

Macaroni and Cheese Mix, Dry

MyPlate Food Group: **Grain**



Product Description

- Macaroni and cheese mix is made from enriched macaroni, dried cheese sauce with spices, and thickeners.
- Product is available in 7 1/4 oz packages.

Storage

- Store unopened packages of macaroni and cheese mix in a cool, clean, dry place.
- After opening, keep package tightly closed.

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 mix provides about 2 ounces in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: 1 cup (190g) cooked macaroni and cheese mix

Amount Per Serving

Calories 310 **Calories from Fat** 85

-% Daily Value*

Total Fat 9g	14%
Saturated Fat 3g	15%
<i>Trans Fat</i> 0g	
Cholesterol 15mg	2%
Sodium 869mg	36%
Total Carbohydrate 44g	16%
Dietary Fiber 2g	4%
Sugars 3g	
Protein 12g	
Vitamin A 3%	Vitamin C 0%
Calcium 16%	Iron 12%

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

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

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.
6. In a large sauce pan cook beef until brown.

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.

Recipe adapted from Food.com