pasťabilities

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 Political Pasta, where we add a little bit of food coloring!

Pasta with Personality®

Nutrition Facts 7 servings per container Serving size 2 oz (56g) 200 **Calories** Total Fat 0.5g Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 5mg 0% Total Carbohydrate 41g 15% Dietary Fiber 2g 7% Total Sugars 1g Includes 0g Added Sugars 0% Vitamin D 0mcg 0% 2% Calcium 13mg 15% otassium 140mg

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.

Vineyard Salad

Nutrition Facts

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

Calories	160	As Prepared 220
	% DV**	% DV**
Total Fat 0.5g*	0%	9%
Sat. Fat 0g	0%	5%
Trans Fat 0g		
Cholesterol Omg	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		
151 1 2 2		
Vitamin D 0mcg	0%	0%
Calcium 9mg	0%	2%
Iron 2mg	10%	10%
Potassium 73mg	2%	4%
*Amount in dry mix. As pre	epared contribu	rtes an

additional 7 g lat, 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 days is used for openeral 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.

Chicken Noodle Soups

Nutritio 11 servings per Serv size 1/4 c dry About 1 cup pre	r contair / pasta &	ner
Calories	er Serving	As Prepared
	% DV**	% DV**
Total Fat 0g*	0%	3%
Sat. Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol Omg	0%	7%
Sodium 760mg	33%	40%
Total Carb. 19g	7%	8%
Dietary Fiber 1g	4%	7%
Total Sugars 1g		
Incl. Added Sugars ()g 0 %	0%
Protein 4g		
Vitamin D Omco	0%	0%
Calcium 7mg	0%	2%
Iron 1mg	6%	10%
Potassium 64mg	2%	2%
*Amount in dry mix. As pre additional 2 g fat, 20 mg ch total carbohydrate, 1g dieta calcium, 1mg iron, and 73 n **The % Daily Value tells you serving of food contributes to	olesterol, 150 of the sterol, 150 of the sterol of the ste	mg sodium, 2 ; tein, 15 mg nutrient in a

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.

day is used for general nutrition advice.

Contains wheat and sov.

Easy Cheesy Pasta FARM + SEA

Nutrition Facts
5 servings per container

Per	Serving	As Prepared
Calories 2	40	420
	% DV**	% DV**
Total Fat 1g*	1%	26%
Sat. Fat 0g	0%	60%
Trans Fat 0g		
Cholesterol Omg	0%	17%
Sodium 260mg	11%	12%
Total Carb. 49g	18%	18%
Dietary Fiber 3g	11%	11%
Total Sugars 4g		
Incl. Added Sugars Og	0%	0%
Protein 9g		
Vitamin D Omcg	0%	0%
Calcium 38mg	2%	6%
Iron 3mg	15%	15%
Potassium 186mg	4%	4%

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, mill

All Chilis

Nutrition Facts

% DV** 6% 8%
8%
8%
36%
13%
25%
4%
0%
6%
20%
10%

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.

Ruffles - Spinach

Mutuitian Easts

Serving size 2 oz (Jug
Calories 20	<u>)(</u>
%Daily V	alue
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	
Includes 0g Added Sugars	s 0 %
Protein 7g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 3mg	15%
Potassium 115mg	2%

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

Contains wheat.



Pastably the Best Sauce Ever RED SAUCE

Nutrition Fa Serving Size 1/2 cup (113 Servings per container ab	3g)
Amount Per Serving	041 110
Calories 80 Calories from	n 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% *Percent Daily Values are based	6

Ingredients: tomatoes, tomato puree, olive oil, garlic, turbinado sugar, onions, lemon juice, sea salt, dried basil, dried oregano, white pepper, citric acid.

