

High Protein, High Fibre, and Omega 3 Pasta

Ingredients	Traditional	High Protein High Fibre Pulse Fortified Pasta
Durum Wheat Semolina	100%	73%
Deffavored Pulse Protein (Pea or Faba Bean)	0%	15%
Oat Fibre	0%	9%
Ground Flaxseed	0%	3%



Nutrition Facts	
Serving size	(100g)
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 73g	27%
Dietary Fibre 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 186 mg	4%

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

Calories per gram Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts	
Serving size	(100g)
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 65g	24%
Dietary Fibre 12g	43%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 3mg	15%
Potassium 450mg	10%

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

Calories per gram Fat 9 • Carbohydrate 4 • Protein 4

Contact us:

For more information or to speak to somebody about this recipe please call your local Univar Solutions representative or contact us at:

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