



RABBIT HOLE FOODS™

FROZEN READY-MADE PREPARED MEAL PRODUCTS



RABBIT HOLE FOODS™

# Adventures in MacLand

VOLUME 4

## The Pulses of Stroganoff

KEEP FROZEN

Gourmet gluten free macaroni in a rich chickpea & mushroom stroganoff.

ANIMAL  
FREE

DAIRY  
FREE

GLUTEN  
FREE

SOY  
FREE

Made with organic ingredients

NET WT 9.5 OZ (270 g)

# Adventures in MacLand

## The Pulses of Stroganoff

### DIRECTIONS:

**CONVENTIONAL OVEN:** 1) Preheat oven to 375° F. 2) Remove sleeve and plastic from tray. 3) Place tray on a baking sheet and heat for 25 minutes or until heated through. 4) Let sit for 1 minute before serving.

**MICROWAVE (1100W):** 1) Remove sleeve and plastic from tray. 2) Place paper towel on tray. 3) Heat for 4 minutes. 4) Let sit for 1 minute before serving.

### INGREDIENTS:

STROGANOFF SAUCE (WATER, \*GARBANZO BEANS, \*MUSHROOMS, \*ONIONS, \*CASHEWS, \*LIQUID COCONUT AMINOS, BALSAMIC VINEGAR, [WINE VINEGAR, COOKED GRAPE MUST, CONTAINS NATURAL SULFITES], \*TAPIOCA FLOUR, \*MOLASSES, \*EXTRA VIRGIN OLIVE OIL, \*GARLIC, NUTRITIONAL YEAST, SEA SALT \*SESAME OIL, LIQUID SMOKE [WATER, NATURAL MESQUITE SMOKE FLAVOR, VINEGAR, MOLASSES, CARAMEL COLOR], \*SPICES), PREPARED NOODLES (\*WHITE RICE FLOUR, \*QUINOA FLOUR, WATER).

\*INDICATES ORGANIC INGREDIENTS

### ALLERGY STATEMENT:

THIS PRODUCT CONTAINS CASHEWS AND WAS PRODUCED IN A FACILITY THAT PROCESSES ALLERGENS.

Prepared at

**RABBIT HOLE FOODS®**

3315 Kimber Drive, Unit E

Thousand Oaks, CA 91320 USA

ANIMAL  
FREE

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FREE

SOY  
FREE

### Nutrition Facts

Serving Size: 4.75 (135g)

Servings Per Container: 2

#### Amount Per Serving

**Calories** 200      Calories from Fat 45

% Daily Value\*

**Total Fat** 5g      **8%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 250mg      **10%**

**Total Carbohydrate** 34g      **11%**

Dietary Fiber 3g      **12%**

Sugars 5g

**Protein** 7g

Vitamin A 0%      Vitamin C 4%

Calcium 4%      Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

[www.RabbitHoleFoods.com](http://www.RabbitHoleFoods.com)

