

Oma's Own Instant Noodles - Spicy  
(organic)

# Nutrition Facts

1 servings per container

**Serving size** (56g)

**Amount Per Serving**

**Calories** **150**

**% Daily Value\***

**Total Fat** 1g **1%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 440mg **19%**

**Total Carbohydrate** 25g **13%**

Dietary Fiber 5g **4%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 10g

Vitamin D 0mcg **0%**

Calcium 6mg **0%**

Iron 2mg **10%**

Potassium 60mg **2%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.