

# VEGETABLE-BASED PASTAS

Product	Serving Size (dry unless otherwise noted)	Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Protein (g)	Fiber (g)	Gluten-Free	Organic	Enriched
Al Dente Green Pea + Wild Garlic Pasta	1 ¼ cups	190	1	1	0	12	4	Yes	Yes	No
Thrive Miracle Noodle Spinach Shirataki	3 oz	15	0	0	0	<1	0	Yes	No	No
Eden Foods Vegetable Spirals	1 cup	200	1	0	20	8	2	No	Yes	No
Al Dente Chickpea + Turmeric	1 ¼ cups	190	3	0	0	12	7	Yes	Yes	No
Ronzoni Garden Delight Veggie Tricolor Rotini	¾ cup	200	1	0	20	8	2	No	No	Yes
Ronzoni SuperGreens Rotini	¾ cup	200	1	0	45	9	4	No	No	Yes
Green Giant Veggie Spirals Zucchini (frozen)	¾ cup	115	0	0	0	1	1	No	No	No
Birds Eye 100% Vegetable Pasta, Rotini Marinara (frozen)	1 ¼ cups	160	3.5	0.5	230	8	2	No	No	No
Chickpea Organic Chickpea and Lentil Pasta, Penne	2 oz	210	2	0	0	13	6	Yes	Yes	No
Barilla Veggie Rotini	2 oz	200	1	0	0	8	2	No	No	No
Explore Cuisine Organic Black Bean Spaghetti	2 oz	180	3	0.5	7	25	11	No	No	No
Ancient Harvest POW! Green Lentil Penne	2 oz	200	1	0	0	14	7	No	No	No
Seapoint Edamame Spaghetti	2 oz	200	3	0.5	0	24	12	Yes	Yes	No
Mueller's Hidden Veggie Spaghetti	2 oz	200	1	0	0	7	2	No	No	Yes
Zeroodle Organic Edamame Mung Bean Pasta, Spaghetti	1.75 oz	188	3.5	0.5	2	21	15	Yes	Yes	No