

Oma's Own Instant Noodles - Asian Memories
(organic)

Nutrition Facts

1 servings per container

Serving size (56g)

Amount Per Serving

Calories **150**

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 440mg **19%**

Total Carbohydrate 25g **13%**

Dietary Fiber 5g **4%**

Total Sugars 1g

Includes 1g Added Sugars **2%**

Protein 10g

Vitamin D 0mcg **0%**

Calcium 6mg **0%**

Iron 2mg **10%**

Potassium 60mg **2%**

*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.