

Oma's Own Instant Noodles - No Chicken

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 34g 12%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 6mg 0%

Iron 2mg 10%

Potassium 70mg 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.