



Soy & Tofu Pasta

HIGH PROTEIN / CARB CONSCIOUS



Soy/SEMOLINA BLEND PASTA



TOFU PASTA

Nutritional Information (serving size 58 g)

calories	170	
calories from fat	20	% Daily Value
total fat	2g	3%
saturated fat	0g	0%
cholesterol	0mg	0%
sodium	140mg	6%
total carbohydrate	12g	4%
dietary fiber	3g	13%
sugars	2g	
protein	18g	

Only 9 net carbs per serving.
 1/3 of the carbohydrates and more than twice the protein of regular pasta.

Available in all short pasta shapes & selected long pasta cuts.

See short pasta sheet for various shapes.

Nutritional Information (serving size 58 g)

calories	170	
calories from fat	10	% Daily Value
total fat	1g	1%
saturated fat	0g	0%
cholesterol	0g	0%
sodium	20g	0%
total carbohydrate	28g	9%
dietary fiber	2g	7%
sugars	2g	
protein	7g	

Low fat & low sodium.
100% Vegan. Non Dairy.

Available in all short shapes and Long Pasta cuts.

Refer to respective info sheets for varieties.

LILLY'S PASTA
GASTRONOMIA ITALIANA

3519 W. Commonwealth Ave. #L
 Fullerton Ca. 92833

Phone: (714) 773 1977
 Fax: (714) 773 5295
 Email: info@lillyspasta.com

Compare to traditional egg pasta:

calories	180	
calories from fat	15	% Daily Value
total fat	1.5g	3%
saturated fat	0g	0%
cholesterol	40g	14%
sodium	10g	0%
total carbohydrate	35g	12%
dietary fiber	3g	11%
sugars	1g	
protein	7g	