MAC & CHEESE W/MEGA BITES #001671

Ingredients

12 cups cooked pasta
2 cups cheese sauce
2 TBSP dried parsley
2 tsp garlic powder
75 pieces Mega bites (3 each)

Makes: 25 - 1/2C
Prep Time:
Cooking Time:
Provides: 2M/MA 2.5G

Image

Nutrition Facts

C Mac/Cheese w/Mega Bite

Nutrition Facts
Serving Size: Servings
Serving per Container: 1

Amount Per Serving	
Calories: 215	Calories from Fat 91
	% Daily Value*
Total Fat 10.1g	16%
Saturated Fat 1.9g	9%
Trans Fat* 0.0g	
Cholesterol 26mg	9%
Sodium 313mg	13%
Total Carbohydrate 18.3g	6%
Dietary Fiber 1.6g	8%
Protein 12.5g	26%
Vitamin A 2%	Vitamin C 0%
Calcium 1%	Iron 8%

* - Trans Fat value is provided for informational purposes only, not for monitoring purposes.
* - Percent Daily Values are based on a 2,000 calorie diet.
"N/A" - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Possible Allergens or Sensitivites

		Yes	No	Comments
1.	Contains Egg	X		cheese may contain egg
2.	Contains Dairy	X		
3.	Contains Nuts		X	
4.	Contains Pork		X	
5.	Contains Gluten	X		
6.	Contains Soy	X		
7.	Vegetarian		X	