

Stroganoff

**POUCH MAKES
6 PREPARED CUPS**

Nutrition Facts

Serving Size 1.5 cups (87g)
Servings Per Container 4

Amount Per Serving

Calories 330 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g	7%
Saturated Fat 3g	15%
Cholesterol 5mg	2%
Sodium 1070mg	45%
Total Carbohydrate 61g	20%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 10g	

Vitamin A 2% • Vitamin C 4%
Calcium 4% • Iron 6%

* 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
Sat 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

DIRECTIONS

For 4 servings bring 6 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 3 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

INGREDIENTS

Pasta (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), Corn Starch, Onion, Maltodextrin, Sea Salt, Coconut Oil, Cultured Cream (cream, nonfat milk, culture, enzymes), Autolyzed Yeast Extract, Sugar, Non Fat Milk, Mushroom, Butter (cream, water, salt), Sodium Caseinate, Spice, Parsley, Lactic Acid, Natural Flavor, Silicon Dioxide, Caramel Color, Sodium Citrate, Mono & Diglycerides, Tocopherols, Culture, Enzyme, Ascorbyl Palmitate, BHT.

ALLERGENS: Milk, Wheat.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fat
- Vegetarian
- Low Cholesterol
- Uses Sea Salt

Made in the USA

