

Mac and Cheese

Heating Instructions: Heat at 350° until warm and bubbly approx. 15-20 minutes or microwave until warm.

Nutrition Facts

Serving Size: 10 oz (355g)

Servings Per Container: Varied

Amount per serving

Calories 690

Calories from Fat 410

% Daily Value*

Total Fat 45g **69%**

Saturated Fat 27g **135%**

Trans Fat 1g

Cholesterol 160mg **53%**

Sodium 1650mg **69%**

Total Carbohydrate 46g **15%**

Dietary Fiber 4g **16%**

Sugars 9g

Protein 24g

Vitamin A 50%

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Vitamin C 0%

Calcium 50%

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Iron 8%

* 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		25g	30g

INGREDIENTS: ELBOW MACARONI, CAMPBELL'S, CHEDDAR CHEESE SOUP, CONDENSED, HEAVY CREAM (HEAVY CREAM, SKIM MILK, CARRAGEENAN), KRAFT VELVEETA PASTEURIZED PROCESS CHEESE SPREAD, CHEESE, MILD CHEDDAR (SHREDDED), WATER, CREAM. PARMESAN CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), ROMANO CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), BUTTER, EGG YOLK ENZYME MODIFIED (FRIED EGG YOLKS, PHOSPHOLIPASE), MODIFIED CORN STARCH, SALT, NATURAL CHEDDAR FLAVOR (NATURAL CHEDDAR FLAVOR, WATER SALT, ETHYL ALCOHOL, XANTHAN GUM), SUGAR, XANTHAN GUM, ROASTED GARLIC, BLACK PEPPER, ONION POWDER, LACTIC ACID, NUTMEG
CONTAINS: MILK. EGG, WHEAT