

Egg Noodles, Dry, Enriched

MyPlate Food Group: **Grain**



Product Description

- Egg noodles are made from durum flour or semolina, egg products, and water. It has added iron, thiamin, niacin, riboflavin, and folic acid, and comes in ribbons or small or large bow shapes.

Storage

- Store unopened packages of egg noodles in a cool, clean, dry place.
- After opening, keep package tightly closed.

Uses and Tips

- Egg noodles may be topped with a tomato or meat sauce, oil and garlic, cheese, and vegetables.
- Egg noodles are a great side dish for stews and soups.
- Combine with eggs, fish, poultry, vegetables, or meat.

Nutrition Information

- ½ cup of cooked egg noodles counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: ½ cup (80g) enriched egg noodles, cooked

Amount Per Serving

Calories 110 **Calories from Fat** 15

-% Daily Value*

Total Fat 1.5g	3%
Saturated Fat 0.5g	2%
<i>Trans Fat</i> 0g	
Cholesterol 25mg	8%
Sodium 5mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

Beef Noodle Casserole

Makes about 4 servings

Ingredients

- 2 $\frac{3}{4}$ cups egg noodles, dry
- 1 pound lean ground beef
- $\frac{1}{2}$ cup onion, chopped
- 1 can (about 10 ounces) tomato soup
- 1 $\frac{1}{4}$ cups water
- $\frac{1}{8}$ teaspoon black pepper
- 1 cup dry bread crumbs

Directions

1. Preheat oven to 350 degrees F.
2. Cook egg noodles according to package directions. Drain.
3. In a medium-size skillet, cook beef and onions until beef is browned and cooked through. Drain any fat.
4. Stir soup, water, and pepper into meat mixture. Add cooked noodles and stir until combined.
5. Spoon mixture into a 9x13-inch baking dish. Sprinkle with bread crumbs.
6. Bake for 15 minutes.

Tip

You can substitute ground turkey for the ground beef.

Recipe adapted from USDA Recipes and Tips for Healthy, Thrifty Meals.

Easy Tuna and Peas

Makes about 4 servings

Ingredients

- $\frac{1}{2}$ pound egg noodles, dry
- $\frac{1}{2}$ can (about 10 ounces) reduced sodium cream of mushroom soup
- 1 can (about 12 ounces) tuna packed in water, drained
- 1 cup canned peas, low-sodium, drained

Directions

1. Cook noodles according to package directions. Drain.
2. In a medium-size saucepan, heat soup until hot. Stir in tuna and peas, and cook 5 minutes.
3. Pour over cooked egg noodles and serve.

Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>