

## Shanghai Noodle 上海麵條



Photo reference: <http://chinesefoodlover.wordpress.com/2007/03/24/chinese-noodles-hong-kong-noodles-cantonese-noodlesshanghai-noodles-and-so-on/>

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<b>Nutrition Facts/營養標示</b>	
Serv. Size/每一份 4 oz/ 盎司	
Servings per container/份 4	
<b>Amount Per Serving/每份</b>	
<b>Calories/能量</b> 420kcal/千卡	<b>Fat cal./脂肪卡</b> 30
<b>% Daily Value*/每日攝取量百分比*</b>	
<b>Total Fat/總脂肪</b> 3.5 g/克	5%
Saturated Fat/飽和脂肪 1 g/克	4%
Trans Fat/反式脂肪 0 g/克	
Polyunsat. Fat/多不飽和脂肪 0 g/克	
Monounsat. Fat/單不飽和脂肪 0 g/克	
<b>Cholesterol/膽固醇</b> 0 mg/毫克	0%
<b>Sodium/鈉</b> 5 mg/毫克	0%
<b>Potassium/鉀</b> 0 mg/毫克	0%
<b>Total Carb./碳水化合物</b> 80 g/克	27%
Fiber/纖維 0 g/克	0%
Sugars/糖 0 g/克	
<b>Protein/蛋白質</b> 18 g/克	
Vitamin/維他命 A 0%	• Vitamin/維他命 C 0%
Calcium/鈣 0%	• Iron/鐵 2%
* Percent Daily Values are based on a 2,000 calorie diet.	
* 每日建議攝取量的百分比是基於2,000卡路里熱量的食物要求	

**Ingredients/成分:** Bleached wheat flour, water, corn starch, citric acid, sodium benzoate (as a preservative).

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