


**GFS Medium Seashell Pasta, 5 Lb Bag, 4/Case**Item Number: 413330  

These quality, ridged seashells are made from 100 percent durum wheat semolina and have a nut-like flavor, ideal in soups, baked dishes, or salads.

- Contains zero grams trans fat
- Sodium-free
- Enriched with iron and B vitamins


Case (4/5 Pound Bag)  

\$0.08/oz

**\$26.02**[Print](#)

## Nutrition

Based On:

AP Pasta Shells, Med, Dry, GFS 

Rounding:

On 

### Ingredients

Durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated April 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

### Nutrition Facts

Serving Size 2 oz (56g)	
Amount Per Serving	
Calories 210	Calories From Fat 9
% Daily Value *	
<b>Fat</b> 1g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	n/a
<b>Sodium</b> 0mg	n/a
<b>Potassium</b>	n/a
<b>Carbohydrates</b> 42g	14%
Fiber 2g	8%
Sugar 3g	
<b>Protein</b> 7g	14%
Vitamin A 10% Vitamin C 0% Calcium 0% Iron 10%	
* Based on a 2000 calorie diet	
<b>Calories Per Gram:</b>	
Fat: 9 Carbohydrates: 4 Protein: 4	

**School Equivalents:**

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

**Water Soluble Vitamins:**

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

**Updated For New Final Rule:**

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

**Fat Soluble Vitamins:**

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

**Minerals:**

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a