

Creamy Beef and 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" 8.
4. Stir thoroughly then seal pouch or cover.
5. Let stand 10-12 minutes; stir again & serve.

Ingredients: Spiral Pasta (Ground durum wheat semolina, water, salt), Sour Cream [(Cream Solids, Cultured, Nonfat Milk), Citric Acid], Beef Diced Cooked Freeze Dried (Beef, Salt), Potato Starch, Parmesan Cheese [(Partially Skim Milk, Cultures, Salt, Enzymes) and Disodium Phosphate], Sweet Whey, Champignon Mushrooms, Tomato Flakes, Natural Butter Flavor [Whey Solids, Enzymes Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto and Turmeric (for color)], White Onion, Sea Salt, Garlic Granulated, Nonfat Milk (Grade A Pasteurized skim milk), Green Onion, Basil, White Pepper, Black Pepper.

Contains: Wheat, Milk.

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Nutrition Facts

2 servings per container

Serving size

1/2 package (78g)

	Per Serving		Per Container	
Calories	350		710	
	% Daily Value*		% Daily Value*	
Total Fat	15g	19%	30g	38%
Saturated Fat	8g	40%	16g	80%
Trans Fat	0g		1g	
Cholesterol	60mg	20%	115mg	38%
Sodium	630mg	27%	1260mg	55%
Total Carbohydrate	37g	13%	75g	27%
Dietary Fiber	1g	4%	1g	4%
Total Sugars	10g		20g	
Includes Added Sugars	0g	0%	0g	0%
Protein	17g		34g	
Vitamin D	8mcg	40%	15mcg	80%
Calcium	193mg	15%	386mg	30%
Iron	1mg	6%	2mg	10%
Potassium	952mg	20%	1904mg	40%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

