

Legacy Food Storage
Cheese & Broccoli Bake
Nutritional Facts & Ingredient Statement

Nutrition Facts

4 servings per container
Serving size **1.5 Cups (96g)**

Amount per serving

Calories 420

% Daily Value*

Total Fat 15g 20%

Saturated Fat 12g 60%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 910mg 40%

Total Carbohydrate 59g 22%

Dietary Fiber 2g 7%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 205mg 15%

Iron 2mg 10%

Potassium 599mg 15%

*The % Daily Value 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



INGREDIENTS: Potato, Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Corn Starch, Coconut Oil, Maltodextrin, Whey, Onion, Broccoli, Sea Salt, Tomato, sodium Caseinate, Garlic, Spice, Xanthan Gum, Butter (cream, water, salt), Silicon Dioxide, Yeast Extract, Disodium Phosphate, Parsley Flake, Non Fat Milk, Mono & Diglycerides, Dried Cane Syrup, Annatto, High Oleic Acid Sunflower Oil, Carrot, Tocopherols, Ascorbyl Palmitate, Natural Flavor.

ALLERGENS: Milk, Coconut.

NET WT 13.41 OZ (380.16g)

Non-GMO

Vegetarian

Uses Sea Salt

No MSG/I+G/AYE

No Trans Fats

Low Cholesterol

DIRECTIONS:

Bring 7 1/2 Cups water to boil. Slowly Whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.