

AUTHENTIC JAPANESE RECIPE

AJINOMOTO

UMAMI-PACKED MEALS



RICH & SAVORY UMAMI

Now in
YOUR FREEZER AISLE

MICROWAVABLE
4 MIN

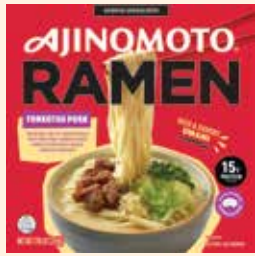
ALL TOPPINGS
INCLUDED

GOOD SOURCE
of PROTEIN

RAMEN

Tonkotsu Pork

8 OZ



Nutrition Facts	
1 serving per container	
Serving size 1 bowl (226g)	
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 1250mg	54%
Total Carbohydrate 39g	14%
Dietary Fiber 5g	17%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 15g	
Vitamin D 0mcg 0% • Calcium 30mg 2%	
Iron 3.5mg 20% • Potassium 310mg 6%	
*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.	

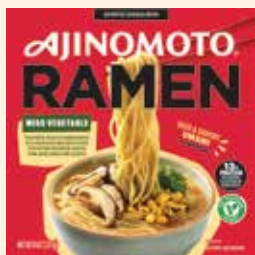
INGREDIENTS: COOKED RAMEN NOODLES (WATER, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF: VITAL WHEAT GLUTEN, SALT, POTASSIUM CARBONATE, SODIUM CARBONATE, EGG WHITES), WATER, COOKED SEASONED PORK (PORK, SOY SAUCE [WATER, SOYBEANS, WHEAT, SALT], SWEET COOKING RICE WINE [SAKE (WATER, RICE, KOJI [ASPERGILLUS ORYZAE]), SUGAR, WATER, SALT, YEAST EXTRACT], BROWN SUGAR, CONTAINS LESS THAN 2% OF: DEXTROSE, YEAST EXTRACT, MALT EXTRACT, NATURAL FLAVOR), CABBAGE, CANOLA OIL, LARD, SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), CONTAINS LESS THAN 2% OF: SWEET COOKING RICE WINE (WATER, MIRIN [WATER, RICE, ALCOHOL, SALT, ENZYME, KOJI [ASPERGILLUS ORYZAE]], SUGAR, LACTIC ACID), GARLIC, GREEN ONIONS, PORK FAT, PORK SKIN, SALT, GELATIN, SEASONING (AUTOLYZED YEAST EXTRACT, SALT, MALTODEXTRIN, SUNFLOWER OIL), SUGAR, GINGER, SOY LECITHIN, SPICE. **SUICHIMI TOGARASHI SPICE SACHET:** CHILE PEPPER, MANDARIN ORANGE PEEL, BLACK SESAME SEEDS, HEMP SEEDS, POPPYSEEDS, LAYER [SEAWEED], JAPANESE PEPPER.

CONTAINS: WHEAT, EGG, SOY, SESAME.



Miso Vegetable

8 OZ



Nutrition Facts	
1 serving per container	
Serving size 1 bowl (229g)	
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1510mg	66%
Total Carbohydrate 49g	18%
Dietary Fiber 9g	31%
Total Sugars 5g	
Includes 2g Added Sugars	4%
Protein 13g	
Vitamin D 0mcg 0% • Calcium 40mg 2%	
Iron 4.5mg 25% • Potassium 430mg 10%	
*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.	

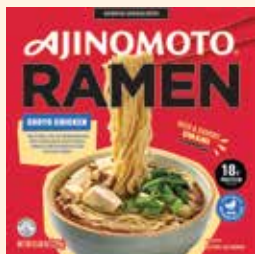
INGREDIENTS: COOKED RAMEN NOODLES (WATER, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF: VITAL WHEAT GLUTEN, SALT, POTASSIUM CARBONATE, SODIUM CARBONATE, EGG WHITES), WATER, SHITAKE MUSHROOMS, RED MISO PASTE (WATER, SOYBEANS, RICE, SEA SALT, ALCOHOL), ROASTED SWEET CORN, GREEN ONIONS, SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), SWEET COOKING RICE WINE (WATER, MIRIN [WATER, RICE, ALCOHOL, SALT, ENZYME, KOJI [ASPERGILLUS ORYZAE]], SUGAR, LACTIC ACID), CONTAINS LESS THAN 2% OF: CABBAGE, CANOLA OIL, DEHYDRATED POTATO FLAKES, SALTED SAKE (WATER, RICE, KOJI [ASPERGILLUS ORYZAE]), SALT, GARLIC, KELP EXTRACT (WATER, KELP EXTRACT, DEXTRIN, ALCOHOL, SALT, XANTHAN GUM), SUGAR, SALT, GINGER, DEHYDRATED ONION, SEASONING (YEAST EXTRACT, SALT, MALTODEXTRIN, SUNFLOWER OIL), GOCHUJANG RED PEPPER PASTE (WATER, TAPIOCA SYRUP, BROWN RICE, RED PEPPER, SALT, ALCOHOL [TO PRESERVE FRESHNESS]), SOYBEANS, GARLIC, ONION). **DRIED NORI SACHET:** DRIED SEAWEED.

