

# Vegetable and Rotini Pasta

**POUCH MAKES  
6 PREPARED CUPS**

## Nutrition Facts

Serving Size 1.5 cups (97g)  
Servings Per Container 4

**Amount Per Serving**  
**Calories** 400    **Calories from Fat** 100

	% Daily Value*
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 9g	<b>46%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 930mg	<b>39%</b>
<b>Total Carbohydrate</b> 65g	<b>22%</b>
Dietary Fiber 2g	<b>10%</b>
Sugars 4g	
<b>Protein</b> 10g	

Vitamin A 10% • Vitamin C 8%  
Calcium 4% • Iron 15%

\* 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), Coconut Oil, Maltodextrin, Corn Starch, Sea Salt, Pea, Sodium Caseinate, Onion, Carrot, Tomato, Xanthan Gum, Celery, Autolyzed Yeast Extract, Garlic, Dried Cane Syrup, Spice, Mono & Diglycerides, Silicon Dioxide, High Oleic Acid Sunflower Oil, Natural Flavor.

## ALLERGENS: 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

