

# Muscle Mac™ Microwave Macaroni & Cheese Cup

HIGH PROTEIN

## Nutrition Facts

Serving Size 1 Package 3.6oz (102g)

Servings Per Container 1

Amount Per Serving	
<b>Calories</b>	390
Calories From Fat	90
<b>%Daily Value*</b>	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 6g	<b>30%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 930mg	<b>39%</b>
<b>Total Carbohydrate</b> 63g	<b>21%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 6g	
<b>Protein</b> 20g	
Vitamin A	4%
Vitamin C	0%
Calcium	35%
Iron	10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	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		35g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS: MUSCLE MAC™ PASTA** (DURUM WHEAT SEMOLINA, PEA PROTEIN ISOLATE, GLYCERYL MONOSTEARATE, SALT), **CHEESE SAUCE MIX** (CHEESE (MILK, SALT, CULTURES, ENZYMES), WHEY, NONFAT MILK, BUTTER, SALT, NATURAL COLOR (ANNATTO)), **ANTI BOIL OVER POWDER** (MODIFIED STARCH, CONTAINS 2% OR LESS OF: CORN SYRUP SOLIDS, MALTODEXTRIN, SALT, ACETIC ACID ESTERS OF MONO AND DIGLYCERIDES, CALCIUM CARBONATE, POTASSIUM CHLORIDE, GUAR GUM, SILICON DIOXIDE TO REDUCE CAKING).

**CONTAINS: WHEAT, MILK.**

