

Legacy Food Storage
Italian Pasta with Marinara Sauce
Nutritional Facts & Ingredient Statement

Nutrition Facts

4 servings per container

Serving size 1.5 Cups (86g)

Amount per serving

Calories 320

% Daily Value*

Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 800mg	35%
Total Carbohydrate 58g	21%
Dietary Fiber 0g	1%
Total Sugars 12g	
Includes 4g Added Sugars	7%

Protein 12g

Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 4mg	20%
Potassium 138mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



INGREDIENTS: Pasta (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), Tomato, Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Sugar, Sea Salt, Corn Starch, Onion, Garlic, Carrot, Spice, Silicon Dioxide, Disodium Phosphate, Parsley, Annatto, Tocopherols.

ALLERGENS: Wheat, Milk.

NET WT 12.02 OZ (340.76g)

GMO FREE
Vegetarian
Uses Sea Salt
No MSG/I+G/AYE
No Trans Fats
Low Cholesterol

DIRECTIONS:

Bring 6 Cups water to boil. Slowly Whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.