

# HS: Mac & Cheese- 3/4 cup

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-58049
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR CHS WGRAIN ELB	6 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	609131

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	2.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving	
<b>Calories</b>	317.00
<b>Fat</b>	16.00g
<b>Saturated Fat</b>	8.90g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	46.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 367.00mg	<b>Iron</b> 1.00mg

## Nutrition - Per 100g

<b>Calories</b>	186.36
<b>Fat</b>	9.41g
<b>Saturated Fat</b>	5.23g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	27.04mg
<b>Sodium</b>	382.13mg
<b>Carbohydrates</b>	16.46g
<b>Fiber</b>	1.18g
<b>Total Sugar</b>	1.76g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	8.82g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 215.76mg	<b>Iron</b> 0.59mg