

## Nutrition Facts

Serving Size		2,000		2,500	
Servings Per Container					
<b>Amount Per Serving</b>					
Calories					
Calories From Fat					
<b>Total Fat</b>					
Saturated Fat					
Trans Fat					
<b>Cholesterol</b>					
<b>Sodium</b>					
<b>Total Carbohydrate</b>					
Dietary Fiber					
Sugars					
<b>Protein</b>					
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:					
	Calories:	2,000	2,500		
Total Fat	Less than	65g	80g		
Saturated Fat	Less than	20g	25g		
Cholesterol	Less than	300mg	300mg		
Sodium	Less than	2,400mg	2,400mg		
Total Carbohydrate		300g	375g		
Dietary Fiber		25g	30g		
Protein		50g	65g		

**20 Cups  
(156oz / 4.6L) of  
water is needed  
to prepare all  
meals contained  
in this box.**

### 2 Pouches Breakfast Skillet

1 cup (70g) dry mix  
About 2

Amount Per Serving		400	
Calories		220	
<b>% Daily Value*</b>			
Total Fat	24g		37%
Saturated Fat	7g		35%
Trans Fat	0g		
Cholesterol	245mg		82%
Sodium	920mg		38%
Total Carbohydrate	30g		10%
Dietary Fiber	4g		16%
Sugars	5g		
Protein	14g		28%
Vitamin A 10%			
Vitamin C 15%			
Calcium 15%			
Iron 10%			

#### INGREDIENTS:

**Hash Browns\***: Potato • Vegetable Oil (may contain: canola, sunflower, cottonseed, palm, corn, soybean, hydrogenated soybean, hydrogenated cottonseed oils) • Salt • Dehydrated Potato • Enriched Bleached Flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid) • Potassium Sorbate (to maintain freshness) • Natural Flavoring • Disodium Dihydrogen Pyrophosphate (color retention) • Dextrose  
**Precooked Eggs\***: Whole Egg (glucose removed for stability) • Egg Yolk • Nonfat Dry Milk • Modified Corn Starch • Corn Oil • Salt • Yeast Extract • Sunflower Oil • Smoke Flavor • Xanthan Gum

**Pork Sausage Patty\***: Sausage (pork, salt, spice, sugar) • Textured Vegetable Protein (soy flour, salt)

**Red and Green Bell Pepper\*** • Dehydrated Onion

\*Freeze Dried

CONTAINS: Egg, Milk, Wheat, Soy

### 2 Pouches Granola with Blueberries

1/2 cup (57g) dry mix  
About 2

Amount Per Serving		250	
Calories		80	
<b>% Daily Value*</b>			
Total Fat	9g		14%
Saturated Fat	4.5g		23%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	65mg		3%
Total Carbohydrate	37g		12%
Dietary Fiber	4g		16%
Sugars	16g		
Protein	8g		16%
Vitamin A 6%			
Vitamin C 2%			
Calcium 15%			
Iron 8%			

#### INGREDIENTS:

Granola (oats, brown sugar, coconut, soybean oil, wheat germ, sesame seed, natural vanilla flavoring) • Nonfat Dry Milk • Freeze Dried Blueberries • Dry Cream (cream, lecithin, tocopherols and ascorbyl palmitate [to protect flavor]) • Vanilla Flavor (cane sugar, cornstarch, natural and artificial flavor, dextrose, tricalcium phosphate)

CONTAINS: Milk, Soy, Wheat, Coconut

### 2 Pouches Beef Stew

1 cup (49g) dry mix  
About 2.5

Amount Per Serving		190	
Calories		60	
<b>% Daily Value*</b>			
Total Fat	6g		9%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium	860mg		36%
Total Carbohydrate	22g		7%
Dietary Fiber	3g		12%
Sugars	2g		
Protein	13g		26%
Vitamin A 15%			
Vitamin C 15%			
Calcium 2%			
Iron 8%			

#### INGREDIENTS:

Potatoes (potato, sodium acid pyrophosphate [color retention]) • Cooked Beef (beef, salt) • Carrot • Green Peas (peas, salt) • Corn Oil with Spice Extract

Less than 2% of: Modified Corn Starch • Hydrolyzed Vegetable Protein (corn, yeast, wheat gluten, soy protein, soybean oil) • Dehydrated Onion • Sugar • Spice • Garlic Powder

