

Ratings > **Noodles by the Numbers** Calories and carbs are similar to regular pasta, but fiber and protein are usually higher.



Product	Rating		Nutrition Information					Pricing				Ingredients	CR's Take
	Taste	Nutrition	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Package Size (oz.)	Price Per Package (\$)	# Servings Per Package	Cost Per Serving (\$)		
RED LENTIL													
Ancient Harvest POW Red Lentil Rotini	↑	↑	200	1	35	7	14	8	4.50	4	1.13	Red-lentil flour, organic quinoa flour	Chewy, with a clean, complex flavor that tastes of red lentils. A tad crumbly and slightly chalky. Pairs well with red sauce.
Explore Cuisine Organic Red Lentil Penne	↑	↑	190	1	35	3	11	8	5.00	4	1.25	Organic red-lentil flour (73%), organic brown-rice flour	Mild red-lentil flavor; slightly earthy. Texture is soft and slightly chewy, with slight to moderate chalkiness.
Tolerant Organic Red Lentil Penne*	↓	↑	200	1	35	7	14	12	9.00	6	1.50	Non-GMO organic red lentils	Earthy notes and slightly bitter. Slightly crumbly, mushy, and chalky texture. Flavor is better than texture.
Pasta Lensi Red Lentil Fusilli	↓	↑	200	1	34	3	15	10	4.90	5	0.98	Red-lentil flour	Flavor is a bit earthy with a hint of bitterness. Texture gets mushy and chalky as you chew.
CHICKPEA													
Explore Cuisine Organic Chickpea Fusilli	↓	↑	200	2.5	35	5	11	8	5.00	4	1.25	Organic chickpea flour (60%), organic brown-rice flour, organic tapioca starch, organic pea protein	Slightly starchy, beanlike flavor. Has a chewy, slightly rubbery texture, but it's still worth a try. Pairs well with red sauce, which made the flavor defects less noticeable.
Pasta Lensi Chickpea Casarecce	↓	↑	210	3	34	7	12	10	3.50	5	0.70	Chickpea flour	Soft, with a beany flavor and a chalky, mushy texture. Slightly astringent.
Banza Penne Made From Chickpeas	↓	↑	190	3.5	32	8	14	8	3.00	4	0.75	Chickpeas, tapioca pea protein, xanthan gum	Moderately bitter. Mushy and slight chalky texture. Slightly astringent.
BLACK BEAN													
Trader Joe's Organic Black Bean Rotini	↓	↑	200	1.5	35	15	14	12	3.00	6	0.50	Organic black-bean flour	Clean, good black-bean flavor and slight bitterness. Texture is slightly mushy, chalky, and crumbly. Astringent.
Tolerant Organic Black Bean Penne*	↓	↑	210	1	36	10	14	12	10.00	6	1.67	Non-GMO organic black beans	Black-bean flavor with a slight to moderate bitterness. Chalky, slightly crumbly, and rather gritty. Astringent.
Ancient Harvest POW Black Bean Elbows	↓	↑	190	1	35	7	12	8	4.50	4	1.13	Black-bean flour, brown-rice flour, organic quinoa flour	Notable lingering bitterness overpowers mild black-bean flavor. Chalky and very soft, mushy, and sticky. Astringent.
QUINOA BLENDS													
Hodgson Mill UltraGrain Penne With Quinoa	↓	↓	190	1	41	3	8	12	2.50	6	0.42	Ultra-grain whole-wheat flour, durum flour, quinoa flour	Slight nutty taste that's reminiscent of whole-wheat pasta; slightly bitter and starchy. Chewy and slightly crumbly texture.
DeBoles Quinoa Plus Golden Flax Penne	↓	↓	200	2	43	3	5	8	3.60	4	0.90	Whole-grain brown-rice flour, rice flour, whole-grain quinoa flour, flaxseed, xanthan gum, ascorbic acid	Tastes of nondescript grains; one sample was moderately bitter and slightly sour. Starchy and crumbly.
Ancient Harvest Super-grain Organic Corn & Quinoa Blend Penne	↓	↓	210	1	46	4	4	8	3.00	4	0.75	Organic corn flour, organic quinoa flour	Tastes of nondescript grains; slightly sweet. Chewy, slightly crumbly texture. Astringent, with a grainy mouthfeel. Moderately bitter.

HOW WE TEST: We evaluated 13 legume- and quinoa-based pastas for nutrition and taste. Eight ounces of each pasta was cooked

in 2½ quarts of boiling water with 2 teaspoons of salt added. Using package directions, we established

the cooking time in an attempt to achieve an al dente texture before testing began. Each type (e.g., black bean) was evaluated separately.

Tastings were blind, and the taste and texture descriptions are based on sampling the pastas plain.

*The serving size on this product label is 3 ounces, but we calculated the values for 2 ounces for easy comparison with the other products.