



Effective: July 1, 2016

REDUCED FAT MACARONI & CHEESE (850)

Ingredient Statement: Whole Grain Stick Macaroni (water, whole wheat durum flour, durum wheat semolina and durum wheat flour [enriched with ferrous sulfate, niacin, thiamine mononitrate, riboflavin, folic acid], oat fiber, nutrients from whole food concentrates [spinach, broccoli, carrot, tomato, beet, shitake mushrooms); Cheese Sauce (pasteurized process reduced fat American cheese [American cheese {milk, cheese cultures, salt, enzymes}, water, sodium citrate, whey, modified food starch, salt, apocarotenol], water, modified food starch); Reduced Fat Cheddar Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes and annatto color).
Contains: Wheat and Milk.

Nutrition Facts	
Serving Size 6 ounces (170g)	
Servings Per Container About 13	
Amount Per Serving	
Calories 320	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 590mg	25%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	14%
Sugars 6g	
Protein 16g	
Vitamin A 25%	• Vitamin C 15%
Calcium 35%	• Iron 6%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	191.02	324.93
Calories from Fat	76.56	130.22
Calories from Saturated Fat	42.77	72.75
Protein	9.15 g	15.57 g
Carbohydrates	19.08 g	26.18 g
Dietary Fiber	2.05 g	3.49 g
Sugar - Total	3.65 g	6.22 g
Fat - Total	8.51 g	14.47 g
Saturated Fat	4.75 g	8.08 g
Trans Fatty Acids	0.04 g	0.06 g
Cholesterol	26.74 mg	45.48 mg
Vitamin A	804.76 IU	1,368.90 IU
Thiamin - B1	0.12 mg	0.21 mg
Riboflavin - B2	0.09 mg	0.15 mg
Niacin - B3	0.76 mg	1.29 mg
Vitamin C	4.92 mg	8.37 mg
Vitamin E Alpha-Tocopherol	0.08 mg	0.14 mg
Calcium	213.90 mg	363.85 mg
Iron	0.60 mg	1.02 mg
Magnesium	15.38 mg	26.16 mg
Phosphorus	117.52 mg	199.89 mg
Potassium	68.54 mg	116.58 mg
Sodium	346.11 mg	588.73 mg
Zinc	1.14 mg	1.94 mg