



Nutrition Facts

Serving size
1 container

Calories
170 | **290**
per 1 cup | per serving

	Per 1 cup % DV*	Per serving % DV*
Total Fat	1g 1%	2g 3%
Saturated Fat	0.5g 3%	1g 5%
Trans Fat	0g	0g
Polyunsaturated Fat	0.5g	1g
Monounsaturated Fat	0g	0g
Cholesterol	< 5mg 2%	5mg 2%
Vitamin D	0mcg 0%	0mcg 0%
Calcium	30mg 2%	50mg 4%
Iron	1.5mg 8%	2.7mg 15%
Potassium	270mg 6%	480mg 10%
Vitamin A	100mcg 10%	220mcg 25%

	Per 1 cup % DV*	Per serving % DV*
Sodium	600mg 26%	1070mg 47%
Total Carb.	33g 12%	58g 21%
Dietary Fiber	3g 11%	5g 18%
Total Sugars	12g	22g
Incl. Added Sugars	6g 12%	11g 22%
Protein	6g	10g
Thiamin	0.2mg 15%	0.3mg 25%
Riboflavin	0.2mg 15%	0.4mg 30%
Niacin	2.6mg 15%	4.7mg 30%
Folate	110mcg DFE 30%	200mcg DFE 50%
	(65mcg folic acid)	(120mcg folic acid)

*The % Daily Value (DV) 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.

HEALTHY KIDS ENTRÉE

MEETS CLAIM PER 1 CUP

0g **4** **20%**
of Trans Fat Essential Nutrients of Daily
Per 1 Cup in the Pasta Vegetables†

†1 CUP OF CANNED PASTA = ½ CUP OF VEGETABLES. Dietary Guidelines recommend 2½ cups of a variety of vegetables per day for a 2,000 calorie diet.

READY IN 3 MINUTES!

MICROWAVE: Microwave ovens vary. Time given is approximate.

1. Heat, covered, in microwavable bowl on **HIGH 1½ to 2 min.** or until hot.

2. Careful, leave in microwave 1 min., then stir.

STOVE: Heat, stirring occasionally.

INGREDIENTS: WATER, TOMATO PUREE (WATER, TOMATO PASTE), ENRICHED PASTA (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2% OF: SALT, ENZYME MODIFIED CHEDDAR CHEESE (CHEDDAR CHEESE [CULTURED MILK, SALT, ENZYMES, CALCIUM CHLORIDE], WATER, DISODIUM PHOSPHATE, ENZYMES), VEGETABLE OIL (CORN, CANOLA, AND/OR SOYBEAN), ENZYME MODIFIED BUTTER, BETA CAROTENE FOR COLOR, CITRIC ACID, PAPRIKA EXTRACT, SKIM MILK, NATURAL FLAVORING.
CONTAINS: WHEAT, MILK.

CAMPBELL SOUP COMPANY, CAMDEN, NJ, U.S.A. 08103-1701

CONTAINS BIOENGINEERED FOOD INGREDIENTS.
THE CORN, SOY AND CANOLA IN THIS PRODUCT COME FROM GENETICALLY MODIFIED CROPS.



Best if used by date on package. **CAUTION:** Metal edges are sharp. Promptly refrigerate unused product in separate container.

Questions or Comments?
Call us at **1-800-PASTA-02.**
campbells.com/spaghetios