

Elbow Macaroni

Nutrition Facts

26 servings per container

Serving size 1/2 Cup (54g) Dry
(about 1 cup prepared)

Amount per serving

Calories 200

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 40g 15%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 11mg 0%

Iron 2mg 10%

Potassium 120mg 2%

*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.

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Bring 4 quarts of water to a boil.
3. Stir in 2 cups of macaroni and return to a boil.
4. Cook uncovered for 8 to 10 minutes, stirring occasionally.

For best results avoid overcooking, quickly drain and serve.

INGREDIENTS: Elbow macaroni (wheat flour, niacin, ferrous sulfate [iron], thiamin mononitrate, riboflavin, and folic acid).

Contains allergen: Wheat

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