



# NUTRITIONAL INFORMATION

## PASTAS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugars	Protein
Lasagna	620	250	28g	15g	0g	145mg	1,090mg	53g	4g	4g	36g
Nonna's Pasta	840	440	50g	30g	0g	180mg	1,040mg	62g	4g	8g	32g

2,000 calories a day is used for general nutrition advice, but calorie needs vary.