

Pasta Alfredo

**POUCH MAKES
6 PREPARED CUPS**

Nutrition Facts

Serving Size 1.5 cups (97g)
Servings Per Container 4

Amount Per Serving

Calories 410 Calories from Fat 110

% Daily Value*

Total Fat 12g	19%
Saturated Fat 10g	49%
Cholesterol 10mg	3%
Sodium 710mg	29%
Total Carbohydrate 63g	21%
Dietary Fiber 2g	7%
Sugars 4g	

Protein 11g

Vitamin A 2% • Vitamin C 2%
Calcium 8% • Iron 6%

* 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 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), Coconut Oil, Maltodextrin, Corn Starch, Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Whey, Sea Salt, Garlic, Onion, Sodium Caseinate, Maltodextrin, Butter (cream, water, salt), Parsley, Non Fat Milk, Autolyzed Yeast Extract, Butter Milk, Spice, Dried Cane Syrup, Silicon Dioxide, Natural Parmesan Cheese Flavor, Mono & Diglycerides, High Oleic Acid Sunflower Oil, Disodium Phosphate, Carrot, Natural Flavor, 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

Made in the USA

