White Cheddar Mac and Cheese

Nutrition Facts

About 2.5 servings per container

Serving size 2.5 oz dry mix (71g)
About 1 cup prepared

	Dry Mix		As Prepared	
Calories	**260**		**270**	
		% DV**		% DV**
Total Fat 3.5g*		5%		5%
Saturated Fat 2g		9%		10%
Trans Fat 0g				
Cholesterol 10mg		3%		3%
Sodium 540mg		24%		24%
Total Carbohydrate 48g		18%		18%
Dietary Fiber 3g		11%		11%
Total Sugars 4g				
Incl. Added Sugars 0g		0%		0%
Protein 9g				
Vitamin D 0mcg		0%		0%
Calcium 90mg		6%		8%
Iron 0.8mg		4%		4%
Potassium 260mg		6%		6%
Thiamin 0.05mg		4%		4%

* Amount in dry mix. As prepared with 3 Tbsp low fat milk, one serving provides 4g total fat (2g saturated fat), 550mg sodium, 49g total carbohydrate (5g total sugars), 10g protein, 110mg calcium, and 290mg potassium.

** 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: Organic Pasta (organic wheat flour), **Dried Cheddar Cheese** (cultured pasteurized milk, salt, non-animal enzymes), **Whey, Salt, Corn Starch, Sodium Phosphate, Lactic Acid, Silicon Dioxide** (for anticaking).

CONTAINS WHEAT AND MILK INGREDIENTS.