



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 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), may contain Spinach, Tomato or Beet Powders.

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
Calories 160 220		
	% 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.

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
Calories 100 150		
	% 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, 7g protein, 15 mg calcium, 1mg iron, and 73 mg potassium.

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
Calories 90 250		
	% 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.

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
Calories 160 220		
	% 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.

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
Calories 240 420		
	% 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.

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.





NUTRITIONAL INFO

Pastably the Best Sauce Ever RED SAUCE

Nutrition Facts	
Serving Size 1/2 cup (113g)	
Servings per container about 4.5	
Amount Per Serving	
Calories 80	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	6 %
Saturated Fat .5g	3 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 470mg	20 %
Total Carbohydrates 11g	4 %
Dietary Fiber 2g	9 %
Sugars 7g	
Protein 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

Pumpkin Patch

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 0mg	0%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 1mg	6%
Potassium 107mg	2%

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

Contains wheat.



Mighty Pasta

Nutrition Facts		
4 servings per container		
Serving size 2 oz dry mix (56g)		
Amount per serving		
Calories 180	320	
% Daily Value*		
	per 2 oz (56g)	per 3.5 oz (100g)
	% DV*	% DV*
Total Fat	1g	2g
Sat. Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	10mg	20mg
Total Carb.	38g	68g
Fiber	12g	21g
Total Sugars	1g	2g
Incl. Added Sugars	0g	0g
Protein	11g	20g
Vitamin D	0mcg	0mcg
Calcium	0mg	0mg
Iron	1mg	2mg
Potassium	110mg	196mg

Ingredients: wheat flour, durum wheat flour, pea protein, iron, niacin, thiamine, riboflavin, folic acid.

Contains wheat.

Organic Kids Pasta All Shapes

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 0mg	0%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 104mg	2%

Ingredients: organic durum wheat flour.

Contains wheat.



Sprouted Pasta

Nutrition Facts	
Serving Size 2 oz (57g)	
Servings per container 6	
Amount Per Serving	
Calories 170	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 40g	13 %
Dietary Fiber 7g	28 %
Sugars 0g	
Protein 9g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%

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

Calories per gram:
Fat: 9 • Carbohydrate 4 • Protein 4

Ingredients: sprouted whole wheat flour, water.

Contains wheat.



Spelt Pasta

Nutrition Facts	
Serving Size 2 oz (57g)	
Servings per container 6	
Amount Per Serving	
Calories 190	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	1 %
Total Carbohydrate 40g	13 %
Dietary Fiber 3g	12 %
Sugars 1g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%

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

Calories per gram:
Fat: 9 • Carbohydrate 4 • Protein 4

Ingredients: spelt wheat flour, water.

Contains wheat.



Good Day Pasta

Nutrition Facts	
about 4 servings per container	
Serving size 2 oz (56g/about 1 cup)	
Amount per serving	
Calories 190	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 24g	9%
Dietary Fiber 7g	25%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 24g	32%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 3.6mg	20%
Potassium 360mg	8%
Thiamin 0.14mg	10%
Riboflavin 0.07mg	6%
Niacin 1.3mg	8%
Folate 80mcg	DFE 20%

*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: wheat flour, durum wheat flour, chickpea protein, soy protein concentrate, wheat protein isolate, pea protein, xanthan gum, iron, niacin, thiamine, riboflavin, folic acid.

Contains wheat and soy.

Organic Kids Mac All Shapes

Nutrition Facts		
3.5 servings per container		
Serving size 2.9 oz dry mix (81g)		
About 1 cup prepared		
Amount per serving		
Calories 290	300	
% Daily Value*		
	Per Serving	As Prepared
	% DV**	% DV**
Total Fat 2.5g*	3%	3%
Sat. Fat 1g	5%	5%
Trans Fat 0g		
Cholesterol 5mg	2%	2%
Sodium 600mg	26%	27%
Total Carb. 56g	20%	21%
Fiber 3g	11%	11%
Total Sugars 7g		
Incl. Added Sugars 0g	0%	0%
Protein 11g		
Vitamin D 0mcg	0%	0%
Calcium 112mg	8%	10%
Iron 1mg	6%	6%
Potassium 284mg	6%	6%

*Amount in dry mix. As prepared with 6 tbsp low fat milk contributes an additional 10 mg sodium, 1 g total carbohydrate, 1 g total sugars, 1 g protein, 55 mg calcium, and 40 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: organic durum wheat flour, organic cheddar cheese seasoning (organic whey, organic dehydrated cheddar cheese (pasteurized organic milk, cheese culture, salt, enzymes), salt, contains 2% or less of: organic corn starch, organic non-fat dry milk, lactic acid powder, sodium phosphate, organic annatto extract added for color, organic sunflower oil to reduce dusting, silicon dioxide to reduce caking, organic natural flavor)

Contains wheat and milk.



