



al moro

If you have any questions about allergens or ingredients
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Nutrition Facts and Ingredients

Banza Chickpea Penne Pasta

Nutrition Facts	
1 serving per container	
Serving size	8 oz (227g)
Amount Per Serving	
Calories	770
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 142g	52%
Dietary Fiber 20g	71%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 45g	
Vitamin D 0mcg	0%
Calcium 160mg	10%
Iron 12.1mg	70%
Potassium 2110mg	45%

* The % Daily Value (DV) 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: CHICKPEAS, PEA STARCH,
TAPIOCA, XANTHAN GUM

Cavatappi Pasta

Nutrition Facts	
1 serving per container	
Serving size	7 oz (199g)
Amount Per Serving	
Calories	710
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 142g	52%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 6.4mg	35%
Potassium 500mg	10%

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INGREDIENTS: CAVATAPPI PASTA (DURUM
WHEAT SEMOLINA, VITAMINS [NIACIN,
THIAMINE MONONITRATE, RIBOFLAVIN,
FOLIC ACID], IRON [FERROUS LACTATE])

CONTAINS: WHEAT

Bowtie Pasta

Nutrition Facts	
1 serving per container	
Serving size	6 oz (170g)
Amount Per Serving	
Calories	600
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 125g	45%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 5.4mg	30%
Potassium 330mg	6%

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INGREDIENTS: SEMOLINA (WHEAT), NIACIN,
FERROUS SULFATE (IRON), THIAMIN
MONONITRATE, RIBOFLAVIN, FOLIC ACID

CONTAINS: WHEAT



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Nutrition Facts and Ingredients

Pesto-Alfredo Sauce

Nutrition Facts	
1 serving per container	
Serving size	2 oz (57g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 0.3mg	2%
Potassium 40mg	0%

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INGREDIENTS: MODIFIED CORNSTARCH, MALTODEXTRIN, SOYBEAN OIL, WHEY, PALM OIL, CANOLA OIL, PARMESAN, CHEDDAR, AND ROMANO CHEESE SOLIDS (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), NONFAT DRIED MILK, YEAST EXTRACT, SODIUM CASEINATE (A MILK DERIVATIVE), WHEY PROTEIN CONCENTRATE, SALT, 2% OR LESS OF CELLULOSE GEL, ENZYME MODIFIED CREAM, SODIUM PHOSPHATE, SODIUM CITRATE, CALCIUM LACTATE, ENZYME MODIFIED MILK FAT, LACTIC ACID, XANTHAN GUM, DEXTROSE, SODIUM ALGINATE, ENZYME MODIFIED NONFAT MILK, BUTTER (CREAM, SALT), NATURAL FLAVORS, ANNATTO & TURMERIC, HYDROLYZED CASEIN, DISODIUM ISOSINATE, SPICES, CALCIUM ALGINATE, DISODIUM GUANYLATE, SUNFLOWER OIL, BASIL, CHEESE (MILK, SALT, RENNET, LYSOZYME FROM EGG), SALT, EXTRA VIRGIN OLIVE OIL, VEGETABLE FIBER, FRUCTOSE, GARLIC, ASCORBIC ACID

CONTAINS: MILK, EGG, SOY

Aglio E Olio

Nutrition Facts	
1 serving per container	
Serving size	2 oz (60g)
Amount Per Serving	
Calories	430
% Daily Value*	
Total Fat 49g	63%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.1mg	0%
Potassium 20mg	0%

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INGREDIENTS: OLIVE OIL, GARLIC, RED PEPPER FLAKES

Arrabiata Sauce

Nutrition Facts	
50 servings per container	
Serving size	4 oz (72g)
Amount Per Serving	
Calories	60
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 3g	1%
Dietary Fiber <1g	3%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 20mg	0%

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INGREDIENTS: RAO'S MARINARA SAUCE, ONIONS (ONIONS, OLIVE OIL), OLIVE OIL, GARLIC, RED PEPPER FLAKES, BASIL, KOSHER SALT, BLACK PEPPER



