

**PAPPADELLE'S FRESH FROZEN RAVIOLI & TORTS - 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		T o t a l F a t		S a t u r a t e d 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	ori	Total	Fat	Sat	Fat	Chol	est	Sodium	um	Total	Carb	Fiber	ers	Protein	g	g	%	%	%	%	%	%	%
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%			
Cheddar & Broccoli	270	120	13g	20%	8g	38%	0g	65mg	21%	340mg	14%	25g	8%	1g	3%	1g	14g	15%	30%	25%	10%			
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%			
Fiery T'Asian	150	30	3.5g	5%	0.5g	3%	0g	20mg	7%	590mg	24%	25g	8%	2g	10%	4g	6g	20%	20%	4%	6%			
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	90mg	29%	350mg	15%	31g	10%	0g	0%	2g	21g	20%	0%	35%	15%			
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%			
Mountain Asparagus	240	80	9g	14%	5g	25%	0g	55mg	19%	340mg	14%	27g	9%	2g	8%	0g	13g	35%	10%	20%	10%			
Mediterranean Spinach	240	80	9g	14%	5g	24%	0g	55mg	19%	310mg	13%	29g	10%	1g	5%	1g	13g	90%	10%	20%	15%			
Mushroom Tortelloni	320	70	8g	13%	4g	20%	0g	65mg	22%	270mg	11%	48g	16%	2g	7%	1g	15g	4%	2%	15%	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	340	80	9g	13%	4.5g	21%	0g	20mg	7%	310mg	13%	50g	17%	1g	6%	1g	17g	40%	2%	25%	20%			
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	200	70	8g	12%	3g	16%	0g	15mg	6%	125mg	5%	19g	6%	2g	7%	1g	15g	20%	15%	8%	8%			
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	20%	210mg	9%	42g	14%	1g	2%	0g	12g	4%	8%	8%	15%			
Spicy Coastal Crab	240	140	16g	25%	10g	49%	0g	75mg	25%	530mg	22%	10g	3%	0g	0%	2g	13g	10%	2%	20%	4%			
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	210	50	6g	9%	2.5g	13%	0g	40mg	14%	280mg	12%	32g	11%	1g	6%	1g	9g	4%	2%	8%	10%			
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%			