

OQ72 ORGANIC BLACK BEAN FETTUCCHINE



Nutrition Facts

Serving Size about 1/3 cup (55g)

Amount Per Serving

Calories 200 **Cals. From Fat** 25

% Daily Value**

Total Fat	3 g	4%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	20 g	7%
Dietary Fiber	11 g	39%
Sugars	4 g	
Protein	23 g	

Vitamin A 0% Vitamin C 0%

Calcium 10% Iron 40%

**Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	CALORIES	2000	2500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram:

Fat 9 * Carbohydrate 4 * Protein 4

Points Of Interest

With its striking dark color and subtle flavor, our Organic Black Bean Fettuccine is a unique, eye-catching alternative to traditional wheat-based pasta. These legume-based noodles capture the power of plant protein using just one ingredient—organic black beans.

- 23g of protein per serving
- Mild, subtle black bean flavor
- Cooks to a pleasant al dente texture
- Naturally gluten free

Suggested Uses

- Use in place of traditional wheat-based fettuccine noodles
- Toss with creamy alfredo or hearty tomato sauces
- Serve with sautéed chicken or vegetables for a hearty main dish

Basic Preparation

Add pasta to a large pot of boiling water with a pinch of salt and a splash of neutral cooking oil. Boil for 4 to 5 minutes and strain pasta from water. Use immediately or run cold water over noodles to prevent overcooking.

Recipe

Fettuccine Alfredo

- 1 package Organic Black Bean Fettuccine
- 1 tablespoon butter
- 1 tablespoon minced garlic
- 1 teaspoon freshly chopped oregano
- 1/2 teaspoon chile flakes
- 1 cup heavy whipping cream
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1/2 cup grated parmesan cheese, divided
- Fresh chopped parsley

Bring 2 quarts of water to a boil with a pinch of salt. Add pasta and gently agitate with tongs or a slotted spoon to keep pasta separated. Cook on heavy boil for 4 minutes, stirring occasionally, then strain. Run cold water over pasta for 2 minutes and set aside to drain fully.

Place a large skillet or saucepan over medium-high heat and add butter. When butter begins to melt, add garlic, oregano, and chile flakes. Cook for 1 to 2 minutes, being careful not to allow garlic to brown. Add cream before garlic begins to brown. Stir and season with salt and pepper. Allow cream to cook for 1 minute, then add cheese and pasta. Stir to cover pasta thoroughly and remove when sauce coats pasta without running. Garnish with fresh chopped parsley and, if desired, more cheese.

Serves 2

Our Organic Black Bean Fettuccine is loaded with flavor and keeps a hearty, chewy texture. We pair it with a simple, classic sauce to show off how well it performs on its own. But pair it with olive oil and garlic or marinara and meatballs and the results will still be delicious.

Source of Nutritional Information

Ingredients

Organic black beans.

Handling And Storage

Store in a dry, cool place.