

# NUTRITIONAL FACTS & INGREDIENT LIST

THE CRABBY SHACK

## Crab Mac and Cheese

<b>Nutrition Facts</b>	
About 6 servings per container	
<b>Serving size</b>	<b>1 cup (154g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>270</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 8g	<b>40%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 490mg	<b>21%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 260mg	20%
Iron 0.9mg	6%
Potassium 190mg	4%
* 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: MACARONI (WATER, DURUM WHEAT SEMOLINA, DURUM WHEAT FLOUR, SALT, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), MILK, CRAB, CHEDDAR CHEESE (MILK, SALT, ENZYMES), FONTINA CHEESE (MILK, SALT, ENZYMES), BUTTER (PASTEURIZED MILK, SALT), GRUYERE CHEESE (MILK, SALT, ENZYMES), MUSTARD (VINEGAR, TURMERIC, MUSTARD SEED), SALT, BLACK PEPPER, WHITE PEPPER

CONTAINS: CRAB, MILK, WHEAT