

CUP NOODLES - NUTRITION FACTS AND INGREDIENTS

03001 Unit, 23001 12ct RD Cup Noodles Beef Flavor ^{R5}

Nutrition Facts

Serving Size 1 Container (64g)

Amount Per Serving

Calories 290 Calories from Fat 100

% Daily Value*

Total Fat 11g 16%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1100mg 46%

Total Carbohydrate 41g 14%

Dietary Fiber 3g 11%

Sugars 2g

Protein 7g

Vitamin A 6% • Vitamin C 2%

Calcium 2% • Iron 15%

*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

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (PALM OIL, RICE BRAN OIL), SALT, TEXTURED SOY PROTEIN, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, BEEF FAT, CARAMEL COLOR, CITRIC ACID, CORN SYRUP SOLIDS, DISODIUM GUANYLATE, DISODIUM INOSINATE, DISODIUM SUCCINATE, DRIED CARROT FLAKE, DRIED CORN, DRIED GREEN ONION, EGG WHITE, GARLIC POWDER, HYDROLYZED CORN PROTEIN, HYDROLYZED SOY PROTEIN, LACTOSE, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, POTASSIUM CARBONATE, POTASSIUM CHLORIDE, POWDERED CHICKEN, SILICON DIOXIDE, SODIUM ALGINATE, SODIUM CARBONATE, SODIUM GLUCONATE, SODIUM TRIPOLYPHOSPHATE, SPICE, SUCCINIC ACID, SUGAR, TBHQ (PRESERVATIVE), CONTAINS WHEAT, SOYBEAN, EGG, AND MILK.

NISSIN MANUFACTURED BY: NISSIN FOODS (USA) CO., INC. 2001 W. ROSECRANS AVE., GARDENA, CA 90249

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

PARTIALLY PRODUCED WITH GENETIC ENGINEERING.

For the tastiest results, please see lid for recommended cooking directions.

03002 Unit, 23002 12ct RD Cup Noodles With Shrimp ^{R5}

Nutrition Facts

Serving Size 1 Container (64g)

Amount Per Serving

Calories 290 Calories from Fat 100

% Daily Value*

Total Fat 11g 17%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol Less than 5mg 2%

Sodium 1060mg 44%

Total Carbohydrate 41g 14%

Dietary Fiber 2g 10%

Sugars 2g

Protein 7g

Vitamin A 8% • Vitamin C 2%

Calcium 2% • Iron 15%

*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

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (PALM OIL, RICE BRAN OIL, SESAME OIL), SALT, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, CARAMEL COLOR, CITRIC ACID, CONCENTRATED CHICKEN STOCK, CONCENTRATED PORK STOCK, CORN SYRUP SOLIDS, DEXTROSE, DISODIUM GUANYLATE, DISODIUM INOSINATE, DISODIUM SUCCINATE, DRIED BAMBOO SHOOT, DRIED CARROT FLAKE, DRIED GREEN ONION, DRIED SHRIMP, EGG WHITE, GARLIC POWDER, HYDROLYZED CORN GLUTEN, HYDROLYZED CORN PROTEIN, HYDROLYZED SOY PROTEIN, LACTOSE, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, POTASSIUM CARBONATE, POTASSIUM CHLORIDE, SHRIMP POWDER, SODIUM ALGINATE, SODIUM CARBONATE, SODIUM GLUCONATE, SODIUM TRIPOLYPHOSPHATE, SOY SAUCE SOLIDS (WHEAT, SOYBEANS, SALT), SPICE, SUCCINIC ACID, SUGAR, TBHQ (PRESERVATIVE), CONTAINS WHEAT, SOYBEAN, EGG, MILK, AND SHRIMP.

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03003 Unit, 23003 12ct RD Cup Noodles Chicken Flavor ^{R5}

Nutrition Facts

Serving Size 1 Container (64g)

