



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

Chicken Noodle Soup

Nutrition Facts

Serving Size: 1/2 Cup (54g) Dry
Servings Per Container: 20

Amount Per Serving

Calories 190 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 1190mg **50%**

Total Carbohydrate 39g **13%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 5g

Vitamin A 30% • **Vitamin C 4%**

Calcium 2% • **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 5 Cups boiling water, return to boil.
3. Reduce to medium and continue cooking for 20 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), 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), maltodextrin, carrot dices, modified food starch, onions, celery slices, dehydrated. peas, garlic powder, celery seed, white pepper, xanthan gum, parsley flakes.

CONTAINS ALLERGEN: Egg and wheat.

Contains oxygen absorber.
Discard immediately upon opening.