

Cooking for Kids

Recipe Sizing Report

000176 - Mac n Cheese :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902988 MACARONI, WHOLE GRAIN, DRY.....	10 lbs	1. Cook pasta in boiling water for 7-10 minutes. Pasta should be tender but not mushy.
902948 Italian Cheese Sauce Commodity Processed..... 001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT...	23 lbs 3 PINT	2. In a large pot or tilt skillet, place cheese sauce and milk. Stir until cheese is fully melted and milk is fully incorporated.
002030 PEPPER,BLACK..... 799902 CUMIN,GROUND.....	2 TSP (ground) 2 tsp	3. Add seasonings and pasta and heat until internal temperature reaches 165° F. 4. Portion into hotel pans and hold hot for service.

*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	323 kcal	Cholesterol	38 mg	Sugars	*2.0* g	Calcium	405.20 mg	36.32%	Calories from Total Fat
Total Fat	13.05 g	Sodium	673 mg	Protein	16.95 g	Iron	1.68 mg	21.07%	Calories from Saturated Fat
Saturated Fat	7.57 g	Carbohydrates	38.50 g	Vitamin A	130.3 IU	Water ¹	*13.17* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.76 g	Vitamin C	0.0 mg	Ash ¹	*0.12* g	47.61%	Calories from Carbohydrates
								20.97%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.