



20
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

Spaghetti Marinara Kit

with Freeze Dried Beef

Nutrition Facts

Serving Size: 1.5 oz pasta + 1/4 Cup sauce mix (67g dry)
Servings Per Container: 20

Amount Per Serving	
Calories 230	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 910mg	38%
Total Carbohydrate 42g	14%
Dietary Fiber 3g	10%
Sugars 1g	
Protein 12g	
Vitamin A 2%	Vitamin C 4%
Calcium 4%	Iron 100%
*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:

3 oz spaghetti, 1/2 cup sauce mix, 4 cups water.

Add spaghetti to boiling water. Boil 6 minutes. Stir in sauce mix. Reduce heat to a low boil. Cook for 9-12 minutes.

Refrigerate after opening.

INGREDIENTS: Spaghetti (semolina, durum flour, enriched with iron [ferrous sulfate] and B vitamins [niacin, thiamine mononitrate, riboflavin, folic acid]), dehydrated tomato paste, freeze dried beef chunks (salt added), salt, chopped onion, sugar, modified food starch, garlic powder, oregano, parsley, olive oil flavor (maltodextrin, modified food starch, natural flavor), citric acid.

Contains allergen: Wheat.

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