Penne Pasta (Vegan)
(For ISPO)

Penne resembles an old-style quill pen. This shape is enjoyed throughout Northern Italy and in Campania, where it is prized for its wonderful versatility and its ability to absorb and retain sauce on its surfaces, inside and out.

Nutrition Facts (1 serving)

1.0 servings per container

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>200</td>
<td></td>
</tr>
</tbody>
</table>

% Daily Value*

- Total Fat: 1g
- Saturated Fat: 0g
- Trans Fat: 0g
- Cholesterol: 0mg
- Sodium: 0mg
- Total Carbohydrate: 42g
- Dietary Fiber: 2g
- Sugars: 2g
- Protein: 7g

0% Vitamin A
0% Vitamin C
0% Calcium
10% Iron

Recipe:

Bring 4 quarts of water to a rolling boil, add salt to taste. Add contents of package to boiling water. Stir gently. 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. Remove from heat. Drain well. Serve immediately.