

MRE w/ Heaters (12 meals) - Disaster Recovery

Technical Data Sheet

When you really need to eat and have no way of getting to a grocery store, or their shelves are empty, have on hand what the military has trusted for generations. Because it takes a lot to keep our fighting men and women on their feet, these meals do not skimp on calories.

You get 12 meals in each case, and **every meal pack has 1,100 to 1,300 calories**. Each meal includes an entrée, starch, snack, dessert, fruit flavored drink mix, and an accessory pack containing all of the essentials, plus coffee, candy and hot sauce. That means you only need 2 meals to get you through the day. And flameless meal heaters are included.

All of the MRE meals are **made in the USA** by facilities, which are USDA/FSIS/FDA approved. MRE STAR follows all HACCP regulations with the manufacturing of our MRE meals to assure quality control and to meet the highest standards in the food industry.



RTC # 51288

Bring your appetite because each pouch packs four courses:

An entrée, starchy side, and a tasty snack...PLUS a dessert!

- Pouches also come with a **fruity drink mix** and accessory pack with all the fixings: **spices, coffee & creamer, and candy**, plus a spoon, napkins, and a brush pick.
- Includes a flameless heater for on-the-spot cooking.

These meals are delicious and hearty: Tuscan Beef with Cannellini Beans and Vegetables, Cheese Tortellini with Marinara Sauce, Curry Chicken with Vegetables, and more!

This was made to eat on the run - just warm it up (flameless heater included) and enjoy!

Note: Each 12-pack case comes with a random variety of the entrées below - specific entrées cannot be selected.

Each Meal Includes:

1 - 8 oz Ounce Entrée (6 Entrée Varieties Per Case: 2 of Each)

- | | |
|--|---|
| • Tuscan Beef with Cannellini Beans and Vegetables | • BBQ Chicken with Black Beans and Potatoes |
| • Chicken Noodle Stew with Vegetables | • Chicken with Rice with Vegetables |
| • New Orleans Gumbo with Chicken | • Curry Chicken with Vegetables |
| • Southwest Chicken and Rice and Vegetables | • Lentil Stew with Potatoes and Ham |
| • Pinto Bean Stew with Ham | • Cheese Tortellini with Marinara Sauce |
| • Pasta with Marinara Sauce and Veggie Crumbles (vegetarian) | • Spicy Chili with Beans (vegetarian) |

The box these MREs come in measures 23.5" length x 10.25" width x 9" height.

**Shelf life up to 3 years when unopened. Best when stored in a cool (between 55 and 70 degrees) and dry place.*



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NEW ORLEANS GUMBO WITH CHICKEN

GUMBO DE NUEVA ORLEANS CON POLLO

Nutrition Facts / Valores Nutricionales

Serving Size / Porción tamaño: 1 Pouch / 1 Enpaque (227g)
Serving per Container / Porciones por Enpaque: 1

Amount per Serving / Cantidad por Porción:
Calories / Calorías 229
Calories from Fat / Calorías de Grasa 45

	% Daily Values* / % Valor Diario*
Total Fat / Total Grasa 4.5g	7%
Saturated Fat / Grasas Saturadas 2.5g	13%
Trans Fat / Grasa Trans 0g	
Cholesterol / Colesterol 20mg	6%
Sodium / Sodio 700mg	32%
Total Carbohydrate / Total Carbohidratos 31g	10%
Dietary Fiber / Fibra Dietética 3g	10%
Sugars / Azúcares 3g	
Protein / Proteínas 11g	

% DAILY VALUES ARE BASED ON A 2000 CALORIE DIET

% VALORES DIARIOS SON BASADOS EN UNA DIETA DE 2000 CALORÍAS

Vitamin A	70% • Vitamin C	70%
Calcium	10% • Iron	8%
Vitamin D	50% • Vitamin E	70%
Thiamin	70% • Riboflavin	60%
Niacin	70% • Vitamin B6	60%
Folate	60% • Vitamin B12	70%
Biotin	50% • Pantothenic Acid	50%
Phosphorus	25% • Iodine	50%
Magnesium	30% • Zinc	40%
Copper	30% • Manganese	20%



