

Sam Mills Gluten Free Corn Pasta

Nutrition Facts

Serving Size: 56g

Servings Per Container: 8

Amount Per Serving

Calories 196

Calories from Fat 6

% Daily Value*

Total Fat	0,6g	1%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium (No added salt)	0mg	0%
Total Carbohydrate	40g	13%
Dietary Fiber	2g	8%
Sugars	2g	
Protein	4,5g	

Not a significant source of vitamin A, vitamin C, and calcium.

* 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