

PASTA ALFREDO

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:	65.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1240 kJ	1900 kJ
Protein	5.5 g	8.4 g
Fat, total	11.5 g	17.7 g
- saturated	1.6 g	2.4 g
Carbohydrate	38.9 g	59.9 g
- sugars	0.8 g	1.2 g
Sodium	1060 mg	1640 mg



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

INGREDIENTS: Pasta (54%) (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower Shortening (Sunflower Oil, Food Starch-Modified, Maltodextrin, Natural Tocopherols), Food Starch-Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Partially Hydrogenated Soybean Oil, Salt, Maltodextrin, Parmesan Flavour (Salt, Yeast Extract), Hydrolyzed Soy Protein, Garlic Powder, Dried Onion Powder, Disodium Inosinate and Disodium Guanylate, Disodium Phosphate, Natural Flavour, Spices.

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.

