

## NUTRITION FACTS

PRODUCT: Foulds Spinach Spaghetti Made with Organic WW Flour

Serving Size: 2 oz (56g.)

## Amount Per Serving

Calories: 190

Calories from fat: 15

	Grams	% Daily Value
<b>TOTAL FAT</b>	1 g	2%
Saturated Fat	1 g	2%
<b>CHOLESTEROL</b>	0 mg	0%
<b>SODIUM</b>	10 mg	1%
<b>TOTAL CARBOHYDRATE</b>	34 g	11%
Dietary Fiber	6 g	24%
Sugars	0 g	
<b>PROTEIN</b>	9 g	

Vitamin A

0% Vitamin C

Calcium

2% Iron 15%

Thiamin

20% Riboflavin 4%

Niacin

10%

\*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	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 gm
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per Gram

Carbohydrate 4 Protein 4

Fat 9

**INGREDIENTS:**

Organic Durum Whole Wheat flour, Spinach Powder and water.

**Contains:** Wheat-made in a facility that uses eggs