



DAKOTA GROWERS PASTA CO.

EGG NOODLES

Nutrition Facts

Serving Size: 2 oz (56g) Dry

Amount Per Serving		Calories From Fat
Calories	220	30
		% Daily Value*
Total Fat	3g	5 %
Saturated Fat	1g	5 %
Trans Fat	0g	
Cholesterol	55mg	18 %
Sodium	15mg**	1 %
Total Carbohydrate	40g	13 %
Dietary Fiber	1g	4 %
Sugars	2g	
Protein	8g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 10%
Thiamin	30%	Riboflavin 10%
Niacin	15%	Folate 30%

* Percent daily values 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
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

**Without added salt in cooking water.

INGREDIENTS

Durum Wheat Semolina, durum wheat flour, [enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)], Eggs.