

## PASTA SPECS

TYPE	PACKAGING	BENEFITS	RANGE IN MINS.
Fettuccine	16 oz. (8 x servings)	Great Source of Energy Low Glycemic Index, Keeping you fuller longer Enriched with Iron & B Vitamins Made with Non-GMO Ingredients	12-13 mins
Fettuccine Rigate	14.5 oz. (7 x servings)	Great Source of Energy Low Glycemic Index, Keeping you fuller longer Enriched with Iron & B Vitamins Made with Non-GMO Ingredients	8-9 mins
Liguine	16 oz. (8 x servings)	Great Source of Energy Low Glycemic Index, Keeping you fuller longer Enriched with Iron & B Vitamins Made with Non-GMO Ingredients	9-10 mins
Spaghetti	12 oz. ( 6 x servings)	Classic Pasta taste & texture Delicious Blend of Corn & Rice Certified Gluten Free Made with Non-GMO Ingredients Produced on a dedicated Gluten Free line Pasta the whole family can enjoy	10-11 mins
Whole Grain Spaghetti	16 oz. (8 x servings)	Made with 100% Whole Wheat Good source of Fiber Delicious taste & texture	7-8 mins