

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 WHOLE WHEAT EXTRA THICK SPAGHETTI: If whole-grains cause you wary hesitation, we're here to tempt you back to the light. Cuz we've heard it all: "Ugh. Whole wheat is flat!" "Ew, it's like eating cardboard!" Now you can say "HELLO LOVELY" with this familiar form that boasts a light hint of sweetness from freshly-milled sprouted organic red spring wheat. The result is a robust and nutty noodle. Best of all? It retains a toothsome chew without being gritty. Or flat. Get down on that, Jack! As do all our noodles, they pair well with fresh ingredients and simple sauces.

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: ORGANIC STONE MILLED SPROUTED WHOLE WHEAT FLOUR, DURUM SEMOLINA (DURUM WHEAT, NIACIN, IRON, THIAMIN, RIBOFLAVIN, FOLIC ACID), FILTERED WATER, MALT EXTRACT, SEA SALT, GLUCONO DELTA LACTONE (A NATURAL ACIDIFIER FOUND IN HONEY AND WINE).

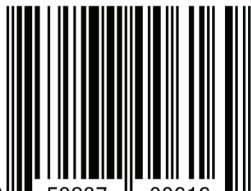
CONTAINS WHEAT INGREDIENTS. MADE IN A FACILITY WHERE TREE NUTS ARE USED.

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: SWWS17

USE OR FREEZE BY THE DATE ON THIS PACKAGE