



PROTEIN+™

Nutritional Information

Protein+ Spaghetti, Protein+ Penne, Protein+ Cellentani

Nutrition Facts

80 servings per container

Serving size

2 oz (56g)

	Per 2 oz (56g)		Per 3.5 oz (100g)	
Calories	190		340	
	% Daily Value*		% Daily Value*	
Total Fat	1g	1%	2g	3%
Saturated Fat	0g	0%	0.5g	3%
<i>Trans</i> Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	0mg	0%	0mg	0%
Total Carbohydrate	38g	14%	68g	25%
Dietary Fiber	5g	18%	10g	36%
Soluble Fiber	3g		6g	
Insoluble Fiber	2g		4g	
Total Sugars	2g		3g	
Protein	10g	10%	17g	17%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	16mg	2%	28mg	2%
Iron	2mg	10%	3mg	15%
Potassium	261mg	6%	467mg	10%
Thiamin	0.5mg	40%	0.8mg	70%
Riboflavin	0.2mg	15%	0.4mg	30%
Niacin	5mg	30%	8mg	50%
Vitamin B ₆	0.1mg	6%	0.2mg	10%
Folate	199mcg DFE (112mcg folic acid)	50%	355mcg DFE (200mcg folic acid)	90%
Biotin	5mcg	15%	8mcg	25%
Magnesium	40mg	10%	71mg	15%
Selenium	31mcg	60%	56mcg	100%
Copper	0.3mg	35%	0.5mg	60%
Manganese	0.7mg	30%	1.3mg	60%
Molybdenum	71mcg	160%	127mcg	280%

Not a significant source of added sugars.

*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.