

# WHOLE GRAIN ROTINI ("ROH-TEE-NEE")

Barilla® Whole Grain pasta is made with one simple ingredient, whole grain durum wheat flour, and provides the same great taste, "al dente" texture, and quality you have come to expect from Barilla, Italy's #1 brand of pasta. Our Whole Grain Rotini is a delicious, excellent source of fiber and delivers 56g of whole grain in each serving. Healthy eating never tasted so good!

Barilla Whole Grain pasta is made with non-GMO ingredients. For more information, please read our [position](http://www.barillagroup.com/en/our-position). (<http://www.barillagroup.com/en/our-position>)

## PERFECT FOR ...

Rotini is a corkscrew-shaped pasta that originated in Northern Italy. It's shape was inspired by watching children playing - always in motion just like the spirals of Rotini. The twists of the Rotini allow it to effortlessly hold more sauce, making this shape a great complement for pasta salads or any tomato-based sauce.

## ABOUT



[Short \(/en-us/product-results/pasta/shape/short/\)](/en-us/product-results/pasta/shape/short/)



Whole Grain Pasta



Cooks in 9 - 10 minutes



PACK SIZE(S)

16 oz. (8 x servings)



RANGE

[Whole Grain \(/en-us/product-results/pasta/range/whole-grain/\)](/en-us/product-results/pasta/range/whole-grain/)

## BENEFITS



Made with 100% Whole Wheat



Good source of Fiber



Delicious taste & texture



## SUITABLE FOR

 Vegetarian

 Lactose Free

 Peanut Free

 Tree Nut Free

 Fish Free

 Shell Fish Free

 Soy Free

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## INGREDIENTS & NUTRITION

**Ingredients:** WHOLE GRAIN DURUM WHEAT FLOUR.

NUTRITION VALUES	UNITS (per 2 oz )	DAILY VALUE %
Calories	180	N/A
Fat Cal	14	N/A
Total Fat	1.5 g	2 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 %
Sodium	0 mg	0 %
Potassium	274 mg	6 %
Total Carbohydrate	39 g	14 %
Dietary Fiber	7 g	25 %
Soluble Fiber	2 g	N/A
Insoluble Fiber	5 g	N/A
Sugar	1 g	N/A
Protein	8 g	N/A
Vitamin A	0 %	N/A
Vitamin C	0 %	N/A
Calcium	2 %	N/A
Iron	10 %	N/A
Vitamin D	0 %	N/A
Thiamin	40 %	N/A
Riboflavin	25 %	N/A
Niacin	45 %	N/A
Folate	20 %	N/A
Phosphorous	20 %	N/A
Magnesium	15 %	N/A
Zinc	20 %	N/A
Manganese	70 %	N/A

### Allergen Values (FDA)

**Contains:** Wheat, Cereals w Gluten

**May Contain:** Eggs

**Free From:** Peanuts, Tree Nuts, Milk, Fish, Molluscs, Crustacean, Soy

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## COOKING & MEASURING

No. of Adults: 2

Salt will help flavor the pasta, but avoid adding oil as your sauce won't stick.

112 grams / 3.92 ounces / 1 9.6/10 cups

## COOKING YOUR PASTA

- 1 Bring 4 - 6 quarts of water to a rolling boil, add salt to taste.
- 2 Add contents of package to boiling water. Stir gently.
- 3 Return to a boil. For authentic "al dente" pasta, boil uncovered, stirring occasionally for 9 minutes. For more tender pasta, boil an additional 1 minute.
- 4 Remove from heat. Drain well.
- 5 Serve immediately with your favorite Barilla sauce.



## ABOUT US

Over 140 years of Italian passion goes into our products

[LEARN MORE \(HTTP://WWW.BARILLAGROUP.COM/HISTORY\)](http://www.barillagroup.com/history)