

**Ratings** ➤ **Power Pastas** Whole-wheat pasta has more fiber than regular, and in our tests of penne pastas, our team of professional tasters found that you don't have to sacrifice taste for better nutrition.

Recommended	Product	Taste Rating	Nutrition Information (Per 2-Ounce Serving)						Pricing			Flavor & Texture Description
			Calories	Total fat (g)*	Carbs (g)*	Fiber (g)	Protein (g)	Sodium (mg)	Package size (oz.)	Price per package	Cost per serving	
✓	 <b>Barilla</b> Whole Grain Penne	⬆️	180	1.5	39	7	8	0	16	\$1.25	\$0.16	Thin penne. Mild whole-grain flavor with sweet and nutty notes. Chewy and springy texture, close to regular pasta.
✓	<b>De Cecco</b> 100% Whole Wheat Penne Rigate	⬆️	190	1.5	39	4	8	0	13.25	\$2.00	\$0.29	Mild, slightly nutty whole-grain flavor. Firm and chewy but a bit crumbly.
✓	<b>Ronzoni</b> Healthy Harvest 100% Whole Grain Penne Rigate	⬆️	180	1.5	39	5	9	0	16	\$1.50	\$0.19	Thin penne with some sweet and nutty whole-grain flavor. A little chewy and springy, similar to regular pasta, with a very slight crumbly texture.
	<b>365 Everyday Value</b> (Whole Foods) Organic Whole Wheat Penne Rigate	⬇️	200	1	42	5	7	0	16	\$1.50	\$0.19	Slightly nutty, sweet whole-grain flavor. Very slight crumbly texture. Somewhat bitter.
	<b>Bionaturae</b> Organic 100% Whole Wheat Penne Rigate	⬇️	180	1.5	35	6	7	0	16	\$3.00	\$0.38	Nutty whole-grain flavor. Slight starchy, crumbly texture. A little bitter.
	<b>DeLallo</b> Biodynamic Organic Whole Wheat Penne Rigate	⬇️	200	1.5	40	6	6	0	16	\$3.50	\$0.44	A hint of sweet whole-grain flavor. Slight starchy, crumbly texture. A touch bitter.
	<b>Garofalo</b> 100% Organic Penne Ziti Rigate	⬇️	200	1	41	4	7	20	16	\$2.50	\$0.31	Mild whole-grain flavor with slight brown-spice notes. Starchy and a little crumbly. Somewhat bitter.
	<b>Rao's</b> Homemade Whole Wheat Penne Rigate	⬇️	200	2	40	5	8	0	17.6	\$4.50	\$0.50	Nutty whole-grain flavor. Firm and crumbly texture. Slightly bitter.
	<b>Trader Giotto's (Trader Joe's)</b> Organic Whole Wheat Penne Rigate	⬇️	190	1.5	41	5	7	0	16	\$1.50	\$0.19	A bit sweet and nutty flavor with brown-spice notes. Slight starchy, crumbly texture. Somewhat bitter.
	<b>Hodgson Mill</b> Whole Wheat Penne	⬇️	210	1.5	41	5	8	0	12	\$2.30	\$0.38	Nutty whole-grain flavor. Moderately crumbly, with slightly grainy texture. Slightly bitter.

\*All the pastas have 0 grams saturated fat and 1 to 2 grams sugars.






 POOR ————— EXCELLENT


 RECOMMENDED

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