

ENRICHED NOODLES

Nutrition Facts

Serving Size 2 oz. (56g)

Servings Per Container About 160

Amount Per Serving

Calories 210 **Calories from fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 60mg **21%**

Sodium 20mg **1%**

Total Carbohydrate 39g **13%**

Dietary Fiber 2g **6%**

Sugars 2g

Protein 8g

Vitamin A 0% • **Vitamin C** 0%

Calcium 2% • **Iron** 10%

Thiamin 30% • **Riboflavin** 10%

Niacin 15% • **Folic Acid** 30%

*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

INGREDIENTS: DURUM FLOUR (WHEAT), EGG YOLKS OR EGGS, NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, AND FOLIC ACID. CONTAINS WHEAT AND EGG INGREDIENTS.