

Noodles

Allergens – **Gluten, Eggs**

Ingredients

Quantity	Ingredient
1kg	Noodles (contains Wheat, Eggs)



Method

1. Cook as per the manufacturer's instructions.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 195	= 4.1	= 1.2	= 1.0	= 0.2	= 35.9

Portion size - Primary – 100g

Reviewed April 2018