

BOWL NOODLES HOT & SPICY - NUTRITION FACTS AND INGREDIENTS

09631 Unit, 19661 6ct ^{RB}

Bowl Noodles Hot & Spicy - Chicken Flavor ^{R2}

Nutrition Facts

Serving Size 1/2 Container (47g)
Servings Per Container About 2

Amount Per Serving		% Daily Value*	
Calories 220	Calories from Fat 100		
Total Fat 11g		17%	
Saturated Fat 5g		25%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 820mg		34%	
Total Carbohydrate 27g		9%	
Dietary Fiber 2g		8%	
Sugars 2g			
Protein 4g			
Vitamin A 6%	Vitamin C 2%		
Calcium 2%	Iron 10%		

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (PALM OIL, PALM OLEIN OIL), SALT, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, BETA CAROTENE COLOR, CALCIUM SILCATE, CITRIC ACID, DISODIUM INOSINATE, DRIED CABBAGE FLAKE, DRIED CORN, DRIED GREEN ONION, DRIED PARSLEY, DRIED RED BELL PEPPER, EGG WHITE, GARLIC, GARLIC POWDER, HYDROLYZED CORN PROTEIN, HYDROLYZED SOY PROTEIN, LACTOSE, LEMONGRASS, LIME JUICE, MALTODEXTRIN, MONOSODIUM GLUTAMATE, NATURAL AND ARTIFICIAL FLAVOR, ONION POWDER, POWDERED LECITHIN, SOYBEAN, SPICE AND COLOR, SUGAR, TBHQ (PRESERVATIVE), TOCOPHEROL (PRESERVATIVE), WATER, WHEAT, MANTHAN GUM, CONTAINS WHEAT, SOYBEAN, EGG, MILK, AND COCONUT.
www.nissinfoods.com

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PEANUT, TREE NUTS, CRUSTACEAN SHELLFISH, AND FISH PRODUCTS.

PARTIALLY PRODUCED WITH GENETIC ENGINEERING.

* 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



09632 Unit, 19662 6ct ^{RB}

Bowl Noodles Hot & Spicy - With Shrimp ^{R2}

Nutrition Facts

Serving Size 1/2 Container (46g)
Servings Per Container About 2

Amount Per Serving		% Daily Value*	
Calories 220	Calories from Fat 100		
Total Fat 12g		18%	
Saturated Fat 5g		27%	
Trans Fat 0g			
Cholesterol Less than 5mg		1%	
Sodium 760mg		32%	
Total Carbohydrate 26g		9%	
Dietary Fiber 1g		6%	
Sugars 3g			
Protein 4g			
Vitamin A 6%	Vitamin C 2%		
Calcium 2%	Iron 10%		

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (PALM OIL, PALM OLEIN OIL), SESAME OIL, SALT, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, BEEF FAT, BETA CAROTENE COLOR, CALCIUM SILCATE, CARAMEL COLOR, CITRIC ACID, COCONUT PALM SUGAR, CORN SYRUP, DEXTRIN, DEXTROSE, DISODIUM GUANYLATE, DISODIUM INOSINATE, DISODIUM SUCCINATE, DRIED CABBAGE FLAKE, DRIED CILANTRO FLAKE, DRIED GREEN ONION, DRIED RED BELL PEPPER, DRIED SHRIMP, EGG WHITE, GARLIC, GARLIC POWDER, HYDROLYZED CORN PROTEIN, KRILL, LACTOSE, LEMONGRASS, LIME JUICE, MONOSODIUM GLUTAMATE, NATURAL AND ARTIFICIAL FLAVOR, ONION POWDER, PORK GELATIN, POWDERED BEEF, SHALLOT, SILICON DIOXIDE, SODIUM BENZOATE (PRESERVATIVE), SODIUM DIACETATE, SODIUM TRIPOLYPHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, ONION POWDER, POWDERED BEEF, SHALLOT, SILICON DIOXIDE, AND COLOR, SUGAR, TBHQ (PRESERVATIVE), TOCOPHEROL (PRESERVATIVE), SODIUM TRIPOLYPHOSPHATE, SOY LECITHIN, SOY SAUCE (WATER, SOYBEAN, SALT, WHEAT), SPICE CONTAINS WHEAT, SOYBEAN, EGG, MILK, COCONUT, KRILL, AND SHRIMP.
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	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



