

Asian Beef and Noodles

Number of Servings: 1 (205.69 g per serving)

Amount	Measure	Ingredient
		Beef, ground, hamburger, raw, 15% fat
		Soup, ramen noodles, dry, pkg
		Steamed Vegetable Blend
		Spice, ginger root, fresh
		Water, tap, municipal
		Cornstarch
		Water, tap, municipal

Nutrition Facts	
Serving Size About 1 Cup (206g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4.5g	23%
Cholesterol 50mg	17%
Sodium 160mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 17g	
Vitamin A 40%	• Vitamin C 15%
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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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