



Cheesy Ramen Noodles

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 slice processed cheese food
- 3 ounce any flavor ramen noodles
- 2 cups water

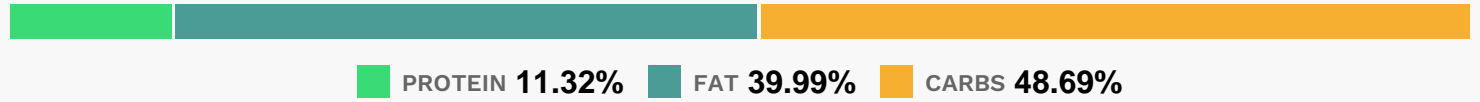
Equipment

- sauce pan

Directions

- Bring water to a boil in a saucepan.
- Add ramen noodles and cook 2 minutes until tender.
- Pour out water, then stir in seasoning packet and cheese to serve.

Nutrition Facts



Properties

Glycemic Index:74, Glycemic Load:24.64, Inflammation Score:-4, Nutrition Score:13.152173928593%

Nutrients (% of daily need)

Calories: 448.72kcal (22.44%), Fat: 19.97g (30.72%), Saturated Fat: 10.22g (63.85%), Carbohydrates: 54.71g (18.24%), Net Carbohydrates: 52.76g (19.18%), Sugar: 1.81g (2.01%), Cholesterol: 21mg (7%), Sodium: 2106.16mg (91.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.72g (25.44%), Vitamin B1: 0.88mg (58.55%), Calcium: 258.31mg (25.83%), Folate: 97.78µg (24.45%), Phosphorus: 235.82mg (23.58%), Manganese: 0.44mg (21.82%), Iron: 3.54mg (19.68%), Selenium: 12.75µg (18.21%), Vitamin B3: 3.49mg (17.45%), Vitamin B2: 0.27mg (15.85%), Copper: 0.23mg (11.67%), Vitamin E: 1.45mg (9.68%), Vitamin B12: 0.53µg (8.79%), Zinc: 1.29mg (8.62%), Fiber: 1.96g (7.82%), Magnesium: 29.75mg (7.44%), Potassium: 179.96mg (5.14%), Vitamin K: 5.39µg (5.14%), Vitamin B6: 0.09mg (4.27%), Vitamin A: 208.66IU (4.17%), Vitamin B5: 0.32mg (3.19%)