

Augason Farms

Breakfast & Dinner Variety
Emergency Food Supply - 15 Pouches

MAPLE BROWN SUGAR OATMEAL (1 pouch)

Nutrition Facts
Serving Size: 1/4 Cup (30g) Dry
Servings Per Container: 10
Amount Per Serving
Calories 120 Calories from Fat 20
Total Fat 2.5g 4%
Saturated Fat 1g 5%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 35mg 1%
Total Carbohydrate 20g 7%
Dietary Fiber 3g 12%
Sugars 3g
Protein 4g

INGREDIENTS:

gluten free quick oats, brown sugar, Creamer Coconut oil, Corn syrup solids, sodium caseinate (a milk derivative), dipotassium phosphate, sugar, mono & diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin, natural and artificial maple flavor (dextrose, maltodextrin, less than 2.0% silicon dioxide added to prevent caking), non-iodized salt.

Contains allergens: Milk and soy.

STRAWBERRY CREAMY WHEAT (1 pouch)

Nutrition Facts
Serving Size: 1/4 Cup (46g) Dry
Servings Per Container: 8
Amount Per Serving
Calories 180 Calories from Fat 25
Total Fat 2.5g 4%
Saturated Fat 2g 10%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 100mg 4%
Total Carbohydrate 35g 12%
Dietary Fiber 1g 4%
Sugars 11g
Protein 4g

INGREDIENTS:

Farina (wheat), sugar, coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, silicon dioxide and soy lecithin), natural and artificial strawberry flavor (maltodextrin, sugar, natural and artificial flavor, modified corn starch, potassium benzoate), non-iodized salt, natural red coloring (carmine, caramel color, and maltodextrin).

Contains allergens: Milk, soy and wheat.

MORNING MOO'S® LOW FAT MILK ALTERNATIVE (1 pouch)

Nutrition Facts
Serving Size: 2 Tbsp (17g) Dry
Servings Per Container: 20
Amount Per Serving
Calories 70 Calories from Fat 0
Total Fat 0g 0%
Saturated Fat 2g 10%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 115mg 5%
Total Carbohydrate 10g 3%
Dietary Fiber 0g 0%
Sugars 8g
Protein 3g

INGREDIENTS:

Whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono & diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk, sugar, vitamin mix (nonfat dry milk, vitamin A palmitate, silicon dioxide, cholecalciferol), guar gum.

Contains allergens: Milk and soy.

ITALIANO MARINARA (1 pouch)

Nutrition Facts
Serving Size: 1/2 Cup (70g) Dry
Servings Per Container: 4
Amount Per Serving
Calories 240 Calories from Fat 15
Total Fat 1.5g 2%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 1120mg 47%
Total Carbohydrate 46g 15%
Dietary Fiber 3g 12%
Sugars 4g
Protein 9g

INGREDIENTS:

Lasagna bits (semolina [wheat]), niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid, tomato powder, sea salt, onions, modified food starch, white cheddar cheese (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], salt, lactic acid, natural flavors [contains less than 2% silicon dioxide]), sugar, garlic powder, tomato flakes, burgundy wine flavor (maltodextrin, modified corn starch, wine solids, corn syrup solids, malic acid, natural flavor, sorbic acid, sulfites, potassium sorbate), cheddar cheese powder (dextrose, maltodextrin, whey solids, natural and artificial flavor, corn starch, salt, silicon dioxide, guar gum, annatto, turmeric), olive oil flavor (modified corn starch, maltodextrin, medium chain triglycerides, natural flavor, tricalcium phosphate), parsley flakes, Italian spice (garlic, onion, spices), basil, citric acid, natural flavoring, natural orange color (annatto, beet juice), caramel color, ground fennel.

Contains allergens: Milk and wheat.