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Nutrition Facts and Ingredients

Portobello Mushroom Ravioli

Nutrition Facts	
1 serving per container	
Serving size	3 Ravioli (90g)
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 280mg	12%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 0.7mg	4%
Potassium 320mg	6%

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INGREDIENTS: RICOTTA CHEESE (PASTEURIZED MILK, PASTEURIZED WHEY, PASTEURIZED CREAM, VINEGAR, SALT), ENRICHED SEMOLINA FLOUR (SEMOLINA FLOUR [NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, PORTOBELLO MUSHROOMS, CRIMINI MUSHROOMS, CAGE FREE EGGS, PARMESAN CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, AND ENZYMES), SALT, GARLIC POWDER, STABILIZERS (XANTHAN GUM, LOCUST BEAN GUM, GUAR GUM), NATURAL FLAVORS, SPICES, BETA CAROTENE

CONTAINS: MILK, EGG, WHEAT

Vegan Meatballs

Nutrition Facts	
1 serving per container	
Serving size	3 Meatballs (90g)
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	17%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2mg	10%
Potassium 370mg	8%

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INGREDIENTS: WATER, TEXTURED SOY PROTEIN CONCENTRATE, CANOLA OIL, VITAL WHEAT GLUTEN, SOY PROTEIN ISOLATE, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), 2% OR LESS OF: METHYLCELLULOSE, SALT, BARLEY MALT EXTRACT, ONION POWDER, YEAST EXTRACT, SPICES, GARLIC POWDER, FENNEL, NATURAL FLAVORS, CANE SUGAR, CRUSHED RED PEPPER, YEAST

CONTAINS: WHEAT, SOY

Italian Sausage

Nutrition Facts	
1 serving per container	
Serving size	3 oz (85g)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 27g	35%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 620mg	27%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 220mg	4%

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INGREDIENTS: PORK, WATER, CORN SYRUP SOLIDS, SALT, DEXTROSE, SPICES, PAPRIKA, MONOSODIUM GLUTAMATE, NATURAL FLAVORS, BHA, CITRIC ACID, PROPYL GALLATE



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Nutrition Facts and Ingredients

Diced Chicken

Nutrition Facts	
1 serving per container	
Serving size	3 oz (84g)
Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.5mg	4%
Potassium 0mg	0%
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INGREDIENTS: CHICKEN



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Nutrition Facts and Ingredients

Roasted Chickpeas

Nutrition Facts	
8 servings per container	
Serving size	2 Tbsp (56g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.7mg	4%
Potassium 90mg	2%
* The % Daily Value (DV) 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: CHICKPEAS, OLIVE OIL, PAPRIKA, KOSHER SALT, BLACK PEPPER, GARLIC POWDER, CAYENNE PEPPER

Roasted Mushrooms

Nutrition Facts	
17 servings per container	
Serving size	2 Tbsp (58g)
Amount Per Serving	
Calories	40
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 240mg	6%
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INGREDIENTS: MUSHROOMS, OLIVE OIL, PARSLEY, KOSHER SALT, TARRAGON, BLACK PEPPER, CHIVES, THYME, ROSEMARY

Tiramisu

Nutrition Facts	
1 serving per container	
Serving size	3 oz (85g)
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 45mg	2%
Total Carbohydrate 30g	11%
Dietary Fiber 1g	4%
Total Sugars 18g	
Includes 15g Added Sugars	30%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.9mg	10%
Potassium 0mg	0%
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INGREDIENTS: CREAM, EGGS, DARK CHOCOLATE, GRANULATED SUGAR, LADYFINGERS, UNBLEACHED WHEAT FLOUR, COFFEE EXTRACT, RUM, GELATIN, BAKING POWDER, MARSALA, CANOLA OIL, COCOA POWDER, MASCARPONE CHEESE

CONTAINS: MILK, EGG, WHEAT