Ingredients: Water, White Meat Chicken Diced (White Meat Chicken, Water, Modified Food Starch, Salt, Sodium Phosphate, Soy Protein Isolate), White Rice, Gumbo Seasoning (Maltodextrin, Onion, Wheat Flour, Tomato Powder, Dehydrated Green Bell Peppers, Canola Oil, Spices, Dehydrated Garlic, Dehydrated Celery, Natural Flavors, Sugar, Vegetable Oil, Chicken Type Flavor (Yeast Extract, Dried Yeast, Yeast Extract, Salt, Sesame And Sunflower Oil, Caramel Color, Dehydrated Parsley, Xanthan Gum), Oils, Food Starch Modified, Lentils, Celery, Tomatoes Diced In Juice (High Fructose Corn Syrup, Garlic Powder, Basil, Oregano Extract, Citric Acid, Onion Powder, Natural Flavors, Calcium Chloride, Spice), Shortening (Modified Food Starch, Palm Oil), Red Bell Pepper, Vitamin Enriched Magnesium Sulfate, Calcium Phosphate, Ascorbic Acid, Vitamin E Acetate, Ferric Orthophosphate, Biotin, Vitamin A Palmitate, Niacin, Calcium Pantothenate, Zinc Oxide, Manganese Sulfate, Copper Gluconate, Vitamin D3, Pyridoxine Hydrochloride, Vegetable Blend (Carrot, Onion, Tomato, Celery, Bell Pepper, Cabbage), Old Bay, Salt.

CONTAINS: SOY, WHEAT

Net Weight: 8oz (227g)

Ingredientes: Agua, Carne Blanca Pollo Cortado En Cuadritos (Pollo De Carne Blanca, Agua, Almidón Modificado, Sal, Fosfato De Sodio, Aislamiento De Proteína De Soya), Arroz Blanco, Condimento Gumbo (Maltodextrina, Cebolla, Harina De Trigo, Tomate En Polvo, Pimientos Verdes Deshidratados, Aceite De Canola, Especias, Ajo Deshidratado, Ajo Deshidratado, Sabores Naturales, Azúcar, Sabor A Pollo Asado Vegetariano (Levadura Seca, Extracto De Levadura, Sal, Aceite De Sésamo Y Girasol), Color Caramelo, Pájaros Deshidratados, Goma De Xantano, Lentejas, Apio, Tomates Cortados En Jugo (Jarabe De Maíz De Alta Fructosa, Ajo En Polvo, Alcapicaca, Extracto De Oregano, Ácido Cítrico, Polvo De Cebolla, Sabores Naturales, Cloruro De Calcio, Especia), Manteca (Almidón Modificado, Aceite De Palma), Vitamina Enriquecida (Sulfato De Magnesio, Fosfato De Calcio, Ácido Ascórbico, Acetato De Vitamina E, Ortofosfato Férrico, Biotina, Palmitato De Vitamina A, Niacina, Pantothenato De Calcio, Óxido De Zinc, Sulfato De Manganeso, Gluconato De Cobre, Vitamina D3, Clorhidrato De Piridoxina), Zanahoria, Cebolla, Tomate, Apio, Pimiento, Celi, Condimento Viejo, Sal.

CONTIENE: SOJA, TRIGO

Peso Neto: 8oz (227g)

CURRY CHICKEN AND BASMATI RICE WITH LENTILS AND VEGETABLES

POLLO CURRY CON ARROZ Y VEGETALES

Nutrition Facts / Valores Nutricionales

Serving Size / Porción tamaño: 1 Pouch / 1 Enpaque (227g)
Serving per Container / Porciones por Enpaque: 1

Amount per Serving / Cantidad por Porción:
Calories / Calorías 229
Calories from Fat / Calorías de Grasa 70

	% Daily Values* / % Valor Diario*
Total Fat / Total Grasa 7g	11%
Saturated Fat / Grasas Saturadas 4.5g	24%
Trans Fat / Grasa Trans 0g	
Cholesterol / Colesterol 20mg	7%
Sodium / Sodio 700mg	20%
Total Carbohydrate / Total Carbohidratos 26g	9%
Dietary Fiber / Fibra Dietética 3g	7%
Sugars / Azúcares 2g	
Protein / Proteínas 11g	

% DAILY VALUES ARE BASED ON A 2000 CALORIE DIET

% VALORES DIARIOS SON BASADOS EN UNA DIETA DE 2000 CALORÍAS

Vitamin A	60% • Vitamin C	70%
Calcium	10% • Iron	7%
Vitamin D	40% • Vitamin E	40%
Thiamin	70% • Riboflavin	60%
Niacin	70% • Vitamin B6	60%
Folate	50% • Vitamin B12	60%
Biotin	40% • Pantothenic Acid	40%
Phosphorus	25% • Iodine	40%
Magnesium	30% • Zinc	40%
Copper	30% • Manganese	20%



