



14
SERVINGS



SHELF LIFE UP TO
25 YEARS

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

SEALED: UP TO 25 YEARS
OPENED: TO 1 MO. REFRIGERATED

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Freeze Dried Chicken Fettuccine Alfredo Kit

Nutrition Facts			
Serving Size: 1/2 Cup pasta + 1/3 Cup sauce mix (86g dry)			
Servings Per Container: 14			
Amount Per Serving			
Calories 360		Calories from Fat 100	
% Daily Value*			
Total Fat	11g		18%
Saturated Fat	6g		29%
Trans Fat	0g		
Cholesterol	50mg		17%
Sodium	940mg		39%
Total Carbohydrate	50g		17%
Dietary Fiber	2g		7%
Sugars	4g		
Protein	12g		
Vitamin A	4%	Vitamin C	4%
Calcium	8%	Iron	45%
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 Carbs 4 Protein 4			

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DIRECTIONS FOR 2 SERVINGS:

1 cup pasta, 2/3 cup sauce mix, 2 cups water. Add ingredients to boiling water. Simmer 15 to 18 minutes, stirring frequently.

Refrigerate after opening.

INGREDIENTS: Egg noodles (durum flour, eggs, glyceryl monostearate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), creamer (maltodextrin, palm oil), white cheddar cheese blend (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt, natural flavors), freeze dried chicken chunks, modified food starch, salt, sweet whey, natural sauteed mushroom flavor (maltodextrin, natural flavor [contains milk, wheat, soybeans], mushroom powder, tapioca maltodextrin, autolyzed yeast extract, partially hydrogenated soybean oil, salt, onion powder, modified food starch), natural roast onion flavor (autolyzed yeast extract, onion powder, natural flavor [contains wheat, soybeans], defatted wheat germ, sugar, refinery syrup powder, brown sugar, molasses powder, corn syrup solids, caramel color), sour cream powder, garlic powder, yeast extract, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), parsley, xanthan gum.

Contains allergens: Wheat, egg, milk, soy.