

Noodle	Main Ingredients	Total Calories	Total Carbs	Net Carbs Per Serving	Serving Size	Estimated Glycemic Index	Fiber	Sugars	Gluten Free?	Texture
1. Yuho© Serataki / Konjac (Spaghetti & Fettuccine OR Angel Hair)	Konjac flour	5	3 g	0 g	5 ounces	0	3 g	0 g	YES	****
2. The Only Bean © Edamame Spaghetti	Edamame	190	20 g	15 g	2 ounces	11	11 g	5 g	YES	***
3. PureFit© Edamame past	Edamame	211	21 g	16 g	2 ounces	11	11 g	5 g	YES	***
4. The Only Bean© Black Bean Spaghetti	Black soybeans	190	20 g	16 g	2 ounces	30	10 g	4 g	YES	****
5. Carba-nada© Egg Fettuccine	Semolina, egg, wheat	170	24 g	17 g	1.5 cups	40	7 g	2 g	NO	*****
6 Trader Joe's© Red Lentil Sedanini	Organic red lentil flour	210	32 g	29 g	2 ounces	22	3 g	1 g	YES	***
7. Banza©Linguini	Chickpeas, tapioca, pea protein	190	35 g	30 g	2 ounces	58	5 g	1 g	YES	****
8. Hakubaku© Soba noodles	Wheat flour, buckwheat flour	202	35 g	32 g	2 ounces	56	3 g	0 g	NO	*****
9. GoGo Quinoa© Red & White Quinoa Macaroni	Organic white rice flour, organic white and red quinoa flour	200	44 g	43 g	3/4 cup	53	1 g	0 g	YES	*****
10. Dynasty© SaiFun Bean Threads	Mung bean, potato starch	170	45 g	44 g	1.7 ounces	28	< 1 g	0 g	YES	*****