CONTAINS: Soy, Wheat

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Saturated Fat					
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<b>Sodium</b>					
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Dietary Fiber					
Sugars					
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	Calories:	2,000	2,500		
Total Fat	Less than	65g	80g		
Saturated Fat	Less than	20g	25g		
Cholesterol	Less than	300mg	300mg		
Sodium	Less than	2,400mg	2,400mg		
Total Carbohydrate		300g	375g		
Dietary Fiber		25g	30g		
Protein		50g	65g		

### 2 Pouches Italian Style Pepper Steak

1 cup (57g) dry mix  
About 2.5

Amount Per Serving		180	
Calories		20	
<b>% Daily Value*</b>			
Total Fat	2.5g		4%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	25mg		8%
Sodium	590mg		25%
Total Carbohydrate	29g		10%
Dietary Fiber	4g		16%
Sugars	2g		
Protein	13g		26%
Vitamin A 8%			
Vitamin C 25%			
Calcium 2%			
Iron 8%			

#### INGREDIENTS:

**Pepper Steak**: Seasoned Formed Beef Strips (beef, salt) • Green & Yellow Bell Pepper • Red Bell Pepper • Onion • Dextrin • Modified Corn Starch

Less than 2% of: Olive Pomace Oil • Balsamic Vinegar of Modena (wine vinegar, grape must, caramel color, potassium metabisulfite) • Granulated Garlic • Sea Salt • Spice

**Diced Tomatoes**: Tomato • Tomato Juice • Salt • Calcium Chloride • Citric Acid

**Precooked Rice**: Parboiled Long Grain Rice

GLUTEN FREE

### 2 Pouches Lasagna

1 1/4 cup (54g) dry mix  
About 2.5

Amount Per Serving		240	
Calories		70	
<b>% Daily Value*</b>			
Total Fat	8g		12%
Saturated Fat	3.5g		18%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium	390mg		16%
Total Carbohydrate	29g		10%
Dietary Fiber	3g		12%
Sugars	6g		
Protein	14g		28%
Vitamin A 15%			
Vitamin C 25%			
Calcium 20%			
Iron 10%			

#### INGREDIENTS:

**Lasagna**: Tomatoes (tomato, tomato juice, salt, citric acid, calcium chloride) • Tomato Paste • Enriched Macaroni Product (semolina [wheat], niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) • Cooked Beef (beef, flavoring, salt)

Less than 2% of: Dehydrated Onion • Modified Corn Starch • Spice • Sugar • Garlic Powder

**Cheese Blend**: Dehydrated Parmesan & Romano Cheeses (part-skim milk, cheese cultures, salt, enzymes) • Dehydrated Mozzarella Cheese Flavor (mozzarella cheese [part-skim milk, cheese culture, salt, enzymes], whey, salt, sodium phosphate, lactic acid)

CONTAINS: Milk, Wheat

### 2 Pouches Noodles & Chicken

1 cup (54g) dry mix  
About 2.5

Amount Per Serving		220	
Calories		45	
<b>% Daily Value*</b>			
Total Fat	5g		8%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	45mg		15%
Sodium	590mg		25%
Total Carbohydrate	33g		11%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	10g		20%
Vitamin A 4%			
Vitamin C 8%			
Calcium 2%			
Iron 6%			

#### INGREDIENTS:

**Precooked Noodles**: Durum [wheat] Semolina • Whole Egg • Salt

**Noodles & Chicken Sauce**: Cooked Chicken (chicken meat, salt) • Red Pepper • Modified Corn Starch • Chicken Fat

Less than 2% of: Chicken Base (chicken meat, salt, maltodextrin, sugar, chicken fat, yeast extract, onion powder, garlic powder, turmeric, spice extract) • Sugar • Hydrolyzed Vegetable Protein (corn, soy, wheat gluten protein, soybean oil) • Seasoning (yeast extract, safflower oil, natural flavoring) • Onion Powder • Spice • Turmeric

CONTAINS: Milk, Soy, Wheat, Egg



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**OFD FOODS, INC.**  
Albany, OR 97321 USA  
Toll-Free (877) 366-3877  
www.mountainhouse.com