

# ROOTY PAN NOODLE 450 g

<b>Ingredients</b>	100% Finnish potatoes
<b>Storage</b>	Frozen, -18° C
<b>Shelf life</b>	24 months from date of manufacture
<b>How to cook</b>	Heat a little oil in the pan. Add the noodles. Fry for around five minutes, stirring occasionally, until the noodles are completely warmed through. Add salt and seasoning according to taste.

100g of the product contains an average of

<b>Energy</b>	<b>235</b>	<b>kJ</b>
	<b>55</b>	<b>kcal</b>
<b>Fat g</b>	<b>&lt; 0.2</b>	<b>g</b>
<b>of which</b>		
<b>are saturated fats</b>	<b>0</b>	<b>g</b>
<b>Carbohydrates</b>	<b>12</b>	<b>g</b>
<b>of which</b>		
<b>Sugars</b>	<b>0.8</b>	<b>g</b>
<b>Protein</b>	<b>0.9</b>	<b>g</b>
<b>Salt</b>	<b>0.03</b>	<b>g</b>
<b>Lactose</b>	<b>0</b>	<b>g</b>