

Cycle 1

Lobster Mac & Cheese

Orzo pasta, tossed with lobster meat and a Gruyère and Fontina cheese sauce, and topped with a panko crust



WIMS# 35058

Allergens: milk, shellfish, wheat

Lobster Mac & Cheese	
Nutrition Facts	
1 servings per container	
Serving size	1 meal (311 g)
Amount per serving	
Calories	450
% Daily Value*	
Total Fat 26g	33%
Saturated Fat 14g	69%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 1240mg	54%
Total Carbohydrate 26g	10%
Dietary Fiber 0g	0%
Total Sugars 5g	
Protein 29g	
Vitamin D 0.00mcg	0%
Calcium 214mg	18%
Iron 2.6mg	17%
Potassium 468mg	10%
* 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.	
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