

100mm x 100mm



Nutritional Information

Each 100g serving contains

Calories	260	Sugar	2g	Fat	1g	Saturates	Trace	Salt	Trace
	13%		2%		1%		1%		<1%

of an adult's guideline daily amount

	% Daily Values
Serving Size 200g	
Amount Per Serving	
Calories 200	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium	0%
Total Carbohydrate 42g	14%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 7g	
Vitamin A 0%	
Calcium 0%	
Vitamin C 0%	
Iron 10%	

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300g

Cooking Instructions

1. Fill a pot with 1 litre of water per serving of pasta you plan to make, and set it to boil.
2. When the water comes to a boil, add 1 tablespoon of salt.
3. When the water comes back to a boil, add the pasta and stir to separate the pieces.
4. Cook pasta for 12-15minutes
5. Stir occasionally to keep the pasta pieces from sticking to each other or the pot.
6. Just before the cooking time is up, take out a piece of pasta and check for doneness
7. Drain the pasta and rinse with fresh hot water so no starch is left on the pasta
8. Sauce the pasta per the recipe and serve

Perfetto Pasta

Culinary historians believe that farfalle pasta has been made since at least the 1500s, and that the pasta shape probably originated in Northern Italy. The pasta is well suited for tomato and cream dishes, although it can be used for others as well. Some cooks also use farfalle in baked dishes such as casseroles, since the pasta bakes and holds its shape well.



When made from hard durum wheat, farfalle pasta is a chewy, robust, flavorful pasta which can also be enjoyed plain.



Back

Side

Front

Side