CONTAINS: WHEAT, EGG, SOY.



Shoyu Chicken

8 OZ



Nutrition Facts	
1 serving per container	
Serving size 1 bowl (229g)	
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 1240mg	54%
Total Carbohydrate 48g	18%
Dietary Fiber 6g	23%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 18g	
Vitamin D 0mcg 0% • Calcium 40mg 2%	
Iron 4.8mg 25% • Potassium 400mg 8%	
*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.	

INGREDIENTS: COOKED RAMEN NOODLES (WATER, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF: VITAL WHEAT GLUTEN, SALT, POTASSIUM CARBONATE, SODIUM CARBONATE, EGG WHITES), GRILLED SEASONED WHITE MEAT CHICKEN (WHITE MEAT CHICKEN, WATER, SEASONING [SUGAR, MODIFIED FOOD STARCH, SALT, SODIUM PHOSPHATE, GARLIC POWDER, CELERY POWDER]), WATER, GREEN ONIONS, SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), TAMARI SOY SAUCE (WATER, SOYBEANS, SALT, ALCOHOL, WHEAT), SPINACH, CONTAINS LESS THAN 2% OF: RENDERED CHICKEN FAT, SWEET COOKING RICE WINE (WATER, MIRIN [WATER, RICE, ALCOHOL, SALT, KOJI [ASPERGILLUS ORYZAE]]), DEXTROSE, CORN SYRUP SOLIDS, LACTIC ACID, SUCCINIC ACID), SALTED SAKE (WATER, RICE, KOJI [ASPERGILLUS ORYZAE]), SALT, CORNSTARCH, CHICKEN BROTH BASE (CHICKEN BROTH, AUTOLYZED YEAST EXTRACT, CHICKEN FAT, MODIFIED FOOD STARCH, SUGAR, NATURAL FLAVOR), SUGAR, SEASONING (YEAST EXTRACT, SALT, MALTODEXTRIN, SUNFLOWER OIL), GELATIN, GARLIC, SALT, TUNA EXTRACT POWDER (TUNA EXTRACT, SALT, MALTODEXTRIN, SALT), ANCHOVY EXTRACT POWDER (MALTODEXTRIN, ANCHOVY EXTRACT, SALT), WHITE DISTILLED VINEGAR. **DRIED NORI SACHET:** DRIED SEAWEED.

CONTAINS: WHEAT, EGG, SOY, FISH (TUNA, ANCHOVY).



MAZEMEN

Sesame Chili Tan Tan

8.2 OZ



Nutrition Facts	
1 serving per container	
Serving size 1 bowl (232g)	
Amount per serving	
Calories	430
% Daily Value*	
Total Fat 20g	25%
Saturated Fat 3.5g	16%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 970mg	42%
Total Carbohydrate 48g	17%
Dietary Fiber 2g	6%
Total Sugars 4g	
Includes 3g Added Sugars	7%
Protein 14g	
Vitamin D 0mcg 0% • Calcium 60mg 4%	
Iron 4.6mg 25% • Potassium 370mg 8%	
*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.	

INGREDIENTS: COOKED RAMEN NOODLES (WATER, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF: VITAL WHEAT GLUTEN, SALT, POTASSIUM CARBONATE, SODIUM CARBONATE, EGG WHITES), WATER, SPINACH, SESAME PASTE, SESAME OIL, GARLIC CHIVES, SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), SWEET COOKING RICE WINE (WATER, MIRIN [WATER, RICE, ALCOHOL, SALT, ENZYME, KOJI [ASPERGILLUS ORYZAE]], SUGAR, LACTIC ACID), LESS THAN 2% OF: CANOLA OIL, TEXTURED SOY PROTEIN CONCENTRATE, SUGAR, MODIFIED FOOD STARCH, PALM OIL, PEPPERCORN FLAVORED OIL (SOYBEAN OIL, SICHUAN PEPPERCORN FLAVOR), CHILI OIL (SOYBEAN OIL, DRIED CHILI PEPPERS), GARLIC, SALT, WHITE DISTILLED VINEGAR, SOY SAUCE POWDER (SOY SAUCE [SOYBEANS, WHEAT, SALT], MALTODEXTRIN, SALT), SALTED SAKE (WATER, RICE, KOJI [ASPERGILLUS ORYZAE]), SALT, SOY LECITHIN, OYSTER FLAVORED SAUCE (WATER, SUGAR, SALT, OYSTER EXTRACTIVES [OYSTER, WATER, SALT], CORNSTARCH), YEAST EXTRACT, GINGER, SPICES. **PICKLED GINGER PACKET:** GINGER, SUGAR, VINEGAR, WATER, SALT.

