

## Café Puree Mac n Cheese

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Biotin (mcg)	0.07	0.06
Calories (kcal)	210.00	187.50	Vitamin C (mg)	0.00	0.00
Calories from Fat (kcal)	70.00	62.50	Vitamin D - IU (IU)	--	--
Calories from SatFat (kcal)	18.00	16.07	Vitamin D - mcg (mcg)	--	--
Protein (g)	14.00	12.50	Vitamin E - A lpha-Toco (mg)	0.47	0.42
Carbohydrates (g)	22.00	19.64	Folate (mcg)	16.00	14.29
Dietary Fiber (g)	0.00	0.00	Folate, DFE (mcg)	8.00	7.14
Soluble Fiber (g)	0.06	0.05	Vitamin K (mcg)	1.88	1.66
Total Sugars (g)	4.00	3.57	Pantothenic Acid (m g)	0.14	0.12
Monosaccharides (g)	0.00	0.00	Minerals		
Disaccharides (g)	0.00	0.00	Calcium (mg)	36.00	31.74
Other Carbs (g)	5.04	4.50	Chromium (mcg)	0.00	0.00
Fat (g)	8.00	7.14	Copper (mg)	0.03	0.03
Saturated Fat (g)	2.00	1.79	Fluoride (mg)	0.02	0.01
Mono Fat (g)	1.95	1.74	Iodine (mcg)	--	--
Poly Fat (g)	1.04	0.93	Iron (mg)	0.29	0.25
Tr ans Fatty Acid (g)	0.00	0.00	Magnesium (mg)	10.27	9.05
Cholesterol (mg)	5.00	4.46	Manganese (mg)	0.03	0.03
Water ( g)	89.72	80.11	Molybdenum (mcg)	2.02	1.78
Vitamins			Phosphorus (mg) Potassium (mg)	120-35	107-31
Vitamin A - IU (IU)	32.94	29.05	Selenium (mcg)	16.64	14.68
Vitamin A - RE (RE)	6.59	5.81	Sodium (mg)	460.00	410.71
Vitamin A - RAE (RAE)	0.00	0.00	Zinc (mg)	0.08	0.07
Vitamin A - Carotenoid RE (RE)	0.00	0.00	Other Fats		
Vitamin A - Retinol RE (RE)	0.00	0.00	Omega 3 Fatty A cid ( g)	0.24	0.21
Beta-Carotene (mcg)	0.00	0.00	Omega 6 Fatty A cid ( g)	0.52	0.46
Vitamin B1 - Thiamin (mg)	0.04	0.04	Other Nutrients		
Vitamin B2 - Riboflavin (mg)	0.31	0.28	Gram Weight (g)	113 .40	100.00
Vitamin B3 - Niacin (mg)	0.36	0.32	Alcohol (g)	0.00	0.00
Niacin Equivalents (mg)	1.93	1.70	Caffeine (mg)	0.00	0.00
Vitamin B6 (mg)	0.01	0.01	Choline (mg)	3.00	2.68
Vitamin B12 (mcg)	0.04	0.04			