

Table of Nutritional Information

	as prepared per: 100g	as prepared per: pot
Energy (kJ) / (kcal)	616 / 146	1034 / 245
Fat (g)	1.6	2.7
of which saturates (g)	0.2	0.4
Carbohydrate (g)	29	49
of which sugars (g)	4.3	7.3
Fibre (g)	1.1	1.9
Protein (g)	2.7	4.6
Salt (g)	1.0	1.7
This pot contains 1 serving		

Rice Noodles (61%) (Rice, Tapioca Starch, Cornflour, Emulsifier: Mono- And Diglycerides of Fatty Acids*),

Glaze (37%) (Soy Sauce (30%) [Water, **Soya** Beans, **Wheat**, Salt, Alcohol], Mirin [Fermented Rice, Water, Maltose, Alcohol], Onion Puree, **Sesame** Oil (9%), Muscovado Sugar, Cornflour, Vegetable Flavour Stock Powder [Maltodextrin, Natural Flavouring, Yeast Extract, Salt, Sugar, Onion Powder], Ginger Puree, Malt Extract (**Barley**), Yeast Extract, Rice Vinegar, Garlic Powder, Ginger Powder, Shiitake Powder [Dextrin, Shiitake Extract], Water),
Dried Spring Onion, *an emulsifier, essential for the texture of the noodles

