**

## Nutrition Facts

Serving Size 1.5 cups (86g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 320    Calories from Fat 40

% Daily Value\*

<b>Total Fat</b> 4g	<b>7%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 840mg	<b>35%</b>
<b>Total Carbohydrate</b> 58g	<b>19%</b>
Dietary Fiber 2g	<b>10%</b>
Sugars 12g	

**Protein** 12g

Vitamin A 20% • Vitamin C 60%

Calcium 10% • Iron 20%

\* 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
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 • Carbohydrate 4 • Protein 4

## DIRECTIONS

**For 4 servings** bring 6 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

**For 2 servings** bring 3 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Pasta (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), Tomato, Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Sugar, Sea Salt, Corn Starch, Onion, Garlic, Carrot, Spice, Silicon Dioxide, Disodium Phosphate, Parsley, Annatto, Tocopherols.

**ALLERGENS:** Milk, Wheat.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt

Made in the USA

