

Nutrition Facts

Serving Size 1 cup (54g) dry mix
(Makes 1 cup prepared)
Servings Per Container About 10

Amount Per Serving

Calories 230

Calories From Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 600mg 25%

Total Carbohydrate 33g 11%

Dietary Fiber 3g 12%

Sugars 5g

Protein 12g 24%

Vitamin A 10% -Vitamin C 30%

Calcium 4% -Iron 15%

*Percent Daily Values (DV) 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	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb.		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

INGREDIENTS:

Enriched Spaghetti (durum [wheat] semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) - Tomato Paste - Cooked Beef (beef, flavoring, salt)

Less than 2% of: Textured Soy Flour (soy flour, caramel color) - Dehydrated Cheese (cheddar cheese [milk, cheese culture, salt, enzymes], cream, salt, sodium phosphate, lactic acid) - Sugar - Sea Salt - Hydrolyzed Vegetable Protein (corn, yeast, wheat gluten, soy protein, soybean oil) - Spice - Onion Powder - Garlic Powder

CONTAINS: Milk, Soy, Wheat

Serving sizes are based on USDA/FDA Reference Amounts Customarily Consumed* and are for comparison purposes. Your mileage will vary based on your metabolism and activity level. We recommend determining your caloric needs and basing your purchasing decisions on calories rather than 'servings'.

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