

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 * 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	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
Artichoke Lemon	150	0	0g	0%	0g	0%	0g	0mg	0%	90mg	4%	29g	10%	2g	8%	0g	6g	0%	0%	0%	10%
Basil Garlic	160	0	0g	0%	0g	0%	0g	0mg	0%	75mg	3%	32g	11%	2g	8%	0g	6g	0%	0%	2%	10%
Basil Tangerine	160	5	0.5g	1%	0g	0%	0g	0mg	0%	85mg	4%	32g	11%	2g	8%	0g	6g	4%	4%	2%	10%
Bell Pepper Trio	170	5	0.5g	1%	0g	0%	0g	0mg	0%	80mg	3%	34g	11%	3g	11%	2g	8g	0%	140%	2%	6%
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	0%	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	15	2g	3%	1g	5%	0g	0mg	0%	120mg	5%	30g	10%	2g	10%	1g	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	0%	0%	2%	15%
Garlic Chive	160	0	0g	0%	0g	0%	0g	0mg	0%	95mg	4%	32g	11%	2g	7%	0g	6g	2%	2%	2%	10%
Garlic Parsley	160	0	0g	0%	0g	0%	0g	0mg	0%	95mg	4%	32g	11%	2g	7%	0g	7g	0%	0%	2%	10%
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	0%	0%	2%	10%
Hatch Green Chile	170	10	1g	1%	0g	0%	0g	0mg	0%	95mg	4%	33g	11%	4g	17%	2g	7g	0%	10%	2%	15%
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	2%	6%	2%	10%
Lemon Chive	160	0	0g	0%	0g	0%	0g	0mg	0%	100mg	4%	31g	10%	2g	7%	0g	6g	2%	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%
Lemon Poppy Seed	170	5	.5g	1%	0	0%	0	0mg	0%	105mg	4%	33g	11%	2g	7%	0g	7g	0%	2%	2%	10%
Lime Cilantro	160	0	0g	0%	0g	0%	0g	0mg	0%	95mg	4%	31g	10%	2g	7%	0g	6g	2%	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	8%	45%	2%	10%
Orange Szechuan	160	15	1.5g	2%	0g	0%	0g	0mg	0%	80mg	3%	31g	10%	2g	8%	0g	6g	6%	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	6%	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	0%	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 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 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	4%	2%	2%	10%
Spinach Garlic	160	0	0g	0%	0g	0%	0g	0mg	0%	15mg	1%	32g	11%	2g	7%	0g	6g	0%	0%	2%	10%
Spinach Lemon Herb	160	0	0.5g	1%	0g	0%	0g	0mg	0%	125mg	5%	31g	10%	2g	7%	0g	7g	0%	6%	2%	15%
Summer Herb	160	0	0.5g	1%	0g	0%	0g	0mg	0%	10mg	0%	32g	11%	2g	8%	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	4%	2%	2%	10%
Sweet Basil	160	0	0g	0%	0g	0%	0g	0mg	0%	20mg	1%	32g	11%	2g	8%	0g	7g	2%	0%	4%	15%
Sweet Potato	160	0	0.5g	1%	0g	0%	0g	0mg	0%	20mg	1%	33g	11%	2g	8%	1g	6g	20%	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	15%	4%	2%	15%
Tomato Cracked Pepper	160	0	0.5g	1%	0g	0%	0g	0mg	0%	20mg	1%	32g	11%	2g	9%	1g	7g	15%	4%	2%	10%
Tunisian Harissa	180	5	0.5g	1%	0g	0%	0g	0mg	0%	125mg	5%	36g	12%	2g	10%	1g	8g	0%	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	13%	0g	7g	2%	2%	2%	10%
Whole Wht Lemon Chive	160	5	0.5g	1%	0g	0%	0g	0mg	0%	135mg	6%	31g	10%	3g	12%	0g	7g	2%	6%	2%	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%

