

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 |
|-----------------------------------|--------------|----------|-----------|---------------|-------------|--------|-------------|---------------|---------|-----------|-----------|---------|------|
| 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.

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| 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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