

Nutritional Information

Our pasta is made with the highest quality ingredients on the market. We use only 100% durum wheat and add "All Natural" vegetable powders for pasta color - the exception is our Collegiate Pasta. Fans want their team colors, so we add a little bit of food coloring!
Have Fun, Eat Pasta, Raise Money!



Pasta with Personality®



Nutrition Facts

Serving Size 2 oz (57g)
Servings per container 7

Amount Per Serving	
Calories 200	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 20mg	1 %
Total Carbohydrates 41g	14 %
Dietary Fiber 2g	8 %
Sugars 2g	
Protein 8g	
Vitamin A 10 %	Vitamin C 4 %
Calcium 2 %	Iron 6 %

Ingredients: Enriched durum wheat flour (contains niacin, riboflavin, thiamin, iron, folic acid), water, may contain spinach powder, tomato powder, or beet powder (for color), egg whites.
 Contains wheat and egg.

Collegiate Pasta

Nutrition Facts

Serving Size 1/8 pkg (57g)
Servings per container 6

Amount Per Serving	
Calories 180	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 130mg	3 %
Total Carbohydrates 38g	13 %
Dietary Fiber 2g	8 %
Sugars 5g	
Protein 6g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 10 %

Ingredients: Enriched durum wheat flour (contains niacin, riboflavin, thiamin, iron, folic acid), water, egg whites, artificial color (may include FD&C Blue 1, Blue 2, Red 3, Red 40, Yellow 5), sugar, salt, poppy seeds, garlic powder, less than 5% tricalcium phosphate as used for anti-caking agent.
 Contains wheat and egg.

Noodle Soups

Nutrition Facts

Serving Size 1.25 oz. (32g)
Servings per container 10

Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 890mg	37 %
Total Carbohydrates 21g	7 %
Dietary Fiber 1g	4 %
Sugars 1g	
Protein 4g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 8 %

Ingredients: Enriched durum wheat flour (contains niacin, riboflavin, thiamin, iron, folic acid), water, may contain spinach powder, tomato powder, or beet powder (for color), egg whites, salt, monosodium glutamate, hydrolyzed soy protein, sugar, chicken stock, natural flavors, dehydrated carrots, onion, parsley, spice extractives, tumeric.
 Contains wheat and egg.

All Chilis

Nutrition Facts

Serving Size 1/6 package (53g)
Servings per container 6

Amount Per Serving	
Calories 180	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 970mg	40 %
Total Carbohydrate 35g	12 %
Dietary Fiber 2g	8 %
Sugars 2g	
Protein 6g	
Vitamin A 0 %	Vitamin C 4 %
Calcium 2 %	Iron 15 %

Ingredients: Enriched durum wheat flour (contains niacin, riboflavin, thiamin, iron, folic acid), water, may contain spinach powder, tomato powder, or beet powder (for color), egg whites, chili pepper, salt, spices, brown sugar, garlic, sugar.
 Contains wheat and egg.

Divine Meringues®

Nutrition Facts

Serving Size 1/2 package (28g)
Servings per container 2

Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2 %
Saturated Fat 1g	4 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 35mg	2 %
Total Carbs 17g	6 %
Dietary Fiber less than 1 gram	2 %
Sugars 15g	
Protein 1g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 2 %

*Percent Daily Values are based on a 2,000 calorie diet.

Chocolate Cocoa Crunch - Ingredients: Sugar, egg whites, chips (sugar, cocoa butter, milk, soya lecithin emulsifier, pure vanilla), chocolate chips (sugar, chocolate, cocoa butter, soya lecithin, real vanilla), cocoa powder, natural flavoring, decaffeinated coffee, pure vanilla, cream of tartar, salt.
 Contains egg, milk, and soy.

Vanilla Bean - Ingredients: Sugar, egg whites, chips (sugar, cocoa butter, milk, soya lecithin emulsifier, pure vanilla), pure vanilla, vanilla beans, cream of tartar, salt.
 Contains egg, milk, and soy.

Formaggio's



Nutrition Facts

Serving Size: 5 pieces (28 g)
Servings Per Pkg: 3

Amount Per Serving	
Calories 140	Calories from Fat 80
% Daily Value*	
Total Fat 9 g	14 %
Saturated Fat 3.5 g	20 %
Trans Fat 0.5 g	
Cholesterol 15 mg	5 %
Sodium 250 mg	10 %
Total Carbohydrates 10g	3 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 4 g	
Vitamin A 2 %	Vitamin C 0 %
Calcium 10 %	Iron 0 %

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Cheddar cheese (cultured milk, salt, enzymes, annatto color), margarine (partially hydrogenated soybean and cottonseed oils, water, salt, mono and diglycerides, lecithin, artificially flavored, beta carotene for color, vitamin A palmitate added), bleached wheat flour, baking powder (baking soda, corn starch, sodium sulfate, calcium sulfate, monocalcium phosphate), garlic salt, salt, hot sauce (vinegar, red pepper, salt), and spices.
 Contains wheat, milk, and soy.

