



Vegetable Lo Mein (1506)

10/19/2022

Nutrition Facts	
22 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	22%
Total Carbohydrate 36g	13%
Dietary Fiber 3g	10%
Total Sugars 9g	
Includes 4g Added Sugars	9%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 4mg	20%
Potassium 84mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: SPAGHETTI COOKED (Water, Spaghetti [semolina (wheat), niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin and folic acid]), WATER, SUGAR SNAP PEAS, RED PEPPERS, CARROTS, WATER CHESTNUTS (Water Chestnuts, Water), LESS SODIUM SOY SAUCE (Water, Soybeans, Wheat, Salt, Lactic Acid, Sodium Benzoate: less than 1/10 of 1% as a Preservative), SESAME SEED OIL, BROWN CANE SUGAR, MOLASSES (Cane Molasses), SOY SAUCE (Water, Soybeans, Wheat, Salt, Sodium Benzoate: Less than 1/10 of 1% as a Preservative), CHOPPED GARLIC (Garlic, Water, Citric Acid), GINGER PUREE, MODIFIED FOOD STARCH (corn), WHITE VINEGAR, WHITE PEPPER, CAYENNE PEPPER

ALLERGEN: Contains Soy, Wheat, Sesame. Manufactured on equipment that processes products containing Soy, Eggs, Milk, Wheat, Fish and Crustacean Shellfish

Order Number: C711506