



OPTAVIA®

Spinach Pesto Mac & Cheese

(with Basil and a Blend of Parmesan and Romano Cheeses)

66602

Nutrition Facts

Serving Size 1 packet (34g)
Servings Per Container 7

Amount Per Serving

Calories 110 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 390mg **16%**

Potassium 370mg **11%**

Total Carbohydrate 15g **5%**

 Dietary Fiber 4g **16%**

 Sugars 1g

Protein 11g **22%**

Vitamin A 35% • Vitamin C 25%

Calcium 35% • Iron 25%

Vitamin D 20% • Vitamin E 20%

Vitamin K 25% • Thiamin 25%

Riboflavin 25% • Niacin 25%

Vitamin B6 25% • Folate 25%

Vitamin B12 20% • Biotin 20%

Pantothenic Acid 25% • Phosphorus 20%

Iodine 20% • Magnesium 25%

Zinc 25% • Selenium 30%

Copper 25% • Manganese 25%

Chromium 20% • Molybdenum 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Organic semolina macaroni (wheat)*, calcium caseinate, gum arabic, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), whey, maltodextrin, dried spinach, natural flavors, Parmesan cheese (milk, salt, cultures, enzymes), buttermilk, xanthan gum, sea salt, carrageenan, salt, basil, spices, Romano cheese (milk, cheese, cultures, salt, enzymes), dehydrated garlic, dehydrated onion, yeast extract, olive oil, nonfat milk, bacillus coagulans GBI-30 6086.

Vitamins and Minerals: Potassium phosphate, calcium carbonate, potassium chloride, magnesium oxide, vitamin E acetate, ascorbic acid (vitamin C), ferrous sulfate (iron), zinc sulfate, biotin, vitamin A palmitate, potassium iodide, niacinamide (vitamin B3), chromium chloride, calcium pantothenate (vitamin B5), phytonadione (vitamin K1), sodium molybdate, sodium selenite, cyanocobalamin (vitamin B12), manganese sulfate, copper sulfate, folic acid, cholecalciferol (vitamin D3), thiamin mononitrate (vitamin B1), pyridoxine hydrochloride, riboflavin (vitamin B2).

*33% organic ingredients

CONTAINS: MILK AND WHEAT.

re, the ingredient label on the package is always the best source for that specific item.

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