



Dreamfields Rotini

Nutrition Facts

Serving Size: 2 oz (56g / 3/4 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 B ₆	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 Rotini into water and return to boil.
- 3) Cook uncovered, stirring occasionally, for 10 minutes. Do not overcook.
- 5) Drain well. Enjoy.