Augason Farms

Chicken Noodle

Chicken Flavored Soup Mix

Nutrition Facts

Serving Size: 1/2 Cup (54g) Dry
Servings Per Container: 20

Amount Per Serving	
Calories 190	**Calories from Fat** 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 1190mg	50%
Total Carbohydrate 39g	13%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 5g	

Vitamin A	30%	• Vitamin C	4%
Calcium	2%	• 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

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DIRECTIONS FOR ONE POUCH:

1. Remove oxygen absorber and discard.
2. Whisk entire contents of pouch into 5 Cups boiling water, return to boil.
3. Reduce to medium and continue cooking for 20 minutes, stirring frequently.
4. Remove from heat and let stand for 2 to 3 minutes to thicken before serving.

INGREDIENTS: Egg noodles (durum wheat semolina, durum wheat flour, eggs, niacin, iron (ferrous sulfate), thiamin monoitrate, riboflavin, folic acid), vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices [including parsley], extractives of turmeric, silicon dioxide added to prevent caking), maltodextrin, carrot dices, modified food starch, onions, celery slices, dehydrated peas, garlic powder, celery seed, white pepper, xanthan gum, parsley flakes.

CONTAINS ALLERGEN: Egg and wheat.

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