

Cheese & Broccoli Bake

**POUCH MAKES
6 PREPARED CUPS**

Nutrition Facts

Serving Size 1.5 cups (96g)
Servings Per Container 4

Amount Per Serving

Calories 420 Calories from Fat 140

% Daily Value*

Total Fat 15g **24%**

Saturated Fat 12g **60%**

Cholesterol 20mg **7%**

Sodium 960mg **40%**

Total Carbohydrate 59g **20%**

Dietary Fiber 2g **7%**

Sugars 6g

Protein 11g

Vitamin A 15% • Vitamin C 70%

Calcium 20% • Iron 15%

* 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 |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

DIRECTIONS

For 4 servings bring 7 1/2 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 3 3/4 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

INGREDIENTS

Potato, Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Corn Starch, Coconut Oil, Maltodextrin, Whey, Onion, Broccoli, Sea Salt, Tomato, sodium Caseinate, Garlic, Spice, Xanthan Gum, Butter (cream, water, salt), Silicon Dioxide, Autolyzed Yeast Extract, Disodium Phosphate, Parsley Flake, Non Fat Milk, Mono & Diglycerides, Dried Cane Syrup, Annatto, High Oleic Acid Sunflower Oil, Carrot, Tocopherols, Ascorbyl Palmitate, Natural Flavor.

ALLERGENS: Milk. This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- Vegetarian
- Uses Sea Salt
- Low Cholesterol
- Gluten Free
- No Trans Fats

Made in the USA

