

Creamy Beef & Noodles with Mushrooms

Directions:

1. Open pouch and remove oxygen absorber
2. Prepare in pouch or other suitable container
3. Add 2 cups (16 oz) boiling water to ingredients or fold / crease & fill pouch to "E-Z Fill Line" 7.5
4. Stir thoroughly then seal pouch or cover
5. Let stand 10 - 12 minutes; stir again & serve

INGREDIENTS: Instant Pasta [Durum Semolina (enriched with Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, and Folic Acid)], Sour Cream Powder (Cream Solids, Cultured Nonfat Milk, Citric Acid), Cooked Freeze-Dried Diced Beef, Potato Starch, Parmesan Cheese Powder (Partially Skim Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Whey Powder, Sliced Mushrooms, Tomato Flakes, Butter Flavor (Whey Solids, Enzyme-Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto, and Turmeric), Onion Granules, Low Sodium Salt (Sodium, Chloride, Potassium), Garlic Granules, Instant Nonfat Milk Powder, Minced Green Onion, Basil, White Pepper, Black Pepper.

Contains Milk, Wheat.

AlpineAire Foods 130 Cyber Ct. Rocklin, CA. 95765
800.755.6701 info@alpineaire.com www.alpineaire.com
Like us on Facebook: www.facebook.com/AlpineAireFoods

Nutrition Facts

Serving Size 2.75 oz (78g)
Servings Per Container 2

Amount Per Serving

Calories 310 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 650mg **27%**

Total Carbohydrate 37g **12%**

Dietary Fiber 1g **4%**

Sugars 8g

Protein 18g

Vitamin A 10% • Vitamin C 20%

Calcium 20% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



0 96152 60401 2