

PASTA RONI.

FOUR CHEESE  
FLAVOR  
CORKSCREW  
PASTA  
with other natural flavors



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

MICROWAVE DIRECTIONS

In 2-quart microwaveable bowl, combine 1½ cups water, ¾ cup milk, and 2 tablespoons of butter or margarine. Microwave uncovered at HIGH 5-6 minutes or until boiling. Slowly stir in pasta and Special Seasonings. Separate pasta with a fork, if needed. Microwave at HIGH 5 minutes. Stir. Microwave at HIGH 4-6 more minutes or until pasta is tender; 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 1 tsp olive oil and use ¾ cup skim milk. •Fat reduced to 6g from 13g per serving. •Saturated Fat reduced to 2g from 4g per serving. •Trans Fat reduced to 0g from 1.5g per serving. See Nutrition Facts Panel for Sodium Content.

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FOUR CHEESE  
FLAVOR  
CORKSCREW PASTA

Corkscrew pasta with Cheddar, Monterey Jack, Parmesan & Romano cheese with other natural flavors



Per Serving

210  
CALORIES

1.5g  
SAT FAT  
9% DV

540mg  
SODIUM  
24% DV

3g  
TOTAL  
SUGARS

SERVING SUGGESTION

NET WT 6 OZ (170 g)

PASTA RONI.



BEST BEFORE:



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CORKSCREW  
PASTA  
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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.



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

	As packaged		As prepared	
		% DV*		% DV*
<b>Calories</b>	<b>210</b>		<b>310</b>	
<b>Total Fat</b>	4g	5%	13g	16%
Saturated Fat	1.5g	9%	4g	10%
Trans Fat	0g		1.5g	
<b>Cholesterol</b>	<5mg	1%	5mg	2%
<b>Sodium</b>	540mg	24%	660mg	29%
<b>Total Carb.</b>	38g	14%	41g	15%
Dietary Fiber	1g	5%	1g	5%
Total Sugars	3g		6g	
Incl. Added Sugars	0g	0%	0g	0%
<b>Protein</b>	7g		9g	
Vitamin D	0.2mcg	0%	0.2mcg	0%
Calcium	50mg	2%	120mg	8%
Iron	1.6mg	8%	1.7mg	8%
Potassium	190mg	4%	280mg	4%
Thiamin	0.36mg	30%	0.36mg	30%
Riboflavin	0.2mg	15%	0.33mg	25%
Niacin	2.4mg	15%	2.4mg	15%
Folate DFE	140mcg	35%	140mcg	35%
Folic Acid	(83mcg)		(83mcg)	

\* 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, whey, palm oil, salt, modified corn starch, corn syrup solids, monterey jack and cheddar cheese (milk, cultures, salt, enzymes), disodium phosphate, cheddar and romano cheeses (milk, cultures, salt, enzymes), parmesan cheese (milk, cultures, salt, enzymes), cultured nonfat milk, sodium caseinate, lactic acid, autolyzed yeast extract, potassium phosphate, nonfat milk, buttermilk, natural flavor, annatto extract (color), guar gum, xanthan gum, blue cheese (cultured milk, salt, enzymes), disodium guanylate, disodium inosinate, niacin, iron, thiamine mononitrate, riboflavin, folic acid, soy lecithin. (44016-102-21)

CONTAINS MILK, SOY AND WHEAT INGREDIENTS.  
See side panel for additional product information

PASTA STOVE TOP DIRECTIONS

- WHAT YOU NEED -



2 TBSP.  
BUTTER OR  
MARGARINE



1½ CUPS WATER



¾ CUP MILK

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



2 Reduce heat to medium. Boil uncovered 7-8 min, or until pasta is just tender, stirring frequently.



3 Sauce will be thin. Let stand 3-5 min, to thicken. About 2½ 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 ground beef or turkey during stand time.
3. TOP with shredded cheddar cheese before serving (optional).

Find more ideas at [pastaroni.com/recipes](http://pastaroni.com/recipes)



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