

Meaty Mac & Cheese w/ Butternut Squash

Nutrition Facts

1 serving per container

Serving size (0.0g)

Amount Per Serving

Calories **490**

% Daily Value*

Total Fat 25g **32%**

Saturated Fat 10g **50%**

Trans Fat 0.5g

Cholesterol 75mg **25%**

Sodium 280mg **12%**

Total Carbohydrate 44g **16%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 23g

Vitamin D 0.8mcg 4%

Calcium 290mg 20%

Iron 2.5mg 15%

Potassium 580mg 10%

* The % Daily Value (DV) 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.

INGREDIENTS: MILK, VEGETABLE BROTH, GROUND BEEF, BROWN RICE ELBOW PASTA, BUTTERNUT SQUASH, SHARP CHEDDAR, ONIONS (ONIONS, OLIVE OIL), OLIVE OIL, PARSLEY, TOMATO PASTE, GARLIC POWDER, GARLIC, BRAGG NUTRITIONAL YEAST, ITALIAN SEASONING (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, BASIL), PAPRIKA, TURMERIC

CONTAINS: MILK, WHEAT

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104