

www.muscle-mac.com  
PACKAGED BY:  
Quality Pasta Company  
Charleroi, PA 15022  
USA



00425



## DIRECTIONS:

- 1. REMOVE** lid and Cheese Sauce Mix; set aside.
- 2. ADD** water to fill-line. **STIR** thoroughly. (Note: The loose white powder in the pasta is necessary for proper cooking.)
- 3. MICROWAVE**, uncovered, on HIGH 3 1/2 min. or until pasta is tender. **DO NOT DRAIN**. Excess liquid is needed to make Cheese Sauce.
- 4. STIR IN** Cheese Sauce Mix until well blended. Cheese Sauce will thicken upon standing. For creamier texture, add 1 Tbsp. water after stirring in Cheese Sauce Mix.

**CAUTION: CUP AND CONTENTS WILL BE VERY HOT!**

**KEEP CUP UPRIGHT TO AVOID SPILLS.**

**DO NOT REUSE CUP.**

**DO NOT LEAVE MICROWAVE UNATTENDED.**

**HIGH PROTEIN**

**MUSCLE  
MAC™**

**20g  
Protein  
Per Serving**

**MACARONI  
& CHEESE**

**GMO FREE PASTA  
GREAT TASTING REAL CHEESE  
NO SYNTHETIC DYES OR COLORS**

NET WT 3.6oz (102g)

SEE NUTRITION INFORMATION FOR SATURATED FAT AND SODIUM CONTENT.

## Nutrition Facts

Serving Size 1 Package 3.6oz (102g)  
Servings Per Container 1

Amount Per Serving	
Calories 390	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 930mg	<b>39%</b>
<b>Total Carbohydrate</b> 63g	<b>21%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 6g	
<b>Protein</b> 20g	
Vitamin A 4%	Vitamin C 0%
Calcium 35%	Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS: MUSCLE MAC PASTA** (DURUM WHEAT SEMOLINA, PEA PROTEIN ISOLATE, GLYCERYL MONOSTEARATE, SALT), **CHEESE SAUCE MIX** (CHEESE (MILK, SALT, CULTURES, ENZYMES), WHEY, NONFAT MILK, BUTTER, SALT, NATURAL COLOR (ANNATTO)), **ANTI BOIL OVER POWDER** (MODIFIED STARCH, CONTAINS 2% OR LESS OF: CORN SYRUP SOLIDS, MALTODEXTRIN, SALT, ACETIC ACID ESTERS OF MONO AND DIGLYCERIDES, CALCIUM CARBONATE, POTASSIUM CHLORIDE, GUAR GUM, SILICON DIOXIDE TO REDUCE CAKING).  
**CONTAINS: WHEAT, MILK**



**JUST ADD  
WATER  
Ready in  
3-1/2 minutes**