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**Nutrition Facts**

8 servings per container  
**Serving size 2 oz (56g)**

**Calories 180**

Amount Per Serving	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 7g	<b>25%</b>
Soluble Fiber 2g	
Insoluble Fiber 5g	
Total Sugars 1g	
<b>Protein</b> 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.



100% WHOLE GRAIN  
56g or more per serving  
EAT 48g OR MORE OF WHOLE GRAINS DAILY  
WholeGrainsCouncil.org

\*Per 16 fl oz beverage, this product 10 calories, leading beverages, 130 calories

**Nutrition Facts**

10 servings per container  
**Serving size 1 packet (3.5g)**

Amount per serving	% Daily Value
<b>Total Fat</b> 0g	<b>0%</b>
Sodium 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

**INGREDIENTS: CITRIC ACID, POTASSIUM CITRATE, MALTODEXTRIN, ASPARTAME, MAGNESIUM OXIDE, CONCENTRATED FRUIT FLAVOR, FLAVOR, ACESULFAME POTASSIUM, SODIUM BENZOATE, CITRIC ACID, RED 40, SODIUM BENZOATE, CITRIC ACID, RED 40.**

**PHENYLETHANOLAMINE CONTAINS: SODIUM BENZOATE, CITRIC ACID, RED 40.**