

# Nutrition Facts

Serving Size 223 Gram(s)

Spicy Peanut Noodles— Serving Per Container 1

## Amount Per Serving

**Calories** 310 Calories from Fat 100  
% Daily Value\*

**Total Fat** 12g **18%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 35mg **12%**

**Sodium** 30mg **1%**

**Total Carbohydrates** 40g **13%**

Dietary Fiber 6g **24%**

Sugars 4g

**Protein** 14g

Vitamin A 110% • Vitamin C 60%

Calcium 6% • Iron 20%

\* 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

# Nutrition Facts

Serving Size 28 Gram(s)

Peanut Sauce – 1oz

## Amount Per Serving

**Calories** 80 Calories from Fat 50  
% Daily Value\*

**Total Fat** 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 340mg **14%**

**Total Carbohydrates** 4g **1%**

Dietary Fiber < 1g **2%**

Sugars 3g

**Protein** 2g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 2%

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

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4