

# 4516700



**GILSTER-MARY LEE CORP.**  
**NUTRITIONAL INFORMATION**

Revision: 10/18/06

**SPAGHETTI (G2202)**

**Nutrition Facts**

Serving size 2 oz (56g/59 pieces)  
Servings Per Container

Amount Per Serving		% Daily Value*	
Calories	210		
Calories from Fat	5		
Total Fat 0.5g		1%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 42g		14%	
Dietary Fiber 2g		9%	
Sugars 1g			
Protein 7g			
Vitamin A		0%	
Vitamin C		0%	
Calcium		0%	
Iron		10%	
Thiamine		35%	
Riboflavin		15%	
Niacin		15%	
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
5 lb	about 41
20 lb	about 162
30 lb	about 243

**INGREDIENT STATEMENT**

SEMOLINA WHEAT FLOUR, NIACIN, IRON (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID

CONTAINS: WHEAT