



Nutrition Facts

8 servings per container

Serving size **2 oz (56g)**

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 39g **14%**

Dietary Fiber 7g **25%**

Soluble Fiber 2g

Insoluble Fiber 5g

Total Sugars 1g

Protein 8g

Vitamin D 0mcg 0%

Calcium 17mg 2%

Iron 2mg 10%

Potassium 274mg 6%

Thiamin 0.5mg 40%

Riboflavin 0.3mg 25%

Niacin 7mg 45%

Folate 71mcg DFE 20%

Phosphorus 224mg 20%

Magnesium 54mg 15%

Zinc 2mg 20%

Manganese 1.5mg 70%

Not a significant source of added sugars.

* The % Daily Value 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: WHOLE GRAIN DURUM WHEAT FLOUR.

CONTAINS WHEAT INGREDIENTS.

THIS PRODUCT IS MANUFACTURED ON EQUIPMENT THAT PROCESSES PRODUCTS CONTAINING EGGS.

Barilla America, Inc.

Northbrook, IL 60062

Made in the U.S.A. with U.S.A.

and imported ingredients.



EAT 48g OR MORE OF WHOLE GRAINS DAILY