



# NUTRITIONAL INFO

Our pasta is made with the highest quality ingredients on the market. We use only 100% durum wheat and add "All Natural" vegetable powders for pasta color - the exception is our Collegiate & Political Pasta. Fans want their team colors, so we add a little bit of food coloring!

## Pasta with Personality®

### Nutrition Facts

7 servings per container  
Serving size 2 oz (56g)

Amount per serving  
**Calories 200**

%Daily Value\*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	7%
Total Sugars 1g	
Incl. Added Sugars 0g	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 3mg	15%
Potassium 140mg	2%

\*The % Daily Value 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.

Ingredients: Enriched Durum Wheat Flour (Contains Niacin, Riboflavin, Thiamin, Iron, Folic Acid), Spinach Powder.

Contains Wheat.



Note: Nutrition facts per pasta shapes may vary slightly due to pasta color combination.

## Collegiate Pasta Salads

### Nutrition Facts

10 servings per container  
Serving size 1/2 cup dry mix (45g)  
About 1 cup prepared

	Per Serving	As Prepared
<b>Calories</b>	<b>160</b>	<b>220</b>
	% DV**	% DV**
Total Fat 0g*	0%	8%
Sat. Fat 0g	0%	5%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 210mg	9%	9%
Total Carb. 35g	13%	13%
Dietary Fiber 1g	4%	7%
Total Sugars 9g		
Incl. Added Sugars 8g	16%	16%
Protein 5g		
Vitamin D 0mcg	0%	0%
Calcium 8mg	0%	2%
Iron 2mg	10%	10%
Potassium 69mg	2%	2%

\*Amount in dry mix. As prepared contributes 6 g fat, 1 g saturated fat, 1 g total carbohydrate, 1 g dietary fiber, 7 mg calcium, and 66 mg potassium.  
\*\*The % Daily Value 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.

Ingredients: Enriched Durum Wheat Flour (Contains Niacin, Riboflavin, Thiamin, Iron, Folic Acid), Red 40, Red 3, Yellow 5, Sugar, Salt, Poppy Seeds, Garlic Powder.

Contains Wheat.

Note: Artificial colors vary depending on school colors.

## Chicken Noodle Soups

### Nutrition Facts

11 servings per container  
Serving size 1/4 c dry pasta & mix (29g)  
About 1 cup prepared

	Per Serving	As Prepared
<b>Calories</b>	<b>100</b>	<b>150</b>
	% DV**	% DV**
Total Fat 0g*	0%	3%
Sat. Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	7%
Sodium 760mg	33%	40%
Total Carb. 19g	7%	8%
Dietary Fiber 1g	4%	7%
Total Sugars 1g		
Incl. Added Sugars 0g	0%	0%
Protein 4g		
Vitamin D 0mcg	0%	0%
Calcium 7mg	0%	2%
Iron 1mg	6%	10%
Potassium 64mg	2%	2%

\*Amount in dry mix. As prepared contributes an additional 2 g fat, 20 mg cholesterol, 150 mg sodium, 2 g total carbohydrate, 1g dietary fiber, 7 g protein, 15 mg calcium, 1mg iron, and 73 mg potassium.  
\*\*The % Daily Value 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.

Ingredients: Enriched Durum Wheat Flour (Contains Niacin, Riboflavin, Thiamin, Iron, Folic Acid), Water, Tomato Powder, Beet Powder, Salt, Monosodium Glutamate, Sugar, Hydrolyzed Soy Protein, Spices (Including Celery), Corn Starch, Dried Chicken Stock, Onion Powder, Parsley, Carrot Powder, Natural Spice Extractive Of Turmeric.

Contains Wheat And Soy.

