

Tuscan Style Pasta Roma

Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 1 3/4 cups (14 oz) boiling water to ingredients or fold / crease & fill pouch to "E-Z Fill Line" 8.
4. Stir thoroughly then seal pouch or cover.
5. Let stand 10 - 12 minutes; stir again & serve.

Ingredients: Spiral Pasta (Ground durum wheat semolina, water, salt.), Tomato Powder, Romano Cheese (Pasteurized Milk, Cheese Cultures, Salt, and Enzymes) and Disodium Phosphate, Monterey Jack Cheese [(Pasteurized Milk, Cheese Cultures, Salt, and Enzymes), may contain cellulose to prevent caking], Parmesan Cheese (Partially Skim Milk, Culture, Salt, Enzymes) and Disodium Phosphate, Soy Flour (Textured Vegetable Protein), Potato Starch, Tomato Flakes, Sugar Organic, White Onion, Bell Pepper Red & Green Combo, Sweet Whey, Garlic Granulated, Sea Salt, Sweet Cream Powder, Natural Flavor (Baker's Yeast Extract, Salt), Oregano, Black Pepper, Basil, Thyme.

Contains: Wheat, Milk, Soy.

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Nutrition Facts

2 servings per container

Serving size

1/2 package (72.5g)

	Per Serving		Per Container	
Calories	300		610	
	% Daily Value*		% Daily Value*	
Total Fat	11g	14%	21g	27%
Saturated Fat	6g	30%	13g	65%
Trans Fat	0g		0g	
Cholesterol	35mg	12%	70mg	23%
Sodium	700mg	30%	1410mg	61%
Total Carbohydrate	35g	13%	71g	26%
Dietary Fiber	2g	7%	5g	18%
Total Sugars	10g		20g	
Includes Added Sugars	3g	6%	5g	10%
Protein	17g		35g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	298mg	25%	596mg	45%
Iron	2mg	10%	4mg	20%
Potassium	1050mg	20%	2100mg	45%

*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

