

Fasta Pasta™

microwave cooker

PASTA COOKING CHART

WARNING Contents in Container are HOT

Spaghetti, Linguini, Fettuccini & Lasagna

(Regular, Wheat or Whole Grain)

Serving Size	1	2	3	4
Measure (Lid Holes)	1	2	2 + 1	2 + 2
Water level	1	2	3	4

Cooking Time (minutes)

Spaghetti (regular)	12-13	13-14	14-15	15-16
Spaghetti (thin)	11-12	12-13	13-14	14-15
Spaghetti (angel hair)	7-8	8-9	9-10	10-11
Linguini	12-13	13-14	14-15	15-16
Fettuccini	13-14	14-15	15-16	16-17

LASAGNA

9 - Noodles are required for a 9" x 13" dish
Cook 9 - noodles water level 4 for 16 - 18 minutes

FUSILLI (long)

Serving Size	1	2	3	4
Measure (Oz)	2	4	6	8
Water level	1	2	3	4
Cooking Time	14-15	15-16	16-17	16-17

TORTELLINI (dry)

Serving Size	1	2	3	4
Measure (Cups)	3/4	1 + 1/2	2 + 1/4	3
Water level	2	2	4	4
Cooking Time	10	10	10	10
Stir (then cook for)	5-6	5-6	6-7	6-7

TORTELLINI (fresh)

2 servings (9 oz) water level 3, cook time (10-11)

RAVIOLI (frozen)

Serving Size	1	2	3	
Measure (Pieces)	9	18	27	
Water level	2	3	4	
Cooking Time	6-7	8-9	10-11	

RAVIOLI (fresh)

2 servings (9 oz) water level 3, cook time (10-11)

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MACARONI

(Regular, Wheat or Whole Grain)

Serving Size	1	2	3	4
Measure (Cups)	1/2	1	1 + 1/2	2
Water level	2	2	4	4
Cooking Time	10	10	10	10
Stir (then cook for)	4	4	5	5

Penne, Rotini, Rigatoni Mostaccioli

(Regular, Wheat or Whole Grain)

Serving Size	1	2	3	4
Measure (Cups)	3/4	1 + 1/2	2 + 1/4	3
Water level	2	3	4	4
Cooking Time	10	10	10	10
Stir (Then cook for)	5	6	7	7

SHELL PASTA (small)

Serving Size	1	2	3	4
Measure (Cups)	3/4	1 + 1/2	2 + 1/4	3
Water level	2	2	4	4
Cooking Time	12-13	13-14	14-15	15-16

SHELL PASTA (medium)

Serving Size	1	2	3	4
Measure (Cups)	3/4	1 + 1/2	2 + 1/4	3
Water level	2	2	4	4
Cooking Time	13-14	14-15	15-16	16-17

SHELL PASTA (jumbo)

Measure (Pieces)	12			
Water level	4			
Cooking Time	16-17			

EGG NOODLE

Serving Size	1	2	3	4
Measure (Cups)	1	2	3	4
Water level	1	3	4	4
Cooking Time	7-8	9-10	11-12	13-14

GLUTEN FREE

(Spaghetti, Penne & Macaroni)

Serving Size	1			
Measure (Cups)	1			
Water level	1			
Cooking Time	12			
Cold Water Rinse	Yes			

