

Muscle Mac™ Macaroni & Cheese

HIGH PROTEIN

Nutrition Facts

Serving Size 3.4 oz (96g/ about 1/2 Box)

Servings Per Container about 2

Amount Per Serving	As Packaged	As Prepared*
Calories	370	390
Calories From Fat	80	90
%Daily Value**		
Total Fat 9g	14%	15%
Saturated Fat 4g	20%	23%
<i>Trans</i> Fat 0g		
Cholesterol 25mg	8%	10%
Sodium 490mg	20%	21%
Total Carbohydrate 54g	18%	19%
Dietary Fiber 2g	8%	8%
Sugars 6g		
Protein 20g		
Vitamin A	4%	6%
Vitamin C	0%	0%
Calcium	25%	30%
Iron	10%	10%

*Amount in Box Per Serving. 1/3 cup 2% Reduced Fat Milk preparation adds: 1g Total Fat (.5g Saturated Fat, 0g Trans Fat), 20mg Sodium, 2g Total Carbohydrate (2g Sugars), and 2g 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
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), CHEESE SAUCE MIX (CHEESE (MILK, SALT, CULTURES, ENZYMES), WHEY, NONFAT MILK, BUTTER, SALT, NATURAL COLOR (ANNATTO)).

CONTAINS: WHEAT, MILK.

