

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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