



Whole Grain Elbows Cooked FRZ (926)  
03/18/2019

<b>Nutrition Facts</b>	
Serving Size 1/2 Cup (112g) Servings Per Container Sold by the Pound	
<b>Amount Per Serving</b>	
<b>Calories</b> 110	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 1g	
<b>Protein</b> 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%
*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
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

INGREDIENTS: WATER, WHOLE WHEAT ELBOWS (Whole Grain Durum Wheat Flour), CANOLA OIL  
ALLERGEN: Contains Wheat.  
Manufactured on equipment that processes products containing Soy, Eggs, Milk, Wheat, Fish and Crustacean Shellfish.

Order Number: C680926