

The Mac and Cheese (Vegetarian)

Lancer Management

Categories

Tools

Locations

Plate

| | | | |
|--------------|---|----------|--------|
| Yield | 1 | Sandwich | Prep |
| Portion | 4 | oz | Cook |
| Num Portions | 1 | | Finish |
| | | | Shelf |

Nutrition Facts

Serving Size 4 oz (113g)

Servings Per Container 1

Amount Per Serving

Calories 396 **Calories From Fat** 110

% Daily Value

Total Fat 12g 18%

Saturated Fat 10g 46%

Trans Fat 1g

Cholesterol 39mg 13%

Sodium 695mg 29%

Total Carbohydrates 36g 12%

Dietary Fiber 2g 7%

Protein 13g

Vitamin A 14% **Vitamin C** 0%

Calcium 28% **Iron** 11%

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

Nutrition Descriptors

High in Calcium

High in Protein

Good Source of Vitamin A

Good Source of Iron

Good Source of Carbohydrates

Ingredients

CHEESE AMERICAN 160 ct, white bread, elbow macaroni, cheddar cheese, Beyond, cream, 2% milk, American cheese, monterey jack cheese, mozzarella cheese, chicken base, worcestershire sauce, salt, tabasco sauce, garlic powder, white crushed peppercorn

Contains: Fish, Milk, Soy, Wheat