Amount Per Serving

Calories 290 Calories from Fat 100

% Daily Value*

Total Fat 11g 17%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1070mg 45%

Total Carbohydrate 42g 14%

Dietary Fiber 3g 10%

Sugars 2g

Protein 6g

Vitamin A 8% • Vitamin C 2%

Calcium 2% • Iron 15%

*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

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, SALT, DRIED CARROT FLAKE, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, CITRIC ACID, CONCENTRATED GREEN CABBAGE JUICE, DEXTROSE, DISODIUM GUANYLATE, DISODIUM INOSINATE, DISODIUM SUCCINATE, DRIED CORN, DRIED PARSLEY, EGG WHITE, GARLIC POWDER, HYDROLYZED CORN PROTEIN, HYDROLYZED SOY PROTEIN, LACTOSE, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, POTASSIUM CARBONATE, POTASSIUM CHLORIDE, POWDERED CHICKEN, RENDERED CHICKEN FAT, SILICON DIOXIDE, SODIUM ALGINATE, SODIUM CARBONATE, SODIUM GLUCONATE, SODIUM TRIPOLYPHOSPHATE, SOYBEAN, SPICE AND COLOR, SUCCINIC ACID, SUGAR, TBHQ (PRESERVATIVE), WHEAT, CONTAINS WHEAT, SOYBEAN, EGG, AND MILK.

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03006 Unit, 23006 12ct RD Cup Noodles Chicken Vegetable Flavor ^{R5}

Nutrition Facts

Serving Size 1 Container (64g)

Amount Per Serving

Calories 290 Calories from Fat 100

% Daily Value*

Total Fat 11g 17%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1100mg 46%

Total Carbohydrate 42g 14%

Dietary Fiber 3g 11%

Sugars 2g

Protein 6g

Vitamin A 8% • Vitamin C 2%

Calcium 2% • Iron 15%

*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

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, SALT, DRIED CARROT FLAKE, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, CITRIC ACID, CONCENTRATED GREEN CABBAGE JUICE, DEXTROSE, DISODIUM GUANYLATE, DISODIUM INOSINATE, DISODIUM SUCCINATE, DRIED CORN, DRIED PARSLEY, EGG WHITE, GARLIC POWDER, HYDROLYZED CORN PROTEIN, HYDROLYZED SOY PROTEIN, LACTOSE, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, POTASSIUM CARBONATE, POTASSIUM CHLORIDE, POWDERED CHICKEN, RENDERED CHICKEN FAT, SILICON DIOXIDE, SODIUM ALGINATE, SODIUM CARBONATE, SODIUM GLUCONATE, SODIUM TRIPOLYPHOSPHATE, SPICE AND COLOR, SUCCINIC ACID, SUGAR, TBHQ (PRESERVATIVE), CONTAINS WHEAT, SOYBEAN, EGG, AND MILK.

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CUP NOODLES - NUTRITION FACTS AND INGREDIENTS

03011 Unit, 23011 12ct RD Cup Noodles Spicy Chile Chicken Flavor ^{RS}

Nutrition Facts	
Serving Size 1 Container (64g)	
Amount Per Serving	
Calories 290 Calories from Fat 100	
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1120mg	47%
Total Carbohydrate 41g	14%
Dietary Fiber 3g	11%
Sugars 2g	
Protein 7g	
Vitamin A 6%	Vitamin C 6%
Calcium 2%	Iron 15%

*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

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, SALT, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, CARAMEL COLOR, CITRIC ACID, DEXTROSE, DISODIUM GUANYLATE, DISODIUM INOSINATE, DISODIUM SUCCINATE, DRIED CORN, DRIED ONION FLAKE, DRIED RED BELL PEPPER, EGG WHITE, GARLIC POWDER, GROUND HABANERO PEPPER, HYDROLYZED CORN PROTEIN, HYDROLYZED SOY PROTEIN, LACTOSE, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, POTASSIUM CARBONATE, POTASSIUM CHLORIDE, POWDERED CHICKEN, RENDERED CHICKEN FAT, SILICON DIOXIDE, SODIUM ALGINATE, SODIUM CARBONATE, SODIUM GLUCONATE, SODIUM TRIPOLYPHOSPHATE, SOYBEAN, SPICE AND COLOR, SUCCINIC ACID, SUGAR, TBHQ (PRESERVATIVE), TEXTURED SOY PROTEIN, WHEAT, CONTAINS WHEAT, SOYBEAN, EGG, AND MILK.