Ruffles - Tri-Color

6 servings per Serving size	
Amount per servi	
	%Daily Value
Total Fat 0.5g	1
Saturated Fat 0	g 0
Trans Fat 0g	
Cholesterol 0mg	0
Sodium 10mg	0
Total Carbohydra	te 41g 15
Dietary Fiber 2g	7
Total Sugars 1g	
Includes 0g Ad	dded Sugars 0
Protein 7g	
Vitamin D 0mcg	0
Calcium 18mg	2
Iron 2mg	10
Potassium 109mg	2

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

Contains wheat.





pastabilities NUTRITIONAL INFO

Lower Cal Pasta

Nutrition Facts

about 4 servings per container Serving size 2 oz (56g/about 1 cup)

Calories

100

-	
% Daily \	Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 39g	14%
Dietary Fiber 27g	96%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	7%
Vitamin D 0mcg 0% • Calcium	0mg 0%
Iron 0.6mg 4% · Potassium	0mg 0%

*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: modified wheat starch, wheat flour, vital wheat gluten, enriched durum wheat flour (semolina, niacin, iron, thiamine mononitrate, riboflavin, folic acid), xanthan gum.

Contains wheat.



Protein Pasta

Nutrition Facts

about 4 servings per container Serving size 2 oz (56g/about 1 cup)

Amount per serving **Calories**

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 2	24g 9%
Dietary Fiber 7g	25%
Total Sugars 1g	
Includes 0g Adde	d 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 sov.

Fiber Pasta

Nutrition Facts

about 4 servings per container Serving size 2 oz (56g/about 1 cup)

Amount per serving Calories

180

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate	e 38g 14%
Dietary Fiber 12g	43%
Total Sugars 1g	
Includes 0g Add	ded Sugars 0%
Protein 11g	12%
Vitamin D 0mcq 0% •	Calcium 0mg 0%
Iron 1.1mg 6% •	Potassium 110mg 2%
Thiamin 0.26mg 20% •	Riboflavin 0.12mg 0%

Niacin 2.5mg 15% Folate 65mcg DFE 15% *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, pea protein, iron, niacin, thiamine, riboflavin, folic acid

Contains wheat



Sprouted Pasta

Nutrition Facts

Serving Size 2 oz (57g)

_	٠.	• 9 .	, p 0.	00	4
	-	ount	Dor	Comina	Ī

Calories 170 Calorie	s 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 9q

Vitamin A 0 % • Vitamin C 0 % • Iron 10% Calcium 2 %

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

Colorina nor a	vo mo i		
Dietary Fiber		25g	30g
Total Carbohyd	rate	300g	375g
Sodium	Less than	2400mg	2400m
Cholesterol	Less than		300mg
Saturated Fats	Less than	20g	25g
iolai ral	Less man	oog	oug

Fat: 9 • Carbohydrate 4 • Protein 4

Ingredients: sprouted whole wheat flour, water Contains wheat.



Pumpkin Patch

Nutrition Facts

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

Amount per serving

200 Calories

/0Daii	y 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 Sug	gars 0%

i iotom /g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 1mg	6%
Potassium 107mg	2%

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

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

Contains wheat.



Spelt Pasta

Nutrition Facts

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

Amount Per Serving

Calories 190	Calories	from	Fat	1
	%	Daily	Val	ue
Total Fat 1.	5g		2	9

Sodium 0mg	1 %
Cholesterol 0mg	0 %
Trans Fat 0g	
Saturated Fat 0g	0 %

Total Carbohydrate 40g 13 %

Dietary Fiber 3g 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

Total Fat	Less than	65g	80g
Saturated Fat	s Less thar	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohy	drate	300g	375g
Dietary Fiber		25g	30g
Calories per	gram:		
Fat: 9 • C	arbohvdra	te 4 • Pr	otein 4

Ingredients: spelt wheat flour, water

Contains wheat



Organic Kids Pasta **All Shapes**

Nutrition Facts

about 6 serv per container Serving size 2 oz (56g)

Amount per serving

Calories 20) (
%Daily Va	lue*
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%

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

Ingredients: organic durum wheat flour Contains wheat.



