

Food Item	Serving size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C % DV	Calcium %DV	Iron % DV
Sauces																
Alfredo	1/2 c	120	60	7	4	0	20	380	8	0	4	8	8	8	15	2
Bolognese w/ pork	1/2 c	440	280	31	9	0.5	85	1230	12	2	4	26	110	15	10	15
Bolognese ragu w/ pork	1/2 c	180	140	16	7	0	45	250	4	<1	1	6	30	4	4	4
Chicken alfredo	1/2 c	140	70	8	3.5	0	60	260	5	0	3	13	4	4	10	4
Creamy pesto	1/2 c	150	90	10	4.5	0	20	410	8	0	4	8	10	8	15	2
Creole	1/2 c	70	40	4.5	3	0	10	370	6	1	4	1	15	25	4	4
Gorgonzola tomato	1/2 c	340	280	31	16	0	60	420	10	2	4	8	40	15	20	8
Italian pork sausage	1/2 c	130	50	6	1.5	0	5	550	17	2	10	4	25	40	2	8
Marinara	1/2 c	100	30	3.5	0.5	0	0	430	17	2	10	2	25	40	2	8
Mushroom	1/2 c	90	25	3	0	0	0	360	16	2	9	2	20	40	2	6
Pesto w/ pine nuts	1 T.	140	130	14.5	2	0	5	150	1	<1	0	1	13	0	5	1
Red lentil	1/2 c	130	45	5	0.5	0	0	300	17	4	5	4	35	35	2	10
Roasted red pepper & tomato	1/2 c	100	25	2.5	0	0	0	250	16	2	9	2	70	175	2	4
Salsa alla Capricciosa w/ pork	1/2 c	100	15	1.5	0	0	0	380	18	2	8	3	25	45	0	4
Sausage/artichoke/tomato pesto	1/2 c	130	60	7	2.5	0	15	900	10	2	5	6	10	20	2	8
Spicy tomato olive	1/2 c	100	50	5	1	0	0	710	6	3	3	2	10	15	6	2
Sundried tomato pesto	1/4 c	210	190	21	3	0	0	210	6	1	4	2	4	8	2	6
Tomato/olive/lemon pesto	1 T.	45	40	4.5	0.5	0	<5	125	2	<1	<1	<1	2	10	2	2
Vodka	1/2 c	200	60	7	4.5	0	25	170	8	1	4	4	20	10	8	4

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For allergen concerns please contact Dining Services at 641-269-3661.

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Pastas																
Cheese ravioli	4 oz	210	60	7	4	0	50	310	28	2	2	9	8	2	10	4
Cheese tortellini	4 oz	230	50	6	2.5	0	40	640	34	4	2	9	4	2	8	8
Meat ravioli	6	220	90	10	3	0	110	850	19	<1	0	14	4	0	4	15
Pasta, all shapes, unfilled	4 oz	190	20	2	0	0	0	0	35	2	<1	7	0	0	0	8
Toppings																
Basil	2 T	1	0	0	0	0	0	0	0	0	0	0	6	2	1	1
Black olives	2 T	25	23	2.5	0	0	0	115	1	0	0	0	0	0	0	0
Broccoli	1/2 c	10	0	0	0	0	0	10	2	1	0	1	22	55	2	2
Carrot, shredded	1/4 c	11	0	0	0	0	0	19	3	1	1	0	92	3	1	0
Garlic	1 t	4	0	0	0	0	0	0	1	0	0	0	0	1	0	0
Green pepper	2 T	4	0	0	0	0	0	0	1	0	0	0	2	24	0	0
Ground beef	2 oz	160	90	10	4	0	50	340	0	0	0	16	0	0	0	8
Italian meatballs w/ pork	3	240	170	19	7	0.5	45	580	5	1	1	11	2	2	4	10
Mushroom	1/4 c	4	0	0	0	0	0	1	1	0	0	0	0	0	0	0
Onion	2 T	8	0	0	0	0	0	1	2	0	1	0	0	2	0	0
Spinach	1/2 c	3	0	0	0	0	0	12	1	0	0	0	28	7	2	3

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