

ELBOWS

("EL-BOHS")

RATINGS

★★★★★ 5.0 (1) [Write a review](#)

Elbows, Gomiti or Chifferi in Italian, is named for its twisted tubular shape that can vary in size and be either smooth or ridged. Pasta Elbows originated from Northern and Central Italy, where they are traditionally used in soups.

Barilla® Elbow pasta is made with non-GMO ingredients. For more information, please read our [position](#).

PERFECT FOR ...

Elbows are perfect for the American favorites macaroni & cheese and pasta salad. They also pair well with dairy-based sauces (like butter and cheese), tomato-based sauces with or without vegetables, and chunky fish or meat-based sauces.

ABOUT



Short



Semolina



Cooks in 7 - 8 minutes



PACK SIZE(S)

16 oz. (8 x servings)

32 oz. (16 x servings)



RANGE

Classic Blue Box

BENEFITS



Great source of energy



Low Glycemic Index, keeping you fuller, longer



Enriched with Iron and B Vitamins



Made with Non-GMO Ingredients

SUITABLE FOR



Vegetarian



Fish Free

✓ Lactose Free

✓ Peanut Free

✓ Shell Fish Free

✓ Tree Nut Free

✓ Soy Free

INGREDIENTS & NUTRITION

Please always refer to the product label for the most accurate nutrition, ingredient, and allergen information.

Ingredients:

SEMOLINA (WHEAT), DURUM WHEAT FLOUR. VITAMINS/MINERALS: VITAMIN B3 (NIACIN), IRON (FERROUS SULFATE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID.

NUTRITION VALUES	UNITS (per)	DAILY VALUE %
Calories	200	N/A
Fat Cal	1	N/A
Total Fat	1	1 %
Saturated Fat	0	0 %
Trans Fat	0	N/A
Cholesterol	0	0 %
Sodium	0	0 %
Potassium	118	2 %
Total Carbohydrate	42	15 %
Dietary Fiber	3	11 %
Soluble Fiber	2	N/A
Insoluble Fiber	1	N/A
Sugar	1	N/A
Protein	7	N/A
Vitamin A	0 %	N/A
Vitamin C	0 %	N/A
Calcium	0 %	N/A
Iron	10 %	N/A
Vitamin D	0 %	N/A
Thiamin	40 %	N/A
Riboflavin	15 %	N/A
Niacin	30 %	N/A
Folate	50 %	N/A

Allergen Values (FDA)

Contains: Wheat, Cereals w Gluten

May Contain: Eggs

Free From: Peanuts, Tree Nuts, Milk, Fish, Molluscs, Crustacean, Soy

NOTES

COOKING & MEASURING

Measuring your pasta

No. of Adults: 2

112 grams / 3.92 ounces / 1 9.6/10 cups

Our Chef's tip

Add a generous pinch of sea salt to the cooking water to enhance the pasta's flavor.

Avoid adding oil to the water as it prevents sauce from clinging to the pasta.

Visit our [Help and Support page](#) for more helpful cooking tips.

COOKING YOUR PASTA

- 1 Bring 4 - 6 quarts of water to a rolling boil, add salt to taste.
- 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 1 minute.
- 4 Remove from heat. Drain well.
- 5 Serve immediately with your favorite Barilla sauce.

REVIEWS

Reviews

Rating Snapshot

Select a row below to filter reviews.