CONTAINS: WHEAT, EGG, SESAME, SOY.



Garlic Chili Chicken

8 OZ



Nutrition Facts	
1 serving per container	
Serving size 1 bowl (232g)	
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 940mg	41%
Total Carbohydrate 50g	18%
Dietary Fiber 2g	9%
Total Sugars 4g	
Includes 3g Added Sugars	5%
Protein 14g	
Vitamin D 0mcg 0% • Calcium 60mg 4%	
Iron 4mg 20% • Potassium 350mg 8%	
*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.	

INGREDIENTS: COOKED RAMEN NOODLES (WATER, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF: VITAL WHEAT GLUTEN, SALT, POTASSIUM CARBONATE, SODIUM CARBONATE, EGG WHITES), WHITE CHICKEN MEAT, SPINACH, WATER, CARROTS, GREEN ONIONS, SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), CANOLA OIL, CRISPY FRIED ONIONS (ONIONS, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUNFLOWER OIL, SALT), GARLIC, CONTAINS LESS THAN 2% OF: SWEET COOKING RICE WINE (WATER, MIRIN [WATER, RICE, ALCOHOL, SALT, ENZYME, KOJI [ASPERGILLUS ORYZAE]], SUGAR, LACTIC ACID), OYSTER SAUCE (WATER, SUGAR, SALT, OYSTER EXTRACTIVES [OYSTER, WATER, SALT], CORNSTARCH), SESAME OIL, RENDERED CHICKEN FAT, SPICES, SALTED SAKE (WATER, RICE, KOJI [ASPERGILLUS ORYZAE]), SALT, MODIFIED FOOD STARCH, GINGER, TUNA EXTRACT POWDER (TUNA EXTRACT, MALTODEXTRIN, SALT), WHITE DISTILLED VINEGAR, YEAST EXTRACT, KELP EXTRACT (WATER, KELP EXTRACT, DEXTRIN, ALCOHOL, SALT, XANTHAN GUM), SALT, PAPRIKA, OLEORESIN, SOY SAUCE POWDER (SOY SAUCE [SOYBEANS, WHEAT, SALT], MALTODEXTRIN, SALT), **PICKLED GINGER PACKET:** GINGER, SUGAR, VINEGAR, WATER, SALT.

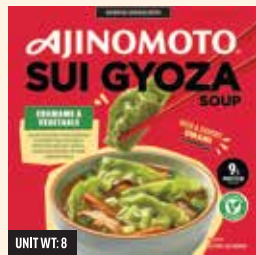
CONTAINS: WHEAT, EGG, SOY, SESAME, FISH (TUNA).



SUI GYOZA

Edamame & Vegetable

8 OZ



Nutrition Facts	
1 serving per container	
Serving size 1 bowl (227g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 9g	11%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 830mg	36%
Total Carbohydrate 32g	12%
Dietary Fiber 3g	12%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 9g	
Vitamin D 0mcg 0% • Calcium 60mg 4%	
Iron 1.4mg 8% • Potassium 380mg 8%	
*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.	

