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Macaroni and Chese Cup

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	cup	**Cook**
Portion	8	oz	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 8 oz (227g)
Servings Per Container 1

Amount Per Serving

Calories 283 Calories From Fat 72

	% Daily Value
Total Fat 8g	12%
Saturated Fat 3g	14%
Cholesterol 8mg	3%
Sodium 859mg	36%
Total Carbohydrates 44g	15%
Dietary Fiber 1g	4%
Protein 7g	

Vitamin A	1%	Vitamin C	0%
Calcium	7%	Iron	1%

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

Nutrition Descriptors

Low Cholesterol
Good Source of Carbohydrates
Good Source of Protein