

Legacy Food Storage
Macaroni & Cheese
Nutritional Facts & Ingredient Statement

Nutrition Facts

4 servings per container
Serving size **1.5 Cups (106g)**

Amount per serving

Calories 440

% Daily Value*

Total Fat 11g	14%
Saturated Fat 8g	41%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	4%
Sodium 840mg	37%
Total Carbohydrate 68g	25%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%

Protein 13g

Vitamin D 0mcg	0%
Calcium 115mg	8%
Iron 3mg	15%
Potassium 186mg	4%

*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: Pasta (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Coconut Oil, Corn Starch, Maltodextrin, Whey, Sea Salt, Sodium Caseinate, Yeast Extract, Silicon Dioxide, Butter (cream, water, salt), Disodium Phosphate, Onion, Dried Cane Syrup, Garlic, Spice, Mono & Diglycerides, Non Fat Milk, Annatto, High Oleic Acid Sunflower Oil, Carrot, Tocopherols, Ascorbyl Palmitate.

ALLERGENS: Milk.

NET WT 14.86 OZ (421.27g)

GMO FREE
Vegetarian
Uses Sea Salt
No MSG/I+G/AYE
No Trans Fats
Low Cholesterol

DIRECTIONS:

Bring 6 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.