Ingredients: Water, White Chicken (White Meat Chicken, Water, Modified Food Starch, Salt, Sodium Phosphate, Soy Protein Isolate), Basmati Rice, Modified Food Starch, Curry Seasoning (Spices, Salt, Garlic Powder, Onion Powder, Tomato Powder, Yeast Extract, Turmeric, Canola Oil, Lime Juice Powder (Maltodextrin, Lime Juice And Lime Oil), Chicken Type Flavor (Yeast Extract, Natural Flavors), Shiitake Extract Powder And Less Than 2% Tricalcium Phosphate Added To Prevent Caking, Red Bell Pepper, Vitamin Enriched Shortening (Modified Food Starch, Palm Oil), Lentils, Vitamin A Palmitate, Niacin, Calcium Pantothenate, Zinc Oxide, Manganese Sulfate, Copper Gluconate, Vitamin D3, Pyridoxine Hydrochloride, Vitamin B12 Riboflavin, Thiamine Hydrochloride, Thiamine Mononitrate, Folic Acid, Vitamin B12 Cyanocobalamin And Potassium Iodide), Dehydrated Vegetable Blend (Carrot, Onion, Tomato, Celery, Field Run Bell Pepper, Cabbage), Salt.

CONTAINS: SOY

Net Weight: 8oz (227g)

Ingredientes: Agua, pollo blanco (pollo blanco de la carne, agua, almidón modificado del alimento, sal, fosfato de sodio, aislamiento de la proteína de soya), arroz basmati, almidón modificado del alimento, condimento del Curry Especias, sal, polvo del ajo, polvo de la cebolla, polvo del tomillo, extracto de la levadura, cúrcuma, Aceite de Canola, polvo de jugo de lima (maltodextrina, jugo de lima y aceite de lima), sabor de pollo (extracto de levadura, sabor natural), polvo de extracto de shiitake y menos de 2% de fosfato tricalcico añadido para evitar el aglutinamiento, pimienta roja, (Dextrina, proteína de maíz hidrolizada, almidón de maíz modificado, ácido de calcio, cúrcuma, polvo de cebolla, sal, glutamato dietético, incoloro dietético, saborizante natural), enriquecido con (sulfato de magnesio, fosfato de calcio, ácido ascórbico, acetato de vitamina E, sulfato de biotina, biotina, palmitato de vitamina A, niacina, pantothenato de calcio, óxido de zinc, sulfato de manganeso, gluconato de cobre, vitamina D3, hidrocloreto de piridoxina, vitamina B12 riboflavina, hidrocloreto de tiamina, mononitrato de tiamina, ácido fólico, vitamina B12 cianocobalamina y yoduro de potasio), mezcla de vegetales deshidratados (zanahoria, cebolla, tomate, ajo, pimiento de campo, celi, sal).

CONTIENE: SOJA

Peso Neto: 8oz (227g)

SPICY SOUTHWEST CHICKEN W/ RICE, VEGETABLES AND LENTILS

POLLO SUDOESTE EN ARROZ CON VERDURAS Y LENTEJAS

Nutrition Facts / Valores Nutricionales

Serving Size / Porción tamaño: 1 Pouch / 1 Enpaque (227g)
Serving per Container / Porciones por Enpaque: 1

Amount per Serving / Cantidad por Porción:
Calories / Calorías 229
Calories from Fat / Calorías de Grasa 15

	% Daily Values* / % Valor Diario*
Total Fat / Total Grasa 1.5g	2%
Saturated Fat / Grasas Saturadas 0g	0%
Trans Fat / Grasa Trans 0g	
Cholesterol / Colesterol 20mg	6%
Sodium / Sodio 220mg	22%
Total Carbohydrate / Total Carbohidratos 34g	11%
Dietary Fiber / Fibra Dietética 3g	10%
Sugars / Azúcares 3g	
Protein / Proteínas 12g	

% DAILY VALUES ARE BASED ON A 2000 CALORIE DIET

% VALORES DIARIOS SON BASADOS EN UNA DIETA DE 2000 CALORÍAS

Vitamin A	80% • Vitamin C	100%
Calcium	20% • Iron	90%
Vitamin D	50% • Vitamin E	90%
Thiamin	90% • Riboflavin	80%
Niacin	90% • Vitamin B6	80%
Folate	70% • Vitamin B12	100%
Biotin	80% • Pantothenic Acid	80%
Phosphorus	30% • Iodine	60%
Magnesium	40% • Zinc	60%
Copper	30% • Manganese	90%



