

# Three Cheese Chicken Pasta

## Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 1 1/2 cups (12oz) boiling water to ingredients or you may crease / fold pouch at water line 7 then fill to water line 7.
4. Stir completely and cover. Let stand 10-12 minutes.



**0g TRANS FAT  
PER SERVING**

INGREDIENTS: Instant Pasta [Durum Semolina (enriched with Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, and Folic Acid)], Sharp Cheddar Cheese Powder (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate, Annatto Extract), Cooked Freeze-Dried Diced Chicken, Romano Cheese Powder (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Diced Carrots, Parmesan Cheese Powder (Partially Skim Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Freeze-Dried Zucchini, Instant Nonfat Milk Powder, Potato Starch, Freeze-Dried Spinach, Low Sodium Chicken Broth [Maltodextrin, Salt, Torula Yeast, Dehydrated Vegetables (Onion, Celery, Parsley, Spinach, Garlic, Carrot), Potato Flour, Xanthan Gum, Spices, Extractives of Spice (including Turmeric and Paprika), Soy Lecithin. Not more than 2% Soybean Oil added as a processing aid], Minced Green Onion, Low Sodium Salt (Sodium, Chloride, Potassium), Organic Tamari Soy Sauce [(Organic Soybeans, Salt), Organic Maltodextrin, Salt].

**Contains Milk, Soy, Wheat.**

AlpineAire Foods 130 Cyber Ct. Rocklin, CA. 95765

800.755.6701 info@alpineaire.com www.alpineaire.com

Like us on Facebook: www.facebook.com/AlpineAireFoods

## Nutrition Facts

Serving Size 2.5 oz (71g)

Servings Per Container 2

Amount Per Serving

**Calories 290**      **Calories from Fat 70**

**% Daily Value\***

**Total Fat 8g**      **12%**

Saturated Fat 4.5g      **23%**

Trans Fat 0g

**Cholesterol 35mg**      **12%**

**Sodium 570mg**      **24%**

**Total Carbohydrate 34g**      **11%**

Dietary Fiber 2g      **8%**

Sugars 4g

**Protein 19g**

**Vitamin A 100%**      • **Vitamin C 20%**

**Calcium 25%**      • **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
Saturated 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

