

I ❤️ mac & cheese® NUTRITIONAL GUIDE



	SERVING SIZE (g)	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FATS (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	CALCIUM (mg)	IRON (mg)	POTASSIUM (mg)
BUFFALO BLUE PASTA		707	26.91	18.952	0	88	598.17	76.02	1.86	7.04	34.39	104.76	3.136	428.08
BUFFALO BLUE GLUTEN FREE PASTA		608	24.52	18.612	0	88	584.17	63.18	3.86	7.04	26.65	92.76	0.536	448.08
BUFFALO BLUE BROCCOLI		485	25.36	18.7	0	88	659.17	34.24	7.76	10.9	29.05	197.76	2.196	1090.08
BUFFALO BLUE CAULIFLOWER		517	31.98	19.981	0	88	1239.17	28.25	7.76	10.1	26.66	126.76	1.266	684.08
BUFFALO BLUE QUINOA		408	24.52	18.612	0	88	584.17	19.18	1.86	7.04	22.65	90.76	0.536	373.08
BUFFALO BLUE TATER TOTS		948	49.52	25.612	0	88	1739.17	85.68	8.86	10.54	29.65	129.26	3.056	1493.08
CHICK PARM PASTA		662	19.89	12.34	0	63.5	849.8	333.85	1.03	5.25	30.04	164.36	3.41	269.04
CHICK PARM GLUTEN FREE PASTA		563	17.5	12	0	63.5	835.8	321	3.03	5.25	22.3	152.36	0.81	289.04
CHICK PARM BROCCOLI		440	18.34	12.08	0	63.5	910.8	292.07	6.93	9.11	24.7	257.36	2.47	931.04
CHICK PARM CAULIFLOWER		472	24.96	13.37	0	63.5	1490.8	286.08	6.93	8.31	22.31	186.36	1.54	525.04
CHICK PARM QUINOA		483	19.4	12.34	0	63.5	835.8	298.31	3.83	6.15	22.7	286.36	8.61	928.04
CHICK PARM TATER TOTS		903	42.5	19	0	63.5	1990.8	343.51	8.03	8.75	25.3	188.86	3.33	1334.04
SHORT RIB PHILLY PASTA		707.3	61.14	54.457	0	260	559.78	68.43	0.66	17.4	34.36	416.76	2.738	220.65
SHORT RIB PHILLY GLUTEN FREE PASTA		608.3	27.95	23.537	0	152	383.44	55.59	2.66	6.94	26.62	404.76	0.106	240.65
SHORT RIB PHILLY BROCCOLI		485.3	95.17	85.465	0	368	811.12	26.65	6.56	31.72	29.02	509.76	7.03	882.65
SHORT RIB PHILLY CAULIFLOWER		517.3	35.41	24.906	0	476	1038.44	20.66	6.56	10	26.63	438.76	0.836	476.65
SHORT RIB PHILLY QUINOA		528.3	29.85	23.537	0	584	383.44	32.89	3.46	7.84	27.02	538.76	7.906	879.65
SHORT RIB PHILLY TATER TOTS		723.3	37.55	15.247	0	584	1457.27	70.07	7.6	5.21	18.43	434.5	2.61	1237.57
LOBSTER PASTA		674.3	22.94	14.13	0	116.83	877.13	68.5	0.83	4.35	33.47	313.19	3.3	221.2
LOBSTER GLUTEN FREE PASTA		575.3	20.55	13.79	0	116.83	863.13	56.11	2.83	4.35	25.73	301.19	0.7	241.2
LOBSTER BROCCOLI		452.3	21.39	13.87	0	116.8	938.13	27.17	6.73	8.21	28.13	406.19	2.36	883.2
LOBSTER CAULIFLOWER		484.3	28.01	15.16	0	116.83	1518.13	21.18	6.73	7.41	25.74	335.19	1.43	477.2
LOBSTER QUINOA		495.3	22.45	13.79	0	116.8	863.13	33.41	3.63	5.25	26.13	435.19	8.5	880.2
LOBSTER TATER TOTS		915.3	45.55	20.79	0	116.8	2018.13	78.61	7.83	7.85	28.73	337.69	3.22	1286.2
VEGAN DELIGHT PASTA		828.3	42.55	28.44	0	0	645	80.92	9.3	9.28	33.34	141	3.69	1132
VEGAN DELIGHT GLUTEN FREE PASTA		729.38	40.16	28.10	0	0	631	68.08	11.3	9.28	25.6	129	1.09	1152
VEGAN DELIGHT BROCCOLI		606.3	41	28.19	0	0	706	39.14	15.2	13.14	28	234	2.75	1794
VEGAN DELIGHT CAULIFLOWER		638.38	47.62	29.47	0	0	1286	33.15	15.2	12.34	25.61	163	1.82	1388
VEGAN DELIGHT QUINOA		649.38	42.06	28.10	0	0	631	45.38	12.1	10.18	26	263	8.89	1791
VEGAN DELIGHT TATER TOTS		1069.38	65.16	35.10	0	0	1786	90.58	16.3	12.78	28.6	165.5	3.61	2197
CLASSIC MAC PASTA		602	22.39	15.34	0	66.5	734.8	62.85	0.03	4.75	23.54	199.36	2.68	79.04
CLASSIC MAC GLUTEN FREE PASTA		503	20	15	0	66.5	720.8	50	2.03	4.75	15.8	187.36	0.08	99.04
CLASSIC MAC BROCCOLI		380	20.84	15	0	66.5	795.8	21.07	5.93	8.61	18.2	292.36	1.74	741.04
CLASSIC MAC CAULIFLOWER		423	21.9	15	0	66.5	720.8	27.31	2.83	5.65	16.2	321.36	7.88	738.04
CLASSIC MAC QUINOA		412	27.45	16.36	0	66.5	1375.8	15.08	5.93	7.81	15.81	221.36	0.81	335.04
CLASSIC MAC TATER TOTS		843	45	22	0	66.5	1875.8	72.51	7.03	8.25	18.8	223.86	2.6	1144.04
CLASSIC VEGAN MAC PASTA		529	26.39	21.34	0	-	29	62.84	2.2	3.3	14.04	14	2.6	318
CLASSIC VEGAN MAC GLUTEN FREE PASTA		430	24	21	0	-	15	50	4.2	3.3	6.3	2	-	338
CLASSIC VEGAN MAC BROCCOLI		307	24.84	21	0	-	90	21.06	8.1	7.16	8.7	107	1.66	980
CLASSIC VEGAN MAC CAULIFLOWER		339	31.46	22.36	0	-	670	15.07	8.1	6.36	6.31	36	0.73	574
CLASSIC VEGAN MAC QUINOA		350	25.9	21	0	-	15	27.3	5	4.2	6.7	136	7.8	977
CLASSIC VEGAN MAC TATER TOTS		770	49	28	0	-	1170	72.5	9.2	6.8	9.3	38.5	2.52	1383



