

Pasta Arrbiatta

Number of Servings: 1 (174.48 g per serving)

Ingredient	Comments
Pasta, spaghetti noodles, enrich, ckd	
Oil, olive, salad or cooking	
Garlic, crushed, wet	
Chili Pepper, red, crushed flakes	
Basil, fresh, leaves	
Tomatoes, crushed, cnd	
Tomato Sauce, cnd	
Salt, table	
Pepper, black	
Cheese, parmesan, grated	

Nutrition Facts	
Serving Size About 1 Cup (174g)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4.5g	23%
Cholesterol 20mg	7%
Sodium 770mg	32%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 14g	
Vitamin A 10%	• Vitamin C 10%
Calcium 25%	• Iron 10%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.1 software

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