Ingredients: Water, White Chicken (White Meat Chicken, Water, Modified Food Starch, Salt, Sodium Phosphate, Soy Protein Isolate), White Rice (Enriched With Iron, Thiamin & Folate), Southwest Seasoning (Tomato Powder, Spices, Sub 4 Salt (Sodium Chloride, Potassium Chloride, Sodium Gluconate), Dehydrated Onion Powder, Dehydrated Red And Green Bell Peppers, Maltodextrin, Onion Powder, Garlic Powder, Monosodium Glutamate, Dehydrated Green Onion, Sugar, Canola Oil, Disodium Inosinate And Guanylate, Citric, Natural Flavor And Less Than 2% Silicon Dioxide Added To Prevent Caking), Modified Food Starch, Red Bell Pepper, Black Bean, Corn, Jalapeno, Vitamin Enriched (Magnesium Sulfate, Calcium Phosphate, Ascorbic Acid, Vitamin E Acetate, Ferric Orthophosphate, Biotin, Vitamin A Palmitate, Niacin, Calcium Pantothenate, Zinc Oxide, Manganese Sulfate, Copper Gluconate, Vitamin D3, Pyridoxine Hydrochloride), Lentils, Vegetable Blend (Carrot, Onion, Tomato, Celery, Bell Pepper, Cabbage), Salt, Cayenne Pepper.

CONTAINS: SOY

Net Weight: 8oz (227g)

Ingredientes: Agua, blanca de pollo (carne blanca de pollo, agua, almidón modificado, sal, fosfato de sodio, proteína de soya aislada), Arroz blanco (Enriquecido W / hierro, tiamina y ácido fólico), Southwest condimentos (tomate en polvo, especias, Sub 4 Sal (cloruro de sodio, cloruro de potasio, gluconato sódico), cebolla deshidratada, pimientos rojos y verdes deshidratados, maltodextrina, polvo de cebolla, polvo de ajo, glutamato monosódico, cebolla verde deshidratada, azúcar, aceite de canola, incoloro dietético y glutamato dietético, nivel dietético de sabor y menos del 2% de dióxido de silicio para evitar aglutinamiento), almidón comestible modificado, Pimiento rojo, Negro Bean, maíz, jalapeño, enriquecido con vitaminas (sulfato de magnesio, fosfato de calcio, vitamina C, vitamina E acetato, ferrico ortofosfato, biotina, palmitato de vitamina A, niacina, pantothenato de calcio, óxido de zinc, sulfato de manganeso, cobre gluconato, vitamina D3, piridoxina clorhidrato), lentejas, mezcla de verduras (zanahoria, cebolla, tomate, ajo, pimiento, repollo), sal, pimiento de Cayena.

CONTIENE: SOJA

Peso Neto: 8oz (227g)

LENTIL STEW WITH POTATOES AND HAM

GUISO DE LENTEJAS CON JAMÓN

Nutrition Facts / Valores Nutricionales

Serving Size / Porción tamaño: 1 Pouch / 1 Enpaque (227g)
Serving per Container / Porciones por Enpaque: 1

Amount per Serving / Cantidad por Porción:
Calories / Calorías 290
Calories from Fat / Calorías de Grasa 50

	% Daily Values* / % Valor Diario*
Total Fat / Total Grasa 7g	11%
Saturated Fat / Grasas Saturadas 4g	8%
Trans Fat / Grasa Trans 0g	
Cholesterol / Colesterol 20mg	7%
Sodium / Sodio 1000mg	36%
Total Carbohydrate / Total Carbohidratos 40g	16%
Dietary Fiber / Fibra Dietética 9g	37%
Sugars / Azúcares 4g	
Protein / Proteínas 14g	

% DAILY VALUES ARE BASED ON A 2000 CALORIE DIET

% VALORES DIARIOS SON BASADOS EN UNA DIETA DE 2000 CALORÍAS

Vitamin A	80% • Vitamin C	90%
Calcium	20% • Iron	90%
Vitamin D	60% • Vitamin E	100%
Vitamin K	60% • Thiamin	100%
Riboflavin	80% • Niacin	100%
Vitamin B6	90% • Folate	100%
Vitamin B12	120% • Biotin	100%
Pantothenic Acid	70% • Phosphorus	30%
Iodine	60% • Magnesium	40%
Zinc	60% • Selenium	8%
Copper	40% • Manganese	90%



Ingredients: Water, Diced Ham, Lentils, Dehydrated Potatoes, Modified Food Starch, Dehydrated Carrots, Canola Oil, Vitamin Enriched Dextrin, Hydrolyzed Corn Protein, Modified Corn Starch, Canola Oil, Turmeric, Onion Powder, Salt, Disodium Guanylate, Disodium Inosinate, Natural Flavors, Enriched With (Magnesium Sulfate, Calcium Phosphate, Ascorbic Acid, Vitamin E Acetate, Ferric Orthophosphate, Biotin, Vitamin A Palmitate, Niacin, Calcium Pantothenate, Zinc Oxide, Manganese Sulfate, Copper Gluconate, Vitamin D3, Pyridoxine Hydrochloride, Vitamin B12 Riboflavin, Thiamine Hydrochloride, Thiamine Mononitrate, Folic Acid, Vitamin B12 Cyanocobalamin And Potassium Iodide), Onion Flakes, Garlic, Salt, Black Pepper, Cumin, Paprika.

