

DHARMA INITIATIVE
MACARONI &
CHEESE SUPPER



DI 9FFTR731

DHARMA
INITIATIVE
MACARONI
& CHEESE
SUPPER

20080107CLF

6 OZ



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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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.

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Reaching out to a better tomorrow™



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Sheet Size: 11x17-inches – Fits 6 OZ Annie's Macaroni & Cheese Dinner box