

GLUTEN FREE MULTIGRAIN ELBOWS

NET WT **8.81** OZ (250g)

INGREDIENTS: 50% organic corn flour, 30% rice flour, 10% buckwheat flour, 10% quinoa



Nutrition Facts

Serving size 3/4 cup (56g) dry
Serving per container about 5

Amount Per Serving

Calories 200 Calories from Fat 10

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0.3g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0.001g **0%**

Total Carbohydrate 43g **14%**

Dietary Fiber <1g **0%**

Sugars <1g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

GLUTEN FREE MULTIGRAIN FUSILLI

NET WT **8.81** OZ (250g)

INGREDIENTS: 50% organic corn flour, 30% rice flour, 10% buckwheat flour, 10% quinoa



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Serving per container about 5

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Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0.001g **0%**

Total Carbohydrate 43g **14%**

Dietary Fiber <1g **0%**

Sugars <1g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

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Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

GLUTEN FREE MULTIGRAIN PENNE RIGATE

NET WT **8.81** OZ (250g)

INGREDIENTS: 50% organic corn flour, 30% rice flour, 10% buckwheat flour, 10% quinoa



Nutrition Facts

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Serving per container about 5

Amount Per Serving

Calories 200 Calories from Fat 10

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0.3g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0.001g **0%**

Total Carbohydrate 43g **14%**

Dietary Fiber <1g **0%**

Sugars <1g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

GLUTEN FREE MULTIGRAIN RIGATONI

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Nutrition Facts

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Serving per container about 5

Amount Per Serving

Calories 200 Calories from Fat 10

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0.3g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0.001g **0%**

Total Carbohydrate 43g **14%**

Dietary Fiber <1g **0%**

Sugars <1g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

GLUTEN FREE MULTIGRAIN SPAGHETTI

NET WT **8.81 OZ** (250g)

INGREDIENTS: 50% organic corn flour, 30% rice flour, 10% buckwheat flour, 10% quinoa



Nutrition Facts

Serving size 3/4 cup (56g) dry
Serving per container about 5

Amount Per Serving

Calories 200 Calories from Fat 10

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0.3g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0.001g **0%**

Total Carbohydrate 43g **14%**

Dietary Fiber <1g **0%**

Sugars <1g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

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	Calories:	2,000	2,500
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