

PAPPADELLE'S DRIED FLAT-CUT PASTA - NUTRITIONAL FACTS

*Percent Daily Values (DV)

Serving Size: 2 oz (57g)

are based on a 2000 calorie diet

Servings Per Container: Varies (8 per pound)

Amount Per Serving

PRODUCT	Calories	Fat	Total Fat	Total Fat	Sat Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Sodium	Total Carb	Total Carb	Fiber	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	
		Cal	Fat	DV*	DV*	DV*	DV*	DV*	DV*	DV*	DV*	DV*	DV*	DV*	DV*	DV*	DV*	DV*	DV*	DV*	DV*
Basil Garlic	160	0	0g	0%	0g	0%	0g	0mg	0%	75mg	3%	32g	11%	2g	8%	0g	6g	20%	0%	2%	10%
Basil Tangerine	160	5	0.5g	1%	0g	0%	0g	0mg	0%	85mg	4%	32g	11%	2g	8%	0g	6g	35%	4%	2%	10%
Chipotle Black Bean	160	5	1g	1%	0g	0%	0g	0mg	0%	150mg	6%	28g	9%	2g	7%	1g	8g	0%	0%	2%	4%
Chipotle Pepper	160	0	0.5g	1%	0g	0%	0g	0mg	0%	115mg	5%	31g	10%	2g	7%	0g	6g	15%	0%	0%	10%
Cracked Pepper	160	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	32g	11%	2g	7%	0g	6g	0%	0%	2%	10%
Dark Chocolate	170	5	0.5g	1%	0g	0%	0g	0mg	0%	100mg	4%	33g	11%	2g	7%	6g	8g	0%	0%	0%	15%
Four Peppercorn	160	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	32g	11%	2g	7%	0g	6g	0%	0%	0%	10%
Garden Spinach	160	0	0g	0%	0g	0%	0g	0mg	0%	15mg	1%	32g	11%	2g	7%	0g	6g	80%	0%	2%	15%
Garlic Chive	160	0	0g	0%	0g	0%	0g	0mg	0%	95mg	4%	32g	11%	2g	7%	0g	6g	0%	2%	2%	10%
Garlic Parsley	160	0	0g	0%	0g	0%	0g	0mg	0%	95mg	4%	32g	11%	2g	7%	0g	6g	0%	0%	2%	15%
Garlic Toasted Onion	160	0	0g	0%	0g	0%	0g	0mg	0%	95mg	4%	35g	12%	2g	7%	0g	6g	0%	0%	0%	10%
Goan Curry	160	10	1.5g	2%	0g	0%	0g	0mg	0%	75mg	3%	32g	11%	2g	8%	0g	6g	0%	0%	2%	10%
Green Jalapeno	160	0	0.5g	1%	0g	0%	0g	0mg	0%	15mg	1%	32g	11%	2g	8%	0g	6g	45%	0%	2%	10%
Lavender	150	0	0g	0%	0g	0%	0g	0mg	0%	15mg	1%	31g	10%	1g	5%	0g	6g	0%	0%	2%	2%
Lemon Basil	160	0	0g	0%	0g	0%	0g	0mg	0%	110mg	5%	31g	10%	2g	8%	0g	6g	0%	6%	2%	10%
Lemon Chive	160	0	0g	0%	0g	0%	0g	0mg	0%	100mg	4%	31g	10%	2g	7%	0g	6g	0%	6%	2%	10%
Lemon Garlic	160	0	0g	0%	0g	0%	0g	0mg	0%	105mg	4%	32g	11%	2g	7%	0g	6g	0%	4%	2%	10%
Lemon Ginger	170	15	1.5g	2%	0g	0%	0g	0mg	0%	130mg	6%	33g	11%	2g	7%	0g	6g	0%	0%	0%	10%
Lemon Pepper	160	0	0g	0%	0g	0%	0g	0mg	0%	10mg	1%	32g	11%	2g	7%	0g	6g	0%	4%	2%	10%
Lime Cilantro	160	0	0g	0%	0g	0%	0g	0mg	0%	95mg	4%	31g	10%	2g	7%	0g	6g	40%	2%	2%	10%
Mild Spice Red Pepper	160	5	0.5g	1%	0g	0%	0g	0mg	0%	100mg	4%	32g	11%	2g	9%	1g	7g	10%	45%	2%	10%
Orange Szechuan	160	15	1.5g	2%	0g	0%	0g	0mg	0%	80mg	3%	31g	10%	2g	8%	0g	6g	25%	4%	2%	10%
Plain	160	0	0g	0%	0g	0%	0g	0mg	0%	15mg	1%	32g	11%	2g	7%	0g	6g	0%	0%	0%	10%
Porcini Mushroom	160	0	0.5	1%	0g	0%	0g	0mg	0%	45mg	2%	31g	10%	2g	7%	0g	6g	0%	0%	0%	10%
Red Jalapeno	160	0	0.5	1%	0g	0%	0g	0mg	0%	10mg	0%	31g	10%	2g	7%	0g	6g	2%	0%	0%	10%
Roasted Garlic	160	0	0	0%	0g	0%	0g	0mg	0%	95mg	4%	33g	11%	2g	7%	0g	6g	0%	0%	0%	10%
Roasted Garlic Herb	160	0	0.5	1%	0g	0%	0g	0mg	0%	15mg	1%	31g	10%	2g	9%	0g	7g	2%	2%	4%	15%
Rosemary Garlic	160	0	0.5g	1%	0g	0%	0g	0mg	0%	95mg	4%	31g	10%	2g	8%	0g	6g	50%	0%	2%	10%

