

PASTA RONI.

CHICKEN FLAVOR

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

MICROWAVE DIRECTIONS

In 2-quart microwavable bowl, combine 1½ cups water, ½ cup milk, 2 tablespoons of butter or margarine, pasta, and Special Seasonings. Stir. Microwave uncovered at HIGH 5 minutes. Stir. Microwave at HIGH 4-6 more minutes; stir well. 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 substitute butter with ½ tablespoon olive oil and use ¾ cup skim milk. • Total Fat reduced to 5g from 13g. • Saturated Fat reduced to 1.5g from 3.5g. • Trans Fat reduced to 0g from 1.5g. See Nutrition Facts Panel for Sodium Content.



CHICKEN FLAVOR

Fettuccine in a creamy chicken flavored sauce



Per Serving

200
CALORIES

1g
SAT FAT
5% DV

590mg
SODIUM
26% DV

1g
ADDED SUGARS
2% DV

PASTA RONI.



BEST BEFORE:



PASTA RONI.

CHICKEN FLAVOR



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

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.

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.



smartlabel®



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

Distributed by Golden Grain Co.
P.O. Box 048003 Chicago, IL
60604-8003 U.S.A.
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Nutrition Facts

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

	As packaged		As prepared	
Calories	200		320	
		% DV*		% DV*
Total Fat	2.5g	3%	13g	17%
Saturated Fat	1g	5%	3.5g	17%
Trans Fat	0g		1.5g	
Cholesterol	0mg	0%	<5mg	1%
Sodium	590mg	26%	730mg	32%
Total Carb.	39g	14%	41g	15%
Dietary Fiber	2g	6%	2g	6%
Total Sugars	3g		6g	
Incl. Added Sugars	1g	2%	1g	2%
Protein	7g		9g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	10mg	0%	70mg	4%
Iron	1.9mg	10%	1.9mg	10%
Potassium	460mg	8%	530mg	10%
Thiamin	0.36mg	30%	0.36mg	30%
Riboflavin	0.13mg	10%	0.28mg	20%
Niacin	2.4mg	15%	2.4mg	15%
Folate DFE	100mcg	25%	120mcg	30%
Folic Acid	(72mcg)		(72mcg)	

* 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, salt, autolyzed yeast extract, potassium salt, sugar, maltodextrin, corn syrup solids, hydrolyzed soy protein, hydrolyzed corn protein, monosodium glutamate, dried onion, dried garlic, hydrolyzed yeast protein, sodium caseinate, natural flavor, dried parsley, chicken broth, chicken fat, hydrolyzed wheat protein, turmeric (color), niacinamide, ferrous sulfate, celery extract, disodium guanylate, disodium inosinate, thiamine mononitrate, riboflavin, folic acid. (44002-L02-20)

CONTAINS MILK, SOY AND WHEAT
INGREDIENTS.

PASTA STOVE TOP DIRECTIONS

- WHAT YOU NEED -



2 TBSP.
BUTTER OR
MARGARINE



1 1/4 CUPS WATER



1/2 CUP MILK

1 In a medium saucepan, combine water, milk, butter or margarine, pasta, and Special Seasonings. Bring to a boil, stirring occasionally.



2 Reduce heat to medium. Boil uncovered, 5-6 min. or until pasta is just tender, stirring frequently.



3 Sauce will be thin. Let stand 3-5 min. to thicken.

About 2 cups prepared. Enjoy!

MAKE IT A MEAL

EASY AS 1-2-3:

1. STIR in red bell pepper strips during last 3 minutes of cooking.
2. ADD cooked chicken breast, sliced into pieces during stand time.
3. TOP with toasted pine nuts before serving (optional).

Find more ideas at pastaroni.com/recipes



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