

NUTRITIONAL FACTS

NEW YORK RAVIOLI & PASTA Co.

Seafood Ravioli w/Scallops, Shrimp, Lobster

Nutrition Facts	
Serving Size 1 cup (125g)	
Servings Per Container 3	
Amount Per Serving	
Calories 220	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 270mg	11%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 15g	
Vitamin A 20%	• Vitamin C 0%
Calcium 8%	• Iron 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	

INGREDIENTS: ENRICHED DURUM FLOUR (DURUM FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), RICOTTA CHEESE (PASTEURIZED WHOLE MILK, WHEY, CREAM, VINEGAR, SALT, XANTHAN GUM, LOCUST BEAN GUM, GUAR GUM), SHRIMP, SCALLOPS, WATER, LOBSTER, CARROTS, ONION, EGGS, ROMANO CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), SHERRY COOKING WINE (SHERRY WINE, SALT, POTASSIUM SORBATE AND POTASSIUM METABISULFITE [PRESERVATIVES]), WHITE WINE, DOUGH MIX (YELLOW CORN FLOUR, SOYBEAN OIL, APOCAROTENAL [COLOR] BETA CAROTENE [COLOR]), GARLIC, VEGETABLE OIL (SOYBEAN OIL AND OLIVE OIL), SPICES, SALT.

Contains Egg, Milk, Shrimp, Scallops, Lobster, Soy, Wheat.