



Dreamfields Elbows

Nutrition Facts

Serving Size: 2 oz (56g / 1/2 cup) Dry
 Servings Per Container: About 6.5

Amount Per Serving

Calories 190 Calories From Fat 10

% Daily Value*

Total Fat 1g **2 %**

Saturated Fat 0g **0 %**

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0g

Cholesterol 0mg **0 %**

Sodium 10mg** **1 %**

Total Carbohydrate 41g **14 %**

Dietary Fiber 5g **20 %**

Soluble Fiber 3g

Insoluble Fiber 2g

Sugars 1g

Protein 7g

Vitamin A 0% ● Vitamin C 0%

Calcium 0% ● Iron 10%

Thiamin 40% ● Riboflavin 15%

Niacin 20% ● Vitamin B₆ 4%

Folate 40% ● Pantothenic acid 2%

Phosphorus 8% ● Zinc 6%

Copper 8% ●

* 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

** Without added salt in cooking water

Carbohydrate Facts

Total Carbs: 41 g

Fiber: -5 g

Protected Carbs: -31 g

Digestible Carbs*: 5 g

* Count 5 grams of carbohydrates per each 56 g serving when controlling carbohydrate intake and blood sugar levels to promote good health and weight control. Dreamfields offers significant health benefits, and has been clinically tested to establish digestible carbohydrate levels.

Ingredients

Enriched Semolina, [Semolina, Iron (Ferrous Sulfate), and B Vitamins (Niacin, Thiamine, Mononitrate, Riboflavin, Folic Acid)], Inulin (Vegetable Fiber), Wheat Gluten (Plant Protein), Xanthan Gum (Food Fiber), Pectin (Fruit Fiber), Potassium Chloride.

CONTAINS WHEAT INGREDIENTS

Pasta Cooking Directions

- 1) Bring 4 quarts of water to a rapid boil.
- 2) Add 1 box (13.25 oz) of Dreamfields Elbows into water and return to boil.
- 3) Cook uncovered, stirring occasionally, for 8 minutes. Do not overcook.
- 5) Drain well. Enjoy.