

# Macaroni & Cheese (Livingston)

**Recipe: 000408 MACARONI & CHEESE**

Recipe Source: LCM LIVINGSTON  
 Recipe Group: ENTREES

**Recipe HACCP Process: #3 Complex Food Preparation**

Alternate Recipe Name:  
 Number of Portions: 100  
 Size of Portion: 2/3 CUP

014429 WATER,MUNICIPAL..... 050461 MACARONI, ELBOW, ENRICHED, DRY.....	7 1/2 GAL 6 3/4 LB	Option 1: Heat water to rolling boil in kettle or tilting skillet. Slowly add macaroni. Stir constantly, until water boils again. Cook about 8 minutes or until tender, stir occasionally. Do not over cook. Drain well.  Option 2: Steamer Method, Divide Pasta into 4" serving pans cover with water and steam until tender (Appro. 10-15 minutes) Rinse and Drain.
001079 MILK,RED FAT,FLUID,2% MILKFAT,W/ ADDED VIT A..... 004629 MARGARINE, VEG OIL SPRD,70% FAT,SOYBN & PART.... 002030 PEPPER,BLACK..... 902500 CHEESE,PAST PROCESS,AMERICAN,WO/DI NA PO4.....	1 1/2 GAL 1 1/4 LB 1 1/4 TBSP, ground 8 1/4 LB	Cheese Sauce: In tilting skillet combine milk, margarine, black or white pepper & processed cheese. Heat to 140° F or higher until cheese is melted and creamy.
		Add elbow pasta to cheese mixure in tilting skillet. Carefully stir to combine.
		Spray steam table pans (4" or 2 1/2") with pan release spray and then transfer macaroni and cheese into pans for service. Hold for hot service at 135° F or higher

\*Nutrients are based upon 1 Portion Size (2/3 CUP)

Calories	318 kcal	Cholesterol	39.86 mg	Sugars	*2.96* g	Calcium	316.46 mg	48.93%	Calories from Total Fat
Total Fat	17.29 g	Sodium	320.74 mg	Protein	14.20 g	Iron	1.17 mg	25.37%	Calories from Saturated Fat
Saturated Fat	8.97 g	Carbohydrates	26.20 g	Vitamin A	673.83 IU	Water <sup>1</sup>	*352.51* g	*2.37%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.84* g	Dietary Fiber	*1.00* g	Vitamin C	*0.12* mg	Ash <sup>1</sup>	*2.99* g	32.94%	Calories from Carbohydrates
								17.86%	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  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - 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.**

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<b>Miscellaneous</b>			<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt.....	oz			Y - Milk		? - Egg
Grain.....	oz			Y - Soy		? - Peanut
Fruit.....	cup			Y - Wheat		? - Tree Nut
Vegetable.....	cup					? - Fish
Milk.....	cup					? - Shellfish
<b>Moisture &amp; Fat Change</b>						
Moisture Change.	0%					
Fat Change.....	0%					
Type of Fat.....						

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	014429	WATER,MUNICIPAL			
I	050461	MACARONI, ELBOW, ENRICHED, DRY			
I	001079	MILK,RED FAT,FLUID,2% MILKFAT,W/ ADDED			
I	004629	MARGARINE, VEG OIL SPRD,70% FAT,SOYBN			
I	002030	PEPPER,BLACK			
I	902500	CHEESE,PAST PROCESS,AMERICAN,WO/DI N			

**Notes**

Production Notes:  
THIS RECIPE IS LOWER IN SODIUM THAN ORIGINAL. LIKELY BECAUSE NO SALT IS ADDED IN THE RECIPE?

Serving Notes:

Purchasing Guide:

Miscellaneous Notes:

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