

Cooking Directions

- 1 Remove lid, film, & cheese packet.
- 2 Add room-temperature water to the top of the fill line inside cup; stir well.
- 3 Microwave uncovered on high for 3½ min. Adjust ±30 sec for softer or firmer pasta.
- 4 Stir. Put on lid & let stand for 3 min.
- 5 Add cheese powder. Stir until well mixed.
- 6 Allow to cool & thicken for 2 min. Enjoy.



11640

EATLEGENDARY.COM

CARBS	19g
- FIBER	10g
- ALLULOSE	2g
7g NET*	g CARBS



LEGENDARY
FOODS

47^g
PROTEIN

7^{g*}
NET CARBS

GLUTEN FREE

Protein Pasta+

Mac & Cheese
FLAVORED

NET WT 2.9 OZ (82g)

SEE NUTRITION INFORMATION FOR SODIUM CONTENT

CALORIES FROM PROTEIN

LF MAC & CHEESE 64%

T-BONE STEAK 38%

EGG 34%

REG. MAC & CHEESE 11%

SCAN FOR VITAL INFO



Nutrition Facts

1 serving per container
Serving size 1 package (82g)

Amount Per Serving
Calories **290**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 780mg **34%**

Total Carbohydrate 19g **7%**

Dietary Fiber 10g **36%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Allulose 2g

Protein 47g **94%**

Vitamin D 0mcg **0%**

Calcium 456mg **35%**

Iron 2mg **11%**

Potassium 412mg **8%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Dairy Protein Blend (Milk Protein (From Caseinate), Casein, Milk Protein Concentrate, Whey Protein Isolate), Cheddar Cheese (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Dextrin, Corn Starch, Polydextrose, Collagen Peptides, Dried Egg Whites, Allulose. Contains less than 2% of the following: Psyllium Husk, Cream, Butter (Cream, Salt), Buttermilk, Whey, Nonfat Dry Milk, Milkfat, Cellulose, Salt, Sugar, Natural Flavors, Garlic, Yeast Extract, Citric Acid, Stearic Acid, Lactic Acid, Sodium Citrate, Modified Corn Starch, Pullulan, Xanthan Gum, Mono And Diglycerides, Annatto Extract (Color), Silicon Dioxide, Sunflower Lecithin.

Contains: Milk, Eggs.

Processed in a facility that also processes Peanuts and Tree Nuts.

Distributed By
Legendary Foods LLC
Santa Monica, CA 90404

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