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03012 Unit, 23012 12ct RD Cup Noodles Hot & Spicy Shrimp ^{RS}

Nutrition Facts	
Serving Size 1 Container (64g)	
Amount Per Serving	
Calories 290 Calories from Fat 100	
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol Less than 5mg	2%
Sodium 1150mg	48%
Total Carbohydrate 42g	14%
Dietary Fiber 2g	10%
Sugars 1g	
Protein 7g	
Vitamin A 6%	Vitamin C 6%
Calcium 2%	Iron 15%

*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

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (PALM OIL, SESAME OIL), SALT, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, BEET COLOR, CARAMEL COLOR, CITRIC ACID, CORN SYRUP SOLIDS, DEXTROSE, DISODIUM GUANYLATE, DISODIUM INOSINATE, DISODIUM SUCCINATE, DRIED CILANTRO FLAKE, DRIED GREEN ONION, DRIED RED BELL PEPPER, DRIED SHRIMP, EGG WHITE, GARLIC POWDER, HYDROLYZED CORN PROTEIN, HYDROLYZED SOY PROTEIN, LACTOSE, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, POTASSIUM CARBONATE, POTASSIUM CHLORIDE, POWDERED CHICKEN, RENDERED CHICKEN FAT, SHRIMP POWDER, SODIUM ALGINATE, SODIUM CARBONATE, SODIUM GLUCONATE, SODIUM TRIPOLYPHOSPHATE, SPICE AND COLOR, SUGAR, TBHQ (PRESERVATIVE), TOMATO POWDER, CONTAINS WHEAT, SOYBEAN, EGG, MILK, AND SHRIMP.

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03023 Unit, 23023 12ct RD Cup Noodles Hearty Chicken Flavor ^{RS}

Nutrition Facts	
Serving Size 1 Container (64g)	
Amount Per Serving	
Calories 300 Calories from Fat 110	
	% Daily Value*
Total Fat 12g	19%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1030mg	43%
Total Carbohydrate 40g	13%
Dietary Fiber 2g	9%
Sugars Less than 1g	
Protein 6g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 15%

*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

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (PALM OIL, SAFFLOWER OIL), SALT, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, CITRIC ACID, CONCENTRATED GREEN CABBAGE JUICE, CORN SYRUP SOLIDS, DEXTROSE, DISODIUM GUANYLATE, DISODIUM INOSINATE, DISODIUM SUCCINATE, DRIED PARSLEY, EGG WHITE, GARLIC POWDER, HYDROLYZED CORN PROTEIN, HYDROLYZED SOY PROTEIN, LACTOSE, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, POTASSIUM CARBONATE, POTASSIUM CHLORIDE, POTATO POWDER, POWDERED CHICKEN, RENDERED CHICKEN FAT, SILICON DIOXIDE, SODIUM ALGINATE, SODIUM CARBONATE, SODIUM CASEINATE, SODIUM GLUCONATE, SODIUM TRIPOLYPHOSPHATE, SPICE AND COLOR, SUCCINIC ACID, SUGAR, TBHQ (PRESERVATIVE), XANTHAN GUM, CONTAINS WHEAT, SOYBEAN, EGG, AND MILK.

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03102 Unit, 23102 12ct RD Cup Noodles Spicy Lime Shrimp Flavor ^{RS}

Nutrition Facts	
Serving Size 1 Container (64g)	
Amount Per Serving	
Calories 290 Calories from Fat 100	
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol Less than 5mg	1%
Sodium 1160mg	48%
Total Carbohydrate 41g	14%
Dietary Fiber 3g	10%
Sugars 1g	
Protein 7g	
Vitamin A 6%	Vitamin C 8%
Calcium 2%	Iron 15%

*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

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (PALM OIL, SESAME OIL), SALT, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, CARAMEL COLOR, CITRIC ACID, CONCENTRATED GREEN CABBAGE JUICE, DEXTROSE, DISODIUM GUANYLATE, DISODIUM INOSINATE, DISODIUM SUCCINATE, DRIED CILANTRO FLAKE, DRIED CORN, DRIED GREEN ONION, DRIED RED BELL PEPPER, DRIED SHRIMP, EGG WHITE, GARLIC POWDER, HYDROLYZED CORN PROTEIN, HYDROLYZED SOY PROTEIN, LACTOSE, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, POTASSIUM CARBONATE, POTASSIUM CHLORIDE, POWDERED CHICKEN, RENDERED CHICKEN FAT, SHRIMP POWDER, SILICON DIOXIDE, SODIUM ALGINATE, SODIUM CARBONATE, SODIUM DIACETATE, SODIUM GLUCONATE, SODIUM TRIPOLYPHOSPHATE, SOYBEAN, SPICE AND COLOR, SUCCINIC ACID, SUGAR, TBHQ (PRESERVATIVE), WHEAT, CONTAINS WHEAT, SOYBEAN, EGG, MILK, AND SHRIMP.

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