

# Macaroni & Cheddar Buds®



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Number of portions: **82**    Size of portion: **1/2 Cup**

Ingredient	Measure	Procedure
Water	3 Gallons	Heat water to rolling boil in large stock pot or pan.
Macaroni, dry	4 lb. + 4 oz.	Slowly add macaroni to boiling water. Stir constantly until water boils again. Cook about 8 minutes or until tender or according to manufacturer's instructions. Do not overcook. Drain well.
Water	2 qt.	Heat water and milk in large sauce pan until hot but not boiling. Add entire package of Cheddar Buds to sauce pan. Stir with whisk to dissolve Cheddar Buds. Pour Cheddar Buds over macaroni and stir gently to combine.
Milk, lowfat, 1%	2 qt.	
Cheddar Buds, dry mix	32 oz. bag	

### Nutritional Information

<b>Calories</b>	138	<b>Iron</b>	0.79 mg	<b>Protein</b>	3.88 g	11.26% calories from Protein
<b>Cholesterol</b>	6 mg	<b>Calcium</b>	78.37 mg	<b>Carbohydrates</b>	26.88 g	77.91% calories from carbohydrates
<b>Sodium</b>	349 mg	<b>Vitamin A</b>	46.7 IU	<b>Total Fat</b>	0.59 g	3.83% calories from total fat
<b>Dietary Fiber</b>	0.76 g	<b>Vitamin A</b>	14.0 RE	<b>Saturated Fat</b>	0.22 g	1.41% calories from saturated fat
		<b>Vitamin C</b>	0.00 mg	<b>Trans Fat</b>	0.00*g	% Calories from trans fat

**Note:** \* - asterisk denotes nutrients with either missing or incomplete nutrient data