

Macaroni & Cheese

ORIGINAL FLAVOR

Quality-Pasta.com

Nutrition Facts

Serving Size 2.5 oz (70g/ about 1/3 Box) (Makes about 1 cup)

Servings Per Container about 3

Amount Per Serving	As Packaged	As Prepared
Calories	250	410
Calories From Fat	20	160
		%Daily Value**
Total Fat 2g*	3%	26%
Saturated Fat 1g	5%	20%
Trans Fat 0g		
Cholesterol 5mg	2%	3%
Sodium 570 mg	24%	30%
Total		
Carbohydrate 50g	17%	17%
Dietary Fiber 2g	8%	8%
Sugars 8g		
Protein 9g*		
Vitamin A	0%	15%
Vitamin C	0%	0%
Calcium	10%	15%
Iron	10%	10%

*Amount in Box. Preparation with Margarine and 2% Reduced Fat Milk adds 15g total fat (3g sat fat, 4g trans fat), 5mg cholesterol, 140mg sodium, 2g carbohydrate (2g sugars), and 1g protein.

**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
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		35g	30g

INGREDIENTS: ENRICHED MACARONI PRODUCT (WHEAT FLOUR, NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID); CHEESE BLEND (WHEY, MODIFIED FOOD STARCH, SALT, MILKFAT, MILK PROTEIN CONCENTRATE, CONTAINS LESS THAN 2% OF SODIUM TRIPOLYPHOSPHATE, CELLULOSE GEL, CELLULOSE GUM, CITRIC ACID, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, LACTIC ACID, YELLOW5, YELLOW 6, ENZYMES, CHEESE CULTURE)



Nutritional information is subject to change. Please see label of product on store shelves for the most current information.