PAPPADELLE'S DRIED FLAT-CUT PASTA - NUTRITIONAL FACTS

*Percent Daily Values (DV) are based on a 2000 calorie diet

Serving Size: 2 oz (57g)

Servings Per Container: Varies (8 per pound)

Amount Per Serving

PRODUCT	C a l o r i e s	F a t	T o t a l F a t	T o t a l F a t *	S a t F a t	S a t F a t *	T r a n s F a t	C h o l e s t	C h o l e s t D V *	S o d i u m	S o d i u m D V *	T o t a l C a r b	T o t a l C a r b D V *	F i b e r	F i b e r D V *	S u g a r s	P r o t e i n	V i t a m i n A	V i t a m i n C	C a l c i u m	I r o n
																		D V *	D V *	D V *	D V *
Santa Fe Corn Maize	150	5	0.5g	1%	0g	0%	0g	0mg	0%	110mg	5%	30g	10%	2g	6%	0g	7g	0%	0%	2%	2%
Spanish Saffron	160	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	32g	11%	2g	7%	0g	6g	0%	0%	0%	10%
Spicy Thai	160	10	1g	2%	0g	0%	0g	0mg	0%	110mg	5%	31g	10%	2g	7%	0g	7g	0%	2%	2%	10%
Spinach Garlic	160	0	0g	0%	0g	0%	0g	0mg	0%	15mg	1%	32g	11%	2g	7%	0g	6g	70%	0%	2%	10%
Spinach Lemon Herb	160	0	0.5g	1%	0g	0%	0g	0mg	0%	125mg	5%	31g	10%	2g	7%	0g	7g	60%	6%	2%	15%
Summer Herb	160	0	0.5g	1%	0g	0%	0g	0mg	0%	10mg	0%	32g	11%	2g	9%	0g	6g	2%	2%	4%	15%
Sun-Dried Tomato	160	5	0.5g	1%	0g	0%	0g	0mg	0%	50mg	2%	32g	11%	2g	8%	1g	7g	35%	2%	2%	10%
Sweet Basil	160	0	0g	0%	0g	0%	0g	0mg	0%	20mg	1%	32g	11%	2g	8%	0g	7g	25%	0%	4%	15%
Sweet Potato	160	0	0.5g	1%	0g	0%	0g	0mg	0%	20mg	1%	33g	11%	2g	8%	1g	6g	8%	4%	2%	10%
Sweet Red Onion	170	0	0g	0%	0g	0%	0g	0mg	0%	170mg	7%	35g	12%	2g	8%	0g	7g	0%	0%	2%	10%
Toasted Onion	160	0	0g	0%	0g	0%	0g	0mg	0%	100mg	4%	35g	12%	2g	7%	0g	6g	0%	0%	0%	10%
Tomato Basil	160	0	0.5g	1%	0g	0%	0g	0mg	0%	20mg	1%	32g	11%	2g	9%	1g	7g	4%	4%	2%	15%
Tomato Cracked Pepper	160	0	0.5g	1%	0g	0%	0g	0mg	0%	20mg	1%	32g	11%	2g	9%	1g	7g	4%	4%	2%	10%
Tunisian Harissa	180	5	0.5g	1%	0g	0%	0g	0mg	0%	125mg	5%	36g	12%	2g	10%	1g	8g	4%	4%	2%	15%
Venetian Calamari	160	0	0g	0%	0g	0%	0g	0mg	0%	0mg	0%	32g	11%	2g	7%	0g	6g	0%	0%	0%	10%
Veracruz Blackbean	160	5	1g	1%	0g	0%	0g	0mg	0%	140mg	6%	28g	9%	2g	7%	1g	8g	0%	0%	2%	10%
Whole Wheat Garlic	160	5	0.5g	1%	0g	0%	0g	0mg	0%	100mg	4%	32g	11%	3g	12%	0g	7g	0%	0%	2%	10%
Whole Wheat Herb	160	5	0.5g	1%	0g	0%	0g	0mg	0%	15mg	1%	32g	11%	3g	11%	0g	7g	0%	2%	2%	15%
Whole Wht Lemon Chive	160	5	0.5g	1%	0g	0%	0g	0mg	0%	135mg	6%	31g	10%	3g	12%	0g	7g	0%	2%	6%	10%
Whole Wht Tstd Onion	160	5	0.5g	1%	0g	0%	0g	0mg	0%	120mg	5%	35g	12%	3g	12%	0g	7g	0%	0%	2%	10%
Yellow Bell Pepper	160	0	0	0%	0g	0%	0g	0mg	0%	160mg	7%	32g	11%	2g	7%	0g	7g	0%	0%	0%	10%

