



26  
SERVINGS



SHELF LIFE UP TO  
30 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.*

FOOD STORAGE  
EMERGENCY  
EVERYDAY FOOD

# Elbow Macaroni

## Nutrition Facts

Serving Size: 1/2 Cup (54g dry)  
Servings Per Container: 26

Amount Per Serving			
<b>Calories 200</b>	<b>Calories from Fat 10</b>		
% Daily Value*			
<b>Total Fat 1g</b>	<b>1%</b>		
<b>Saturated Fat 0g</b>	<b>0%</b>		
<b>Trans Fat 0g</b>			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 0mg</b>	<b>0%</b>		
<b>Total Carbohydrate 40g</b>	<b>13%</b>		
<b>Dietary Fiber 2g</b>	<b>8%</b>		
<b>Sugars 2g</b>			
<b>Protein 7g</b>			
<b>Vitamin A 0%</b>	<b>Vitamin C 0%</b>		
<b>Calcium 0%</b>	<b>Iron 50%</b>		
*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:

1. Bring 4 quarts of water to a boil.
2. Stir in 2 cups of macaroni and return to a boil.
3. Cook uncovered for 8-10 minutes, stirring occasionally.

For best results avoid overcooking, quickly drain and serve.

**INGREDIENTS:** Semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid.

**Contains allergen:** Wheat.

66309-100914