

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 ¹	*352.51* g	*2.37%*	Calories from Trans Fat
Trans Fat ²	*0.84* g	Dietary Fiber	*1.00* g	Vitamin C	*0.12* mg	Ash ¹	*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
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.

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Miscellaneous			Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz			Y - Milk		? - Egg
Grain.....	oz			Y - Soy		? - Peanut
Fruit.....	cup			Y - Wheat		? - Tree Nut
Vegetable.....	cup					? - Fish
Milk.....	cup					? - Shellfish
Moisture & Fat Change						
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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