PAPPADELLE'S DRIED PASTA BLENDS & ORZO - NUTRITIONAL FACTS

*Percent Daily Values (DV) are based on a 2000 calorie diet

Serving Size: 2 oz (57g)
 Servings Per Container: Varies (8 per pound)

Amount Per Serving

PRODUCT	C a l o r i e s	F a t	T o t a l F a t	T o t F a t	S a t F a t	T r a n s F a t	C h o l e s t	C h o l e s t	S o d i u m	S o d i u m	T o t a l C a r b	T o t C a r b	F i b e r	F i b e r	S u g a r s	P r o t e i n	V i t a m i n A	V i t a m i n C	C a l c i u m	I r o n	
																					D V *
Basil Garlic Penne	160	0	0.5g	1%	0g	0%	0g	0mg	0%	85mg	3%	35g	12%	2g	8%	0g	7g	25%	0%	2%	15%
Bavarian Herb Rye	150	5	0.5g	1%	0g	0%	0g	0mg	0%	200mg	8%	30g	10%	3g	11%	0g	6g	2%	4%	2%	10%
Calypso Blend	170	5	0.5g	1%	0g	0%	0g	0mg	0%	105mg	4%	32g	11%	2g	8%	1g	7g	20%	2%	2%	10%
Chocolate	160	10	1g	2%	0g	0%	0g	0mg	0%	140mg	6%	30g	10%	3g	11%	0g	9g	0%	0%	2%	10%
Chocolate & Orange	170	5	1g	1%	0g	0%	0g	0mg	0%	120mg	5%	32g	11%	2g	9%	0g	8g	20%	2%	2%	10%
Chocolate & Raspberry	150	5	0.5g	1%	0g	0%	0g	0mg	0%	95mg	4%	28g	10%	2g	8%	0g	7g	0%	8%	2%	4%
Extreme Habanero	170	10	1g	2%	0g	0%	0g	0mg	0%	95mg	4%	32g	11%	2g	8%	0g	6g	90%	0%	2%	4%
Fanciful Fruit Blend	160	0	0.5g	1%	0g	0%	0g	0mg	0%	85mg	4%	32g	11%	2g	7%	0g	7g	20%	2%	2%	10%
Garlic Chive Sea Shell	160	0	0g	0%	0g	0%	0g	0mg	0%	95mg	4%	32g	11%	2g	7%	0g	6g	0%	2%	2%	10%
Gourmet Five Blend	160	0	0.5g	1%	0g	0%	0g	0mg	0%	25mg	1%	32g	11%	2g	8%	0g	6g	15%	20%	2%	10%
Italian Pesto Blend	160	0	0.5g	1%	0g	0%	0g	0mg	0%	55mg	2%	32g	11%	2g	8%	0g	6g	8%	2%	2%	15%
Lemon Parsley Maf	160	0	0g	0%	0g	0%	0g	0mg	0%	20mg	1%	32g	11%	2g	7%	0g	7g	0%	6%	2%	15%
Pacific Rim Blend	160	5	1g	1%	0g	0%	0g	0mg	0%	115mg	5%	31g	10%	2g	8%	0g	6g	15%	2%	2%	10%
Southwestern Blend	160	5	0.5g	1%	0g	0%	0g	0mg	0%	95mg	4%	31g	10%	2g	8%	0g	7g	15%	0%	2%	10%
Tomato Basil Penne	160	0	0.5g	1%	0g	0%	0g	0mg	0%	100mg	4%	32g	11%	2g	9%	1g	7g	4%	4%	2%	10%
Tri-Colore Wheels	160	0	0.5g	1%	0g	0%	0g	0mg	0%	100mg	4%	32g	11%	2g	8%	0g	7g	20%	2%	2%	10%
Trumpet Herb Blend	170	0	0.5g	1%	0g	0%	0g	0mg	0%	90mg	4%	33g	11%	2g	8%	0g	7g	15%	0%	2%	10%
Whole Wheat Mafaldine	150	5	0.5g	1%	0g	0%	0g	0mg	0%	0mg	0%	29g	10%	5g	21%	0g	7g	0%	0%	0%	35%
WW Chipotle Lime Mafa	160	5	1g	1%	0g	0%	0g	0mg	0%	100mg	4%	31g	10%	1g	4%	0g	6g	15%	0%	2%	6%
Asian Orzo	160	10	1g	2%	0g	0%	0g	0mg	0%	120mg	5%	31g	10%	2g	7%	0g	7g	10%	2%	2%	10%
Autumn HarvestOrzo	160	5	0.5g	1%	0g	0%	0g	0mg	0%	110mg	5%	31g	10%	2g	8%	0g	7g	15%	0%	2%	10%
Cubano Orzo	160	5	0.5g	1%	0g	0%	0g	0mg	0%	85mg	4%	31g	10%	2g	8%	0g	6g	180%	10%	4%	8%
Lemon Garlic Orzo	160	0	0g	0%	0g	0%	0g	0mg	0%	120mg	5%	32g	11%	2g	7%	0g	7g	0%	4%	2%	10%
Rainbow Orzo	160	0	0.5g	1%	0g	0%	0g	0mg	0%	35mg	1%	32g	11%	2g	8%	0g	6g	40%	25%	2%	10%
Southwest Orzo	160	5	1g	1%	0g	0%	0g	0mg	0%	95mg	4%	31g	10%	2g	7%	0g	7g	2%	0%	2%	10%
Spicy Red Hot Thai Curry	160	15	1.5g	2%	0g	0%	0g	0mg	0%	170mg	7%	31g	10%	2g	7%	0g	7g	90%	0%	0%	10%
Spring Medley Orzo	160	0	0.5g	1%	0g	0%	0g	0mg	0%	15mg	1%	32g	11%	2g	8%	0g	6g	20%	4%	2%	15%
Supreme Orzo	160	5	0.5g	1%	0g	0%	0g	0mg	0%	40mg	2%	32g	11%	2g	8%	0g	6g	15%	25%	0%	10%
Sweet Potato Orzo	170	0	0.5g	1%	0g	0%	0g	0mg	0%	140mg	6%	33g	11%	2g	8%	1g	7g	25%	4%	2%	10%
Tuxedo Orzo	160	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	32g	11%	2g	7%	0g	6g	0%	0%	0%	10%
Whole Wheat Orzo	150	5	0.5g	1%	0g	0%	0g	0mg	0%	0mg	0%	29g	10%	5g	21%	0g	7g	0%	0%	0%	35%

