



PRICE: \$10.50 CA | \$9.50 US (PACK OF 3)
 VOLUME: 56 g (2.0 oz)

FLAVOUR PROFILE

Creamy and comforting flavours the whole family will enjoy.

FEATURES & BENEFITS

Low in sodium

One-dish stovetop dinner

Raw to ready in 20 minutes—blend with milk, hot water, canned tuna & frozen peas.

LABEL DIRECTIONS

Makes 6 servings

In sauté pan, stir together seasoning with 1½ cups milk. Stir in 2½ cups hot water and 4 cups broad egg noodles. Cover; bring to a boil. Reduce heat to medium high; uncover and cook for 10 min, stirring frequently. Stir in 2 cups frozen peas and 1 can (170 g) drained tuna; cook 1–2 more min.

INGREDIENTS LIST*

Cheddar cheese flavour (cheddar cheese (pasteurized milk, cheese culture, salt, enzymes), whey, buttermilk solids, salt, sodium phosphate, lactic acid), onion, corn starch, chives, sea salt, black pepper.

ALLERGENS AND SENSITIVITIES:

Milk, onion, corn.

*Ingredient list is in alphabetical order for proprietary reasons.

RECIPE IDEAS

- Elevate your casserole and use shrimp, crab, or smoked salmon as your protein choice.
- Top with breadcrumbs and parmesan cheese, toast under broiler for crispy, cheesy top.
- Swap frozen peas for your favourite veggies. Excellent with sautéed or steamed mushrooms.
- Stir in chopped sundried tomatoes or marinated artichokes.

COMPANION PRODUCTS

Check epicure.com for current availability.

FOOD & BEVERAGES:

- Balsamic Vinaigrette Dressing Mix
- Caesar Dressing Mix

COOKWARE:

- 12-Cup Multipurpose Pot
- Multipurpose Steamer

*US Nutritional Facts Table may vary due to FDA regulations. Find US Nutritional Facts Tables at epicure.com.

Nutrition Facts		Valeur nutritive	
Per 1/6 package dry mix (9.3 g) / Par 1/6 du sachet de mélange (9.3 g)			
About 1 cup (125 ml) prepared / Environ 125 ml (1 tasse) préparé			
	Dry Mix [†]	Prepared [‡]	
	Mélange [†]	Préparé [‡]	
Calories	35	240	
% Daily Value* / % valeur quotidienne*			
Fat / Lipides 1.5 g [†]	2 %	5 %	
Saturated / saturés 1 g			
Trans / trans 0.1 g	5 %	10 %	
Carbohydrate / Glucides 5 g			
Fibre / Fibres 0 g	0 %	14 %	
Sugars / Sucres 1 g	1 %	4 %	
Protein / Protéines 1 g			
Cholesterol / Cholestérol 5 mg			
Sodium 300 mg	13 %	17 %	
Potassium 75 mg	2 %	9 %	
Calcium 40 mg	3 %	12 %	
Iron / Fer 0.2 mg	1 %	11 %	

[†] Amount in dry mix / Teneur dans le mélange.
[‡] Prepared adds 210 Calories, 2.5 g Fat (1 g Saturated), 29 g Carbohydrate (4 g Fibre, 3 g Sugars), 16 g Protein, 35 mg Cholesterol, 90 mg Sodium. / La recette préparée ajoute 210 Calories, 2,5 g Lipides (1 g saturés), 29 g Glucides (4 Fibres, 3 g Sucres), 16 g Protéines, 35 mg Cholestérol, 90 mg Sodium.

*5 % or less is a little. 15 % or more is a lot
 *5 % ou moins, c'est peu. 15 % ou plus, c'est beaucoup