

**American Italian Pasta Company**  
**Medium Shells**

<b>NUTRITION FACTS</b>	
Serving Size: 2oz (56g)	
Servings per Container: 160	
Amount per Serving	
<b>Calories</b> 210	<b>Calories from Fat</b> 10
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 41g	14%
Dietary Fiber 2g	7%
Sugars 2g	
<b>Protein</b> 7g	
Vitamin A 0% * Vitamin C 0%	
Calcium 0% * Iron 10%	
Thiamine 30% * Riboflavin 15%	
Niacin 20% * Folate 25%	
*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
Calories per gram:	
Fat 9 * Carbohydrate 4 * Protein 4	

**Ingredients:** Durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid.

\*\*Contains wheat ingredients.

\*\*Information taken from product label