

PROCEEDS FROM THE SALE OF THIS PRODUCT ARE USED TO PROVIDE MEALS TO THE MOST VULNERABLE MEMBERS OF OUR COMMUNITY.

MAC & CHEESE

RECIPE SUGGESTION:

Try adding some crispy bacon. If you want a more tomato based flavour, a tin of mixed tomato and onion will go well.

PREPARATION GUIDE:

~ MEAL FOR 4 ~

First cook pasta until soft. Add all other ingredients with approx. 1 cup (250 ml) boiling water. Add water slowly to your liking. **STIR WHILE COOKING.**

NUTRITIONAL INFO

TOTAL (g)
Serving / 100

Energy (kJ)	745	745
Protein (g)	6	5.8
Carbohydrates (g)	28	28
<i>of which total sugar (g)</i>	0.5	0.5
Total Fat	4.8	4.8
<i>of which total Saturated Fat</i>	0.2	0.2
Dietary Fibre (g)	1.9	1.9
Sodium (g)	0.3	0.3
Cholesterol (mg)	1.6	1.6
Potassium (mg)	35.9	35.8



INGREDIENTS:

Sugar, Milk, Whey Powder, Vegetable Fat, Salt, Paprika.
Allergens: Dairy.

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