PAPPADELLE'S DRIED GLUTEN-FREE PASTA - NUTRITIONAL FACTS																	*Percent Daily Values (DV)				
Serving Size:		2 oz (57g)															are based on a 2000 calorie diet				
Servings Per Container:			Varies (8 per 9 oz.)														Amount Per Serving				
PRODUCT	C a l o r i e s	F a t C a l	T o t a l F a t	T o t F a t D V *	S a t F a t	S a t F a t D V *	T r a n s F a t	C h o l e s t F a t	C h o l e s t D V *	S o d i u m S o d i u m D V *	S o d i u m D V *	T o t a l C a r b	T o t a l C a r b D V *	F i b e r D V *	F i b e r D V *	S u g a r s	P r o t e i n	V i t a m i n A D V *	V i t a m i n C D V *	C a l c i u m D V *	I r o n D V *
Basil Garlic	140	5	1g	1%	0g	0%	0g	0mg	0%	200mg	8%	27g	9%	3g	12%	1g	6g	0%	0%	6%	15%
Chipotle Lime	130	10	1g	1%	0g	0%	0g	0mg	0%	210mg	9%	28g	9%	2g	10%	1g	6g	0%	0%	2%	8%
Della Terra	140	10	1g	2%	0g	0%	0g	0mg	0%	180mg	7%	30g	10%	4g	17%	4g	6g	2%	20%	2%	10%
Garlic Chive	140	5	1g	1%	0g	0%	0g	0mg	0%	200mg	8%	28g	9%	3g	11%	1g	6g	0%	0%	2%	8%
Lemon Parsley	140	5	1g	1%	0g	0%	0g	0mg	0%	210mg	9%	28g	9%	3g	10%	1g	6g	6%	4%	2%	8%
Lemon Pepper	140	10	1g	1%	0g	0%	0g	0mg	0%	200mg	8%	29g	10%	3g	10%	1g	6g	0%	0%	2%	8%
Plain	140	5	1g	1%	0g	0%	0g	0mg	0%	210mg	9%	28g	9%	3g	10%	1g	6g	0%	0%	2%	8%
Porcini Mshrm.	150	5	1g	1%	0g	0%	0g	0mg	0%	160mg	7%	33g	11%	4g	15%	4g	6g	0%	0%	2%	8%
Spinach Garlic	140	10	1g	1%	0g	0%	0g	0mg	0%	210mg	9%	28g	9%	3g	11%	1g	6g	0%	0%	4%	10%
Tomato Basil	140	10	1g	2%	0g	0%	0g	0mg	0%	190mg	8%	29g	10%	3g	13%	2g	6g	15%	6%	4%	10%

