

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.

**GLUTEN-FREE BUCKWHEAT SOBA:** The majority of soba on the grocery shelves today contain only a small percentage of buckwheat flour—a shame, since buckwheat (a seed related to rhubarb) is naturally gluten-free. So we present this curiously delightful gluten-free noodle, made of 100% organic and fresh-milled buckwheat flour, and featuring herbaceous aromas and peppery flavors. These texture-rich and toothsome noodles complement any dish, whether served in hot broths, pan fried yakisoba, or even cold salads.

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:** ORGANIC BUCKWHEAT FLOUR, EGG WHITE, NON-GMO XANTHAN GUM, SEA SALT, GLUCONO DELTA LACTONE (A NATURAL ACIDIFIER FOUND IN HONEY AND WINE), RICE FLOUR (USED AS DUSTING).

MADE IN A FACILITY WHERE EGGS AND TREE NUTS ARE USED.

## Nutrition Facts

Serving Size 3 oz (85g)

Servings Per Container 3

### Amount Per Serving

<b>Calories</b> 200	Calories from Fat 18
	<b>% Daily Values*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 42g	<b>14%</b>
Dietary Fiber 11g	<b>44%</b>
Sugars 0g	
<b>Protein</b> 8.5g	<b>17%</b>

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



LOT: BSGF17

USE OR FREEZE BY THE DATE ON THIS PACKAGE