



DI 9FFTR731

DHARMA
INITIATIVE
**MACARONI
& CHEESE
SUPPER**

20080107CLF

6 OZ



BOIL 6 cups water in a medium saucepan.
STIR IN pasta, bring to boil again. COOK at
medium boil for 8-10 minutes or until
done. Drain in colander. ADD 2-4
tablespoons lowfat milk (or 1/2 cup lowfat
yogurt) and cheese sauce mix to the warm
saucepan and mix well with a whisk. POUR
pasta over sauce, mix well and serve.



DI 9FFTR731

R731

Sheet Size: 8.5x11-inches - Fits 6 OZ Annie's Macaroni & Cheese Dinner box

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Nutrition Facts

Serving Size 2.5 oz. in box

1 cup prepared

Servings about 2.5

Calories 240 mix

280 prepared

Calories from Fat 40 mix

45 prepared

Amount/serving	%DV*	
	Mix	Prepared
Total Fat 4.5g**	7%	8%
Sat. Fat 2.5g	13%	14%
Trans Fat 0g		
Cholesterol 10mg	3%	4%
Sodium 570mg	24%	25%
Total Carb. 46g	15%	16%
Sugars 5g		
Protein 12g		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Amount in Mix. When prepared as directed, one serving (1 cup) provides: 5g fat (2.5g saturated fat), 10mg cholesterol, 580mg sodium, 47g total carbohydrate, 10g sugar, and 13g protein.

INGREDIENTS: PASTA (DURUM SEMOLINA, WATER), CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES), WHEY, SALT, ANNATTO EXTRACT (COLOR).

CONTAINS WHEAT, MILK.

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