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HOMEMADE NOODLES

Cholesterol-Free Pasta Garlic-Parsley

INGREDIENTS: Unbleached Wheat Flour; Enriched with B Vitamins (Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), and Iron (Ferrous Sulfate); Water; Garlic Powder; Parsley Flakes; Egg Whites.

No Salt, Color or Preservatives

Cooking Directions: Cook pasta in 3-4 quarts boiling water for 7-10 minutes or until desired tenderness. Rinse and drain. Use in your favorite recipe.

Mrs. Miller's Homemade Noodles
P.O. Box 237
Fredericksburg, OH 44627
Phone (330) 695-2393



Pareve



Net Wt. 16 Oz. (1 Lb.) (454g)

Nutrition Facts

Serving Size 2 oz (57g)
Servings Per Container 8

Amount Per Serving

Calories 200 Calories from Fat 9

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 40g **13%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 9g

Vitamin A 1% • Vitamin C 1%

Calcium 1% • Iron 9%

*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 • Carbohydrate 4 • Protein 4