PAPPARDELLE'S DRIED LASAGNA NOODLES & NUTRITIONAL PASTA - NUTRITIONAL FACTS																	*Percent Daily Values (DV) are based on a 2000 calorie diet				
Serving Size:		2 oz (57g)		Servings Per Container:		Varies (8 per pound)															
PRODUCT	Calories	Fat	Total Fat	Total Fat	Sat Fat	Sat Fat	Trans Fat	Cholest	Cholest	Sodium	Sodium	Total Carb	Total Carb	Fiber	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
		Cal	Fat	DV*	Fat	DV*	Fat	Fat	DV*	DV*	DV*	DV*	DV*	DV*	DV*	DV*	DV*	DV*	DV*	DV*	DV*
LASAGNA NOODLES																					
Peppercorn Trio	160	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	32g	11%	2g	7%	0g	6g	0%	0%	0%	10%
Roasted Red Pepper	170	5	0.5g	1%	0g	0%	0g	0mg	0%	35mg	1%	33g	11%	3g	10%	1g	7g	40%	60%	2%	10%
Spinach Garlic	160	0	0g	0%	0g	0%	0g	0mg	0%	15mg	1%	32g	11%	2g	7%	0g	6g	70%	0%	2%	10%
NUTRITIONAL PASTA																					
Basil Spelt	130	5	0.5g	1%	0g	0%	0g	0mg	0%	25mg	1%	31g	10%	7g	26%	0g	6g	25%	0%	2%	10%
Five Grain	160	10	1g	2%	0g	0%	0g	0mg	0%	15mg	1%	32g	11%	4g	14%	0g	6g	0%	0%	2%	15%
Oat Flax	160	20	2.5g	3%	0g	0%	0g	0mg	0%	130mg	6%	28g	9%	3g	13%	0g	8g	0%	0%	2%	10%
Organic Whole Wht	150	10	1g	2%	0g	0%	0g	0mg	0%	15mg	1%	30g	10%	6g	22%	0g	7g	0%	0%	2%	8%
Pasta Luce	120	5	0.5g	1%	0g	0%	0g	0mg	0%	140mg	6%	15g	5%	8g	32%	0g	14g	0%	0%	4%	15%
Seven-Grain Orzo	160	10	1g	1%	0g	0%	0g	0mg	0%	85mg	4%	30g	10%	5g	21%	0g	7g	0%	0%	0%	35%

PAPPADELLE'S FRESH-FROZEN GNOCCHI - NUTRITIONAL FACTS

*Percent Daily Values (DV)

Serving Size: 4 oz (113g)

are based on a 2000 calorie diet

Servings Per Container: About 4 per pack

Amount Per Serving

PRODUCT	C a l o r i e s	F a t	T o t a l	T o t F a t	S a t	S a t	T r a n s	C h o l e s t	C h o l e s t	S o d i u m	S o d i u m	T o t a l	T o t C a r b	F i b e r	F i b e r	S u g a r s	P r o t e i n	V	V	C	I
																		i t a m i n A	i t a m i n C	a l c i u m	r o n
				D V *	F a t	D V *	F a t		D V *		D V *	C a r b	D V *		D V *			D V *	D V *	D V *	D V *
Porcini	200	10	1g	2%	0g	0%	0g	0mg	0%	710mg	30%	40g	13%	3g	11%	1g	7g	0%	35%	6%	6%
Potato	140	30	3g	5%	1.5g	6%	0g	70mg	24%	710mg	30%	23g	8%	1g	2%	0g	4g	2%	4%	2%	4%
Spinach Basil	200	15	2g	3%	0.5g	3%	0g	60mg	20%	640mg	27%	40g	13%	3g	11%	1g	6g	15%	45%	6%	10%
Sun-Dried Tomato Pesto	240	30	3.5g	5%	1g	5%	0g	90mg	31%	830mg	35%	46g	15%	4g	15%	6g	8g	6%	40%	4%	15%
Sweet Potato	240	10	1g	2%	0g	0%	0g	20mg	7%	710mg	30%	53g	18%	3g	13%	12g	5g	50%	35%	2%	8%

PAPPARDELLE'S FRESH-FROZEN RAVIOLI & TORTS - NUTRITIONAL FACTS

*Percent Daily Values (DV)

are based on a 2000 calorie diet

Serving Size: 4 oz (113g)