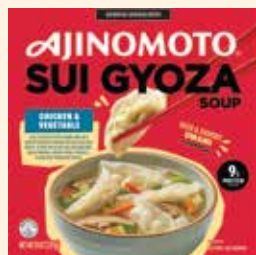
INGREDIENTS: SOUP: WATER, BOK CHOY, CARROTS, SHITAKE MUSHROOMS, MODIFIED FOOD STARCH, SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), CONTAINS LESS THAN 2% OF: KELP EXTRACT (WATER, KELP EXTRACT, DEXTRIN, ALCOHOL, SALT, XANTHAN GUM), CANOLA OIL, SALT, DRIED SHITAKE MUSHROOMS, SUGAR, SWEET COOKING RICE WINE (WATER, MIRIN [WATER, RICE, ALCOHOL, SALT, ENZYME, KOJI [ASPERGILLUS ORYZAE]], SUGAR, LACTIC ACID), SEASONING (YEAST EXTRACT, SALT, MALTODEXTRIN, SUNFLOWER OIL), DUMPLINGS: WHEAT FLOUR, WATER, EDAMAME SOYBEANS, SOY PUKEE (WATER, SOYBEANS, MAGNESIUM CHLORIDE, CALCIUM CHLORIDE), ONIONS, CABBAGE, CANOLA OIL, SHREDED POTATOES (POTATOES, DISODIUM DIHYDROGEN PYROPHOSPHATE [TO PROMOTE COLOR RETENTION], DEXTROSE), RED BELL PEPPERS, TEXTURED SOY PROTEIN CONCENTRATE, CONTAINS LESS THAN 2% OF: POTATO STARCH, PANKO BREAD CRUMBS (WHEAT FLOUR, SUGAR, YEAST, SALT), ORANGE CARROTS, YELLOW CARROTS, GREEN BEANS, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, ALCOHOL [TO RETAIN FRESHNESS]), VITAL WHEAT GLUTEN, GARLIC, SWEET BASIL, SALT, SESAME OIL, SUGAR, SWEET COOKING RICE WINE (WATER, MIRIN [WATER, RICE, ALCOHOL, SALT, ENZYME, KOJI [ASPERGILLUS ORYZAE]], SUGAR, LACTIC ACID), SALTED SAKE (WATER, RICE, KOJI [ASPERGILLUS ORYZAE]), SALT, CARRAGEENAN, SOY FLOUR, SPICE, COLORING (RED CABBAGE EXTRACT, TURMERIC, GLYCERIN), **SUICHIMI TOGARASHI SPICE SACHET:** CHILE PEPPER, MANDARIN ORANGE PEEL, BLACK SESAME SEEDS, HEMP SEEDS, POPPYSEEDS, LAYER (SEAWEED), JAPANESE PEPPER.

CONTAINS: WHEAT, SOY, SESAME.



Chicken & Vegetable

8 OZ



Nutrition Facts	
1 serving per container	
Serving size 1 bowl (227g)	
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 13g	16%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 1010mg	44%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	8%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 9g	18%
Vitamin D 0mcg 0% • Calcium 30mg 2%	
Iron 0.8mg 4% • Potassium 270mg 6%	
*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.	

INGREDIENTS: SOUP: WATER, CARROTS, NAPA CABBAGE, SHITAKE MUSHROOMS, GREEN ONIONS, SWEET COOKING RICE WINE (WATER, MIRIN [WATER, RICE, ALCOHOL, SALT, ENZYME, KOJI [ASPERGILLUS ORYZAE]], SUGAR, LACTIC ACID), MODIFIED FOOD STARCH, RENDERED CHICKEN FAT, CONTAINS LESS THAN 2% OF: CHICKEN BROTH BASE (CHICKEN BROTH, AUTOLYZED YEAST EXTRACT, CHICKEN FAT, MODIFIED FOOD STARCH, SUGAR, NATURAL FLAVOR), KELP EXTRACT (WATER, KELP EXTRACT, DEXTRIN, ALCOHOL, SALT, XANTHAN GUM), SALT, SESAME OIL, GINGER, GELATIN, FISH SAUCE (ANCHOVY EXTRACT, SALT, SUGAR), SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), SPICE. **DUMPLINGS:** CHICKEN, WHEAT FLOUR, CABBAGE, ONION, WATER, COTTONSEED OIL, PALM OIL, TAPIOCA STARCH, CONTAINS LESS THAN 2% OF: TEXTURED SOY PROTEIN CONCENTRATE, CORN STARCH, SUGAR, SALT, GARLIC, RICE FLOUR, SESAME OIL, SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), SWEET COOKING RICE WINE (WATER, MIRIN [WATER, RICE, ALCOHOL, SALT, ENZYME, KOJI [ASPERGILLUS ORYZAE]], SUGAR, LACTIC ACID), SEASONING SAUCE (COOKING SAKE [WATER, RICE, KOJI [ASPERGILLUS ORYZAE]), SALT], WATER, ALCOHOL, DEXTROSE, HYDROLYZED POTATO AND BEET PROTEINS, SALT), POTATO STARCH, SOY LECITHIN, CARRAGEENAN, SODIUM CASEINATE, SOY FLOUR, EGG WHITES, GINGER, SPICE. **SUICHIMI TOGARASHI SPICE SACHET:** CHILE PEPPER, MANDARIN ORANGE PEEL, BLACK SESAME SEEDS, HEMP SEEDS, POPPYSEEDS, LAYER (SEAWEED), JAPANESE PEPPER.

CONTAINS: SESAME, FISH (ANCHOVY), SOY, WHEAT, MILK, EGG.



PACKAGE UNIT DIMENSIONS	CASE	CASE/PALLET	TI/HI
6.75" x 6.75" x 2.5"	6	75	15

AJINOMOTO

OVER 100 YEARS OF JAPANESE FLAVORS

sales@ajinomotofoods.com

(909)477-4700 | 4200 Concourse St, Suite 100 Ontario, CA 91764

@ajinomotos