

# Muscle Mac™ Microwave Macaroni & Cheese Cup

AGED SHARP WHITE CHEDDAR - HIGH PROTEIN

## Nutrition Facts

Serving Size 1 Package 3.6oz (102g)  
 Servings Per Container 1

Amount Per Serving	
<b>Calories</b>	420
Calories From Fat	90
<b>%Daily Value*</b>	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 7g	<b>36%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 30mg	<b>9%</b>
<b>Sodium</b> 870mg	<b>38%</b>
<b>Total Carbohydrate</b> 60g	<b>22%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 4g	
<b>Protein</b> 20g	
Vitamin D 0.2mcg	2%
Calcium 190mg	15%
Iron 0.8mg	4%
Potassium 530mg	10%

\*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
<b>Total Fat</b>	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		35g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** MUSCLE MAC™ PASTA (DURUM WHEAT SEMOLINA, PEA PROTEIN ISOLATE, GLYCERYL MONOSTEARATE), CHEESE SAUCE MIX (CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), PALM OIL POWDER (PALM OIL, LACTOSE, SODIUM CASEINATE, POTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE), MILK PROTEIN CONCENTRATE, DAIRY PRODUCT SOLIDS, NATURAL FLAVORS, CONTAINS 2% OR LESS OF: LACTIC ACID POWDER, DISODIUM INOSINATE, DISODIUM GUANYLATE), ANTI BOIL OVER POWDER (FOOD STARCH-MODIFIED, SALT, POTASSIUM CHLORIDE, SUNFLOWER LECITHIN, CONTAINS 2% OR LESS OF: SOYBEAN OIL TO REDUCE DUSTING).

**CONTAINS: WHEAT, MILK.**

