All-Natural Product

No Preservatives

KNOW™ BETTER FOODS

KNOW Foods helps health conscious consumers achieve their diet and fitness goals by producing a nutritionally superior, natural, non GMO, grain/gluten free and great tasting alternative to traditional grain/gluten based foods.

GLUTEN FREE · GRAIN FREE · PALEO FRIENDLY · NON GMO · ZERO TRANS FAT

GRAIN FREE

GLUTEN FREE

WHEAT FREE

Non GMO

Dairy Free

Peanut Free

Soy Free

Yeast Free

Zero Cholesterol

Zero Trans Fat

DELICIOUS! TASTES GREAT!

MADE FROM CHICKPEAS

Instructions

1. Bring 4 quarts of water to rapid boil. Add salt to taste (optional).
2. Add package of KNOW Better Pasta into water; return to a boil.
3. Cook uncovered for 3 to 4 minutes, stirring occasionally; drain.

KNOW BETTER PASTA

Nutrition Facts

Serving Size: 1/2 cup (55g)
Servings Per Container: 8
Calories 160
Calories from Fat 31
*Percent Daily Values are based on a 2,000 calorie diet.

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 4.5g	**4**%	**Potassium** 440mg	**10**%
Saturated Fat 1g	**5**%	**Total Carbohydrate** 25g	**9**%
Trans Fat 0g		Dietary Fiber 5g	**18**%
Cholesterol 0mg		Sugars 2g	
Sodium 0mg	**0**%	**Protein** 14g	

Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 18%

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INGREDIENTS: Chickpea Flour

Manufactured for: KNOW Foods, Atlanta, GA 30326

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Questions or Comments?

Email: KNOWTEAM@KNOWFOODS.COM

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@KNOWFOODS #KNOWBETTERBREAD

Thank you for Sharing!

NET WT. 16 oz. (454g)

GLUTEN-FREE CERTIFICATION PROGRAM · GLUTEN-FREE BEYOND CELIAC · WWW.GF-CERT.ORG ™ *

MADE WITH:
CHICKPEAS

Delicious
Tastes Great
Natural
Non GMO
Grain Free
Gluten Free
Wheat Free
Dairy Free
Peanut Free
Soy Free
Yeast Free
Paleo Friendly
Zero Trans Fat

KNOW™

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ELBOWS

5g FIBER PER 1/2 CUP

14g PROTEIN PER 1/2 CUP

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