



## MACARONI AND CHEESE MIX, DRY

Date: October 2012

Code: 101024

### PRODUCT DESCRIPTION

- Macaroni and cheese mix is made from enriched macaroni, dried cheese sauce with spices, and thickeners. The dry cheese sauce may be made from the following cheeses: cheddar, American, Romano, granular, or Swiss.

### PACK/YIELD

- Macaroni and cheese mix is packed in 7 ¼-ounce packages, which provide about 3 servings (1 cup each) of cooked macaroni and cheese.

### STORAGE

- Store unopened packages of macaroni and cheese mix in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Cook macaroni in boiling water 7 to 10 minutes until firm to bite for full flavor.
- Remove from heat and drain well.
- In a bowl, combine cooked macaroni, cheese sauce packet, milk, and margarine as directed by the package. Stir well and serve.

### USES AND TIPS

- Macaroni and cheese may be eaten by itself once prepared.
- Stir chopped vegetables such as broccoli, green beans, or peas into cooked macaroni and cheese to add flavor.
- Serve macaroni and cheese as a side dish for meat, poultry, fish, or vegetables.

### NUTRITION INFORMATION

- 1 cup of cooked macaroni and cheese counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size: 1 cup (70g) prepared macaroni and cheese mix

#### Amount Per Serving

<b>Calories</b>	405	<b>Calories from Fat</b>	165
-----------------	-----	--------------------------	-----

#### % Daily Value\*

<b>Total Fat</b> 17g		<b>25%</b>
Saturated Fat 5g		<b>17%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 10mg		<b>3%</b>
<b>Sodium</b> 770mg		<b>35%</b>
<b>Total Carbohydrate</b> 49g		<b>16%</b>
Dietary Fiber 1g		<b>4%</b>
Sugars 6g		
<b>Protein</b> 9g		
Vitamin A 15%	Vitamin C 0%	
Calcium 20%	Iron 15%	

\*Percent Daily Values are based on a 2,000 calorie diet.

## CHEESY TACO BAKE

MAKES ABOUT 6 SERVINGS

### Ingredients

- 1 package (about 7 ounces) macaroni and cheese mix
- 1 pound lean ground beef (or use ground turkey)
- 1 ½ teaspoons taco seasoning
- 1 cup salsa

### Directions

1. Heat oven to 400 degrees F.
2. Prepare macaroni and cheese according to package directions.
3. In a medium-size skillet, cook beef with taco seasoning until cooked through and no longer pink, about 5 minutes.
4. In an 8x8-inch baking dish, layer beef, cooked macaroni and cheese, and salsa.
5. Bake about 20 minutes.

<b>Calories</b>	232	<b>Cholesterol</b>	55 mg	<b>Sugar</b>	2 g	<b>Vitamin C</b>	3 mg
<b>Calories from Fat</b>	126	<b>Sodium</b>	295 mg	<b>Protein</b>	17 g	<b>Calcium</b>	68 mg
<b>Total Fat</b>	14 g	<b>Total Carbohydrate</b>	9 g	<b>Vitamin A</b>	41 RAE	<b>Iron</b>	2 mg
<b>Saturated Fat</b>	4.9 g	<b>Dietary Fiber</b>	1 g				

Recipe adapted from Food.com

## VEGETABLE MAC AND CHEESE

MAKES ABOUT 4 SERVINGS

### Ingredients

- 1 package (about 7 ounces) macaroni and cheese mix
- 1 cup onion, chopped
- 1 cup green pepper, chopped
- 2 cups carrot, chopped (or 2 cups canned carrots, low-sodium, drained)
- 1 cup canned peas, low-sodium, drained
- 1 cup corn flakes cereal, crushed

### Directions

1. Preheat oven to 400 degrees F.
2. Prepare macaroni and cheese according to package directions.
3. In a 9x9-inch baking dish, combine cooked macaroni and cheese, onion, green pepper, carrots, and peas. Sprinkle with corn flakes.
4. Bake 25 to 30 minutes or until top is golden brown.

<b>Calories</b>	206	<b>Cholesterol</b>	9 mg	<b>Sugar</b>	9 g	<b>Vitamin C</b>	41 mg
<b>Calories from Fat</b>	45	<b>Sodium</b>	444 mg	<b>Protein</b>	8 g	<b>Calcium</b>	125 mg
<b>Total Fat</b>	5 g	<b>Total Carbohydrate</b>	33 g	<b>Vitamin A</b>	636 RAE	<b>Iron</b>	3 mg
<b>Saturated Fat</b>	2 g	<b>Dietary Fiber</b>	6 g				

Recipe adapted from Food.com