

ENRICHED MACARONI*

Nutrition Facts

Serving Size 2 oz. (56g)

Servings Per Container About 160

Amount Per Serving

Calories 200 **Calories from fat** 10

% Daily Value*

Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 41g	14%
Dietary Fiber 2g	7%
Sugars 2g	

Protein 7g

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 10%
Thiamin 30%	•	Riboflavin 10%
Niacin 15%	•	Folic Acid 30%

*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

INGREDIENTS: SEMOLINA (WHEAT), NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, AND FOLIC ACID.

**CONTAINS WHEAT INGREDIENTS AND IS
MANUFACTURED IN A FACILITY THAT USES EGGS.**