

Gluten Free - Brown Rice Pasta

Nutrition Facts

6 servings per container

Serving size 2oz. (57g)

Amount per serving

Calories 210

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 44g 16%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron .7mg 4%

Potassium 160mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Organic Brown Rice Flour, Water.

For detailed manufacturing facility information, please visit jovialfoods.com/allergen-information.

DISTRIBUTED BY:

Jovial Foods, Inc.
North Stonington, CT 06359

Certified Organic By QAI

jovialfoods.com

Fusilli with Eggplant, Peppers, Olives, & Capers

INGREDIENTS

- 2 tbsp. Jovial Extra Virgin Olive Oil
- 1 red bell pepper, ½-inch dices
- 1 yellow bell pepper, ½-inch dices
- 1 small eggplant, ½-inch dices
- ½ clove garlic, minced
- ¼ tsp. oregano
- 1½ cups Jovial Diced Tomatoes
- 1 tbsp. capers, minced
- ½ cup green olives, pitted
- 1 tbsp. fresh parsley, finely chopped
- 12 oz. Jovial Fusilli

INSTRUCTIONS

1. Add oil, ¼ cup of water and peppers to a non-stick skillet. Cook covered on medium-high heat for 3 minutes.
2. Uncover, cook for 4 minutes until the water evaporates. Add eggplant, garlic, and oregano and cook for 6 minutes until the eggplant is soft. Add tomatoes and salt to taste.
3. Reduce heat to low and cook, covered for 5 minutes. Remove from the heat. Add capers, olives, and parsley. Cook pasta according to cooking instructions below. Toss with sauce and serve.



**COOKING TIME:
12 MINUTES**

- Bring 3 quarts of water to a rolling boil.
- Add salt as desired.
- Cook pasta on high heat, stirring frequently.
- Test for doneness and drain.



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