

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 FETTUCCINE: “What, the sprouted what?”, you say? Yep. Sprouted. Rice. RICE. A Cal-Rose varietal whole grain brown rice, to be exact. (Say that 3 times 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 handsome strand 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 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.



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USE OR FREEZE BY THE DATE ON THIS PACKAGE