

# Forever Young Mac and Cheese

## Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 2 cups (16 oz) boiling water to ingredients. or fold/crease and fill pouch to "E-Z Fill Line" 8.
4. Stir thoroughly then seal pouch or cover.
5. Let stand 10-12 minutes; stir again and serve.

**Ingredients:** Spiral Pasta (Ground durum wheat semolina, water, salt.), Cheddar Cheese White [(Milk, Salt, Culture, & Enzymes), and Disodium Phosphate. May contain Sodium Silico Aluminate at 2%], Romano Cheese (Pasteurized Milk, Cheese Cultures, Salt, and Enzymes) and Disodium Phosphate, Natural Butter Flavor [Whey Solids, Enzyme Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto and Turmeric (for color)], Carrots, Potato Starch, Parmesan Cheese (Partially Skim Milk, Cultures, Salt, Enzymes) and Disodium Phosphate, Sweet Corn, Peas, Sea Salt, White Onion, White Pepper. **Contains:** Wheat, Milk.

## Nutrition Facts

2 servings per container

Serving size

1/2 package (74g)

	Per Serving		Per Container	
Calories	300		590	
	% Daily Value*		% Daily Value*	
Total Fat	9g	12%	18g	23%
Saturated Fat	5g	25%	10g	50%
Trans Fat	0g		0g	
Cholesterol	25mg	8%	50mg	17%
Sodium	960mg	42%	1930mg	84%
Total Carbohydrate	42g	15%	84g	31%
Dietary Fiber	1g	4%	2g	7%
Total Sugars	5g		10g	
Includes Added Sugars	0g	0%	0g	0%
Protein	13g		26g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	247mg	20%	494mg	40%
Iron	1mg	6%	2mg	10%
Potassium	570mg	10%	1141mg	25%

\*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

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