CONTAINS: SOY

Net Weight: 8oz (227g)

Ingredientes: Agua, Jamón En Cubitos, Lentejas, Patatas Deshidratadas, Almidón Alimenticio Modificado, Zanahorias Deshidratadas, Aceite De Canola, Vitamina Enriquecida (Dextrina, Proteína De Maíz Hidrolizada, Almidón De Maíz Modificado, Aceite De Canola, La Curcuma, Cebolla En Polvo, Sal, Glutamato Dietético, Incoloro Dietético, Natural Saborizante), Enriquecido Con (Sulfato De Magnesio, Fosfato De Calcio, Ácido Ascórbico, Acetato De Vitamina E, Ortofosfato Férrico, Biotina, Vitamina A Palmitato, Niacina, Pantothenato De Calcio, Óxido De Zinc, Sulfato De Manganeso, Gluconato De Cobre, Vitamina D3, Hidrocloreto De Piridoxina, Vitamina B12 Riboflavina, Hidrocloreto De Tiamina, Mononitrato De Tiamina, Ácido Fólico, Vitamina B12 Cianocobalamina Y Yoduro De Potasio), Copos De Cebolla, Ajo, Sal, Pimentón Negro, Comino, Pimentón.

Peso Neto: 8oz (227g)

PINTO BEAN STEW WITH HAM

GUISO DE FRIJOLE CON JAMÓN

Nutrition Facts / Valores Nutricionales

Serving Size / Porción tamaño: 1 Pouch / 1 Enpaque (227g)
Serving per Container / Porciones por Enpaque: 1

Amount per Serving / Cantidad por Porción:
Calories / Calorías 290
Calories from Fat / Calorías de Grasa 50

	% Daily Values* / % Valor Diario*
Total Fat / Total Grasa 4g	8%
Saturated Fat / Grasas Saturadas 1g	2%
Trans Fat / Grasas Trans 0g	0%
Cholesterol / Colesterol 25mg	5%
Sodium / Sodio 90mg	40%
Total Carbohydrate / Total Carbohidratos 42g	14%
Dietary Fiber / Fibra Dietética 7g	27%
Sugars / Azúcares 3g	
Protein / Proteínas 15g	

% DAILY VALUES ARE BASED ON A 2000 CALORIE DIET

% VALORES DIARIOS SON BASADOS EN UNA DIETA DE 2000 CALORÍAS

Vitamin A	80% • Vitamin C	120%
Calcium	25% • Iron	30%
Vitamin D	70% • Vitamin E	70%
Vitamin K	8% • Thiamin	120%
Riboflavin	95% • Niacin	100%
Vitamin B6	100% • Folate	120%
Vitamin B12	100% • Biotin	70%
Pantothenic Acid	70% • Phosphorus	50%
Iodine	70% • Magnesium	60%
Zinc	70% • Selenium	25%
Copper	70% • Manganese	10%



INGREDIENTES: Water, Pinto Bean, Ham, Green Bell Pepper, Modified Food Starch, Vitamin Enriched (Dextrose, Hydrolyzed Corn Protein, Modified Corn Starch, Canola Oil, Turmeric, Onion Powder, Salt, Disodium Guanylate, Disodium Inosinate, Natural Flavoring), Enriched With (Magnesium Sulfate, Calcium Phosphate, Ascorbic Acid, Vitamin E Acetate, Ferric Orthophosphate, Biotin, Vitamin A Palmitate, Niacin, Calcium Pantothenate, Zinc Oxide, Manganese Sulfate, Copper Gluconate, Vitamin D3, Pyridoxine Hydrochloride, Vitamin B2 Riboflavin, Thiamine Hydrochloride, Thiamine Mononitrate, Folic Acid, Vitamin B12 Cyanocobalamin And Potassium Iodide), Canola Oil, Onion Flakes, Garlic, Salt, Chili Powder, Cumin, Oregano, Black Pepper

Net Weight: 8oz (227g)

