

Chickapea.[®]

mac & cheese



Not just better for you. Good for you!

Chickapea Mac & Cheese is the stuff childhoods are made of and everything you crave in a comfort food, but without the guilt!

Our amazing Chickapea Pasta, made from **only organic chickpeas and lentils**, now comes with a clean, organic cheese sauce you and your family will love.



Simple. Quick.
Nutritious. Delicious.

19g
Protein
per serving











“As a busy mom,

I'm always looking for quick and simple meal options, but I'm tired of choosing between convenience and nutrition. Chickpea Mac & Cheese is not just better for you, but actually good for you! It's packed full of nutrients and tastes just like the cheesy, traditional comfort food we all love. Plus, it's ready in minutes! That means you get to spend your valuable time with the people you love, enjoying real food! ”

-Shelby Taylor
Founder & CEO

Nutrition Facts		
Serving Size 2.5 oz (70 g) About 1 cup prepared Servings About 2.5		
Amount Per Serving	Mix	Prepared
Calories	270	320
Fat Cal	35	80
Sat. Fat Cal.	15	40
	% Daily Value**	
Total Fat 4g*	6%	14%
Sat. Fat 1.5g	8%	23%
Trans Fat 0g		
Cholest. 0mg	0%	5%
Sodium 490mg	20%	20%
Potassium 300mg	9%	9%
Total Carb. 42g	14%	14%
Fiber 8g	32%	32%
Sugars 6g		
Protein 19g		
Vitamin A	0%	4%
Vitamin C	2%	2%
Calcium	10%	15%
Iron	20%	20%
Thiamin	25%	25%
Riboflavin	8%	8%
Vitamin B6	15%	15%
Folate	35%	35%
Vitamin B12	8%	8%
Phosphorus	15%	15%
Magnesium	15%	15%
Zinc	15%	15%
*Amount in Mix, Prepared contributes an additional 50 Calories (45 Fat Cal., 25 Sat. Fat Cal.), 5 g Total Fat (5 g Sat. Fat), 15 mg Cholest., 50mg Potassium (5 g Sugars)		
**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	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

	Chickpea	Banza	Ancient Harvest POW!	Annie's Gluten Free	Modern Table
Organic					
Pasta Made with Only Beans and/or Lentils					
More than 18g Protein					
Real Cheese 1 st Ingredient		●		●	
Corn & Soy Free				●	
Less than 500mg Sodium			●	●	
Less than 10 Ingredients				●	

INGREDIENTS: Organic chickpea and lentil pasta (Organic chickpea flour, organic red lentil flour), Organic Cheddar Seasoning (Organic cheddar cheese [(organic milk, cultures, salt, enzymes), disodium phosphate], organic whey, organic buttermilk, organic nonfat milk, salt, organic annatto extract). Contains Milk.

PRODUCT	ELBOWS WITH CHEDDAR	SHELLS WITH WHITE CHEDDAR	SPIRALS WITH CHEDDAR
PRODUCT CODE	PAC1ELBOCHEDUSA170	PAC1SHELWHITUSA187	PAC1SPIRCHEDUSA194
ITEM UPC CODE	628451868170	628451868187	628451868194
CASE UPC CODE	10628451868177	10628451868184	10628451868191
CASE PACK	6	6	6
ITEM WEIGHT	6oz	6oz	6oz
CASE WEIGHT	2 LBS	2 LBS	2 LBS
ITEM DIMENSIONS	3.438" x 1.313" x 7.125"	3.438" x 1.313" x 7.125"	3.438" x 1.313" x 7.125"
CASE DIMENSIONS	7.375" x 4.5" x 7.875"	7.375" x 4.5" x 7.875"	7.375" x 4.5" x 7.875"
CASES / PALLET	312	312	312
PALLET MEASUREMENT	40" X 48" x 53"	40" x 48" x 53"	40" x 48" x 53"