

PASTA RONI.

SHELLS & WHITE CHEDDAR

with other natural flavors



Try Rice-A-Roni® for another easy homemade meal.

MICROWAVE DIRECTIONS

In 2-quart microwaveable bowl, combine 2 cups water, 2 tablespoons of butter or margarine, and pasta. Microwave uncovered at HIGH 10 minutes. Stir. Microwave at HIGH 4-7 more minutes. Stir in ½ cup milk and Special Seasonings. Microwave at HIGH 2-3 minutes. Sauce will be thin. Let stand 3-5 minutes to thicken.

Microwave ovens vary; adjust times as needed.

LESS FAT DIRECTIONS:

Follow Stove Top or Microwave Directions, except replace butter with 1½ teaspoons olive oil and use ¼ cup skim milk. • Fat reduced to 6g from 12g per serving. • Saturated Fat reduced to 2.5g from 3.5g per serving. • Trans Fat reduced to 0g from 1.5g per serving. See Nutrition Facts Panel for Sodium Content.



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SHELLS & WHITE CHEDDAR

Shell shaped pasta in a white cheddar sauce with other natural flavors



Per Serving

210 CALORIES

1.5g SAT FAT 9% DV

530mg SODIUM 23% DV

3g TOTAL SUGARS

SERVING SUGGESTION

NET WT 6.2 OZ (175 g)

PASTA RONI.



BEST BEFORE:



PASTA RONI.

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Pasta Filled To This Line

Package contains empty space to accommodate pasta to seasoning ratio. This package is sold by weight, not by volume. Contents may settle during shipping and handling.

We're here to help.
pastaroni.com or 800-421-2444
Please have package available when calling.



smartlabel®



Scan here for more food information or call 1-800-421-2444

Distributed by Golden Grain Co.
P.O. Box 049003 Chicago, IL
60604-9003 U.S.A.
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Nutrition Facts

About 3 servings per container
Serving size 2.0 oz (56g/about 1/2 cup dry pasta & 2 Tbsp sauce mix)

Calories 210 300

	As packaged		As prepared
	% DV*		% DV*
Total Fat	3.5g 5%	12g 15%	
Saturated Fat	1.5g 9%	3.5g 19%	
Trans Fat	0g	1.5g	
Cholesterol	0mg 0%	5mg 2%	
Sodium	530mg 23%	640mg 28%	
Total Carb.	38g 14%	40g 15%	
Dietary Fiber	1g 5%	1g 5%	
Total Sugars	3g	6g	
Incl. Added Sugars	1g 2%	1g 2%	
Protein	7g	9g	
Vitamin D	0.2mcg 0%	0.2mcg 0%	
Calcium	50mg 2%	110mg 8%	
Iron	1.6mg 8%	1.7mg 8%	
Potassium	190mg 2%	260mg 4%	
Thiamin	0.36mg 30%	0.42mg 35%	
Riboflavin	0.2mg 15%	0.33mg 25%	
Niacin	2.4mg 15%	2.4mg 15%	
Folate DFE	120mcg 30%	120mcg 30%	
Folic Acid	(63mcg)	(63mcg)	

* 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.

INGREDIENTS: Wheat flour, palm oil, whey, cheddar cheese (milk, cultures, salt, enzymes), salt, corn syrup solids, modified corn starch, disodium phosphate, cultured nonfat milk, lactic acid, autolyzed yeast extract, sodium caseinate, buttermilk, natural flavor, hydrolyzed soy protein, blue cheese (milk, cultures, salt, enzymes), guar gum, xanthan gum, nonfat milk, disodium guanylate, disodium inosinate, iron, niacinamide, thiamine mononitrate, riboflavin, folic acid. (44032-102-17)

CONTAINS MILK, SOY AND WHEAT INGREDIENTS.

PASTA STOVE TOP DIRECTIONS

- WHAT YOU NEED -



2 TBSP.
BUTTER OR
MARGARINE



2 CUPS WATER



2/3 CUP MILK

1 In a medium saucepan, bring water and butter or margarine to a boil. Then slowly stir in pasta. Return to a boil.



2 Reduce heat to medium. Boil uncovered, 12-14 min. or until most of water is absorbed, stirring frequently.



3 Stir in milk and Special Seasonings. Return to a boil; cook 1-2 min. or until pasta is just tender. Sauce will be thin. Let stand 3-5 min. to thicken.

About 3 cups prepared. Enjoy!

SAFE HANDLING INSTRUCTIONS: This product is not ready-to-eat and must be thoroughly cooked before eating to prevent illness from potential bacteria in the product. Do not eat or play with raw product; wash hands, utensils, and surfaces after handling.

MAKE IT A MEAL

EASY AS 1-2-3:

1. STIR in broccoli florets during last 5 minutes of cooking.
2. ADD cooked chicken sliced into pieces during stand time.
3. TOP with crumbled bacon before serving (optional).

Find more ideas at pastaroni.com/recipes



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