INGREDIENTES: Agua, Frijol Pinto, Jamón, Pimiento Verde, Almidón Modificado De Alimentos, La Vitamina Enriched (Dextrosa, Proteína De Maíz Hidrolizada, Almidón De Maíz Modificado, Aceite De Canola, La Curcuma, Celulosa En Polvo, Sal, Guanylate Disódico, Inosinato Disódico, Sabonizante Natural), Enriquecido Con (Sulfato De Magnesio, Fosfato De Calcio, Ácido Ascórbico, Acetato De Vitamina E, Ortofosfato Férrico, Biotina, Vitamina A Palmítico, Nicotina, Hidrocloruro De Piridoxina, Hidrocloruro De Riboflavina, Hidrocloruro De Tiamina, Mononitrato De Tiamina, Ácido Fólico, Vitamina B12 Cianocobalamina Y Yoduro De Potasio), Aceite De Canola, Copos De Cebolla, El Ajo, La Sal, El Chile En Polvo, Comino, Orégano, Pimiento Negro

Peso Neto: 8oz (227g)

PASTA MARINARA WITH VEGGIE MEAT CRUMBLES

Fideos Con Salsa De Tomato Y Carne Vegetariana Desmorona

Nutrition Facts / Valores Nutricionales

Serving Size / Porción tamaño: 1 Pouch / 1 Enpaque (227g)
Serving per Container / Porciones por Enpaque: 1

Amount per Serving / Cantidad por Porción:
Calories / Calorías 250
Calories from Fat / Calorías de Grasa 60

	% Daily Values* / % Valor Diario*
Total Fat / Total Grasa 4g	8%
Saturated Fat / Grasas Saturadas 1g	2%
Trans Fat / Grasas Trans 0g	0%
Cholesterol / Colesterol 10mg	2%
Sodium / Sodio 40mg	17%
Total Carbohydrate / Total Carbohidratos 36g	12%
Dietary Fiber / Fibra Dietética 3g	13%
Sugars / Azúcares 5g	
Protein / Proteínas 11g	

% DAILY VALUES ARE BASED ON A 2000 CALORIE DIET

% VALORES DIARIOS SON BASADOS EN UNA DIETA DE 2000 CALORÍAS

Vitamin A	70% • Vitamin C	30%
Calcium	25% • Iron	30%
Vitamin D	60% • Vitamin E	70%
Vitamin K	10% • Thiamin	90%
Riboflavin	90% • Niacin	90%
Vitamin B6	90% • Folate	90%
Vitamin B12	100% • Biotin	90%
Pantothenic Acid	90% • Phosphorus	25%
Iodine	60% • Magnesium	45%
Zinc	90% • Selenium	8%
Copper	45% • Manganese	10%

INGREDIENTES: Water, Crushed Tomatoes (Tomatoes, Tomato Puree, Salt, Citric Acid), Tomato Sauce, Spiral Noodles (Semolina Flour, Egg Whites, Niacin, Ferric Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Protein, Extra Virgin Olive Oil, Enriched With (Magnesium Sulfate, Calcium Phosphate, Ascorbic Acid, Vitamin E Acetate, Ferric Orthophosphate, Biotin, Vitamin A Palmitate, Niacin, Calcium Pantothenate, Zinc Oxide, Manganese Sulfate, Copper Gluconate, Vitamin D3, Pyridoxine Hydrochloride, Vitamin B2 Riboflavin, Thiamine Hydrochloride, Thiamine Mononitrate, Folic Acid, Vitamin B12 Cyanocobalamin And Potassium Iodide), Garlic Powder, Onion Powder, Fancy Dried Parsley, Salt, Pepper, Basil

CONTAINS: SOY, WHEAT AND EGG Net Weight: 8oz (227g)

Ingredientes: Agua, Tomate Triturado (Tomates, Puré De Tomate, Sal, Ácido Cítrico), Salsa De Tomate, Fideos En Espiral (Semola (Trigo), Clavos De Huevo, Niacina, Sulfato Férrico, Mononitrato De Tiamina, Riboflavina, Ácido Fólico), Proteína Vegetal, De Oliva Virgen Extra Aceite, Enriquecido Con (Sulfato De Magnesio, Fosfato De Calcio, Ácido Ascórbico, Acetato De Vitamina E, Ortofosfato Férrico, Biotina, Vitamina A Palmítico, Nicotina, Hidrocloruro De Piridoxina, Hidrocloruro De Riboflavina, Hidrocloruro De Tiamina, Mononitrato De Tiamina, Ácido Fólico, Vitamina B12 Cianocobalamina Y Yoduro De Potasio), Ajo En Polvo, Cebolla En Polvo, Pimiento Seco Suposición, Sal, Pimiento, Albahaca

