**Pasta Cooking Directions**

1. Bring 4 quarts of water to a rapid boil.
2. Add 1 box (13.25 oz) of Dreamfields Spaghetti into water and return to boil.
3. Cook uncovered, stirring occasionally, for 9 minutes. Do not overcook.
4. Drain, rinse in cold water, and drain well.

Enjoy!

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**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

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**Nutrition Facts**

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 190</th>
<th>Calories From Fat: 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>1g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0.5g</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>10mg**</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>41g</td>
<td>14%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5g</td>
<td>20%</td>
</tr>
<tr>
<td>Soluble Fiber</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Insoluble Fiber</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>7g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0%  •  Vitamin C 0%
Calcium 0%  •  Iron 10%
Thiamin 40%  •  Riboflavin 15%
Niacin 20%  •  Vitamin B₆ 4%
Folate 30%  •  Pantothenic acid 2%
Phosphorus 8%  •  Zinc 6%
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:

<table>
<thead>
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<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less Than  65g</td>
<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less Than  20g</td>
<td>25g</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
<td>Less Than 2,400mg</td>
<td>2,400mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:

Fat 9  •  Carbohydrate 4  •  Protein 4

** Without added salt in cooking water