

Macaroni and Cheese

**POUCH MAKES
6 PREPARED CUPS**

Nutrition Facts

Serving Size 1.5 cups (106g)
Servings Per Container 4

Amount Per Serving

Calories 440 Calories from Fat 100

% Daily Value*

Total Fat 11g	17%
Saturated Fat 8g	41%
Cholesterol 10mg	4%
Sodium 880mg	37%
Total Carbohydrate 68g	23%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 13g	

Vitamin A 4% • Vitamin C 0%
Calcium 10% • 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

Made in the USA

DIRECTIONS

For 4 servings bring 6 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 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

Pasta (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Coconut Oil, Corn Starch, Maltodextrin, Whey, Sea Salt, Sodium Caseinate, Autolyzed Yeast Extract, Silicon Dioxide, Butter (cream, water, salt), Disodium Phosphate, Onion, Dried Cane Syrup, Garlic, Spice, Mono & Diglycerides, Non Fat Milk, Annatto, High Oleic Acid Sunflower Oil, Carrot, Tocopherols, Ascorbyl Palmitate.

ALLERGENS: Milk, Wheat.

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

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



8 56074 00375 7