CONTIENE: SOJA, HUEVO Y TRIGO Peso Neto: 8oz (227g)

CHEESE TORTELLINI WITH MARINARA SAUCE

Tortellini de Queso Con Salsa de Tomato

Nutrition Facts / Valores Nutricionales

Serving Size / Porción tamaño: 1 Pouch / 1 Enpaque (227g)
Serving per Container / Porciones por Enpaque: 1

Amount per Serving / Cantidad por Porción:
Calories / Calorías 330
Calories from Fat / Calorías de Grasa 120

	% Daily Values* / % Valor Diario*
Total Fat / Total Grasa 10g	20%
Saturated Fat / Grasas Saturadas 1.5g	3%
Trans Fat / Grasas Trans 0g	0%
Cholesterol / Colesterol less than 5mg	1%
Sodium / Sodio 740mg	31%
Total Carbohydrate / Total Carbohidratos 40g	13%
Dietary Fiber / Fibra Dietética 4g	17%
Sugars / Azúcares 1g	
Protein / Proteínas 12g	

% DAILY VALUES ARE BASED ON A 2000 CALORIE DIET

% VALORES DIARIOS SON BASADOS EN UNA DIETA DE 2000 CALORÍAS

Vitamin A	80% • Vitamin C	60%
Calcium	25% • Iron	30%
Vitamin D	60% • Vitamin E	70%
Vitamin K	25% • Thiamin	90%
Riboflavin	70% • Niacin	90%
Vitamin B6	90% • Folate	90%
Vitamin B12	100% • Biotin	90%
Pantothenic Acid	60% • Phosphorus	20%
Iodine	60% • Magnesium	45%
Zinc	90% • Selenium	2%
Copper	45% • Manganese	10%

INGREDIENTES: Crushed Tomatoes (Tomatoes, Tomato Puree, Salt, Citric Acid), Cheese Tortellini (Pasta Ingredients), (Extra Fancy Durum Flour (Enriched With Niacin, Ferric Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Liquid Pasteurized Whole Eggs), Filling (Cheese (Part Skim Ricotta Cheese (Whey, Milk, Vinegar, Carrageenan As A Stabilizer) Whole Milk Ricotta Cheese (Whey, Milk, Cream, Vinegar), Romano Cheese (Swiss Milk, Cultures, Rennet, Salt), Bread Crumbs (Bleached Wheat Flour, Yeast, Sugar, Salt), Canola Oil, Salt, Water, Spices And Nuts), Tomato Sauce, Hydrolyzed Vegetable Protein (Soy Protein), Olive Oil, Garlic Powder, Onion Powder, Enriched With (Magnesium Sulfate, Calcium Phosphate, Ascorbic Acid, Vitamin E Acetate, Ferric Orthophosphate, Biotin, Vitamin A Palmitate, Niacin, Calcium Pantothenate, Zinc Oxide, Manganese Sulfate, Copper Gluconate, Vitamin D3, Pyridoxine Hydrochloride, Vitamin B2 Riboflavin, Thiamine Hydrochloride, Thiamine Mononitrate, Folic Acid, Vitamin B12 Cyanocobalamin And Potassium Iodide), Parsley, Black Pepper, Salt, Basil

CONTAINS: SOY, WHEAT, MILK AND EGG Net Weight: 8oz (227g)

INGREDIENTES: Tomate Triturado (Tomates, Puré De Tomate, Sal, Ácido Cítrico), Tortellini De Queso (Ingredientes De Pasta (Harina De Trigo Duro Extra De Lugo (Enriquecido Con Niacina, Sulfato Férrico, Mononitrato De Tiamina, Riboflavina Y Ácido Fólico), Agua, Líquido Pasteurizado Huevo Entero (Suero De Queso (Ricotta Descremada (Suero De Queso, Leche, La Leche, El Vinagre, La Carragenina Como Estabilizador) Queso Entero Ricotta De Leche (Suero De Leche, Leche Entera, Crema, Vinagre), Queso Romano (Suero De Queso, Cultivos, Cacao, Sal) | Mantequilla De Pan (Harina De Trigo Enriquecida, Levadura, Azúcar, Sal, Aceite De Canola, Sal, Agua, Especias Y Nuts), Salsa De Tomate, Proteína Vegetal Hidrolizada (Proteína De Soja), Aceite De Oliva, Ajo En Polvo, Celulosa En Polvo, Enriquecido Con (Sulfato De Magnesio, Fosfato De Calcio, Ácido Ascórbico, Acetato De Vitamina E, Ortofosfato Férrico, Biotina, Vitamina A Palmítico, Nicotina, Hidrocloruro De Piridoxina, Hidrocloruro De Riboflavina, Hidrocloruro De Tiamina, Mononitrato De Tiamina, Ácido Fólico, Vitamina B12 Cianocobalamina Y Yoduro De Potasio), Cebolla Deshidratada, Jajapato, Azúcar, Mostaza Molida, Ajo En Polvo, Pimiento De Cayena, El Comino, La Sal

