

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	Calories	Fat Cal	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*	Sugars	Protein	Vitamin A	Vitamin A DV*	Vitamin C	Vitamin C DV*	Calcium	Calcium DV*	Iron	Iron DV*
Artichoke Lemon	150	0	0g	0%	0g	0%	0g	0mg	0%	90mg	4%	29g	10%	2g	8%	0g	6g	0%	0%	0%	0%	2%	10%		
Basil Garlic	160	0	0g	0%	0g	0%	0g	0mg	0%	75mg	3%	32g	11%	2g	8%	0g	6g	0%	0%	2%	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%	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%	0%	2%	6%		
Chai Tea	170	5	0.5g	1%	0g	0%	0g	0mg	0%	5mg	0%	34g	12%	2g	8%	1g	6g	0%	0%	2%	0%	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%	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%	0%	2%	10%		
Cracked Pepper	160	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	32g	11%	2g	7%	0g	6g	0%	0%	2%	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%	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%	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%	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%	0%	2%	10%		
Garlic Parsley	160	0	0g	0%	0g	0%	0g	0mg	0%	95mg	4%	32g	11%	2g	7%	0g	7g	0%	0%	2%	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%	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%	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%	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%	0%	2%	15%		
Lavender	150	0	0g	0%	0g	0%	0g	0mg	0%	15mg	1%	31g	10%	1g	5%	0g	6g	0%	0%	2%	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%	0%	2%	10%		
Lemon Chive	160	0	0g	0%	0g	0%	0g	0mg	0%	100mg	4%	31g	10%	2g	7%	0g	6g	2%	6%	2%	0%	2%	10%		
Lemon Garlic	160	0	0g	0%	0g	0%	0g	0mg	0%	105mg	4%	32g	11%	2g	7%	0g	6g	0%	4%	2%	0%	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%	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%	0%	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%	0%	2%	10%		
Lime Cilantro	160	0	0g	0%	0g	0%	0g	0mg	0%	95mg	4%	31g	10%	2g	7%	0g	6g	2%	2%	2%	0%	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%	0%	2%	10%		
Novo Espresso Coffee	160	0	0g	0%	0g	0%	0g	0mg	0%	15mg	1%	33g	11%	2g	7%	1g	6g	0%	0%	2%	0%	2%	8%		
Orange Szechuan	160	15	1.5g	2%	0g	0%	0g	0mg	0%	80mg	3%	31g	10%	2g	8%	0g	6g	6%	4%	2%	0%	2%	10%		
Plain	160	0	0g	0%	0g	0%	0g	0mg	0%	15mg	1%	32g	11%	2g	7%	0g	6g	0%	0%	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%	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%	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%	0%	0%	10%		

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	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
																		D V *	D V *	D V *	D V *
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%
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%

PAPPADELLE'S DRIED PASTA BLENDS - 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	Cholest	Cholest	Sodium	Sodium	Total Carb	Total Carb	Fiber	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
		Cal	Fat	DV*	Fat	DV*	Fat	DV*	DV*	mg	DV*	g	DV*	g	DV*	g	g	DV*	DV*	DV*	DV*
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%
Chesapeake Bay	160	0	0.5g	1%	0g	0%	0g	0g	0%	450mg	19%	32g	11%	2g	7%	0g	6g	0%	0%	0%	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	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	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	160	5	1g	1%	0g	0%	0g	0mg	0%	100mg	4%	31g	10%	1g	4%	0g	6g	0%	0%	2%	6%

PAPPADELLE'S DRIED ORZO 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	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*	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
		Cal	Fat	DV*	Fat	DV*	Fat	est	DV*	um	DV*	carb	DV*	er	DV*	s	in	DV*	DV*	DV*	DV*
Asian Orzo	160	10	1g	2%	0g	0%	0g	0mg	0%	120mg	5%	31g	10%	2g	7%	0g	7g	10%	2%	2%	10%
Autumn Harvest Orzo	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		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	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	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
				F a t	F a t	F a t	F a t	F a t	F a t	F a t	F a t	D V	D V	C a r b	C a r b	D V	D V	D V	D V	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) are based on a 2000 calorie diet								
Serving Size:		2 oz (57g)		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 F 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 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 *	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%				
Spring Medley	160	0	0.5g	1%	0g	0%	0g	0mg	0%	450mg	19%	32g	11%	2g	7%	0g	6g	0%	0%	0%	10%				
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%				

PAPPARDELLE'S FRESH-FROZEN RAVIOLI & TORTS - NUTRITIONAL FACTS																		*Percent Daily Values (DV) are based on a 2000 calorie diet			
		Serving Size: 4 oz (113g)																Amount Per Serving			
		Servings Per Container:			About 4 per pack																
	C	F	T	T	S	T	C	C	S	T	T	F	S	P	V	V	C	I			
	al	at	otal	otal	at	rans	holest	odium	odium	otal	otal	iber	ugar	rotein	itamin	itamin	alcium	ron			
	ories	cal	fat	fat	fat	fat	fat	mg	mg	g	g	g	g	g	A	A	D	D			
PRODUCT	s			D	D	D	D	V	V	b	V	V	s	n	V	V	V	V			
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%	2%	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%
Braised Carrot Tarragon	210	45	5g	8%	2.5g	13%	0	55mg	19%	170mg	7%	33g	11%	2g	8%	3g	9g	60%	8%	4%	6%
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 Brussels Sprout	270	70	8g	12%	3.5g	18%	0g	70mg	23%	180mg	8%	36g	12%	2g	9%	2g	13g	8%	20%	8%	6%
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 & Lobster	230	60	7g	10%	2.5g	13%	0g	75mg	25%	240mg	10%	31g	10%	1g	2%	1g	14g	30%	40%	6%	15%
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 mg	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%

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	F a t C a l	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	C a l c i u m D V *	I r o n	I r o n D V *
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	
																					g
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 on a 2000 calorie diet

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

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%