

KEEP REFRIGERATED



DO NOT EAT RAW NOODLES

**EXCEPTIONALLY CURIOUS NOODLES.** That's what the Noodlers at Dumpling & Strand seek in every batch of our fresh-made noodles (never dried, always fresh!). Masters at creating noodles with a heavenly taste and toothsome bite, these Minnesota Noodlers focus on *curious grains*, *curious shapes* and *curious techniques*—thus forever changing the role of noodles on your plate.

**SPROUTED BROWN RICE GLUTEN-FREE CAVATAPPI:** “What, the sprouted what?”, you say? Yep. Sprouted. Rice. RICE. A Cal-Rose varietal whole grain brown rice, to be exact. (Say that 3 timeas fast.) Sprouting the rice offers a slightly nuttier—and dare we say—more “wheat-like” flavor profile than standard brown rice flour, creating a texture-rich noodle with an authentic bite. This quirky corkscrew of a noodle has led to exclamations such as: “Whoa! This is gluten-free?!” or “Huzzah! I get to eat pasta again!” We’re proud to present this innovative gluten-free pasta — one that pairs well with simple sauces and traditional ingredients.

Visit [DUMPLINGANDSTRAND.COM](http://DUMPLINGANDSTRAND.COM) for more pairing ideas and recipes. *Always share with friends or family!*

### COOKING INSTRUCTIONS:

FROM REFRIGERATOR:\*

- 1) Put 4 qts of water and 3 tsps of salt into a large pot.
- 2) Bring to a vigorous **ROLLING BOIL**.
- 3) Gently loosen noodle bundle and place into the boiling water for **2 MINUTES**.
- 4) Drain. Immediately add oil, sauce or finish in pan.

\* IF FROZEN: thaw in refrigerator overnight for best results.

**INGREDIENTS:** SPROUTED WHOLE GRAIN BROWN RICE FLOUR, EGGS, SWEET RICE FLOUR, POTATO STARCH, FILTERED WATER, ORGANIC WHOLE GRAIN CORN FLOUR, ORGANIC TAPIOCA STARCH, CASSAVA FLOUR, SEA SALT, NON-GMO XANTHAN GUM, GLUCONO DELTA LACTONE (A NATURAL ACIDIFIER FOUND IN HONEY & WINE).

CONTAINS EGG INGREDIENTS. MADE IN A FACILITY WHERE TREE NUTS ARE USED

## Nutrition Facts

Serving Size 3 oz (85g)

Servings Per Container 3

### Amount Per Serving

**Calories** 225 Calories from Fat 9

**% Daily Values\***

**Total Fat** 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Sodium** 352mg **15%**

**Total Carbohydrate** 44g **15%**

Dietary Fiber 5g **20%**

Sugars 0.5g

**Protein** 8g **16%**

\*Percent Daily Values are based on a 2,000 calorie diet.



LOT: SBRGFC17

USE OR FREEZE BY THE DATE ON THIS PACKAGE