rev. 5/2012

Freeze Dried Chicken Fettuccini Alfredo 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 (85g)

Servings Per Container: 14

Amount Per Serving	
Calories 350	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 6g	28%
Transfat 0g	
Cholesterol 50mg	**17%**
Sodium 1090mg	**45%**
Total Carbohydrate 49g	**16%**
Dietary Fiber 2g	**7%**
Sugars 4g	
Protein 12g	

Vitamin A	4%	•	Vitamin C	4%
Calcium	8%	•	Iron	10%

*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), creamer (maltodextrin, palm oil), white cheddar cheese blend (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt, natural flavors), freeze dried chicken chunks, modified food starch, salt, sweet whey, natural sauteed 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), natural roast onion flavor (autolyzed yeast extract, onion powder, natural flavor [contains wheat, soybeans], defatted wheat germ, sugar, refinery syrup powder, brown sugar, molasses powder, corn syrup solids, caramel color), sour cream powder, garlic powder, yeast extract, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), parsley, xanthan gum.

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 10.4 OZ (1.20 kg)