

Savory Stroganoff

Nutrition Facts

Serving Size: 1/4 Pouch (64g)

Servings Per Container 4

Amount Per Serving

Calories 250 Calories from Fat 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 310mg **13%**

Total Carbohydrate 45g **15%**

Dietary Fiber 2g **8%**

Sugars 8g

Protein 7g

Vitamin A 0% + Vitamin C 2%

Calcium 8% + 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
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

Calories per gram:

Fat 9 + Carbohydrate 4 + Protein 4

Sodium lowered 67% from 960 mg to 310 mg per serving.

Ingredients: Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Sweet Whey Powder, Maltodextrin, Potato Flour, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Textured Vegetable Protein (Soy Flour, Caramel Color), Food Starch - Modified, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Nondairy Creamer (High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Dipotassium Phosphate, Mono and Diglycerides, Silicon Dioxide, Mixed Tocopherols [to preserve freshness]), Dried Onion, Salt, Natural and Artificial Flavors, Xanthan Gum, Dried Mushrooms, Partially Hydrogenated Soybean Oil, Dried Onions, Garlic Powder, Lactic Acid Powder, Titanium Dioxide (for color), Spice, Disodium Inosinate and Disodium Guanylate, Caramel Color.

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN

NET WT. 256g (9 OZ)