



20
SERVINGS



SHELF LIFE
UP TO 25 YEARS

Product good for up to 25 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55°F and 70°F. Actual shelf life may vary based on individual storage conditions.

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Fettuccine Alfredo

Nutrition Facts

Serving Size: 1/2 Tbsp (69g) Dry
Servings Per Container: 20

Amount Per Serving

Calories 300 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 9g **45%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 890mg **37%**

Total Carbohydrate 41g **14%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 10g

Vitamin A 0% • **Vitamin C 2%**

Calcium 10% • **Iron 8%**

*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	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram: Fat 9 • Carbs 4 • Protein 4

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DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Whisk entire contents of pouch into 4 1/2 Cups boiling water.
3. Simmer on low heat for 15 minutes, stirring frequently.
4. Remove from heat and let stand for 2 to 3 minutes to thicken before serving.

INGREDIENTS: Egg noodles (durum flour [wheat], eggs, glyceryl monostearate, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, silicon dioxide and soy lecithin), white cheese (cheddar cheese, [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt and natural flavors [contains less than 2% silicon dioxide]), modified food starch, non-iodized salt, whey, sautéed mushroom stock (shiitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion, modified corn starch), sautéed onions (onion, soy sauce [soy, maltodextrin, salt], maltodextrin, yeast extract, buttermilk, natural flavor, sunflower oil, salt, chili pepper, less than 2% silicon dioxide), lactic acid, garlic powder, natural flavoring, parsley flakes, xanthan gum, vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices [including parsley], extractives of turmeric, silicon dioxide added to prevent caking).

CONTAINS ALLERGEN: Egg, milk, soy and wheat.

Contains oxygen absorber.
Discard immediately upon opening.