CONTIENE: SOJA, HUEVO, LECHE Y TRIGO Peso Neto: 8oz (227g)

SPICY VEGETARIAN CHILI WITH VEGETARIAN MEAT CRUMBLES

Chili Vegetariano Picante Con Carne Vegetariana Desmorona

Nutrition Facts / Valores Nutricionales

Serving Size / Porción tamaño: 1 Pouch / 1 Enpaque (227g)
Serving per Container / Porciones por Enpaque: 1

Amount per Serving / Cantidad por Porción:
Calories / Calorías 250
Calories from Fat / Calorías de Grasa 35

	% Daily Values* / % Valor Diario*
Total Fat / Total Grasa 4g	8%
Saturated Fat / Grasas Saturadas 1g	2%
Trans Fat / Grasas Trans 0g	0%
Cholesterol / Colesterol 10mg	2%
Sodium / Sodio 270mg	11%
Total Carbohydrate / Total Carbohidratos 43g	15%
Dietary Fiber / Fibra Dietética 10g	36%
Sugars / Azúcares 4g	
Protein / Proteínas 14g	

% DAILY VALUES ARE BASED ON A 2000 CALORIE DIET

% VALORES DIARIOS SON BASADOS EN UNA DIETA DE 2000 CALORÍAS

Vitamin A	80% • Vitamin C	70%
Calcium	25% • Iron	30%
Vitamin D	40% • Vitamin E	60%
Vitamin K	80% • Riboflavin	60%
Niacin	70% • Vitamin B6	70%
Folate	90% • Vitamin B12	90%
Biotin	40% • Pantothenic Acid	50%
Phosphorus	30% • Iodine	45%
Magnesium	45% • Zinc	30%
Copper	50% • Manganese	90%

INGREDIENTES: Water, Kidney Bean, Crushed Tomatoes (Tomatoes, Tomato Puree, Salt, Citric Acid), Vegetable Protein, Modified Food Starch, Chili Powder, Green Bell Pepper, Enriched With (Magnesium Sulfate, Calcium Phosphate, Ascorbic Acid, Vitamin E Acetate, Ferric Orthophosphate, Biotin, Vitamin A Palmitate, Niacin, Calcium Pantothenate, Zinc Oxide, Manganese Sulfate, Copper Gluconate, Vitamin D3, Pyridoxine Hydrochloride, Vitamin B2 Riboflavin, Thiamine Hydrochloride, Thiamine Mononitrate, Folic Acid, Vitamin B12 Cyanocobalamin And Potassium Iodide), Dehydrated Onion, Jalapeno, Sugar, Ground Mustard, Garlic Powder, Cayenne Pepper, Cumin, Salt

CONTAINS: SOY Net Weight: 8oz (227g)

Ingredientes: Agua, Frijol, Tomate Triturado (Tomates, Puré De Tomate, Sal, Ácido Cítrico), Proteína Vegetal, Almidón Modificado, El Chile En Polvo, Pimiento Verde, Vitamina Y Minerales Enriquecidos (Dextrosa, Almidón De Maíz Hidrolizado, Almidón De Maíz Modificado, Aceite De Canola, Curcuma, Celulosa En Polvo, Sal, Guanylate Disódico, Inosinato Disódico, Sabonizante Natural), Enriquecido Con (Sulfato De Magnesio, Fosfato De Calcio, Ácido Ascórbico, Acetato De Vitamina E, Ortofosfato Férrico, Biotina, Vitamina A Palmítico, Nicotina, Hidrocloruro De Piridoxina, Hidrocloruro De Riboflavina, Hidrocloruro De Tiamina, Mononitrato De Tiamina, Ácido Fólico, Vitamina B12 Cianocobalamina Y Yoduro De Potasio), Cebolla Deshidratada, Jalapeno, Azúcar, Mostaza Molida, Ajo En Polvo, Pimiento De Cayena, El Comino, La Sal

CONTIENE: SOJA Peso Neto: 8oz (227g)