

Legacy Food Storage  
Pasta Alfredo  
Nutritional Facts & Ingredient Statement

## Nutrition Facts

4 servings per container

**Serving size** 1.5 Cups (97g)

**Amount per serving**

**Calories** **410**

**% Daily Value\***

**Total Fat** 12g **16%**

Saturated Fat 10g **49%**

*Trans* Fat 0g

**Cholesterol** 10mg **3%**

**Sodium** 710mg **31%**

**Total Carbohydrate** 63g **23%**

Dietary Fiber 0g **0%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 11g

Vitamin D 0mcg **0%**

Calcium 89mg **6%**

Iron 1mg **6%**

Potassium 201mg **4%**

\*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



**INGREDIENTS:** Pasta (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), Coconut Oil, Maltodextrin, Corn Starch, Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Whey, Sea Salt, Garlic, Onion, Sodium Caseinate, Maltodextrin, Butter (cream, water, salt), Parsley, Non Fat Milk, Yeast Extract, Butter Milk, Spice, Dried Cane Syrup,

Silicon Dioxide, Natural Parmesan Cheese Flavor, Mono & Diglycerides, High Oleic Acid Sunflower Oil, Disodium Phosphate, Carrot, Natural Flavor, Tocopherols, Ascorbyl Palmitate.

**ALLERGENS:** Wheat, Milk.

**NET WT 13.63 OZ (386.40g)**

**GMO FREE**  
**Vegetarian**  
**Uses Sea Salt**  
**No MSG/I+G/AYE**  
**No Trans Fats**  
**Low Cholesterol**

### **DIRECTIONS:**

**Bring 6 Cups water to boil. Slowly Whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.**