

Artichoke Lemon Pesto

Cordelle

Piccolo Pomodoro Tomato & Basil

Nutrition Facts	
Serving Size - 1/4 cup (2 oz)(57g)	
Servings Per Container - 3	
Amount Per Serving	
Calories 140	Calories from Fat 110
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 1.5g	8%
Cholesterol 5mg	1%
Sodium 530mg	22%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	6%
Sugars 0g	
Protein 3g	
Vitamin A 4%	Vitamin C 10%
Calcium 4%	Iron 0%
*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	

NUTRITION FACTS	
Serving Size: 2 oz. (56g) dry	
Servings Per Container: 8	
Amount Per Serving	
Calories 210	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 43g	14%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%
* Percent Daily Values are based on a 2000-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

Nutrition Facts	
6 servings per container	
Serving size 1 oz (30g)	
Amount per serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.1mg	0%
Potassium 70mg	2%
*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.	

Nutrition Facts	
Servings per container: 6, Serving size: 1 oz (30g), Amount per serving: Calories 10,	
Total Fat 0g (0% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 45mg (2% DV), Total Carbohydrate 1g (0% DV), Dietary Fiber 0g (0% DV), Total Sugars 1g (Includes 0g Added Sugars, 0% DV), Protein 0g, Vitamin D 0mcg (0% DV), Calcium 0mg (0% DV), Iron 0.1mg (0% DV), Potassium 70mg (2% DV). The % Daily Value (DV) 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.	

Sugo Alla Arrabiata

Dipping Cracker

Extra Virgin Olive Oil

Nutrition Facts	
Serv Size 11 crackers (30 g)	
Servings Per Container About 4-5	
Amount Per Serving	
Calories 140	Cal from Fat 36
% Daily Value*	
Total Fat 4 g	6%
Saturated Fat 1g	5%
Cholesterol 0 mg	0%
Sodium 50 mg	6%
Total Carbohydrate 21 g	7%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 4 g	
INGREDIENTS: Enriched wheat flour, canola and/or sunflower oil, water, yeast, salt.	

Nutrition Facts	
Serving Size - 1/2 cup (125g)	
Servings Per Container - about 5	
Amount Per Serving	
Calories 70	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 1g	
Vitamin A 10%	Vitamin C 90%
Calcium 4%	Iron 2%
*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 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	

Nutrition Facts	
33 servings per container	
Serving size 1 tbsp. (15 mL)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 11g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*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.	
Calories per gram:	

Dark Choc. Salted Caramels

Nutrition Facts	
Servings: 5, Serving Size: 1 Piece,	
Amount per serving: Calories 45, Total Fat 2g (3% DV),	
Sat. Fat 0g (0% DV), Trans Fat 0g, Cholesterol 5mg (2% DV),	
Sodium 10mg (0% DV), Total Carb. 6g (2% DV), Fiber	
0g (0% DV), Total Sugars 4g (Incl. 0g Added Sugars, 0% DV),	
Protein 0g, Vit. D (0% DV), Calcium (0% DV), Iron (0% DV),	
Potas. (0% DV).	