FETTUCCINE ALFREDO (1 pouch)

Nutrition Facts
Serving Size: 1/2 Cup (69g) Dry
Servings Per Container: 4
Amount Per Serving
Calories 300 Calories from Fat 100
Total Fat 11g 17%
Saturated Fat 9g 45%
Trans Fat 0g
Cholesterol 35mg 12%
Sodium 890mg 37%
Total Carbohydrate 41g 14%
Dietary Fiber 2g 8%
Sugars 5g
Protein 10g

INGREDIENTS:

Egg noodles (durum flour [wheat]), eggs, glyceryl monostearate, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid, coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative]), dipotassium phosphate, mono and diglycerides, silicon dioxide and soy lecithin), white cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt and natural flavors [contains less than 2% silicon dioxide], modified food starch, non-iodized salt, whey, sautéed mushroom stock (shitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion, modified corn starch), sautéed onions (onion, soy sauce [soy, maltodextrin, salt], maltodextrin, yeast extract, buttermilk, natural flavor, sunflower oil, salt, chili pepper, less than 2% silicon dioxide), lactic acid, garlic powder, natural flavoring, parsley flakes, xanthan gum, vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices [including parsley], extractives of turmeric, silicon dioxide added to prevent caking).

Contains allergens: Egg, milk, soy and wheat.

CREAMY STROGANOFF (1 pouch)

Nutrition Facts
Serving Size: 1/2 Cup (76g) Dry
Servings Per Container: 4
Amount Per Serving
Calories 310 Calories from Fat 90
Total Fat 10g 15%
Saturated Fat 9g 45%
Trans Fat 0g
Cholesterol 30mg 10%
Sodium 830mg 35%
Total Carbohydrate 49g 16%
Dietary Fiber 2g 8%
Sugars 3g
Protein 8g

INGREDIENTS:

Egg noodles (durum flour [wheat]), eggs, glyceryl monostearate, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid, coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative]), dipotassium phosphate, mono and diglycerides, silicon dioxide and soy lecithin), modified food starch, low sodium vegetarian beef base (salt, hydrolyzed soy protein, maltodextrin, sugar, corn starch, caramel color, onion powder, natural flavors, citric acid, less than 2% silicon dioxide added to prevent caking), garlic powder, sliced mushrooms, dehydrated onion, sea salt, tomato powder, sour cream powder (cultured cream [cream, nonfat milk, culture, enzymes] salt, lactic acid, tocopherols, vitamin E, ascorbyl palmitate, contains less than 2% silicon dioxide and sodium citrate), natural flavoring, sautéed mushroom stock (shitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion, modified corn starch), sautéed onions (onion, soy sauce [soy, maltodextrin, salt], maltodextrin, yeast extract, buttermilk, natural flavor, sunflower oil, salt, chili pepper, less than 2% silicon dioxide), roast meat flavor (yeast extract, salt), black pepper.

Contains allergens: Egg, milk, soy and wheat.

CHOCOLATE PUDDING (1 pouch)

Nutrition Facts
Serving Size: 1/3 Cup (58g) Dry
Servings Per Container: 5
Amount Per Serving
Calories 200 Calories from Fat 25
Total Fat 3g 5%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 85mg 4%
Total Carbohydrate 49g 16%
Dietary Fiber 1g 4%
Sugars 32g
Protein 4g

INGREDIENTS:

Sugar, modified food starch, nonfat dry milk, creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate, dipotassium phosphate, mono and diglycerides, sodium aluminumsilicate, natural flavor, annatto extract, sodium hexametaphosphate), dutched cocoa (cocoa [processed with alkali]), cream flavor (maltodextrin, natural cream flavor), xanthan gum, corn syrup solids, soy lecithin, non-iodized salt, vanilla flavor (dextrose, corn starch, water, alcohol).

Contains allergens: Milk and soy.

CHICKEN NOODLE SOUP MIX (1 pouch)

Nutrition Facts
Serving Size: 1/2 Cup (54g) Dry
Servings Per Container: 4
Amount Per Serving
Calories 190 Calories from Fat 15
Total Fat 1.5g 2%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 20mg 7%
Sodium 1190mg 50%
Total Carbohydrate 39g 13%
Dietary Fiber 2g 8%
Sugars 5g
Protein 5g

INGREDIENTS:

Egg noodles (durum flour [wheat]), eggs, glyceryl monostearate, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid, vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices [including parsley], extractives of turmeric, silicon dioxide added to prevent caking), maltodextrin, carrot dices, modified food starch, onions, celery slices, dehydrated peas, garlic powder, celery seed, white pepper, xanthan gum, parsley flakes.

Contains allergens: Wheat and eggs.

ELBOW MACARONI (2 pouches)

Nutrition Facts
Serving Size: 1/3 Cup (44g) Dry
Servings Per Container: 7.5
Amount Per Serving
Calories 160 Calories from Fat 5
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 33g 11%
Dietary Fiber 2g 8%
Sugars 1g
Protein 6g

INGREDIENTS:

Elbow macaroni (wheat flour, niacin, ferrous sulfate [iron]), thiamin mononitrate, riboflavin and folic acid).

