



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 Beef Stroganoff Kit

## Nutrition Facts

Serving Size: 1/2 Cup pasta + 1/3 Cup sauce mix (82g dry)  
Servings Per Container: 14

Amount Per Serving			
Calories 320		Calories from Fat 80	
		% Daily Value*	
<b>Total Fat</b>	9g		14%
<b>Saturated Fat</b>	4.5g		22%
<b>Trans Fat</b>	0g		
<b>Cholesterol</b>	45mg		16%
<b>Sodium</b>	780mg		32%
<b>Total Carbohydrate</b>	50g		17%
<b>Dietary Fiber</b>	2g		10%
<b>Sugars</b>	4g		
<b>Protein</b>	12g		
<b>Vitamin A</b>	10%	<b>Vitamin C</b>	100%
<b>Calcium</b>	4%	<b>Iron</b>	15%
*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			

### DIRECTIONS FOR 2 SERVINGS:

1 cup pasta, 2/3 cup sauce mix, 2 cups water. Add ingredients to boiling water. Cook on a low boil 18-20 minutes, stirring frequently.

Refrigerate after opening.

**INGREDIENTS:** Egg noodles (durum flour, eggs, glyceryl monosterate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), creamer (maltodextrin, palm oil), modified food starch, freeze dried beef chunks (salt added), dehydrated tomato paste, chopped onions, red and green bell peppers, beef base (salt, hydrolyzed soy protein [including partially hydrogenated soybean oil], sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide), sour cream powder, (cultured cream [cream, nonfat milk, culture, enzymes], salt, lactic acid, tocopherols, BHT, silicon dioxide, sodium citrate), salt, garlic powder, mushrooms, caramel color, dehydrated toasted onion flavor, mushroom flavor, yeast extract.

**Contains allergens:** Wheat, egg, milk, soy.

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