09633 Unit, 19663 6ct ^{RB}

Bowl Noodles Hot & Spicy - Beef Flavor ^{R1}

Nutrition Facts

Serving Size 1/2 Container (47g)
Servings Per Container About 2

Amount Per Serving		% Daily Value*	
Calories 220	Calories from Fat 90		
Total Fat 10g		16%	
Saturated Fat 5g		24%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 840mg		35%	
Total Carbohydrate 27g		9%	
Dietary Fiber 2g		7%	
Sugars 2g			
Protein 4g			
Vitamin A 4%	Vitamin C 0%		
Calcium 2%	Iron 10%		

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (PALM OIL, PALM OLEIN OIL), SALT, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, BETA CAROTENE COLOR, CALCIUM SILCATE, CITRIC ACID, COCONUT PALM SUGAR, CORN SYRUP, DEXTRIN, DISODIUM GUANYLATE, DISODIUM INOSINATE, DISODIUM PALM SUGAR, CORN SYRUP, CABBAGE FLAKE, DRIED CILANTRO FLAKE, DRIED GREEN BEAN, DRIED GREEN ONION, DRIED RED BELL PEPPER, EGG WHITE, GARLIC, GARLIC POWDER, MONOSODIUM SUCCINATE, DRIED PROTEIN, LACTOSE, LEMONGRASS, LIME JUICE, MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVOR, ONION POWDER, POWDERED BEEF, SHALLOT, SILICON DIOXIDE, SODIUM BENZOATE (PRESERVATIVE), SODIUM DIACETATE, SODIUM TRIPOLYPHOSPHATE, SODIUM TRIPOLYPHOSPHATE, SOY LECITHIN, SOY SAUCE (WATER, SOYBEAN, SALT, WHEAT), SPICE AND COLOR, SUGAR, TBHQ (PRESERVATIVE), TOCOPHEROL (PRESERVATIVE), CONTAINS WHEAT, SOYBEAN, EGG, MILK, AND COCONUT.
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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



09634 Unit, 19664 6ct ^{RB}

Bowl Noodles Hot & Spicy - Super Picante ^{R1}

Nutrition Facts

Serving Size 1/2 Container (46g)
Servings Per Container About 2

Amount Per Serving		% Daily Value*	
Calories 210	Calories from Fat 90		
Total Fat 10g		15%	
Saturated Fat 4.5g		23%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 850mg		35%	
Total Carbohydrate 27g		9%	
Dietary Fiber 2g		8%	
Sugars 3g			
Protein 4g			
Vitamin A 8%	Vitamin C 2%		
Calcium 2%	Iron 10%		

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (PALM OIL, PALM OLEIN OIL), SALT, DRIED CABBAGE FLAKE, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, BETA CAROTENE COLOR, CALCIUM SILCATE, CITRIC ACID, COCONUT PALM SUGAR, DEXTROSE, DISODIUM GUANYLATE, DISODIUM INOSINATE, DRIED CILANTRO FLAKE, DRIED GREEN ONION, DRIED RED BELL PEPPER, EGG WHITE, GARLIC, GARLIC POWDER, LACTOSE, LEMONGRASS, LIME JUICE, MALTODEXTRIN, MODIFIED FOOD STARCH, MONOSODIUM GLUTAMATE, NATURAL AND ARTIFICIAL FLAVOR, ONION POWDER, POWDERED BEEF, SHALLOT, SILICON DIOXIDE, SODIUM BENZOATE (PRESERVATIVE), SODIUM DIACETATE, SODIUM TRIPOLYPHOSPHATE, SODIUM TRIPOLYPHOSPHATE, SOY LECITHIN, SOYBEAN, SPICE AND COLOR, SUGAR, TBHQ (PRESERVATIVE), TOCOPHEROL (PRESERVATIVE), VINEGAR, WATER, WHEAT, CONTAINS WHEAT, SOYBEAN, EGG, MILK, AND COCONUT.
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Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



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