

Legacy Food Storage  
Vegetable Rotini Pasta  
Nutritional Facts & Ingredient Statement

## Nutrition Facts

4 servings per container

Serving size 1.5 Cups (97g)

Amount per serving

**Calories 400**

% Daily Value\*

Total Fat 11g 14%

Saturated Fat 9g 47%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 890mg 39%

Total Carbohydrate 65g 23%

Dietary Fiber 0g 1%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 35mg 2%

Iron 1mg 6%

Potassium 198mg 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, Sea Salt, Pea, Sodium Caseinate, Onion, Carrot, Tomato, Xanthan Gum, Celery, Yeast Extract, Garlic, Dried Cane Syrup, Spice, Mono & Diglycerides, Silicon Dioxide, High Oleic Acid Sunflower Oil, Natural Flavor.

**ALLERGENS:** Wheat.

**NET WT 13.59 OZ (385.26g)**

**GMO FREE**

**Vegetarian**

**Uses Sea Salt**

**No MSG/I+G/A/E**

**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.**