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CLASSIC GRILLED CHEESE SOURDOUGH BREAD		540	27	14	0	80	1820	52	-	6	12	444	2	100
CLASSIC GRILLED CHEESE WHEAT BREAD		520	27	14	0	80	1780	8	2	4	20	458	2.46	110
CLASSIC GRILLED CHEESE GLUTTEN FREE BREAD		520	32	14	0	80	1840	46	2	10	16	444	-	60
BEST OF BOTH WORLDS SOURDOUGH BREAD		668.8	42.42	25.11	0	129	1568.07	82.52	0.03	6.615	31.94	846.38	3.38	155.11
BEST OF BOTH WORLDS WHEAT BREAD		648.8	42.42	25.11	0	129	1528.07	38.52	2.03	4.61	39.94	860.38	3.84	165.11
BEST OF BOTH WORLDS GLUTTEN FREE BREAD		648.8	47.42	25.11	0	129	1588.07	76.52	2.03	10.62	35.94	846.38	1.38	115.11
CUBAN SOURDOUGH BREAD		634.8	33.24	16.62	0	107.4	1538.8	48.5	-	2.5	33.1	866	2.48	447.5
CUBAN WHEAT BREAD		614.8	33.24	16.62	0	107.4	1543.8	4.5	2	0.5	41.1	880	2.94	457.5
CUBAN GLUTTEN FREE BREAD		614.8	38.24	16.62	0	107.4	1603.8	42.5	2	6.5	37.1	866	.48	407.5
BACON LOVE TOMATO SOURDOUGH BREAD		310	45	21	0	160	2700	54	2	8	40	664	2.34	400
BACON LOVE TOMATO WHEAT BREAD		290	45	21	0	160	2660	10	4	6	48	678	2.8	410
BACON LOVE TOMATO GLUTTEN FREE BREAD		290	50	21	0	160	2720	48	4	12	44	664	0.34	360
LOBSTER SOURDOUGH BREAD		712.3	33.5	17.79	0	150.33	602.33	56.1	0.8	3.6	30.96	560.83	2.62	242.16
LOBSTER WHEAT BREAD		692.3	33.55	17.79	0	150.33	562.33	12.1	2.8	1.6	38.93	574.83	3.08	252.16
LOBSTER GLUTTEN FREE BREAD		692.3	38.55	17.79	0	150.33	622.33	50.1	2.8	7.6	34.93	560.83	0.62	202.16
CLASSIC VEGAN SOURDOUGH BREAD		400	10	2.2	0	-	848	48	-	2	6.6	80	2	358
CLASSIC VEGAN WHEAT BREAD		380	10	2.2	0	-	808	4	2	-	14.6	94	2	358
CLASSIC VEGAN GLUTEN FREE BREAD		380	15	2.2	0	-	868	42	2	6	10.6	80	-	318
VEGAN MELT SOURDOUGH BREAD		908	46.02	16.2	0	-	1433	62.2	5	8.01	37.43	218	8.99	764.7
VEGAN MEELT WHEAT BREAD		888	46.02	16.2	0	-	1393	18.2	7	6.01	45.4	232	9.45	774.7
VEGAN GLUTEN FREE BREAD		888	51.02	16.2	0	-	1453	56.2	7	12.01	41.43	218	6.99	724.7