## All Chilis

### Nutrition Facts

12 servings per container  
Serving size 1/4 c dry pasta & mix (27g)  
About 1 1/3 cup prepared

	Per Serving	As Prepared
<b>Calories</b>	<b>90</b>	<b>250</b>
	% DV**	% DV**
Total Fat 0.5g*	1%	6%
Sat. Fat 0g	0%	8%
Trans Fat 0g		
Cholesterol 0mg	0%	8%
Sodium 470mg	20%	36%
Total Carb. 18g	7%	13%
Dietary Fiber 2g	7%	25%
Total Sugars 2g		
Incl. Added Sugars 1g	2%	4%
Protein 3g		
Vitamin D 0mcg	0%	0%
Calcium 19mg	2%	6%
Iron 2mg	10%	20%
Potassium 121mg	2%	10%

\*Amount in dry mix. As prepared contributes an additional 4 g fat, 1.5 g saturated fat, 25 mg cholesterol, 350 mg sodium, 18 g total carbohydrate, 5 g dietary fiber, 4 g total sugars, 1 g added sugars, 13 g protein, 51 mg calcium, 2 mg iron, and 458 mg potassium.  
\*\*The % Daily Value 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.

Ingredients: Enriched Durum Wheat Flour (Contains Niacin, Riboflavin, Thiamin, Iron, Folic Acid), Water, Spinach Powder, Chili Pepper, Salt, Spices, Brown And Cane Sugar, Dehydrated Garlic.

Contains Wheat.

## Vineyard Salad

### Nutrition Facts

9 servings per container  
Serving size 1/2 c dry pasta & mix (44g)  
About 1 cup prepared

	Per Serving	As Prepared
<b>Calories</b>	<b>160</b>	<b>220</b>
	% DV**	% DV**
Total Fat 0.5g*	0%	9%
Sat. Fat 0g	0%	5%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 220mg	10%	10%
Total Carb. 34g	12%	13%
Dietary Fiber 1g	4%	7%
Total Sugars 9g		
Incl. Added Sugars 9g	18%	18%
Protein 4g		
Vitamin D 0mcg	0%	0%
Calcium 9mg	0%	2%
Iron 2mg	10%	10%
Potassium 73mg	2%	4%

\*Amount in dry mix. As prepared contributes an additional 7 g fat, 1 g saturated fat, 10 mg sodium, 2 g total carbohydrate, 1 g dietary fiber, 1 g total sugars, 1 g protein, 7 mg calcium, 73 mg potassium.  
\*\*The % Daily Value 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.

Ingredients: Enriched Durum Wheat Flour (Contains Niacin, Riboflavin, Thiamin, Iron, Folic Acid), Water, Spinach Powder, Sugar, Salt, Poppy Seeds, Garlic Powder.

Contains wheat.

## Easy Cheesy Pasta FARM + SEA

### Nutrition Facts

5 servings per container  
Serving size 2/3 cup dry pasta & mix (62g)  
About 1 cup prepared

	Per Serving	As Prepared
<b>Calories</b>	<b>240</b>	<b>420</b>
	% DV**	% DV**
Total Fat 1g*	1%	26%
Sat. Fat 0g	0%	60%
Trans Fat 0g		
Cholesterol 0mg	0%	17%
Sodium 260mg	11%	12%
Total Carb. 49g	18%	18%
Dietary Fiber 3g	11%	11%
Total Sugars 4g		
Incl. Added Sugars 0g	0%	0%
Protein 9g		
Vitamin D 0mcg	0%	0%
Calcium 38mg	2%	6%
Iron 3mg	15%	15%
Potassium 186mg	4%	4%

\*Amount in dry mix. As prepared contributes an additional 19 g fat, 12 g saturated fat, 1 g trans fat, 50 mg cholesterol, 10 mg sodium, 1 g total carbohydrate, 1 g total sugars, 1 g protein, 4 mg calcium, and 49 mg potassium.  
\*\*The % Daily Value 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.

Ingredients: Enriched durum wheat flour (contains niacin, riboflavin, thiamin, iron, folic acid), tomato powder, cheese mix (whey, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, cheddar cheese\* (pasteurized milk, cheese culture, salt, enzymes), food starch-modified (corn), contains 2% or less of: silicon dioxide to reduce caking, citric acid, soybean oil to reduce dusting, yellow 5, yellow 6, butter\*, sodium phosphate, non-fat dry milk, sodium caseinate. \*dehydrated)

Contains wheat, milk

## Ruffles - Spinach

### Nutrition Facts

6 servings per container  
Serving size 2 oz (56g)

Amount per serving  
**Calories 200**

%Daily Value\*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 40g	15%
Dietary Fiber 2g	7%
Total Sugars 1g	
Incl. Added Sugars 0g	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 3mg	15%
Potassium 115mg	2%

\*The % Daily Value 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.

