



Freeze Dried Beef Stroganoff Kit

DIRECTIONS for 2 Servings:

1 cup pasta, 2/3 cup sauce mix, 2 cups water.

Add ingredients to boiling water; stir well. Reduce heat. Cook on a low boil 18-20 minutes, stirring frequently.

Refrigerate after opening.

Nutrition Facts

Serving Size: 1/2 cup pasta + 1/3 cup sauce mix (78g)

Servings Per Container: 14

Amount Per Serving			
Calories	290	Calories from Fat 70	
		% Daily Value*	
Total Fat	8g		12%
Saturated Fat	3.5g		19%
Transfat	0g		
Cholesterol	45mg		14%
Sodium	920mg		38%
Total Carbohydrate	47g		16%
Dietary Fiber	2g		10%
Sugars	4g		
Protein	12g		
Vitamin A	10%	•	Vitamin C 100%
Calcium	4%	•	Iron 15%
*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 Carbs 4 Protein 4			

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INGREDIENTS: Egg noodles (durum flour, eggs, glyceryl monosterate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), cream of mushroom soup (creamer [maltodextrin, palm oil], modified food starch, beef base [salt, hydrolyzed soy protein {including partially hydrogenated soybean oil}, sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide], mushrooms, dehydrated onion, mushroom flavor [maltodextrin, natural flavor {contains milk, wheat, soybeans}], mushroom powder, tapioca maltodextrin, autolyzed yeast extract, partially hydrogenated soybean oil, salt, onion powder, modified food starch], yeast extract, salt), freeze dried beef chunks (salt added), dehydrated tomato paste, chopped onion, red and green bell peppers, salt, sour cream powder, garlic powder, caramel color, yeast extract.

Contains allergens: Soy, wheat, and dairy.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

No added MSG.

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 25 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

14 SERVINGS
NET WT. 2.0 LBS 8.96 OZ (1.16 kg)