

Creamy Stroganoff

Nutrition Facts

Serving Size: 1/2 Cup (76g) Dry
Servings Per Container: 12

Amount Per Serving

Calories 310 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 9g **45%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 830mg **35%**

Total Carbohydrate 49g **16%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 8g

Vitamin A 0% • **Vitamin C 4%**

Calcium 4% • **Iron 8%**

*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 • Carbs 4 • Protein 4

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Stir entire contents of pouch into 4 1/2 Cups boiling water.
3. Simmer on low heat for 15 minutes, stirring frequently.
4. Remove from heat and let stand for 2 to 3 minutes to thicken before serving.

INGREDIENTS:

Egg noodles (durum flour [wheat], eggs, glyceryl monostearate, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, silicon dioxide and soy lecithin), modified food starch, low sodium vegetarian beef base (salt, hydrolyzed soy protein, maltodextrin, sugar, corn starch, caramel color, onion powder, natural flavors, citric acid, less than 2% silicon dioxide added to prevent caking), garlic powder, sliced mushrooms, dehydrated onion, sea salt, tomato powder, sour cream powder (cultured cream [cream, nonfat milk, culture, enzymes] salt, lactic acid, tocopherols, vitamin E, ascorbyl palmitate, contains less than 2% silicon dioxide and sodium citrate), natural flavoring, sautéed mushroom stock (shiitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion, modified corn starch), sautéed onions (onion, soy sauce [soy, maltodextrin, salt], maltodextrin, yeast extract, buttermilk, natural flavor, sunflower oil, salt, chili pepper, less than 2% silicon dioxide), roast meat flavor (yeast extract, salt), black pepper.

CONTAINS ALLERGEN: Egg, milk, soy and wheat.

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