

Instant Independence Make-in-Pouch Survival Meals

Sausage Pasta Marinara

Savory Pork & Pasta in Zesty Tomato Sauce

To Prepare:

- 1 Open pouch, remove oxygen absorber.
- 2 Pour 1 1/2 cups boiling water into pouch & mix.
Caution: Pouch will be hot.
- 3 Seal pouch & let rest for 15-20 minutes.
- 4 Enjoy your warm, delicious meal!



Distributed by 4Patriots, LLC
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NET WT. 4.6 oz. (130g)

Makes 2 Servings

Nutrition Facts

2 servings per container

Serving size

1/2 cup dry mix (65g)

| | 1 Serving | Total Package |
|--------------------|------------|---------------|
| Calories | 240 | 480 |
| | % DV* | % DV* |
| Total Fat | 4g 5% | 8g 10% |
| Saturated Fat | 2g 10% | 4g 20% |
| Trans Fat | 0g | 0g |
| Cholesterol | 10mg 3% | 20mg 7% |
| Sodium | 1600mg 70% | 3210mg 140% |
| Total Carbohydrate | 43g 16% | 86g 31% |
| Dietary Fiber | 4g 14% | 8g 29% |
| Total Sugars | 5g | 9g |
| Incl. Added Sugars | 0g 0% | 0g 0% |
| Protein | 8g | 17g |
| Vitamin D | 0mcg 0% | 0mcg 0% |
| Calcium | 70mg 6% | 140mg 10% |
| Iron | 3.2mg 20% | 6.4mg 35% |
| Potassium | 450mg 10% | 900mg 20% |

* The % Daily Value (DV) 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

v1.0

Ingredients: Instant Rotelle Noodles (Durum Semolina [wheat], Niacin, Ferrous Sulfate [iron], Thiamin Mononitrate, Riboflavin and Folic Acid), Freeze-Dried Cooked Pork Sausage (pork, salt, garlic powder, onion powder, black pepper, spices), Tomato Powder, Modified Food Starch, Butter Powder (Butter (Cream, Salt), Nonfat Dry Milk, Natural Vitamin E and Vitamin C Ester (added to preserve freshness)), Iodized Salt, Garlic Powder, Spices, Onion Powder, Parsley, Ground Fennel Seed, Black Pepper

Contains: Milk, Wheat