PAPPARDELLE'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	T o t a l	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 a l	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
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	180	0	0.5g	1%	0g	0%	0g	0mg	0%	115mg	5%	37g	12%	2g	8%	8g	6g	6%	2%	2%	8%
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	180	10	1g	2%	0.5g	3%	0g	0mg	0%	100mg	4%	34g	11%	2g	7%	5g	7g	0%	0%	2%	10%
Coarse Ground Mustard	170	5	1g	1%	0g	0%	0g	0mg	0%	240mg	10%	33g	11%	2g	8%	0g	7g	0%	0%	2%	10%
Extreme Habanero	170	10	1g	2%	0g	0%	0g	0mg	0%	95mg	4%	32g	11%	2g	8%	0g	6g	0%	0%	2%	4%
Fanciful Fruit Blend	160	0	0.5g	1%	0g	0%	0g	0mg	0%	85mg	4%	32g	11%	2g	7%	0g	7g	0%	2%	2%	10%
Garlic Chive Sea Shell	160	0	0g	0%	0g	0%	0g	0mg	0%	95mg	4%	32g	11%	2g	7%	0g	6g	2%	2%	2%	10%
Gourmet Five Blend	160	0	0.5g	1%	0g	0%	0g	0mg	0%	25mg	1%	32g	11%	2g	8%	0g	6g	2%	20%	2%	10%
Italian Pesto Blend	160	0	0.5g	1%	0g	0%	0g	0mg	0%	55mg	2%	32g	11%	2g	8%	0g	6g	4%	2%	2%	10%
Lemon Mint Penne	160	0	0g	0%	0g	0%	0g	0mg	0%	15mg	1%	31g	10%	2g	7%	0g	6g	0%	4%	2%	10%
Lemon Parsley Maf	160	0	0.5g	1%	0g	0%	0g	0mg	0%	20mg	1%	32g	11%	2g	7%	0g	7g	0%	6%	2%	10%
Pacific Rim Blend	160	5	1g	1%	0g	0%	0g	0mg	0%	115mg	5%	31g	10%	2g	8%	0g	6g	4%	2%	2%	10%
Plain Rooster Comb	150	0	0g	0%	0g	0%	0g	0mg	0%	95mg	4%	31g	10%	1g	5%	0g	6g	0%	0%	2%	2%
Porcini Mshrm Sea Shell	160	0	0.5	1%	0g	0%	0g	0mg	0%	45mg	2%	31g	10%	2g	7%	0g	6g	0%	0%	0%	10%
Southwestern Blend	160	5	0.5g	1%	0g	0%	0g	0mg	0%	95mg	4%	31g	10%	2g	8%	0g	7g	4%	0%	2%	10%
Spicy Mango Salsa Blend	170	5	0.5g	1%	0g	0%	0g	0mg	0%	85mg	4%	33g	11%	2g	8%	1g	7g	2%	2%	2%	10%
Red Wine Vintage Rigator	160	0	0g	0%	0g	0%	0g	0mg	0%	15mg	1%	32g	11%	2g	8%	1g	6g	2%	0%	2%	8%
Tomato Basil Penne	160	0	0.5g	1%	0g	0%	0g	0mg	0%	100mg	4%	32g	11%	2g	9%	1g	7g	15%	4%	2%	10%
Tri-Colore Wheels	160	0	0.5g	1%	0g	0%	0g	0mg	0%	100mg	4%	32g	11%	2g	8%	0g	7g	4%	2%	2%	10%
Trumpet Herb Blend	170	0	0.5g	1%	0g	0%	0g	0mg	0%	90mg	4%	33g	11%	2g	8%	0g	7g	8%	0%	2%	10%
Tuscan Herb Penne	170	0	0.5g	1%	0g	0%	0g	0mg	0%	10mg	0%	33g	11%	2g	8%	0g	6g	2%	2%	2%	15%
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	0%	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%

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)

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 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	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 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 *
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	8%	60%	2%	10%		
Spinach Garlic	160	0	0g	0%	0g	0%	0g	0mg	0%	15mg	1%	32g	11%	2g	7%	0g	6g	0%	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	2%	0%	2%	10%		
Five Grain	160	10	1g	2%	0g	0%	0g	0mg	0%	15mg	1%	32g	11%	3g	13%	0g	6g	0%	0%	0%	15%		
Four Peppercorn Pasta Luce	150	10	1g	2%	0g	0%	0g	0mg	0%	220mg	9%	27g	9%	11g	45%	0g	18g	2%	0%	6%	15%		
Oat Flax	170	25	2.5g	4%	0g	0%	0g	0mg	0%	130mg	5%	28g	9%	3g	13%	0g	8g	0%	0%	2%	10%		
Organic Farro	170	10	1g	2%	0g	0%	0g	0mg	0%	0mg	0%	34g	11%	5g	20%	0g	6g	0%	0%	0%	10%		
Organic Freekeh	130	10	1g	2%	0g	0%	0g	0mg	0%	0mg	0%	26g	9%	4g	17%	1g	8g	0%	0%	2%	10%		
Organic Whole Wht	160	5	0.5g	1%	0g	0%	0g	0mg	0%	15mg	1%	29g	10%	6g	22%	0g	7g	0%	0%	0%	45%		
Pasta Luce	150	10	1g	2%	0g	0%	0g	0mg	0%	220mg	9%	27g	9%	11g	45%	0g	18g	2%	0%	6%	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%		
Spin Gar Pasta Luce	150	10	1g	2%	0g	0%	0g	0mg	0%	220mg	9%	27g	9%	11g	44%	0g	18g	2%	0%	8%	15%		

