

Barilla Chickpea Orzo

Nutrition Facts

5 servings per container

Serving size 2 oz (56g)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 34g 12%

Dietary Fiber 8g 29%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 0mcg 0%

Calcium 29mg 2%

Iron 3mg 15%

Potassium 622mg 15%

Magnesium 71mg 15%

Zinc 2mg 20%

*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.