

JCC CAMPS AT MEDFORD NUTRITIONAL INFORMATION

Pasta: Pasta Shells, Penne, Rigatoni, Elbow Noodles, etc

Ingredients:

COOKED MACARONI PRODUCT (DURUM SEMOLINA, ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MARGERINE (PALM OIL, LIQUID SOYBEAN OIL, WATER, SALT, VEGETABLE MONO AND DIGLYCERIDES, VEG LECITHIN, SODIUM BENZOATE, ARTIFICIAL FLAVOR, BETA CAROTENE, VITAMIN A PALMITATE).

Nutrition Facts	
Serving Size: 100 g (100g)	
Servings: 1	
Amount Per Serving	
Calories 130	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	3%
Sugars less than 1g	
Protein 4g	
Vitamin A 0%	■ Vitamin C 0%
Calcium 0%	■ Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

Eden California Marinara Sauce

Nutrition Facts

Serving Size: ½ cup

Calories: 60

Calories from Fat: 35

Total Fat: 4

Saturated Fat: 0.5g

Transfat: 0g

Cholesterol: 0mg

Sodium: 740mg

Total Carbohydrate: 11g

Dietary Fiber: 1g

Sugars: 3g

Protein: 2g

Ingredients: Tomatoes, tomato puree, soybean oil, enriched flour (wheat flour, niacin, reduced iron, thiamine, mononitrate and riboflavin), salt, food starch-modified, dehydrated garlic, dehydrated onion, spice, bell pepper, calcium chloride, and citric acid

Contains: Wheat Flour, soybean oil.