

Super mac

| | | | | |
|---------------------------------|--------------------------------|----------------------------|----------------|-------------------------|
| Recipe group Entree, Comfort | Additional name K12 PF deck | Diet factors VG, NF, SF | Portions 12 | Portion size 9.44 oz |
|---------------------------------|--------------------------------|----------------------------|----------------|-------------------------|

| | Name of ingredient | AP | Capacity measure | EP | Trim loss | Methods |
|---|-----------------------------|----------|------------------|---------|-----------|---|
| 1 | Potato, Russet, medium dice | 12.80 oz | 2 cup | 10 oz | 22% | For cheez sauce: To a large pot with boiling water, add all ingredients in step 1 and cook for 15 minutes until soft. Drain and reserve some of the cooking liquid. |
| | Carrots, peeled, chopped | 12.05 oz | 2 cup | 9.80 oz | 19% | |



Carrots and potatoes in water

| | Name of ingredient | AP | Capacity measure | EP | Trim loss | Methods |
|---|--|---------------|------------------|---------------|-----------|---|
| 2 | Beans, Cannellini, canned, drained, rinsed | 1 lb 11.51 oz | 3 cup | 1 lb 11.51 oz | 0% | To a high-speed blender, combine all ingredients in step 2 with reserved potatoes and carrots. Blend, adding reserved liquid one tablespoon at a time, until desired consistency is achieved. Hold hot for service. |
| | Yeast, Nutritional | 7.62 oz | 1 1/2 cup | 7.62 oz | 0% | |
| | Lemons, juice | 2.51 oz | 2 tbsp | 1.04 oz | 59% | |
| | Oil, Canola | 0.96 oz | 2 tbsp | 0.96 oz | 0% | |
| | Garlic, powder | 0.23 oz | 2 tsp | 0.23 oz | 0% | |
| | Onion, powder | 0.15 oz | 2 tsp | 0.15 oz | 0% | |
| | Salt, Kosher | 0.12 oz | 1 1/2 tsp | 0.12 oz | 0% | |
| | Water, <i>Reserved from step 1</i> | 0 lb | 0 lb | 0 lb | 0% | |



Ingredients in blender



Cheez sauce, blended

| Name of ingredient | AP | Capacity measure | EP | Trim loss | Methods |
|---|--------------|------------------|--------------|-----------|---|
| 3 Pasta, Elbow Macaroni, cooked <i>whole wheat pasta</i> | 3 lb 7.80 oz | 12 cup | 3 lb 7.80 oz | 0% | For service: Combine pasta and sauce. Portion 1 cup mac'n'cheez into a bowl. |



Cheez sauce added to pasta

RECIPE IMAGES



Super mac

MEMO

Crediting: Each serving provides 1 oz eq meat/meat alternate, 2 oz eq grains, 1/3 cup other vegetable.

NUTRITION INFORMATION

per portion

| Energy nutritives | | % of energy | Calories | Minerals | | | |
|---------------------------|----------------|----------------|----------------------------|-----------|------------------|-----------|--|
| Total fat | 4.01 g | 10.12 % | 350.58 kcal 1,466.80 kJ | Salt | 0.76 g | | |
| Saturated | 0.54 g | 1.35 % | | Salt | 0.29 % | Vitamins | |
| Monounsaturated | 1.65 g | 4.16 % | Sodium | 303.81 mg | Vitamin A | 193.32 µg | |
| Polyunsaturated | 1.30 g | 3.27 % | Phosphorus | 206.96 mg | Vitamin D | 0.00 µg | |
| Trans fatty acids | 0.01 g | 0.02 % | Potassium | 556.86 mg | Thiamine | 0.54 mg | |
| Cholesterol | 0.00 mg | | Iron | 4.43 mg | Riboflavin | 0.25 mg | |
| Linolenic acid | 0.96 g | 2.42 % | Calcium | 73.45 mg | Niacin | 2.88 mg | |
| Alpha-linolenic acid | 239.20 mg | 0.60 % | Zinc | 2.63 mg | Vitamin B6 | 0.25 mg | |
| Total Carbohydrate | 63.66 g | 73.78 % | Chloride | 0.00 mg | Vitamin B12 | 0.00 µg | |
| Sugars total | 1.93 g | | Chromium | 0.00 µg | Folate | 87.00 µg | |
| Added sugar | 0.00 g | 0.00 % | Fluoride | 0.00 mg | Biotin | 0.00 µg | |
| Lactose | 0.00 g | | Magnesium | 77.11 mg | Choline | 0.00 mg | |
| Fiber | 10.48 g | 5.72 % | Molybdenum | 0.00 µg | Pantothenic Acid | 0.00 mg | |
| Organic acids | 0.00 g | 0.00 % | Iodine | 0.00 µg | Vitamin C | 5.10 mg | |
| Sugar alcohol | 0.00 g | 0.00 % | Selenium | 35.92 µg | Vitamin E | 0.64 mg | |
| Starch | 34.62 g | 40.12 % | Copper | 0.35 mg | Vitamin K | 4.69 µg | |
| Protein | 15.12 g | 17.52 % | | | | | |
| Alcohol | 0.00 g | 0.00 % | | | | | |
| | | | | | Others | | |
| | | | | | Water | 165.44 g | |

CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.