



825703 - One Pan Mac and Cheese

Source: K12 Culinary
 Number of Portions: 30
 Size of Portion: 2/3 cup

Components:

Meat/Alt: 1.5 oz
 Grains: 1 oz
 Fruit:
 Vegetable:
 Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: #2 Same Day Service

| Ingredients | Measures | Instructions |
|------------------------------------------------------|--------------------|-------------------------------------------------------------------------------------------------------------|
| 020653 PASTA,WHL GRAIN,51% WHL WHEAT,REMAINING... | 2 LBS (elbows) | Preheat convection oven to 350°F. |
| 051549 Cheese, American, Yellow, Pasteurized, S..... | 2 lbs + 8 ozs | Spray 4-inch half size steamtable pan with pan release. Coat well for easier clean up. |
| 051557 Cheese, Cheddar, Yellow, Shredded..... | 12 ozs | Place pasta in prepared pan. |
| 826505 Margarine, TransFat Free, Ventura 16936..... | 2 ozs | Separate sliced cheese into small stacks and evenly top pasta. |
| 014429 BEVERAGES,H2O,TAP,MUNICIPAL..... | 2 qts + 2 1/2 cups | Add shredded cheese and margarine. |
| | | Pour water into pan and stir to distribute ingredients. |
| | | Cover with lid or parchment and tightly wrapped foil. |
| | | Bake for approximately 40 minutes. |
| | | GENTLY stir pasta with rubber spatula, cover and hold hot for service. |
| | | CCP: Hold at or above 135°F. |
| | | Serve using no. 6 disher. |
| | | Note: Pasta, cheeses and margarine may be panned a day in advance; add water and stir just prior to baking. |
| | | CCP: Heat to 135° F or higher. |
| | | CCP: Hold for hot service at 135° F or higher. |

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

| | | | | | | | | | |
|------------------------|----------|---------------|---------|-----------|-----------|--------------------|------------|--------|-----------------------------|
| Calories | 317 kcal | Cholesterol | *46* mg | Sugars | 2.0 g | Calcium | *10.05* mg | 51.26% | Calories from Total Fat |
| Total Fat | 18.05 g | Sodium | 458 mg | Protein | 13.57 g | Iron | *1.03* mg | 28.26% | Calories from Saturated Fat |
| Saturated Fat | 9.95 g | Carbohydrates | 24.86 g | Vitamin A | *67.5* IU | Water ¹ | *85.66* g | 0.00% | Calories from Trans Fat |
| Trans Fat ² | 0.00 g | Dietary Fiber | 3.42 g | Vitamin C | *0.0* mg | Ash ¹ | *0.61* g | 31.38% | Calories from Carbohydrates |
| | | | | | | | | 17.13% | 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.