



# DREAMFIELDS PASTA

## ANGEL HAIR NUTRITION FACTS

### Nutrition Facts

Serving Size: 2 oz (56g / 1/2" circle) Dry  
 Servings Per Container: About 6.5

**Amount Per Serving**

**Calories** 190 Calories From Fat 10

**% Daily Value\***

**Total Fat** 1g **2 %**

Saturated Fat 0g **0 %**

Trans Fat 0g

Polyunsaturated Fat 0.3g

Monounsaturated Fat 0.1g

**Cholesterol** 0mg **0 %**

**Sodium** 10mg\*\* **0 %**

**Total Carbohydrate** 41g **14 %**

Dietary Fiber 5g **20 %**

Soluble Fiber 3g

Insoluble Fiber 2g

Sugars 1g

**Protein** 7g **14 %**

Vitamin A 0% ● Vitamin C 0%

Calcium 0% ● Iron 10%

Thiamin 30% ● Riboflavin 15%

Niacin 20% ● Vitamin B<sub>6</sub> 6%

Folate 30% ● Pantothenic acid 2%

Phosphorus 8% ● Zinc 4%

Copper 6% ●

\* 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

Enriched Semolina, [Semolina, Iron (Ferrous Sulfate), and B Vitamins (Niacin, Thiamine, Mononitrate, Riboflavin, Folic Acid)], Inulin (Vegetable Fiber), Wheat Gluten (Plant Protein), Xanthan Gum (Food Fiber), Pectin (Fruit Fiber), Potassium Chloride.

CONTAINS WHEAT INGREDIENTS

### PASTA COOKING DIRECTIONS

- 1) Bring 4 quarts of water to a rapid boil.
- 2) Add 1 box (13.25 oz) of Dreamfields Angel Hair into water and return to boil.
- 3) Cook uncovered, stirring occasionally, for 5 minutes. Do not overcook.
- 4) Drain, rinse in cold water, and drain well. Enjoy!