



HOMEMADE NOODLES

Old Fashioned Wide

INGREDIENTS: Unbleached Wheat Flour; Enriched with B Vitamins (Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), and Iron (Ferrous Sulfate); Eggs; Water.

No Salt, Color or Preservatives

Cooking Directions: Cook noodles in 3-4 quarts boiling water for 9-12 minutes or until desired tenderness. Rinse and drain. Use in your favorite recipe.

Mrs. Miller's Homemade Noodles
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Net Wt. 16 Oz. (1 Lb.) (454g)

Nutrition Facts

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

Amount Per Serving

Calories 210 Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.5g **3%**

Cholesterol 55mg **18%**

Sodium 20mg **1%**

Total Carbohydrate 39g **13%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 9g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 10%

*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