

# EZ - Mac & Cheese

<b>Servings:</b>	53.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-53979

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN	12 1/2 Cup	Cook for 8-9 mins	229941
SAUCE CHS ULTIM YEL POU 6-106Z LOL	18 3/4 Cup		310668
Water	1/2 Quart		Water
1 % White Milk	2 Pint		1% White
SALT KOSHER PRM	1 1/2 Teaspoon		311356
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
SPICE GARLIC POWDER	1/2 Teaspoon		513857

## Preparation Instructions

### Cheese Sauce:

1. Open 2 bags of liquid cheese and pour into a steamtable pan.
2. Add ½ quart of water and 2 pints of milk to the cheese.
3. Whisk thoroughly to fully combine all three ingredients.
4. Heat cheese mixture to 145°F, stirring occasionally.

### Pasta:

1. 8 minutes before the cheese sauce is finished, begin cooking the pasta.
2. Cook elbow macaroni for 8 minutes, or until al dente.
3. Ensure the cheese sauce and pasta are at similar temperatures before combining.

### Combine & Season:

1. Pour the hot cheese sauce over the cooked pasta. Stir well to coat all pasta evenly.
2. Add prepared spice mixture and mix until evenly distributed.

### Serving:

Portion 1 cup per serving using a #6 disher/scoop.

AP 12/5/25

PR 8/20/2025

jsh 1.21.25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	4.000
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	503.77
<b>Fat</b>	11.89g
<b>Saturated Fat</b>	6.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	28.68mg
<b>Sodium</b>	481.70mg
<b>Carbohydrates</b>	82.08g
<b>Fiber</b>	7.55g
<b>Total Sugar</b>	6.13g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	20.58g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 248.11mg	<b>Iron</b> 3.77mg

## Nutrition - Per 100g

<b>Calories</b>	470.90
<b>Fat</b>	11.11g
<b>Saturated Fat</b>	5.95g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	26.81mg
<b>Sodium</b>	450.27mg
<b>Carbohydrates</b>	76.72g
<b>Fiber</b>	7.05g
<b>Total Sugar</b>	5.73g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	19.24g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 231.92mg	<b>Iron</b> 3.53mg