

Barilla products [Whole Grain](#)

# Whole Grain Spaghetti


Try Barilla's Whole Grain Spaghetti pasta. Made with 51% whole wheat, Barilla Whole Grain had 3 times the fiber of regular pasta while still tasting great!



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**COOKING TIME**  
7 MIN

**SHAPE**  
LONG SHAPES

Overall rating  
  
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The most popular shape in Italy; the name comes from the Italian word spaghetti, which means "lengths of cord." Spaghetti originates from the south of Italy and is commonly used with tomato sauces, fresh vegetables, or fish.



When cooked, Barilla Whole Grain Spaghetti is graceful, elegant, and maintains its authentic shape. Gently rolling Spaghetti with a fork gathers the pasta with the sauce, delivering a delicious taste sensation in every bite.



1. Bring 4-6 quarts of water to a rolling boil. Add salt to taste, if desired.
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 minute.
4. Remove from heat. Drain well and serve as desired.

Whole grain pasta is best paired with tomato or cream sauces. Pesto sauces also go well with whole grain pasta. Meat and game sauces pair well too. Green vegetables in general taste very good with whole grain pasta. Pine nuts, walnuts, chestnuts, pistachios, and dried fruit such as raisins and apples pair very well with this whole grain pasta. Cheese sauces made with Parmigiano, Grana, Asiago, Pecorino, Ricotta, Provolone, or Fontina cheese work well with whole grain pasta in terms of flavor profiles.

## Nutrition Facts

Serving Size 2 oz(56g - about 1/7 box) serving per container about 7

Amount Per Serving		% Daily Value*		Other info
Calories	200	Total Fat 1.5g	2%	Iron 10%
Fat Cal	15	Sat Fat 0.0g	0%	Phosphorus 15%
		Trans Fat 0.0g	0%	Magnesium 20%
		Cholesterol 0.0mg	0%	
		Sodium 10.0mg	0%	
		Total Carb 41.0g	14%	
		Fiber 6.0g	24%	
		Sugar 2.0g		
		Protein 7.0g		

\* Percent daily value are based on a 2,000 calorie diet.

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