

WHOLE GRAIN SPAGHETTI ("SPUH-GET-EE")

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Whole Grain Spaghetti

Made with one simple ingredient, whole grain durum wheat flour, Barilla® Whole Grain Spaghetti is an excellent source of fiber. This pasta is ideal for anyone seeking to increase their intake of fiber and whole grains without sacrificing taste.

Barilla Whole Grain pasta is made with non-GMO ingredients. For more information, please read our [position](#).
(<http://www.barillagroup.com/en/our-position>)

PERFECT FOR ...

Spaghetti is the most popular shape in Italy. The name comes from the Italian word "spaghi," which means "lengths of cord." Spaghetti originates from the south of Italy and is commonly used with tomato sauces, fresh vegetables, or fish. Barilla Whole Grain Spaghetti cooks up perfectly "al dente" everytime, delivering the delicious taste and texture you expect in every bite.

ABOUT

[Long \(/en-us/product-results/pasta/shape/long\)](#)

Whole Grain Pasta

Cooks in 7 - 8 minutes

PACK SIZE(S)

16 oz. (8 x servings)

RANGE

[Whole Grain \(/en-us/product-results/pasta/range/whole-grain\)](#)

BENEFITS

Made with 100% Whole Wheat

Good source of Fiber

Delicious taste & texture



SUITABLE FOR

Vegetarian

Lactose Free

Peanut Free

Tree Nut Free

Fish Free

Shell Fish Free

Soy Free

INGREDIENTS & NUTRITION

Ingredients: WHOLE GRAIN DURUM WHEAT FLOUR.

NUTRITION VALUES	UNITS (per 2 oz)	DAILY VALUE %
Calories	180	N/A
Fat Cal	14	N/A
Total Fat	1.5 g	2 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 %
Sodium	0 mg	0 %
Potassium	274 mg	6 %
Total Carbohydrate	39 g	14 %
Dietary Fiber	7 g	25 %
Soluble Fiber	2 g	N/A
Insoluble Fiber	5 g	N/A
Sugar	1 g	N/A
Protein	8 g	N/A
Vitamin A	0 %	N/A
Vitamin C	0 %	N/A
Calcium	2 %	N/A
Iron	10 %	N/A
Vitamin D	0 %	N/A
Thiamin	40 %	N/A
Riboflavin	25 %	N/A
Niacin	45 %	N/A
Folate	20 %	N/A
Phosphorous	20 %	N/A
Magnesium	15 %	N/A
Zinc	20 %	N/A
Manganese	70 %	N/A

Allergen Values (FDA)

Contains: Wheat, Cereals w Gluten

May Contain: Eggs

Free From: Peanuts, Tree Nuts, Milk, Fish, Molluscs, Crustacean, Soy

COOKING & MEASURING

Measuring your pasta

No. of Adults: 2

112 grams / 3.92 ounces / 1 9.6/10 cups

Our Chef's tip

Salt will help flavor the pasta, but avoid adding oil as your sauce won't stick.

COOKING YOUR PASTA

- 1 Bring 4 - 6 quarts of water to a rolling boil, add salt to taste.
- 2 Add contents of package to boiling water. Stir gently.
- 3 Return to a boil. For authentic "al dente" pasta, boil uncovered, stirring occasionally for 7 minutes. For more tender pasta, boil an additional 1 minute.
- 4 Remove from heat. Drain well.
- 5 Serve immediately with your favorite Barilla sauce.



ABOUT US

Over 140 years of Italian passion goes into our products

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