

Mac & Cheese Bowl w/ garlic breadstick



| | | | |
|----------------------|------------|-----------------------|------------------|
| Servings: | 60.00 | Category: | Grain |
| Serving Size: | 6.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-49309 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|---|------------|
| ENTREE MACAR & CHS R/F WGRAIN 6-5 | 30 Pound | 2/3 cup =2 oz meat alternate and 1 oz grain | 119122 |
| BREADSTICK WGRAIN GARL HERB 1Z | 60 Each | | 512723 |

Preparation Instructions

THE PREFERRED METHOD IS TO PLACE THAWED, UNOPENED POUCH IN STEAMER AND HEAT FOR 35 MINUTES OR 50 MINUTES FROM FROZEN.

HEAT INTERNAL TEMPERATURE TO 165 DEGREES F

WHEN POSSIBLE KEEP PRODUCT IN HEATED POUCHES UNTIL SERVING, THEN POUCHES CAN BE CUT AND PRODUCT CAN BE POURED INTO SERVING PANS.

IF PRE-PANNED, KEEP PRODUCT COVERED TIGHTLY.

Dish in bowl #688490 and serve with breadstick.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.475 |
| Grain | 2.125 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 6.00 Ounce

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 438.04 |
| Fat | 14.90g |
| SaturatedFat | 8.10g |
| Trans Fat | 0.45g |
| Cholesterol | 40.50mg |
| Sodium | 1394.13mg |
| Carbohydrates | 53.40g |
| Fiber | 2.80g |
| Sugar | 8.10g |
| Protein | 24.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 568.96mg | Iron 1.60mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

| | |
|-------------------------|-------------------------|
| Calories | 257.52 |
| Fat | 8.76g |
| SaturatedFat | 4.76g |
| Trans Fat | 0.26g |
| Cholesterol | 23.81mg |
| Sodium | 819.61mg |
| Carbohydrates | 31.40g |
| Fiber | 1.65g |
| Sugar | 4.76g |
| Protein | 14.40g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 334.49mg | Iron 0.94mg |

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