

# Nutrition Facts

6 servings per container

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

**Amount Per Serving**

**Calories**      **180**

**% Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

*Trans* Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 38g      **14%**

Dietary Fiber 2g      **7%**

Total Sugars 1g

Includes 0g Added Sugars      **0%**

**Protein** 6g

Vitamin D 0mcg      0%

Calcium 0mg      0%

Iron 1.8mg      10%

Potassium 0mg      0%

\* 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.

Ingredients: Enriched Durum Flour (Durum Wheat, Iron, Niacin, Thiamine, Riboflavin, Folic Acid), Water, Cuttlefish Ink (Water, Salt, Thickener E466)