

Muscle Mac™ Shells & Cheese

HIGH PROTEIN

Nutrition Facts

Serving Size 4.4 oz (125g)

Servings Per Container 2.5

Amount Per Serving

Calories	400
Calories From Fat	130
%Daily Value*	
Total Fat 14g	22%
Saturated Fat 7g	35%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 1,030mg	43%
Total Carbohydrate 48g	16%
Dietary Fiber 2g	7%
Sugars 5g	
Protein 20g	
Vitamin A	4%
Vitamin C	0%
Calcium	25%
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:

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), CHEDDAR CHEESE SAUCE (WATER, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), CONCENTRATED MILK FAT, WHEY, NON-FAT DRY MILK, CANOLA OIL, SODIUM PHOSPHATE, CONTAINS 2% OR LESS OF: SALT, COLOR ADDED (ANNATTO, PAPRIKA EXTRACT), NATURAL FLAVORS, SODIUM ALGINATE, LACTIC ACID, XANTHAN GUM).

CONTAINS: WHEAT, MILK.

