



DAKOTA GROWERS PASTA CO.

MULTIGRAIN WITH PROTEIN AND OMEGA-3

Nutrition Facts

Serving size 2 oz (56 g) Dry

Amount per serving

Calories 180

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 38g 14%

Dietary Fiber 8g 29%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1.7mg 10%

Potassium 120mg 2%

Thiamin 0.3mg 25%

Riboflavin 0.1mg 6%

Niacin 2.3mg 15%

Folate 130mcg DFE 35%

(70mcg folic acid)

*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.

Ingredient Declaration

Durum wheat semolina, modified wheat starch, wheat protein isolate, whole wheat flour, whole barley flour, whole oat flour, flax seed, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid

Allergens

Wheat