Contains allergens: Wheat.

CHEESE POWDER (1 pouch)

Nutrition Facts
Serving Size: 2 Tbsp (14g) Dry
Servings Per Container: 15
Amount Per Serving
Calories 50 Calories from Fat 10
Total Fat 1.5g 2%
Saturated Fat 1g 5%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 470mg 20%
Total Carbohydrate 7g 2%
Dietary Fiber 0g 0%
Sugars 7g
Protein 3g

INGREDIENTS:

Cheese powder (whey, buttermilk solids, granular and cheddar cheeses [pasteurized milk, cheese culture, salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme).

Contains allergen: Milk.

CHEESY BROCCOLI RICE (1 pouch)

Nutrition Facts
Serving Size: 1/3 Cup (65g) Dry
Servings Per Container: 8
Amount Per Serving
Calories 250 Calories from Fat 40
Total Fat 4.5g 7%
Saturated Fat 2.5g 13%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 690mg 29%
Total Carbohydrate 45g 15%
Dietary Fiber 0g 0%
Sugars 9g
Protein 6g

INGREDIENTS:

Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), cheese powder (whey, buttermilk solids, cheeses [pasteurized milk, cheese culture, salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme), creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium aluminumsilicate, natural flavor, annatto extract, sodium hexmetaphosphate), corn starch, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), non-iodized salt, onions, sugar, natural flavoring, whey, turmeric, garlic powder, caramel color, dehydrated onion, flake.

Contains allergens: Milk and soy.

CREAMY POTATO SOUP MIX (1 pouch)

Nutrition Facts
Serving Size: 1/3 Cup (50g) Dry
Servings Per Container: 8
Amount Per Serving
Calories 220 Calories from Fat 70
Total Fat 8g 12%
Saturated Fat 4g 20%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 350mg 15%
Total Carbohydrate 33g 11%
Dietary Fiber 2g 8%
Sugars 3g
Protein 4g

INGREDIENTS:

Diced dehydrated potatoes, creamer (palm oil, maltodextrin, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), dehydrated potato flakes (potato, monoglycerides, silicon acid pyrophosphate, citric acid, sodium bisulfate and BHA to preserve freshness), corn starch, onions, chicken stock (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), sugar, natural flavoring, onion powder, whey, parsley flakes, turmeric, garlic powder, caramel color, dehydrated onion.

Contains allergens: Milk, soy and wheat.

CREAMY CHICKEN FLAVORED RICE (1 pouch)

Nutrition Facts
Serving Size: 1/3 Cup (52g) Dry
Servings Per Container: 8
Amount Per Serving
Calories 240 Calories from Fat 100
Total Fat 12g 18%
Saturated Fat 6g 30%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 330mg 14%
Total Carbohydrate 30g 10%
Dietary Fiber 0g 0%
Sugars 1g
Protein 4g

INGREDIENTS:

Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), creamer (palm oil, maltodextrin, sodium caseinate [a milk derivative]), dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), corn starch, natural chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, cheddar fat, silicon dioxide), onions, low sodium chicken base (corn syrup solids, corn starch, hydrolyzed soy and corn protein, salt, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley), and silicon dioxide added to prevent caking), onion powder, natural flavoring, parsley flakes, turmeric.

Contains allergens: Milk and soy.

HEARTY VEGETABLE CHICKEN FLAVORED SOUP MIX (1 pouch)

Nutrition Facts
Serving Size: 1/3 Cup (57g) Dry
Servings Per Container: 8
Amount Per Serving
Calories 180 Calories from Fat 5
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 590mg 25%
Total Carbohydrate 40g 13%
Dietary Fiber 6g 24%
Sugars 3g
Protein 7g

INGREDIENTS:

White rice (long grain rice, ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), lentils, elbow macaroni (wheat flour, niacin, ferrous sulfate [iron]), thiamin mononitrate, riboflavin and folic acid), carrot dices, celery slices, chicken stock (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), non-iodized salt, onions, sugar, natural flavoring, whey, turmeric, garlic powder, caramel color, dehydrated onion.

Contains allergens: Milk, soy and wheat.