

Loma Linda
Hearty Spaghetti Pouch

Nutrition Facts

1 servings per container

Serving size 1 Cup (285g)

Amount Per Serving

Calories **190**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 840mg **37%**

Total Carbohydrate 20g **7%**

Dietary Fiber 8g **29%**

Total Sugars 10g

Includes 3g Added Sugars **6%**

Protein 12g **24%**

Vitamin D 0mcg **0%**

Calcium 120mg **10%**

Iron 1.9mg **10%**

Potassium 730mg **15%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.