NUTRITIONAL INFO

Good Day Pasta + Vegan Cheddar

Nutrition Facts

4 servings per container
Serving size 2 oz dry mix (57g / 1/4 box)
Makes about 1 cup

	As Packaged	As Prepared
Calories	190	260
	% DV*	% DV*
Total Fat	1.5g 2%	9g 12%
Saturated Fat	0g 0%	2g 10%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0g 0%
Sodium	390mg 17%	480mg 21%
Total Carbohydrate	26g 9%	26g 9%
Dietary Fiber	6g 21%	6g 21%
Total Sugars	1g	1g
Incl. Added Sugars	0g 0%	0g 0%
Protein	22g	22g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	54mg 4%	98mg 8%
Iron	3mg 15%	3mg 15%
Potassium	325mg 6%	341mg 8%

*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: pasta (wheat flour, durum wheat flour, chickpea protein, soy protein concentrate, wheat protein isolate, pea protein, xanthan gum, iron, niacin, thiamine, riboflavin, folic acid), sauce mix (maltodextrin, salt, corn starch, organic palm oil powder [organic palm oil, organic rice syrup solids, organic pea protein, tocopherols, organic rosemary extract], natural flavors, contains 2% or less of: lactic acid powder, safflower oil to reduce dusting, sunflower lecithin, silicon dioxide to reduce caking, organic annatto extract added for color, xanthan gum).

Contains wheat and soy.

Vegan Organic Mac UNDER THE SEA

Nutrition Facts

3 servings per container
Serving size 3 oz dry mix (85g)
About 1 cup prepared

	Dry Mix	As Prepared
Calories	310	390
	% DV*	% DV*
Total Fat	1.5g 2%	11g 14%
Sat. Fat	0g 0%	3g 14%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	500mg 22%	610mg 27%
Total Carb.	62g 23%	62g 23%
Fiber	3g 11%	3g 11%
Total Sugars	2g	2g
Incl. Added Sugars	0g 0%	0g 0%
Protein	10g	10g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	25mg 2%	84mg 6%
Iron	1mg 6%	3mg 15%
Potassium	144mg 4%	164mg 4%

*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: 100% durum wheat flour, vegan cheddar type seasoning (maltodextrin, salt, corn starch, organic palm oil powder [organic palm oil, organic rice syrup solids, organic pea protein, tocopherols, organic rosemary extract], natural flavors, contains 2% or less of: lactic acid powder, safflower oil to reduce dusting, sunflower lecithin, silicon dioxide to reduce caking, organic annatto extract added for color, xanthan gum).

Contains wheat.

Vegan Organic Mac PASTA RUFFLES

Nutrition Facts

2.5 servings per container
Serving size 3 oz dry mix (85g)
About 1 cup prepared

	Dry Mix	As Prepared
Calories	300	430
	% DV*	% DV*
Total Fat	1.5g 2%	13g 17%
Saturated Fat	0g 0%	3.5g 18%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	560mg 24%	730mg 32%
Total Carbohydrate	61g 22%	66g 24%
Fiber	3g 11%	3g 11%
Total Sugars	2g	2g
Incl. Added Sugars	0g 0%	0g 0%
Protein	10g	11g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	26mg 2%	98mg 8%
Iron	1mg 6%	1mg 6%
Potassium	142mg 4%	176mg 4%

*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: 100% durum wheat flour, vegan cheddar type seasoning (maltodextrin, salt, corn starch, organic palm oil powder [organic palm oil, organic rice syrup solids, organic pea protein, tocopherols, organic rosemary extract], natural flavors, contains 2% or less of: lactic acid powder, safflower oil to reduce dusting, sunflower lecithin, silicon dioxide to reduce caking, organic annatto extract added for color, xanthan gum).

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

May 1, 2022

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 facility above, are certified Kosher.



"Pasta" Pareve

Expires May 1, 2023 and must be renewed at that time.

Signature: *Rabbi Saal Strosberg*
Rabbinic Administrator

KOSHER INFORMATION

Kosher Pareve: All Pasta with Personality®
(pasta packaged alone) Pasta Ruffles,
Healthy Grains & Pumpkin Patch.

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