Ingredients: Enriched durum and semolina wheat flours (contain niacin, riboflavin, thiamin, iron, folic acid), spinach powder, garlic powder, spice (including basil), salt.

Contains wheat.



## Ruffles - Tri-Color

### Nutrition Facts

6 servings per container  
Serving size 2 oz (56g)

Amount per serving  
**Calories 200**

%Daily Value\*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	7%
Total Sugars 1g	
Incl. Added Sugars 0g	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 2mg	10%
Potassium 109mg	2%

\*The % Daily Value 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.

Ingredients: Enriched durum and semolina wheat flours (contain niacin, riboflavin, thiamin, iron, folic acid), spinach powder, tomato powder, beet powder.

Contains wheat.



**Vegan Mac**  
**DINO + SNOW DAYS**

**Nutrition Facts**  
3.5 servings per container  
Serving size 2.9 oz dry mix (81g)  
About 1 cup prepared

	Per Serving	As Prepared
<b>Calories</b>	<b>300</b>	<b>370</b>
	% DV**	% DV**
Total Fat 2.5g*	3%	14%
Sat. Fat 1g	5%	18%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 420mg	18%	23%
Total Carb. 57g	21%	21%
Fiber 3g	11%	11%
Total Sugars 2g		
Incl. Added Sugars 0g	0%	0%
<b>Protein 10g</b>		
Vitamin D 0mcg	0%	0%
Calcium 27mg	2%	6%
Iron 3mg	15%	15%
Potassium 139mg	2%	4%

\*Amount in dry mix. As prepared contributes an additional 2.5 g saturated fat, 110 mg sodium, 51 mg calcium, and 17 mg potassium.  
\*\*The % Daily Value 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.

Ingredients: Enriched durum wheat flour (contains niacin, riboflavin, thiamin, iron, folic acid), organic vegan cheddar cheese seasoning (organic palm oil powder (organic palm oil), organic rice syrup solids, organic pea protein, silicon dioxide, sunflower lecithin), organic rice syrup solids, sea salt, organic corn starch, natural flavors, contains 2% or less of: sunflower lecithin, lactic acid powder, organic annatto extract for color.)

Contains wheat.

**Pastably the Best Sauce Ever**  
**RED SAUCE**

**Nutrition Facts**  
Serving Size 1/2 cup (113g)  
Servings per container about 4.5

Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 35
	% Daily Value*
<b>Total Fat</b> 3.5g	<b>6 %</b>
Saturated Fat .5g	<b>3 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 470mg	<b>20 %</b>
<b>Total Carbohydrates</b> 11g	<b>4 %</b>
Dietary Fiber 2g	<b>9 %</b>
Sugars 7g	
<b>Protein</b> 2g	
Vitamin A 10% • Vitamin C 20%	
Calcium 2% • Iron 25%	

Ingredients: Tomatoes, Tomato Puree, Olive Oil, Garlic, Turbinado Sugar, Onions, Lemon Juice, Sea Salt, Dried Basil, Dried Oregano, White Pepper, Citric Acid

**Pumpkins:**  
**Zucchette**

**Nutrition Facts**  
8 servings per container  
Serving size 2 oz (56g)

Amount per serving	
<b>Calories</b> 200	
	%Daily Value*
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 11mg	<b>0%</b>
Iron 3mg	<b>15%</b>
<b>Potassium</b> 126mg	<b>2%</b>

\*The % Daily Value 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.

Ingredients: Enriched durum wheat flour (contains niacin, riboflavin, thiamin, iron, folic acid), water, spinach powder, tomato powder.

Contains wheat.

