



# MAC & CHEESE

## Nutrition Facts

22 servings per container

**Serving size 1/3 cup Pasta + 3 Tbsp Cheese powder (about 2/3 cup prepared)**

Amount per serving

**Calories 260**

% Daily Value\*

**Total Fat 3g 4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol 5mg 2%**

**Sodium 710mg 31%**

**Total Carbohydrate 47g 17%**

Dietary Fiber 2g **7%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

**Protein 9g**

Vitamin D 0mcg 0%

Calcium 118mg 10%

Iron 2mg 10%

Potassium 304mg 6%

\*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.

**Contains an oxygen absorber, discard immediately after opening**

DISTRIBUTED BY: HIBERNATE  
1911 SOUTH 3850 WEST  
SALT LAKE CITY, UT 84104

**Contains a bioengineered food ingredient.**

**INGREDIENTS:** elbow macaroni (wheat flour, niacin, ferrous sulfate [iron], thiamin mononitrate, riboflavin, folic acid), whey, cheddar cheese (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], whey, buttermilk, salt, natural flavor [contains less than 2% silicon dioxide]), cheddar cheese (cheddar cheese [pasteurized milk, salt, culture, annatto, enzymes], whey, palm oil, maltodextrin, salt, blue cheese [pasteurized milk, salt, culture, enzymes], natural flavor, lactic acid, citric acid, disodium inosinate and disodium guanylate, yellow 5, yellow 6), modified food starch, sea salt, yeast extract, onion powder, lactic acid, black pepper.

Contains: Milk, Wheat.

### PASTA

1 Cup

2 Cups

4 Cups

### CHEESE POWDER

1/2 Cup

1 Cup

2 Cups

### BOILING WATER

1 3/4 Cups

3 2/3 Cups

7 1/3 Cups

### DIRECTIONS:

1. Open can and remove oxygen absorber.
2. Using chart, whisk cheese powder and pasta into boiling water.
3. Reduce heat to medium, cook for 20 minutes, stirring frequently.
4. Remove from heat and let stand 2 to 3 minutes to thicken before serving.

**Shelf Life:** Unopened product stays fresh up to 25 years. Best when stored in a cool and dry place at temperatures between 55°F and 70°F. Actual shelf life may vary based on individual storage conditions

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