NUTRITIONAL FACTS

PLENTIFUL PANTRY

Garlic Capanelle 12 oz

Nutrition Facts

6 servings per container

Serving size 2 oz. (57g)

Amount per serving	
Calories	**200**
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.7mg	4%
Potassium 120mg	2%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS:
DURUM SEMOLINA FLOUR, DEHYDRATED GARLIC

CONTAINS: WHEAT

NUTRITIONAL FACTS

PLENTIFUL PANTRY

Spinach Campanelle 12 oz

Nutrition Facts

6 servings per container

Serving size **2 oz. (57g)**

Amount per serving **Calories**	**200**
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 20mg	**1%**
Total Carbohydrate 40g	**15%**
Dietary Fiber 2g	**7%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 8g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.3mg	8%
Potassium 230mg	4%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS:
DURUM SEMOLINA FLOUR, DEHYDRATED SPINACH

CONTAINS: WHEAT

K

NUTRITIONAL FACTS

PLENTIFUL PANTRY

Rainbow Campanelle 12 oz

Nutrition Facts

6 servings per container

Serving size **2 oz. (57g)**

Amount per serving

Calories **200**

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	7%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.9mg	6%
Potassium 180mg	4%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS:
DURUM SEMOLINA FLOUR, DEHYDRATED TOMATO POWDER, DEHYDRATED SPINACH, DEHYDRATED GARLIC

CONTAINS: WHEAT

K

NUTRITIONAL FACTS

PLENTIFUL PANTRY

Tomato Campanelle 12 oz

Nutrition Facts

6 servings per container

Serving size 2 oz. (57g)

Amount per serving	
Calories	**200**
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	7%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 180mg	4%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS:
DURUM SEMOLINA FLOUR, DEHYDRATED TOMATO POWDER

CONTAINS: WHEAT

K