

Pasta

Item	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs Total	Dietary Fiber	Protein	Vitamin A	Vitamin C	Calcium	Iron
Small Spaghetti (Pasta Only)	10 oz	420	2	0	0	1415	84	4	14	0%	0%	0%	20%
Large Spaghetti (Pasta Only)	14 oz	588	3	0	0	1981	118	6	20	0%	0%	0%	28%
Child Spaghetti (Pasta Only)	5.5 oz	231	1	0	0	778	46	2	8	0%	0%	0%	11%
Side Spaghetti (Pasta Only)	5.5 oz	231	1	0	0	778	46	2	8	0%	0%	0%	11%
Small Tortellini (Pasta Only)	4.75 oz	279	6	3	32	559	46	1	11	3%	3%	8%	13%
Large Tortellini (Pasta Only)	7 oz	412	8	4	47	824	67	2	17	4%	4%	11%	19%
Child Tortellini (Pasta Only)	3.5 oz	206	4	2	23	412	34	1	8	2%	2%	6%	9%
Side Tortellini (Pasta Only)	3.5 oz	206	4	2	23	412	34	1	8	2%	2%	6%	9%
Small Meat Ravioli (Pasta Only)	4.5 oz	264	3	3	57	370	36	2	11	5%	13%	7%	13%
Large Meat Ravioli (Pasta Only)	6.25 oz	367	4	4	79	513	50	2	16	7%	18%	10%	18%
Child Meat Ravioli (Pasta Only)	3.25 oz	191	2	2	41	267	26	1	8	4%	10%	5%	10%
Side Meat Ravioli (Pasta Only)	3.25 oz	191	2	2	41	267	26	1	8	4%	10%	5%	10%
Small Cheese Ravioli (Pasta Only)	5 oz	265	9	5	82	296	35	2	13	8%	2%	20%	10%
Large Cheese Ravioli (Pasta Only)	7.5 oz	398	14	7	122	444	52	3	20	12%	3%	31%	15%
Child Cheese Ravioli (Pasta Only)	3.75 oz	199	7	3	61	22	26	2	10	6%	2%	15%	8%
Side Cheese Ravioli (Pasta Only)	3.75 oz	199	7	3	61	22	26	2	10	6%	2%	15%	8%
Fettuccini Alfredo	1 ea	532	8	4	25	1714	89	4	22	7%	1%	29%	22%
Chicken Parmigiana (Small)	1 ea	594	12	4	68	2070	84	9	44	30%	20%	16%	28%
Chicken Parmigiana (Large)	1 ea	971	21	8	134	3531	129	14	80	43%	23%	39%	45%
Chicken Tenders	1 ea	815	20	3	61	2052	115	13	43	28%	14%	6%	31%
Lasagna (Pasta Only)	1 ea	598	30	16	148	744	47	6	46	40%	16%	89%	18%
Vegetable Lasagna (Pasta Only)	1 ea	506	25	15	91	1011	41	1	28	21%	6%	63%	8%

This nutritional information is based on standard recipes and product formulas. Some variation may occur due to season, supplier, and minor differences in product assembly.

Avanti's Italian Restaurant - Pasta

Item	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs Total	Dietary Fiber	Protein	Vitamin A	Vitamin C	Calcium	Iron
Alfredo Sauce	6 oz	112	6	4	25	299	5	0	8	7%	1%	29%	1%
Marinara Sauce	7 oz	121	4	1	2	199	18	5	4	29%	16%	4%	7%
Meat Sauce	7 oz	175	9	3	24	195	14	4	8	22%	11%	3%	9%
Chicken Breast	1 ea	120	3.5	1	55	640	1	2	23	2%	2%	2%	6%
Chicken Tenders	2 pcs	250	10	1.5	40	500	22	4	19	2%	0%	2%	6%
Meatballs	2 ea	153	11	4	57	106	4	0	10	2%	2%	2%	7%

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