

SAVORY STROGANOFF

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:	64.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1050 kJ	1640 kJ
Protein	6.3 g	9.9 g
Fat, total	5.7 g	8.9 g
- saturated	0.8 g	1.3 g
Carbohydrate	41.7 g	65.2 g
- sugars	7.7 g	12.0 g
Sodium	961 mg	1500 mg



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

INGREDIENTS: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Whey Powder, Potato Flour, Sunflower Oil (Sunflower Oil, Food Starch-Modified, Maltodextrin, Natural Tocopherols), Textured Vegetable Protein (Soy Flour, Caramel Color), Food Starch-Modified, 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), Salt, Sour Cream (Cultured Cream [Cream, Nonfat Milk, Culture, Enzymes], Salt, Lactic Acid, Tocopherols), Hydrolyzed Soy Protein, Guar Gum, Dried Mushrooms, Soybean Oil, Dried Onion, Mushroom Flavour (Yeast Extract, Salt, Maltodextrin, Mushroom Extract), Natural Flavour, Lactic Acid, Garlic Powder, Titanium Dioxide, 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



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