Organic Kids Mac All Shapes

Nutrition Facts

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

Calories	3	ory Mix	As Pre	BO
		% DV*		% DV*
Total Fat	1.5g	2%	9g	12%
Saturated Fat	0g	0%	5g	25%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	25mg	8%
Sodium	630mg	27%	640mg	28%
Total Carbohydrate	62g	23%	63g	23%
Dietary Fiber	3g	11%	3g	11%
Total Sugars	4g		4g	
Incl. Added Sugars	2g	4%	2g	4%
Protein	10g		10g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	39mg	4%	62mg	4%
Iron	1mg	6%	1mg	6%
Potassium	141mg	4%	166mg	4%

Ingredients: organic durum wheat flour, organic cheddar cheese seasoning (organic rice syrup solids, salt, organic cheese seasoning (organic rules synty) soules, san, organic cheddar cheese" (pasteurized organic milk, cheese culture, salt enzymes), organic powdered sugar (organic cane sugar, organic corn starch), organic corn starch, contains 2% or less of: organic non-fat dry milk, lactic acid powder, natural flavor, organic natural flavors, organic annatto extract added for color, sodium phosphate, organic sunflower oil to reduce dusting, silicon dioxide to reduce caking.} *dehydrated.

general nutrition advice

Contains wheat and milk

Cheese mix made in a facility that also processes eggs, fish, tree nuts, soybeans and sesame.



NUTRITIONAL INFO

Protein Pasta + Vegan Cheddar

Nutrition Facts

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

0-1	As Pac	kaged	As Pre	pared
<u>Calories</u>	13	<u> </u>	26	<u>JU</u>
		% 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 yo	u how muc	h a nutrie	nt in a serv	ing of

*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 (malfodestrin, salt, corn starch, organic palm oil powder [organic palm oil, organic rice syrup solids, organic pae 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 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	31	<u>0</u>	3	<u>90</u>		
	9	6 DV*		% DV*		
Total Fat	1.5g	2%	11g	14%		
Sat. Fat	0g	0%	3g	15%		
Trans Fat	0g		0g			
Cholesterol	0mg	0%	0mg	0%		
Sodium	500mg	22%	610m	g 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	g 0%		
Calcium	25mg	2%	84m	9 6%		
Iron	1mg	6%	3mg	15%		
Potassium	144mg	4%	164m	ıg 4%		
*The % Daily Value tells you how much a nutrient in a						

*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, niacin, iron, thiamin, inboflavin, folic acid, vegan cheddar type seasoning (maltodextrin, salt, corn starch, organic palm oil powder forganic palm oil, organic fee syrup solids, organic paa protein, tocopherols, organic rosemary extractl, 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 cheese mix made in a facility that also processes milk, eggs, fish, tree nuts, wheat, soybeans and sesame.

Vegan Mac PASTA RUFFLES

Nutrition Facts

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

Calories	30	00 00	As Pre	30 30
		% 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: wheat flour, niacin, iron, thiamin, riboflavin, folic acid, vegan cheddar type seasoning (maltodextrin, salt, corn starch, organic palm oil powder lorganic palm oil, organic rice syrup solids, organic pea protein, tocopherols, organic rosemary extractl, 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 cheese mix made in a facility that also processes milk, eggs, fish, tree nuts, wheat, soybeans and sesame.



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, 2023

The Pasta Shoppe POB 159245 Nashville, TN 37215

Certificate of Kashrus

This is to certify that all pasta products made by The Pasta Shoppe at their facility above, are certified Kosher.



Expires May 1, 2024 and must be renewed at that time.

Signature: Rabbi Saul Strosberg

Rabbinic Administrator

KOSHER INFORMATION

Kosher Pareve: All Pasta with Personality® (pasta packaged alone), Pasta Ruffles, Better for You, & Pumpkin Patch.

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