Servings Per Container: About 4 per pack

Amount Per Serving

PRODUCT	C a l o r i e s		T o t a l F a t		S a t F a t		T r a n s F a t		C h o l e s t e r o l		S o d i u m		T o t a l C a r b		F i b e r		P r o t e i n		V i t a m i n A		V i t a m i n C		C a l c i u m		I r o n		
	Cal	Fat	Total	DV*	Sat	DV*	Trans	DV*	Cholest	DV*	Sodium	DV*	Total	DV*	Fiber	DV*	Sugar	DV*	Protein	DV*	VitA	DV*	VitC	DV*	Calc	DV*	Iron
Apple Cranberry & Wnt	330	110	13g	20%	6g	29%	0g	55mg	18%	200mg	8%	45g	15%	3g	11%	13g	10g	2%	2%	2%	15%						
Artichoke & Lemon	250	80	9g	14%	4.5g	24%	0g	65mg	22%	210mg	9%	30g	7%	2g	7%	0g	14g	6%	2%	20%	10%						
Asiago Cheese	270	90	10g	16%	6g	29%	0g	70mg	23%	300mg	12%	31g	10%	1g	2%	1g	15g	10%	4%	20%	10%						
Black Bean	220	50	6g	9%	2.5g	12%	0g	50mg	17%	250mg	11%	35g	12%	4g	17%	1g	11g	15%	4%	6%	15%						
Cave Agd Gorg & Rst Rd F	260	50	6g	9%	2g	9%	0g	40mg	13%	170mg	7%	45g	15%	2g	7%	2g	11g	40%	25%	8%	15%						
Chili Relleno	200	130	15g	23%	9g	43%	0g	40mg	14%	380mg	16%	9g	3%	1g	4%	3g	8g	70%	180%	20%	6%						
Chili Verde	260	100	11g	17%	6g	28%	0g	60mg	20%	370mg	15%	32g	11%	2g	7%	7g	12g	15%	120%	15%	15%						
Chocolate Hazelnut	440	190	21g	32%	6g	31%	0g	55mg	19%	160mg	7%	65g	18%	4g	14%	18g	11g	2%	0%	4%	15%						
Chopped Spinach	260	90	10g	15%	5g	27%	0g	65mg	21%	230mg	10%	31g	10%	1g	4%	0g	15g	10%	2%	20%	10%						
Garden Mint Pea	260	100	11g	17%	5g	27%	0g	60mg	21%	170mg	7%	31g	10%	2g	7%	0g	11g	6%	10%	10%	15%						
Gorgonzola & Walnut	300	100	12g	18%	5g	27%	0g	65mg	21%	350mg	15%	34g	11%	1g	3%	0g	16g	8%	0%	20%	10%						
Harvest Squash	250	90	10g	15%	4g	19%	0g	45mg	16%	230mg	10%	32g	11%	2g	9%	1g	10g	30%	10%	10%	15%						
Haystack Mtn Goat Chs	370	170	19g	29%	12g	59%	0g	95mg	32%	400mg	17%	30g	10%	0g	0%	2g	21g	15%	0%	35%	10%						
Italian Style Buffalo	220	45	5g	8%	2.5g	12%	0g	55mg	18%	170mg	7%	32g	11%	1g	4%	1g	15g	10%	10%	10%	15%						
Lobster	220	50	6g	9%	2g	10%	0g	50mg	17%	220mg	9%	27g	9%	1g	3%	1g	16g	10%	35%	4%	10%						
Mediterranean Spinach	240	80	9g	14%	5g	24%	0g	55mg	19%	310mg	13%	29g	10%	1g	5%	1g	13g	90%	10%	20%	15%						
Mountain Asparagus	240	80	9g	14%	5g	25%	0g	55mg	19%	340mg	14%	27g	9%	2g	8%	0g	13g	35%	10%	20%	10%						
Mushroom Tortelloni	320	70	8g	13%	4g	20%	0g	65mg	22%	270mg	11%	48g	16%	2g	7%	1g	15g	4%	2%	15%	15%						
Pecorino Toscano & Rst R	280	70	8g	13%	4.5g	22%	0g	65mg	22%	280mg	12%	38g	13%	1g	13%	0g	14g	6%	2%	20%	15%						
Portabella Mushroom	290	70	8g	12%	3.5g	17%	0g	60mg	21%	250mg	10%	45g	15%	2g	6%	1g	12g	4%	2%	10%	15%						
Rainbow Tortellini	330	50	5g	8%	2g	11%	0g	60mg	19%	150mg	6%	55g	18%	3g	11%	1g	14g	8%	2%	10%	8%						
Roasted Tomato Fr Moz	310	120	14g	21%	6g	30%	0g	80mg	26%	390mg	16%	33g	11%	3g	13%	1g	15g	10%	2%	25%	10%						
Rock Shrimp	230	70	7g	11%	3g	16%	0g	55mg	18%	160mg	7%	29g	10%	1g	6%	1g	15g	6%	15%	6%	10%						
Shrimp Scampi	270	70	8g	12%	3.5g	18%	0g	110mg	37%	180mg	8%	33g	11%	0g	0%	0g	19g	8%	4%	15%	15%						
Smoked Mozzarella	270	60	7g	10%	3g	14%	0g	60mg	17%	210mg	9%	42g	14%	1g	2%	0g	12g	4%	8%	8%	15%						
Spicy Asian Orzo Style Po	150	30	3.5g	5%	0.5g	3%	0g	20mg	7%	590mg	24%	25g	8%	2g	10%	4g	6g	20%	20%	4%	6%						
Spicy Coastal Crab	240	140	16g	25%	10g	49%	0g	75mg	25%	530mg	22%	10g	3%	0g	0%	2g	13g	10%	2%	20%	4%						
Summer Tomato	300	80	10g	15%	2.5g	12%	0g	50mg	17%	190mg	8%	42g	14%	2g	10%	0g	12g	45%	4%	8%	25%						
Sweet Onion & Gruyere	240	60	7g	10%	3g	16%	0g	35mg	12%	220mg	9%	39g	13%	2g	6%	6g	9g	6%	8%	15%	10%						
Tuscan White Bean	250	35	3.5g	6%	1g	6%	0g	60mg	19%	170mg	7%	44g	15%	3g	11%	0g	12g	6%	6%	6%	15%						
Vegetable Primavera	260	90	10g	15%	5g	26%	0g	55mg	18%	310mg	13%	31g	10%	3g	12%	1g	13g	20%	20%	15%	20%						
Vegetarian Spice Lentil	160	45	5g	8%	1g	4%	0g	35mg	12%	120mg	5%	22g	7%	3g	13%	1g	6g	8%	6%	2%	20%						
Whole Wheat Tortellini	360	80	9g	14%	4g	20%	0g	65mg	21%	270mg	11%	52g	17%	7g	30%	0g	17g	4%	0%	20%	60%						
Wild Mushroom	280	90	10g	15%	4g	20%	0g	170mg	57%	340mg	14%	35g	12%	2g	7%	2g	14g	4%	2%	10%	15%						
Winter Pear Gorgonzola	300	70	8g	12%	3.5g	16%	0g	75mg	25%	200mg	8%	47g	16%	2g	6%	6g	13g	4%	2%	10%	15%						