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	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 i t a m i n	V i t a m i n	C a l c i u m	I r o n
																		A	C	D	D
				D V *	F a t	D V *	F a t	D V *	D V *	m	D V *	C a r b	D V *	D V *	D V *	D V *	D V *	D V *	D V *	D V *	D V *
Basil Garlic	150	10	1g	2%	0g	0%	0g	0mg	0%	190mg	8%	32g	11%	3g	13%	0g	4g	2%	0%	6%	15%
Chipotle Lime	140	10	1g	2%	0.5g	3%	0g	0mg	0%	200mg	8%	32g	11%	3g	11%	1g	4g	0%	0%	2%	10%
Dark Chocolate	130	20	2.5g	4%	1.5g	7%	0g	0mg	0%	230mg	9%	27g	9%	8g	31%	1g	7g	0%	0%	2%	15%
Della Terra	140	10	1g	1%	0g	0%	0g	0mg	0%	210mg	9%	29g	10%	3g	11%	1g	6g	4%	20%	2%	10%
Garlic Chive	140	10	1g	1%	0g	0%	0g	0mg	0%	190mg	8%	31g	10%	3g	13%	1g	4g	0%	0%	2%	10%
Italian Pesto	140	5	0.5g	1%	0g	0%	0g	0mg	0%	180mg	8%	33g	11%	3g	12%	1g	3g	10%	6%	2%	10%
Lemon Basil	140	5	0.5g	1%	0g	0%	0g	0mg	0%	180mg	8%	32g	11%	3g	11%	1g	3g	0%	8%	0%	10%
Lemon Parsley	140	10	1g	1%	0g	0%	0g	0mg	0%	190mg	8%	30g	10%	3g	11%	0g	4g	4%	4%	2%	10%
Lemon Pepper	140	10	1g	1%	0g	0%	0g	0mg	0%	190mg	8%	31g	10%	3g	11%	0g	4g	0%	0%	2%	10%
Plain	150	10	1g	2%	0.5g	3%	0g	0mg	0%	210mg	9%	34g	11%	3g	12%	0g	5g	0%	0%	2%	10%
Porcini Mshrm.	150	10	1g	1%	0g	0%	0g	0mg	0%	190mg	8%	32g	11%	3g	12%	1g	5g	0%	0%	2%	10%
Southwest	140	10	1.5g	2%	0g	0%	0g	0mg	0%	190mg	8%	28g	9%	3g	12%	1g	6g	10%	2%	2%	10%
Spinach Garlic	150	10	1g	1%	0g	0%	0g	0mg	0%	210mg	9%	32g	11%	3g	12%	0g	5g	0%	0%	4%	15%
Sweet Potato	150	5	1g	1%	0g	0%	0g	0mg	0%	190mg	8%	34g	11%	3g	13%	1g	4g	30%	2%	2%	10%
Tomato Basil	150	10	1g	2%	0g	0%	0g	0mg	0%	230mg	10%	32g	11%	4g	15%	2g	5g	20%	6%	4%	10%

