

Nutrition Facts

Serving Size
Servings Per Container

Amount Per Serving

Calories	310
Calories From Fat	130
% Daily Value*	
Total Fat	14g 22%
Saturated Fat	6g 30%
Trans Fat	0g
Cholesterol	10mg 3%
Sodium	900mg 38%
Total Carbohydrate	36g 12%
Dietary Fiber	2g 8%
Sugars	6g
Protein	8g 16%

*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
Protein		50g	65g

	1 Pouch Biscuits & Gravy	2 Pouches Scrambled Eggs with Bacon	2 Pouches Beef Stroganoff	1 Pouch Chicken Teriyaki	2 Pouches Pasta Primavera	1 Pouch Rice & Chicken
Serving Size	1 cup (65g) dry mix	1 cup (43g) dry mix	1 cup (57g) dry mix	1 cup (57g) dry mix	1 cup (54g) dry mix	1 cup (60g) dry mix
Servings Per Container	About 2	About 1.5	About 2.5	About 2.5	About 2.5	About 3
Amount Per Serving						
Calories	310	230	260	220	210	270
Calories From Fat	130	130	100	20	50	80
% Daily Value*						
Total Fat	14g 22%	14g 22%	11g 17%	2g 3%	6g 9%	10g 15%
Saturated Fat	6g 30%	4g 20%	4g 20%	0.5g 3%	3g 15%	1.5g 8%
Trans Fat	0g	0g	0g	0g	0g	0g
Cholesterol	10mg 3%	405mg 135%	45mg 15%	25mg 8%	20mg 7%	10mg 3%
Sodium	900mg 38%	690mg 29%	800mg 33%	660mg 28%	580mg 24%	750mg 31%
Total Carbohydrate	36g 12%	7g 2%	29g 10%	40g 13%	33g 11%	41g 14%
Dietary Fiber	2g 8%	0g 0%	1g 4%	1g 4%	2g 8%	1g 4%
Sugars	6g	4g	3g	12g	6g	0g
Protein	8g 16%	16g 32%	11g 22%	10g 20%	7g 14%	6g 12%
Vitamin A	0%	Vitamin A 10%	Vitamin A 4%	Vitamin A 4%	Vitamin A 10%	Vitamin A 6%
Vitamin C	0%	Vitamin C 2%	Vitamin C 2%	Vitamin C 15%	Vitamin C 25%	Vitamin C 6%
Calcium	20%	Calcium 20%	Calcium 8%	Calcium 2%	Calcium 15%	Calcium 2%
Iron	15%	Iron 10%	Iron 6%	Iron 8%	Iron 2%	Iron 10%

INGREDIENTS:

Buttermilk Biscuits*: Enriched Bleached Flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid) • Shortening (palm oil, mono & diglycerides, polysorbate 60, citric acid) • Buttermilk Solids • Sugar • Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, calcium sulfate, monocalcium phosphate) • Salt
Pork Patty Crumbles*: Pork Sausage (pork, salt, spice, sugar) • Textured Vegetable Protein (soy flour, salt)
Gravy Mix: Modified Corn Starch • Palm Oil • Buttermilk Powder • Nonfat Dry Milk • Corn Syrup Solids • Spice • Sugar • Yeast Extract • Salt • Sodium Caseinate • Disodium Inosinate & Guanylate • Dipotassium Phosphate
 *Freeze Dried
CONTAINS: Milk, Soy, Wheat

INGREDIENTS:

Precooked Scrambled Eggs*: Whole Eggs (glucose removed for stability) • Egg Yolk • Nonfat Dry Milk • Modified Corn Starch • Corn Oil • Salt • Yeast Extract • Sunflower Oil • Smoke Flavor • Xanthan Gum
Bacon*: Bacon (cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite) • Smoke Flavor
 *Freeze Dried
CONTAINS: Milk, Egg
GLUTEN FREE

INGREDIENTS:

Beef Stroganoff: Cooked Beef (beef, flavoring, salt) • Sour Cream (cultured cream, milk, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum) • Mushroom • Modified Corn Starch • Corn Oil with Spice Extract • Nonfat Dry Milk • Dehydrated Onion
 Less than 2% of Hydrolyzed Vegetable Protein (corn, yeast, wheat gluten, soy protein, soybean oil) • Lemon Juice Concentrate • Lemon Oil • Sea Salt • Beef Flavor (beef stock, maltodextrin, salt) • Molasses • Spice • Garlic Powder
Precooked Noodles: Durum Semolina • Whole Eggs • Salt
CONTAINS: Milk, Soy, Wheat, Egg

INGREDIENTS:

Chicken Teriyaki: Cooked Chicken (chicken meat, salt) • Soy Sauce (wheat, soybean, salt, alcohol, vinegar, lactic acid) • Brown Sugar (sucrose, invert sugar, cane molasses) • Bamboo Shoot • Mushroom • Red Pepper • Green Peas (peas, salt) • Modified Corn Starch • Sherry Wine (wine, salt, sulfites) • Onion • Green Pepper • Garlic Powder • Spice
Rice: Precooked Enriched Rice (rice, niacinamide, ferric orthophosphate, thiamine mononitrate, folic acid)
CONTAINS: Soy, Wheat

