

# Frank's Favorite Alfredo

\*Cook before enjoying.

## Prepare

- 1 Open pouch and remove oxygen absorber.
- 2 Add contents to 9 cups of water in a pot.
- 3 Bring pot to a boil while stirring.
- 4 Reduce heat to medium, cook for 10 to 12 minutes, until noodles are cooked.
- 5 Remove from heat, let stand 7 to 10 minutes for sauce to thicken before serving.

4-10573PT



Distributed by 4Patriots, LLC  
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4patriots.com | (800) 304-4202

Contains a bioengineered food ingredient(s).

NET WT. 21.16 oz (1 lb 5.2 oz) (600g)

Makes 8 Servings

## Nutrition Facts

8 Servings Per Container  
**Serving Size** 2/3 Cup (75g) Dry  
(about 1 Cup prepared)

Amount per Serving

**Calories** **290**

% Daily Value

|                               |            |
|-------------------------------|------------|
| <b>Total Fat</b> 7g           | <b>9%</b>  |
| Saturated Fat 5g              | <b>24%</b> |
| <i>Trans</i> Fat 0g           |            |
| <b>Cholesterol</b> 5mg        | <b>2%</b>  |
| <b>Sodium</b> 860mg           | <b>37%</b> |
| <b>Total Carbohydrate</b> 49g | <b>18%</b> |
| Dietary Fiber 2g              | <b>7%</b>  |
| Total Sugars 6g               |            |
| Includes <1g Added Sugars     | <b>1%</b>  |

**Protein** 9g

|                 |     |
|-----------------|-----|
| Vitamin D 0mcg  | 0%  |
| Calcium 80mg    | 6%  |
| Iron 1.9mg      | 10% |
| Potassium 300mg | 6%  |

\* 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.

V3.9

INGREDIENTS: Enriched Fettucine Pasta [wheat flour, Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid], Powdered Creamer [coconut oil, corn syrup solids, sodium caseinate (a milk derivative), dipotassium phosphate, sugar, mono and diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin], White Cheddar Blend [cheddar cheese (pasteurized milk, salt, cheese culture, enzymes), Buttermilk, Whey, Salt, contains less than 2% Silicon Dioxide and less than 2% Disodium Phosphate], Nonfat Dry Milk, Iodized Salt, Butter Powder (cream, salt, nonfat dry milk, natural Vitamin E and Vitamin C ester, contains less than 2% silicon dioxide as an anti-caking agent), Parmesan Cheese Blend (whey, maltodextrin, buttermilk, natural parmesan cheese flavor, salt), Cornstarch, Garlic Powder, Onion Powder, Spices, Lactic Acid and Calcium Lactate.

Contains: Milk, Soy, Wheat.