

Nutrition Facts

Serving size 1 pouch (198g)

Amount Per Serving
Calories 300

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 650mg	28%
Total Carbohydrate 44g	16%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 100g	200%
Vitamin D 0mcg	0%
Calcium 325mg	25%
Iron 1.8mg	10%
Potassium 376mg	8%
Vitamin A	2%
Phosphorus	20%

*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 ENRICHED MACARONI PRODUCT (WATER, ENRICHED MACARONI PRODUCT [DURUM WHEAT SEMOLINA, NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID]); CHEESE SAUCE (WHEY, CHEDDAR CHEESE [MILK, CHEESE CULTURE, SALT, ENZYMES], SKIM MILK, CANOLA OIL, MILK, SALT, CONTAINS LESS THAN 2% OF CALCIUM PHOSPHATE, MODIFIED FOOD STARCH, XANTHAN GUM, LACTIC ACID, CITRIC ACID, SODIUM PHOSPHATE, NATURAL FLAVOR (WITH PAPRIKA, TURMERIC, AND ANNATTO ADDED FOR COLOR, ENZYMES, CHEESE CULTURE, DRIED CREAM, VITAMIN D3).

CONTAINS: WHEAT, MILK