

MARUCHAN RAMEN ONLY NOODLES

# Nutrition Facts

Serving Size **1/2** block of noodles ( 39 g)

Serving Per Container **2**

## Amount Per Serving

Calories	181	Calories from Fat	65
% Daily Value *			
<b>Total Fat</b>	7 g	<b>11 %</b>	
Saturated Fat	3.5 g	<b>18 %</b>	
<i>Trans Fat</i>	0 g		
<b>Cholesterol</b>	0 mg	<b>0 %</b>	
<b>Sodium</b>	190 mg	<b>8 %</b>	
<b>Total Carbohydrate</b>	25 g	<b>8 %</b>	
Dietary Fiber	less than 1 g	<b>3 %</b>	
Sugars	less than 1 g		
<b>Protein</b>	4 g		

Vitamin A	**	• Vitamin C	**	
Calcium	**	• Iron	6	%

\*\* Contains less than 2% of the Daily Value of this nutrient.

\* 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	Total Carbohydrate	300g	375g
Dietary Fiber	Dietary Fiber	25g	30g