



FOR PROFESSIONALS

PROTEIN+

Nutritional Information

Protein+® Spaghetti, Protein+® Penne, Protein+® Cellentani

Nutrition Facts

80 servings per container

Serving size

2 oz (56g)

	Per 2 oz (56g)	Per 3.5 oz (100g)
Calories	190	340
	% Daily Value*	% Daily Value*
Total Fat	1g 1%	2g 3%
Saturated Fat	0g 0%	0.5g 3%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	0mg 0%	0mg 0%
Total Carbohydrate	38g 14%	68g 25%
Dietary Fiber	5g 18%	10g 36%
Soluble Fiber	3g	6g
Insoluble Fiber	2g	4g
Total Sugars	2g	3g
Protein	10g 10%	17g 17%
Vitamin D	0mcg 0%	0mcg 0%
Calcium	16mg 2%	28mg 2%
Iron	2mg 10%	3mg 15%
Potassium	261mg 6%	467mg 10%
Thiamin	0.5mg 40%	0.8mg 70%
Riboflavin	0.2mg 15%	0.4mg 30%
Niacin	5mg 30%	8mg 50%
Vitamin B ₆	0.1mg 6%	0.2mg 10%
Folate	199mcg DFE 50% (112mcg folic acid)	355mcg DFE 90% (200mcg folic acid)
Biotin	5mcg 15%	8mcg 25%
Magnesium	40mg 10%	71mg 15%
Selenium	31mcg 60%	56mcg 100%
Copper	0.3mg 35%	0.5mg 60%
Manganese	0.7mg 30%	1.3mg 60%
Molybdenum	71mcg 160%	127mcg 280%

Not a significant source of added sugars.

*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.