

CREAMY PASTA AND VEGETABLE ROTINI

COOKING DIRECTIONS

1. Open package at tear notch and remove oxygen absorber from the pouch.
2. Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface.
3. Stir thoroughly with a long spoon and close zipper.
4. Let stand for 12 to 15 minutes. Hot steam inside: use caution when opening pouch.
5. Open pouch—stir and eat.

NUTRITION INFORMATION

Servings per package:	2.00	
Serving size:	51.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	760 kJ	1490 kJ
Protein	4.0 g	7.9 g
Fat, total	1.8 g	3.5 g
- saturated	0.4 g	0.8 g
Carbohydrate	36.2 g	71.0 g
- sugars	3.3 g	6.5 g
Sodium	803 mg	1580 mg



For higher elevations, simmer in pot 15 to 20 minutes on heat source before serving.

INGREDIENTS: Pasta (47%) (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Sunflower Oil (Sunflower Oil, Food Starch-Modified, Maltodextrin, Natural Tocopherols), Whey, Maltodextrin, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavour), Carrots(4%), Salt, Peas (3%), Hydrolyzed Corn Protein, Textured Vegetable Protein (Soy Flour), Guar Gum, Soybean Oil, Natural Flavours, Disodium Inosinate and Disodium Guanylate, Spices, Lactic Acid, Turmeric Extract.

CONTAINS: MILK, SOY, WHEAT.

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

100% VEGETARIAN



WARNING: Hot steam inside. Use caution when opening pouch.

