



ORGANIC
WIDE RICE NOODLES
PAD SEE EW
BROWN & BLACK RICE
GLUTEN FREE • WHOLE GRAIN
READY IN 8 MINUTES



NO MSG OR MSG DERIVATIVES



GREAT IN ALL NOODLE DISHES



NET WT. 8.1 oz 230g

DIRECTIONS:

Boil water in a saucepan. Turn off heat, loosely add noodles, cover and soak in the hot water for 8 minutes. Drain and rinse in cold water, then use as desired.

Organic Black Rice Pad See Ew Noodles are perfect in popular Asian dishes, such as Pad See Ew, Pad Kee Mao (aka Drunken Noodles), Chow Fun and more!

Preparation tips:

When making Pad See Ew or other stir-fry with noodles, remove noodles from the hot water soak after about 6 minutes, rather than the suggested 8 minutes.

When added to your stir-fry, under-cooked noodles will absorb more moisture and cook further when cooking with your stir-fry dish.

If adding prepared noodles to a soup, add just before serving. Otherwise, noodles will become too soft and the starch released while cooking changes the taste and color of soup broth.

Nutrition Facts

About 4 servings per container
Serving Size 2 oz (56g)

Amount per serving
Calories 200

| | % Daily Value* |
|-------------------------------|-----------------|
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 44g | 16% |
| Dietary Fiber 2g | 7% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| Protein 4g | |
| Vitamin D 0mcg 0% | Calcium 10mg 0% |
| Iron 0.5mg 2% | Potas. 90mg 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 nutritional advice.

Ingredients:

**Organic Brown Rice,
Organic Black Rice.**

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