

# Macaroni and Cheese (LR100046)

HACCP Process: Process 2: Same day service  
 Allergens: Contains Egg, Milk, Soy, Wheat;  
 Meal Contribution: 2 WGR, 2 Meat/MA  
 Number of Servings: 1.00 Serving Size: 1 Cup  
 Moisture gain/loss%: 0.0000 Yield: 10 Ounce  
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000  
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Macaroni and Cheese, Reduced Fat, Whole Grain, Cooked, Land O'Lakes, 43277, MMA, WGR SI100190	1 Cup
				Rolls, Wheat WG Dinner, Schwebels, 192, WGR SI100592	1 bun

**Nutritional Information**

	Fat	SFat	Carb	Protein	Sugar
<b>% of Calories</b>	31.19	16.04	47.13	22.57	8.713

**Nutrients per 100 g**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
178.445	6.184	3.18	0	15.901	558.304	21.025	1.767	3.887	10.071	0.254(M)	7.067(M)	0(M)	0(M)	(M)	(M)

**Nutrients per serving (283 g)**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
505	17.5	9	0	45	1580	59.5	5	11	28.5	0.72(M)	20(M)	0(M)	0(M)	(M)	(M)

(M) Indicates missing values.  
 1 Trans Fat is provided for informational purposes, not for monitoring purposes.