**Seashells:**  
**Conchiglie**

**Nutrition Facts**  
Serving Size 2 oz (57g)  
Servings per container 8

Amount Per Serving	
<b>Calories</b> 200	Calories from Fat 5
	% Daily Value*
<b>Total Fat</b> 0.5g	<b>1 %</b>
Saturated Fat 0g	<b>0 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 20mg	<b>1 %</b>
<b>Total Carbohydrates</b> 41g	<b>14 %</b>
Dietary Fiber 2g	<b>8 %</b>
Sugars 2g	
<b>Protein</b> 8g	
Vitamin A 10% • Vitamin C 4%	
Calcium 2% • Iron 6%	

\*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Enriched durum wheat flour (contains niacin, riboflavin, thiamin, iron, folic acid), water, spinach powder, tomato powder, beet powder, egg whites.

Contains wheat and egg.

**Organic SPROUTED**

**Nutrition Facts**

Serving Size 2 oz (57g)  
Servings per container 6

Amount Per Serving		
<b>Calories</b> 170	Calories from Fat 10	
	% Daily Value*	
<b>Total Fat</b> 1g	<b>2 %</b>	
Saturated Fat 0g	<b>0 %</b>	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0 %</b>	
<b>Sodium</b> 0mg	<b>0 %</b>	
<b>Total Carbohydrate</b> 40g	<b>13 %</b>	
Dietary Fiber 7g	<b>28 %</b>	
Sugars 0g		
<b>Protein</b> 9g		
Vitamin A 0% • Vitamin C 0%		
Calcium 2% • Iron 10%		
Total Fat	Less than 65g	80g
Saturated Fats	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Ingredients: 100% organic sprouted whole wheat flour, water.

Contains wheat.

**Organic SPELT**

**Nutrition Facts**

Serving Size 2 oz (57g)  
Servings per container 6

Amount Per Serving		
<b>Calories</b> 190	Calories from Fat 10	
	% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2 %</b>	
Saturated Fat 0g	<b>0 %</b>	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0 %</b>	
<b>Sodium</b> 0mg	<b>1 %</b>	
<b>Total Carbohydrate</b> 40g	<b>13 %</b>	
Dietary Fiber 3g	<b>12 %</b>	
Sugars 1g		
<b>Protein</b> 7g		
Vitamin A 0% • Vitamin C 0%		
Calcium 2% • Iron 8%		
Total Fat	Less than 65g	80g
Saturated Fats	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Ingredients: organic spelt wheat flour, water.

Contains wheat.

**Organic KAMUT**

**Nutrition Facts**

Serving Size 2 oz (57g)  
Servings per container 6

Amount Per Serving		
<b>Calories</b> 210	Calories from Fat 15	
	% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2 %</b>	
Saturated Fat 0g	<b>0 %</b>	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0 %</b>	
<b>Sodium</b> 0mg	<b>0 %</b>	
<b>Total Carbohydrate</b> 40g	<b>13 %</b>	
Dietary Fiber 6g	<b>24 %</b>	
Sugars 0g		
<b>Protein</b> 8g		
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 6%		
Total Fat	Less than 65g	80g
Saturated Fats	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Ingredients: organic kamut® khorasan whole wheat flour, water.

Contains wheat.



# The Nashville Kashrut Commission

3600 West End Ave. Nashville TN 37205

Phone: 615 292 6614 ext 23

Under the supervision of:

**Rabbi Saul Strosberg**

Congregation Sherith Israel

February 1, 2021

**The Pasta Shoppe**

**POB 159245**

**Nashville, TN 37215**

## Certificate of Kashrus

This is to certify that all products produced by The Pasta Shoppe at their facilities above, are certified Kosher.



**"Pasta" Pareve**

Expires February 1, 2022 and must be renewed at that time.

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Signature: *Rabbi Saal Strosberg*  
Rabbinic Administrator

**KOSHER INFORMATION**

**Kosher Pareve:** All Pasta with Personality®  
(pasta packaged alone) Pasta Ruffles,  
Healthy Grains, Pumpkins, and  
Seashells.

Our Soups, Collegiate, Chili, Salads and Mac  
that contain seasoning packets are not Kosher.