PAPPADELLE'S SAUCES, PESTO, BRUSCHETTA - NUTRITIONAL FACTS

*Percent Daily Values (DV) are based on a 2000 calorie diet

Serving Size: 4.4 oz (125g) for Sauce; 2 oz (57g) for Pesto & Bruschetta

Servings Per Container: About 3.5 per Sauce; 4 per Pesto or Bruschetta

Amount Per Serving

PRODUCT SAUCES	Calories	Fat	Total Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Sodium	Total Carb	Total Carb	Fiber	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron		
	Calories	Cal	Fat	Fat DV*	Fat	Fat DV*	Fat	Cholest DV*	Sodium DV*	Carb DV*	Fiber DV*	Sugars	Protein	Vitamin A DV*	Vitamin C DV*	Calcium DV*	Iron DV*				
SAUCES																					
Chimayo Chile	130	90	10g	16%	2.5g	13%	0g	10mg	4%	120mg	5%	8g	3%	2g	7%	1g	2g	20%	30%	4%	4%
Coral	160	120	13g	20%	7g	33%	0g	35mg	11%	250mg	10%	7g	2%	1g	5%	2g	1g	15%	6%	4%	2%
Lemon Alfredo	210	160	18g	27%	11g	55%	0g	50mg	17%	460mg	19%	6g	2%	0g	0%	1g	7g	10%	2%	20%	2%
Marsala	130	90	10g	15%	4.5g	22%	0g	20mg	6%	1130mg	47%	8g	3%	0g	0%	1g	2g	4%	2%	4%	2%
Mild Curry	130	90	10g	16%	6g	30%	0g	20mg	6%	820mg	34%	7g	2%	1g	4%	1g	3g	15%	10%	6%	4%
Porcini	110	60	7g	11%	3.5g	19%	0g	15mg	5%	250mg	11%	10g	3%	1g	6%	4g	2g	20%	20%	4%	4%
Portabella	110	60	6g	10%	2g	9%	0g	5mg	2%	440mg	18%	10g	3%	2g	8%	2g	2g	25%	8%	2%	6%
Puttanesca	70	40	4.5g	7%	0.5g	3%	0g	0mg	0%	160mg	7%	6g	2%	1g	5%	0g	1g	25%	25%	2%	2%
Rsted Tomato Marinara	160	90	10g	16%	1g	6%	0g	0mg	0%	230mg	9%	16g	5%	4g	17%	1g	1g	0%	20%	0%	2%
Salsa D' Inverno	90	40	4.5g	7%	0.5g	3%	0g	0mg	0%	210mg	9%	10g	3%	2g	9%	4g	1g	10%	50%	4%	4%
Southwest Chile Verde	70	30	3.5g	5%	1g	5%	0g	5mg	1%	220mg	9%	9g	3%	1g	5%	4g	2g	10%	150%	2%	6%
Thai Peanut	170	120	14g	22%	2g	10%	0g	0mg	0%	610mg	25%	10g	3%	1g	6%	5g	4g	2%	10%	2%	6%
Tomato Vodka	150	100	11g	17%	6g	29%	0g	30mg	11%	200mg	8%	9g	3%	2g	8%	1g	1g	30%	20%	2%	0%
PESTO																					
Cilantro Poblano	100	80	9g	14%	3g	15%	0g	5mg	2%	240mg	10%	3g	1%	1g	3%	1g	3g	25%	70%	8%	6%
Fire Roasted Red Pep	120	80	10g	15%	2g	10%	0g	5mg	1%	290mg	12%	6g	2%	2g	8%	3g	2g	8%	80%	6%	2%
Nutless Pepita Basil	120	110	12g	11%	2g	11%	0g	5mg	2%	100mg	4%	1g	0%	0g	0%	0g	3g	4%	6%	8%	4%
Sun-Dried Tomato	330	290	33g	51%	4.5g	22%	0g	5mg	2%	360mg	15%	7g	2%	2g	6%	4g	4g	4%	10%	8%	6%
Traditional Basil	250	220	24g	37%	4.5g	22%	0g	10mg	4%	230mg	10%	3g	1%	1g	3%	0g	5g	25%	10%	15%	6%
BRUSCHETTA																					
Roasted Tomato	100	50	6g	9%	1g	4%	0g	0mg	0%	370	15%	11g	4%	3g	12%	1g	1g	8%	15%	2%	2%

