

# 4511400

25D

# GILSTER-MARY LEE CORP. NUTRITIONAL INFORMATION

Revision:

## WIDE 1/2" EGG NOODLE (G2214)

### Nutrition Facts

Serving size 1 1/4 cups (61g)  
Servings Per Container

Amount Per Serving		
Calories		220
Calories from Fat		20
		<b>% Daily Value*</b>
Total Fat 2g		3%
Saturated Fat 0.5g		3%
Trans Fat 0g		
Cholesterol 60mg		20%
Sodium 20mg		1%
Total Carbohydrate 42g		14%
Dietary Fiber 2g		8%
Sugars less than 1g		
Protein 9g		
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		10%
Thiamine		35%
Riboflavin		15%
Niacin		20%
Folate		30%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

### SERVINGS PER CONTAINER

Package Size	Number of Servings
2.5 lb.	about 19
10 lb.	about 74
20 lb.	about 149
25 lb.	about 186

### INGREDIENT STATEMENT

DURUM FLOUR, WHOLE EGGS, NIACIN, IRON (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID

CONTAIN: EGG, WHEAT