INGREDIENTS:

Precooked Pasta (durum semolina, salt) • Zucchini • Sweet Cream • Cauliflower • Broccoli
 Less than 2% of: Red Pepper • Nonfat Dry Milk • Yellow Pepper • Modified Corn Starch • Seasoning (hydrolyzed soy & corn protein, dextrose, maltodextrin, whey powder, autolyzed yeast, natural flavor, onion powder, turmeric, soybean oil) • Green Peas (peas, salt) • Parmesan Cheese (part-skim milk, cheese culture, salt, enzymes) • Onion Powder • Butter (cream, natural flavoring) • Sea Salt • Seasoning (yeast extract, safflower oil, natural flavor) • Spice • Granulated Garlic
CONTAINS: Milk, Soy, Wheat

INGREDIENTS:

Precooked Enriched Rice (rice, niacinamide, ferric orthophosphate, thiamine mononitrate, folic acid) • Cooked Chicken (chicken meat, salt) • Corn Oil with Spice Extract • Pimientos (pimiento, citric acid)
 Less than 1% of: Modified Corn Starch • Hydrolyzed Vegetable Protein (corn, soy, wheat gluten, soybean oil) • Sea Salt • Chicken Fat • Sugar • Onion Powder • Seasoning (maltodextrin, natural flavor) • Spice • Turmeric
CONTAINS: Soy, Wheat,

**16 Cups
(126oz / 3.7L) of
water is needed
to prepare all
meals contained
in this box.**



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OFD FOODS, INC.
Albany, OR 97321 USA
Toll-Free (877) 366-3877
www.mountainhouse.com

Nutrition Facts

Serving Size
Servings Per Container

Amount Per Serving	
Calories	400
Calories From Fat	220
% Daily Value*	
Total Fat	24g 37%
Saturated Fat	7g 35%
Trans Fat	0g
Cholesterol	245mg 82%
Sodium	920mg 38%
Total Carbohydrate	30g 10%
Dietary Fiber	4g 16%
Sugars	5g
Protein	14g 28%

*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
Protein		50g	65g

20 Cups
(156oz / 4.6L) of
water is needed
to prepare all
meals contained
in this box.

2 Pouches
Breakfast Skillet
1 cup (70g) dry mix
About 2

Amount Per Serving	
Calories	400
Calories From Fat	220
% Daily Value*	
Total Fat	24g 37%
Saturated Fat	7g 35%
Trans Fat	0g
Cholesterol	245mg 82%
Sodium	920mg 38%
Total Carbohydrate	30g 10%
Dietary Fiber	4g 16%
Sugars	5g
Protein	14g 28%
Vitamin A	10%
Vitamin C	15%
Calcium	15%
Iron	10%

INGREDIENTS:

Hash Browns*: Potato • Vegetable Oil (may contain: canola, sunflower, cottonseed, palm, corn, soybean, hydrogenated soybean, hydrogenated cottonseed oils) • Salt • Dehydrated Potato • Enriched Bleached Flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid) • Potassium Sorbate (to maintain freshness) • Natural Flavoring • Disodium Dihydrogen Pyrophosphate (color retention) • Dextrose

Precooked Eggs*: Whole Egg (glucose removed for stability) • Egg Yolk • Nonfat Dry Milk • Modified Corn Starch • Corn Oil • Salt • Yeast Extract • Sunflower Oil • Smoke Flavor • Xanthan Gum

Pork Sausage Patty*: Sausage (pork, salt, spice, sugar) • Textured Vegetable Protein (soy flour, salt)

Red and Green Bell Pepper*: Dehydrated Onion

*Freeze Dried

CONTAINS: Egg, Milk, Wheat, Soy

2 Pouches
Granola with Blueberries
1/2 cup (57g) dry mix
About 2

Amount Per Serving	
Calories	250
Calories From Fat	80
% Daily Value*	
Total Fat	9g 14%
Saturated Fat	4.5g 23%
Trans Fat	0g
Cholesterol	10mg 3%
Sodium	65mg 3%
Total Carbohydrate	37g 12%
Dietary Fiber	4g 16%
Sugars	16g
Protein	8g 16%
Vitamin A	6%
Vitamin C	2%
Calcium	15%
Iron	8%

INGREDIENTS:

Granola (oats, brown sugar, coconut, soybean oil, wheat germ, sesame seed, natural vanilla flavoring) • Nonfat Dry Milk • Freeze Dried Blueberries • Dry Cream (cream, lecithin, tocopherols and ascorbyl palmitate [to protect flavor]) • Vanilla Flavor (cane sugar, cornstarch, natural and artificial flavor, dextrose, tricalcium phosphate)