Vineyard Salad

Nutrition Facts

Serving Size 1/6 package (52g) dry pasta/mix
Servings per container 6

Amount Per Serving	
Calories 180	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 130mg	3 %
Total Carbohydrates 38g	13 %
Dietary Fiber 2g	8 %
Sugars 5g	
Protein 6g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 10 %

As Prepared: Using 1/2 cup red wine vinegar, and 1/4 cup olive or vegetable oil based on eight servings contains: 230 calories, 8g total fat, 1g saturated fat, 0mg cholesterol, 400mg sodium, 38g total carbohydrate, 1g dietary fiber, 14g sugars and 4g protein.

Ingredients: Enriched durum wheat flour (contains niacin, riboflavin, thiamin, iron, folic acid), water, spinach powder, tomato powder, beet powder, egg whites, sugar, salt, poppy seed, garlic powder.
 Contains wheat and egg.

Easy Cheesy Pasta

Nutrition Facts

Serving Size 1/4 package (85g) dry
Servings per container 4

Amount Per Serving	
Calories 300	Calories from Fat 20
% Daily Value*	
Total Fat 2g	2 %
Saturated Fat 0.5g	3 %
Trans Fat 0.5g	
Cholesterol 0mg	0 %
Sodium 660mg	28 %
Total Carbohydrates 59g	20 %
Dietary Fiber 3g	12 %
Sugars 7g	
Protein 10g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 8 %	Iron 20 %

As prepared: Using cheese packet, 1/2 cup butter, and 1/2 cup milk based on four serving contains: 510 calories, 26g total fat, 16g saturated fat, 70mg cholesterol, 1000mg sodium, 59g total carbohydrate, 2g dietary fiber, 10g sugars, and 11g protein.

Ingredients: Enriched durum wheat flour (contains niacin, riboflavin, thiamin, iron, folic acid), water, spinach powder, tomato powder, egg whites, cheese sauce mix (whey, enriched bleached wheat flour (contains niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), salt, food starch modified, disodium phosphate, yellow 5 and 6).
 Contains wheat, milk and egg.

Nutritional Information



• ALL NATURAL •

100% Whole Wheat Whole Wheat Angel Hair Pasta Nests

Nutrition Facts

Serving Size 2 nests (57g)
Servings per container 6

Amount Per Serving

Calories 190 Calories from Fat 10

% Daily Value*

Total Fat 1g 2 %

Saturated Fat 0g 0 %

Trans Fat 0g

Cholesterol 0mg 0 %

Sodium 0mg 0 %

Total Carbohydrates 41g 14 %

Dietary Fiber 7g 28 %

Sugars 0g

Protein 8g

Vitamin A 0 % • Vitamin C 0 %

Calcium 2 % • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Total Fat	Less than 65g	80g
Saturated Fats	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat: 9 • Carbohydrate 4 • Protein 4



Ingredients: 100% whole wheat flour, water.

Contains wheat.

Spinach Basil Garlic Angel Hair Pasta Nests

Nutrition Facts

Serving Size 2 nests (57g)
Servings per container 6

Amount Per Serving

Calories 200 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1 %

Saturated Fat 0g 0 %

Trans Fat 0g

Cholesterol 0mg 0 %

Sodium 15mg 1 %

Total Carbohydrates 41g 14 %

Dietary Fiber 2g 8 %

Sugars 1g

Protein 7g

Vitamin A 8 % • Vitamin C 2 %

Calcium 2 % • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Total Fat	Less than 65g	80g
Saturated Fats	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat: 9 • Carbohydrate 4 • Protein 4



Ingredients: Enriched durum and semolina wheat flours (contain niacin, riboflavin, thiamin, iron, folic acid), water, spinach powder, basil, garlic.

Contains wheat.

Spinach, Tomato, Semolina Tri-Color Angel Hair Pasta Nests

Nutrition Facts

Serving Size 2 nests (57g)
Servings per container 6

Amount Per Serving

Calories 200 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1 %

Saturated Fat 0g 0 %

Trans Fat 0g

Cholesterol 0mg 0 %

Sodium 10mg 0 %

Total Carbohydrates 41g 14 %

Dietary Fiber 2g 8 %

Sugars 1g

Protein 7g

Vitamin A 6 % • Vitamin C 2 %

Calcium 2 % • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Total Fat	Less than 65g	80g
Saturated Fats	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat: 9 • Carbohydrate 4 • Protein 4



Ingredients: Enriched durum and semolina wheat flours (contain niacin, riboflavin, thiamin, iron, folic acid), water, spinach powder, tomato powder, beet powder.

Contains wheat.