

Living NOW
Organic Quinoa Penne Pasta

Nutrition Facts

Serving Size 2 oz (56g)

Servings Per Container 4

Amount Per Serving

Calories 200

Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 43g **14%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 5g **10%**

Vitamin A 10% • Vitamin C 0%

Calcium 4% • Iron 24%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g