

Pasta Roma

Directions:

1. Open pouch and remove oxygen absorber
2. Prepare in pouch or other suitable container
3. Add 2 1/4 cups (18 oz) boiling water to ingredients or fold / crease & fill to "E-Z Fill Line" &
4. Stir thoroughly then seal pouch or cover
5. Let stand 10 - 12 minutes; stir again & serve



**0g TRANS FAT
PER SERVING**

INGREDIENTS: Instant Pasta [Durum Semolina (enriched with Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, and Folic Acid)], Romano Cheese Powder (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Tomato Powder (Tomato), Parmesan Cheese Powder (Partially Skim Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Potato Starch, Whey Powder, Tomato Flakes, Instant Nonfat Milk Powder, Onion Granules, Low Sodium Salt (Sodium, Chloride, Potassium), Garlic Granules, Basil.

Contains Milk, Wheat.

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Nutrition Facts

Serving Size 3 oz (85g)
Servings Per Container 2

Amount Per Serving

Calories 340 Calories from Fat 80

% Daily Value*

Total Fat 8g 12%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 750mg 31%

Total Carbohydrate 47g 16%

Dietary Fiber 2g 8%

Sugars 9g

Protein 17g

Vitamin A 50% • Vitamin C 80%

Calcium 40% • Iron 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

