



BARILLA
F5E378 - Pasta Legume Chickpea Spec

Barilla Chickpea Rotini: Made with 1 simple ingredient, the only plant-based protein pasta with a taste and texture that delights everyone's palates from the adventurous to even the most particular. Perfected by the Barilla Masters of Pasta, this healthy pasta is made entirely with high protein chickpeas. A nutritional powerhouse, this pasta serves up a meal that'll make you feel as good as it tastes. Just like you would for traditional pasta, boil in water for 7-9 minutes for a perfectly al dente rotini. Mix it up with all kinds of vegetables, sauces, and fish for a new experience every night! Whether you're looking for gluten-free pasta or following a plant-based or vegan diet, experience the difference of Barilla Chickpea Pasta: Your taste buds will thank you. Rotini is a corkscrew-shaped pasta that originated in Northern Italy. The twists of the Rotini allow it to effortlessly hold more sauce, can be served in a variety of ways with your favorite Barilla Pasta sauce.



* Benefits

Made entirely with one simple ingredient: chickpeas, for a deliciously wholesome taste and texture in your pasta experience
Barilla Legume Pasta that is loaded with plant-based protein, fiber, and minerals
Delicious protein-rich veggie pasta that's naturally gluten free, certified non-GMO, and without sodium or cholesterol
Quick, flavorful, and healthy: Boil for just 7-9 minutes for a delightfully al dente rotini that pairs with an endless array of vegetables, sauces, and fish

Ingredients

CHICKPEA FLOUR

⚠ Allergens

Free From:

- crustaceans
- mollusks
- eggs
- fish
- milk
- peanuts
- soy
- tree nuts
- wheat

Nutrition Facts

Servings per Container 4.5
Serving size 2oz(56g)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 34g	12%
Dietary Fiber 8g	29%
Total Sugars 2g	
Includes 2g Added Sugar	4%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 3mg	17%
Potassium 622mg	13%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Storage: Store in dry environment at an ambient temperature.

Serving Suggestions

Serve with your favorite sauce

Prep & Cooking Suggestions

Bring 4-6 quarts of water to a boil. Add pasta to boiling water. Boil for 11 minutes stirring occasionally. Drain well.

📄 Product Specifications

Brand	Manufacturer	Product Category
BARILLA	Barilla America, Inc.	Grocery

MFG #	SPC #	GTIN	Pack	Pack Desc.
1000016089	F5E378	10076808008484		cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
6.5lb	5.5lb	No	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
7.81in	11.75in	7.94in	0.42ft3	20x6	360DAYS	50°F / 72°F



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Nutrition Analysis - By Serving

Calories	190	Total Fat	3.5g	Sodium	0mg
Protein	11	Trans Fats	0g	Calcium	29mg
Total Carbohydrates...	34g	Saturated Fat	0.5g	Iron	3mg
Sugars	2g	Added Sugars	2g	Potassium	622mg
Dietary Fiber	8g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

