

Gluten-Free Pasta Alternatives Comparison

Source: [Gluten Free slimming world friendly dinners](#)

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Compare gluten-free pasta options with Syn values, textures, pairings, and prep times for Slimming World dinners.

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Alternative	Syn Value (per 100g cooked)	Texture	Best Paired With	Prep Time
Courgette noodles	Free (Speed Food)	Crisp, fresh	Light tomato sauces, garlic oil	5 minutes
Butternut squash noodles	Free (Speed Food)	Slightly sweet, firm	Creamy sauces, sage butter	15 minutes
Gluten-free dried pasta	Check Syn value	Traditional pasta	Bolognese, carbonara	10-12 minutes
Rice noodles	Varies (check brand)	Soft, slippery	Asian stir-fries, broths	5 minutes
Chickpea pasta	Check Syn value	Dense, protein-rich	Robust sauces	8-10 minutes

[Read the full article ?](#)

<https://snap-a-recipe.com/gluten-free-slimming-world-friendly-dinners/>