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Maccaroni and Cheese Bowl

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	bowl	**Cook**
Portion	12	oz	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 12 oz (340g)
Servings Per Container 1

Amount Per Serving	
Calories 424	Calories From Fat 108
	% Daily Value
Total Fat 12g	18%
Saturated Fat 4g	20%
Cholesterol 12mg	4%
Sodium 1288mg	54%
Total Carbohydrates 66g	22%
Dietary Fiber 2g	7%
Protein 10g	

Vitamin A	2%	Vitamin C	0%
Calcium	10%	Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Low Cholesterol
High in Carbohydrates
High in Protein
Good Source of Calcium