BELLA SOL OILS, VINEGARS & MARINADES

*Percent Daily Values (DV) are based on a 2000 calorie diet

Serving Size: 1 Tbsp (15ml) for all products below:

Amount Per Serving

Servings Per Container: About 20 for 10.1 oz (300 ml), 17 for 8.45oz (250ml),
About 12 for 6oz (177ml), 25 for 12.7 oz (375ml)

PRODUCT	Calories	Fat Cal	Total Fat	Total Fat DV*	Sat Fat	Sat Fat DV*	Trans Fat	Cholesterol	Cholesterol DV*	Sodium	Sodium DV*	Total Carb	Total Carb DV*	Fiber	Fiber DV*	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
																		DV*	DV*	DV*	DV*
Balsamics																					
Blackberry Ginger	15	0	0g	0%	0g	0%	0	0	0%	20mg	1%	4g	1%	0	0%	4g	0	0%	0%	0%	0%
Modena Barrle-Aged	45	0	0g	0%	0g	0%	0	0	0%	5mg	0%	11g	4%	0	0%	8g	0	0%	0%	0%	0%
Raspberry	49	0	0g	0%	0g	0%	0	0	0%	0mg	0%	14g	5%	0	0%	9g	0	0%	0%	0%	0%
Tuscan Dipping Oil	90	90	10g	16%	0g	0%	0	0	0%	0mg	0%	1g	0%	0	0%	0g	0	0%	0%	0%	0%
Vanilla-Fig	40	0	0g	0%	0g	0%	0	0	0%	0mg	0%	9g	3%	0	0%	5g	0	0%	0%	0%	0%
Oils																					
Blood Orange	120	120	14g	21%	2g	9%	0	0	0%	0	0%	0	0%	0	0%	0	0	0%	0%	0%	0%
Calif Extra Virgin Olive	120	120	14g	21%	2g	9%	0	0	0%	0	0%	0	0%	0	0%	0	0	0%	0%	0%	0%
Calif Meyer Lemon	120	120	14g	21%	2g	9%	0	0	0%	0	0%	0	0%	0	0%	0	0	0%	0%	0%	0%
Italian White Truffle	120	120	14g	21%	1.5g	8%	0	0	0%	0	0%	0	0%	0	0%	0	0	0%	0%	0%	0%
Slow-Roasted Garlic	120	120	14g	21%	1.5g	8%	0	0	0%	0	0%	0	0%	0	0%	0	0	0%	0%	0%	0%
Tuscan Dipping	90	90	10g	16%	0	0%	0	0	0%	0	0%	1g	0%	0	0%	0	0	0%	0%	0%	0%
Marinades																					
Cabernet/Rstd Gar	45	40	4g	7%	<1g	2%	0	0	0%	167mg	7%	<1g	0%	0	0%	0	0	0%	0%	0%	0%
Chardonnay/Rstd Gar	50	45	4g	8%	<1g	2%	0	0	0%	120mg	5%	1g	<1%	0	0%	0	0	0%	2%	0%	0%