

Pasta Nutritional Facts

Pasta	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Fiber (g)
Whole Wheat Pasta 2oz.	200	1	0	0	41	7	2
Pasta 2 oz.	200	1	0	0	41	7	2
Marinara Sauce 1/4 cup	20	0	0	250	5	1	1
Meatballs & Sauce 1/4 cup & 4 balls	163	10	44	30	0	11	0
Alfredo 2 oz.	141	13	37	296	3	3	0
Pesto 2 oz.	157	13	14	245	2	7	0
Parmesan Cheese 2 tsp.	20	1.5	5	90	0	2	0

