

Legacy Food Storage
Pasta Primavera
Nutritional Facts & Ingredient Statement

Nutrition Facts

4 servings per container
Serving size 1.5 Cups (98g)

Amount per serving
Calories 420

	% Daily Value*
Total Fat 12g	16%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 700mg	30%
Total Carbohydrate 64g	23%
Dietary Fiber 0g	1%
Total Sugars 3g	
Includes 0g Added Sugars	0%

Protein 11g	
Vitamin D 0mcg	0%
Calcium 87mg	6%
Iron 1mg	6%
Potassium 215mg	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), Sea Salt, Whey, Pea, Onion, Xanthan Gum, Sodium Caseinate, Broccoli, Carrot, Garlic, Yeast Extract, Dried Cane Syrup, Parsley, Mono & Diglycerides, Silicon Dioxide, Spice, Disodium Phosphate, High Oleic Acid Sunflower Oil, Natural Flavor.

ALLERGENS: Wheat, Milk.

NET WT 13.79 OZ (390.93g)

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.