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	Calories	Fat	Total Fat	Total Fat DV*	Sat Fat	Sat Fat DV*	Trans Fat	Cholest	Cholest DV*	Sodium	Sodium DV*	Total Carb	Total Carb DV*	Fiber	Fiber DV*	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
		Cal	Fat	DV*	Fat	DV*	Fat	est	DV*	um	DV*	Carb	DV*	er	DV*	ars	ein	DV*	DV*	DV*	DV*
Apple Cranberry & Wint	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%
Broccoli & Cheddar Avery IPA	280	80	9g	14%	4.5g	22%	0g	20mg	6%	260 mg	11%	34g	11%	3g	11%	1g	14g	6%	20%	15%	10%
Cave Agd Gorg & Rst Rd Ppr	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%
French Alps Raviole du Royans	340	110	12g	19%	7g	33%	0g	100mg	33%	330mg	14%	37g	12%	3g	10%	1g	19g	6%	0%	25%	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%
Heirloom Tomato & Fresh Mozz	290	50	6g	9%	2.5g	12%	0g	65mg	22%	160mg	6%	44g	15%	3g	14%	1g	16g	10%	4%	15%	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%
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 Rd Onion	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	310	90	10g	16%	4g	19%	0g	260mg	86%	380mg	16%	36g	12%	1g	2%	0g	20g	6%	4%	10%	15%
Slow-Rstd Yellow Tomato	250	50	6g	9%	3.5g	17%	0g	60mg	20%	200mg	8%	35g	12%	2g	7%	1g	15g	2%	2%	15%	6%
Smoked Mozzarella	270	60	7g	10%	3g	14%	0g	60mg	17%	210mg	9%	42g	14%	1g	2%	0g	12g	4%	8%	8%	15%
Smoked Trout, Farro, Sweet Corn	270	80	9g	14%	5g	25%	0g	30mg	9%	60mg	3%	36g	12%	3g	12%	1g	11g	6%	4%	2%	10%
South African Peppadew Pepper	220	170	19g	30%	11g	57%	0g	65mg	22%	350	15%	2g	1%	0	0%	1g	9g	15%	0%	20%	2%
Southwestern Elk	250	50	6g	9%	2.5g	14%	0g	20mg	6%	180mg	7%	36g	12%	4g	15%	2g	15g	8%	60%	10%	20%
Spicy Asian Orzo Style Pot	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%
Spicy Jalapeno & Cheddar Pierogie	230	40	4.5g	7%	2.5g	12%	0g	30mg	10%	250mg	11%	39g	13%	2g	7%	2g	8g	2%	2%	6%	10%
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%
Traditional Potato & Cheese Pierogie	230	40	4.5g	7%	2.5g	11%	0g	30mg	10%	350mg	14%	41g	14%	2g	7%	0g	8g	2%	2%	6%	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 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 F a t	T o t a l F a t D V *	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 *
Italian Garden Blend	220	20	2.5g	4%	0.5g	3%	0g	70mg	24%	720mg	30%	44g	15%	2g	9%	3g	6g	2%	35%	2%	8%
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%
Gorgonzola	210	20	2g	3%	1g	4%	0g	70mg	23%	700mg	29%	43g	14%	2g	8%	1g	6g	2%	35%	2%	6%
Gluten-Free Potato	220	40	4.5g	7%	2.5g	13%	0g	70mg	23%	610mg	25%	41g	14%	4g	15%	2g	6g	2%	45%	4%	6%
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%

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	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 D V *	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 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 *
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%
Coconut Curry	130	90	10g	16%	6g	30%	0g	20mg	6%	820mg	34%	7g	2%	1g	4%	1g	3g	15%	10%	6%	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%
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%
Red Wine Bison Bologne	130	60	6g	10%	3g	14%	0g	25mg	8%	190mg	8%	7g	2%	1g	4%	2g	9g	15%	6%	10%	10%
Rsted Garlic & Four Che	200	120	13g	21%	8g	39%	0g	45mg	14%	280mg	12%	10g	3%	0g	0%	3g	8g	6%	4%	15%	4%
Rsted Tomato Marinara	160	90	10g	16%	1g	6%	0g	0mg	0%	230mg	9%	16g	5%	4g	17%	1g	1g	0%	20%	0%	2%
Spicy Pomodoro Sauce	220	170	19g	29%	3g	14%	0g	5mg	2%	260mg	11%	9g	3%	2g	7%	2g	5g	20%	35%	15%	8%
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%
Kale Superfood Pesto	260	230	26g	41%	4g	19%	0g	5mg	2%	150mg	6%	4g	1%	1g	5%	0g	3g	20%	15%	8%	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

Serving Size: 1 Tbsp (15ml) for most products below, 2 Tbsp (30ml) for dipping oils:

on a 2000 calorie diet

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	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%
Chocolate	30	0	0	0%	0	0%	0	0	0%	0mg	0%	6g	2%	0	0%	5g	0	0%	1%	0%	2%
Modena Barrle-Aged	45	0	0g	0%	0g	0%	0	0	0%	5mg	0%	11g	4%	0	0%	8g	0	0%	0%	0%	0%
Pear, Lime & Cinnamon	30	0	0g	0%	0g	0%	0	0	0%	0mg	0%	6g	2%	0	0%	5g	0	0%	1%	0%	2%
Raspberry	49	0	0g	0%	0g	0%	0	0	0%	0mg	0%	14g	5%	0	0%	9g	0	0%	0%	0%	0%
Sun-Dried Tomato Dippi	90	80	10g	15%	1.5g	8%	0	0	0%	0mg	0%	1g	0%	0	0%	1g	85mg	0%	22%	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																					
Basil	120	120	14g	22%	2g	10%	0	0	0%	0	0%	0	0%	0	0%	0	0	0%	1%	0%	2%
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%