

# **JCC CAMPS AT MEDFORD**

## **NUTRITIONAL INFORMATION –MACARONI & CHEESE**

**BRUNO, ELARDI**

**Nutrition Facts**

Serving Size: 100g  
Calories: 180  
Calories from Fat: 80  
Total Fat: 9g  
Saturated Fat: 3.5g  
Transfat: 0g  
Polyunsaturated Fat: 0g  
Monounsaturated Fat: 1.5g  
Cholesterol: 15mg  
Sodium: 430mg  
Total Carbohydrate: 17g  
Dietary Fiber: 1g  
Sugars: 1g  
Protein: 5g

Ingredients: Cooked macaroni product (durum semolina, enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), whole milk, butter, cheddar cheese (milk, culture, enzyme, salt, annatto), enzyme modified and dehydrated cheese flavor (cheddar cheese [milk, culture, salt, disodium phosphate, enzymes], whey, soybean oil, whey protein, lactose, maltodextrin, salt, sodium phosphate, citric acid, natural flavor), bleached wheat flour, salt, food starch-modified, Worcestershire sauce, white pepper, mustard powder