

# Nutrition Facts

Serving Size 1 cup (54g) dry mix  
(Makes 1 cup prepared)  
Servings Per Container About 12

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%

\*Percent Daily Values (DV) 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 Carb.		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

## 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) • Flavoring (yeast extract, safflower oil, natural flavoring) • Onion Powder • Spice • Turmeric

CONTAINS: Soy, Wheat, Egg

Serving sizes are based on USDA/FDA 'Reference Amounts Customarily Consumed' and are for comparison purposes. Your mileage will vary based on your metabolism and activity level. We recommend determining your caloric needs and basing your purchasing decisions on calories rather than 'servings'.

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