

## High Protein Pasta

Ingredients	Traditional	High Protein Pulse Fortified Pasta
Durum Wheat Semolina	100%	76%
Deflavored Pulse Protein (Pea or Faba Bean)	0%	24%

Serving size	(100g)	
Amount per serving Calories	360	
% Daily Value		
Total Fat 1g	1%	
Saturated Fat Og	0%	
Trans Fat Og		
Cholesterol Omg	0%	
Sodium Omg	0%	
Total Carbohydrate 73g	27%	
Dietary Fibre 4g	14%	
Total Sugars 2g		
Includes Og Added Sugars	0%	
Protein 13g		
Vitamin D Omcg	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		

<b>Nutrition Facts</b>		
Serving size	(100g)	
Amount per serving Calories	370	
% Daily Value*		
Total Fat 1.5g	2%	
Saturated Fat Og	0%	
Trans Fat Og		
Cholesterol Omg	0%	
Sodium Omg	0%	
Total Carbohydrate 61g	22%	
Dietary Fibre 6g	21%	
Total Sugars 2g		
Includes Og Added Sugars	0%	
Protein 25g		
Vitamin D Omcg	0%	
Calcium 43mg	4%	
Iron 2mg	10%	
Potassium 588 mg	15%	
*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		



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

foodEMEA@univar.com | univarsolutions.com