

Date: 6/29/2011

Time: 2:38 PM



Macaroni & Cheese

Hesston College

Author

Categories Entree, Pasta/Rice/Noodles, Vegetarian

Tools Pan ST 4", Spoon solid

Locations

Plate/Store

Yield 4 pan **Cook**
Portion 5 oz
Num Portions 240

Nutrition Facts	
Serving Size 5 oz (142g)	
Servings Per Container 240	
Amount Per Serving	
Calories 256 Calories From Fat 102	
	% Daily Value
Total Fat 11g	17%
Saturated Fat 5g	24%
Trans Fat 0g	
Cholesterol 22mg	7%
Sodium 920mg	38%
Total Carbohydrates 28g	9%
Dietary Fiber 1g	3%
Protein 10g	
Vitamin A 9%	Vitamin C 1%
Calcium 22%	Iron 8%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

High in Calcium
High in Protein