CONTAINS: Milk, Soy, Wheat, Coconut

2 Pouches
Beef Stew
1 cup (49g) dry mix
About 2.5

Amount Per Serving	
Calories	190
Calories From Fat	60
% Daily Value*	
Total Fat	6g 9%
Saturated Fat	1g 5%
Trans Fat	0g
Cholesterol	20mg 7%
Sodium	860mg 36%
Total Carbohydrate	22g 7%
Dietary Fiber	3g 12%
Sugars	2g
Protein	13g 26%
Vitamin A	15%
Vitamin C	15%
Calcium	2%
Iron	8%

INGREDIENTS:

Potatoes (potato, sodium acid pyrophosphate [color retention]) • Cooked Beef (beef, salt) • Carrot • Green Peas (peas, salt) • Corn Oil with Spice Extract

Less than 2% of: Modified Corn Starch • Hydrolyzed Vegetable Protein (corn, yeast, wheat gluten, soy protein, soybean oil) • Dehydrated Onion • Sugar • Spice • Garlic Powder

CONTAINS: Soy, Wheat

Nutrition Facts

Serving Size
Servings Per Container

Amount Per Serving	
Calories	180
Calories From Fat	20
% Daily Value*	
Total Fat	2.5g 4%
Saturated Fat	0.5g 3%
Trans Fat	0g
Cholesterol	25mg 8%
Sodium	590mg 25%
Total Carbohydrate	29g 10%
Dietary Fiber	4g 16%
Sugars	2g
Protein	13g 26%
Vitamin A	8%
Vitamin C	25%
Calcium	2%
Iron	8%

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	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
Protein		50g	65g

2 Pouches
Italian Style Pepper Steak
1 cup (57g) dry mix
About 2.5

Amount Per Serving	
Calories	180
Calories From Fat	20
% Daily Value*	
Total Fat	2.5g 4%
Saturated Fat	0.5g 3%
Trans Fat	0g
Cholesterol	25mg 8%
Sodium	590mg 25%
Total Carbohydrate	29g 10%
Dietary Fiber	4g 16%
Sugars	2g
Protein	13g 26%
Vitamin A	8%
Vitamin C	25%
Calcium	2%
Iron	8%

INGREDIENTS:

Pepper Steak: Seasoned Formed Beef Strips (beef, salt) • Green & Yellow Bell Pepper • Red Bell Pepper • Onion • Dextrin • Modified Corn Starch

Less than 2% of: Olive Pomace Oil • Balsamic Vinegar of Modena (wine vinegar, grape must, caramel color, potassium metabisulfite) • Granulated Garlic • Sea Salt • Spice

Diced Tomatoes: Tomato • Tomato Juice • Salt • Calcium Chloride • Citric Acid

Precooked Rice: Parboiled Long Grain Rice

GLUTEN FREE

2 Pouches
Lasagna
1 1/4 cup (54g) dry mix
About 2.5

Amount Per Serving	
Calories	240
Calories From Fat	70
% Daily Value*	
Total Fat	8g 12%
Saturated Fat	3.5g 18%
Trans Fat	0g
Cholesterol	30mg 10%
Sodium	390mg 16%
Total Carbohydrate	29g 10%
Dietary Fiber	3g 12%
Sugars	6g
Protein	14g 28%
Vitamin A	15%
Vitamin C	25%
Calcium	20%
Iron	10%

INGREDIENTS:

Lasagna: Tomatoes (tomato, tomato juice, salt, citric acid, calcium chloride) • Tomato Paste • Enriched Macaroni Product (semolina [wheat], niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) • Cooked Beef (beef, flavoring, salt)

Less than 2% of: Dehydrated Onion • Modified Corn Starch • Spice • Sugar • Garlic Powder

Cheese Blend: Dehydrated Parmesan & Romano Cheeses (part-skim milk, cheese cultures, salt, enzymes) • Dehydrated Mozzarella Cheese Flavor (mozzarella cheese [part-skim milk, cheese culture, salt, enzymes], whey, salt, sodium phosphate, lactic acid)

CONTAINS: Milk, Wheat

2 Pouches
Noodles & Chicken
1 cup (54g) dry mix
About 2.5

Amount Per Serving	
Calories	220
Calories From Fat	45
% Daily Value*	
Total Fat	5g 8%
Saturated Fat	1.5g 8%
Trans Fat	0g
Cholesterol	45mg 15%
Sodium	590mg 25%
Total Carbohydrate	33g 11%
Dietary Fiber	1g 4%
Sugars	1g
Protein	10g 20%
Vitamin A	4%
Vitamin C	8%
Calcium	2%
Iron	6%

INGREDIENTS:

Precooked Noodles: Durum [wheat] Semolina • Whole Egg • Salt

Noodles & Chicken Sauce: Cooked Chicken (chicken meat, salt) • Red Pepper • Modified Corn Starch • Chicken Fat

Less than 2% of: Chicken Base (chicken meat, salt, maltodextrin, sugar, chicken fat, yeast extract, onion powder, garlic powder, turmeric, spice extract) • Sugar • Hydrolyzed Vegetable Protein (corn, soy, wheat gluten protein, soybean oil) • Seasoning (yeast extract, safflower oil, natural flavoring) • Onion Powder • Spice • Turmeric

CONTAINS: Milk, Soy, Wheat, Egg



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